



The Guru and the Chela

*By the Beloved Ascended Master
Kuthumi*

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A Monthly Journal Devoted to Individual Unfoldment, Contact
with The Great White Brotherhood and Cooperative World Service

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metafisicavidalibre@gmail.com

A Brief Introduction to this Book's Author: The Beloved Ascended Master Kuthumi

Our love and gratitude extend to the beloved Ascended Master Lord Maitreya, and His pupil, Kuthumi, and to all the Brothers of the Golden Robe, whose service it is to bring the understanding of the Law of Life to mankind through the chelas and dedicated lifestreams who are the shepherds of the human race.

These beloved Brothers work ceaselessly at inner levels to prepare individuals to present the Truth of Life through the natural channels of religion and education; and They always eagerly accept the assistance of any individuals who desire to offer their consciousness to the Hierarchy in an endeavor to spread the light of truth to the mass of the peoples.

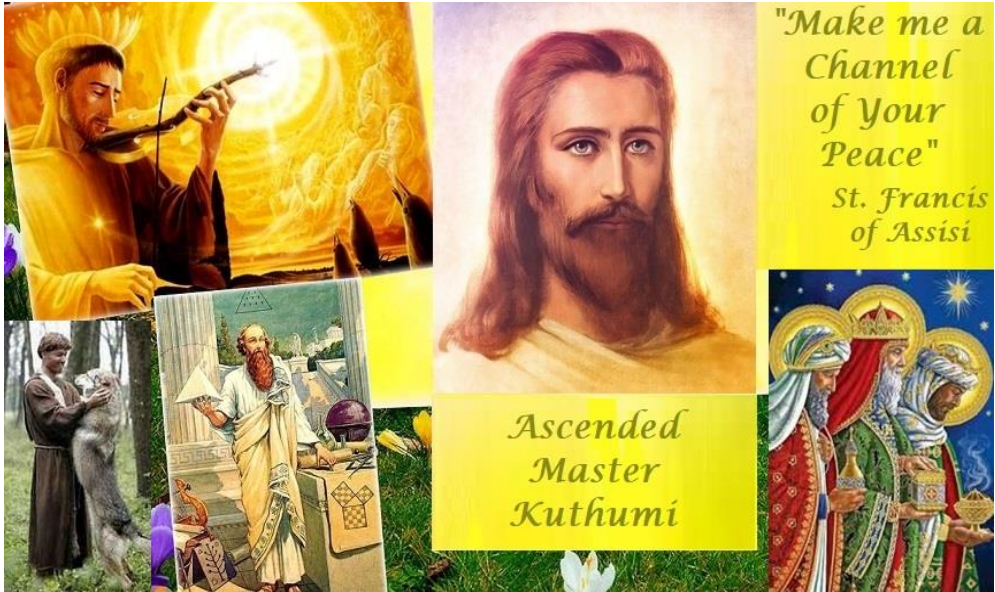
Particularly at this time, does the Office of World Teacher require the assistance of individuals interested in the Ascended Masters' way of life, and the beloved Kuthumi, in the following address, explains a little of the services of the Second Ray, of which he is the Chohan (*) at present.

Thomas Printz (Ascended Master El Morya).

Dictations by the Ascended Masters. AMTF.

(*) Note: The Ascended Master Kuthumi has since been elevated to the Office of World Teacher, in co-partnership with the Ascended Master Jesus.

Beloved Ascended Master Kuthumi was one of the “Three Wise Men” (Melchior, Caspar, and Balthazar), together with the now Ascended Masters Djwal Kul and El Morya. He also was incarnated as the one we now know as Saint Francis of Assisi.



He served, with myself, in the establishment of the Theosophical Society, and naturally I love him dearly. I do decree that all Kuthumi's love and wisdom will enter the world of the gentle reader to give understanding and, with that understanding, a prompting to do good works in God's Most Holy Name! So be it! Thomas Printz, Editor.

“It is the especial province of the beloved Ascended Master Kuthumi to guard and guide every young person and incoming child.”

Maha Chohan. *Thomas Printz Private Bulletin*. August 21,1960.

“There are tentative plans for the education of the young people, who are the hope of the future. This activity comes under the direction of the Master Kuthumi, who has been interested in this important question for many centuries and who, as Pythagoras, established his famous School for young people at Crotona in early Greece.”

Maha Chohan. *Thomas Printz Private Bulletin*. June 22, 1952.

“Perhaps you know that I Am now, and for many centuries past have been, very much interested in music. As Pythagoras, I came into a further understanding that each planet of our Solar System had a musical tone predominant in its cosmic melody, which tone could be duplicated on the limited scales of the musical instruments of that time. I was appalled to find that, although the theme of every other planet in our System contributed to our Music of the Spheres, the key note of the planet Earth (whose true tone is F below Middle C) was so much “off-key.” This was caused by the radiation from the Earth of the dissonance released from the discordant effluvia of her people.

(...)Now, again, I am afforded the opportunity to experiment with individuals and collective groups of interested lifestreams in re-creating the cosmic Song of the Earth. Can you not see how very much interested I am in this endeavor? Will you not, please, offer to assist me now and help in this endeavor to return the Earth to its original harmonious estate, allowing the Music of the Spheres (harmony) through you? This will enable me to do my part in establishing “Freedom’s Star.”

(...)You have some knowledge, even though it is very deeply imbedded within the folds of your etheric garments (memory world), of the beautiful song which Earth originally sent forth when first she was created by the Father-Mother God. To you I appeal for assistance at this time!”

Ascended Master Kuthumi. *The Masters of Wisdom Speak. The Bridge to Freedom Journal.* October, 1957.

