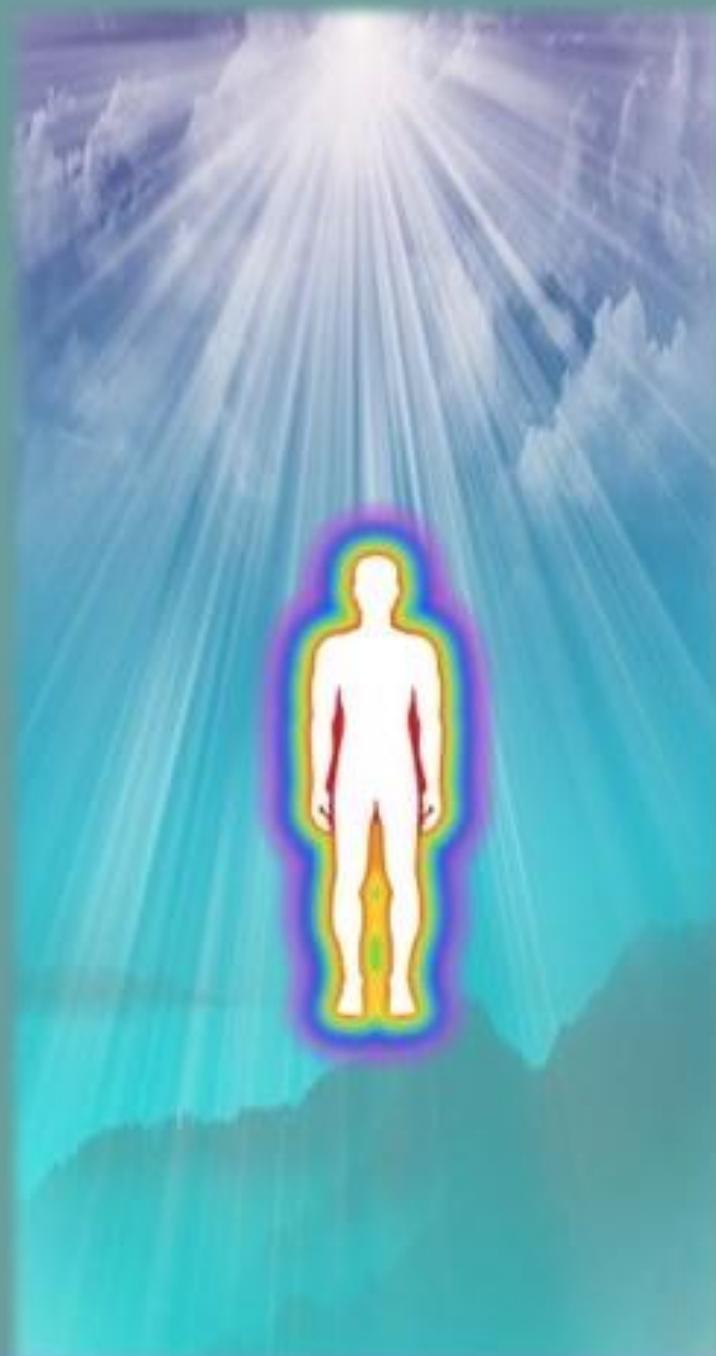


A Spiritual Journey Through Time

Discovering Our Beginning And Destiny

John Patrick



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About the Author

I was born in 1938, which was the tail-end of the Great Depression and the beginning of the events leading up to WW II. The Depression cast shadows over my parents and both sets of aunts, uncles and grandparents. The stories of lost wealth for both sets of grandparents were emblazoned on my young mind. My mother had been the belle of the town in the north Florida community into which she was born. Her father was an Irish Catholic businessman who ran a grocery and ship supply store that catered to the local populace, as well as the large cargo ships that brought goods in from around the world.

Before marrying my mother, my father worked for the WPA, a government program started during the Roosevelt administration to create jobs during the Depression. His job was to go to the big cities of the south organizing church choirs. He had an amazing tenor voice that could send chills down your spine. Unfortunately, being gone all the time led to the break-up of his first marriage in which he fathered seven children. Several years later, he met my mother. No one could understand when my mother eloped with this older man who was divorced with seven children.

After I was born, his job was running the USO club in downtown Jacksonville, Florida. This lasted throughout WW II. As a child I was in awe of the “men” in uniform that I saw at the USO. Little did I know that these “men” were kids that were 18 and 19 years old. There is no way to know how many of them survived the war.

My very first memory as a child was being awakened by a loud noise coming from the living room. I managed to get out of my crib and crawl into the living room and hide behind a chair to witness my father, in a drunken rage, screaming at my mother. This kind of event was a regular feature of our lives, sometimes keeping us up most of the night. By the time I was 14, my father had developed cirrhosis of the liver, and I knew that I was going to have to support my mother. It changed the way I thought about everything. I had been an A student, and was a good candidate for college, but I realized that it wasn't going to be within my reach.

The constant drinking used up all of the family's financial resources. After my grandmother on my mother's side died, we moved into her house because we had nowhere else to go. The house was also occupied by an uncle who had a bedridden wife. The message I heard constantly from my mother was that we weren't as good as everyone else because we were poor and had this alcoholic family head.

When I was about 16, I met a very attractive girl from one of the upper-class families in the town. There seemed to be a mutual attraction. We discussed dating. She talked to her parents, who suggested that she invite me to dinner at their house. During the evening, her father asked about my plans for college. I told him that I was going to have to forego college because my father would probably die within the next few years, and I was going to have to support my mother. I told him the truth. The truth will set you free, right? It did set me free, free from ever dating that girl because her father decided that I had no future.

I knew that I had a military obligation, so, while in high school, I joined the Marine Reserves. After graduating, I went to Parris Island for bootcamp and then on to Camp Lejeune, and later, to the Naval Air station in Jacksonville. After completing my 6 months tour of duty, I took a job at one of the

pulp mills. I didn't like the experience. It was a union shop. The only way that you could get ahead was if someone died or retired. During that time, my father became bedridden.

One night, I received a call from a friend who had moved to Atlanta and taken a job at a furniture store. He told me that he was being drafted and that the company was looking to replace him. He had recommended me to the manager of the store. After talking it over with my parents, I went to Atlanta for an interview. The manager of the store on Peachtree Street just happened to be the grandson of the founder of the company. He was the most impressive person that I had ever met. He hired me on the spot. I was all of 19 at the time. I don't know what he saw in me but realize now that fate was moving in my life.

The next year my father died, and my mother came to Atlanta to live with me. In the meantime, I decided that the manager was my hero, and that I wanted to be as much like him as was possible. The company was a chain of stores serving the southern states. I started at the lowest entry-level executive position but as I looked around, I realized that most of the employees were older, and thought that if I applied myself, perhaps I could move up the ladder.

That was the beginning of the process of visualization. Each time I moved up the ladder, I would immediately begin to visualize myself in the next job, all the while studying what I had to learn to be able to do the job. It didn't hurt that I volunteered to cover for vacations for critical jobs, such as inventory clerk, bookkeeper, and shipping clerk. There were college graduates assigned to the store that had been hired for the company's manager trainee program, but I didn't let that bother me. One day, at lunch break in the basement of the store, one of them asked me where I had gone to school. I told him my story. He looked at me and said, "College is to help people like me keep up with you self-made SOB's."

My hero was promoted to the corporate office. That meant that his assistant became manager. I was chosen as his assistant. That opened me up to the exciting world of buying, merchandising and advertising. I loved every minute of it. I kept up the visualization process while eventually becoming a store manager, then a regional manager, then corporate vice president of merchandising and finally, senior vice president of marketing and store operations. I never set my goal on the role of president, because I already had the most exciting and fulfilling job in the company.

In the interim, I saw a lovely woman at church. I knew instantly that I was supposed to marry her. I didn't know why, just that it was supposed to happen. We met and six months later we were married. In less than eight years, we had four sons. My wife was a Super-Mom. I can't say enough about her care for our boys. She was and is a tower of strength. She has been my partner for 63 years.

My wife's mother was a private-duty nurse. One day in 1961, she handed me a book that one of her patients had given her. It was, "A Search for the Truth," by Ruth Montgomery. I had always wondered why things were the way they were, and that book was the beginning of my own spiritual search. I became a regular visitor to the Metaphysical bookstores, asking my subconscious to guide me to the right book.

Again, in 1961, someone told me about a lady psychic who was well respected. I made an appointment. When I arrived, she ushered me into her parlor, and we sat down at a small table with two chairs. She looked at me for a few seconds and then sighed saying, "Your problem is that you have God

and your father confused. You couldn't trust your father, so therefore, you don't think that you can trust God." She was spot on. That convinced me that some people have extraordinary talents.

I became a member of the Association for Research and Enlightenment, which was an organization set up to study the readings of America's most famous psychic, Edgar Cayce. They publish quarterly bulletins with some very interesting material, have a website on which you can study the readings and have a bookstore with many titles of interest. Mr. Cayce was a humble and God-loving man, who, at first resisted his psychic abilities. Eventually, he realized that his readings could help people. He would go into a sleep-trance, and his wife, and later, his secretary, would present questions from the people present. Another entity in the unseen Spirit world, who said that he had the ability to read the akashic records, would answer through Mr. Cayce. The language spoken was a very antiquated version of English.

Eventually, after retirement from my second career, a friend gave me a collection of books dictated by the Ascended Masters. Those books appeared to be the missing part of the puzzle. I was overwhelmed by the information. I bought more of them. It took several years to get through them. Some, I had to go back and re-read. Some of the teachings are somewhat controversial in light of the little we have been taught about the nature of God and the Universe, particularly the ones about the history of our souls before incarnating into the current life. I let those thoughts percolate in my mind. So, that experience was the motivation, after some years of contemplation of everything I had learned, to write this book, which is a short summary of humanity's spiritual history, with the hope that it would motivate people to do their own study of the Master's teachings.

I don't claim to have psychic abilities. I have had some meditation sessions with my soul and a greater number with my Guardian Angel. Those blessed sessions have been of immense value to the understanding of my human flaws. My Guardian Angel has saved me from danger and incorrect moves many times, and at other times, she has had to kick me in the butt to get me to understand. It was always well-deserved.

We live in a crazy world. My hope is to help you understand your relationship to God. God has been good to me, so this book is my gift back to the world. You can download it for free.

Sources

As I touched on previously, this book was an effort on my part to bring together many years of study and contemplation and information from 20+ books into one place for the readers' benefit. Under no circumstances am I claiming origination or ownership of any of these thoughts and teachings. I have read and studied many more books and sources in addition to the ones listed below, and I apologize if I have inadvertently omitted any from my list, but these do constitute the majority of the material I have attempted to present.

The books on the material given in the 1930's:

Unveiled Mysteries Vol. I	Godfre Ray King
The Magic Presence Vol. II	Godfre Ray King
The I AM Discourses Vol. III	St. Germain
Ascended Master Instruction Vol. IV	St. Germain
Ascended Master Discourses Vol. VI	Various Ascended Masters
Ascended Master Light Vol. VII	Various Ascended Masters
The I Am Discourses Vol. X	David Lloyd
The I Am Discourses Vol. XI	St. Germain

Available through: St. Germain Press. 1120 Stonehedge Dr. Schaumburg, IL 60194

The books on the material given in the 1950's-1961:

Thomas Printz's* Private Bulletin, Books 1,2,3,4	*Master Morya's pen name
The Bridge to Freedom Journals, Books 1,2,3,4,5	Various Sources
Dictations	Ascended Masters
Electrons	Ascended Masters
Memoirs of Beloved Mary	Thomas Printz
The First Ray	Thomas Printz
The Seven Elohim Speak	Thomas Printz
The Seven Archangels Speak	Thomas Printz
The "I AM" Discourses	The Great Cosmic Being Mighty Victory*
Man, His Origin, History and Destiny	Werner Schroeder

*Note: This book was put together from dictations that were given through Mr. G.W. Ballard, who later became known as Godfre Ray King.

Available through Ascended Master Teaching Foundation, P.O. Box 466, Mt. Shasta, CA 96067

More recent publications:

Law of Life, Books 1 and 2	A.D.K. Luk.
Journey of Souls	Michael Newton, PH.D.
Destiny of Souls	Michael Newton, PH.D.
Edgar Cayce on Atlantis	Edgar Evans Cayce
Edgar Cayce on Human Origins	The A.R.E. Website

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A Spiritual Journey Through Time

Chapter 1

Discovering our Spiritual History and Destiny

What is your most important relationship? When you think about it, there are quite a number of truly important ones to consider. It's an immensely complicated question with answers that can go in any number of different directions. But what is the right answer?

How many of you thought first about your "Significant Other?" Some of you might have thought about your children. Others might have thought about their parents or a sibling. Those who are sick or disabled might have thought of their care giver. The newly employed might have momentarily considered their boss. But some of you might have thought first about God.

On proper reflection, those of us that are spiritually inclined would agree that the most important relationship is with God. God created your spirit and everything in the universe. Without God there is nothing. God knows everything about you. God knows what you need before you do. It may not be what you want. (Wants and needs are almost always different.)

But what do you know about God and what God wants of you? If your most important relationship is really with God, how much time and effort do you spend working on that relationship? Is it, like most of us, an hour or two on Sunday and a few minutes at night before bed? Do you know how to communicate with God? Are you comfortable with what appears on the surface, to be a one-way conversation? Have you ever tried meditation?

How does one even begin to describe God or their feelings about God? Depending on where you were born, your views have most likely been influenced by your parents, or perhaps the predominant belief in the culture of your mother country. Then, again, you may not have thought much about God until you met your spouse and the two of you began to plan a family, and one, or both of you, had strong feelings about structure for the kids. Or maybe something very unusual happened in your life that changed your entire trajectory and motivated you to go on a spiritual search? So, you could have any number of beliefs ranging from the most mainstream all the way to the ancient tribal and mystery religions.

The noted, but now departed Indian teacher, Jiddu Krishnamurti said that the reality of the question of God is far too complex and that our limited and finite minds could not even begin to understand the Infinite, Unknowable God. He made a very good point. When one considers the numerous wars and conflicts that have occurred throughout history, many of which have been fought over the different “isms,” and interpretations of God-based religions, there is plenty of opportunity for mankind to be confused. Putting religion aside, even when you consider the different ideas about living in the modern world that the media offers up telling us what the carnal part of us needs to be happy, adds even more layers to the confusion.

Throughout history, there have been those who are highly evolved in their spiritual understanding, and you may be one of them. If so, we honor you, but most of us are struggling to understand who or what God is. For those of us that do believe in God, it would be safe to say that most of us haven't figured out our relationship to God and what God wishes of us, (our true purpose in life.) Others have decided that there isn't a God. Some of those others have decided that the rules for everybody else don't apply to them. Some have even decided that the rules for living that emanated from God are irrelevant to our daily lives, and that all references to God should be taken out of mainstream discourse.

So, if we do take God out of the equation, why are we here on planet Earth? Was it an accident? Are we just a meaningless blip in a parade of evolutionary events that has been going on for billions of years? And what is the purpose of this evolutionary adventure toward becoming a thinking and reasoning creature if it all becomes meaningless when we die?

There was a recent communique out of Oxford that indicated that after all these many years of searching, a group of scientists had concluded that there probably isn't another planet that is populated with what we refer to as humanity. If that is true, does it mean that we are unique? Or even more perplexing, does it mean that perhaps we might have been left behind in the great race for understanding the truth of our being?

You might have also wondered why you are here. Life on earth can be very interesting to some, but to others, it can be a real drag. Some never seem to find their bearings as they become tangled up in the discord and stumble on toward certain death. So, for them, it's like the vocalist, Peggy Lee, in one of her hit songs of the past asked, “Is that all there is?”

Then again, what if humanity is truly unique? One would think that based on the size of the universe, surely there must be other intelligent evolutionary life forms out there in the vastness that are similar to us, but where? Is it that they are not housed in the same type of physical bodies that we inhabit? If so, what do they look like? Or, taking another line of thought, is the problem that we can't see them due to the possibility that they are more advanced, perhaps vibrating at a higher frequency than us and are experiencing life in a higher dimension?

We certainly act as if we are the ones who are unique, and our inflated egos might even think that maybe the rest of the universe is watching to see what we do next. But if we are indeed unique, we sure do have an awful lot of bad actors. How did that happen? Collectively, we appear to be so caught up in our pursuit of what we think is the definition of happiness or the trappings of success that our pursuit of these goals has become to us the most important thing happening in the universe. Well, if we (humanity) are so special, why is there so much misery, hatred, and destruction? And someone please inform us, why do we keep making the same dumb mistakes, over and over, and over again?

As to the relative importance of what is happening here, it may seem important to us, but to beings on another planet or in another galaxy, or in another dimension, it would probably be meaningless. The earth is a marvelous and beautiful creation that contains many wonders for which we should, indeed, be thankful, but in fact, we exist on a very small planet circling a small star in a huge universe (over seven million galaxies) that dwarfs us in comparison. In other words, we are just small potatoes.

One problem is that our "small potato thinking" tends to dismiss the rest of the universe when it comes to the attitudes of those that do have a belief in God. We seem to imagine that God, the Holy Spirit, the Christ Spirit, and all other exalted beings must have no concerns about the rest of the universe and focus only on the myriad complexities going on in our world. But, back to the main topic, although we may not be able to comprehend the Infinite, **it seems that the thinking person should want to understand our purpose for being**, recognize that our civilization is on an unsustainable course and ought to wonder what could be done to alter it. That question might lead to a search for an explanation of what happened to get the race that we call humanity to this point. What have we been doing wrong? Are we hopeless?

You have a spark of God (Spirit) within you, so literally, anything is possible. There is a female Archangel, (an Archaii) whose name is Hope, who would assure us that her purpose is to radiate hope to humanity. So, if you are like me and still have hope, perhaps we should at least try to better understand the creation story, the beginnings of the race called humanity, its relationship to The Universal First Cause and how we got ourselves into this fix. Maybe then, we can begin to see our shortcomings and get serious about perfecting ourselves.

The Bible tells us that we were created in the image of God (Who is Spirit,) but the Bible gives us limited knowledge of our spiritual beginnings. (Of course, there is the fact mentioned early on in Genesis, that it didn't take long for humanity to fall from grace.) **But if we are spirits, we must have had a beginning of some kind before coming to Earth.** The Bible doesn't tell us of our earlier history. Why? Probably because at the time it was written, mankind didn't have the mental acuity to grasp a pre-existence. Wouldn't it be helpful if we knew some of the background and what the purpose of life on earth was supposed to be?

Identifying Our Purpose with Help from the Ascended Masters

In trying to help us understand our purpose, an effort has been made by beings that are identified as Ascended Masters who, for the last 140-150 years, have been giving additional information to the race on our spiritual history. These Ascended Masters include personalities known to history such as Lord Jesus, Mother Mary, St. Joseph, (the father figure for Jesus,) the Apostle Paul, St. Francis of Assisi, Moses, Paul Veronese, King Arthur of Round Table fame, the Emperor Chan, Kwan Yin, Gautama Buddha, Lord Maitreya, and many others.

Not all of these luminous personalities made it to Ascended Master status in the name given above. In some of them, there were some additional soul lessons that had to be addressed at a later date. For instance, King Arthur is now known by the name of Ascended Master El Morya, St. Paul is now known as the Ascended Master Hilarion, and St. Francis of Assisi is now known as Ascended Master Kuthumi. You probably accept that Lord Jesus and his mother are ascended, because it states so in the Bible. What you haven't heard is how the others earned that honor. Earning that honor is also open to you and telling you how to do that is one of the purposes of this book.

Most of us are unaware that these Ascended Masters have been observing us carefully for several centuries, searching for signs that we were ready to expand our spiritual thinking. To that end, toward the end of the 19th century, the Masters decided that mankind had finally evolved far enough intellectually that we were ready to make a big leap in our spiritual understanding. So, instead of the small glimpses that we were able to get through the Bible about our spiritual history, the Masters have been giving broad based spiritual teaching about our beginnings since the late 1800's. The earliest information came through sources that had perfected their occult abilities who will be named a little later in the book. The Theosophical Society have published a good bit of that information. At a later point, the Masters chose the process of Divine Revelation to certain of their disciples who were on earth; Guy W. Ballard in the 1930's and Geraldine Innocenti in the 1950's.

This new information was meant to increase our understanding of the Spirit World and our own relationship to the Creative Forces. Most of you have never been exposed to it, or if you have, you may have been told that it was too far-fetched or just a cult. Unfortunately, people tend to summarily dismiss what they haven't heard before and are sometimes unwilling to challenge their belief structure with uncomfortable new thoughts. But I think you would agree that we grow by entertaining new thoughts until they are proven or disproven. So, to some of you, this little book contains a lot of new information that is going to challenge your thinking.

We have trouble looking beyond the immediate pressurized problems of everyday existence to be able to focus on the greater understanding of why we are here, and that is, **focusing on our divine purpose.** And what is that purpose? The simple answer is found in the Lord's Prayer, "**Thy Will be done.**" We say it by rote in our prayers, but we need to think about what it means. Literally, it's to figure out what God wants us to do with our life. In other words, putting God's Will before our own. Unless you are one who, early on, was called to the religious life, most of us in our youth were so busy trying to figure out how to make a living that we gave little thought to what God wanted of us. But it's not too late to start now.

Perhaps you're already in a rewarding career or are a stay-at-home mom. Maybe all you need to do is make sure that you are treating others with the love and respect that you would give to God. If you hate your job, maybe you need to ask God's help in finding a good fit.

After achieving the goal of tuning into God's will, **the overall purpose of a life is to become a Master of energy.** That means: **to master the body, mind, emotions, and spirit.** You are also to become co-creators with God. That ties into becoming a Master of energy.

To be able to create, one of your most important purposes is to learn how to properly magnetize, (which means to receive the energy) **absorb the energy, magnify the energy, and then radiate the spiritual energy that emanates from God.** According to the Masters, the primary magnet for tuning into the energy emanating from God is the heart. From there the energy goes to the brain. But that is an over-simplification. (More on this later.)

So, how were we to learn all of this? The proper vehicle should have been through the priesthood, together with individual prayer, meditation, and study. **When have you heard a sermon that indicated that you have a divine purpose, and they want to help you achieve it?** Has anyone ever told you that your divine purpose is to become a Master, or even tried to teach you the thought processes involved? Have they ever told you how to listen for the prompts from God and what it takes to become a co-creator with God? If you're like me, never.

Oh, the churches ask you to support some very worthy causes, but that's not your individual purpose. Studying the Bible can help. Lord Jesus gave many examples of helping the poor, sick, possessed, and destitute. The Apostle Paul dedicated the latter part of his life to spreading Christianity to the Gentiles, thought of as the heathen, some of whom even performed miracles. (Where is that kind of faith today?) It's complicated and our modern society has added more barriers, but we hope to explain the process as taught by the Masters as we move forward.

One of the most important purposes of the Master's teaching is to help us understand that **a spark of the Divine Presence of God is actually within our physical hearts.** It is called "The I am Presence." This Presence is our heritage. When the flame that appeared to Moses was asked to identify itself, It said, **"I am who am."** (Exodus 3:14) Understanding this heritage and, more importantly, actually believing it is the most critical step in uniting our conscious mind with the power of God. The Masters and God are waiting on a sign that we want to build a partnership to take advantage of that Divine Presence to receive help in doing God's Will. The Masters indicate that developing this God power is within the reach of any human.

Three things they stress above all others:

First, to understand the power of our individual I am Presence, which is within us.

Jesus was a Master of Energy. He said, "I am the way, the truth and the life." (John, 14-6.) **He also said that we could do everything he did, and more! Jesus would never lie.** Zeroing in on the power of the I am Presence is the "key" to learning how to become a master of energy.

Second, to learn to control our minds by avoiding discord and keeping our thoughts pure and harmonious. This sounds simple but may prove to be the most difficult task. It means learning how to break away from the distractions presented by the media and the world. (A distracted mind cannot focus on the Will and Power of God.)

Third, to learn to use the beneficial power of the 7 Rays/Flames that flow to us from God. This will be explained in a later chapter.

There are truth seekers everywhere, in every country and of every type of religious affiliation. One of the Master's other intentions is to build a bridge of knowledge that would include the Father's Will that each segment of humanity not only know their own religious teaching but expand their knowledge of other faiths so that in that expansion, there would be a widened consciousness and an understanding that universal brotherhood and love is possible without leaving their respective religious affiliation. (This, of course, would be a giant step in achieving world peace.)

Chapter 2

The Creation of the Universe

The oldest teachings indicate that the Infinite power of God externalized the universe through the power of love. In a manner that is like a couple wanting to have children, it is thought that one of God's purposes was that he wanted companions with which to share the wonders of the universe. God's plan included three separate and distinct types of beings to populate the universe: (1) **Angelic beings**, which would serve as teachers, messengers and protectors to the other two types of beings; (2) **Spiritual beings** which would, as in our case, become what we are now, (humanity,) but on other solar systems could either choose to remain in spirit form or take on different body forms, and (3) **Elemental beings** which are the building blocks of matter that would house the many forms of the earth's and humanity's creations, such as rocks, flowers, trees, grains, animals, homes, ships, trains, planes, cars, all the way up to physical bodies for humans, and even further, to the elements that form planets and stars. So, God conceived everything that serves to populate the universe.

All three types of these beings had a similar purpose, a common overarching goal: **and that goal was to know themselves as individuals but also, to achieve Oneness with the will of God, and with that, the gift of helping with the expansion of God's glory and the three evolution's own education through the expansion of the universe.**

So, through God's tremendous power of thought and feeling, God called into manifestation the "Big Bang" which was the genesis of the formation of the first galaxies that compose our current universe, or our current "part" of the Universe. Science puts that date at 13.8 billion years ago. (Only God knows for sure.) In fairness to other lines of thought. I am reminded that there is some talk among scientists about parallel universes. Others talk about an endless stream of universes, and that ours wasn't the first "Big Bang."

In thinking about the creation of the universe and the principle of reason and creative order, we ask you to use your imagination to consider everything that must have been happening all at once in the "Big Bang." Instead of creative order, it seems like it could have been very chaotic. But apparently it wasn't. In view of that, one might wonder if God had help

to keep things in order. If so, where did these helper beings come from and when did He create them? Let that run around in your mind and we will address that a little further on.

There are different levels of understanding concerning the nature of God. God is Infinite and we are finite, so we can only speculate until we reach a higher level of spiritual evolution. Some speculate that there is the unseen and unknowable Cosmic Intelligence that always was and always will be and is the ultimate thinker and planner. The Kabbalists call Him Ein Sof, (without end) The Infinite, or **God**, prior to any manifestation. It is also thought by some that there is another level of God that is subordinate to the Unknowable that is referred to as the Universal First Cause, who is charged with the actual physical creation of the universe. Some refer to this as the Logos, the Word, the principle of reason and creative order.

According to information obtained through Helena Blavatsky, who was one of the students of the Masters, and who attempts to describe the creation of the universe in her marvelous two volume series, *The Secret Doctrine*, published in 1888, we might get some possible insights. The information in *The Secret Doctrine* indicates that these teachings were brought to India and other parts of the world by an ancient race of Aryans. These Aryans are thought to have been a light-skinned people who perhaps originated in the Indo-European area, (possibly Iran.) It is thought by some that they brought with them to India, the Vedic readings which became a part of Hinduism.

Through the help of two Masters, El Morya and Kuthumi, who were still in their earthly bodies at the time, Ms. Blavatsky had access to one of the world's oldest books, **The Book of Dyzan**. She describes this book as being so old that it was written on pressed palm leaves that were treated with an unknown type of preservative. It was also written in a language that is so ancient that it has been lost to the world. These two Masters helped her translate it. The basis of the information that is taken from *The Book of Dyzan* is said to be older than the Jewish Kabbalah, but like the Kabbalah, teaches that there is an Unknowable Intelligence, The All, that we could refer to as God, that is so complex and comprehensive that the brightest minds on earth could not begin to understand.

The Secret Doctrine lays out information from the translation with copious notes and comments. It also provides answers to questions and arguments put forth by other luminous

spiritual thinkers of the time. (If you read it, you may find that part of the book superfluous.) It is a difficult but worthwhile read for the serious student, even with the notes and comments. (A tip: Quite a few of the words are Indian-based Hindu or Sanskrit words, so if you intend to read it, it would be helpful to scan through the first several chapters to make a list of these words, along with definitions, as a reference, to be able to understand the commentary. Then go back and read from the beginning.)

One particular insight is in the statement that before the formation of our current universe, God was sleeping. Sleeping! Why would God need to sleep? But wait, consider all of the things that had to happen in a controlled explosion of God energy that had to be thought through, and all the many consequences of such an action. This might have taken many centuries to plan. As for the sleeping statement, if there had been a previous universe, and beyond that, the plans for an even greater one, it wouldn't be unreasonable to assume that God had been resting from the very complicated use of God's energies. So, in that sense, sleeping, or resting doesn't seem all that absurd. After all, there is a precedent for that. The Bible says that God rested on the seventh day after creating the earth. (Genesis 2:3)

According to Mrs. Blavatsky, the stanzas in the Book of Dyzan focus on the state of the creation process prior to the manifestation of our current universe. It describes the resting (sleeping) God Intelligence as being **female**. This female God-being contained all the recovered material elements and any evolved spirits from the previous completed universe, was nurturing them in Her bosom, and was awaiting the fertilization of the new "egg," our current universe. So, that makes it sound like there must have been a male God Intelligence, as well.

The Divine Creative Breath

In the existence of human beings two important functions are the in-breath and the out-breath. Without those, (and the electrical impulse sent from God,) the heart would not continue to beat. Breathing by humans uses the **Prana** (radiated God energy) present in the air in the exercise of contraction and expansion to sustain your life and give you energy to accomplish things. This is patterned after one of the creation functions used by God, specifically the process in which God created our current universe. First, on the in-breath, (perhaps

measured in untold numbers of centuries) God dissolved the previous universe and brought all of the formless elements and spirits home to rest in the bosom of the Divine Mother. Then, during the great pause, (resting) God magnetized the new vision with thought and feeling, (blessing the new vision-plan.) Then, **on the out-breath God radiated the new plan into creation of the present universe.** We are now in the “pause” version following the out-breath. We don’t know just how long this “pause” (the life of the current universe) will last.

if you follow this line of thinking, plus the ideas from a number of scientists, that there had been a **previous universe**, and then assume that that universe had completed whatever was its mission and had been reabsorbed back into the basic spiritual “mind stuff” of God to await His/Her next move, you could consider the next step; that that is where the Spiritual Beings that helped God control the governance of the new universe (Big Bang) came from.

The Oneness Of God

If the idea that God has helpers surprises you, don’t be alarmed, it surprises a host of people. Here is a way to put these helpers into perspective: We have already learned that the earliest teachings on the Infinite, Unknowable God, describe God as “The All.” Therefore, **All of creation is part of the body of God.**

For simplicity’s sake the process of being a part of God’s body could be compared to the composition of your own body. Each electron in each atom of each cell within an organ that makes up the body of Jerry Brown or Linda Smith is separate and truly independent, similar to the way we are in God’s body, but each electron is important to the overall well-being of Jerry or Linda. The liver may not be aware of what the lungs are doing but if the lungs have cancer, the liver, as well as the rest of the body, is going to be severely impacted, so it behooves the body if all electrons work together toward the goal of perfection of the body’s functions. The bottom line is that one could say that **we are like an electron in the body of God.**

That brings up another important point. If God is to enjoy the perfection of His/Her own creation, each electron in the Body of God (each human) should be allowed to work on their own perfection. All other beings are also a part of the body of God, so it is important to remember; **do not make war on the Body of God.** (Do no harm.) Think of your own body.

Would you cut off your big toe because you didn't like its looks? Would your right ear make war on your left arm because it had a different way of functioning? Of course not! But much of the earth has been soaked with humanity's blood caused by senseless wars that were started by people who were driven by the lust for power over others and thought that their way was the only correct way.

Getting back to our story, it is interesting to read of the similarities in the different creation stories. These themes were embedded in the earliest Hindu teachings, The Jewish Kabbalah, some of the earliest Chinese mythology, the early Egyptian mythology, and the ancient Chaldean teachings. It causes one to wonder if the mysterious and ancient Aryans visited these civilizations individually, if these themes spread by word of mouth between other travelers or if some other learned spiritual being who has now been lost to history brought them.

The Creation of Our Galaxy and Solar System

According to the readings from the Ascended Masters (most of which are still in print,) we belong to a solar system that is part of an even larger system known as a Galaxy. (Science agrees with this.) The following may be a new thought, so please give it a chance: **The Creators and Spiritual Rulers of this Galaxy are the Cosmic Spiritual Fire Beings known as Alpha and Omega, who reside in the Great Central Sun of our Galaxy.** They are the God-authority for everything that goes on in our particular, very complex Galaxy. In other words, they are one in being in spirit and purpose with the Universal First Cause, shunting aside any idea that there is territory in the Universe that is not governed by a God-type being. All beneficial spiritual radiation to our earth emanates first from the Universal First Cause to this Great Central Sun and then to our own Sun. (Note: A Cosmic Being is a highly evolved spirit who evolved through the Spiritual evolution, such as humanity, whose function is to help govern the universe.)

The Earth belongs to a solar system that revolves around our sun. Our sun is also a spiritual fire-being, a step-down representation of Creative God Energy that has living, spiritual beings in charge of its activities. **The spiritual and creative essence of our sun is governed by two Cosmic Spiritual Fire Beings known as Helios and Vesta, who are also referred to as the Sun God and Goddess of our solar system.**

Does the idea that fire can represent spirit catch you by surprise? If it does, please remember that the Bible states that when the Holy Spirit descended on the Apostles, it appeared as tongues of fire. Remember also, that the spirit of God appeared to Moses in a burning bush. The Angel that guided the Israelites during the Exodus appeared as a pillar of fire at night and a plume of smoke during the day. In the Old Testament, Elijah was thought to have been taken to heaven in “chariots of fire.”

As for what we call humanity, the Masters indicate that the future potential “you” and all the other “beginner” spirits were created as spirit sparks (**fragments of fire**) in the big bang of 13.8 billion years ago. For a long time, you lounged in the aura of one of the first great Central Suns, basking in the wonders of that mighty God-Being. Eventually, you were spun off in a series of expansions of the universe to another Central Sun, and even later to the Central Sun known as Alpha and Omega, awaiting the proper time when you would be assigned to a sun with planets (in this case, governed by Helios and Vesta) on which your spirit fire spark could find a home.