Contents

- Introduction: The Beloved Ascended Master Kuthumi.
- 1- Light is primarily released through the emotional body. *The Bridge to Freedom Journal*. April, 1954.
 - 2- The True Master. *The Bridge*. May, 1954.
 - 3- The Candidate for Spiritual Knowledge. *The Bridge to Freedom Journal*. June, 1954.
 - 4- The Balance for the Blessings Received. *The Bridge to Freedom Journal*. July, 1954.
 - 5- Individual Creative Consciousness. *The Bridge to Freedom Journal*. August, 1954.
 - 6- The Direction and Use of the Flame. *The Bridge to Freedom Journal*. September, 1954.
 - 7- You Become of Value By Example. *The Bridge to Freedom Journal*. October, 1954.
 - 8- Spheres of Influence and Forcefields. *The Bridge to Freedom Journal*. November, 1954.
 - 9- The Angelic Kingdom. *The Bridge*. December, 1954.
 - 10- Changing the Pattern of One's Life. *The Bridge to Freedom Journal*. January, 1955.
 - 11- Consciously Entering the Great Silence. *The Bridge to Freedom Journal*. February, 1955.
 - 12- Assimilating the Truth given by the Ascended Masters. *The Bridge to Freedom Journal*. March, 1955.
 - 13- Representations of the Deity and His Messengers. *The Bridge to Freedom Journal*. April, 1955.
 - 14- Voluntary Cooperative Service. *The Bridge to Freedom Journal*. May, 1955.

- 15- Working in the Spiritual Army. *The Bridge to Freedom Journal*. June, 1955.
- 16- The Consciousness in Which to Approach the Presence. *The Bridge to Freedom Journal*. July, 1955.
- 17- On Abolition of the Second Death. *The Bridge to Freedom Journal*. August, 1955.
- 18- The Doctrine of Non-attachment. *The Bridge to Freedom Journal*. September, 1955.
- 19- Opportunity to Serve. *The Bridge to Freedom Journal*. October, 1955.
- 20- How to Expand the Light of the World. *The Bridge to Freedom Journal*. November, 1955.
- 21- The Wisdom of Holding the Silence about Inner Promptings. *The Bridge to F. J.* January, 1956.
- 22- The Memory of Past Lives - inspired by Ascended Master Kuthumi through the Curtis' personality. *The Bridge to Freedom Journal*. May, 1956.
- 23- The Sacred Fire. *The Bridge to F. J.* June, 1956.
- 24- On the Mastery of the Four Lower Bodies Through Rhythmic Breathing. *The Bridge to Freedom J.* July, 1956.
- 25- Using Your Already Present Powers of the Sacred Fire. *The Bridge to Freedom Journal*. August, 1956.
- 26- The Causal Body. *The Bridge to F. J.* September, 1956.
- 27- Thy Kingdom Come! *The Bridge to F. J.* Oct. 1956.

Editor's Note: We have included in the heading of each chapter, and in this Index, those titles originally published in *The Bridge to Freedom Journals*. Only the titles we have added for this edition are just included in this Index.

THE GURU AND THE CHELA. By the Ascended Master Kuthumi. *The Bridge to Freedom Journal*. April, 1954.

Explanatory Note: The "Guru" is the Divine teacher, the "Chela" is the disciple.

THE BRIDGE April, 1954
THE GURU AND THE CHELA
By the Beloved Master, Kuthumi

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CHELA—Q. Beloved Master, how can I individually contribute to the Light of the world?

GURU—A. Blessed disciple! Our Lord, Sanat Kumara has said that light is primarily released through the feeling world (the emotional body). The cultivation of those qualities of feeling which are like unto the nature of God Himself, peace, purity, harmony, balance, love, tolerance, kindness, compassion, mercy and understanding makes your feeling world emit light. The endeavor to transfer and convey your feelings of hope, faith, confidence and loyalty to God into the consciousness and feelings of all you contact makes you thus not only a Light shining in the darkness, but also a Light conductor, igniting the souls of men to like endeavor.

CHELA—Q. Beloved Master. How can one control the feelings, which rise unbidden from the undisciplined soul and rush forth to add to the shadows of this earthplane?

GURU—A. Blessed disciple! There is but ONE POWER by which you can accomplish anything. That is the Power of God that flows through your own Individualized Presence and gives the life to your feeling world. When you return the authority for the qualification of that life to your Presence and refuse to allow your feeling world the license to which it is accustomed in the seizing and misqualifying of pure God life, then that Beautiful Presence controls for you and through you your emotions.

CHELA—Q. Beloved Master! I feel that the emotional body is an enemy to spiritual progress. Like Saint Augustine, I am torn between what I know is right and what I constantly do in the generation of discord, which is wrong. "The good I would, I do not, and that which I would not, that I do." (St. Augustine)

GURU—A. Blessed disciple! This is not a correct attitude. It creates a rebellion in your feeling world. Your emotional body was created by God for a definite purpose. The emotional body was designed to emulate the feelings of God and to expand the qualities of the God nature in whatever sphere the individual consciousness is functioning. The mental body was designed to create form, the feeling body to nourish that form

(Continued on page 13)

(Continued from page 9)

with qualified life. It is primarily a gift of the Holy Spirit and when one sins in feeling he commits the "sin against the Holy Ghost" which the orthodox world has described as unforgivable.

CHELA—Q. Beloved Master! Is there, then, such a thing as an "unforgivable" sin of thought, feeling or action?

GURU—A. Blessed disciple! No, because only perfection is eternal. Every mistake, no matter how great, is transitory and passing. The very Law of Compassion and Mercy, which is the Gift of the Seventh Ray, is the manifest proof that all sins, mistakes and errors can and will be wiped out when the individual chooses to apply for the way and means to do so.

The sins of the feeling nature, however, are the most difficult to overcome because the emotional body of mankind has ruled the mind and senses for many centuries. The emotional body is also the recipient of over 80% of the energies of the life stream released through the Silver Cord into the use and control of the outer consciousness. It is, therefore, the most powerful of the instruments through which the soul seeks expression and ultimate mastery over energy, substance and vibration. It is a better friend and servant than adversary.

CHELA—Q. Beloved Master! How then may I make my emotional body my friend and servant?

GURU—A. Blessed disciple. By understanding that all your bodies, mental, emotional, physical and etheric are the servants of the Holy Presence which made you and which gives to you life, intelligence and being. Return then the authority for the use of those bodies to that Presence and check your thoughts, feelings and actions daily with what your conscience and heart tells you would be the thought, feelings and actions of your Own Christ. Gradually they will be trained in serving Him.

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Volume III

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No. 1

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THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge to*
Freedom Journal. May, 1954.

CHELA- Beloved Master, in my association with the Ascended Masters, how may I avoid breaking the first commandment?

Guru. Answer: Beloved chela: Walking on the spiritual path requires the utmost discrimination and balance. The development of this balance is the duty and responsibility of each chela. Every TRUE Master will turn the consciousness of the chela back toward the God that made them both. When an individual, visible or invisible, tends to encourage the student to lean upon a consciousness outside of himself, beware!

CHELA- Beloved Master, when the curtain has been drawn aside and we are privileged to know a little something of the perfection and beauty of the Ascended Masters, it is difficult for us not to worship that expression!

Guru. A. Beloved chela, even the Master Jesus was required to admonish his followers from time to time in the words "Call not me good" and in the further reminder "It is not I, it is the Father (God) within that doeth the works. It is right and proper to love, reverence and have faith in One's teacher. It is the proper balance for the instruction and blessings received. The Master, however, must be looked upon as a pattern which the student must *duplicate, not admire.*

Chela. Q. Beloved Master, as you have become that which we desire to be, it is our desire to do that which you would

have us do, be what you would have us become, imitate you in all our ways.

Guru. A. Beloved chela, the Ascended Master has become one with the Will of God. He, therefore, will never desire for you anything but that which your own Holy Christ Self desires to manifest through you. The advantage of the counsel and instruction of the Ascended Master is your protection and guidance during the time when you may not yet be able to discern from within yourself just exactly what the Christ Self may desire to do through you.

There are two roads open before the chela. He may prefer to rely only upon that contact which he can develop from entering the Silence and communing there with his indwelling Christ, relying upon his intuition and capacity to discern between the voice of the Silence and the voice of his "many selves"... or, he may accept the assistance of the Ascended Master who has already full access to the Christ mind. This Master may suggest (when invited) a course of action which will be beneficial to the spiritual development of the chela. A REAL MASTER will never order nor compel, through superstition or fear, a course of action which a chela should follow. All cooperation with the Great White Brotherhood is voluntary and proceeds from a desire upon the part of the chela to know how to proceed up the Mount of Attainment more quickly.

The students on the Path may be divided generally into two groups, those who accept the assistance and superior wisdom of Guides who have gone the way before and who by such acceptance strike straight up the mountain, and those who prefer to set their own pace and proceed around the mountain without the assistance of such Volunteers from above. Either course is safe, either is sure, but the bold who grasp the hands of the Master find attainment more

quickly, although the arduous climb may sometimes tell on their spirits before they stand on the summit.

Chela. Q. Beloved Master: We must then only worship and love the God that beats your Hearts and our own... We must reverence you for service and example. This is the law?

Guru. A. Beloved disciple: the pointing of the chela into the secret place of the Most High; the developing of the chela's capacity to find and draw forth his own God nature; the enjoyment of sharing the chela's development of his own Divine plan through giving him a 'method of application' (but not applying the Law for him); the protecting of the chela by wise counsel from the "pitfalls on the path"; the enfolding of the chela in the substance and radiation of Divine love which enters the chela's world through association with the Master in mind and feeling; the constant spurring on of the chela's endeavors to find the highest expression through his own self-conscious endeavors; the watching and waiting... the fanning of the spiritual embers by the Presence of love, the active companionship upon the Path... these are the services of the Ascended Masters.

Chela. Q. Beloved Master, is it true that when you accept an unascended being as a chela, you guarantee to the Cosmic Law that the energy you invest in such a chela will be amplified by good works performed through the self-conscious endeavors of such a chela?

Guru. A. Beloved chela, yes, that is true! Life is a gift of God, whether it is used by a Master, an Angel, an elemental or a man; and for every spark of the life force used, all must render an accounting, above as well as below. When an Intelligence accepts the responsibility of qualifying life, he accepts the obligation to use that life to expand perfection.

When a Master, therefore, invests his time, energy, counsel, love, and companionship in the development of a chela's consciousness, if that chela does not live up to his light, the Master must balance the investment of his energy in a poor project to the Cosmic Law. It would be better not to 'court' association with a Master unless one expects to serve mankind and the evolution of the planet as a balance for the pleasure of such association.

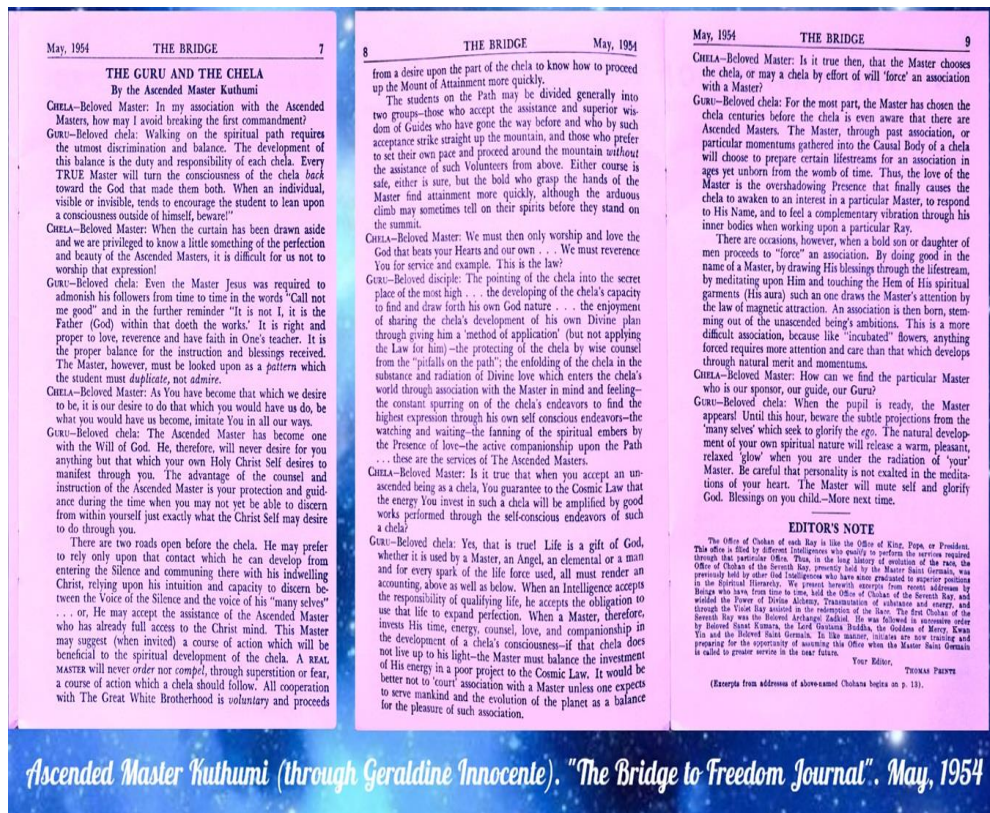
CHELA- Beloved Master, is it true then, that the Master chooses the chela, or may a chela by effort of will 'force' an association with a Master?