At a certain point, after the planets in our solar system were formed, and following a carefully laid out plan, Helios and Vesta called you forth to begin your journey toward God-self-realization. Over a great period of time, Helios and Vesta nourished you from fragmented spirit sparks that had no understanding of purpose, into white fire beings with unlimited spiritual potential. So, even though the Logos was involved in calling you out (birthing you) from the bosom of the Divine, Unknowable Mother, Helios, and Vesta could be thought of as your Godparents, the beings that raised and nourished you. (Now, you might begin to understand the genesis of earlier civilization’s belief in a Sun God. Those people determined for themselves that all life on earth was dependent on the sun, so therefore, they thought it must be their God.)

According to information from the author, A.D.K. Luk, (Law of Life, Books 1 & 2) whose books appear to be notes taken from the Master’s dictation sessions, our solar system is one of seven that revolve around the great Central Sun that is governed by Alpha and Omega. Helios and Vesta are subject to and abide within the sphere of influence of Alpha and Omega. ***I am the Alpha and the Omega, the first and the last, the beginning and the end.*** (Revelations 22:13)

(Note: It was Alpha and Omega that originally visualized and approved the plan for our galaxy, and it will be their decision when to end it, hence, I suspect, the statement in Revelations.)

Prior to our solar system, when the twin souls Helios and Vesta belonged to another solar system in a larger galaxy, which was again, under the overall supervision of a different Central Sun, Helios and Vesta also held an important position. **They were the Spiritual Essence of a planet.** Like all of God's creations, planets, solar systems, and galaxies have a lifespan. As their galaxy evolved and neared the completion of its mission, the planets then returned to their sun source to be absorbed back into the sun (think exploding galaxies/supernovas) to prepare for the next step, and that next step was a further expansion of God's glory by the creation of even more new galaxies from the energy and remnants of the previous. (The process can be thought of as akin to mowing the remains of crops to prepare for the next planting season.)

Helios and Vesta decided to apply for the opportunity to become a sun in the new solar system that was being formed and was to be governed by Alpha and Omega, who, by the way, had gained the opportunity to serve as a Central Sun after having served as a sun in a previous system. (Are you beginning to see how the evolution of authority and responsibility works?) Helios and Vesta had a vision that included the desire to create a number of new planets. Their plan, like God's original plan, included the opportunity for angels, spiritual beings (humanity), and the elemental kingdom to evolve on those planets.

Helios and Vesta had to show that they had the necessary talents to become the Spiritual Essence of a sun. This would include passing through a series of tests proving that they could sustain a level of radiation of energy sufficient to maintain life on a planetary system. Among other things, they had to prove that they could keep the planets rotating in a certain order and maintain each planet at a certain distance from the others, all through the power of intense concentration and radiation. Can you even begin to imagine that type of mind?

These great Cosmic Beings have different but important duties. For instance, in addition to sharing the duties with Vesta of radiating the virtues, blessings and God-ideas to each of the three evolutionary streams using the solar system, Helios is also charged with the duty of receiving the God force from Alpha and Omega and magnetizing the planets to hold them in

their proper places. This is a masculine function of divinity. He also provides the magnetization that we know as gravity to hold us on the planet.

The providing of Light substance from which all form is made, the atmosphere of the earth and all the other spheres, every type of nourishment and things needed for the sustenance of life are a function of Vesta, the feminine aspect of divinity. These duties seem to bear a similar resemblance of responsibility to the feminine aspect of the sleeping, unknowable, Infinite God Source described in the Secret Doctrine. (The world understands that females, when they are in touch with their God-source, are better at nourishing life forms than males.)

Helios and Vesta would also be charged with devising the physical plans for the planets in minute detail, the basic composition, (rocky or gaseous), the topography of the land masses, the great oceans, major rivers, majestic mountains and etcetera for each planet in our solar system. Then they would give the plan to a being referred to as the **Solar Silent Watcher**, a highly evolved Being belonging to the Elemental Evolution, who represents to our physical solar system, a concept somewhat similar to that of the Holy Spirit in our spiritual lives, and who is next in importance in the governance of the physical solar system to the Sun God and Goddess.

The Solar Silent Watcher holds the intricate details of the plan (much like an architect's aide) in her consciousness while the solar system is being built. When the building of the planet is finished, she turns the plan for each planet over to a **Planetary Silent Watcher** for day to day overseeing. Incidentally, the Planetary Silent Watcher, in addition to her other duties, is the being who makes the entries into each of our "Books of Life," which we will review, together with certain members of the **Spiritual Hierarchy**, at the end of our current earth life, to determine if we have accomplished the objectives for that life and to guide us in our further spiritual evolution. (Here, in Silent Watchers, we note other different, but incredibly powerful types of minds.)

Chapter 3

The Elohim, Angelic Beings And Cosmic Beings

The next step in the planetary creation process was for Helios and Vesta to call in the seven **Elohim** and their female counterparts, who are also members of the Elemental Evolution. The Elohim are described as huge beings, some larger than the planet earth, and are multi-talented. In this instance, one of their functions is similar to what we know as a construction superintendent. (Some consider the Elohim to be another name for God. The Masters note that the Elohim are “Gods” in a real sense, because they have achieved a high level of attainment in the Elemental evolution, and are indeed, one with the Mind and Will of God, but are not the I am/Father/Mother/God.)

The Seven Elohim and their Divine Complement

Ray	Masculine	Feminine
1 st	Hercules	Amazon
2 nd	Cassiopeia	Minerva
3 rd	Orion	Angelica
4 th	Claire	Astrea
5 th	Vista (Cyclopeia)	Crystal
6 th	Tranquility	Pacifica
7 th	Arcturus	Diana

Hercules guards the energy (Power) released on all the planets of our solar system. He is the Elohim that represents the Will of God. He is known for his Power of Love. One can call to him for strength and courage. **Amazon**, is his divine complement, and is also very powerful.

Cassiopea is the Elohim of Wisdom, which encompasses perception, discrimination, and illumination. **Minerva**, his divine complement, is also known as the Goddess of Wisdom.

Orion is the Elohim of Divine, Cosmic Love. It is Divine love that draws and brings form together. **Angelica**, his divine complement, also represents Love.

Claire is the Elohim of Purity (Perfection.) His and **Astrea's** service is to purify mankind's bodies as well as the atmosphere of the earth. Their service to the solar system is the holding of the divine concept for mankind and the earth.

Vista (who was once known as Cyclopeia,) is the All-Seeing Eye of God to this solar system. (Nothing escapes his attention.) He is the Elohim of Concentration and Consecration. He is also the Elohim of Music. He is a member of the Karmic Board. His Divine Complement, **Crystal**, can help by using her Ray* to wash our inner bodies clean from karma. The healing of our bodies also comes under her purview.

*(An explanation of the Rays and flames will be presented a little further on.)

Tranquility is the Elohim of Peace. Ministration to others also comes under his guidance. His divine complement, **Pacifica**, is known for very great peace.

Arcturus is the Elohim of Freedom which encompasses Mercy, Compassion, and the action of directing the Transmuting Violet/Purple Flame to the earth. These gifts are brought about from the use of Invocation and Rhythm in calling to him. He is the Being in our solar system who answers the call for Freedom when it is pure. One can call to him to connect the flames of the upper chakras. **Diana's** service is the intensification of the Transmuting Flame.

To begin the process to build the Earth, Helios and Vesta asked the Elohim to focus their powerful Light Rays, and where these masculine and feminine convex Rays crossed, it formed the core, or permanent atom of the Earth. The core acted as a magnet. Then began the time-consuming task of assembling all of the elements to build the Earth around that core. After consulting with the Silent Watcher on the intricate details of the plan, the Elohim would work with all the nature devas (advanced members of the elemental evolution that specialize in mountains, trees, or other earth elements) and the various other forces of the elements such as the Lords of the sea, air, and fire to build, form and bring the planet Earth into manifestation.

As the Earth was being formed, two Cosmic Beings were chosen to be the Spiritual Essence and directors of the Earth element. Their names are Pelleur and Virgo. Among other duties, the male Cosmic Being, Pelleur, works with the axis of the Earth. You can think of the female Cosmic Being, Virgo, as the embodiment of "Mother Earth," and again, the form-giving being that is involved in the nourishing and "feeding" of all life forms on the Earth.

Science puts the age of the Earth at about 4.5 billion years and the age of the sun at about 4.6 billion years, so for those of you who are wondering about such things, trying to understand where our particular solar system fits in the scheme of things as it relates to the

time that has elapsed since the so-called “Big Bang,” it is possible that our solar system and galaxy are at least the third evolutionary generation of galaxies in our part of the universe since the “Big Bang,” if, indeed, the age of our solar system is typical.

The Masters don’t give information on the early years of the planet, the time leading up to the first signs of plant life, the populating of the oceans with marine life, the dinosaur age etc. which will be frustrating to those with a scientific type of mind, but instead, skip ahead to the story of the coming of the Angelic Beings and then to the first spiritual beings that became known as humanity.

The Angelic Evolution, (the Teachers and Protectors)

After turning over the building of the planet to the Elohim, and whatever time it took for the Earth to reach a point that it could become ready to be inhabited by spirit forms, Helios and Vesta’s next call was made to the Archangels and their female complements, the Archaii, who came from their base in the Central Sun (Alpha and Omega,) where they had been absorbing and understanding how to use the God radiation, virtues and rules. They are the highest-ranking angels in our solar system. They would serve as the guardians and initial teachers of each of the three evolutions that were to use the planets in their evolutionary journey.

The Archangels the Cherubim, the Seraphim and all other Angelic Beings were also on their own evolutionary path upward in knowledge, power, and responsibility. **The Angel’s overall common purpose is to radiate the virtues of God**, the perfection that is His/Her nature, but also, depending on their station within the angelic order, they specialize in certain duties. They use the feeling faculty (the emotions) in the radiation process.

Angelic Beings, among other things, can serve as ministering angels, (guardian angels) watchers over churches, schools, hospitals, towns, and even large cities. There are Angelic Devas that guard entire mountain ranges. There are others who use the radiation currents to help mankind with healing. There is some whose specialty is watching over one of the various world religions. A brief sketch of the Order (or level) of Angelic Beings appears below:

Cherubim, Seraphim and Thrones are in the First Order. The Cherubim are said to have both human and animal-like features, as well as wings. Some have been described as having a four- sided head (four different faces.) They appear to be guardians of holy places. We first hear about them as

guarding the entrance to the Garden of Eden. Seraphim spend a great deal of their time around the throne of God. They are very wise, seasoned beings and act as God’s messengers. The name “Thrones” seems to speak for itself and invokes images of guards, for instance, the seven Thrones said to be around the Throne of God.

Dominations, Virtues and Powers make up the Second Order. Dominations regulate the duties of lower angels. Virtues represent the teaching of the virtues of God to those below. Powers supervise the movements of the heavenly bodies and can also oppose evil spirits.

Angels, Archangels and Principalities make up the Third Order. Archangels are the Rulers. Archangel Michael is the Prince of the Heavenly Hosts. Angels are the “grunt-workers.” The newer Angels are included in the category of Angels. They spend a great deal of time around the throne of the Father-Mother God, absorbing a particular virtue of God. At their beginner level, they are very one-pointed, focusing on one virtue at a time. If they are told to go and deliver a particular virtue, let’s say “hope” or “love,” to a certain person, they go and do that, radiating that virtue, then return to absorb more of the radiation and, perhaps, move on to another. Principalities guide and protect nations, groups of people and institutions such as the church.

The Archangels and their Female Complement, the Archaii

The Archangels and Archaii are the embodiment of a particular virtue of God described below. Our planet is a testing area for humanity to learn how to use the feeling quality, (the emotions) to magnetize and bring completeness to those virtues. **Mastery depends on that.**

As you study the list of the Archangels and their Divine Complement Archaii, you will see the subtle expansion of the virtues of the Angelic Beings represented by the names of the Archaii. For instance, Faith, Hope, Charity, Constancy and Grace, are all important virtues. Amethyst is the intelligence within the Transmuting Flame. (Mary, the mother of Jesus, was an Archaii before she volunteered to become the mother of Jesus. It was not reported what her Archaii name was.)

Ray	Archangel	Archaii
1 st	Michael	Faith
2 nd	Jophiel	Constance
3 rd	Chamuel	Charity

4 th	Gabriel	Hope
5 th	Raphael	Mary (the mother of Jesus)
6 th	Uriel	Donna Grace
7 th	Zadkiel	Amethyst

Archangel Michael is the Archangel of Protection and Faith. You will notice that his divine complement (twin flame) is named Faith. Archangel Michael is Prince of the Angelic Beings. He and Faith have a Temple of Faith in the etheric realm over Banff, Canada. He spends a great amount of time in the astral plane removing accumulated dark matter from souls who have left their bodies but are entangled with the darkness that is preventing those souls from moving on to the heavenly realms. He has vowed to stay on earth to help mankind until the last soul makes their Ascension or the Cosmic Powers decide to end this experiment.

Archangel Jophiel is the Archangel of Illumination and was the first World Teacher. His Divine Complement is Constance. Everyone should agree that You need constancy to reach complete understanding and illumination.

Archangel Chamuel is the Archangel of Divine Love. His Divine Complement is Charity. One probably never reaches the state of Divine Love without also becoming charitable.

Archangel Gabriel is the Archangel of Resurrection. (Resurrecting the Powers of the Divine Self.) He is the Angelic Being that assisted Jesus in the tomb. His Divine Complement, Hope, seems to have inspired most of us at one time or another.

Archangel Raphael is the Archangel of healing. He and his divine complement, Mother Mary, have tremendous healing powers.

Archangel Uriel is the Archangel of ministrations. (He works with His Divine Complement, Donna Grace, and others to minister Grace to us.)

Archangel Zadkiel is the Archangel of Mercy and Compassion. He works with His Divine Complement, Amethyst, and others to send help to those who invoke the power of forgiveness.

Cosmic Beings

A Cosmic Being is one who has evolved beyond Ascended Master status that can, in a special specific instance, become the Maha Chohan/Holy Spirit for a planet. They can also hold

positions such as the Lord of the World, the Goddess of Truth, the Goddess of Opportunity, the Goddess of Wisdom, and teachers in the spiritual realm etc. Beyond that they can become the Spiritual Essence of a planet, a Sun and ultimately the Spiritual Essence of a Central Sun.

As mentioned, Helios and Vesta are Cosmic Beings who evolved through the Spiritual evolution and had received intermediary training as the spiritual beings that ensouled a planet in a previous galaxy that had twelve suns and Helios and Vesta's particular solar system had twelve planets. Seven of the twelve planets in Helios and Vesta's original solar system applied to become suns in our new galaxy as the next step in their own spiritual evolution. (Source: Law of Life, Books 1 & 2 by ADK Luk.)

It may seem far-fetched, but the numbers seven and twelve have special symbolic meaning. They represent the number of suns in our present galaxy (7) and the number of suns in Helios and Vesta's previous galaxy (12). (This cosmic history could be compared somewhat to genes passed down from parents and ancestors.)

Seven is an important number in our everyday lives. It correlates to the number of seven solar systems within our galaxy. There are also seven days to the week, seven primary colors, seven natural notes on the musical scale, the original landmass, Pangea, that split off into seven continents, seven colors in a rainbow, seven chakras within the body, visible body changes every seven years, seven deadly sins etc. Added to that are the spiritual implications; the seven rays of God, seven Archangels and seven of their female counterparts, the Archaii, seven Elohim and seven of their female counterparts. Matthew's version of The Lord's Prayer makes seven important points. Then there are the seven hills of Jerusalem, seven thrones before God, the seven psalms of David, the seven parables of Jesus, the seven last words of Christ. Near the end of Christ's ministry there were seventy-two disciples in addition to the original twelve, making the total eighty-four. So again, we see the symbology of the two numbers: $7 \times 12 = 84$.

The number twelve likewise, is important. There are twelve months in the year, twelve signs of the zodiac, twelve grades of school, twelve musical notes when you add the 5 sharps and flats to the other seven, (the readings say that the seven natural notes represent the seven planets from the previous solar system that decided to become suns and the five sharps and flats represent the five planets that declined,) twelve troy ounces to the troy pound, the twelve

tribes of Israel, the twelve apostles, the twelve virtues of God, and so on. When Jesus fed the multitude, he used 5 pieces of bread and two fish (a total of seven items) and the leftovers filled twelve baskets. This is just another twist to the symbolism.

The Three Evolutionary Streams Using The Earth

We had already mentioned the fact that the spirit streams known as Humanity, the Angelic evolution and the Elemental evolution were to use the Earth as their school room. Each one of the three evolutions was meant to contribute to the growth of the two others, but the spiritual beings, (those of us now identified as Humanity,) **could ultimately reach higher** within the expansion of the universe and aspire to become say, a Cosmic Being in charge of a Sun.

The Angelic evolution was created a little higher than man because they are God's servants. The Archangels were to act as teachers and guides but they, the Cherubim, the Seraphim and the other Angelic Beings were also on their own evolutionary path upward in knowledge, power and responsibility. For instance, a regular angel who is acting as a Ministering/Guardian Angel could aspire to be a Principality watching over a religion or a nation.

The Elemental evolution was given orders that, at their basic beginner level, they were to obey the wishes and creative abilities given to what we call Humanity. In other words, when humanity made their descent to Earth, and visualized a God-idea for a new form, the elementals were to embody that form, sometimes a quite important step forward, if it was a good interpretation of the idea, but at other times, particularly as humanity began to slip into the darkness, a meaningless, negative, and thankless task.

Do not, however, overlook the importance of the Elemental evolution. These intelligent beings, (note that the last part of their name is "mental") partner with you in creating a physical body to house your soul. Again, they make up the substance of the earth and all of its various manifestations: the trees, flowers, animals, food, housing, clothing, furniture, automobiles, ships, trains, airplanes, and everything that allows us to live here. They too, are on an evolutionary path. They can become Builders of Form such as Nature Devas (working under the direction of the Elohim, Elementals helped build the Earth.) They can become Directors of the

elements on a planet such as Lord Neptune, (Lord of the water) Lord Aries, (Lord of the air) Lord Thor, (Lord of the wind) and Lord Oromasis, (Lord of fire,) with the ultimate manifestation in their evolution being somewhat twofold, that of becoming an Elohim, the beings responsible for overseeing the building of the physical earth, (the Elohim also have other duties connected with the Rays that will be discussed later) or they can choose to become a Silent Watcher.

The original idea was that the Spirits (humanity) would be a synthesis, so to speak, of the Angelic and Elemental evolutions. In other words, a bridge between the two, and bringing together the best of all evolutionary forms.

The Coming of Spirits Now Known as Humanity

Wrought out of the Mind of God as a spirit spark of Universal Primal Matter, each of us is a child of God, a son or daughter of the Great Cosmic I am Presence. We don't remember our beginning, and that is by design. To repeat, the spirit sparks that contained our Godly potential were created at the time of the "Big Bang." In the distant past, we were completely and wholly divine, untainted by exposure to evil, basking in the glory of the exposure to the God-being (Central Sun) to which we were assigned. Eventually, in a later moment of the creation process, we would be assigned to a new solar system to which the earth belongs, to receive the buttressing of Helios and Vesta while we were beginning a long but carefully planned mission to learn the Laws of God and understand the rules of the creation process behind God's ever-expanding universe. It was at this point that we were brought (transformed) from Spirit Sparks to White Fire Beings

From the very first moment that your White Fire Being was created and you realized your I am Presence, you were given free will and the liberty to use that flame so that you could grow into limitless perfection. You were to use that free will to discover your individuality, while also becoming One with the Will and Mind of God. **Free will means that you have a choice, but with that choice, an enormous responsibility.** You can choose to use that will for service to God and your fellow man, or you can choose to use that will for the gratification of your earthly desires. (The use of that free will is one of the things that we will examine more closely as we go through the book.)

The plan included much time spent on the carefully spelled out instruction by highly evolved Angelic Beings and Cosmic Beings from this and other solar systems who had come to teach in temples of truth within the spiritual realm, plus carefully monitored hands-on type learning experiences.

In the heavenly temples you were taught about the Oneness of God, focusing on the majesty and correctness of His creation. This was referred to as **the Rule of the Law of One**.

In addition to the Laws of God, you were also given instruction on the proper method for training the mind to focus (concentrate) on an objective, leading up to the basic, but most important seven step fundamental rule for precipitating matter. (Creating something through the power of thought. Think of Jesus multiplying the loaves and fish.) **Precipitation is a critical step, and the hardest, in learning how to become a co-creator with God.** A simple but basic lesson on Precipitation is learning how to use the mind to secure a needed parking space and as you advance, learning how to ask for a delay or break in the rain.

The next step was one of the most important. That was the time spent in the seven spheres that surround the heart of our Godparents in the sun. These seven spheres offered lessons in God virtues that we could absorb. The experience in these spheres shaped our individual interests and our very own habits that made each of us the unique being that we are. Later, we made visits to some of the different planetary realms of the solar system to observe and learn the basic laws and rules of creation. Again, as we were to progress in knowledge, wisdom and understanding of the Divine Right Purpose of the creation process, the plan devised by Helios and Vesta was simply that at some point we would be able to take an active role in the execution of administering some facet of growth in this ever-burgeoning universe.

Later, after you had finished the work in the spheres, you would embark on a journey to one or more of the planets to observe the carefully articulated interaction of the elemental forces on a planet and to learn how to live in peace with whatever life forms might be there. This instruction was at a pace that would allow all spirits to learn. Note: There may be some confusion about the use of the terms "Soul" and "Spirit."

Some think that they are one and the same. "The Spirit" is the original pure and Divine essence, which is in the heavenly realms, **a part of which resides within our hearts, and with**

which most of us have not yet united. “The Soul” is the vehicle that has gone out to experience existence in this and other realms and is an accumulation of that consciousness, complete with the good and bad baggage.

Chapter 4

The Spheres and Rays of God

In our Solar System, there are seven Rays of God. (In larger systems there can be more.) These Rays represent aspects or qualities (virtues) of God-Being that we are to learn while in the aura of this solar system. In the earlier days of your mission, as you spent time absorbing the lessons available to us in the **seven spheres of activity that exist around the heart of the Sun God and Goddess**, you could also learn about the aspects contained in the Rays.

Slowly the life-streams began to explore the first sphere. **This sphere is where ideas from the Mind of God are born.** Everything we use, every invention, every form of government or religious regimen that has benefited mankind on the earth originally emanated from the Mind of God. Each sphere usually has one color that represents one of the Rays of God. The first sphere varies from that in that it has two colors, **crystal and blue, that are associated with the Strength, Power, Protection and Will of God.** The explanation for the two colors is that the crystal color is associated with the very heart (beginning) of the flame and the predominant blue color is the color of the larger plume of flame. (We will learn more about how to use these Ray colors, which again, are closely related to the lessons contained in the spheres, later.)

Some of the Spirits decided that they wanted to remain in one of the first three spheres, which represent the Will, Wisdom and Love of God and go no further. Moving on through the other spheres, some would find their soul niche, and decide to stay in one of those other spheres. (Those spirits that remain in one of the seven spheres are known as the Heavenly Hosts and they perform services on the inner level, such as prayers for the need of the hour.)

You, and the rest of us that are experiencing life on earth, however, were more adventurous and moved on. **The second sphere is where the God ideas are molded into thought forms. The Ray color in the second sphere is yellow (tending toward gold), and the lessons that it radiates are the Wisdom, Perception, Discrimination, and Illumination of the mind in working with the God ideas.**

After absorbing these lessons, you moved on to **the third sphere (the pink Ray) where the thought forms are energized by feeling (the emotion of love.) Divine Love, Tolerance, Harmony, and Adoration are taught here.**

The fourth sphere is where we learn to honor the Purity of our endeavor. The arts are taught here, such as architecture, painting and singing. **Purity, the Resurrection and Ascension processes are within the special teaching and blessings of this white fourth Ray.** Lord Jesus used this Ray while in the tomb to resurrect his body.

The fifth sphere is known as the realm of Consecration where some discover a mission in things like science, the medical arts or research. **Truth, Healing, Consecration and Concentration are among the lessons of this green fifth Ray.**

The sixth sphere is where reverence and worship are the activities. Peace, Ministration and Grace are the lessons of this ruby red sixth Ray. From this sphere come the missionaries and holy men. Jesus was “on” the sixth Ray.

The seventh sphere is that of ordered service and dedication to the fulfilling of the Divine Plan. Violet/Purple (the color can range from violet to amethyst to a deep purple) is the color of the seventh Ray which represents the ultimate freedom of the perfected soul. **Invocation, Mercy, Compassion, Transmutation, Forgiveness and Freedom are the lessons to be learned in the Seventh Ray.** The Masters indicate that this Ray is where humanity can learn how to transmute its’ negative karma (forgiveness of sins.)

While going through the spheres, like going through the grades in school, you absorbed some of the lessons of each one, but inevitably, like the subjects in school, there would be one sphere that would appeal to you more than the others. Whichever sphere that most captured your attention and in which you remained the longest, is the one that will most influence your purpose throughout your existence and is described as the “Ray that you are on.” That said, perhaps it can be understood that through the gift of free will, and the influence of the Rays, each spirit life-stream has an individual identity and likewise, an individual destiny while moving through the planetary experiences. Again, only those that chose to pass through all seven spheres were qualified to move on to experience existence on the planets. Each of those Spirits was seeded with a potential talent or aspect of the multiple God-force-qualities of the Rays that would, when developed, be useful to God in His plan for the expansion of the universe.

As in your life, everything in this universe is a succession of learning experiences. As we learn, we move forward toward our first goal of becoming one with God’s Will. The next step is

to become a Master of energy in this life, then an ascended being (Ascended Master) and eventually, qualifying for the first of a number of different Cosmic positions.

Each time a new galaxy or new solar system is formed there is a need for new spiritual talent to help to administrate that galaxy. There are many positions of authority and responsibility that can be experienced once we gain mastery.

Positions of Responsibility in the Governance of the Earth

We had already mentioned Virgo and Pelleur, who are Cosmic Beings who ensoul the Spiritual Essence of the Earth. That is just one important post that needs to be filled for each planet. There is a need for Ascended Master Spirits to fill openings that become available in the Spiritual Hierarchy that monitor and influence events upon the earth.

For instance, there is a need for seven Ascended beings to work with the **Rays of God** that are beamed to and are beneficent to the people of the Earth. The official title for each of these seven beings is **Chohan of the Ray** (Lord of the Ray.) These beings are supervised by a Very highly advanced Cosmic Being whose title is **Maha Chohan**, (Lord of the Chohans). The Maha Chohan is a **representative of the Holy Spirit** to our planet. (This will be another new, and perhaps, unsettling thought.)

There is a separate representative of the Holy Spirit to each planet that is inhabited by spirit forms. The power that is manifested by the Maha Chohan/Holy Spirit comes to Him as rays, first from the Heavenly Father-Mother Creator God to the Great Central Sun, then to our Sun. The Maha Chohan/Holy Spirit receives these rays and redirects them to the Chohans of the Rays and wherever else they might be needed.

(The Archangels served as the first Chohans of the Rays until an Ascended Being from one of the root races, or a Guardian Spirit from another planet was willing to stay behind their group and serve the remaining members of mankind. You will discover as you read further that the first three Root Races using the Earth for their learning experiences, once finished, chose to go on to even greater learning experiences, so for millions of years the Archangels, the Archaii, the Elohim and the Guardian Spirits from other planets were doing the heavy lifting.)

Currently on this dark planet, there is a position called **Lord of the World**. Among other things, this highly evolved spirit makes sure that his personal “Light” makes up for the lack of light created by humanity.

There is a position called the **Buddha** of the world. His responsibility is to receive, then magnetize and send the love of God to the people of the Earth.

There is an office of **World Teacher** that designs the religions to be given to the world. For instance, in the case of the beginning of the Christian dispensation, the being that held the office of World Teacher at the time, Ascended Master Maitreya, picked Lord Jesus (who was already a Master) for his mission and overshadowed (maintained thought contact with) Jesus.

There are Cosmic Beings that teach in the spheres around the Sun and others that teach in the heavenly realm. There is truly great evolutionary research in the heavenly realms on all sorts of things that would benefit humanity. These are just a few of the many ways that humanity can serve the expansion of the universe. Each one of us is working toward a goal unknown to our conscious minds, but when we become a Master, we can choose from several options, on how we want to serve.

You have been told by preachers that when we get to heaven, we will be continuously praising God. I don't know what that means to you, but I can't see the purpose of standing around all day saying, “Praise God!” To be sure, God does deserve the praise, but I suspect that you would probably agree that God is not an egotist. I'm sure that God does want us to love and respect Him/Her and, most importantly, become One with God's Will. So, one important way to praise God is to serve in the expansion of the universe, which is also the expansion of God's Glory.

Now you may be asking, how do we even begin to train ourselves to become One with God's Will? You can start by trying to tune out the constant blather of discord from the world and instead, focus on developing the inner God-Consciousness to be able to receive God's promptings. That is an over-simplification. (More later.) There is much to be learned, but when you reach Oneness with God, you can continue to grow in service and move up the ladder to the point that you could someday decide that you want to be the spiritual essence of a planet, or a Sun God or Goddess, or even the Spiritual Ruler of a galaxy like Alpha and Omega.

The First Spiritual Hierarchy of the Earth

Helios and Vesta, (the Sun-God and Goddess,) the Silent Watcher, the Maha Chohan/Holy Spirit (Head of the Chohans,) with the Archangels serving as Chohans of the Rays, the Archaii, the Elohim and the **Manus*** made up the first Spiritual Hierarchy of the Earth.

*(This is the first mention of a new type of being. The Manus are the seven perfected Cosmic Beings who are the Archetypes (someone to model yourself after) for the seven individual Root Races (more explanation to come.) It appears to the writer that in the books, "The Secret Doctrine," the Manus are designated as the first seven sons for the Earth.

Working with the Rays of God and administering the power of those Rays were the seven Archangels that were assigned to the earth. The Archangels served (temporarily) as Chohans (Lord of the Rays,) until human spirits, or highly evolved guardian spirits from other planets could evolve to fill those roles.

This group would monitor the progress of the life-streams using the earth as their testing ground. The hierarchy had then, and still retains the option of making adjustments that could alter the experiment. (Think floods, earthquakes, polar shifts etc....)

The Current Spiritual Hierarchy of the Earth

The composition of the Godhead today would be slightly larger and would include Helios and Vesta, the Silent Watcher, the Lord of the World, the Buddha position, the Maha Chohan, the World Teacher, the 7 Chohans of the Rays, the Manus, plus the Archangels, Archaii and Elohim, who continue to serve on the Rays. (There will be more discussion on the duties and positions of responsibility in Chapter 11.)

Chapter 5

The Early Years of the Seeding of Humanity

At first, the group that we call humanity numbered about 3 ½ billion spirits. That is not the case now. There were about ten billion spirits in our group as of 1960. (The last time that the Masters gave a number.) This is because the earth has become the host planet for additional groups of souls from other planets in other solar systems. These added billions became necessary because some of the spiritual entities on those other planets had not progressed to the point that they could finish their lessons and move on to the next step in the learning process before their planet was due to move on in its cycle that would bring it one step closer to being reabsorbed by their sun (referred to as the in-breath and part of the longer process of a sun exploding at the end of its cycle.) Therefore, these groups would have experienced the Second Death, the dissolution of the Spirit.

Eventually, it became time for the big test. According to the Masters, 900 springs (years) were spent preparing the Earth for the arrival of the first group of original Spirits, and that they came to Earth about 4 ½ million years ago. Our Spirit group was to visit Earth to experiment with the act of precipitation, (the actual forming of matter through the power of thought.)

Remember that the elemental evolution was under a fiat to obey these Spirit beings in the creation experiments. The Spirits had already gained some experience using the power of precipitation in class situations in the spiritual realm, but the spiritual realm was in the 4th dimension. The Masters indicate that the art of precipitation is more difficult in the 3rd dimension, so visiting a 3rd dimension planet would offer advanced training. This was the Spirit Group's "purpose" at the time. Their mission was to learn to use their minds to master energy in such a way as to manifest objects such as unique flowers or the creation of plant life-forms that would lead to a sustainable and beautiful eco-system. Later, as they gained experience, their projects would expand in complexity as the God-ideas flowed to them, perhaps to things as sophisticated and intricate as what they had seen in the heavenly realms.

The Spirit beings were to reside on the planet not in their white-fire bodies that they used in the heavenly realms, but in thought-form bodies that were more vapor-like, (similar to an etheric body, or an astral body.) These bodies were self-luminous but would not be visible to

us today. We just wouldn't have been able to see them because they were vibrating at a higher frequency. (They had not yet manifested human-animal bodies.)

The Spirit group was led to the planet in a glorious cavalcade overseen by Archangel Michael. It could be visualized as a spiritual superhighway from heaven to the earth. In this experiment that was designed to create new matter on the earth's plane, the Spirits were able to see and communicate with their Manus, the Angelic Beings and the Guardian Spirits that had come from other, more advanced planets, to help humanity.

The plan called for the groups to visit Earth in seven different major waves of spirits, or **seven different Root Races** spread over a period of about 98,000-100,000 years. These seven groups had nothing to do with the color of the races on the earth today but are tied into a mixture of the seven different Ray types. (Remember that the seven Ray types were established when they spent their early development years in the seven spheres around Helios and Vesta.) Each Root Race would contain a mix of Spirits from each of the seven Rays, otherwise the groups would be very unbalanced.

The overall accumulated 14,000-year time frame was planned to accommodate the varied lessons of each of the seven Rays. For example, within that 14,000-year period, each spirit could come to Earth seven different times for up to 2,000 years each time, if needed, in order to experience the lessons and beneficence of the particular "Ray" that was being beamed to the Earth during each period.

Death was unknown. There was no aging, decay, or disintegration of the thought-form body. When a spirit had finished its term, it would inform friends and members of its group of its transition. Then it would search for new sponsors (the sponsors were similar to parents in today's world) and, gaining their consent, leave with them certain items (like research papers) that might be helpful in the new life. Then the spirit would go to a temple where a priest would help it step into the Transmuting Flame where the thought-form body would be etherealized. From there, the spirit would return to the heavenly realms for more instruction. When it was ready to come back, the female and male sponsors would project their two rays. Where the rays crossed, a new thought-form body was formed to full stature. Infancy and childhood were not

required, so there was not any regret for leaving the comfort of the spiritual realm to enter an unfriendly new world, (like ours is today.)