Guru. A. Beloved chela, for the most part, the Master has chosen the chela centuries before the chela is even aware that there are Ascended Masters. The Master, through past association, or particular momentums gathered into the Causal Body of a chela will choose to prepare certain lifestreams for an association in ages yet unborn from the womb of time. Thus, the love of the Master is the overshadowing Presence that finally causes the chela to awaken to an interest in a particular Master, to respond to his name, and to feel a complementary vibration through his inner bodies when working upon a particular Ray.

There are occasions, however, when a bold son or daughter of men proceeds to "force" an association. By doing good in the name of a Master, by drawing His blessings through the lifestream, by meditating upon Him and touching the hem of His spiritual garments (His aura) such a one draws the Master's attention by the law of magnetic attraction. An association is then born, stemming out of the unascended being's ambitions. This is a more difficult association, because like "incubated" flowers, anything forced requires more attention and care than that which develops through natural merit and momentum.

CHELA- Beloved Master, how can we find the particular Master who is our sponsor, our guide, our Guru?

Guru. A. Beloved chela, when the pupil is ready, the Master appears! Until this hour, beware the subtle projections from the 'many selves' which seek to glorify the ego. The natural development of your own spiritual nature will release a warm, pleasant, relaxed 'glow' when you are under the radiation of 'your' Master. Be careful that personality is not exalted in the meditations of your heart. The Master will mute self and glorify God. Blessings on you, child! More next time.



Ascended Master Kuthumi (through Geraldine Innocente), "The Bridge to Freedom Journal", May, 1954

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. June, 1954.

CHELA- Question: Beloved Master, why is it that so many earnest spiritually-minded men and women suffer financial lack and physical distresses? Should not these men and women be among the manifest examples of opulence and health?

Guru. Answer: Beloved chela, truly such individuals should be the manifest example of all that is beautiful, good, and perfect, not only for their own happiness, security and well-being, but because such people represent Us in the world of form. Those who rest smugly and complacently in their own willful pursuits of pleasure use just such an argument to discredit the earnest ones on the Path. The words "If thou be the Christ, come down from the cross" have been echoed through the centuries in one form or another by many spiritually sightless sons and daughters of men. One day, in the distant future, such a challenge will echo through their own consciousness as well!

To answer completely WHY such apparent contradictions between affirmed faith and works exist would require a volume of written words. However, for the comfort of the dear ones who writhe self-consciously upon their respective crosses and feel self-condemnation for such affirmations of limitation, I shall enumerate a few reasons as follows:

First: Each man who sets his feet upon the spiritual path must begin just where he is, not where he would like to be. Profession of faith, offers of service and acceptance of service do not change the heritage of personal karma any more than application for a position in the world of form,

and acceptance by the employer, change the qualifications of the applicant.

The Master, like the employer, accepts the candidate for service upon reasonable confirmation that a certain qualified momentum of talent is available for use in a given position. The Master, like the employer, must rely upon the candidate himself to live up to his own greatest light and then, through voluntary study and application, raise himself to greater efficacy in the endeavor at hand.

The candidate for spiritual knowledge is, by the very reason of his present interest in spiritual study, usually one who has devoted a goodly part of his energies through the centuries to developing spiritual powers, oft-times to the neglect of his physical well-being, as well as his financial security. The law, being wholly impersonal, only releases through the consciousness that which is held in mind, thought and feelings. If man has not contemplated beauty, opulence, and the various gifts of plenty in this world, there is no mold, no form, no channel through which primal life may flow to externalize these gifts in his experience. Thus, such a one must learn to balance his abstract devotions with practical mastery of the creative process of molding out of thought beautiful designs, and energizing them with feeling, bringing them into form as ways and means of increasing the individual ability to serve the Cause and the Master. Even in our Octave, we must design and form that which we desire before it is precipitated into our hands and use.

Second: The student upon the Path immediately comes under an accelerated action of the Law of Cause and Effect. The energy returning to each one (which he has sent out in previous embodiments as causes of imperfect nature) must be returned to such a one to be purified, transmuted, and returned to God in the same perfect expression with which

it was received from Him. Thus, such students have much more to "handle" as their energies return, than mankind at large whose returning energies are held in abeyance, in mercy, until they learn the Law of Transmutation (The Violet Transmuting Flame of Mercy and Compassion). Otherwise, they would be overwhelmed by the karmic retribution and no spiritual advancement could be made in that Earth life. The Cosmic Law is that no soul can receive more destructive karma back into his experience in one life than his developed consciousness can transmute and master. Let all who read take heart thereby, for no student is allowed by the Karmic Board to receive into his experience any appearance which he cannot by his own light transmute at the very time it is received. Therefore, in the experiences of life, rejoice that the Law has felt your consciousness developed enough to receive calmly and transmute perfectly any shadows that appear, temporarily, upon the screen of your life.

Third: Every student is a part of the mass karma of the race, the nation, the planet, the evolution to which he belongs. The conscious students volunteer to accept the added service of dissolving much of this mass karma along with their own, even as Jesus assumed and transmuted much of the karma of the world through his experience at Calvary.

Fourth: Strong individuals, further, sometimes volunteer in a Cosmic Moment to stand as a Spiritual Guard around certain dedicated lifestreams, screening out the directed energies, visible and invisible, that would seek to destroy the heart center of such movements. Thus, Beloved Joseph and Blessed Mary assumed much karma acting as a guard around the sensitive energies of the pure consciousness of Jesus. Let no man look at another in judgment, for that one

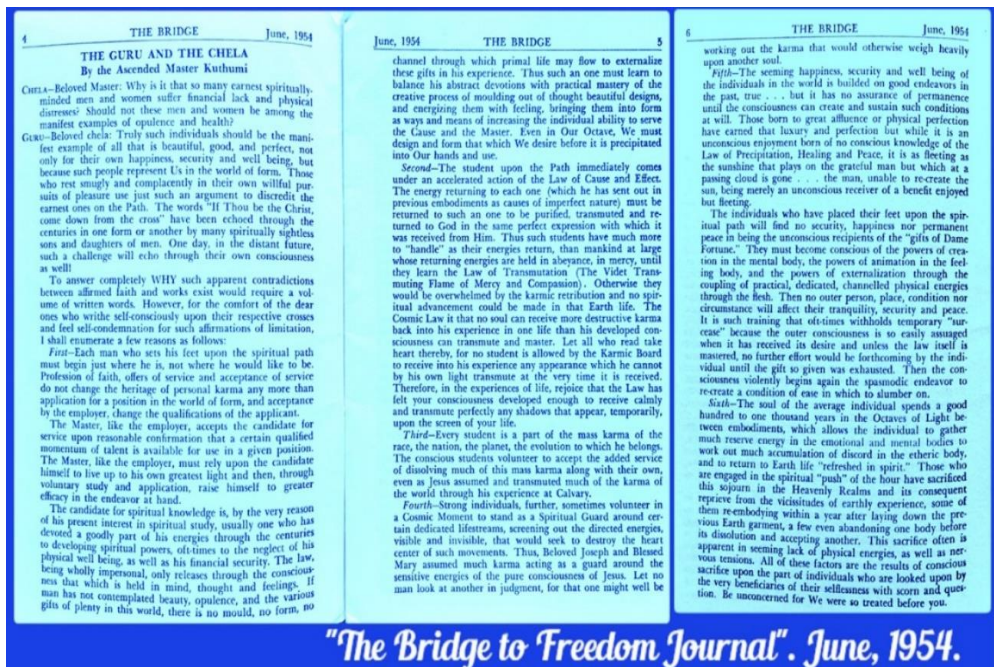
might well be working out the karma that would otherwise weigh heavily upon another soul.

Fifth: The seeming happiness, security, and well-being of the individuals in the world is built on good endeavors in the past, true... but it has no assurance of permanence until the consciousness can create and sustain such conditions at will. Those born to great affluence or physical perfection have earned that luxury and perfection but while it is an unconscious enjoyment born of no conscious knowledge of the Law of Precipitation, Healing and Peace, it is as fleeting as the sunshine that plays on the grateful man but which at a passing cloud is gone... the man, unable to re-create the sun, being merely an unconscious receiver of a benefit enjoyed but fleeting.

The individuals who have placed their feet upon the spiritual path will find no security, happiness nor permanent peace in being the unconscious recipients of the "gifts of Dame Fortune." They must become conscious of the powers of creation in the mental body, the powers of animation in the feeling body, and the powers of externalization through the coupling of practical, dedicated, channeled physical energies through the flesh. Then no outer person, place, condition nor circumstance will affect their tranquility, security, and peace. It is such training that oftentimes withholds temporary "surcease" because the outer consciousness is so easily assuaged when it has received its desire and unless the law itself is mastered, no further effort would be forthcoming by the individual until the gift so given was exhausted. Then the consciousness violently begins again the spasmodic endeavor to re-create a condition of ease in which to slumber on.

Sixth: The soul of the average individual spends a good hundred to one thousand years in the Octaves of Light

between embodiments, which allows the individual to gather much reserve energy in the emotional and mental bodies to work out much accumulation of discord in the etheric body, and to return to Earth life "refreshed in spirit." Those who are engaged in the spiritual "push" of the hour have sacrificed this sojourn in the Heavenly Realms and its consequent reprieve from the vicissitudes of earthly experience, some of them re-embodiment within a year after laying down the previous Earth garment, a few even abandoning one body before its dissolution and accepting, another. This sacrifice often is apparent in seeming lack of physical energies, as well as nervous tensions. All of these factors are the results of conscious sacrifice upon the part of individuals who are looked upon by the very beneficiaries of their selflessness with scorn and question. Be unconcerned, for we were so treated before you.



"The Bridge to Freedom Journal". June, 1954.

THE GURU AND THE CHELA

By the Ascended Master Kuthumi. *The Bridge to Freedom Journal*. July, 1954.

CHELA- Question: Beloved Master, it is my understanding that the balance we can render to life for the more than ordinary assistance received from the Masters is to spread the understanding of the spiritual law to other people. Is this true?

GURU- Answer: Blessed chela, it is truly the just and fair consciousness that realizes that, for blessings received, there must be equal or greater blessings given. It is to be regretted that so many earnest students feel that the very attitude of receptivity to the Masters' instructions is cause for commendation. Rather are they the debtors to the Beloved Brothers and Sisters who have forsworn happy freedom in Higher Realms to remain and invest their energies, their life, their love, in illumining the benighted consciousness of mankind.