So, here comes the perplexing part: If the seven major waves were to each complete their lessons within a 14,000-year time span, they should have been able to do so in approximately 98,000 to 100,000 years. ($7 \times 14 = 98$.) As mentioned, the references from the Masters point to a date for our first official visit to the earth as about $4 \frac{1}{2}$ million years ago. **So, we should have been finished long ago (over 4 million years) with this educational course and should have moved on to an even greater expansion of our spiritual journey. But something quite extraordinary happened to mess it up.**

(Perhaps you're already wondering if this explains why we can't seem to find evidence of life on the other planets in our solar system. Did they complete their lessons and move on?)

The readings from the Masters indicate that the first group of spirits (the First Root Race) were led by Archangel Michael to the area around the Grand Tetons in North America and then spread north, east, south, and west. (The information in The Secret Doctrine states that the First root Race went to "The Imperishable Sacred Land," no location given.) The Masters don't state where the Second Root Race went. (The Secret Doctrine indicates that the Second Root Race went to a continent that is identified as Hyperborea, which was, at the time, located near the North Pole.) The Masters state that the Third Root Race went to an area near where Australia and New Zealand are now, which at the time was a part of a large continent named Lemuria, nicknamed (Mu) and some to another part near where the Fiji Islands are now. (The Secret Doctrine also indicates that the Third Root Race went to Lemuria.)

The Information from the Masters indicates that part of the beginning of the fourth Root Race also went to Lemuria. It appears to the writer that another part of the fourth Root Race also went to what would be considered eastern Asia (presumably the early beginnings of what is now China and India, maybe spreading to the Middle East) and yet others from the Fourth Root Race went to the continent of Atlantis. (My understanding of The Secret Doctrine is that it appears to identify Atlantis as the only destination of the Fourth Root Race. Here, again, the writer favors the information given by the Masters, but the similarities are interesting.)

The readings indicate that there was no discord at the time of the first three Root Races. The Earth was beautiful and peaceful, there were no storms or bad weather patterns. The group did not have to labor to provide for their needs, they could just precipitate whatever they needed. The readings further indicate that there was no interaction with animals during the first three groups but that there were animals present during the time of the fourth group. (They don't explain whether there were animals present in other parts of the 3rd dimension world while the spirits were visiting.)

That information bothered me for a long time because science has proven that some animal types pre-dated the arrival of man. Then I began to research what science had to say about asteroids and meteorites and their effect on the Earth. For example, an asteroid, or perhaps two, according to new information, sized somewhere between 6.8 miles and 50 miles, struck the Earth about 66 million years ago, killing the dinosaurs and many other life forms.

Another source (Google) stated that an asteroid of just a few kilometers can release the equivalent energy of numerous nuclear weapons, so I started researching Google sites that showed evidence of asteroids hitting the earth just before the period of humanity's suggested arrival. There were three (that I was able to find,) that could have been very significant: One in Kazakhstan, thought to be 8 KM (4.968 miles wide.) One in Tatarstan, (Russia) thought to be 10 KM (6.21 miles wide.) Then an enormous one in Tajikistan (near Afghanistan) thought to be 52 KM (32.311 miles wide.)

There is confusion about the date of this last impact. It ranges from less than 5 million years to 25 million years ago. (Part of the confusion problem is because it is in a mountainous area, is partly covered by a lake that is frozen over for much of the year and is a fairly recent discovery.)

There could have been others that hit areas that are now covered by oceans. But the important point is that these impacts could have created a nuclear winter and wiped out some, or all of the animals. The Bible says that man was shown all of the new animals and named them, (Genesis 2:19-20) so perhaps this period was a re-introduction of the animal evolution.

(According to Science, the tail end of the Miocene period leading into the Pleistocene* was identified with significant change and the earth was re-foresting, which seems

to tie in with the Master's statement that 900 springs were spent preparing the earth for humanity's arrival.)

(* There are differences of opinion as to the actual date of this time period.)

In the Masters readings, it is noted that the period after the arrival of the first and second root races represented a golden age. Perhaps the glory of that period may be what gave rise to the idea of the Garden of Eden. But that was millions of years ago, so what went wrong?

During the group's early exposure to becoming a God-centered Spirit every element of creation was in harmony with God. The Cosmic Beings, the Angelic Beings, the Elemental Beings were one with God and were basking in the wonders of His creation. **Then, at a point in the distant past, a group of angels led by the once magnificent angelic being, Lucifer, revolted, the dark force was formed, and evil was born.** Over time, the dark force devised a cunning and devious plan to divert us from our mission.

The Arrival of the Laggards and the Continent of Lemuria (Mu)

It has already been noted that the first two major Root Races completed their mission within the allotted 14,000-year period without any major problems. The third Root Race took a little longer but did successfully complete their mission. Somewhere during the early part of the fourth Root Race, however, there was a planet in another galaxy nearing the point where it would be moving one step closer to its sun (getting ready to be re-absorbed by its sun.) Among the life-streams in this group were spirits that had embarked on a similar spiritual evolutionary process to ours but had fallen behind; had either not applied themselves properly or had generated discord to the point that they were unable to progress to the higher radiation frequency required for life on their planet in its new location.

This group represented several billion souls and became known as the "Laggards." If another home could not be found for them, their Spirits would experience the Second Death, which means that they would be dissolved back into basic primal matter. God does not like to lose any Spirit, so at a meeting of a council of Cosmic Beings, which included the Spiritual Hierarchy for the Earth, as well as Pelleur and Virgo, the decision was made to let the Laggards

join our evolutionary group. This occurred at about the 50,000-60,000-year time mark from humanity's first visit to earth.

It was on the continent of Lemuria, which was in the Pacific Ocean, and a number of years after the civilization experiment on Lemuria had reached a very high point, that the Laggards were first allowed to come to the earth. About one hundred years ahead of this event, Humanity's Guardians were warned that they were coming and should endeavor to take the necessary steps within the priesthood to decree and pray for protection of their innocent flock. (From hereon, the original Spirits of the Earth may be referred to as Innocents.)

The Masters don't tell us what actually happened to cause the fall from grace of the Laggards on their prior mother planet. It would not be a stretch, however, to think that the Laggards had been infected by Lucifer's dark force on their prior planet-home.

To help us understand why the Masters don't elucidate on this subject and others to come that we would like to know about, they indicate that **when we entertain thoughts about wrong-doing or anything that is less than the Will of God we open ourselves to serious danger, that danger being the power of the dark force.** The dark force is always looking for the slightest opening and the dark force would love to flip you, me, and all of us.

A reminder of the danger for Humanity in this exposure to the Laggards: When we were created, God granted us free will to choose our learning experiences including the proper use of energy. (Divine Right Action.) This meant that any movement away from God's plan would cause separation from God, a weakening of our powers of perception, discrimination, and creative abilities, plus the inevitable loss of guidance from our teachers.

Other than those in the priesthood, the Angelic Beings and Guardian Spirits, the Innocents didn't understand that the Laggards were not from their Spirit-group. The readings give one the distinct impression that the Laggards were from an older race. They were most likely highly intelligent and very clever in their unyielding pursuit of power, but also very subtle in their approach.

So, at first, the resistance to God's plan by the Laggard's started slowly, almost imperceptibly, with the Laggards using vague whisperings or clever innuendo. For instance, everyone has probably had certain circumstances where they have been encouraged to try, or

do, something that they are not quite sure is right, but it didn't seem that it was going to hurt anyone or anything to try it. So it was in this instance, but from this type of small beginning it would develop tentacles and grow.

In our search for the impact of the Laggards on the innocents, as in the case of certain personalities in our world today, it should be safe to speculate that **the lust for power over others** was their key motivation. With the dark force sensing an opening on the earth for their movement, we can also safely speculate that the dark force motivated the Laggards to make a special effort to win over the group.

In every group there are more followers than leaders. One of the principal ways that the Innocents learned was by observing and copying things that they saw. That process had been happening since their early tour of the seven spheres around the Sun God and Goddess. The Laggards understood this very well and eventually, over many years, managed to insert themselves into various leadership roles within the group that included government positions and even the priesthood, so that they could influence the Innocents. (Similar things are still happening in our world.)

As the Laggards began to create improper thought forms, some captured the attention of the Innocents, leaving an impression and causing them to wonder. The Laggards also began to suggest that the group should experiment with doing things their own way. So, ever so slowly the conditions began to become discordant. The readings indicate that the initial incidents and incorrect manifestations spread like a low-hanging fog.

We can imagine that striking out on their own would greatly appeal to the Innocent group's curiosity, excitement, and sense of adventure. If that be the case, over time the curiosity of testing their own ideas would lead to the creation of various new forms that did not emanate as a God idea.

Animals were said to be present during the time of the 4th Root Race when the Laggards arrived. So, we can probably safely speculate that lust for the sense experience of an animal was a motivation for the Laggards. From experience gleaned from the dark force, the Laggards most likely already knew how to do this. (The Masters did indicate that the Spirit Beings pushed their way into other forms but in the main readings did not indicate if animals were involved.

Experimenting with animal forms was reported in the Edgar Cayce document, “Edgar Cayce on Human Origins.”)

If the once-innocent beings realized what had happened and saw these new and interesting body manifestations, you can imagine that they would have been completely hypnotized by the purely physical appearance and actions of the bodies inhabited by the Laggards. Entering the consciousness of an animal to experience their sense consciousness most probably would have been very exciting for the Spirit group. **Especially the one concerning sexual mating.**

However, entering the consciousness of an animal to experience the feelings of sexual mating and having sex with an animal are two entirely different things. At this early point, humanity didn't have flesh bodies yet.

As to the probability of being able to push your way into other forms, one of the Masters related an early experience in which he wished to know what it was like to be an elemental, such as a flower. He joined a class in the heavenly realm that taught new elementals how to precipitate a flower. He somehow took on the consciousness of an elemental (he was a Master, who was able to take on different forms) so that he could describe the experience of the elemental being in concentrating their energy into holding the thought form of the flower from the seed process through the creating of the stem, then the leaves and finally, the actual blooming of the perfected flower. He reported that it was much harder than anticipated.

The desire by the Innocents to push their way into other forms, of course, would not have been in accordance with the rules of creation that they had been taught in the heavenly temples. These rules were God's Laws. Here, perhaps we can begin to see a similarity to the signs of the Biblical analogy of the devil, in the form of a snake, tempting Eve with the forbidden fruit.

Those with a scientific bent will be disappointed, but the Masters don't deal with the question of evolution through the animal kingdom, but they do specifically indicate that animals are of a separate kingdom. So, from that information, it doesn't appear that evolution through the animal kingdom was a part of the original plan.

Of course, it would be interesting to know whether Science is right in stating that we evolved from the apes / chimpanzees, or if the Master's statement that animals are of a separate kingdom should cause us to probe other possibilities, which we will do next.

It was only after I had finished the text on this book that I reread some of the smaller pamphlets that I had perused a few years earlier and found the "key" information for which I had been searching but had obviously overlooked the first time.

In a book titled, "The Will of God," Master El Morya dictated, "In the first Golden Ages, there were no vicious creations, but through the misuse of energy, mankind descended into the 'caveman' and distorted their beautiful bodies-spewing forth the vicious creations known as prehistoric mammal and ape. The Antediluvian Age was not the beginning, but the lowest ebb of a humanity that had fallen from Grace-that had walked out of the Garden of Eden into a world of their own creating." (The Will of God by Thomas Printz, Ascended Master Teaching Foundation, P.O. Box 466, Mount Shasta, Ca 96067.) Note: Thomas Printz is the pen name of Master El Morya.

So it was during the mid to latter part of the fourth wave that the Innocents rebelled, turning their backs on Divine Guidance to push their way into the ape-man/caveman forms.

We can assume that they didn't understand the future consequences. Over time, more and more must have experimented until finally, it became more difficult to return to their original etheric thought-form bodies and even more importantly, **more difficult to remember what and who they had been.**

The Guardians of the race must have sensed that with these experimentations, this might lead to some radical changes to the original thought-form bodies. Even though the Godhead understood that it was a probability, **it was apparently not a part of the original plan that the spirits should enter materiality in a human-animal-type body, perhaps the reason being that the Godhead understood that they might get trapped there which, it appears, is what happened.** (Meanwhile, rebellion against God's plan was evident when the group began to lust for the sense experience and began to place too great a value on their own abilities.)

(Note: So that the reader understands that the author is not dreaming up a new theory, the Edgar Cayce readings, like the Master's information, imply that first there was a spiritual thought form creation, and that later, these spiritual thought forms were able to push into other shapes.)

The entire group of innocent spirits were not affected all at once, but as the troubles increased and more Innocents began to stumble, the time spent in habitation on the earth grew exponentially, with little progress made in achieving their goal. The Laggards had won the first battle. The group's attention had been diverted, and lasting damage had been done to those Innocents that had turned away from God's plan and had been experimenting with their own ideas. In addition, they had, by this time, also lost their abilities to contact the Angelic Beings and Guardian Spirits for guidance.

So, summing it up, it appears to the writer that Humanity's Original Sin was the Instance of the Rupture of the Spirit when it chose to vie for the sense experience. (The sense experience most likely being the "Forbidden Fruit.")

The Dark Years. Before There Was Evolution There Was Devolution

The readings indicate that the original "Fall from Grace" happened on Lemuria. The time span covering the period of the beginning of the darkness until the veil was completely shut was woven over a period of about a million years, so again, there were obviously some spirits that stayed true to the original teachings for a good while before they succumbed. The Masters are not inclined to give us all the details, which can be frustrating for those of us that want to know. However, there is their insistence that we need to learn to move forward instead of dwelling on our past mistakes. We can learn from what happened with our predecessor's stumbles, but we can't change what happened. **We must deal with "what is" now.** Immediately following the closing of the veil there was another period of about a million years in which humanity continued to devolve.

The Development of the Human-Animal Body Form

As to Science's claim that we evolved from the Ape: According to the Cayce material, the group that was experimenting on earth made a determined effort to find a suitable form in which to embody. According to the document, "**Edgar Cayce on Human Origins**," those on the earth focused on the ape as a species that most nearly approached the desired form. (Science tends to include apes and chimpanzees in our ancestry.)

The spirits studied the possibilities and through their ability to descend on the ape's bodies, hovering above and around them, were able to influence their endocrine glands, and over time, to eventually come up with a form for a physical being, the ape-man, (caveman) that resembles what we are today. So, if that is, indeed, how it happened, one could say that it makes Science's view that we evolved from the ape/chimpanzee, at least, partially correct.

Thinking through the rest of the story we get from Science though, that appears to be where it ended. **Apparently, becoming a human wasn't a natural evolutionary path for the ape because if it were, we wouldn't still have apes, or to take it a step further and assume that apes haven't reached their apex yet, it would have been discovered by now, that some current ape had given birth to a caveman baby or perhaps, even a human baby.**

The Changes to the Physical and Spiritual Bodies

We don't know the exact date of the experiment with the ape bodies, but it was before "The coming of Sanat Kumara," an event which will be described in the next chapter, which took place about 2 ½ million years ago.

With the advent of the new caveman bodies, the practice of sexual mating would have become one of the dominant things. Sex and reproduction are after all, a part of nature when living in an animal-type body. If they were still following the lead of the Laggards, the focus of the newly embodied caveman would have been on the lust factor and evil uses nature for wrong purposes when we are lust driven.

Even though the spirits who were experimenting with these new ape-man/caveman bodies had probably noticed that animals died, they probably reasoned that the animals were

not immortal as they were. The spirit beings had never experienced death, so they didn't understand what was going to happen to the material bodies.

There are important hints in the Bible that give credence to the importance of the above statement in the section labeled "The Book of Wisdom." In Chapter 1 verse 13, it states:

"Because God did not make death, nor does he rejoice in the destruction of the living." And in Chapter 2 verses 23 and 24, "For God formed man (the group known as humanity) to be imperishable; the image of his own nature (Spirit) he made him. But by the envy of the devil, death entered the world, and they who are in his possession experienced it."

As of the date of the writing of this book, science has still not found the "missing link" between the ape and what we now call humanity. Is it because there wasn't one? (Could it be that the reason that scientists haven't found life on other planets is because the "life" on other planets is in spirit form, as we were said to have been originally? Or if they eventually do find life in a flesh body on another planet in another solar system, is it because those beings have also strayed from the original plan?)

It is probable that the desire to take on the body of a primate was the final "schism" between the Spirits and God's plan. The Spiritual Hierarchy for the Earth must have known from what they were seeing that it was a possibility that humanity might become enamored with the material world and the "sense" experience and become trapped there. So, they must have also been planning what they could do to try to save humanity.

Other Important Changes

There was another critically important factor that the Spiritual Hierarchy had to consider. When the original spirit being first came to earth, its Christ Self accompanied it. (Remember, in the beginning, they were pure, innocent beings.) At a point (during the advent of the Fourth Root Race) when the Christ Self saw that the spirit being was losing touch with its God-directed activities and was becoming permanently contaminated, it had to leave the entity and retreat to the heavenly realm because it cannot be associated with evil. So, the Hierarchy was faced with a challenge.

The Hierarchy's solution was simple in principle but complex in application. In order to give mankind a spiritual lifeline and some ties to his past, **The Hierarchy developed the concept of the soul**, which would be housed in the etheric body and become yet another added addendum to the original Divine Spirit Being.

Rebellion against the Divine plan and the use of magnetization and radiation to create imperfection was the genesis of the need for a soul. The soul would be the spiritual link for each individual member of humanity's experiences, going from one existence to the next, whether it be on earth or in the spiritual realm until he or she reached (or returned to) perfection.

Promptings would be sent to the soul from the Holy Christ Self that had retreated to the heavenly realms, but if the false self (the new false ego) ruled the personality too strongly it would be difficult to recognize those promptings.

So, you can see that the Spiritual Hierarchy was a step ahead. When the beings became entrapped in the caveman form, what remained from the original spiritual thought-form was the new physical-animal body and the brain, which would have left man and woman at approximately the same level as the animals, if not for the addition of the soul.

Note: Final words about our relationship to primates: Research will show that some form of the ape/chimpanzee still exists near the equator of all the current major inhabited continents except Australia which is well below the equator. (Readings speculate that Lemuria, which was quite large, was near the equator, but there is no proof.)

When you think about it, even though the entire process was misguided, those that were seeking the best animal form in which to embody, made a somewhat informed decision, because the apes/chimpanzees were fairly social, were not carnivores and could walk upright.

In the very early years, the bringing in of returning members of the race was through the crossing of the Light Rays described earlier. Lost in the dictations on the cave-man period is just exactly when the entry of the entity through the process of natural birth began. I did read one dictation that stated that it was during the period when Lemuria was still an active destination. Ostensibly, it would be logical to assume that the natural birth process began through the caveman bodies, but it could have been earlier.

The details are lacking. Confusing? Yes! Again, apparently the Masters decided, years ago, to focus on **what “is” now, instead of what used to be.**

The Masters indicate that this period was the low point of humanity’s visit to the Earth without mentioning Adam and Eve. Since the Bible doesn’t present any pre-history of the Spirits, it might also be possible that the Adam and Eve story was a symbolic representation of the “Fall” that we have discussed. The information in The Secret Doctrine indicates that the Biblical Adamic race began with the seeding of the Fifth Root Race which, most probably began about 1,000,000 years ago.

The Secret Doctrine also states that the Fifth Root Race overlapped that of the Fourth Root Race.) That overlapping appears to be a likely case, and interbreeding must have happened, ostensibly in cases where the cavemen would steal human girls, leaving behind descendants that have confused scientists.

Chapter 6

The Coming of Sanat Kumara (The Ancient of Days)

This next important piece of information from the Masters is shocking. This was somewhere about the 2 ½ million-year mark from the first advent of humanity on earth. At this point, the readings say that a council of Cosmic Beings was called with Alpha and Omega as Chair. After much discussion, the thought was put forth that the experiment on Earth had obviously failed, that the Earth and its inhabitants were giving off no “Light,” so therefore the Earth should be destroyed, thus bringing the second death to all those on the Earth.

At the meeting was a Cosmic Master Being from Venus by the name of Sanat Kumara, who was the Co-Ruler (with his feminine counterpart) of the planet Venus. He asked if the council would consider letting him go to Earth to be an anchor of the “Light” and give him a chance to help turn things around. (The Masters indicated that this was not the first time that Sanat Kumara had served as a volunteer to help save a planet, so we can take some small amount of solace from the fact that we were not among the first to make this mistake.)

It is reported that Archangel Raphael supported Sanat Kumara’s position and again, after much discussion, humanity and the Earth were given a reprieve, another chance. It was stated that one reason for the Cosmic Being’s compassion was that some of the volunteer Guardian Spirits that had originally come from other planets had also become trapped in the material bodies.

Sanat Kumara is referred to in the Bible as “The Ancient of Days.” (Daniel 7:9) Most people think that The Ancient of Days is just another name for God. From that point until the middle of the last century, Sanat Kumara served in a new position that could best be described as “Lord of the World.” It would be his responsibility to be the anchor for the “Spiritual Light” of the earth. During the first three Root Races there had not been the need for such a position. Virgo (the Earth Mother) and Pelleur were serving in the position of Spiritual Beings in charge of the earth element but were not responsible for the “Light.” That “Light” should have come from the spiritual beings extant on the earth. Incidentally, to give more credence to this premise, Earth has sometimes been referred to as the “dark star” in certain written material.

When Sanat Kumara went back to Venus to tell his subjects of his intentions, a certain number of them volunteered to come to the Earth to build suitable living quarters for him. The problem for them, however, is that they would not be able to use their precipitating talents that they had learned on Venus but would be subject to the same laws and same type of earth bodies as the current inhabitants. So, this led to several false starts, as murderous hordes composed of the Laggards swept in and destroyed the foundations of the new city and killed the workers.

Eventually, more workers arrived, the palace was built and became known as Shamballa. The readings indicate that the appearance of Shamballa was somewhat like the current-day Taj Mahal. It was located on an island surrounded by a body of water that was thought to be an inland sea where the Gobi Desert now exists. A cataclysm changed the sea to a desert at some point in history, so now, Shamballa exists only in the etheric realm.

(To those of you that are thinking that Science has said that Venus is uninhabitable, I would say, yes, if they were housed in material bodies like ours. It is a completely different story, however, if their bodies were made of the same elements that make up Venus, or if they were in etheric-type spiritual bodies, such as the first visitors to the earth.)

In addition to holding the “Light” for our planet, another lasting contribution from Sanat Kumara was the establishment of an organization called the Great White Brotherhood, (White, referring to the “Light” they would emit) to train and recruit candidates for Mastery that would remain connected to the earth after their own Ascension. These new Masters would assume jobs in the Spiritual Hierarchy, and work to help rescue their fellow brothers and sisters from the fate that they had brought upon themselves. The souls that are now known as Siddhartha Gautama (the Buddha) and Lord Maitreya were two of his first recruits. (More on them later.)

And it was Sanat Kumara who conceived the idea to place an etheric replica of a small three-fold flame in the heart, representing the spiritual divinity that we are. This would become the life flame and magnet that could draw the God-ideas and the Rays for the new “modern, flesh-wearing human being” that was yet to come and inhabit the earth.

This story of the three-fold flame in the heart ties in, neatly, to another story that I read in the Summer, 2020 issue of “Venture Inward” which is an official publication of Edgar Cayce’s A.R.E. (Association for Research and Enlightenment.) The story is an old Hindu legend that was related by Herbert Puryear from a book titled, “I Dare You” by W.H. Danforth (BN Publishing, 2007) I will attempt to paraphrase it.

There was a time when all men on earth were gods, but they so abused their divinity that the god of all gods in the Hindu religion, Brahma, decided that their divinity should be taken away from them and hidden somewhere. Some of the lesser gods came up with several suggestions for where to hide it on the earth, but after reflection, Brahma decided that they would be able to find it in those places. Then he said, “you know what, hide it in man himself, he will never think to look there.”

A thousand pardons, but isn’t that an apt description of the general state of mankind’s spiritual quotient? As further proof of the concept related in the above story, Jesus was quoted as saying, “Ye are Gods.” (John 10:34) Apart from some of the original Apostles, do you think that the people of that time believed him? And what about the rest of us? We’ve had 2000 years to think about his statement that “Ye are Gods.” Do very many of us, even today, understand what he meant?

The Atlantean Epoch

Many notable people, beginning with Plato, have commented on the existence of Atlantis. Plato first mentioned Atlantis in two of his dialogues (Timaeus and Critias) back in the 5th century B.C. (Source: Edgar Cayce on Atlantis by Edgar Evans Cayce.)

Quite a number of psychics have written detailed descriptions of the land, the people, and the workings of their society. The stories are very fascinating. The descriptions, details and dates sometimes vary, but they all agree on one thing; that Atlantis existed. We won’t comment on any of these descriptions except those from the Masters and Edgar Cayce, whose readings on Atlantis were, at times, similar to the Masters dictations.

To give us an idea of how important the existence of this continent and its effect on humanity was, of the 2500 Life readings that were given by Mr. Cayce which represented approximately 1600 different people, (some people had more than one reading) approximately

700 of those people were said to have had at least one (sometimes more) incarnation on Atlantis. (Edgar Cayce on Atlantis by Edgar Evans Cayce.)

Atlantis reportedly stretched from as far north as New York, south to the Azores and Cuba and as far east as Europe and was originally seeded by members of the Fourth Root Race. (We had already stated that the Fourth Root Race was also on Lemuria, as well as parts of Eurasia.)

During the ensuing years, there were many highs and some lows. After the Laggards were allowed to be seeded on Atlantis, things began to follow a familiar pattern. There began all the seeds of discord and the experiment of pushing into forms, similar to what happened on Lemuria. As time moved on, this led to some difficult relationship decisions between members of the followers of the Rule of the Law of One and the followers of Belial (a particular evil being who was a member of the dark force.)

According to the Master's readings, the Laggards had discovered the power of black magic soon after the appearance of modern man (a date of 680,000 years ago was given for this discovery) and used it to subdue and influence others. It was said that the followers of Belial convinced some of the people that their form of magic was much easier to obtain than the strict rules of the followers of the Law of One. (Does this remind you of the Devil trying to tempt Jesus?) Wars became common on the continents of both Lemuria and Atlantis. It was reported that poisonous gases were used in at least three wars that wiped out the entire population of some cities.

Although some members of the Fourth Root Race might have stayed true to their commitment to the Rule of the Law of One, and made their own personal Ascension, most had to eventually recycle into the new human body. (Incidentally, the Masters stated in books published in the 1960's that many members of the Fourth Root Race were still here as of that time.)

Eventually the Fifth Root Race would appear on Atlantis as well as other parts of the world. Both the Master's and the Cayce readings indicate that the "red" race appeared there, eventually spreading to North and South America, but don't give an actual date. Based on information from one un-ascended Master, the earliest date was possibly one million years ago.

According to the Master's readings, the Atlantean culture reached one of its heights approximately 500,000 years ago. They had a great understanding of their relationship to God, even to the point of making use of the vibrations of the Rays that passed through their bodies.

Problems with the Laggards that Affected Both Atlantis and Lemuria

There was, of course, some overlap with the civilizations in Atlantis and Lemuria, as well as the rest of the world. Lemuria had been the host for the 3rd Root Race as well as sharing the host duties for the 4th Root Race. There were other times after the arrival of the Laggards when groups that clung to the "Light" on both continents also made very notable progress.

But the readings from the Masters indicate that on the continent of Lemuria, a goodly number of those in the priesthood, after sensing the danger to the Innocents that was part and parcel of the Laggards, decided to pray for the banishment of the Laggards and that was against the intention of the original idea to reclaim these Laggard souls for God by giving them exposure to the ways of the Innocents.

Here is a case of humanity, in the personage of the priesthood, not understanding what it was doing. Does that sound familiar when you look at how leaders in business, government and religious movements have misused concepts?

As I understand the Master's readings, it was on Lemuria that the Laggards and the dark force were finally able to bring about "The Fall of man." We have already reported that the "Fall" took a long time and that there was another long period after the "Fall" in which humanity continued to devolve.

The people of Lemuria were warned that they needed to change their ways, but when nothing bad happened for several years, they ignored the warnings and decided that they could continue down their path and everything would be alright. This same type of attitude is so aptly described in the Old Testament stories of the Jewish race. (History does tend to repeat itself.) So, on Lemuria, somewhere about 200,000 years ago, and only about 100 years after a period of really good progress, there followed a period of rapid decline. **At that point, the Spiritual Hierarchy decided that the experiment had failed and made the momentous decision to let the continent of Lemuria disappear below the waves.** It is said that the continent sank overnight,

taking with it some 60 million souls. There are indications that parts of the western coast of Europe were submerged at the same time.

Back on Atlantis, the Masters indicate that there were great Temples of Enlightenment, Healing and Truth that were located in different parts of Atlantis. These temples were visited not only by their own citizens but by people from other parts of the world. Atlantis was a leading world power and, after the sinking of Lemuria, the preeminent source of world-wide teaching on the relationship of man to his spiritual roots.

It was during a period approximately 75,000 years ago that the members of the race on the continent of Atlantis made one of its greatest leaps forward, becoming a very modern civilization with great scientific advancements. It is said that they discovered a power source still unknown to our scientists today. This new source involved harnessing the power of universal energy in a crystal contained in a small box. This source could be used in industry and the home. It is also said that they had flying machines and boats powered by these power sources that could be used to travel to other places where humanity had civilizations. They also developed rays that seem to have been similar to what we call lasers. Of course, in the wrong hands these lasers could be used for destructive purposes.

The Masters indicate that during one of these high points on Atlantis, the Archangels had trained some of the people, including those in the priesthood, in the art of etherealization and precipitation. The priests were also trained in the art of levitation so that they could move easily between the temples. Instead of using those powers as a Sacred Trust however, some people used them to impress others with their accumulation of personal power. This was a major sin against the Law of God. Eventually, more and more of the people, including certain members of the priesthood, began to come under the influence of the dark forces.

It was reported in the Cayce readings that materiality predominated in some of the members of the Atlantean Race. In those people, physical development was stressed above all else and some of them resorted to body worship (Phallicism.)

Also in the Cayce readings, it is said that Atlantean society eventually became divided into three factions. There were those that were still trying to follow the Rule of the Law of One, a second group composed of those who were called the sons of Belial, and a much lower-

intelligence worker-being that was trapped in a different non-human body. (Evidence of sex between cavemen and animals?) These worker-beings were like slaves, were sometimes referred to as “things” and have been described as almost robot-like. The lasers, described earlier, could be used as medical tools to remove unwanted appendages from these beings that were trapped in those strange looking bodies.

The beings that were used as slaves were the cause of significant disagreement between the followers of the Law of the Rule of One and the followers of the sons of Belial. The first group wanted to educate and make life easier for the worker-beings while the followers of Belial wanted to continue to use the worker-beings for purely selfish purposes.

We can see that humanity was, once again, going down the wrong path, but something dramatic was about to happen. The Masters indicate that there were at least three different cataclysmic events that initially broke up the continent, the first occurring about 200,000 years ago, which was accompanied by a polar shift, **(this is the same date that Lemuria went down,)** another major event about 80,000 years ago and the final sinking of the island of Poseidonis occurring about 12,000 years ago. This last date appears to agree with most other reports and might be the possible date of the Great Flood portrayed in the Bible.

The Masters indicate that prior to that last date, some of the more enlightened people were beginning to sense that there were more physical changes coming to their land and they began to migrate to other parts of the earth. Certain members of the priesthood who had not been corrupted, took the teachings of the Rule of the Law of One along with braziers housing the sacred flames from the Temples and left in boats before the Island went down. They went in multiple directions, some going to portions of North and South America and others going to Egypt, Greece, Spain, and Portugal.

Focusing on the last cataclysm, 10,000 B.C. (12,000 years ago,) Poseidonis, the site of the Atlantean capitol, was destroyed by the elements in a polar shift that sunk the remaining island of Atlantis. It has been stated that parts of western Europe were raised at the same time. **The Masters state that the event was unleashed by the Godhead who had decided that selfishness and sensual desire had reached a point of no return.** Does this somehow sound familiar? Couldn't one say that about our world today?

Note: In the story of the cataclysms, the Cayce readings state that about 50,000 B.C.(?) the world's civilizations were being tormented by huge animals and birds that were destroying crops and animal herds. A convention of world leaders was called to discuss this common problem. It was decided that they should use the power sources developed by the Atlanteans to destroy these beasts. But again, mankind didn't understand the consequences. The use of power sources as weapons resulted in triggering explosions in gas belts below the earth's surface that set off earthquakes and volcanic eruptions that caused part of the continent of Atlantis to be broken up. Once again, humanity had crossed the line.

Note: The Cayce readings offer a difference in the date of at least one of the cataclysms. (Edgar Cayce on Atlantis by Edgar Evans Cayce.) It also offers a different date for the time that Spirits first came to the Earth. It is not within the scope of my understanding to deal with these differences, but rather, to try to present common threads in humanity's likely early history.

Chapter 7

Reincarnation and Karma, Explaining the Change in the Game Plan

The Hierarchy, being faced with how to deal with the death of the physical body and what to do with the soul, had to develop a new plan for the education and salvation of the race. If the group that included the once-innocent members of the Fourth Root Race and the Laggards had been judged on their initial excursions to the earth, well, we already know the consequences, they would have faced the second death.

So, to put the continuing story back into perspective, about 3 million years after the Spirit beings first came to earth, or about 1 ½ million years ago, the cycle of death and rebirth in a physical human/animal body, known as **Reincarnation** began, which is still going on today.

When the Reincarnation process was formulated, it included some changes in the heavenly realm. Within the new plan was a requirement for an intensive review under the tutelage of advanced Beings of the life just lived, to point out the mistakes and the subsequent consequences. The Spirit beings would be assigned to various temples of learning to work on weaknesses in their understanding of the Law of the Rule of One.

Here also, was given the understanding that in a future existence one would have to experience the pain that they had imposed on others because of their mistakes. It was hoped that by experiencing this pain oneself, that one would never want to harm another being in that manner. This process is known as **the Law of Karma**. (Some call it the Law of the Circle, or in the vernacular, what you do unto others is going to come back to you.) It is also sometimes referred to as the law of cause and effect.

(What confuses some people today about the Law of Karma is that they witness wrong deeds of others who seem to get away with them. The Law of Karma is such that they will eventually have to pay for those deeds, but not necessarily in the current life.)

There have been numerous books about reincarnation. Some have had huge followings with readers anxious for the next book. It is a central part of the information from Edgar Cayce (the Association for Research and Enlightenment) with spin-offs available from others.