CHELA- Beloved Master, the members of the Great White Brotherhood volunteer to invest their momentums of faith, wisdom, love, healing, etc., in mankind. How can those of us so blessed as to have received their loving counsel, protection, and assistance, best spread this understanding, particularly to orthodox-minded individuals?

GURU- Blessed chela, many are the ways and means by which each individual chela may voluntarily dedicate a portion of his energies, substance and developed momentum of consciousness to the forwarding of the evolution of the race. It requires, first, extreme honesty in the consciousness of the chela, who appraises his own worth, spiritual, mental, emotional, and physical. Such a

chela, upon self-examination, sees wherein he can presently be of practical benefit to the development of interest in the will of God. Such present talents are immediately pressed into the work of the moment. At the same time, the chela determines within himself to develop, through individual application, a more mature, dependable, illumined consciousness and set of vehicles to offer to the Master. He engages upon a course of spiritual self-discipline and self-purification, meanwhile not neglecting the many opportunities at hand to lend his presently available store of energies and substance to the development of the greatest good in the current Cosmic Moment. Many good chelas "wile away" a lifetime awaiting a Cosmic Summons, passing the Golden Door of Opportunity with never a glance at the practical service this Goddess holds in Her hopeful hands for the present development of the Masters' endeavors.

CHELA- Beloved Master, how can a student wisely determine how much actual service should be rendered to the Brotherhood and how much service to one's own development? How much obligation to family, etc. should be sacrificed to this end?

GURU- Blessed chela, the chela who accepts the obligation of more than ordinary instruction, counsel and assistance from the Great White Brotherhood automatically obligates himself to balance that blessing with a proportionate share of impersonal universal service for the progression of the race into greater perfection. No one requires of any man that he apply at the Fount of Knowledge, but if he drinks thereof, his obligation to life is to use the knowledge received for the blessings of the race. He must, in wisdom, adjust his personal affairs and individual obligations in a harmonious manner, pursuing the Middle Way. However, the chela who reaches out his hand and accepts the friendship and life of the Masters and

then returns to use that energy only in the development of his individual, personal world, will sooner or later cut himself off from the greater release from above.

CHELA- Beloved Master, is it then impossible for individuals with family ties to pursue the Spiritual Path as a conscious chela?

GURU- Blessed chela: No, it is not impossible, but the initiations for such a one are more difficult. The chela thus engaged in developing a family unit must use that unit as a "working ground" wherein he may establish harmony, peace, purity, love, cooperation, and spiritual illumination within his smaller sphere of influence. Then, by reason of this very testing, trying, and training, he becomes a powerful force for good in his community and a conductor through which the Masters, on occasion, may pour their more than ordinary radiation in times of crises.

CHELA- Beloved Master, how can one best bring the understanding of the Masters into one's family and to the attention of one's friends? Is this accepted as a balance for spiritual instruction?

GURU- Blessed chela, the bringing of light, harmony, peace, purity and balance into one's home and circle of friends is certainly a partial balance for instruction received. The very best way to do this is by EXAMPLE. Individuals who are close to you will notice and respect the silent mastery you achieve in the controlling of the energies of your physical and inner bodies, whereas the catapulting of "words" at them stirs the rebellions of the centuries toward Truth in any guise. I do not counsel propagation of the faith in the family unit through verbal instruction until the life lived by the chela invokes inquiry from those who will respond to radiation as surely as the flowers respond to the light of the Sun.

CHELA- Beloved Master: to spread the understanding of the Masters through placing of literature in auspicious places would seem a service of merit.

GURU- Blessed chela: true! Remember however that the spiritual applications preceding the distribution of the literature will carry a full 80% of the efficacy of the seeds thus sown. The blessing of the printed word and the invocation of the Holy Christ Selves of those who should benefit by it to joyously receive and cooperate with such instruction yields a mighty harvest. Too many students neglect the power house which lies within the Invocation of the Presence of God in their endeavor to accomplish works of merit.

CHELA- Beloved Master, how can we best overcome the prejudices of the orthodox consciousness?

GURU- Blessed chela: again, by EXAMPLE. There is no teacher like manifest works. When you have what the world wants, the world will beat a pathway to your door. Proceed to develop the powers of healing, of precipitation, and see the Truth in this statement. I counsel that with "all thy getting" however, you call for wisdom, balance, humility, protection and Herculean strength and energy. You will need them, because when the surging tides of mankind, (intent upon receiving the gifts and the proceeds of the gifts you draw forth, but not eager to learn the scientific law by which you attained) seek you out and seek you out they will, it will require all of your spiritual strengths to stand by the unwritten Law that governs the Hierarchy: "the way to enjoy the fruits is to learn how to plant and nourish the tree."

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. August, 1954.

CHELA- Beloved Master, what exactly is individual consciousness?

GURU- Blessed chela, individual consciousness is the awareness of being as an Intelligent Focus of life, having the use of energy, faculties, intelligence and freewill by which to create and direct an individual life plan.

CHELA- Beloved Master: from the moment an individual becomes conscious of himself as an intelligent creative focus of God's Divine Consciousness, is he then responsible for what he adds to the original, pure realization of Being?

GURU- Blessed chela: Yes! Individualization is the great gift of God himself and the awareness of being, experienced by every Intelligence created by him, precedes any activity, motivation, or experimentation with primal life.

CHELA- Beloved Master, is this original consciousness of purity and awareness of being, referred to often as the consciousness of Adam in the Garden of Eden, the same as the Ascended Master Consciousness to which we all aspire and which You enjoy?

GURU- Blessed chela, definitely no! No more than the innocent consciousness of the infant which becomes aware of his being is the same consciousness as that of the wise Sage who has come to a seemingly similar innocence and peace not by reason of absence of knowledge and experience but rather by reason of the fullness of experience.

CHELA- Beloved Master: we are told that our bodies, worlds, homes, families, and affairs reflect our present consciousness. It is our desire to know how we lost that

pure consciousness. How may we return to a consciousness which does perform works in the name of our Father and the humanity whose karma and bondage we presently share?

GURU- Blessed chela, truly everything externalized in your experiences is projected out of the workshop of your consciousness. Your consciousness today is the sum total of truth and error accepted through sense reports and general experimentation with the use of life, the invocation and dissemination of energy and the creation of vibration, color, sound, and form through free-will! Everything the individual thinks, feels or does sets up a cause and has an ultimate effect. The reactions and impressions resulting from such experimentation with life build certain fears, phobias, antipathies and concepts of destructive natures which affect the entire course of Earth life. Then, too, constructively, faith, confidence, security, and beauty, are built into the consciousness through experiences where the lifestream either witnessing the mastery of conditions by another or himself) developed certain momentums through training, self-disciplines, and applications. It is with this conglomerate "mass" of consciousness that the Hierarchy must work in order to fulfill the Divine Plan on Earth.

CHELA- Beloved Master: Did we lose the pure creative consciousness (in which no thought existed of the failure of life to obey the directives of the God-flame) through experimentation with the creative centers of thought and feeling to design patterns not prompted by God?

GURU- Blessed chela, truly this is so! Freewill is the blessing of man, but it has also allowed him to weave for himself any number of shadows which frighten, distress, and delay his journey toward the fulfillment of the Divine Plan. When man determines within himself at last that he does not like his creation and wishes to remove from his

consciousness the cause, effect, record, and memories that can externalize as imperfection, he is then ready for our assistance.

CHELA- Beloved Master: we are then asking for the Ascended Christ Consciousness?

GURU- Blessed chela: Yes! You are realizing first that the present limitations which exist around you are externalized from your own consciousness. You are willing to call the purifying powers of the Sacred Fire (The Violet Transmuting Flame of Love and Mercy) through your consciousness and literally have a "housecleaning" of all conscious and unconscious bitterness, resentments, fears, phobias, and all mental pictures of limitations of every kind. This includes the mass acceptance of age, disintegration, and death itself!

The story of Jesus driving the money changers from the Temple symbolizes this individual purification of consciousness. I must warn you, however! For you have lived so long in the comfortable acceptance of error and half-truths that your outer mind is quite apt to refute the suggestion that even such an activity is necessary. You may measure your world presently externalized against the perfection of the Kingdom of Heaven and then in calm, unbiased judgment, decide whether that which is externalized through your own consciousness is the ultimate of all good. If not, the root of your limitations lies in this conglomerate mass of invisible energy.

CHELA- Beloved Master: what is the Ascended Master Consciousness?

GURU- Blessed chela, it is the Self-Conscious Intelligence, using the creative faculties of thought, feeling and the spoken word to create ONLY that which is perfect at will! He may sustain his creation so long as he desires, and

etherealize that which is no longer of use at will. Such a one has achieved the Ascended Master Consciousness.

CHELA- Beloved Master, what purpose is there in decreeing, if consciousness is the creative center of being?

GURU- Blessed chela, the beautiful wisdom of creation has designed certain foci to render specific services. For instance, nature creates hands to do all the manifold acts which bless the individual and life generally. It creates eyes to see, ears to hear, and feet to walk. Thus, the various bodies of man were created for specific purposes. The mental body, was designed to create the mold of perfection, the emotional body to fill the form with life, and the physical body, with all its members and faculties, to externalize the perfected design of consciousness in the world of form. One of the most powerful avenues by which thoughts and feelings become things (clothed in the physical atoms of the physical world) is through the power center in the throat, in the spoken word! With the trained, purified, concentrated consciousness behind the decree, manifestation should express co-existent with the decree. It did for Jesus and for all who are masters over energy and substance! The spoken or mentally-formed word becomes the final "step-down transformer" by which the desire of manifestation is lowered into the world of form.

CHELA- Beloved Master: Without illumining the consciousness, is decreeing efficacious?

GURU- Blessed chela, for mastery to manifest in the world of the aspirant, individual application on purifying and illumining the consciousness must proceed, together with decreeing.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. September, 1954.



CHELA- Beloved Master, if asked to give a simple definite explanation of the many Flames to one who had never studied the work, one would be found wanting. Could you help me?

GURU- Blessed Chela: first comes recognition of the light itself, then love of the light. Later comes a conscious understanding of the Flame as an intelligence. From this understanding comes mastery in the direction and use of the Flame. You remember the statement of the Beloved Master Saint Germain "as the conscious is to the unconsciousness so is the use of the Flame to the recognition of the Light." People who have never studied the work must first enjoy the radiation of the light itself, bathe in it, be nourished by it, seek its Presence, and generally become acquainted with the peace, the healing, the supply, the harmony that comes when one lives within it.

CHELA- Beloved Master: What is this Light to which you refer?

GURU- Blessed chela, this Light is the natural radiation of harmoniously qualified life. Life radiates constantly. The quality charged into life determines the type of radiation it gives forth. The Presence within the heart, the Masters, the Angels, the Devas all naturally radiate light and it is, a comfortable feeling to those who come into proximity with their auras. Students, also, more than anything else; should create such a comfortable feeling in their own auras that new seekers are soothed, blessed, healed, and illumined through contact with that radiating light. Then, and then only, the seeker will ask how to create for himself such a comfortable, happy personal atmosphere. The seeker will come to the sanctuaries, temples, homes and focuses where the Light poured forth from the Presence of God, I Am, and the Perfected Beings, as well as the students, gives them a surcease from the turmoil and confusions of their daily living. This is the "recognition of the light." Following this recognition and acceptance comes the individual application to learn how to draw, focus, direct and radiate the light and the seeker becomes a student of the Flame activities.

CHELA- Beloved Master, many good people who know nothing of the Spiritual Law are such radiating centers of comfort and peace, even more so than those who affirm a deeper knowledge of the activities of the Flame of God.