A luminous member of the Scientific/Medical profession became involved with Reincarnation when Dr. Raymond Moody wrote “Life After Life” in 1975, “The Light Beyond” in 1988, and then “Coming Back” in 1990.

For those who may be struggling with the concept of Reincarnation, among the most compelling and detailed works that I have found are “Journey of Souls” (1994) and “Destiny of Souls” (2000) which were written by Michael Newton, Ph.D. Dr. Newton was a Counseling Psychologist, and also a certified Master Hypnotherapist. In these books, he describes how he was able to develop a method to take people, while under hypnosis, back to the womb, then back to previous lives and delve into what they had learned from those lives. Even more groundbreaking, however, was the account of their experiences following separation from the body at death. It described how they traveled to the realm where souls go between lives. Oftentimes, they would remember that they had made this trip before.

At a certain point, there would be a meeting with their “guide,” (who many say had also been their guide in previous lifetimes,) to discuss particulars of the just ended life. Next, there followed a trip with their guide to a vast structure that appeared to be a huge library that contained their “Book of Life.” This “book” contained details of their many different life experiences. This visit was in preparation for their meeting with the Life Review Group, whom they refer to as “the Elders.” (The Masters refer to them as the Karmic Board.) In this Life Review meeting room, they were able to sense an “Invisible Presence” that they describe as all-seeing and all-knowing, apart from everything and everyone else, but they were sure that this “Presence,” was taking in everything that was going on.

They went on to describe joyous reunions with other groups of souls with whom they had experienced relationships of one kind or another and then, later, at the appropriate time, the preparations for the next life.

Some described trips to other planets in between lives which seemed somewhat like a vacation, but it was always a learning experience. **On some of those planets that were inhabited, the beings that they encountered didn't look anything like us.**

When it was time to prepare for the next life, they were taken to a screening room. Here they were shown “scenes” of the upcoming life, even what they would look like at certain ages and then, some of the probable events of that life.

The overriding sense of sameness in the accounts from numbers of different people about these experiences should give the doubter the confidence that there is an immortal existence of the Spirit beyond death in the earth plane and, most importantly, appears to tie in with information we have been dealing with from the Masters.

There are some small, but insignificant differences. For instance, the “guides” that people refer to are called guardian angels by the Masters. (Or perhaps some people have both.) The “Council of Elders” that people refer to is called the Karmic Board by the Masters. Dr. Newton wrote that none of his patients ever told him that they had seen Jesus, but Jesus resides in a higher realm, so I wouldn’t have expected them to see him.

Dr. Newton stated that there is a definite gradation of souls in the spiritual realm. Most are identified by the color that emanates from the soul/spirit, which has some similarity to the colors of the Rays. The higher beings can tell which of the group are farther along on the learning curve by the color emitted. Like colors tend to group together, but it doesn’t preclude one from visiting with a being of another color. The overarching takeaway is that we are all in pursuit of God-Perfection. There is a third book titled “Wisdom of Souls.” in which other hypnotherapists who used Dr. Newton’s techniques, recount similar stories, then Dr. Newton comments on each.

Other Corroborating Evidence on Reincarnation Found in the Bible

So why don’t the religions teach the idea of reincarnation? Some of the older ones still do, and at one point, some of the newer religions did. There are hints in the Bible, even now. But it appears that some members of the hierarchy of the newly organized Catholic Church tied to the empire ruled by Constantine, must have decided that **the idea of an ambiguous number of lifetimes to achieve the goal was very detrimental** in that one could decide to follow his sensual desires, or feelings of hatred and malice in this life and it wouldn’t matter because he would have other chances. In that respect, their logic was right. **It is the current life that is most important.**

Where are the hints in the Bible about a prior belief in Reincarnation? Try Matthew 11, verses 13-15, Matthew 16, verses 13-14, and Matthew 17, verses 1-13.

In the first one, Matthew 11:13-15, (which I never remember hearing at church, so it appears that the Catholic Church tries to avoid this one,) Jesus is talking about John the Baptist. **“For before John came, all the teachings of the scriptures looked forward to this present time. And if you are willing to accept what I say, he is Elijah, the one the prophets said would come. Anyone who is willing to hear should listen and understand.”**

In the second one, When Jesus went into the region of Caesarea Phillipi, he asked of his disciples, **“Who do people say that the Son of Man is?”** They replied, **“Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets.”** Note: This story is repeated in Mark 9, verses 27-28. A slightly different perspective on the same question is raised by Herod in Mark 6, verses 14-16, and again in Luke 9, verses 7-9. So, it appears that at least some of the people in that time period thought that souls could come back.

Then read Matthew 17:1 through 13. The Catholic Church is very selective in how they present this gospel because they seldom mention the most important reference to reincarnation cast in verses 10 through 13. It’s as if they would not know how to explain the verses in question. It is the occasion on which Jesus and three of His disciples, Peter, James, and John are on a mountain and Jesus’ Holy Christ Self merges with Jesus and Jesus is transfigured. Moses and Elijah appeared, talking to Jesus, and at that moment, a bright cloud enveloped them, and a voice from the cloud said, **“This is My Son, whom I love; with Him I am well pleased. Listen to Him.”** When the disciples heard this, they fell facedown to the ground, terrified.

Now, the part the Catholic Church appears to avoid reading is: **Then the disciples asked, “Why then do the teachers of the law say that Elijah must come first?” Jesus replied, “To be sure, Elijah comes and restores all things. But I tell you, Elijah has already come, and they did not recognize him but have done to him everything they wished. In the same way the Son of Man is going to suffer at their hands. Then the disciples understood that He was talking to them about John the Baptist.”** (I recently heard a priest read this part of the gospel on a TV broadcast that originated in Canada. His explanation was that this leads some people to the

idea of reincarnation. Probably not his exact words, but he made no effort to refute the idea.) This story is also repeated in Mark 9, verses 2-13. In these two stories, you can see that the disciples indicated that the prophets and reciters of the Jewish law had taught that Elijah would come back before the Messiah.

The Changes to the Karmic Board (the Elders)

In the original plan, the going and coming to earth was supervised by three Guardian Beings. In the new plan there was established a Karmic Board composed of seven members who would review with the soul the life just experienced and then make the final decision on when the soul would get the next opportunity to incarnate. These Guardians planned the soul's return to earth so that they would be taught important lessons by their parents and their surroundings, experiences that were sometimes good, sometimes not so good, but always necessary for the growth of the entity. Those awaiting re-embodiment were able to preview some of the important potential relationships and challenges of the new life.

In the life review all important events are shown, even the murders, rapes, sexual trysts and etcetera, so you can imagine the great shame experienced by the souls. There was and still is, of course, a great yearning by the entity for another chance to get things right. This led to the desire for more souls to incarnate than there were available opportunities at the time, so that decision was left up to the Karmic Board.

Chapter 8

The Appearance of the New Human-Animal Race

Getting back to our story, after time had passed and it became apparent that the spirits from the Fourth Root Race, through entering the ape-man/caveman bodies had lost the memory of what they used to be and were trapped in these material shells, Beloved Alpha and Omega, the rulers of our Galaxy, stepped in to help solve the problem. They realized that there was no going back to the original plan, so they came up with something that would better serve the purpose. **A new type of body was formed, and more refinements were added, resulting in the Adamic beings portrayed in the Bible whose appearance is like ours. ***

*Note: I had originally surmised that the Spiritual Hierarchy had devised this plan, but in reviewing this book with my Guardian Angel, she said that the plan came from Alpha & Omega.

This step with the new bodies was most likely the beginning of the seeding of the Fifth Root Race. And how was that accomplished? Probably somewhat like the manner in which the other four Root Races came: a cavalcade from heaven to certain points on the earth. Whether the spirits traveled to earth in bodies already formed or whether the bodies were formed as they landed on earth is anyone's guess.

The Masters state that all five races (Black, White, Yellow, Red, and Brown) were created at the same time. The Cayce readings indicate the same. The Cayce readings state that the meaning of the five different races was tied into the symbolism of the five senses. (Edgar Cayce on Atlantis by Edgar Evans Cayce.) Does this all start to make sense?

As best as can be ascertained at the time of this writing, only one Master gave a date for the incoming of the fifth root race, and he had not ascended at the time. Master Kuthumi, in a letter written before his Ascension, gave a date of 1,000,000 years ago. Ascended Masters can read the Akashic Records and had Master Kuthumi been ascended at the time, I would not be inclined to question that date. And, of course, the date could be correct. (See the note below.) As for other sources, a Google site states that modern man broke away from the caveman about 600,000 years ago. Science notes that the oldest surviving skeletal remains of modern man date back some 230,000 years. *

*** (Note: As of the writing of this book, there has been a report that a human skull has been found in China that appears to date back 1 million years. (This would tie into Master Kuthumi's statement.)**

There could be many factors that influence the lack of skeletal remains. We don't know, for instance, if the early members of the Fifth Root race used the practice of cremation, but the idea of returning the elements composing their earth bodies to basic universal energy so that it could be used again would have been heavily stressed in the heavenly temples before they came to earth.

As for structure, the new physical bodies had to be made up of the same elements as that of the earth. (If you were to create a physical body on another planet, it would have to be made up of the same elements as that planet.) Before coming to earth as human animals, the white fire spirit beings had already split the one androgynous spirit into twin spirits, male and female, with the forming of two separate entities. * Thus comes the story in the Bible of God creating man from the dust of the earth and woman from man's rib. So, according to the data available, somewhere between 230,000 and 1,000,000 years ago, these "new" human animal forms made their debut.

* (The information that I found in The Secret Doctrine, like the information from the Masters, appears to indicate that The First and Second Root Races had thought-form bodies, but by the time of the Third Root Race, the Secret Doctrine version indicates that the thought-form beings had developed hermaphrodite, or male and female polarities. Then, it goes on to imply that they further split off into their androgynous essence by the Fourth Root Race. This doesn't mean that the information differs from that of the Masters, because, to my knowledge, the Masters never addressed the timing of the splitting off into separate male and female entities. This statement in the Secret Doctrine could be giving us a clue to changes made at the spiritual level needed to accommodate sexual reproduction during the long tenure of the Fourth Root Race.

If we accept the premise of the individual seeding from heaven of the Fifth Root Race, it means that they weren't born into the Caveman remnants of the Fourth Root Race. This would conflict with the theory of science saying that we all came from one source on the African

continent. (This has been challenged lately.) But again, science has never found the missing link. It would also possibly conflict with the Biblical story that we all descended from Adam and Eve. But again, the Master's writings don't make it clear whether Adam and Eve were part of the ape-man/ caveman period or if they were the beginning of the Fifth Root Race, or even whether the account of Adam and Eve was simply a symbolic story that could have taken place in either time period.

The Bible shows some evidence of further confusing the reader (if this is, indeed, a symbolic story) when it tells of Cain, after killing Able, being marked so that other people would know of his sin. **Well, if Adam and Eve were the first humans, and Cain and Able were the first children, who were the other people?** Later, the Bible states that Cain founded a city. **So, again, who were the other people?** Were they members of the leftovers of the Fourth Root Race or members of the new 5th Root Race? Or some of both?

Like the caveman, who they probably had interactions with, and as science suggests, some interbreeding, these new humans had to provide their own food and shelter through the toil and sweat of their brow. This would lead to the birth of emotions that they had never considered. It shouldn't be hard to imagine that everyone began to take note of what others possessed, whether it be their looks, size, strength, mental intelligence, their material possessions, their current sexual partner, or their standing within the group. They then began to compare those findings with their assessment of themselves. Suddenly envy, greed, selfishness, pride, arrogance, and passion joined the lust for power over others and the lust for sexual pleasure. As you can imagine, this led to additional feelings such as lethargy, covetousness, anger, hatred and perhaps one of most debilitating human emotions; that of fear. **Thus, the human ego, or what we will call the false-self-ego, had taken control of their thinking.**

The Sons of God Looked on the Daughters of Men and Found them Fair

Unfortunately, it seems that the coming of the Fifth Root Race to Atlantis, the Far and Middle East, Africa, the American Continent, and elsewhere, didn't even begin to solve all the problems. As evidence of this, in the Genesis section of the Bible (Gen 6, 1-6) it states that "the

sons of heaven saw how beautiful the daughters of man were, and so took for their wives as many of them as they chose. After the sons of heaven had intercourse with the daughters of man, they bore them sons who would be known as the Nephilim, the heroes (giants) of old, the men of renown. When the Lord saw how great man's wickedness on earth was, and how no desire that his heart conceived was ever anything but evil, he regretted that he had made man on the earth and was grieved." (The Bible gives no date for this.) There are several descriptions of the "sons of heaven" depending on which Bible you pick up. Some Bibles refer to them as "sons of God." There is also disagreement on the meaning of this statement. It appears that the majority of those that have weighed in on this subject think that the sons of heaven were fallen angels. The offspring, the Nephilim, were described as giants measuring over 9 feet tall. It is impractical to think that a mating between humans could produce such giants.

On the other hand, if the sons of heaven were fallen angels, they would be of the spirit world so that brings up other questions, like how could they mate with humans? Perhaps some of them had infiltrated the human ranks. The readings from the Masters state that some angelic beings and guardian spirits from other planets and solar systems were able to lower their vibrations to that of the human level. Some had even become enamored with the physical sense world and had become trapped there.

As further evidence that angels could take on human form, but in a very different way, the Masters state that Mary, the mother of Jesus, was originally a female Archangel, an Archaii, and the divine complement to Archangel Raphael. It is stated that Mary volunteered to take on a human body for the most important mission of giving birth to Jesus.

The mating of the Sons of Heaven with the daughters of men was a major sin against the Laws of God and may have been one of the contributing factors leading up to the decision to wipe out much of mankind in the great flood which was to come. So, this gives us an idea of how badly things were going at the time of this biblical reference.

Following the incoming of the Fifth Root Race and after the flood, eventually there were welcome periods of progress in other parts of the world, and society began to evolve without the scientific marvels that were destroyed with Atlantis. The people resorted to planting and harvesting food, raising livestock, making pottery, clothing, and other basic necessities.

The idea of banding together in tribes or small groups to work toward common goals eventually led to the formation of city-states. In some cases, the progress was undermined by selfishness and the two great lusts: **the lust for power over others and the lust for sex.** (Incredibly, these great stumbling blocks still head the list of the problems of today's world.)

Great heights were achieved in a number of different locations. China had a marvelous civilization that the Masters state was one of the best. India has been a keeper of religious fervor for many centuries. There was a civilization that reached great heights about seventy thousand years ago, located where the Sahara Desert now exists, (which at the time, was not a desert,) another in the Gobi desert, which at one time, included a sea.

A high point was reached in several areas of South America. An early one was called the Meru civilization with its capital being on the east coast near the Amazon River. One of its rulers was named Casimir Poseidon, which suggests that he may have initially come from Atlantis or descended from those from Atlantis. (That particular civilization went down with Atlantis.) The Meru civilization was followed by the Pirua, Inca and Mayan civilizations, all of which achieved great heights.

The priests that bought the Ascension Flame from Atlantis to Luxor in Egypt at the time of the cataclysm brought that part of Egypt to its greatest height. Later, the priesthood in Egypt was infiltrated by the Laggards, some of the priests became evil and created their own gods to deceive mankind. This brought down that civilization.

A similar thing happened in Greece when the priests from Atlantis landed on Crete. Their knowledge and teaching of truth and healing led to the establishment of the Oracles at Delphi, where priestesses could be consulted for spiritual and personal guidance. Later, the Laggards inserted their own followers amongst the priestesses to sabotage the information given at the Oracles of Delphi.

At some point, (date uncertain) the Bible tells the story that humanity decided that if the "gods in heaven" wouldn't come to them, they would go to the gods. So, in an attempt to reach the "gods" in heaven, they built the Tower of Babel. They knew that there must be a greater power, but they didn't understand the correct path to connect with that power.

As their punishment, the Godhead mixed the tongues, which led to confusion and misunderstanding. (Genesis 11:1-9)

From the standpoint of the Spiritual Hierarchy, the overall objective of a life on Earth for the Fifth Root Race still prevailed, and that was to give each spirit the opportunity to learn how to use energy correctly. Future lives were planned so that they could experience a varied group of lessons while facing their karma and attempting to redeem the darkness in their previous lives.

Chapter 9

The Coming of the Teachers

It was clear that Humanity was a mess and might even be beyond help. The Masters report that there had been Spiritual Teachers sent to the Earth from the very beginning of the first appearance of the 5th Root Race. The first to come was a being from the Great Central Sun, named Krishna, who was said to be a Christ-like Being that stayed on the Earth for about 600 years. (The Masters state that there have been other similar beings who have come from time to time.)

Krishna was picked because none of the members of the first three root races stayed behind to help the subsequent root races, but instead went on to higher dimensions of learning. So, there were no Ascended Masters from the earth's evolutions to help. The Masters that are serving us now have either made their Ascension from membership of the Fourth or Fifth Root races or were originally Guardian Spirits from other planets or solar systems.

Looking back at this period it seems that the Spiritual Hierarchy for the Earth needed a different approach. They must have decided that they would send a number of enlightened beings that they had trained in the heavenly temples to different parts of the earth to bring new philosophies and in some cases, the basis of new religions to try to jump-start Humanity's spiritual progress. This push from above was most likely caused by the need to get humanity back on the right track before the time for this experiment on the earth was over. Note: Much of the following information comes from Google sources.

Early Egyptian religion: No initial teacher named, but Osiris, the son of the first king of Egypt was given credit as the civilizer of the savage tribes. The beginning of their religion was perhaps as far back as 4000 B.C. They believed in a number of gods: Amun, the creator-god, Ra, the sun god, Isis, the mother goddess, Osiris, the god of death. Thoth, the god of wisdom, writing, hieroglyphs, science, judgement, and others. They believed in some form of after-life. It was thought that one needed to lead a just life to placate the gods and bring good luck. Beliefs and gods changed over time as leaders changed.

Hermes Trismegistus: About 1400 B.C. (debatable.) An Egyptian who may have also been a king. He was the author of the Divine Pymander along with some other works. Hermes appears to have been an early religious philosopher who acknowledged a god, stressed pioussness, and truth along with **the battle of the soul/body with good and evil.**

Early Chinese religion: No initial teacher named. Noting the change of seasons and the gifts that each season brought, the people began to search for reasons and began to understand that a greater power controlled their destinies. They were blessed by the arrival of the female goddess, Kwan Yin, around 2500 B.C. who taught them to honor and respect the gods. Lao Tzu and Confucius were noted teachers. The Masters report that the early Chinese civilization reached very great heights.

Lao Tzu: About 550 B.C. Chinese philosopher who authored the Tao-Te-Ching. Taoism, rather than a religion, was a way of life. Some of his teachings are still quoted today.

Emperor Chan: About 551 B. C. -479 B.C. He was a leader who stressed honesty and integrity to the people which is still a hallmark of some of the Chinese people today. It was said that he was able to increase the Light in his heart to the point that it was visible in his flesh.

Confucius: About 500 B.C. Chinese philosopher. Considered himself to be passing on a much older Chinese religion based on moral human relationships and respect for the spirits or gods.

Judaism: Begun about 1800 B.C. when the Lord said to **Abram** "Go forth from the land of your kinfolk and from your father's house to a land I will show you" (Gen 12). Abram (Abraham) went to the land of Canaan. Then the Lord appeared to Abram and said "To your descendants I will give this land". (Note: the Bible does not describe the type of appearance: as fire or in person). The belief in Judaism is built around the concept of only one God. Some 400 years later, **Moses**, who both witnessed the burning bush and was overshadowed by the Angel Micah, would lead the Jewish people out of captivity in Egypt and would bring to the world **The Ten Commandments** which were basic rules for living a spiritual life in relationship to God. Two other major world religions have spun off from Judaism. There are some 13 to 20 million followers.

Other Jewish notables: The long and impressive list of the Jewish Prophets (48 male and 7 female, from Abraham to Mordechai.)

Hinduism: Speculated to have begun between 3,000 to 1500 B.C. Brought to India by a group of ancient people called the Aryans whose philosophies, religion and customs are recorded in the Vedas. Although we don't know as many specifics about the Aryans as we would like, they would certainly qualify as important teachers. The Hindus honor a number of gods, the most important being a trinity composed of Brahma, Vishnu, and Shiva. They believe in the concepts of Reincarnation and Karma. One of their revered holy men, **Krishna**, (note the similarity to the word "Christ.") pre-dates the Hindu religion, so it appears that they had some religious beliefs prior to Hinduism. About 1 billion followers. The Indus valley appears to be one of the older civilizations, dating back to perhaps as early as the 28th century B.C.

The Sumerians. About 4500-4000 B.C. No initial teacher named. They appear to have been the first literate civilization of Mesopotamia. They were originally ruled by religious priests before giving way to kings. Three Gods in the sky were most important, but they had a number of gods and goddesses that they thought held sway over all things pertaining to the natural and social order. They thought that heaven was reserved for the gods and that man went to a dark cave beneath the earth at death.

The Akkadians. About 2334-2218 B.C. Sargon the Great was the first to conquer and unify Mesopotamia. Similar to the beliefs of the Sumerians, they honored three gods who were thought to be in the sky.

The Chaldeans. About early 9th to mid-6th centuries B.C. We don't know the initial teacher, but they were influenced by the Akkadians. The Chaldean religion appears to be a combination of the Indian, Mazdean (Zoroastrian) and Egyptian beliefs. They believed in one deity, but gave honor to solar, planetary, and lunar gods. Hillel, an important teacher of philosophy and ethics, was a Chaldean.

Buddhism: Begun about 600 B.C. by **Siddhartha Gautama**. The Buddha was born into a royal family in India. During his early years he was shielded from the pain and suffering of citizens of the real world. When he did realize their plight, he was so disturbed that he went into a deep meditation that lasted 7 years. When he awoke, he said that he had become enlightened. He ministered to and taught the people for many years. The core belief is dharmic and is somewhat similar to Hinduism. About 400 million followers.

Jainism: Begun about 600 B.C. by **Mahavira**, the last in a line of 24 great teachers in India. It is also a dharmic religion with the goal being the liberation from Karma and rebirth through the disciplined cultivation of knowledge and control of bodily passions. About 30 million followers.

Zoroastrianism: About 600 B.C. in Persia by **Zoroaster**, son of Zend. Zoroaster identified Ahura Mazda as the Supreme Being. His teachings included the responsibility of free will, judgement after death, and Heaven and hell. The teachings were recorded in a book called the Zend Avesta. Most of these books were later destroyed by conquering nations.

Socrates: About 450 B.C. a classical Greek philosopher who is credited with being one of the first moral philosophers in the western world.

Plato: About 400 B.C. in Greece who was a student of Socrates and wrote much on his teacher's work. Plato is considered one of the most important proponents in the development of philosophy.

Shintoism: Roots go back to about 300 B.C. in Japan. No founder named. Teaches non-violence. Teaches the belief that two gods created the world. About 4 million followers.

Christianity: Founded about 27 A.D. by **Jesus Christ**. The first off-shoot of Judaism. Jesus proclaimed a new covenant in which he added a new commandment: **To love one another as I have loved you.** He set aside the old eye for an eye retribution of Judaism with the idea of turning the other cheek and doing no harm. He brought to the world the first communion service in his portrayal of changing the bread and wine into his body and blood, the basis for the Mass in the Catholic Church. He was crucified, died, and was buried. His fame and immortality were established by his Resurrection from death and later, his Ascension to heaven. About 2.3 billion followers.

Islam: Founded about 610 A.D. by the **Prophet Muhammad**. It traces its roots back to Abraham. Islam teaches that there is only one God, and that Muhammad is God's final messenger. Their Holy Book, The Quran, is considered by Muslims to be the verbatim word of God. Islam teaches a final judgment with paradise for the just and hell for the unjust. Islam is the world's fastest growing religion. About 1.8 billion followers.

There were, of course, other important teachers in parts of the world that left no permanent record. Among those would be all the civilizations that were developing on other continents like Eurasia, Australia, South America, and North America. Many of them have similar sounding creation stories, flood stories and etc.

For example, The Inca's first settlement dates back to about 4500 B.C. Their civilization reached its height between 1400 and 1533 C.E. One of the early bits of Inca mythology has it that a being named Viracocha was the supreme god who created the heavens, earth, sun, moon, and all ethnic groups. When he finished creating, he was said to have begun to move about the people teaching the basics of civilization. One source described Viracocha as a white-skinned, bearded male. It was said that he went west across the Pacific but promised to come back some day. The Incas considered themselves children of the sun god, whom they referred to as Inti. They were famed for their art and architecture and during its height, the empire was the largest in the Americas, ruling over ten million people.

Establishing The Judeo-Christian Religious Heritage

In telling the story of the early Jews, everything starts with Abraham, a most remarkable and righteous man, and his lineage. From him, in addition to Judaism, two of the world's largest religions have sprung. The High Priest Melchizidek, who was also the ruler of Salem, blessed Abraham. The Bible states that Abraham made offerings to Melchizidek, who legend says had no beginning and no end, so one would have to theorize that Melchizidek was divine. That particular blessing was an important protective jump-start for the future of the Jewish religion. The Bible also tells us that Jesus was a priest in the priestly line of Melchizidek, (Hebrews 7: 13-17) so this statement again, reinforces the importance of Melchizidek and the blessing.

Abraham and Abraham's progeny had a lasting effect on the religion. There are many stories in the Old Testament of the very remarkable prophets and kings. The building of the Jewish Temple and the stories of the priestly caste are also interesting, but if you are looking for the most important teacher for the Jews in the age prior to the Piscean Age, it appears to have been Moses.

Now, let's look at Moses' unique contributions to his people and humanity. As a young man, Moses studied in the temples in Egypt. Some of those studies included the teaching that had been brought to Egypt by the priestly caste that fled Atlantis before the sinking of the last remnants of that continent. He was conflicted in his feelings between following a pre-determined career in the Egyptian ruling class and the nagging thought that God had other plans for him. He wandered out into the desert to think, and you know the rest of the story.

Under God's direction, Moses defied the ruler of Egypt to lead the Jewish people out of bondage in Egypt, displaying along the way quite an impressive number of miracles. He brought forth the Ten Commandments which contained the bulk of the Laws of Life to the Jewish people, and which would later become the basis of a moral code for most of the world.

During the forty years of wandering in the desert, Moses reacquainted the people with the precepts of their religion. But in Christianity, he is not thought of in quite the same manner as Jesus. Why? It's probably because he didn't make a grand exit that would permanently establish him as a Godly being, as did Jesus.

You will remember that the Bible states that there was a momentary doubt in Moses' mind about the power of God working through him, so as punishment he wasn't allowed to enter the promised land. Now, it would pay to ponder on the real meaning of the term "promised land" for Moses. Was it thousands of square miles of semi-arable land or was it his own Christhood and Ascension? Could he have made his Ascension? I used to think that we may never know. But buried in the hundreds of thousands of words of text of the Masters, was a discourse from Moses that shed more light on the story. (Dictations by the Ascended Masters.)

Moses began by stating that there are many ways in which we unconsciously insulate ourselves from the directions that should flow to us naturally from God (we unknowingly create a barrier.) As you will remember, he was an adopted member of Pharaoh's court and was being trained in the occult arts. But, as stated, an uneasiness overcame him, and he went out into the desert to think. While there, he was confronted by a vision of a burning bush. The Angelic Being named Micah, from Archangel Michael's legion appeared to him. When Moses approached the burning bush, God spoke to him, and Moses was able to hear, for the first time, the voice of the God Presence, which identified itself as "I Am who I Am" (Exodus 3:14). He told Moses to tell

the Israelites the "I Am sent me to you" (Exodus 3:14). God explained that Moses was to lead the people of Israel out of Egypt. Moses protested, explaining that he was not a natural leader of men and to make matters worse, he had a speech impediment. God countered by telling Moses that he could use his brother, Aaron, as spokesperson.

So, shaken by the vision, not really wanting to do this, and doubting his own capabilities, Moses went back to the Pharaoh's kingdom to try and convince the people that they should leave. The Bible tells the story better than me and most of you have already read it, so I will just give you some insights into some of the things with which Moses had to deal.

The first thing was that the Jewish people had been exposed to the Egyptian idolatry and the fleshpots of the Egyptian cities for so long that they had forgotten most of their ties to God. The Exodus could have been a relatively short trip, (initially planned to last about seven years,) to give Moses enough time to retrain the people and teach them about their relationship with God. We now know that the bad habits were so ingrained that they wandered in the desert for forty years. Some think that the 40 years represented a generation that was needed to cull out those that were irretrievably lost.

Even though God, through Moses, miraculously produced their food and water, and they could see the flame of the Angel Micah, each manifestation of which should have been enough to convince them that they were being led by the Lord, they constantly harped about leaving the fleshpots and ease of life in Egypt behind. We are reminded that they had been under the bondage and the whip of slavery for a long time, and one would think that they should have been eager to leave, but it took a number of miracles to convince them. So, Moses had this constant recalcitrance of the people weighing on him.

When Moses went up Mt. Sinai to receive the Ten Commandments, the God Power chiseled each letter of the law into the stone and explained, in detail, all of the contingencies of each law. This took a long while. When Moses came down and discovered the golden idol that the people had constructed in his absence, he was angered and lost his patience with these people who should have been eager to learn the truth.

This type of thing haunted Moses. Time after time, when he left the people to commune with the Presence, the people would slip back into their old ways. So, the years of wandering in

the desert stretched on and on. Moses confesses to having had feelings of bitterness. This led to thoughts such as it might have been better if he had stayed in Pharaoh's court and continued his occult studies at the three great Temples in Egypt. He admits to thinking that he might have been able to make his Ascension that way.

Moses goes on to explain that over the many years, he suffered the people's petty discords, and in anger, lost his own God-control. Because of these things, he was denied his Ascension. His self-assessment is that he should have been happier in his service to God and God's people. (The reader will be pleased to know that the Masters state that the entity that was Moses achieved his own Ascension in his next life as Ananda, the trusted disciple of the Buddha. He is now known in the spiritual world as **Lord Ling**.)

The world has probably not given the proper thought and respect to the remarkable spirit that was embodied in Moses, nor the important human symbolism underlying the story of the people he rescued from slavery. You could say that the golden calf idol that they built while Moses was on the mountain would equate in today's world to money, power, and sex.

Throughout the Old Testament you will find numerous stories of how the Jewish people would fall away from the correct path and endure some horrible punishment, cry out to God for help, help would eventually come, order would be restored, only for the people to resort to their ungodly ways, yet again. This is not meant to be an indictment of the Jewish people, but I suspect, **is placed in the Old Testament of the Bible as a mirror for all of humanity.**

Jesus, the Avatar of the New Age

From the Christian perspective, Jesus was picked as the candidate to be the Avatar of the new age of Pisces. In other words, he was to bring forth the key elements of spiritual teaching that would guide the world for the next two thousand years, which also just happened to coincide with the beginning of the cycle of the 6th Ray's predominance over the lessons for humanity.

The 6th Ray contains the beneficence/lessons of **Peace, Ministration and Grace**. It is no accident that one of Jesus' titles is "The Prince of Peace." And, of course, the wonderful grace displayed during his 3-year ministry has never since been equaled. As it turned out, he would

perform his ministry in such a remarkable fashion as to jump-start mankind's return to God's plan for them.

After his selection as the candidate, the readings state that Jesus spent time in the Sun, basking in the perfection of, and absorbing the radiation of Helios, the male God-type being of our solar system.

The Bible tells us that his mother, Mary, knew in advance that Jesus was to become the Christ. Mary was an Angelic Being (an Archaii, and the divine complement to Archangel Raphael) who volunteered to take on a human body for this special mission. The Masters state that Mary was subjected to many grueling tests in the heavenly realms by Ascended Master Maitreya, who at that time was the World Teacher, to ascertain, as much as was possible, her qualifications to withstand the tremendous pressures that would beset her during her life as the mother of Jesus. As if that wasn't enough, her parents, who were members of the Essenes, the group that was expecting the Christ to be born through one of their members, turned Mary over to the teachers in the temple when she was just three years of age. So, everything was strict training, Mary had no time to enjoy just being a child.

Jesus, the man, was born without any karma, indicating that he was already a highly advanced Master Soul who volunteered for the mission, and who would not have had to incarnate if not for the need of the hour. But, according to my understanding of the readings, (and this may be unsettling to some,) it doesn't appear that he was born as a fully realized being with His God-mastery already in place. That happened after many years (30) of study and preparation.

The beginning of his official ministry was signified by his baptism at the hands of John the Baptist at which time the Holy Spirit descended upon him, setting him up to become Jesus, the Christ. Toward the later part of his ministry, at the Transfiguration, his consciousness was, indeed, joined by his Holy Christ Self. But, from childhood on, he was going to have to put in the work and study to train his mind to think on a different level than the rest of humanity, and his mother was there to coach and help him.

This was at the beginning of the Age of Pisces. So, what do astrological ages have to do with Jesus? Not all of us are students of astrology, so for some background, you should know

that these ages are composed of roughly two thousand year-time segments, pretty much like the period of the major Ray influences. (The influence of the planets and other star systems has a different effect than that of the Rays.)

Some spiritualists believe that God sends a special messenger during each age, or sometimes more than one, to bring new instruction to humanity. For instance, you would probably agree that for the Jews, Moses was the most likely teacher for the two-thousand-year age prior to Jesus. The Buddhists would probably claim that the Buddha was the most important teacher during the age before Jesus, and for them, he was. I wouldn't ever think of minimizing the Buddha, his accomplishments are also truly remarkable, but in a different way.

So, I ask the Buddhists to forgive me, but the world religions are fragmented and in this section of the book, we are dealing with the Christian beliefs that encompass Judaism and Christianity.

When Jesus was born, the first people to hear about it were not the group that would be thought of as the elite. Instead, the Angels gave the news to a group of poor shepherds in the fields. That would become the pattern for the life of Jesus; that he would minister not to the upper class, but to the humble elements of mankind.

When the news that Jesus was born did get out, he became a marked person. You will remember the story of the three wise men, Casper, Melchior, and Balthazar, who had each been separately motivated by some inner calling to go and honor this new child who was marked for greatness, and while in searching for Jesus encountered Herod, who had heard the rumors that a new king of the Jews had been born. Herod wanted the wise men to report back to him where Jesus was, stating that he wanted to also go and honor him. The wise men perceived that Herod's intent was not honorable, so they took a different route back to their homes. Shortly thereafter, an Angel appeared to Joseph in a dream with a warning, so Mary and Joseph fled to Egypt to preserve Jesus' life. Herod then proceeded to have every newborn killed, to eliminate a future competitor for the throne.

The time in Egypt would turn out to be providential. From a very early age, Jesus proved to be the purest of spirits, with a superior level of perception. According to descriptions from his mother, which are amongst the Masters dictations, they lived a life of poverty, rubbing elbows

with the poor, sick and lame. When he would come home with a bruise, they would make it a practice of stating that he could either magnify the problem or magnify the glory of God. You know which one he chose. This is the type of thinking that would prove so valuable to Jesus in the last days of his ministry.

At the early age of five, Jesus took the initiations in the Ascension Temple located at Luxor, Egypt. There are seven stages of initiation that one must pass before qualifying for the Ascension, with each one being harder than the last. Some very advanced humans have dropped out after the second or third stage. This clear-eyed, superbly poised, remarkably intelligent and highly intuitive little boy made it all the way to, and through the sixth stage, which represented the Ray that he was on. Later, when he was an adult, Jesus went back to Luxor to complete the seventh stage. So, in Egypt he received training that he would use throughout his life and most importantly, to resurrect his body while in the tomb. After the passing of Herod, the family came back from Egypt.

Amid growing up in a very dangerous and mean time, Jesus provided for his bodily needs by learning the trade of a carpenter. Jesus was never sheltered. He was exposed to every kind of devious thought by the people in his community. That tells us, in a very real sense, that he was one of us. For his spiritual needs he studied scripture, and according to the Masters, traveled to many parts of the known world to learn from other great teachers. He also spent great amounts of time in prayer and meditation.

In many other ways he was unique. Instead of trying to fit in with, or cater to the leaders of the Jewish religion, he focused on the poor and lowly, teaching in simple stories, examples to which they could relate. During his brief Christ ministry, he worked diligently to explain the Law given by Moses and added only one more Law to it; that of loving each other as he had loved us. That was a very important Law, because if you follow it, it covers the majority of the others.

With the coming of the 6th Ray, the old Cosmic Law of an eye for an eye could be set aside. Jesus was the first to teach that one should turn the other cheek when hit, instead of hitting back. This was totally different and quite progressive for its time, in that it set aside the previous Jewish understanding of immediate retribution. Unlike the populous, he was totally selfless and placed other's welfare ahead of his own. The common human question of what's in

it for me, was never a consideration. He was totally committed to living the law of the Ten Commandments and God-perfection. Lust for women or the pleasures and treasures of the earth were never a part of his thinking. He came to show us how to become far greater than our baser, animal selves.

Jesus could see into people's souls. He knew what their problems were before they could articulate them. Jesus performed so many miracles of healing the sick and lame, curing those with leprosy, ousting demonic spirits and raising people from death that it should have been very clear to the Jewish people that this was the Messiah that had been promised.

This should have been all that the Scribes and Pharisees needed to understand that he was a godly being. but instead, the Jewish leadership was blinded by his seeming indifference to their numerous "additional" laws. Their hatred ruled the day. Jesus saw through the hypocrisy. His entire living example was unquestionably God-like, but due to his enlightenment, he had to bear the awful knowledge that he was going to die a horrible death. Can you even begin to imagine what that had to have been like? The weight of that knowledge would preclude the rest of us from being able to function.

He was very intent on trying to make the people understand that they should not judge others. (The Masters of today stress the same non-judgment.) Even on the cross, looking down on the people who had crucified him and the others who had argued for his crucifixion, Jesus asked the Heavenly Father to forgive them, for they know not what they do.

But that death set him up for his supreme victory. His Resurrection and subsequent Ascension proved that a willing and obedient Spirit devoted to God, and the Will of God, is stronger than anything the world can throw at you. If the Resurrection and Ascension had not happened, he may have been lost to history. And he knew that. In one of his dictations, he indicated that resurrecting the body was one of his most difficult tests.

As for his lasting gifts to us, his personality and personal aura were so strong that he was able to convince twelve unique men, and later, seventy-two additional strong-minded men to drop everything in their lives and follow him to become teachers and healers. These men would continue his mission once he was gone. He was well aware of the limitations of his followers. He wanted to convince them that they could do the things that he was doing, but they were so in

awe of him that they wanted to deify him. You know the story, near the end of his time on earth, he called on the Holy Spirit to descend on them to solidify their spiritual prowess.

If there is any question in your mind as to the belief that the original apostles had as to the validity that Jesus was God's Son and the Messiah, just start checking into how each one of them died. All of them, except John who was tortured and exiled, experienced horrible deaths, some crucified, with one hung upside down and then sawn in half from the crotch to his head and another who had his skin ripped off. They all knew that this type of fate was coming, but their resolve to establish the basis of Jesus' new religious teaching was foremost in their minds.

All of Jesus' teaching was accomplished in just three short years. You may begin to see that his mission was planned by the Godhead to set an example that would never be forgotten. His death on the cross, an ending that was so unjust, was terrifying and dramatic, but the subsequent Resurrection and later, Ascension, so miraculous that the story will live forever.

Despite the knowledge of what was to come, he did everything that God asked of him because he trusted God implicitly. His life was the epitome of Faith. People use the terms, Hope and Faith together sometimes, however, **Jesus showed that Faith is the actual belief that what has been hoped for will happen.**

We can also build that kind of faith. What it takes is a sincere determination to actually understand our relationship with God. It can't be a one-way relationship, only asking for favors. It includes surrendering to His Will and doing whatever He asks of you. Jesus lived a life that became the most perfect example of that. So, ask yourself, **who do you trust?**

Vicarious Atonement

There appears to be some misunderstanding in the teaching of one of the missions of Christ. You are familiar with the term, vicarious atonement. It teaches that the principal mission of Christ was to die for our sins. Issuing also from that statement was the thought that those who believed in him would be saved. Indeed, the Master Jesus, wanted us to believe in him and he did want us to be saved. But one could say that if his main purpose was to come to die for our sins, then we're already saved. Furthermore, for all the generations since the time of Jesus, there would be no point in our having to endure these sometimes trying and disappointing lives

on the earth. We could have just simply stayed in the heavenly realms, pursuing the next step in our spiritual evolution. It is true that his sacrifice did relieve some of the sins (karma) of the people, and I suspect that he saw to it that special graces were granted to those babies who were slaughtered by Herod in the attempt to kill the new King of the Jews. And, of course, it does absolve those who repent and follow the example of his life, but it might be more correct to say that he died because of our sins, instead of for our sins. Why? Because the world was at a very low point. If humanity hadn't sunk to such depths, he wouldn't have been asked to live such a sacrificial life.

From the examples Jesus gave and the lessons that he taught, what he really wanted was for us to understand how to save ourselves. Consider what was meant by His statement, **"I am the way, the truth and the light."** (John 14:6) For Jews and Christians, he was saying that it was crucial that we should live by the example that He was living and teaching. (There are other religious faiths, but the way to heaven is the same; and that is learning how to control the mind, body, emotions, and spirit.)

Jesus also said, **"No one can come to the Father except through me."** (John 14:6) He was stating that he and the Father are One, so if his followers really wanted to go to the Father, they had to follow Jesus' lead by living a God-conscious life based on love for all creation.

In the big picture, the principal purpose of dying on the cross wasn't just for the purpose of fulfilling prophecy and atoning for our sins, those were important, for sure, rather it was a multi-faceted mission to leave an example that would forever set him apart from all others in history. That example is the true teaching on how to live correctly in the form of the Christ Incarnate in a human body, of his total devotion to the Will of God, (even to enduring the horrible crucifixion,) of his Resurrection from the dead and his ultimate victory, the Ascension. Those last two events proved his divinity and established Him as the Perfect Pattern for mankind to follow.

Don't misunderstand. Jesus can and should be thought of as your savior, because by the example of his life, he showed all of us how to get out of this ridiculous cycle of reincarnation.

A thought: There are those who say that we should love Jesus above all else. Of course, he deserves to be loved because he became one with God. In no way, however, did he want to supplant God as the One to be adored.

About the Path to Mastery

Why is it important that we achieve mastery? In a nutshell, to break the cycle of karma and reincarnation and make our own Ascension to the heavenly spirit world to rejoin our Christ Selves. As for whether reincarnation is fact or myth, you must decide for yourself, but you must admit that having another chance is an appealing concept and it makes more sense than being judged for eternity on what happens in one lifetime, particularly when you consider the apparent unfairness in the circumstances in which people are born into this world if there were indeed, only one lifetime.

For instance, why should someone born into a loving, well-to-do family that brings their child up well-versed in whatever their faith might be, have a better chance than a child born in a ghetto who has no father figure, and the mother is a drug addict that doesn't believe in God? Some might answer that question by saying that God probably grades on the curve. Really?

The Masters indicate that only the untarnished and pure of soul can enter the realm that is associated with the Perfection that we call heaven.

If one does accept the validity of Reincarnation, most of those people that I know have never discussed the end game, which is, how does one get out of the cycle? The thought of being caught in an endless pattern of making new mistakes or even making the same mistakes, over and over, can be a haunting one.

According to the readings, we all have the potential to become a master, and depending on which direction your mastery takes you; you could also learn to perform miracles. In the Apostle's time, miracles were performed as a matter of course. The basis for establishing oneness with God was handed down to what we would now call lay people, some of whom could speak in different tongues and some who had such a strength of faith that they could stand down wild beasts in the coliseums. But that power, which emanated from the Holy Spirit, somehow and somewhere along the way, became lost.

When put in the proper perspective, Jesus also made it clear that all of us have the potential to become a master. Lord Jesus' statements were inclusive of all humanity. He should be lauded and praised to the heavens for the unbelievably difficult work that he did in obtaining His own Christhood and performing his ministry, but **one of the primary reasons he came to earth (His Divine Purpose) was to show us how to do it.**

To further complicate the problem of learning how to become a Master, organized religion has layered on all types of issues that have nothing to do with the importance of learning how to become one with the Will of God. It was the same in Jesus' time. He was very frustrated with all of the extra do's and don'ts that the priestly caste had added to the teachings of Moses and the prophets. I read that an additional 603 "laws" were added to the Jewish teachings after the Ten Commandments.

In the religion in which I was raised, (Catholic) they have also added church laws that have nothing to do with the commandments. Take, for instance, the holy days of obligation that are separate from the Sunday services (implying that it's a sin if you don't go to Mass on that day) or the practice of counting days on the calendar as a woman's birth control measure instead of using the birth control technology available. That "law" puts undue pressure on newly married couples who are undergoing the difficult task of learning to cope with each other while also trying to lift their heads above the financial tide that most newly married people face.

Many of these young couples end up having babies before their first wedding anniversary. After the first baby, the wife's fear of becoming pregnant again can become an unstated emotional barrier between two people who should be trying to think and become as one. Those types of laws would seem to have been about the Church wanting to exercise control and making us feel guilty.

In trying to understand why such a great number of us don't seem to have the personal relationship with Jesus that is so sorely needed could simply be that one of the underlying problems is that we think that Jesus is so far above us and in such an exalted station, that we couldn't even begin to think that he is interested in us (after all, Catholics are told by the Church that we are unworthy.) How is it possible that we could think that we could be like him

and eventually realize our own mastery? Yet, according to the Masters, the path to mastery is exactly where Jesus was trying to lead us.

Here is the dilemma. We think in finite terms because we live in a three-dimensional world in which we can make assumptions and then try to verify the answer. God and Spirit are infinite, but we are unable to think in infinite terms. So therein lies the complexity.

Jesus was exactly who he said he was. Jesus came to earth in the form of a human just like us. He even referred to himself as the Son of Man. He fully understood the trap within which we had snared ourselves. Of course, one of his biggest accomplishments, among the many, was that **as the Son of Man He was able to breach the gap between the finite and the Infinite and manifest the perfection of His Holy Christ Self while on the earth.**

It was the Apostle, John, who wrote that Jesus was the only begotten Son of God. (John 3:16) I suspect that Jesus might have preferred that John hadn't written that statement for the very reason that it presents such a quandary in some people's minds of thinking that they could never measure up. So, in trying to understand John's statement it depends on how you define the term, "only begotten Son of God."

First, there was Jesus the man and then there was Jesus who manifested the Christ Spirit, **which is a principle.** If you consider the following statements: **We are all One**, and **One in the body of Christ**, then reach back into humanity's pre-history for the sentence: **and in the heavenly temples we were being taught the Rule of the Law of One**, then John's statement begins to make more sense.

Think about this possibility: **Could it be that underlying the basic lessons about the correct relationship between God and man, Jesus was also trying to teach us that we are part of the collective Christ Spirit, which is the only begotten Son of God?**

Here is the obvious, but very important key to the above statement that the churches tend to overlook: Jesus said, **"You are Gods."** (John 10:34.) And **"Amen, Amen, I say to you, he who believes in me, the works that I do, he shall also do, and greater than these he shall do."** (John 14:12.)

(By the way, so that you will know that this is not a new thought that the writer dreamed up, the Masters also indicated that our individual Christ Self (Selves) is/are the only begotten Son of God.)

Now, here is a new thought: **consider the possibility that you have the potential to become a collective part of the Second Person of the Holy Trinity.** How does that make you feel? Have you, like most of us, been wasting your time focusing on this insane world?

Special Note: The Masters indicate that other Christ-like figures came to earth from the Great Central Sun in the earlier stages of the darkness. As best as can be determined from the Master's dictations, Jesus was the first **human soul from our planet** to be selected to become the Christ. Since there was a Virgin Mother impregnated by the power of the Holy Spirit, who gets his power from the God Rays, it stands to reason that Jesus was, indeed, the Son of God.

For those of you that may question the purity-lineage of the virgin birth, when Mother Mary appeared to **Bernadette Soubirous, at Lourdes France in 1858**, and Bernadette asked her who she was, Mother Mary answered, "I am the Immaculate Conception." Bernadette didn't know what that meant and went to the local parish priests for an answer.

The Recent Teachers

The first list of teachers consisted mostly of single individuals who inspired or started great religions. Abraham, Moses, Gautama Buddha, Jesus Christ, and Muhammad are among the most well-known. Later, Martin Luther recognized some of the errors in Catholic leadership during his time and brought to the world the first spin-off of Protestantism, **the Lutheran Church**, which is a branch of Christianity. There have been many other notable and important spin-offs from Catholicism since.

Mary Baker Eddy founded the **Church of Christ, Scientist** in 1879 to commemorate the word and works of Christ Jesus and reinstate "primitive Christianity" and its lost element of healing.

The Theosophical Society was formed in 1875 by Helena Blavatsky, and others listed below, to introduce the teachings of the Ascended Masters. Prior to the Theosophical Society the Masters had contact with a number of individuals who produced numerous books on

their experiences. Among them were H. S. Olcott, A. P. Sinnett, C. W. Leadbeater, Annie Besant and W. Q. Judge. These individuals joined with Madam Blavatsky to help form the Society. Alice Bailey came along a little later but was also a Theosophist and continued the work of the Masters by writing twenty-four books.

There were two other major periods of Ascended Master teaching: in the 1930's and again in the 1950's-60's that have already been mentioned.

There were, of course, other teachers who devoted much of their lives to studying the mysteries of spirituality and philosophy and then explaining their findings in an attempt to broaden the understanding of the race. Among these types of teachers within the last several hundred years were: Jiddu Krishnamurti, Emanuel Swedenborg, Immanuel Kant, Rudolph Steiner, Eckhart Tolle, and Edgar Cayce, just to name a few of the those who have left their writings behind. But how many other people can you think of who have tried to advance the race without trying to somehow profit from it? Probably not many, once you get past the likes of Gandhi, Mother Theresa, the Dalai Lama, Martin Luther King, and Billy Graham.

Okay, we've been talking a bit about religions, so some people may ask, **"There's so many religions, which one is the true religion?"** The simple answer would be, "All of them, and none of them." But wait, before you throw the book against the wall, know that all of them are good and were built on the seeds of truth.

There are many different pathways to God. We must remember that the Divine Beings tailored each religion specifically to a certain area, a certain time-period, and the culture of the part of the world into which it was being introduced. And remember that another factor was the evolution of the thought processes enabling the mind to grasp and understand the teachings given at a particular time in history.

Unfortunately, people have been trained for thousands of years to look outside of themselves to someone or something else for answers to their problems. But now, the Masters hope to teach us a new way to think about spirituality. One lesson would be to refrain from transferring our power to a religious institution, thinking that they are the only ones with the right answers, but to use the good that we find in that institution, plus our own individual study and meditation to understand that we all have Divine potential.

We should be careful in how we talk to others about religion. As in all differences of opinion, if you pit one religion against another, you create hatred. If you try to impose your views on another, you create distrust. If you boast that yours is the only true one, you will create resistance. If you punish others that don't agree, you are setting into motion the mechanism for your own destruction.

We must understand that religions have been governed for quite a while by institutions that are led by humans, and humans oftentimes make mistakes. Let's take Christianity, as an example. As pure as it appears to have been in the beginning stages, almost coincident with Emperor Constantine making it the official religion of the Roman Empire, there were two different sets of results. The good result was that Christians were no longer going to be persecuted and the emperor was going to build churches. The bad result was that the church became politicized to some extent, with one of the core principles being that of helping hold the empire together. It appears that as different luminous minds rose within the politicized church, some of Jesus' teachings and the Apostle's accounts of His life and teachings may have become misinterpreted.

It was Constantine that convened the Council of Nicaea in which, among other things, certain writings were considered pertinent to the New Testament of the Bible while others were omitted. The power struggle for control of the message of the church became ever more contentious. In the ensuing fight over who was right, they may have lost sight of their most important function: that of teaching the correct lessons of how to become a master, like Jesus.

Just one such instance of the above concerned a man known to history as Origen, (185-253 A.D.) who witnessed, as a teen-ager, his father's death, along with other members of the Christian faith to religious persecution by the Romans. Origen studied at the Alexandrian school under Clement. Clement was the first great Christian religious theologian after the death of the Apostles. Origen received a broad-based education and eventually, headed the school himself. He centered his life on Christianity and his philosophy was based firmly on Biblical teachings that were available at that time. He was a giant in the early church, was much in demand as a preacher which caused some in the church hierarchy to resent him. He also taught for a while at a school in Caesarea. He was a prolific writer, with over 2,000 documents. Over a period of

27 years, he compared 6 versions of the Old Testament teachings, which were written in different languages to try to come to one, true translation.

Origen died in prison when he refused to make a sacrifice to the Roman gods. One of the statements that caused his teachings to fall out of favor was, "Every soul has existed from the beginning. It has passed through some worlds ahead and will pass through others before it reaches final consummation. It comes into the world strengthened by the victories or weakened by the defeats of its previous life." (From one of his writings titled, *De Principis*.)

Later, two books that Origen had considered to be authentic were removed from the New Testament of the Bible. They were "Shepherd of Hermas," and "Letters of Barnabas." Both were said to appear to allude to the concept of Reincarnation. This happened in the Fourth Century while the Church was under the control of Constantine. Bishop Athanasius, who had gained power under Constantine, was the person responsible for the removal of those two books.

Chapter 10

The Makeup of the 5th, 6th, and 7th Root Race.

The I am Presence and the Seven Parts of the Bodies of Man

Who is your source of supply? Think about it. Most people would reply that it is their job, or the owner of the company for which they work, or for those on welfare, the government, right? No, not at all. It is your own I am Presence. It is the supplier of all your talents and sends help and protection when needed and asked for in prayer. Again, The I am Presence evolved from your individual Spirit Spark that was originally created in the big bang and eventually was nurtured into the White Fire Being that became your spiritual essence.

The I am Presence is the first of your seven bodies. It is the original divine identity that went through the many learning experiences in the seven spheres in the Sun and which remains in the heavenly realm. It is the I am Presence that receives the rays from the sun and then sends the electrical pulse that beats your heart. There is an invisible silver cord that is the unseen connection between you and your I am Presence over which that electrical pulse travels, entering your body through the top of the head where the original soft spot existed when you were a baby, and travels to the heart.

God is not an abstract principle, but rather a part of God's Divine Essence is alive within your I am Presence. The I am Presence is your life source, so therefore it should be considered your link to God. It is important to understand that Alpha and Omega and Helios and Vesta are step-down administrators of the power of the Great I am/Father/Mother Creator God. You are a product of their tutoring as God-beings, so when you ask your I am Presence for help it is the same as running up the ladder of authority and asking God for help. (If you do some further study, you will find that the Masters may refer to the I am Presence as the "Electronic Body.")

Residing in one of the heavenly realms, as does the I am Presence, is the Spirit-body of what you will eventually become. It is the part that split off from the original white fire being and became either the male or female version of the twin flame and, originally, in the first four Root Races, (before the Fourth Root race became corrupted) was part of the spirit body on

earth. That spiritual being is known as your Holy Christ Self. **The Holy Christ Self is the second of your seven bodies.** It is the Holy Christ Self that acts as the monitor and go-between with the I am Presence and your earth-bound self. It is the Holy Christ Self that will plead for help from the I am Presence when it senses that you are in danger. It is like your own personal Silent Watcher. It is the Holy Christ Self that sends the messages to your soul. (Another name that the Masters use for the Holy Christ Self is the “Higher Mental Body.”)

The third body that remains in the heavenly realm is known as the Causal Body. It is the reservoir, so to speak, of all the good that you have accomplished in the course of all of your existences, on earth and in the heavenly realms. The Causal Body can be visualized as oval in shape and made up of the concentric band of colors that attached to you and became part of you in your very first educational experience while spending time studying the lessons of the “Rays” in the seven spheres around Helios and Vesta. Again, the bands of color are of varying widths, depending on the amount of “work” you have accomplished in each Ray.

The other four bodies are earth-bound. **The etheric body** is similar to the ethers and in those with psychic sight, it appears as a soft white light encompassing the physical body, so it is the closest to the physical body. In it is housed the soul, with sketchy memories of certain events in past lives, (karma,) both good and bad. Sometimes we encounter people whom we like immediately. These can be souls with whom we have had a good relationship in prior lives.

The bad karmic memories are like scars that have healed over but when certain situations or certain people with whom we have had a bad relationship are encountered these scars are subject to busting open, sometimes resulting in unpleasant experiences. It is the bad karma with which we must deal.

You can train yourself to see the etheric body. (The aura.) It works best when the subject you are observing is adjacent to a light-colored wall and is at least a short distance away. Practice looking at them with your eyes slightly out of focus and you will eventually notice an area of soft light, perhaps two to three inches wide (sometimes larger) around the body. It is easiest to see it around the head at first. Think of the halos in religious portraits.

The mental body contains the mind which operates through the physical brain. In the mental body are stored all the conclusions, concepts, and opinions (right or wrong) deduced

through your many years of study, life experiences, triumphs, and failures. The original intent was for the mind to be the servant of the perfected you. Instead, it has tended to become the master reservoir of discordant thought. The mental body cannot be seen by the average person but is oval shaped and slightly larger than the physical body and etheric bodies combined.

The emotional body is the largest of the four lower bodies and even though it too can't be seen, the readings say that it is also oval shaped and extends for three or more feet beyond the physical body in most people. (This is one of the reasons you can sometimes sense someone behind you.) The original intent for the emotional body was to use the emotions (the feelings) to "energize" the ideas from God to precipitate matter from the etheric realm. The emotional body is now the storehouse for the good feelings of love and kindness, but one of the reasons that it is so large is that it is weighed down by the memories of all the discordant emotions such as fear, anger, hatred, selfishness, envy, passion, desire, lust, and other negative feelings from this life, plus other lives since the fall from grace. Many of our thoughts pass through the mental and emotional bodies and pick up some of this "baggage" before they make it through to the brain. (Some people refer to the emotional body as the "Astral body.")

The physical body is the fourth earthly body and, of course, is made of the same elements as that of the earth. Its purpose is to perform the physical acts of everyday life and to receive and interpret the ideas flowing from its God-source and use them to bring progress and help to the race and the other elements of creation. The physical body is sometimes hindered by diseases, mental and physical handicaps, imperfections, and distortions caused by negative karma coming from past lives. Each of the four earthly bodies has some impact on the other three.

You may think that you are that physical body, but in truth, you are a Spiritual Being housed within that physical body. You exist because of the projected ray of electronic Light energy that originally emanates from your God source. The physical body receives another pulse of Light energy in every heartbeat. The magnet that attracts that Light is the permanent atom of the heart that your I am Presence placed there to build around when you were conceived. This process is similar to the description of the building of the earth around its core. (As above, so below.)

The “Light” in your heart is threefold, it contains the first three colors of the Rays: Blue, Yellow, and Pink. The same three colors are present in the heart of every human. It is of spiritual essence, so it can't be seen by a doctor, but it is housed in your heart magnet, drawing the energy from your God-source and then sending it to your brain. That Light energy is what enables one to be able to think. The challenge is to keep all the thoughts pure and untainted by the mind that is afflicted by input from the world in which you live, and the gathered concepts stored in the other three lower bodies.

Establishing a Relationship with the I am Presence

One should learn to talk to their I am Presence in a manner that is similar to the way that you address the God that you have been praying to for all your life. All prayer ultimately goes to the Heavenly Father/Mother Creator God, but you can ask your I am Presence for guidance and protection in your endeavors. Give thanks to your I am Presence for each day and each lesson. Try to become one with the perfection of your I am Presence. It stands ready to help you if only you will trust in the rightness and goodness of its direction. Put your confidence in the belief that it is ready to help you understand God's Will for you. The realization of that power is your pathway to perfection and freedom from the ways of the material world.

The Lord and Ascended Master Jesus understood the power of his I am Presence and prefaced the first two words in several of his more important statements. (I am the Light of the world. (John 8:12) I am the resurrection and the life. (John 11:25) I am the way, the truth, and the life. (John 14:6)

You may question the need for both an I am Presence and a Holy Christ Self; don't they sound like they are one and the same? They aren't. The I am Presence is the original God part of you and only knows perfection. It doesn't relate well to the earth-bound false self that appears to govern you most of the time. That task is left to the Holy Christ Self, who is the guider of the flame that is in your heart and is seeking to help you lift yourself above the discord of the appearance world. The Christ Self's hope is to ultimately merge with you to become an individualized God-being. Jesus the man, became Jesus the Christ at the Transfiguration. For the rest of us, the merging with the Holy Christ Self will happen at some point after we make our own Ascension.

Remember that there was the separation of the androgynous I am Presence entity into male and female parts, so even though there was just one dual-polarized entity to begin with, there is now a Holy Christ Self for both the male and female halves of the spirit. Eventually the goal is for both parts to remain separate but reunited in their service to God. This desire to reunite is one of the subconscious reasons why we search while on earth for that other person that makes us feel whole.

The Body Chakras

There are seven energy centers or “chakras” in the body that have an impact on our physical, mental, and emotional world, and our ability to love and function. They are as follows:

Root Chakra: Located near the base of our spine. It can be thought of as the body’s grounding force and is purely physical in nature.

Sacral Chakra: (Sometimes referred to as the Cells of Leydig.) Located between our belly button and sexual organ. It is the body’s source of our sexual drive and is also purely physical in nature.

Solar Plexus Chakra: Its name describes its location. It is related to the balance of the physical powers and to actions, such as fleeing from harm.

Heart Chakra: Where the physical and spiritual meet. It is related to love.

Throat Chakra: It is related to speaking inner truth.

Third Eye Chakra: It is located in the center of your forehead. It is related to intuition and the ability to see situations clearly.

Crown Chakra: It is located at the top of your head. It is related to your spiritual connection to your Higher Self (I am Presence) and spiritual enlightenment.

When a human is attracted in a sexual way to someone, it is the lower three chakras that are acting. This is the method that nature uses to propagate the race, but is not what is thought of as true, unconditional love. The Masters state that to truly love someone we need to learn to love them from the four higher chakras. In other words, from the Heart Chakra up through the Throat, Third Eye and Crown Chakras. In the case of a romantic partner, it means loving them for who they are, and not just for the sex. People who truly learn to love, understand that they will be **giving** more than receiving. Utmost love is God’s gift to humanity.

The Basics Of How We Use Energy

You will remember having read in an earlier section of the book that we were sent to earth to learn how to precipitate matter through the power of thought. **That was our purpose.** We became side-tracked from that goal when we became trapped in these human-animal bodies and forgot who we were and practically everything we had learned before coming to earth. So, it would be well to review how it works. It's very simple.

The human being receives its supply of energy from its Divine Spiritual Source, God. It passes through the I am Presence on the way to us. How we use that energy is one of our greatest tests. We determine whether it is for good or evil by the amount of attention and the type of emotion that we attach to any thought. This thought process is known as the "qualification" of energy. It is very much connected to the visualization process.

As an example, let's say you see a car that you like and find yourself thinking, "I really want that car". Then perhaps you nurture that thought even further by visualizing yourself driving the car, putting it in your garage, showing it to your friends and such. In this scenario, you would be sending out positive energy qualified with good emotions. If you were to continue to nourish the thought in such a positive manner, you will find that the car will somehow find its way into your possession. If, on the other hand, you think, I like that car, but I really can't afford it, you would be sending out negative energy and emotions and you would not receive the car.

In a more complex situation, let's take your decision to build a career. When you have become lucky enough to find what you would like to do, (some people never do,) you should start visualizing each step up the ladder, all the while qualifying those steps with positive emotions, but also understanding that you must put in the study time to make sure that you can perform at the highest level in the next step up. (That statement may sound too idealistic and simplistic, but one man, who was high up in a company, told me that the way to get ahead was to move to another company in a higher position before the first company realizes that you aren't qualified for the job that you have. I couldn't believe what I was hearing and lost all respect for the man.)

It is most important that you treat everyone fairly and do not worry about who might be in your way, just let fate and the unseen world take care of that. Sometimes you will become impatient. It will seem like the break is never going to come, but if you follow this formula, things will eventually work out. It might be as simple as the person who is blocking you will be offered another job, or the reverse happens, and another company comes looking for you.

Another way to look at the process of qualification of energy, would be in situations of basic human relations. The first time that I saw the young lady that would become my life partner, I knew that I was supposed to marry her. She wasn't aware of me and was in love with someone else, but the power of my thoughts set into motion a series of events in which we met and began dating. I continued to qualify my thoughts with positive emotions and put on the full-court press until I saw that this high-quality individual was returning my feelings.

At the other extreme, when one gets angry and blows their top, they are sending out negative energy that must find an outlet. Often it circles back to them in the form of unpleasant experiences such as verbal altercations or even bodily harm from fights. In some cases, the anger continues to brood and affects the body chemistry leading to various illnesses.

The overall point that we are trying to make can be stated more graphically, however. The creative thought process becomes highly corrupted when hatred is involved. The next-to-ultimate mistake is when weapons of mass destruction are designed to eliminate the hated group. (The ultimate mistake is when those weapons are used.)

Energy, qualified with thoughts of hatred for one's perceived enemy, manifests as a negative mass hovering in the atmosphere. There are strata, or layers of negative energy that can manifest in a number of different ways; sometimes it can lead to unexplainable physical violence such as a riot, or terrorist attacks. In Some cases, it may manifest as a natural disaster such as a volcanic eruption, tornado, or other extreme weather conditions.

Perhaps you can see how the negative energy, such as hatred, could be an underlying cause of riots and terrorist attacks, but you're probably thinking that the idea that mankind might somehow be responsible for eruptions, or some of the destructive weather patterns sounds preposterous.

Before you close your mind to it, consider this, the Masters say that when the group that we call humanity first lived on the earth there was complete peace and harmony. There were no extreme weather conditions. It was a paradise, everything that one could want was provided. So, you must give credence to the idea of Mother Earth (Virgo) being a kind, nourishing, beneficent being.

It was only after mankind rebelled against the Will of God, in effect deciding to qualify energy for its own selfish purposes, that discord of any kind was manifested. So, the point is that Mother Earth didn't change, mankind did.

It is vitally important that children are taught how to use their minds correctly. They are the future of the race. Parents should be careful in how they address their children. One should never call a child a dummy, a knucklehead, or any other similar kind of name, even if it is in a playful manner. If a child grows up thinking it is a knucklehead, it is likely to qualify things in a negative manner. A mind is somewhat like a computer, garbage in, garbage out. So be careful what you say, or what you let your child read, watch on TV, see on the internet or movies.

In essence, how you qualify your thoughts determines what kind of life you are going to have. Wouldn't it be better to have a happy and positive outlook instead of harboring deep resentments or expecting the worst to happen? What kind of energy surrounds you, and what kind of energy do you radiate?

To sum it up, life on earth is like a laboratory where there is an unlimited supply of energy. The experimenters have the option of creating anything their little hearts may desire but they had better be careful, or the creations (Hello, AI) may mutate and destroy them.

Divine Right Action

Divine Right Action. Those are very important sounding words. It is how Jesus lived his daily life. Here is an idea that might clarify the statement for you. Suppose that you could spend an entire day with Lord Jesus constantly by your side. He, of course, would be able to read your mind and observe every thought and action. Don't you think that you might be motivated to be very careful. Don't you think you would be very conscious to say, do and think only those things that would be in line with the spiritual laws of God? Wait a minute. Has the enormity of that

thought sunk in? Literally everything that entered your mind would have to be above reproach, or you would be terribly ashamed of yourself.

It would certainly change how people used their minds if they thought that Jesus, or any righteous person for that matter, could read their thoughts. The Ascended Masters can read your thoughts now. So can your Guardian Angel. You are like an open book to them. When the pure Spiritual beings first came to the earth, all the Angelic Beings and Guardian Spirits could also read their thoughts. But the important point to understand is that all those thoughts are going to be up for review when each of us finishes our life, so it would be advisable now to begin to monitor your thoughts.

Most minds are like a butterfly. They flit around from this to that; sometimes wondering if they should look for a new career, sometimes planning how to pad an expense account, sometimes wondering why Joe, down the street, appears to have a better life than them, sometimes thinking that they should move to a bigger and grander house, sometimes thinking that it would help if the quarterback on the opposing football team would somehow be unable to play in the upcoming “big” game, sometimes flirting with the idea that it would be great to see their first real love again, sometimes imagining what it would be like to have a weekend fling with that interesting new person at the company, and that’s just the beginning. Several of those thoughts are so far removed from Divine Right Action that most people would have to hang their heads in shame if they were in the presence of Jesus.

If this sounds familiar, don’t be so hard on yourself. It’s apparent that you have a very fertile and active mind, but you haven’t been taught the discipline of standing guard at the gateway of your mind to monitor and control your thoughts. But for that matter, very few of us on the earth have. If the mind is trained to focus properly it can accomplish anything. For an example of an everyday man or woman on earth, consider Gandhi or Mother Theresa. Every time a thought flits across your mind, ask yourself, does this thought fit in with Divine Right Action? Does it help build my spiritual character and strength, or is related to selfishness, materiality, or sensual desires?

Earlier, we learned from the Masters, that your God source sends perfect energy to you in every heartbeat. That perfect energy is then sent to the brain. The only thing that stands

between your heart and the Perfection of your I am Presence is the intellect with its human concepts (mental and emotional) that have been learned over many lifetimes. We were granted the gift of free will. Because of this free will, these concepts, which are based on fears, doubts, unrealized desires, prejudices, hurts, and hatreds, have been used to build a subconscious armor around us to operate in this sometimes-unfriendly world. It is that subconscious armor that many times blocks the receptivity of truth. Think long and hard about that.

A Short Course on the False-Self Ego

At some point in the reincarnation cycle, it is hoped that it is part of mankind's destiny to finally surrender the leadership of one's life to the will of the Father. The irrefutable evidence, however, is that mankind is so immersed in the False-self ego and its fascination with the material world that not many of us achieve what Jesus came to teach us.

It is important to understand the way that the False-self ego works. It is very well understood by the dark forces and is one of their main tools. It was, after all, the emergence of this False-self ego, nursed along by the Laggards and the dark force that got us into trouble to begin with.

The False-self ego is a devious and sneaky thing, it tends to measure everything as it relates to the individual self, amassing pride in its achievements and blaming others or fate, for its failures. It began early in life, perhaps as early as an infant when it began to realize which actions produced the desired results or what worked in its favor and what didn't, such as crying when hungry or wanting attention. (Bingo! That action brought Mom and Dad running!) Later, as we began to crawl, walk, and play with toys, the idea of possession crept in. How many times have you witnessed two small children playing together with toys and then one of them shouts, "Mine!" This is one of the very first signs of the emergence of the ego.

Each of us can probably remember witnessing situations in which it is obvious that a child knows how to manipulate the parent. It is not a pretty thing to watch, but even the young False-self ego wants to be the boss and to have final approval over the other people in its life as well.

Continuing that thought, in certain cases the odds are good that the afore-mentioned type of child will grow up somewhat spoiled and look for ways to manipulate others in close relationships. On the other hand, children who are mistreated, either emotionally or physically, retain that unfortunate subconscious memory and the pain of harmful relationships becomes a barrier to trust in other important future relationships.

We've all witnessed people who have over-sized egos. In some cases, the source of their self-pride is due to a special talent on loan from the universe that was bequeathed to see how that person might handle the gift. What they don't realize is that becoming enamored with themselves and mishandling the gift could lead to an embarrassing life review in front of the Karmic Board.

The False-self ego is the thing that puffs us up when praise comes our way. Conversely, in the case of people who are not very strong, the False-self ego is the part of them that sits around carping about how unfair life is, and how unlucky they are.

The False-self ego is always looking "sideways" at others, which is a term that means that they are comparing themselves to those that they observe. If the other person is better looking, stronger, smarter, healthier, wealthier, sexier, more popular, or luckier in any number of other personal ways the False-self ego figures that the other person is "winning" and resentment builds.

The False-self ego is the material-oriented part of us that took over when we lost the leadership of the spirit-self, became entrapped in these human animal bodies, and began to learn how to manipulate others. It is the conniving part of us that measures everything, wants to know where we are going and when we will arrive, takes credit for all the good things that happen to us and looks for someone or something to blame when things don't go our way.

This facet of the ego is the patronizing part of us that wants to operate our conscious lives. The almost seamless interplay between it and the mind is so subtle that most people don't understand what's happening, or how the False-self ego became so dominant. But, if you can begin to see how it operates, you will learn how to master it.

Now, the interesting thing is that the totality of the ego does not survive the death of the earth personality (the negative traits are carried over into the next life in the etheric/soul

body to be redeemed later, the good traits go to the Causal body in the heavenly realms and, depending on the decision of the Karmic Board, either trait could be a subconscious part of the new personality that will incarnate.) So, the entire life might well become a farce, an actual waste of time and opportunity, unless you begin to focus on the tiny fragment of the divinity that is anchored in the heart, so that it can receive the messages from the Holy Christ Self, urging it to speak loudly enough through the conscience to make itself heard.

It is vitally important to your consciousness to understand the dominance of this False-Self ego. This is a society that was built by imperfect and misdirected human beings; a world-view designed to keep the ego engaged and busy, so that there is little time for the real purpose of life to be considered. Keeping us occupied with other things is one of the dark force's tricks.

It starts with the simple basics of food, shelter, clothing, and transportation. Those are dire necessities to be sure, but the False-self ego goes to great extent to have more and better things than its neighbor. Then there is the personal beauty thing. Just how much time, money and energy are wasted catering to our vanity, trying to become more attractive and sexier looking? Taking it further, let us consider careers. How many people does the average person step on, or savage in some way in their desire to get to the top?

We should examine just a few of the many other little distractions in the material world that you probably didn't suspect. One tries to stay abreast of what is happening in the world, so they read the newspaper, scan the internet, thumb through magazines, listen to the radio on the way to and from work and watch television at night. If you were operating the dark force and you wanted to conceive of a way to pull and tug people in many different directions and program their minds with garbage, you need look no further than the media.

Lies, murders, rapes, robberies, wars, cruelties, dishonesty, sexual deviation, power grabbing and political corruption, it's all there, screaming at you from every angle. In between those lurid details, you are fed a steady diet of subliminal advertising messages that tell you how to be more attractive, younger-looking, sexier, wealthier, free from pain, and on and on.

Consider the violence and lust portrayed in our movies, television shows and video games, then take a moment to think about the message that is being sent out. Is it any wonder that our youth can get confused about the main issues of life? **How many kids do we have to**

lose, before we realize what we are doing to them? Remember, if one sees or hears something often enough, they will begin to believe it. Or again, in the computer vernacular; garbage in, garbage out. It seems that the freedom of expression that we hold so dear is being manipulated for profit by people who don't understand the responsibility they have in damaging the very fabric of our society. **Or maybe they really do.** Isn't that thought scary?

The dark force has come a long way in transforming the entertainment world since Clark Gable shocked the audience by uttering the words, "Frankly, my dear, I don't give a damn!" in the movie, *Gone with the Wind*. They have kept pushing the envelope on offensive language and sexual promiscuity until there is not much left that would shock us.

The Hindus have a good term for the material world. They call it maya, or illusion. They posit that all the violence, all the glitz, all the glamour and most everything that is considered newsworthy is an illusion, that anything that takes our minds off our spiritual goal allows the material world and dark force to win.

Just remember that the False-self ego is the false identity. It has no purpose but the momentary glory that it can garner for itself. At death, the body begins to decay, and the False-self ego disintegrates into nothingness. The part of you that is immortal moves out of the body and returns to the spiritual realm. The soul accrues the negative karma which will be stored in the etheric body that will return with the next incarnation.

(For clarification, in the Master's dictations, the term "ego" can be used to refer to the monad that is using a particular earth body. In the context that we have been describing, we set apart this part of the ego as distinct from the once innocent monad and refer to it as the False-self ego.)

What Happens When We Die?

Let's review, again, the parts that make up your spiritual identity in the heavenly realm. You may remember that it is divided into three parts. **The first part is the I am Presence, the original God-created energy that began its existence first as a Spirit Spark and later as a White Fire Being.** Other names for it are the Higher Self, The Electronic Body and the Oversoul.

The second part is the Holy Christ Self which sends impulses to **the tiny spirit spark** located within the heart to help it to determine right from wrong and ultimately reawaken the soul to its divine purpose.

The third part is the Causal Body that is the repository for all the accumulated good work that you have accrued during your earth lives and your sojourns in the spiritual realm.

At death, **If the I am Presence and the Karmic Board considers that the earthly goals have been met and karma has been resolved sufficiently, the spiritual entity can make the Ascension and it, the Causal Body and the Christ Self can be reunited and never need to reincarnate.** The Ascended entity can then decide to go on to higher levels (dimensions) of learning, decide it can experience nirvana, or it can decide to remain in our spiritual realm to help with the education (rescue) and Ascension of humanity. Think about it. Wouldn't you like it to be the current **you** that achieves this, instead of some future version?

What happens to your individual personality when you die if you don't qualify to make an Ascension? Short answer: the accumulated good of the personality goes to the Causal Body, the physical body and earth personality cease to exist, but the spirit/soul enters the heavenly realm for a period of review of the life by the Karmic Board to see if you have lived up to the goals to which you pledged before taking on the earth personality. Then, further education will be given before another chance at life on Earth.

But we should back up and deal with the dying process more thoroughly. This will vary somewhat, depending on factors particular to the life just lived by the individual. Let us begin with a person who has lived an ordinary, but not exemplary, life. Upon dying, the person will often find themselves out of the body, looking at the corpse and wondering what has happened. Sometimes they try to speak to members of their family or others around the corpse, only to become very frustrated that people seem to be ignoring them. Eventually, it will occur to them that they are not physically alive, but have an existence, nonetheless.

If the personality had been subject to bad habits such as alcoholism, drug-dependency, sexual perversion or even overeating, they may be sent to the astral/psychic plane to spend a period seeking satisfaction of those cravings. (If you saw the movie, Ghost, with Demi Moore and

Patrick Swayze, dark, ghoul-like beings dragged a murderer off to an invisible realm. That invisible realm could be considered one of the different aspects of the astral/psychic plane.)

In the astral/psychic plane, there is an endless supply of whatever the habit or addiction might have been, but no matter how much they partake or imbibe there is no satisfaction.

The purpose of this is that it is hoped that they will notice the disgusting and depraved antics of the others that are there that have the same cravings. That helps to present a mirror image of their own selves with the idea that it will nudge them toward a rejection of the behavior. Eventually, the thought dawns on them that this habit is wrong, senseless, a waste of their time and they try to lift themselves out of the morass. If the effort is sincere, they are taken by an Angelic Being to a place that some might think is Heaven, although it isn't the ultimate destination presented by the churches. It is the spiritual realm where the souls were studying prior to coming to earth. (The Masters report that there are different gradations of heaven.)

Sometimes the Angelic Being/Spirit Guide will ask questions that are generally categorized as, **what have you learned, and who have you helped?** This will set into motion at a subsequent later time, the review of one's life with the members of the Karmic Board.

The first thing that happens is that the soul is shown how the life being reviewed could have turned out. This usually brings on a plea from the shocked soul to let them go back and fix things. Of course, with few exceptions, they can't go back, and this is a little taste of "hell" for the soul.

After the time of the life review, the spirit and its' guides may decide that it will spend a considerable amount of time in the spiritual realm to recharge the batteries, so to speak. The stresses of earthly existence can have a very draining impact on the vitality of the spirit, so time is spent on instruction and nourishment of the spirit. There is also the opportunity to rejoin loved ones that have preceded them in death.

There is a chance to go to school again. In addition to the classes on spiritual understanding, you will find great centers of teaching on every type of subject imaginable. If you are a scientist, for example, you will find laboratories that are working on medicines and inventions that have not yet been thought of here on earth.

You're probably wondering if there is any way that those ideas can be transmitted to the scientists on earth. Yes, there already is a ring of knowledge that encircles the earth. (The God ideas that were never brought to fruition.) Those who are adept at stilling the clamor of the mind can sometimes tap into it. Einstein was good at that. Pasteur was also good at that, and perhaps people like Elon Musk, in our day. For most though, when the idea light comes on, there is no indication of where the idea came from.

The spiritual realm is unlike the earth. It is composed of blocks of energy related to the vibration of the soul/spirit. The color of the soul varies according to the level attained by the soul. Souls of different levels of vibration create different blocks/colors of energy. These souls can create whatever vistas they wish. Within these blocks of energy are souls that are vibrating at a similar level. However, souls of different levels are allowed to visit each other. Utter peace and goodwill are felt by all. Prove that you can mentor a soul who is at a lower level, and you can become a spirit guide. It is a gigantic system of opportunities to serve.

By now, you probably understand that there are many souls awaiting another chance at an earth life to try to atone for their past mistakes and finally get it right. It is the Karmic Board's responsibility to decide who gets the chance and into what circumstances they will be born. In other words, to be blunt, you either "earned" your present existence/body/life circumstances, or in unusual cases, volunteered for it.

Now we have witnessed the mass in-coming of souls from the 6th and 7th Root Races who had been waiting (millions of years) for their opportunity to experience the lessons of life on the earth's plane. They had received training in the Temples in the Heavenly Realms, but nothing could have prepared them for the cruel reality of the manipulation of their minds by the media and those who are obsessed with power. Many of these new souls are blessed with beautiful bodies and bright minds but are naïve to the efforts to exploit their innocence and lead them in the wrong direction.

You're probably wondering why anyone would ever want to leave the spiritual realm and come to Earth. It is because your I am Presence knows that there are even greater and grander levels of existence still awaiting us once we graduate from the earth experience. God is sometimes referred to as **All That Is**. With that understanding, know that there is a much bigger

scope to God's plan for creation than our limited minds can conceive. Just think about that and try to understand that God knows your divine potential.

Karma and the Karmic Board

Humanity's Guardians made the Reincarnation/Karmic experience tough, but fair. Those with hatred for a racial type quite often would have to experience life in the group once hated. All souls have been able to experiment with changing to the opposite sex to better learn how to balance their soul's tendencies. After the "Fall," the conditions were considerably more harsh because instead of having many years to experiment (up to 2000 at a time,) they would have a much shorter lifetime depending on the epoch into which they were thrust.

To make matters worse, they would retain the un-god-like instincts hiding in the soul, the mental body, and the emotional body, but usually no memory of their previous lives nor their recent rehabilitation effort in the spiritual realm. For instance, if you had been one of the better rulers of England, you might be so puffed up about yourself that you would turn people off. On the other hand, if you had been Jack the Ripper, the shame would be unbearable. The interesting thing is that a soul could have been both personalities.) The bottom line is that the accumulated bad deeds usually far outweigh the good and would be too much for the new entity to bear if he/she had total recall.

The Masters state that you must have dealt with at least 51% of your karma before you can make your own Ascension and not have to incarnate on the Earth again. What separates you from the perfection of your own Holy Christ Self is the distraction of the material world, your attachment to **the complexity of your desires and feelings** experienced in everyday life, plus the karma that you have accumulated throughout this and previous lifetimes.

Each experience, whether good or bad, leaves an impression on your soul, (etheric body) your subconscious mind (mental body) and your feelings (emotional body) and influences future reactions to situations. If that isn't difficult enough, you are affected by the karma of your parents, your nation and even your community.

One would think that those from the 4th root race, the Laggards and other visitors who have been caught in the cycle of Reincarnation for up to 2 1/2 million years would be ready to

get out. In addition to those from the 4th Root Race who have been here for a long time, there are souls from the 5th Root Race, some of whom have been incarnating here for a million years, the newer souls from the 6th Root Race and more recently, the 7th Root Race, incarnating on the earth now, which has caused the population of the earth to more than double in the last seventy years. So yes, many of the souls are newer, but many of those newer souls have already been infected by the dark forces.

The Karmic Board's main hope is that the entity will learn to listen to the still, small voice being sent to the soul from the Holy Christ Self that remains in the heavenly realm. To help, one important step is to accept our station in life and try to become the best person that we can be. More to the point though, we can also get extra help from the unseen world by using the Violet/Purple Ray/Transmuting Flame process that will be explained shortly.

Why have we not learned, up to this point, what our priorities should have been? There are many different reasons, but the fault lies chiefly in our misunderstanding of our purpose for being here. Ask yourself this question: **Is our purpose really the pursuit of happiness through the avenues of fame and fortune, the accumulation of power over others, or even worse, some type of sexual nirvana?**

The Members of the Board

The current Karmic Board is composed of seven Beings, One of whom is an Ascended Master, one is a Manu, one is an Elohim and the rest of whom are Cosmic Beings. All of these beings are very understanding and compassionate.

1st. Ray: **The Divine Director** is a Cosmic Being and also the Manu of the 7th Root Race. He has been an instructor for others on the spiritual path for over two hundred thousand years. He was Saint Germain's teacher in one of Saint Germain's earlier incarnations and was the founder of the house of Rakoczy in Transylvania to which Roger Bacon (Saint Germain) went after his assumed death. It was Saint Germain, as Joseph, the earthly father figure for Jesus, who instructed Jesus to go to the far East to study under the Divine Director. It was the Divine Director who gave Jesus the idea for the mantra, "I am the Resurrection and the Light." It is said that the Divine Director observes those in incarnation that can be of assistance to mankind and transmutes their karma.

2nd Ray: **The Goddess of Liberty** is one of twelve Cosmic Beings around the sun. She is thought of as the Cosmic Mother of America (Liberty and Freedom) and the Earth.

3rd Ray: **Nada** is the Ascended Lady Master now serving as Chohan of the 6th Ray. She is serving on her “natural Ray” (the 3rd) on the Karmic Board.

4th Ray: **Pallas Athena** is the Goddess of Truth. She was available to the people of Lemuria before the descent of the veil of darkness and again, on Atlantis before the veil completely descended there. She is the Twin Flame of the Maha Chohan.

5th Ray: **Vista** (Cyclopeia) is the Elohim of the 5th Ray and the All-Seeing Eye of God to the Earth. Nothing that happens on Earth escapes him.

6th Ray: **Kwan Yin** is a Cosmic Being who is also known as the Goddess of Mercy. Before her own Ascension, she ministered in China. It is said that she maintained life in one body for one thousand years. One can call to her for mercy, compassion, forgiveness, and healing. She was Chohan of the 7th Ray prior to the Ascended Master Saint Germain.

7th Ray: **Portia** is a Cosmic Being, known as the Goddess of Justice (balancing the scales) and also as the Goddess of Opportunity. She achieved perfection before the descent of the veil. She is the Twin Flame of the Ascended Master Saint Germain.

The Protective Pillar / Tube Of Light

You can call to your I am Presence and to Archangel Michael to place a protective pillar/tube of Crystal Light energy around your body. This is the color of the initial fire of the First Ray, The Ray of Strength, Power, **Protection**, and the Will of God. The dictations that comprise the most recent of the Master’s teachings were given in two different tranches, one from the 1930’s-1939 and the second from the 1950’s-1960’s. Numerous Ascended Masters, Angelic Beings, Cosmic Beings and Elohim Beings took part in the dictations. Some were given in class situations with large audiences. Others were given to a trusted scribe. The earliest dictations of the 30’s used the term “tube” for the protective light. The second dictations of the 50’s used the term “pillar.” Either one is fine. I sometimes think of it as a fortress. (A Mighty Fortress is our God!) The most important function of this pillar/tube is for protection against the

evil forces that are trying to influence your life, but it can also be used to protect against human discord, injuries, diseases, and many other types of harm.

When visualizing the Crystal Ray, imagine it looking like the sparkling effect of the sun on a body of water. Visualize it as large enough to encompass a space beyond your out-stretched arms (a pillar of about 9 feet in width) and extending above your head and below your feet. Do this daily to build momentum.

Chapter 11

The Spiritual Hierarchy, the Masters In Charge of the Earth

These are the Masters, and their positions of responsibility as of the latest data available. (approx. 1960.)

Siddartha Gautama, **Lord of the World**. Lord Gautama succeeded Sanat Kumara who came when the earth was giving off no “Light” and stayed until the late 1950’s. Lord Gautama held the office of Buddha for the World before moving to his new position. Part of his current responsibility is to assure that the “Light” is being maintained, which means he must make up the balance that is not being given off by the rest of us. He reports to the Planetary Silent Watcher, Immaculata, who reports to the Solar Silent Watcher, who in turn, reports to Helios and Vesta, the beings who spiritualize the Sun of our system. They report directly to the Cosmic Silent Watcher who reports to Alpha and Omega, who spiritualize the Central Sun of our system.

Lord Maitreya, **Buddha Position**. Lord Maitreya formerly held the position of World Teacher and was the Being who chose Jesus for his mission and who also overshadowed Jesus during the three years of his ministry. The requirement for this Buddha position is to be able to embody the nature of God. Part of his responsibility is to radiate God’s love to a planet and its evolutions. The readings state that Lord Gautama and Lord Maitreya were the first two 4th Race souls to join Sanat Kumara in his effort to bring “Light” to the earth. They had additional incarnations before attaining their Ascensions.

Lord Maha Chohan, **Holy Spirit for the earth**. A Chohan is an Ascended Master who is in charge of one of the 7 Rays of God that are beamed to the earth. Maha means Lord, so the Maha Chohan is Lord over the other Chohans. The Maha Chohan (Holy Spirit) is the magnet that draws the Rays from the Central Sun, then our sun, and vitalizes those Rays for use by the seven Chohans. It was the Maha Chohan (Holy Spirit) that enabled the Immaculate Conception of The Virgin Mary. It was the Maha Chohan (Holy Spirit) that enfolded Jesus at his baptism by John the Baptist. It was the Maha Chohan (Holy Spirit) that enfolded the disciples with his cosmic flame that gave them the courage, strength and spiritual/mental illumination that was needed for them to carry out their most important mission. The Maha Chohan is also in charge of the

Elemental Kingdom. Jesus sometimes referred to him as the “Comforter.” For those of you who may be wondering, he indeed occupies a very important position in the Hierarchy.

Ascended Master and Lord Jesus Christ, **World Teacher**. After his mission on earth, Jesus was appointed to the position of Chohan of the 6th Ray. It was the 6th Ray that was the predominant Ray that was being beamed to the earth for the 2,000-year period of the age of Pisces. He was subsequently moved to the position of World Teacher when Lord Maitreya left that position to become Buddha. The duty of the World Teacher is to plan the method in which God’s message is presented to humanity.

Ascended Master Kuthumi, **Co-World Teacher**. (Most of you will not have heard of Master Kuthumi.) Master Kuthumi previously served as Chohan of the 2nd Ray. The need for two World Teachers is most likely due to the huge addition of the number of souls taking incarnation at this time. One of his embodiments was as the Greek philosopher, Pythagoras. Another was as Balthazar, one of the Wise Men. Another was as St. Francis of Assisi. He was the ruler, Shah Jahan, who had the Taj Mahal built. He was in India in his last embodiment and was one of those who were instrumental in helping to bring forth Theosophy.

The Manu of the Race. There are 7 different Manus. One for each Root Race. A Manu is a perfected Cosmic Being that has become the Archetype (the prototype) for a Race. The first three have gone on to higher levels of spiritual experience with their Races. The Manu for the 4th Race is Lord Himalaya, the Manu for the 5th Race is Lord Vaivasvata, the Manu for the 6th Race is Lord Meru, and the Manu for the 7th Race is the being known as the Divine Director.

In the early part of the book, we discussed the seven spheres, the associated Ray colors, and the lessons that we went through before we were ready to begin our sojourn to the planets. These same Rays are constantly being beamed to Earth and, for the most part, we are unaware of them. **The text below is a continuation of the description of the Spiritual Hierarchy of the Earth but is also presented to help you understand the blessings of the Rays.**

Ascended Master El Morya, **Chohan of the First Ray**. In addition to the predominant Ray that is beamed for a period of 2,000 years, the individual Rays are beamed on certain days of the week. The First Ray is beamed to the earth on Sunday. Master Morya is joined in this project

by Archangel Michael, Archaii Faith, the Elohim Hercules and his feminine counterpart, Amazon. There are two colors associated with this Ray: crystal and blue, and as mentioned earlier, the crystal color represents the beginning of the flame while the blue color represents the plume of the flame. The attribute of the crystal color is associated with the Protection of God. The blue color is associated with the Strength, Power, and Will of God.

Master Morya is also concerned with world government. This is not an easy task considering that God granted humanity free will. Master Morya came to the earth as a Guardian Spirit from the planet Mars. He has been a king in many embodiments. He was the Wise Man, Melchior. Master Morya led three Crusades. He was King Arthur of Round Table fame. He was born as Thomas More in England in 1478. His last embodiment was as a Rajput king in India, which body he inhabited for about 300 years. It is said that he made his Ascension in 1898.

Ascended Master Lanto, **Chohan of the Second Ray**. The Second Ray is beamed to the earth on Monday. Master Lanto succeeded Master Kuthumi when Master Kuthumi moved to Co-World Teacher. Master Lanto is joined in this project by Archangel Jophiel, Archaii Constance, the Elohim Cassiopea and his divine complement, Minerva. The Ray color is yellow (tending towards gold,) and the attributes of the Ray are Wisdom, Perception, Discrimination and Illumination. Prior to that, Master Lanto was in charge of one of the Retreats of the Masters where a number of the records of the ancient civilizations are stored. Master Lanto came to the earth as a volunteer with Sanat Kumara. He was a High Priest in a temple on Lemuria. He had an incarnation on Atlantis. He was the famed Emperor Chan, of China.

Ascended Master Paul the Venetian, **Chohan of the Third Ray**. The Third Ray is beamed to the earth on Tuesday. He is joined in this project by the Archangel Chamuel, Archaii Charity, the Elohim Orion and his divine complement, Angelica. The color is pink, and the attributes of the Ray are Divine Love, Harmony, Tolerance and Adoration. Master Paul was in embodiment on Atlantis and went to Peru just before it sunk. He was the noted Italian artist, Paul Veronese. He made his Ascension in 1588.

Ascended Master Serapis Bey, **Chohan of the Fourth Ray**. The Fourth Ray is beamed to the earth on Wednesday. He is joined in this project by Archangel Gabriel, who is the Archangel of Resurrection, Archaii Hope, the Elohim Claire and his divine complement, Astrea. The color is

white, and the attributes of the Ray are Purity, Resurrection and Ascension. Master Serapis came from Venus as a Guardian Spirit. He was in embodiment as a priest in a temple on Atlantis. It was Serapis who took the Ascension Flame to Luxor, Egypt just before the final sinking of Atlantis. He embodied in Egypt as Akhenaton IV and Amenophis III to build the temples at Thebes and Karnak. He was also King Leonidas of Sparta. It is said that as Phidias, he designed the Parthenon. He made his Ascension about 400 B.C.

Ascended Master Hilarion, **Chohan of the Fifth Ray**. The Fifth Ray is beamed to the earth on Thursday. He is joined in this effort by Archangel Raphael, (the Archangel of Healing,) Mother Mary, the Elohim Vista and his divine complement, Crystal. The color is green (similar to the green in a rainbow) and the attributes are Truth, Healing, Consecration and Concentration.

Master Hilarion succeeded Lord Ling (Moses) as Chohan of the Fifth Ray. Master Hilarion was in embodiment as a priest (name unknown) in the Temple of Truth on Atlantis and took that flame to Crete before the final sinking of Atlantis. He was Saul of Tarsus, better known as the Apostle Paul. His next incarnation was as Hilarion, who established a monastery in Palestine. He later sought solitude, moving about through Egypt, North Africa and later, settling in Cyprus. He made his Ascension at the end of that lifetime (about 370.)

Ascended Lady Master Nada, **Chohan of the Sixth Ray**. The Sixth Ray is beamed to the Earth on Friday. The color is ruby, and the attributes are Peace, Ministration and Grace. Master Nada assumed this position when Lord Jesus became World Teacher. She is joined in this project by Archangel Uriel, Archaii Donna Grace, the Elohim Tranquility, and his divine complement, Pacificia. Master Nada also serves on the Karmic Board.

The word Nada equates to nothing, or silence, which meant that she chose to repress the earth personality to give way to her Holy Christ Self. Master Nada has worked behind the scenes to bring many civilizations to their height. She served in the Temple of Divine Love on Atlantis, and both trained and served under Master Serapis in the Ascension Temple at Luxor. She made her Ascension about 500. She is a 3rd Ray Being, indicating that one can become the Chohan of a different Ray than the one that they are on. She represents the 3rd Ray on the Karmic Board.

Ascended Master Saint Germain, **Chohan of the Seventh Ray**. The Seventh Ray is beamed to the earth on Saturday. The color is violet (which can range from a light orchid color to a deep purple) and the attributes are Invocation, Mercy, Compassion, Transmutation, Forgiveness and Freedom. He is joined in this project by Archangel Zadkiel, Archaii Amethyst, the Elohim Arcturus and his divine complement, Diana. The Seventh Ray is the predominant Ray for the next two thousand years. Saint Germaine is very much involved in trying to make this 2,000-year period the last that will be needed for humanity to finally understand their relationship to God and make their own Ascension. Saint Germain has for some years been working closely with The World Teacher to bring the information that was given in the books beginning in the 1880's, but also the teachings described in the Master's dictations of the 1930's, 1950's-1960's to mankind.

Saint Germain is the Cosmic Father of America. His Cosmic name is Freedom. He and Ascended Lady Master Nada have worked together to bring many civilizations to their height. His attachment and personal devotion to mankind has been more pronounced than that of the other Masters. He brought the Sahara civilization to a great height seventy thousand years ago and could have made his Ascension then but chose to re-embodiment to help mankind. He was Saint Joseph, the earthly father figure to Jesus. He was Saint Alban of the third century. He was the Greek philosopher, Proclus (411-485.) He served as Merlin the Magician in King Arthur's Court. He was Roger Bacon, an English monk who made many scientific discoveries. He was Christian Rosenkreutz of Germany who founded the Order of the Rosy Cross, (the Rosicrucians are an off shoot.) It was said that Saint Germain also influenced other secret societies such as The Knights Templar, Knights of Light, The Illuminati and Masonry.

As Christopher Columbus, he discovered America. His last embodiment was as Francis Bacon, a son of Queen Elizabeth and an heir to the throne which his mother blocked. James, the first, became king instead. Francis Bacon wrote many books and articles under different names, including Shakespeare. He supervised and edited the King James Bible.

Francis Bacon was thought to have died in 1626. He made it look that way but went from England to Transylvania where he later became known as Prince Rakoczy. He made his Ascension in 1684 but has appeared in his tangible body under different names several times

since. It was Saint Germain that made a fiery speech which influenced the signers of the Declaration of Independence, (who they could not find afterward even though they were behind guarded and locked doors.) He was the inspiration behind the Magna Carta of England and the Constitution of the United States. Saint Germain was instrumental in helping George Washington become the first President of the United States and that relationship would prove to be valuable many years later when Saint Germain recruited Guy Ballard (the former George Washington) to bring forth the Master's teachings in the 1930's.

In January and July of each year, the entire Brotherhood of Masters, Cosmic Beings, Angels, and Devic Lords ministering to the Earth, together with certain advanced humans, attend a meeting with the Lords of Karma and the Lord of the World, to hear instruction on the divine plan for the next six months. This instruction comes through the Silent Watcher who receives the plan from Helios and Vesta. Much of the divine plan is administered through the Rays.

Reviewing the Masters' Revelations to Humanity

In the old days, beings from the middle east and far-east who were interested in a spiritual pilgrimage searched high and low and perhaps for many years to find a qualified teacher. Much of their lives were spent in quiet contemplation and unerring devotion to their Master and his teaching. Under this system a few people every hundred years would obtain their Mastery and, at the end of their lives, make their Ascension to the heavenly realms. The Ascended Masters who are involved with the Spiritual Hierarchy of the Earth were not satisfied with that meager harvest. They looked at America and saw a nation of doers. They thought that if they could somehow blend the qualities of spiritual contemplation of the East with the energy of the West that it would help mankind to awaken to its Spiritual destiny. I remind you that in 1875 the Masters chose Helena Petrova Blavatsky as their pupil and spokesperson. There had been other enlightened thinkers and writers before Madam Blavatsky, but she was willing and had the mental acuity necessary to take on this task. Through the auspices of the Theosophical Society, Madam Blavatsky toured the U. S. and Europe bringing the message of the Ascended Masters to mankind. And the basis of that message was, **"We are real and can be called on for help and instruction with your spiritual education."** Madam Blavatsky wrote several scholarly

books; "Isis Unveiled," which was a two-volume series, and another, larger two volume work titled "The Secret Doctrine." All of these are still in print and can be found on the internet. As in the case of other groundbreakers, Madam Blavatsky has been derided by some. We all have faults. Her's may have been that she tried too hard to impress people with her occult abilities.

Moving on, early in the 1930's the Ascended Master St. Germain contacted another candidate, Guy W. Ballard, who was hiking on Mt. Shasta in California. The record of this contact and the ensuing teaching and recruiting of Mr. Ballard is presented in a book titled "Unveiled Mysteries." Master St. Germain chose Mr. Ballard, and his wife, Edna, to be the spokespersons for the Master's teaching. Mr. and Mrs. Ballard would later become known as Godfre Ray King and Lotus Ray King.

They toured the United States during the years of the latter part of the Great Depression and the beginning of the war clouds in Europe. The Masters would instruct Mr. Ballard to rent an auditorium in a large city, people would somehow show up and either Mr. or Mrs. Ballard would take the stage with no script and read letters of living Light that appeared before them. (There were witnesses who attested to seeing the letters.) These were messages and lessons from various Ascended Masters and those messages were taken down by a scribe and have since been compiled into a large assortment of books containing the teachings.

These books can still be obtained by contacting The Saint Germain Press, Inc. 1120 Stonehenge Dr. Schaumburg, Illinois 60194.

In addition to the Spiritual lessons, the Masters were very much concerned with protecting the physical country of America from the ravages of the upcoming world war. To that end, they were successful. America did go to war, but the homeland was never attacked. One of the reasons for wanting to protect America was that apart from the early skirmishes with the Native Indians, the Revolutionary War and Civil War, America had not experienced the many centuries of continuous hatred and bloodshed experienced by the Eurasian countries.

Because this country was populated mostly by people that were seeking freedom of religion and new opportunities, there was the hope that the Master's teachings would take root here. During the thirties, it was reported that this movement had a large number of followers in the U. S. (as many as 1,000,000.)

Through the power of the Masters, there were healings and several Ascensions during that time. It is said that Mr. Ballard made his own Ascension at the end of 1939.

During the 1950's, The Ascended Master, El Morya, asked for a grant from the Cosmic Forces to add to the information previously given under the effort established by Master St. Germain. This material came to be known as the "Bridge to Freedom," an effort to bridge the gap between the Masters and humanity. A significant number of Masters and Cosmic Beings used this source to dictate a quantity of books and periodicals through a lady named Geraldine Innocenti. Ms. Innocenti was said to have been the twin soul of the Master El Morya, was Sir Galahad, and was also said to have been one of the priestesses of the Oracles of Delphi in a previous life.

By the time Ms. Innocenti was ready to leave the Earth plane, the Masters stated that between the information given through the Theosophical Society, Mr. and Mrs. Ballard and Ms. Innocenti, there was more than enough material published to educate mankind. The books dictated through Ms. Innocenti are available through The Ascended Master Teaching Foundation, P.O. Box 466, Mt. Shasta, California 96067.

There are also some books authored by A.D.K. Luk that appear to be a condensation of some of these teachings and give the impression that they were written from her class notes. They are titled, "Law of Life," a two-book set, and "Law of Life and Teachings by Divine Beings," a three-book set. These, plus all the books described above can still be found from various sources on the internet. It is my hope that this short book will entice the reader to expand their knowledge by securing the original books for themselves.

I have read most of the books. There are many different concepts that the Ascended Masters give that are so pure and sublime that they are like a literal "Ah ha" moment! Each Master has his or her own style. I write in a style that I learned as an executive, very dry and bottom line oriented. **The Masters write with the beauty of the heavens.** Sometimes you will hear the same subject coming through the words of several different Masters, but one Master may be able to draw a picture through words that resonate with the reader in a different way. The wisdom in these books is there for the seeker.

The Masters also want you to know that they are available to help you. They will be the first to admit that hardly anyone makes it to mastery and ultimately to their own Ascension without a helping hand. So, it would be helpful to become acquainted with each Master and also acquaint yourself with their “specialty” in their service to humanity.

To that end, there are pencil sketches of some of the Masters. The ones that resonate the most with me are in a book by David Anrias, which was first published in 1932, but has had many successive printings. It is titled “Through the Eyes of the Masters—Meditations and Portraits.” They are pencil sketches of how these Beings presented themselves to Mr. Anrias in their last earthly bodies. The dictations and meditations were related to events leading up to WW II, so they may not be of interest to you. Some of these sketches, plus additional ones, can also be purchased through The Ascended Master Teaching Foundation. You can find an actual photograph (on Google) taken in the late 1800’s of Madam Blavatsky with Master Morya on her left and Master Kuthumi on her right. (There are also additional pictures on Google that are interpretations of how other people think that the Masters might have looked.)

The Masters’ Purpose

The most important purpose of the Masters and the Great White Brotherhood is to teach us that **the Presence of God is actually within our physical hearts**. This is the first, and most critical step in uniting our conscious mind with the power of God within us. The Masters and most importantly, God, are waiting on the acknowledgment that we want to build an actual partnership to take advantage of that Divine Presence. These things they stress to obtain control of your body, mind and emotions and spirit: (This is a repeat from the front of the book.)

First, to understand the power of the I am Presence of God and what it means to you. It is the only, and ultimate power for good in the Universe that works. Thinking, acting, and becoming as if you were “one” with the power of the I am Presence is the “key” to learning how to become a master of energy. It is your birthright. **Claim it.** It is what God desires of us.

Second, to learn to control your mind by avoiding discord and keeping your thoughts harmonious. (This sounds simple but may prove to be one of your most difficult tasks. It means

learning how to break away from the distractions presented by the media and the world. (Remember that the world is mostly controlled by the Dark Force.) A distracted mind cannot focus on the Will and Power of God.)

Third, to learn to use the beneficial power of the 7 Rays/Flames, particularly the Violet/Purple Ray/Flame. This Ray/Flame can be used to help transmute your karma, which is the key thing that keeps us coming back to experience yet another challenging life on earth.

Another important thing that they teach is that you shouldn't transfer your power to a church or anyone else by looking to them, alone, for your guidance and salvation. The Divinity is already within you, waiting to be rediscovered.

The same goes for your health. One should never transfer their power to a doctor who gives them a bad diagnosis. Hear what they say, but don't give up hope and let them condemn you to a terrible outcome. (Thirteen years ago, as of this writing, I was told by a doctor that there was nothing that they could do for me.)

Unfortunately, we humans have been taught for thousands of years to look to someone or something else for help, when instead, the wisdom of the I am Presence that beats our hearts is the Infinite, All Powerful Source that will lead us to the remedy of our problems and it can fill your life with immeasurable joy once you learn how to correctly use its Powers. What it takes is a change in your thinking. Devote yourself to seeking truth and to loving and forgiving.

As for learning to keep your thoughts harmonious, it is no coincidence that you are living on a planet whose surface is composed of 70% water. Your body is also composed of 70% water. Water is symbolic of the emotional state. **The thing that influences your thinking more than anything else is your emotions.** After the Fall from Grace, and the subsequent submersion in materiality and the sense experience, learning to deal with the minefield of the emotions was one of the great "tests" planned for humanity by the Godhead during the Earth experience.

How to Make Use of the Rays / Flames

It would be very beneficial for every individual if they would try to visualize and call down the predominant Ray/Flame for each day. They would find themselves becoming stronger in every aspect of their personal and spiritual lives if they would but do so. However, if one

needs the beneficial effects of a particular Ray, they can call for that Ray at any time.

There are three steps that you should follow:

Step 1, Call to your own I am Presence and Archangel Michael to put the blazing pillar/tube of Crystal Light Energy around you to protect you from all types of fear, doubt, harm, illness, or injury.

Step 2, Call on the Law of Forgiveness. One way to do this is to say: “My own I am Presence, I call on the Law of Forgiveness for all my sins, mistakes and for the misuse of God’s energy. I request the same for my human brothers and sisters. Say this 3 times.

Step 3, When you make your call to the Beings in charge of the Ray, you should ask them to enfold you in a pillar of the Ray that, upon your command, will become a pillar of Flame around, in and through your four lower bodies, then visualize the Ray/flames filling up the protective pillar of Light that you had initially called down, with you inside both of the pillars.

The Flames should start coming in from the farthest periphery of the emotional body (which is the outermost body, next the mental body, the etheric body and then the physical) coming up from below your feet and working their way up gradually and eventually rising to above your head. See the Flames going through your physical body as well as your other three lower bodies. It is okay to visualize the Flames pausing and spending more time in a particular area or organ if it has been identified as a body part in need of help. You can visualize the flames as akin to those in a fireplace but using the color for the Ray/Flame that you are calling down. Try to allow at least 15 minutes for this procedure, and longer if you can. (I find that it takes me more than 30 minutes.) You can also ask that the pillar of Flame be maintained for you 24 hours around the clock, but for it to be most effective, you would need to spend a few minutes re-visualizing the Flame several times during the day.

All of us have accumulated negative karma, otherwise we wouldn’t need to be on the Earth. Every day it would be helpful to do the following: 1st call for the protective pillar/tube of Light energy. 2nd call on the Law of Forgiveness. 3rd call for the Transmuting Flame included in the paragraph below.

For those in need of healing, there are three different Rays/Flames that you should use. First, one should use the 7th Ray/Flame to begin to transmute the karma that you have

accumulated that might have an impact on your illness or condition. You would begin by calling to your I am Presence and then, the Beings in charge of the 7th Ray/Flame and ask them to help you understand, perhaps through meditation, what you did to bring this karma on yourself. Then ask them to send the Transmuting Flame to transmute the effect of the karma, understanding that it might take many repetitions to erase those effects.

For all health problems, major and minor, (also, if you need immediate relief from a minor illness, aching back or something similar,) you can call to your I am Presence and the Beings in charge of the 5th Ray/Flame for the Green Healing Flame.

If you have a major issue, such as a bad heart or a problem with an organ, in addition to using the 5th Ray of healing, you can call to the I am Presence and the Beings in charge of the 4th Ray, asking them to Purify every electron in every atom in every cell of your body. Next, ask them to Resurrect the perfect health of every electron in every atom in every cell in your body (particularly the affected organ) and then, lastly, ask them to Ascend any condition in your body that is less than Perfection. (Again, this is the Ray/Flame that Jesus used to come back from death. Of course, he was already a Master, so he was able to accomplish this in just three days.)

The Masters indicate that you can make major changes in your body in as little as 12 months if you dedicate yourself to this process. (Depending on your ability to harness these powers, you might begin to see results sooner.) You might also find that it would be helpful to use the 4th and 5th Rays alternately. After experimenting, you should choose what feels right for you.

The Ray/Flames are very significant, and we have mentioned them before, but it is important to understand how you are affected by them. In your heart, there is the small God-spark containing the three-fold Flame. These are the same three colors given to all of humanity and contain three of the most important attributes of God (the Power of the Will, the Power of Wisdom, and the Power of Love) that each person was given. The other four colors tend to make us an individualization of God, the unique being that we are.

For review: your individual spark of God was created in the Big Bang. After several expansions, your spirit spark became a part of the sun before the world was made. Your God spark was resting in the bosom of the sun and through a certain type of osmosis, might possibly

have witnessed the creation of our planet, the separation of Pangea into separate continents and countless cataclysmic events, including the rising and falling of continents beneath the seas.

Eventually, if you were a Fourth Root Race spirit, that spark became a conscious white fire being that could have reached another level of God-perfection in its first series of sojourns on the earth in its spirit-thought-form body. When it chose, instead, to push into matter to experience the senses, it led to the necessity to incarnate on the earth in a flesh body.

At a certain point, the Spiritual Hierarchy, at the request of Sanat Kumara, designed the heart atom which contained the tiny (approximately 1/16") three-fold flame; blue, yellow and pink, which was the magnet that drew the elemental substance to form your body. This same tiny flame is the magnet that draws the energy to animate your body. This should give you an idea of how potentially strong your heart magnet can be if nourished by prayer, correct thought and Divine Right Action. With the help of the Rays, the heart magnet can be trained to draw the energy for your I am Presence to deal with any problem.

If you are a Fifth Root Race spirit, don't get all puffed up, thinking you are better than the Fourth group or the Laggards, because it didn't take long for God to become disappointed in your group. (See the reference in Genesis.) Thus far, none of the Masters has commented on the quality of the Sixth Race spirits or the leading edge of the Seventh Root Race spirits.

Getting back to the discussion of the first three Rays; In the First Ray we get the Strength, Power, and Protection to understand the Will of God and then focus on fulfilling that Will. (When one is motivated to do something, it is usually begun by saying, I am going to paint the house, or I am going to get a different job, or I am going to lose weight etc.)

In the Second Ray we get the Wisdom, Perception, Discrimination, and Illumination to make the plans that will bring that project to fruition.

In the Third Ray we get the Divine Love, Harmony, Tolerance and Adoration to bless our efforts to form and begin completion of the project. (There is no greater satisfaction in the material world than loving what you are doing.)

In an earlier section of the book, we discussed the time spent in the seven spheres around the Sun. We absorbed the lessons and attributes of each sphere. A point was made that there would be one of the spheres that would most attract your interest. That sphere would

indicate **where you would most likely focus your interest while in embodiment** on the Earth. In the vernacular it would be termed, “The Ray that you are on.” For instance:

1st Ray people are oftentimes attracted to leadership roles, executives, rulers, government employees etc.

2nd Ray people are oftentimes attracted to teaching roles, educators, researchers, studious people etc.

3rd Ray people are oftentimes attracted to drawing out the good in others such as councilors, psychologists etc. Religious leaders can sometimes fall into this group.

4th Ray people are oftentimes attracted to architecture, engineering, building, the arts, and music.

5th Ray people are oftentimes attracted to the various sciences as well as the healing arts. Inventors fall into this group.

6th Ray people are oftentimes attracted to the ministry and various types of spiritual healing.

7th Ray people are oftentimes attracted to diplomacy and organizers of service to others.

It is possible to have interest in several areas. For instance, I have a friend who first wanted to be a musician but later decided that his main calling was to become a doctor. He is a very successful cardiologist and now plays the piano and organ for enjoyment. And then there is the story of a man who wanted to be an architect. He even went to an engineering school. Although he loved architecture, he came to realize that there was a higher calling. He went on to become a priest. Incidentally, he is so musically talented and has such a sense of presence that he could have been successful in the entertainment business.

Precipitation

The Rays also contain the steps necessary to understand how to precipitate matter.

The 1st Ray (Blue) contains the Will and Power to decide to do something.

The 2nd Ray (Yellow/Gold) contains the Perception (the plan) of the thing you have decided to do.

The 3rd Ray (Pink) contains the Divine Love for the project that brings forth the basic unformed primal matter and gives it a cohesive form.

The 4th Ray (White) contains the Purity of the original design, perfecting it without distortion.

The 5th Ray (Green) contains the Concentration that must manifest with energy and feeling to stick with the project until it is completed.

The 6th Ray (Ruby) contains the sealing of the project with the flame of Cosmic Christ Peace.

The 7th Ray (Violet/Purple) (For the purpose of precipitation, the order of the 6th and 7th Rays are reversed.) This Ray contains the rhythm of invoking the beauty of the project by applying the finishing touches (polishing it off.)

Barriers that Interfere with Our Goal of Learning to Precipitate Matter

Our original purpose in coming to earth was to learn how to precipitate matter in a 3rd dimensional environment which was to be a necessary step in our spiritual evolutionary process if we were to ever achieve the other steps along the way to our ultimate Cosmic Destiny.

As mentioned earlier, one of those destiny choices could be that of becoming a co-creator of solar systems with God. That sounds very exciting, doesn't it? (Or maybe it seemed a bit overwhelming, and instead, we decided to experiment with something else.)

Before you incarnate in this life, you are shown the perfected projected vision of your new life, and understandably, you are full of zeal for the new life. But once you are born, you must take on the karma of past lives, learn how to relate to your new parents and any siblings, learn to manipulate the new flesh body, then learn how to adapt to school and all of the new humans to which you have become exposed. Next, you start thinking about a career and social life options and before you know it, somehow the zeal just sort of slips away.

The thought and feeling worlds of the human being are constantly being bombarded with discord from the outer, or the "appearance" world. Whether it be from politicians, the media, the work environment, a bad relationship, thieves, murderers or many other sources, you are being affected, and if those sources create anger, hatred, envy, criticism, judgement or

any other negative emotions, it is adding to the sum of your personal discord and, ultimately, your karma. Learning how to deal with this discordant juggernaut is difficult and requires a discipline that is very challenging. In effect, we must learn not to judge, criticize, condemn, or have negative opinions of other people.

The readings teach that we should always look to the good in other people because they are also potentially divine, but are, like the rest of us, just caught up in this world of discord. Sound simple? Just try going for a day of listening to gossip or observing the news and then have neither biases nor opinions. If you are successful in tuning it out, then try to let it expand from that, but you will probably find yourself slipping back into, at least, some of your old habits. Tips have been left for us by those further along the “path.” One such tip is the small statuette of the three monkeys that was cast many years back that is labeled, “Hear no evil, see no evil and speak no evil.” This curious and playful little statuette is spot on in its wisdom.

The Masters state that the human being can be the most ruthless of God’s creatures. Think about that. Some would have thought that it would have been a wild animal. Wild animals kill only to eat. But think of people whose anger and hatred has caused wars that have killed millions of people. These people don’t understand that their ruthlessness is the seed of their own destruction. It appears that all reason is gone because they are so enmeshed in their own anger and hatred that they can’t see the evil in themselves.

When something gets your attention, your life energy rushes into that, and depending on how you qualify it, becomes a part of your world. Where you focus your attention brings on thoughts that are qualified by the energy in your reservoir of emotions, so it is well to understand that attention, vision, hearing, and feeling are all very closely related. Again, everything acts in the feeling world and can be dripping in discord before it reaches the brain.

The simple truth is that people cannot control their thoughts until they learn to control their feelings.

What about the feeling of sympathy, you may ask? Isn’t it a worthy emotion? It depends on the situation. Expressing sympathy for someone’s loss of a loved one is fairly universal, but most of us understand that a higher power had a hand in that decision, and we don’t second-guess it. Expressing sympathy for someone’s health problem, however, is akin to having an

agreement with the imperfection that is manifesting in that person, when the proper response would be to pray that your and their I am Presences will work to fix the problem.

Agitators and politicians are wily users of the sympathy emotion to get people stirred up and do things they might not otherwise think of doing. Sometimes this leads to political movements. Sometimes it leads to senseless destructive acts such as mob violence, looting, injury, death, and the overthrow of governments.

Things that hold your attention and cause discordant feelings in you, especially condemnation, resentment, and hatred, are charging your own feeling world with those very qualities. All this discord is added to the discordant karma from past lives. Then if you, perchance, become ill, you may wonder, where did that come from? The Masters say that ill health is often tied to discord in the feelings and that there is triple the amount of energy in the emotional body than in the mental body. One of the reasons is that it's not just your feelings that affect you and your world, but the feelings of the family, community and nation into which you were born. Unfortunately, you are literally being bombarded from every side.

Each person must learn to control his or her own life. Each must become the regulator in charge of their emotions in order to control and balance the energy that is on loan from their God-source. We need to understand that our emotional and feeling world is the great reality and the cause of most of the "stuff" that manifests in our lives.

Your feeling world, together with that of the rest of humanity, is the cause, and what you see is the effect. If you don't like what you see happening in your life, you can change it by turning your attention and your feelings to the perfection of your I am Presence. If you want more perfection in your life such as love, happiness, health and supply, your focus should be on the only place from where that can come, Your Presence, the God I am in you.

You and everything in and out of manifestation belong to God. We are just custodians of the life energy flowing through us. If we do not fulfill our sacred trust and responsibility during the course of our lives, we will reap the consequences. **It is God's energy that flows through us. We are not responsible for anything else, except for how we handle that energy that flows through us.**

Zero In on the Problems with the Mind

The mental body has concepts of its own that have been learned not only from experiences in this life, but from experiences from past lives as well. Some of these concepts that we have learned in this world serve us well. Others don't. For instance, you can make yourself believe a false concept (or a false lover, or a false politician, or a fake news story, or a biased professor) as easily as the truth, and your life can turn in the wrong direction because of that false concept, sometimes causing disastrous consequences. So, discord can, and does often come from the mental as well as the emotional bodies. Again, this discord is one of the biggest reasons for humanity's acrimony and is responsible for many of humanity's problems.

The readings urge that we retrain our minds. They say that we should turn our attention to the God within, namely The I am Presence, and seek its guidance through meditation. We've never done that because we have been so busy dealing with the "appearance world." But think about this, **if you were to die in your sleep tonight, none of the stuff going on in the appearance world is going to matter.** You will wake up on the other side furious with yourself for having fallen for this trick and having wasted so much of your life. We must keep reminding ourselves that the "appearance world" is false. Most of it is planned by the dark force to distract us from our goal.

Take the example of the child Jesus, who with his mother's help, made it a practice to magnify the perfection of God instead of concentrating on a hurt or an insult. When someone says or does something to hurt us, most of the time, we either say or do something that we will regret, or we stew about it, thinking of what we are going to say or do later, given the chance. And how many times do we go over and over an unpleasant issue in our minds that we have dredged up from the past? Does all of that rehashing ever change anything?

One thing that has been a mixed blessing to society is the "smart" phone. It is a good thing because it gives us freedom to stay in touch with people, and it is also a good thing because, as a small computer, it allows us to gather information and to conduct certain matters of business while we are moving around. But it has the potential to be a bad thing when one constantly sources it to see what's going on in the world, that same unholy appearance world that is a tool the dark force uses to fill our minds with discordant thoughts.

Is it really important for you to know who is cheating on who, or how much was embezzled by someone from their employer, or what disparaging remark was made by a politician, or how many people were killed in Chicago or New York over the weekend? How many times have you witnessed couples on a date in a restaurant, with both absorbed with the information on their phones? Shouldn't they instead be absorbed with each other?

Now the big automobile companies are planning driverless cars, so that the person who used to be absorbed with the tasks of driving can now use the screen on the dash to spend even more time keeping up with what is going on in the world. Really? This plays right into the hands of some of the big **social media companies that want to control how we think.**

There are good people in both political parties. Most of those good people think that their view is "right." But a great cultural divide has happened in our country spawned by the argument over political beliefs. It is literally tearing the country apart. Have you ever asked yourself why the politicians are so desperate in their lust for power that they are willing to promise numerous free gifts from the treasury to eager voters who are looking for a free ride? This is nothing but an unbridled attempt to cater to the greed and selfishness of voters in order to gain that unholy power. There is no such thing as "free" other than the gifts of nature that are provided through the grace of God.

There are several states even now that are begging for Federal bailouts because they have promised more in pension benefits to state employees than the tax resources that they have to pay those benefits. What is going to happen when the Union pension funds get into trouble? The answer is that the politicians will ride to the rescue. And how many votes can be garnered by promising to pay off student loans? Who is going to pay for all of that?

During Jesus' time, Rome ruled his part of the world. Jesus wasn't concerned about Caesar; he was concerned about God. He understood who the true Ruler was. Yet, if one were to evaluate the content of most of today's news stories, they don't appear to make any attempt to follow the rules set forth by God as it relates to respect for truth, our fellow man, and Universal Law. The news stories are predominantly politically slanted and full of hatred. Is it any wonder that some people have tuned out? One of the best things that you can do in your search for God is to also tune out the political rhetoric.

A Message from the Goddess of Truth

There is a great Cosmic Being that carries the title of Goddess of Truth. Her name is Pallas Athena. She is the Divine Complement (twin flame) of the Maha Chohan (Holy Spirit to the Earth.) During the time of great accomplishment by the early Root Races on Lemuria and later, on Atlantis, there was a Temple of Truth in which Pallas Athena abided. Even though she didn't have a flesh body, the pure Spirit Beings could sense her consciousness and consult her for guidance. These were two periods when there was great progress in government, education, the arts, scientific accomplishment, and religion. Of course, when mankind rebelled, the truth became veiled.

According to an address by Pallas Athena, in the book titled "Dictations," (available through the Ascended Master Teaching Foundation,) not many of us really want the truth of ourselves because it is oftentimes at odds with our carefully guarded feelings, concepts, and opinions of ourselves. **In short, we can't stand the brutal frankness about ourselves.** So, to make up for that, each of us either created or attached ourselves to a concept that somehow became our current view of ourselves, even though that concept may not be pure truth.

One thing that you can do is to ask your I am Presence to help you attain the honesty and humility needed to examine all of your motives. It may take days, weeks and even months to peel back all of the layers that envelop the true self. Keep going until it hurts with embarrassment. Don't wait. Remember that Jesus told his would-be followers that they must drop everything and follow him **now**.

Chapter 12

What Do the Masters Want In Return for This Knowledge?

The Masters requests are simple but important:

(1) **They ask that we decree daily** (decreeing is a form of prayer) for numerous improvements in mankind. (A book of decrees is available from Ascended Master Teaching Foundation, PO Box 466, Mount Shasta, Ca. 96067. (Also available on the internet.) But if you think about what is going on in the world, beginning with the hatred between people and nations that could lead to war and then consider the dangerous trends affecting our moral code, you can probably come up with some very effective decrees on your own.)

(2) **They suggest that we learn to meditate.** Beginners should try to meditate, seeking the direction of your I am Presence, it may be the Holy Christ Self that answers, but that is okay because they are one in spirit. (If you have ever waked up at night and realized that a voice that seemed somewhat familiar had been talking to you, or lecturing you, it was probably the Holy Christ Self.) You should also form an appreciative relationship with your Ministering/Guardian Angel or one of the Masters. Meditate at least 3 times per day for 5 minutes each time.

(3) **We should learn to use to use the Rays,** particularly the 7th Ray, the Transmutation of Karma, to increase our chances of making our own Ascension at the end of this lifetime.

Doing these things is a way to give back to the Universe, particularly in decreeing. But if we become stronger in our understanding of the Spirit life, we are also giving back to God, the Ultimate Spirit.

In addition to these three requests, **the Masters also strongly advise that we recognize and separate ourselves from the numerous distractions (maya) of the world, that we learn to forgive and finally, and maybe the hardest; that we learn to love unconditionally.**

Underlying these things is the understanding that we (humanity) are all One with God, so **trying to tune in to the Will of God is of utmost importance.** Once you begin to reach some level of attunement with the Will of God, you will notice that **the way that you think will begin to change.**

What Is Love?

We have mentioned God's love for humanity and indeed, love is the most important principle in all His creation, but where does human love come into the picture? Everyone wants love and approval. Everyone says that love is the way, but do we even know how to love and exactly what it means? The first love that most everyone experienced was their mother's love. A mother's love is the closest thing that we will ever find to the unconditional love of God. The early nurturing was important to our sense of adjusting to an unfriendly world. Later, running to our mother's arms with hurts, both physical and emotional, led to a consoling that was wonderful and much needed. Later in life that type of nurturing and consoling would influence, to some extent, our search for a life partner, expecting to find some measure of solace in someone else's arms.

Love displays patience, kindness, truthfulness, long-suffering, listening, giving of oneself, teaching, sharing and most importantly, forgiveness.

This will sound like an oversimplification, but love is putting other people's needs ahead of our own. Much like the principle that we discussed earlier about Divine Right Action, it is treating others as if they were God. (We are all One with God.) When you begin to act out of an appreciation for Who God is, this state will compel you to treat everyone, every animal, every object, and every thought with the reverence that you have for the Creator. That is love. **Love and Divine Right Action are one and the same.** Perfect and true love is what was on display when Jesus came to the earth to teach us about our relationship with our fellow man and ultimately, our Creator God.

But what about romantic love? The books, movies and songs are full of romance. Almost everyone seems to be looking for it. Some think they have found it, marry, then become disillusioned, divorce, find someone else, marry again and who knows how it will turn out? It's sometimes like a crapshoot.

Romantic love is purely infatuation. It is nature's way of propagating the race. (In lower animal species, the female gives off a scent that brings on the suitor, thus the propagation of that strain.) In some instances, human infatuation turns into real love in which you can experience a state of rare harmony, in others it turns into sorrow and loneliness.

You may be wondering how you can tell if it is real love? If your thoughts and feelings are such that you would do anything in your power to prevent hurt or harm from befalling your mate, child, or fellowman, even to the sacrificing of your own happiness or your own life, then you would have demonstrated real love.

In a statement in one of the Master's books, (Dictations) *The Cosmic Being*, Pallas Athena, relates the story of how the Buddha, in his search for truth, went into a deep meditation that lasted seven years. He continued to raise his consciousness, first, through the layers of his own thoughts and feelings, and then through layer after layer of human creation. Eventually, he came into a stratum which contained purer spirits, where most of us would be content to think that we had found heaven. But for him, it was not enough. He kept pushing higher and higher. He saw the heaven that contained streets of gold and Angelic Beings, but again, it was not enough. (The Masters indicate that there are seven gradations of heaven.) He passed through the realm of ideation, where God's thoughts are made known, but that was not enough, and he continued to push further and further until, at last, he came into the presence of the Father/Mother God. **He then knew that Love is all.** When he finally returned to his earth body, he did not have to boast or make proclamations about the truths that he had found because he had become the love that he had witnessed in the Father/Mother God.

In a different way, Jesus, who was already a Master soul, spent time in the Sun within the aura of the Father/Mother God of this solar system prior to his mission on earth. Both of these souls, the Buddha and Jesus, displayed and taught the truth of love. Both could see into the souls of the people they encountered. Jesus admonished us to not judge on appearances. Jesus also challenged us to become Masters, when he said that all of these things that I can do, you can do too, and even greater. That means that when we achieve mastery, we can look at the apparition that someone is presenting to us without allowing negative emotions of hatred, resentment or condemnation to rule our feeling world, but instead, to call for truth to manifest in that person.

Someone once said, "Explaining love is like teaching a baby to walk. You have to figure it out for yourself." This is only partially so. Unless you study the lives of the Buddha and Lord

Jesus to understand the extreme work that they did to become One with the Will of God, or you dedicate yourself to the tutelage of your I am Presence; you will never figure it out for yourself.

Holding on to Problems

You have all been told by preachers to turn your problems over to the Lord. That would actually be a good thing, because the Lord has powers of which you and I can only dream. But do you realize how firmly you hold onto your problems? Even when you ask for help from the Lord, it is usually only a matter of maybe minutes, or if you're better than me, perhaps hours, before your minds are back, reengaged with the problem. I catch myself in that habit more than I would like to admit.

The Masters can see through all four of the lower bodies, into the swirling darkness of the emotional body, the stress of the mental body, the guilt and wounds of the etheric body and the grasping attempts of the physical body's effort to try to make sense of things and cope with the confusion that life on the earth presents.

The Masters look forward to the day when Humanity graduates from childhood with its need for restraining laws and reaches the point where we are capable of self-government, having advanced to the state where everyone accepts the responsibility to live in love and peace.

Balancing the Four Lower Bodies

The Masters have an interesting way of helping us understand the importance of maintaining a balance in our four lower bodies: the physical, mental, emotional, and etheric bodies. Imagine each body being the wheel of a car. If the emotional body, for instance, is playing too big of a role in our lives, the size of the wheel would be larger than the other three and the car would be out of balance and hard to control. The same could be said of the other three bodies. If the emphasis is on mental prowess, that wheel would be oversized, or if one is obsessed with body building or sexual pursuits, that wheel would be oversized. The etheric body that contains the soul would be the hardest to read in most people because it contains the DNA of our/their karma. This little exercise could lead to some interesting studies of our friends and relatives, but mostly of ourselves.

Chapter 13

God Is Watching And Listening

In my early forties I made a career move. I had been with a large Southeastern-based chain of furniture stores. I loved it. At one time I thought that I would spend my entire working life there. The company was over 100 years old, and the management philosophy was to give the most value possible in the products that it sold, to hire good people and push down as much authority and responsibility as was possible, so running a store for this company was akin to having your own business except that you were using someone else's money. The plan for the store manager was attractive because he could grow in creativity through the company's flexible merchandising plan of setting 80% of the assortment by the central office (to take advantage of their corporate buying and advertising power) but allowing the other 20% to be selected by the store manager to allow for differences in geographic locations. The store manager could also share in profits with a bonus system. These two things encouraged the manager to try to become a true merchant.

The love and comradery felt between employees, store management and upper management was the envy of the industry. There were many people throughout the stores that had spent their entire working career with that company. That all changed when the then-current owners, who were descendants of the original founders but were getting up in age, decided to sell the company to a financially oriented holding company. I won't go into details other than to say that the new owners wanted to centralize everything, ultimately taking the authority away from the store managers. I'll bet that you can guess the rest of the story. The company doesn't exist anymore.

There is a spiritual lesson here. If we are here to learn, wouldn't it be better to be in a job where you are challenged to grow by taking on more authority and responsibility, instead of in one where someone else makes all the decisions and you are just a follower?

But back to my story. After leaving that company, I took a job as a manufacturer's representative with a furniture factory. In addition to selling, I also helped with the planning of the new designs and selection of fabrics. This involved my traveling to the factory in North Carolina several times during the year.

I understood that I had been extremely blessed, because the manufacturer had sought me out during the time just after the sale of the furniture chain to the holding company, I was unhappy about the sale of the company, but didn't have to go looking for another job.

I had already been a student of spirituality for quite a while, and I kept wondering about Heaven's opinion of me. I wanted to know if God was aware of me and whether I was headed in the right direction.

One Monday morning I was driving to the factory. Traffic moving north out of Atlanta on Interstate 85 north was thick and bumper to bumper. I was moving along at 70 mph in the left inside lane and my thoughts were on the dilemma of what to do about a son that was causing the wife and I some concern. I just couldn't seem to come up with an answer that felt right so I turned on the radio to try to change my focus. It just so happened that I caught the tail end of a religious program, and the preacher was saying that God watches our every move.

'Well,' I thought, "How does he know that? That seems pretty incredulous." I had recently been to Paris, London and New York City and could still picture the huge masses of people coming out of the subways and train stations. I thought, "You know, there's so many of us, how could He possibly watch all of us, and our every move?"

Just then, I looked in my rear-view mirror and saw that a large van was following much too closely and was right on the bumper of my car, which happened to be one of the first twin turbo models. I have always been a car guy and I disliked drivers that put me and the car in danger, so I decided that I would move to the right lane when I could see an opening and let the guy who was in such a hurry pass me.

Shortly, I saw an opportunity and glancing in my rear-view mirror noted that the van was so close that all I could see was the windshield. I gunned the engine, the twin turbos kicked in and I had that exhilarating feeling of raw power. I started moving into the right lane when, to my utter horror, I saw why it was unoccupied. There was an orange pylon in the lane. I quickly surmised that there might be some workmen up ahead patching the highway. So, in a frenzied attempt to avoid killing anyone, I slammed the brake pedal and tried to force the car back into the left lane. Then all hell broke loose. The left front brake locked up. Those who know of the

power of a Maserati twin turbo and can sense my combination of angst and the forces at play will understand the physics of what happened next.

I had overcorrected, and with the front left brake locked up, the car went spinning across the median, (which at that time had no concrete barriers,) into the two lanes of oncoming traffic. I was panicking, but In the middle of my three-hundred-and-sixty-degree spin, somehow, I remember saying, “Lord, please help me!”

Then the worst possible scenario unfolded. My car came to rest in the middle of the two lanes of oncoming traffic, facing the wrong way and with the engine stalled. Time slowed to a gut-wrenching crawl, and I realized that I was about to witness my departure from this life. As I watched the vehicles barreling toward me. I could see the horrified looks on the faces of the approaching drivers as they tried to swerve to avoid hitting me. The confluence of deadly effects heightened; the ear-piercing squeal of brakes that were being pushed beyond their limit, tires that were smoking and cars and semis sliding this way and that, all higgledy-piggledy.

At any second, I fully expected to be crushed. But no. Amazingly, I and the car went untouched. As unbelievable as it may seem, somehow it was if the hand of God had reached in and shielded me. No one was hurt and none of the other vehicles collided.

Amid the acrid fumes of the smoking tires and the smell of the diesel fuel from the semis, I restarted the car, pulled onto the median and eventually rejoined the traffic headed north until I could find a place to pull over onto the shoulder of the road. I was shaking so uncontrollably when I stopped the car to try to compose myself that I could hardly stand.

I struggled mightily to understand what had just taken place. By all rights I should have been killed. Why hadn't the van slammed into me as I moved back across his lane? How did I cross the uneven median without flipping? How did the three dozen or so vehicles keep from hitting me? Then the full force of what had just happened hit me. I had been so arrogant as to question how God could watch over all of us at the same time. Then, almost immediately, fate placed me in a very critical, life-threatening situation. In desperation, I had asked for God's help in the middle of my wild, uncontrolled spin.

Despite my arrogance, I had prayed in the face of death. Somehow, help came. My I am Presence, my Holy Christ Self, or my Guardian Angel heard, and related my prayer to the

Godhead. I'm not entirely sure how it works, but the system for watching over us is so precise and instantaneous that it appears that they can manipulate matter in the blink of an eye.

I looked around for any signs of workmen repairing the road. There weren't any. Apparently, the orange pylon must have fallen off a truck, or perhaps the unseen world placed it there to teach me a lesson. When I finally got back in the car and resumed my drive, I turned the radio off and began to ask myself why my life had been spared. Everything that I had thought important in my life had suddenly become irrelevant.

I can't say that the experience was as transforming as that of the Apostle Paul on the road to Damascus, but it made me wonder why God had given me more time, another chance, and with that chance, what I should do with the balance of my life. It caused me to thank God for each day and to remember to tell Him that I love Him above all else.

The Masters have several explanations for how I was helped. There is a Ministering Angel assigned to each spirit being that stays with that being through all of their existences until the Ascension is achieved. (Can you imagine having to work with one being for hundreds of thousands, or even millions of years?) The common name for this Ministering Angel is your Guardian Angel. So, it is possible that the Guardian angel helped. Since, however, I called directly to the Lord when it appeared that I was going to be killed, it is also possible that my Holy Christ Self, seeing that I was in danger, asked my I am Presence to intervene. Whichever way it happened; it is very comforting to know that help is available.

I am very grateful for my Guardian Angel. I feel for her because I realize that she has a goal that she is working toward and, because she is having to concern herself with me, she is being held back. I have also observed how my wife has been helped. I suspect that it was her Angel that protected her in several dangerous auto accidents and numerous other serious incidents. You have a Guardian Angel. Have you thought of thanking your Guardian Angel lately?

The Relevance of the Churches

This book is intended for those who have some understanding of Christian based religions and its roots that came from the earlier religions. The author does not have the proper

understanding of the Muslim religion which came a bit later, so for now, is not qualified to comment, but does understand that the Muslim religion came from God.

As for Catholicism, the purest soul known to Christianity set in place the foundation of its' teachings. That institution and its' offshoots have had two thousand years to reap the harvest. And yet the demonstrable progress in the understanding of the Christ teachings and the manifestation of miracles by the lay people appear to have become less and less as the years have passed. Is it because some in the priestly caste have, like the Jewish priestly caste before and during the time of Jesus, become too obsessed with their rules and the politics of rank within the church, and may have lost sight of the importance of teaching the Christ-manifesting-Master objective?

I find it somewhat perplexing (maybe it's only me) that there is the premise that somewhere (perhaps in the minds of several of the more exalted of the Catholic Church Hierarchy or maybe stashed away in the Vatican Library) they have all the answers to the spiritual problems/mysteries but are unwilling to share them with us.

For instance: what is the correct teaching in the Biblical account reference to Sodom and Gomorrah as it relates to today's world? This affects a significant number (3-4%) of the people in the world. It seems unfair that we are left hanging without an answer. Perhaps Pope Francis's idea to bless unions will clear the air.

And how about the succession process? Have you ever wondered how it happened that some Popes were chosen that so obviously led the church in the wrong direction? Just one Instance is the selling of indulgences as a forgiveness of sins. This went on for over 400 years. And when did the church become somewhat of a haven for those priests who abuse children?

There is another mystery that is still a little fuzzy for some: Did Jesus' sacrifice on the cross mean that all future sin for all people was forgiven, ad infinitum? Correct me if I'm wrong, but Jesus never said, "It's okay to do whatever you want, boys and girls, my forgiveness means I've got you covered." And if all sin was forgiven for everyone as some seem to think, why would he need to come back to **judge** the living and the dead? Or isn't it more likely that he meant that all sin was forgiven for those who had undertaken a frank appraisal of their lives, had repented, truly changed their ways, and then followed Lord Jesus' example?

The Catholic Church constantly reminds us that we have sinned and that we are unworthy. As an example, just prior to communion in the Catholic Church, the printed readings instruct us to state that, "Lord, I am unworthy to have you come under my roof, but only say the word and my soul shall be healed." This probably comes from the passage in Luke's gospel (Luke Ch.7 vs 1-10) about Jesus and the Centurion whose valuable slave was ill and about to die. The Centurion asked for a healing, Jesus agreed to go to the Centurion's home, but the Centurion said, "Lord, do not trouble yourself, for I am unworthy to have you enter under my roof. Therefore, I did not consider myself worthy to come to you; but say the word and let my servant be healed."

I agree that most of us, including me, are unworthy, but I don't believe that Lord Jesus would ever tell us that we are unworthy because he understands that we have a spark of God within. He might, however, do something akin to what is reported in the Bible, like telling us to straighten up, and go and sin no more. The implication is that you should remember the rules/guidelines of the Rule of the Law of One and the 10 commandments given by the Father of all life through Moses.

Don't misunderstand. The Catholic Church has been the ladder to heaven for many people. There have been a good number who, even after the politicalization of the church, have led such exemplary lives that the church considers them saints. Fortunately, there are those that have been, and are still blessed, to see only the goodness of the original church.

Within the Catholic service is the reenactment of the Last Supper in which Jesus made it clear that he wanted to have a personal relationship with each one of us. "Do this in memory of me." As for the communion service itself, it is one of the most beautiful and touching things to witness. People of all color and age, some who must even be helped to walk, line up to receive the host and sip from the cup in a reenactment of the Last Supper in which Jesus was said to have changed the bread and wine into his body and blood.

But quite often we hear older people praying that their children will come back to the church. Why is the church losing so many of its' young people? Why is it not relevant to some of the people of today? It's not just Catholics. A similar thing is happening in other religions.

I have a dear friend who was raised in the Baptist faith who I believe is a very good man. He told me that his preacher said that if he did a certain thing, that he was going to hell. Next, the preacher said that if he did another certain thing, that he was going to hell. Lastly, he told me that the preacher said that if he did this third, other certain thing, that he was also going to hell. My friend told me, "Heck, I've done them all! I don't stand a chance!" A chance? That's exactly why Jesus came, to give us a chance.

For all churches, there is a need to call on the Holy Spirit for the power to search for the truth and a return to the original purity of the ideas of the people who founded the religions. The need to teach the people about the benefits of a relationship with God and that we all have divine potential should be the most important things. **There has been too much emphasis by the churches on the problem, and that problem is that we are sinners and are therefore unworthy of God.** Sinners we are, but the emphasis should be on the solution, not the problem. The solution was made clearly and plainly evident in the life of Christ.

Government

When we think of the last 100 years in America, much has changed. Some of the change has been good. But thinking of government is painful for those of us that have lived a long life and have come to realize that much of the negative "change" that has taken place has happened on our watch. Back in the 1950's, the Masters looked to America as the place where the next "golden age" could potentially take place.

The negative stuff is particularly distressing to some students of history about America because it appeared to be such a grand and noble experiment. One of the reasons the nation was founded was because of the yearning of people to be free to worship God as they pleased. Some of the brightest souls the world has ever known set up the basic framework of our government, which was the purest form of rule ever conceived by man. It may not have been perfect, but the Constitution is a marvelous document that is timeless in its guidance and wisdom. After 200+ short years, many of our people have lost their understanding of the correct purpose of government of, and for the people.

By all rights our government should have worked better than it has to date. Our once beautiful government structure has become dysfunctional. Here is a statement received while in meditation on which I have pondered. **Unless there is strict diligence, rust will grow and weaken the machinery of government.** Perhaps you can already think of many ways that the government has become less efficient: Multiple layers of people, the unionization of government workers, legions of professional lobbyists, legislators who vote themselves gilt-edged retirement and insurance packages, ultra-expensive election campaigns, unnecessary new agencies and unwieldy regulations that make our government unmanageable and inefficient. It is, indeed, somewhat like rust growing on machinery.

Here is another statement received in meditation that is worth pondering: **Wedding election luck to voter's greed makes it easy to weld new entitlement programs to the machinery.** More rust. The way things appear to be going now, our government will never be able to keep all its promises to the people and the country will eventually become bankrupt.

When the republic was formed, the members of Congress were supposed to be typical citizens who would treat their tenure as a temporary service to their community and nation and once their term was over, go back to their primary occupations. The whole idea of having to raise ridiculous amounts of money to run for office and get caught up in the lobbying and influence-peddling so that one can remain in power is a disgrace to our society. Our nation needs to find a simpler and less expensive way to hold elections. (Changing the election process wouldn't be as difficult as you think. The marvelous advances in technology hold the key. Just think of the billions of dollars that are now being spent on elections that could be saved and used for the homeless, the poor and other worthy projects.)

Politicians are held in low esteem for good reason. For instance, the members of congress are supposed to do what is best for the country and for the area or state that they represent. Instead, they are taught that if they want to be viable, want good appointments to important committees and want financial and political help with their reelection campaign, they had better follow the line of the party leaders.

Those that have set up gold-plated pension and insurance plans for themselves did so without getting the approval of the voters. (Oh, and they are set for life on the pension after

having served just one term.) Those who work in public service should be held to the very highest standards and the penalties for the misuse of the public trust or public monies should be severe.

One of the worst practices is that they continue to try to make people look to the government for sustenance instead of teaching self-reliance. So, elections sometimes hinge on which party is going to promise the most “free” stuff. We are here to grow. Personal growth is severely stunted by government hand-outs. There is no such thing as “free”. Ultimately, somebody is going to have to pay, and that somebody is usually the poor and the middle class. The Masters expressed much concern about Communism in the 1930’s when they were giving dictations through Mr. and Mrs. Ballard. There is currently a disturbing move toward Socialism amongst the young people that appears to be coming from ultra-liberal politicians and a sub-group of schoolteachers and university professors. It is scary for several reasons, but one is because of its reliance on the government to run everything and distribute the wealth to everyone. These people should just look at Venezuela. Socialism could only work if everyone involved in the government were as pure and unselfish as Lord Jesus, but you would probably agree that the people of this world are nowhere nearly as evolved as was Jesus.

Please don’t let yourself think that these problems are hopeless. Remember the example of Ghandi. He proved that one man can change a nation. And remember that the Master Jesus changed religious thought for much of the world.

Chapter 14

The Number of Souls in Embodiment

Are there as many Laggards now as there were in the beginning? Most likely, there are even more. Originally, the total number of souls that were seeded in the Spiritual realm for the purpose of using the earth as its testing ground was 3 ½ billion. We have taken in billions of spirits from other planets since the first wave arrived, which means that those spirits were also behind in their educational process.

According to the Masters, under the “guidelines” that were in place in the 1950’s, only 1/3 of the number of total souls were allowed to be in embodiment at any one time. In the 1950’s, the earth’s population was 3 ½ billion out of a total of 10 billion available souls. Since the earth was originally populated with 3 ½ billion souls, that means that an additional 6½ billion “Laggard” souls that had been judged to be behind in their schooling had come to the earth in several different waves.

In 2023, the population of the world had more than doubled to 8 billion, leading one to wonder if it is because the Spiritual Hierarchy has changed the “guidelines” and is preparing humanity for some special “event,” (After all, the Masters were quoted as saying that our solar system is getting closer to the time when the planets would be moving back on the “inbreath” or the reabsorption of the planets by the sun.)

Or is the sudden increase in the number of souls allowed on the earth because we have taken on even more “Laggard” souls from other planets, meaning that perhaps there are now as many as 24 billion souls in total, using the earth as their schoolroom?

The people who are worried about climate change would jump on the above statement and tell us that we are here to witness the end of civilization because of our reliance on fossil fuels. Maybe they are correct, and maybe not. Several civilizations that have inhabited the Earth have been destroyed before. It wasn’t, however, because of the people’s misuse of the natural resource elements they had discovered to help life on the Earth become easier. It was because the Spiritual Hierarchy had determined that all hope for the reclamation of the souls of those particular civilizations had become lost.

For another view, in a discourse by one of the Masters back in the last century, it was stated that the Earth was tilted 23 degrees on its axis. They were hoping to help straighten the axis but were hampered by the weight of the ice caps at the two poles. Could it be that the warming of the Earth is an attempt by the Unseen Forces to melt the ice caps, thus straighten the axis and, as a further benefit to mankind, unlock the vast abundance of minerals beneath those ice caps? Some small credence can be given to that idea by the description given in The Secret Doctrine about the continent that The Second Root Race may have settled on that was called Hyperborea, which was located near the North Pole. At the time, 4 + million years ago, it was said to have had a moderate climate.

I suppose that the story of the Laggards might still be haunting you. Are they still causing problems? They are, indeed. If you think about it carefully, you can see where they have made life more difficult for humanity. **The movements to discredit and remove God's influence and rules for living from all parts of government, schooling and social interaction are but the tip of the iceberg.** The Laggards have had many millions of years to turn other souls to their way of thinking. The Masters say that the bright side of the equation is that there have been some of the former Laggards that have turned toward the Light.

As for the continuing influence of the Laggards, there has been an epidemic of people committing horrible crimes, things that were unthinkable just a few years ago. Airplanes used as destructive firebombs. Vehicles used to run over people on the sidewalks and streets. Life-threatening chemicals sent by mail. Homemade bombs set to go off indiscriminately. Assault weapons to kill the maximum number of people possible. Attacks on innocent school children. Attacks on people at church services. Attacks at sporting events. Attacks at entertainment events. All of these to murder innocent people that they don't even know.

The Masters have an insight that might be a possible answer to one of these questions. Back in the 1960's they stated that the Cosmic Light was getting stronger and in so doing would compress the Astral plane, forcing it closer to the earth. As a reminder, the Astral/Psychic Plane is the area that contains the bulk of the effluvia of mankind's worst thoughts and is also where discarnates go who have misused life energy to the point that they are not ready to be readmitted to the realm where most souls go between lives. (Does this remind you of the idea

of “Purgatory”?) The Astral plane is filled with the darkness of mankind’s worst sins and is said to be at its most dense state around large cities, so with that information, the reason for the increase in people choosing the dark side is left for us to figure out.

There are those who might agree with the Master’s statement about the Cosmic Light and might assume that these atrocities are happening because of the pressure from that Light, thus causing people to unconsciously choose for the Light forces or Dark forces. If that is the case, it would naturally lead to the question of why now? Are we nearing the end of a cycle in which the children of the Light will graduate to another plane? (There are, after all, a lot of good people on the planet.) Will there be planetary changes that will make life on earth impossible for the followers of the Dark forces? There are more souls on the earth than at any time in its history. The population has more than doubled in the last seventy years. Why now?

A Few Seemingly Apparent Things That Might Be Corrected

How can we possibly justify “assault weapons” unless we are at war? Who do we plan to assault? Is the next step, the use of the second amendment to justify the ownership of armed drones, howitzers or even tanks?

Let’s come up with a solution to the immigration issue. We are a nation built on the principle of immigration. That worked well for us in the past, despite the presence of temporary racial prejudices. Those prejudices tend to work themselves out over time unless there is someone or some organization that continues to stir the pot.

We hope that we don’t need a wall, but that will depend on what the nations of North and South America can do to solve the problems of poverty and lawlessness in the countries from which people are fleeing. The burden shouldn’t be placed entirely on the United States.

How can we allow members of congress and the executive branch to use their powers of office to enrich themselves? This applies to those on both sides of the aisle.

We shouldn’t try to legislate the rules of abortion. It has been going on for centuries. For those who are questioning a woman’s right to an abortion. Of course, it is her right. When God created us, He gave us free will. With the gift of free will, there is a choice to be made. However, with that choice comes a responsibility. Throughout mankind’s history there has been

an unquestionable push toward freedom. For centuries, women have witnessed the freedom with which men could have sex without the consequences that befall women. It didn't seem fair. In today's modern world, women have made great strides in overcoming the male-dominated mind-set. Women have developed careers that rival men's careers and they have proven that they can become very capable leaders. So, it is understandable that women would like to have the same freedom when it comes to sex.

But there is a huge gift from God given to the female that the male will never have. The female is the only one of the two sexual polarities that can experience the miracle of birth. In the early part of the book, the information in the Secret Doctrine indicated that going back to the time before the "Big Bang," it was the female polarity of the God-force that was nurturing all of the elements of the previous universe in her bosom in preparation for the next universe. Throughout the creation of each galaxy and each solar system, it has always been the female part of God that has provided the materials for new life, growth, and nourishment. And that pattern remains for the women of the Earth today.

Women, you are the providers of the body vehicles for the souls, and you are the nourishers of the children of God. God made you. You are a part of God, and you belong to God. The "real you" is actually Spirit, so your body is not "yours," but is on loan to you from God. We are not here to judge. All we ask is, with that understanding, that you seek God's guidance when it comes to the basic question of your choice/right of access to abortion.

For those in the media and social media who continue to demean women by showing pictures of women in so-called, painted-on-bikinis or see-through, revealing garments. This is not news. This is pornography and a blatant attempt to promote sexual desirability to certain levels of humanity. Ladies, please be advised that a certain degree of "mystery" is a good thing.

Sex, without love, leaves one feeling empty. This doesn't need much explanation. Just think back about your one-night stands and try to remember. Or are they hard to remember?

Spending too much time and money on trying to be more physically beautiful is a waste. Your emphasis should be on the beauty of the soul. It is okay, and a good thing to try to look your best, just remember to keep it in perspective.

Don't look "sideways" at other people. This is a habit we have nurtured throughout our existence; checking to see if they have it better or worse than us. Of course, there will always be those that are grander, and those that aren't. There will always be people who seem to have more of everything. But you don't know at which stage of their spiritual unfoldment they are in and what their challenges are. The "big" answer is "We are all One."

Don't wish you were someone else. God made you like you are for a reason. If you are unhappy with yourself, stop and make a personal assessment. Use a sheet of paper to write down both your strengths and weaknesses. Then, get to work on the things that you don't like about yourself. Ask for help and guidance from the Universe to improve those things.

Pursuing fame is a dead-end use of your life energy. Your soul is the thing that you should treasure. Fame is fleeting. When you're old and unattractive, all that you will have are faded pictures and press clippings. The people that you thought adored you will have moved on to someone else.

The lust for power over others is the road to personal and spiritual ruin. Just look at the scrapheaps of history. Or do you think that you are smarter and won't make the same mistakes? King Solomon asked for wisdom in his youth, and he received it, yet as he aged and gained power, he forgot what and who he was, and became corrupt. The true ruler is God.

Give total forgiveness to those who have hurt you. This is, perhaps, along with loving unconditionally, among the hardest things to learn but one of the most necessary if we want to break out of the cycle in which we find ourselves mired. If you want to be forgiven by God, you must first forgive others. That is the law, not mine, but God's.

If you're politically involved, wanting to guide our country toward the welfare system of Europe is probably not the correct answer. Just go to Europe and observe the lifestyle of the people. The average person doesn't live nearly as well as the average person in the U. S. They are taxed up to their necks. Instead, Europe should be copying us.

For those in government who are doling out our tax dollars to those that don't want to work, and for those on the receiving end who don't like the work ethic. Many companies are desperate for workers, but a significant segment of the population seems uninterested in working. A person's job helps give that person a sense of place in the world. One learns through

work, no matter how unimportant the job may seem. We are, after all, here on the Earth to learn. An able-bodied person learns the wrong lessons by taking hand-outs. Prove that you are willing to work and show that you take pride in what you do, and eventually you will find doors of opportunity opening for better and more important jobs.

For those involved with the “Cancel Culture” movement. It is easy to look back at history and see the mistakes that people and nations made. But wondering how they could have done those things and trying to change their impact on history is not our responsibility. It is similar to the old saying that you can't know what someone is going through until you have walked in their shoes.

Slavery was a way of life for many thousands of years. Even Jesus understood that. Everyone would agree, today, that slavery is totally incorrect. If, however, you were initially born into either the Fourth or Fifth Root Races, you most probably have owned slaves, or you might have actually been a slave yourself in a past life. You must learn to trust in the fairness of the Universe. The Law of Karma would have seen to it that the owner of slaves would become a slave in a future life.

For those who are pushing the idea that children should be concerned with which gender they were born into. Hey, it's difficult enough trying to cope with an unfriendly world as a child without being told that God might have made a mistake in the selection of their sexual identity. Why would you want to confuse them? In the realm to which we go between lives, we are shown possible body vehicles into which we can be born in the upcoming life, so each spirit/soul has some amount of impact on the selection.

For those who are pushing the idea of Critical Race Theory in the schools. Nobody ever said that life on Earth is fair. Earth is a schoolroom and testing ground. It doesn't help any of the racial types to teach that anyone might have been a victim of unfairness or to try to heap guilt on the members of one racial type for some unfairness that happened to another racial type many years or centuries ago. We've all been taken advantage of at one time or another and for those of the 4th or 5th Root Races, we've all experienced life in some of the other racial type bodies. If you are a member of the 6th or 7th Root Race, you don't carry that karma yet, but be

careful of how you judge the rest of us because you may be falling into a karmic trap. Also, Since there are numerous souls from the 6th and 7th Root Races here now, all of us need to understand how we might unfavorably impact these ultra-impressionable new souls.

For those who are pushing the Diversity, Equity, and Inclusion movement. Your motivation and compassion are admirable. We hope that your motivation stems from the idea that all human beings were created equal. We were created equal in the beginning. However, we are a long way into our history of doing things “our way” rather than God’s way. Each person on earth now has challenging learning experiences designed by humanity’s Spirit Guides that must be faced. So, some are going to be smarter, or stronger or more talented in some respect. To try to bring all of us down to the level of the least talented is a mistake. This will only further dumb down our society. This dumbing down has already been going on in our schools. Doesn’t it bother you that children in other parts of the world are academically outperforming ours? Doesn’t it bother you that some of our large companies are now headed by immigrants instead of natural born citizens? Our educational system is a national disgrace. There are good teachers, to be sure. But the overall leadership appears to be infiltrated by those that want to bring our country to its knees.

Cruel treatment of ruffians by police has led to the war on the police. All people should be treated with dignity and compassion. It is easy to understand how jaded a policeman’s thinking might become if all he or she ever comes in contact with are perpetual law-breakers, but somehow, the Rule of the Law of One should be considered. In the next life, the policeperson might become the law-breaker. How would they want to be treated?

For those of you who, for reasons of compassion, would be soft on crime. Your compassion is to be lauded, but history will show that idea to be misplaced. When criminals understand that they will not be punished, it only leads to more crime and that knowledge becomes the biggest recruiting tool for even more criminals. When merchants who have spent years, or maybe even a lifetime, trying to build a business, see their stores being robbed and trashed, they begin to wonder if they should continue the business venture. When business owners realize that law enforcement is not going to protect them and they entertain thoughts of self-defense, it can lead to shootings, death, and numerous other repercussions. When

residents see the results of the lawlessness, they begin to wonder if they should avoid the part of town in which those things are occurring. It all begins to snowball. All these things work toward the eventual downfall of the community.

For those who encourage or let their children play computer games: Some of these games employ some method of destroying a fictional opponent. These opponents can range from comic-type figures to monsters to human-looking beings. The idea is to eliminate them, and of course, in these games there are no consequences, so there is no remorse involved. Think of what that can be doing to a young mind. Then think about the young people that are involved in killing other young people and who do not seem to understand the consequences and therefore appear to have no remorse. Unfortunately, the consequences and remorse will begin to sink in during a lifetime in prison. Remember, a mind is like a computer. Garbage in, garbage out.

A warning about our military readiness in a world that is giving rise to nations controlled by individuals who are obsessed with military power and the expansion of their borders. A recent article in the news detailed the problems that our armed services are encountering in trying to attract people. The army is facing a shortfall of some 20,000 soldiers in 2023. The Navy has enough enlisted men but is short of officers.

In the age group that includes 17-24, the prime group to which the government would look to recruit, it was estimated that less than 10% of that age group were open to serving. Within that same age group, about 25% would actually be eligible to serve, The other 75% would be ineligible for reasons of obesity, drug use or a criminal record. What does this say about our country? Don't think for a moment that our potential enemies are unaware of these statistics.

A warning from a retired judge. (Sent to me by a dear friend.) Apparently, this gentleman, who I was told is in his mid-to-late eighties, took a political science class in his first year in college. A page in his textbook outlined the steps that could be taken to overthrow a democracy. The textbook was said to have been printed in 1954.

- (1) Divide the nation philosophically.
- (2) Foment racial strife.

- (3) Cause distrust of police authority
- (4) Swarm the nation's borders indiscriminately and unconstitutionally.
- (5) Engender the military strength to weaken it.
- (6) Overburden citizens with more unfair taxation.
- (7) Encourage civil rioting and discourage accountability for all crime.
- (8) Control all balloting.
- (9) Control all media.

When you look at this list and then reflect on what is happening in our country it is more than sufficient reason to be concerned and frightened.

Chapter 15

A Summary of Where We Are

When Helios and Vesta were granted the authority to become a sun and create our solar system, the procedure was similar to the manner in which The Heavenly Father/Mother Creator God created the Big Bang. It was precipitation in the purest sense. After the initial idea of I am going to do this, there was a period of intense planning and arranging of help from the various Elohim, Cosmic Beings and Nature Devas to bring the plan to fruition. Each planet had its own separate birth moment, beginning with the farthest planet out and ending with the nearest planet to the sun. Early on, we described this process as the out-breath. The Masters reported that we were nearing the time of the in-breath, or the beginning of movement back to reabsorption by the sun. (When you think in terms of millions and billions of years, it is difficult to know what the Masters meant by “nearing the time.”)

In a discourse by the Ascended Master Saint Germaine back in the 1950's, he indicated that he hoped to bring in mankind's final “Golden Age,” within the next 2,000 years. So, that might give one the idea that we still have plenty of time before the end of the world. Before you become complacent, I would ask you to look back on the reported histories of Lemuria and Atlantis. The people of those two continents were given warnings that they were ignoring the rules set by God and should change their ways, but when nothing happened immediately, they went back to their old self-centered habits of sensual gratification. You now know what happened.

There are three great lusts that plague our current society. The lust for money, the lust for power and the lust for sex. Most of the myriad number of problems that we experience as a society spin off from those three. There is another lust that is of an entirely different category, and that is the lust for freedom. Freedom is a good thing, so long as it is accomplished within the Laws of God. Freedom from having to work or freedom to do drugs are not good things.

I am concerned for the brotherhood of man. I don't pretend to know what's going to happen, but while in meditation, I have received the message that less than 30% of the Earth's population truly love God. I don't know about you, but I find that heart-breaking. An optimist might look at that number and say that we should be happy that almost 2.4 billion souls out the

8 billion currently on the earth and using it as their schoolroom love God and are going to be saved. The Spiritual Hierarchy doesn't see it that way. They don't want to lose any soul.

We are living in a time when the actions and decisions of twisted and zany leaders of several countries could plunge us into WWII. It has the potential to completely wipe out humanity. We are also living in a time when our national leaders have gone on a wild spending spree. Anyone who has ever run a business or was responsible for the family finances knows that that can't go on. We have lived through an age when the moral code has been severely depressed, having been supplemented by the glorification of sex and the pursuit of wealth and fame, much of this having been promoted by segments of the media. We have lived through an age when certain people who want to divide us have used those divisive tactics to confuse people about many basic issues.

Recent poll reports in America show a dramatic decrease in patriotism and religion, but a sharp uptick on acquiring money. Biblical accounts show us that time after time, mankind chose to ignore God's Laws and instead, followed the path of sense gratification. Only when something terrible happened would they turn back to God for help. Unfortunately, in the past, mankind has seemed to learn the most when it is in pain, because when times seem easy, we don't examine where we might have gone astray. Is that where we are now? Do we really want to experience the pain that comes with the Wrath of God? We don't know in what form that wrath might come. Could it be war? Cataclysmic earth changes? Financial ruin? Another pandemic? Perhaps a mixture of some, or all of these?

What we should understand is that God cannot be mocked forever. Please understand that mankind can't change what appears to be a trip on the road to an unusually bad fate without a pivot towards the "Light."

How do we do that? What do we need to do to achieve a pivot towards the "Light?" It begins with a careful assessment of ourselves. Ask yourself what it is that motivates you? What do you think about in your most private moments? Does any of it center on your current spiritual state? Because that's all that really matters. The rest of the stuff is just fake news.

If you are concerned, the best thing that you can do for yourself is to try to become acquainted with your own I am Presence, try to tune out the cacophony of the outside world and

seek guidance by opening yourself to the Will of God. If you are sincere, help from the unseen world is available. Becoming more in tune with the spiritual world is a slow process. It is similar to, but much slower than peeling away the layers of an onion. You will stumble at times, you will cry at times, but if the effort is sincere, you will begin to recognize the results. I find it helpful to review the actions, interactions, and events of the day to see where I could have done better.

The first thing that you might try is to forgive those in your life for whom you hold a grudge, including yourself. Second, might be trying to learn to look at everyone with the view that they are a part of God and should be treated with the respect that you should have for God. Next, might be learning how to become non-judgmental. This doesn't mean that you won't recognize people's faults. (We all have them.) It does mean that you will pray for their enlightenment. Then, at some point, you should make the core of God's Laws; The Ten Commandments, the core of your moral code.

The Masters suggest that we learn to meditate. This will be harder for some than others. It has been difficult for me. I have a very active mind that is hard to still. In spite of that, I have had some very profound insights that I recognize did not come from me. I have been kicked in the butt a few times too by my Ministering/Guardian Angel. Each time that it has happened, I realized that I deserved it.

The Masters have reported that they don't waste much time on those who are so wrapped up in themselves that they don't want to give back to humanity by decreeing. That hit me between the eyes. When I thought about their statement, I realized that for years, I initially wanted to be more holy, but I have a tendency to be a loner, and becoming more holy was mostly for selfish reasons based on where I wanted to spend eternity. So, I realized that I needed to try to help others in their spiritual development, and I have added decrees to my daily routine.

If you are interested in helping humanity, yourself, and your family, perhaps you might join in the effort to decree.

There is a book of decrees available from the Ascended Master Teaching Foundation, P. O. Box 466, Mount Shasta, Ca. 96067.

Here are a few sample decrees: (The Masters request that you repeat decrees 3 times for maximum effectiveness.)

I am the Law of forgiveness for myself and all mankind for all mistakes, mis-qualified energy, and for straying from the Light. (From the Masters)

I am the perfect health and God control of my physical, mental, emotional and spiritual bodies. (From the author)

I am the Presence of Peace between all the people and nations of the world. (From the author)

Mighty I am Presence and the beloved members of the Spiritual Hierarchy, I am calling for your help to influence the hearts and minds of the young boys of the world and young men of the world as to their responsibility to God on the subjects of the sanctity of life and putting an end to the senseless killing and injuring of other people by whatever means. (From the author)

Mighty I am Presence and beloved members of the Spiritual Hierarchy, I am calling for your help and that of the Universal Forces of Protection, to protect our country from those traitors and immigrants who may seek to wreak havoc on our country. (From the author)

Mighty I am Presence and beloved members of the Spiritual Hierarchy, I am calling for your help to influence the hearts and minds of the young women of the world as to their responsibility to God reference the subjects of casual sex and abortion. (From the author)

If you like doing some decrees on your own, another could be for an end to homelessness and drug addiction. Another could be for divine guidance to teach what is wholesome and necessary for children in our schools to be able to function in the world. We could go on and on, but you probably have better ideas.

Just remember that change for the better begins with you.

Blessings!

Note: I strongly recommend that you obtain a book of decrees, plus the many other writings of the Masters. (Continued on the next page)

The Saint Germain Series can be obtained from: Saint Germain Press, Inc. 1120 Stonehedge Drive, Schaumburg, Il. 60194.

The Bridge to Freedom Series can be obtained from: Ascended Master Teaching Foundation, P. O. Box 466, Mount Shasta, Ca. 96076

An Addendum

I would be remiss if I didn't express my concern about what I perceive as the greatest threats to world peace. Those threats would be the **pre-determined will** of three world powers that could bring about the horrible and unimaginable wrath of nuclear war. Those three are: China, Russia, and Iran.

China has announced to the world that they are going to make Taiwan a part of China. We, the USA, had pledged, in the past, that Taiwan should have the right to self-determination. How impossible is that? Taiwan is an island off the coast of China. We are half a world away. Do you think that we can fight a war half a world away with ships? China has more than three times the number of people that we have. They could afford to lose three hundred million people and still have a large population. This is not like WWII, where we were the only country that had nuclear weapons. Do you see where this could be going?

Russia's leadership has dreams of returning to the world power that they were at the end of WWII. That means controlling all the countries that declared their independence in the early 1990's, plus Poland. If you have any doubts, just look at what has happened to Ukraine. Ukraine's resolve has been greater than Russia expected, and it has exposed some weaknesses in Russia's military might, but Russia keeps throwing men into the breach (some of whom are improperly trained, but do you think that Mr. Putin cares?) and is furiously upgrading their military equipment with purchases from China, North Korea, and Iran. Russia considers Poland to be a key adversary, and one of Russia's leading TV news channels has already said that Poland is the next target. Poland is a member of NATO, which means that Europe and the USA would be dragged into a war. Russia has a huge arsenal of nuclear weapons, some of which, like China's, are hyper-sonic. Do you see where this one is going? Iran hates Israel, and for that matter, most of the rest of the free world. They appear to be the greatest sponsor of terrorism. They have been working on atomic weapons for years. They don't have a large bomber plane capacity, but have been working on guided missiles, some of which are recently rumored to having been sold to Russia. Of course, the missiles would fit their plan for wiping the Nation of Israel off the map.

The leaders of these three nations are getting up in age. If they are going to realize their dreams, the time is now. Don't you understand that the age issue is one of the big things that motivated Putin to attack Ukraine?

And, of course, in addition to the three main threats, the leader of North Korea, Kim Jong Un, is threatening to attack us and South Korea with nuclear weapons.

If you have ever needed to pray for anything, now is the time.



Have You Ever Wondered Why You Are Here On Earth?

Did the Big Bang Really Happen?

The Fall From Grace

Primitive Man - Creation vs. Evolution?

The Lost Continents of Atlantis and Lemuria (Mu)

Why Reincarnation and Karma?

The Heavenly Host and the Ascended Masters

The Bible tells us that we were made in the image of God, who is Spirit. Our understanding of God is that God is everlasting, always was and always will be, but if God made us as a Spiritual being, we must have had a beginning before coming to earth as a human. So, when did our adventure as a Spiritual being begin and, what was the overarching purpose?

Image by Vaynakh on Freepik

In this book you will find answers to these questions. It traces the history of God's Universe from the quiet period of nothingness through the moment of the "Big Bang," through the ever-evolving expansion of the galaxies to the forming of our solar system to the coming of humanity to earth and the subsequent fall from grace. Yes, we got ourselves into and remain a mess, but it is not hopeless. You will find answers to help you understand humanity's Spiritual history, steps to help you know your true self, and how to improve your relationship with God.

The book is free to download.

Blessings to you all

John Patrick

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