GURU- Blessed chela: True. They are natural channels and conductors of the gifts of God from their own Presence and Causal Body, but are unconscious of how to increase or specifically direct the fullness of the Cosmic Powers of their beings. The students, although their natural radiation may be inferior to many who seem to have no intellectual knowledge of the Spiritual Law, will in time be in conscious

control of the powers of the Sacred Fire as Jesus was and presently is, and not like the lovely flowers that radiate beauty, color, and perfume, but still are at the mercy of whatsoever lifestream shall choose to pick them for a bouquet.

CHELA- Beloved Master: What is the Sacred Fire?

GURU- Blessed chela: The Sacred Fire is merely consciously qualified life. An intelligence, human or divine, draws primal life forth for a specific purpose. Primal life is neutral, like water, unformed and seemingly colorless (although it contains within itself the essence of all color). The intelligence, using the wand of power - his own feeling world - charges that primal life with peace, purity, healing, love, opulence, strength, wisdom... And the primal life, consciously charged by the directing intelligence, takes on the color of the quality invoked and the vibratory rate of that quality, and becomes the Sacred Fire. It is that simple.

CHELA- Beloved Master, is the Sacred Fire the same as the Unfed Flame?

GURU- Blessed chela, the Unfed Flame is the pulsation of the Presence of God within your physical heart. It is one activity of the Sacred Fire. There are countless activities of the Sacred Fire, hundreds of which have never even been mentioned by the Masters to unascended beings.



The Flame of Mercy and Compassion is an activity of the Sacred Fire. The Healing Flame of Jesus and Mary is an activity of the Fire. Do you see?

CHELA- Beloved Master: Yes. Then, it is the opportunity of every lifestream to qualify the primal life passing through their own heartbeat with some specific radiating power to bless mankind. Then do we become focuses of the Sacred Fire also?

GURU- Blessed chela, this is truly the action of the Law. I would counsel you to specify a particular quality of impersonal radiation that you would like to give to life and stay with that one quality until you have built a momentum through the energy of your aura. The first time some individual recognizes your light and speaks to you of it, without your having mentioned your private applications, will be one of the happiest experiences on your road to Mastery. Those who recognize your light will become applicants for the Law of the Sacred Fire and thus you are a missionary, even without words, wherever you move.

CHELA- Beloved Master: Please show me how to do this simply in my daily application.

GURU- Blessed chela, thank you for the opportunity. First, in the silence, ask yourself what specific blessing you would like to radiate out to mankind without any man knowing of your service. Determine upon peace, love, harmony, healing. The actual gift of radiation will be a spiritual benediction to the race, but the training in conscious qualification will be the gift of yourself and the choice you make of impersonal blessing to life makes little difference in the efficacy of your service. The most important point is your determination to bless life without recognition of self and to learn how to qualify life in a

positive manner that can withstand the unbridled energies of others.

Second, after you have chosen a quality of radiation, think of some Ascended Master who is already a Cosmic Sun of that Quality. He will help you considerably to get the rhythm of the feeling of that quality into action through your own feeling world. If you have chosen healing, the Beloved Jesus will pour to you his confidence and feeling of the Power of God to heal. Open your feeling world to the Master as you open your vital bodies to the light of the Sun. Learn to accept the feelings you wish to give.

Third, after you have gotten acquainted with the feeling you desire to radiate in the privacy of your own room, visualize the pure light that flows through the silver cord into your heart. Then let your feeling world, just like a hand, pass over that energy and qualify it with the color, the quality, the radiation you desire.

Fourth, charge the energy from your Presence into that feeling and build a momentum of that feeling into your aura. Visualize your aura charged with that beautiful feeling, quality, color, and vibration and wear it as you would wear a beautiful seamless robe. Then move among mankind. At first, the hem of your garment may be soiled by contact with your fellowmen, but practice makes perfect. Perseverance is essential to mastery. This is how we attained and how you may, if you choose. Thank you and God bless you for interest in this subject, dear to our hearts!

THE GURU AND THE CHELA

By the Ascended Master Kuthumi. *The Bridge to Freedom Journal*. October, 1954.

CHELA- Beloved Master, to create an interest in the current endeavors of the Masters is my desire. How best may I do this?

GURU- Blessed Chela, thank you for desiring to awaken an interest in Our endeavors. It is gratifying indeed to have members of the human race even accept Us intellectually. When they desire to further Our interests, We are pleased indeed. My answer is: BY EXAMPLE, shall you become of value to Our Cause.

CHELA- Beloved Master, please explain what you mean in the phrase BY EXAMPLE.

GURU- Blessed Chela, the World is old. Millions of years has It proceeded, together with the other planets, in Its rhythmic circling of the Sun. In all these years, many, many words have been spoken and written. Some words have entered deeply into the consciousness of men, but these words were spoken or written by those whose individual lives manifested the truth within those words. The Master Jesus is such an EXAMPLE of manifest works which accompanied his magnificent explanations of the Spiritual Law.

CHELA- Beloved Master, how many those of us who do desire to be such an EXAMPLE in Your names achieve our purpose?

GURU- Blessed Chela, the desire to be such an EXAMPLE is the motivation which will manifest the truth through your consciousness. The acceptance or the responsibility of giving forth the Law brings the personal obligation to the

teacher of becoming the embodied proof of that Law. The acceptance of the tenets of the Law anchors the responsibility to become the embodied proof of that Law into the world of the student. Those who teach and those who learn should be counseled that each portion of the Law which enters the consciousness should be accepted in humility and nourished in love. The appetite for more "knowledge" before the already received knowledge is assimilated brings an obligatory karma to the soul. One simple expression of the Law: "LOVE ONE ANOTHER EVEN AS I HAVE LOVED YOU" - would suffice to bring the individual consciousness to the Ascension, if this were applied through the personal self.

CHELA- Beloved Master, would you then suggest we refrain from endeavoring to spread "The Word" until we are Masters of energy and vibration?

GURU- Blessed Chela: no, because as you learn and apply the Law yourself, your invested energies may plant seeds into a consciousness which will far surpass your own capacity to embody and externalize truth. Thus, you become a "conductor" according to your own light. However, in all your casting of the spiritual seed forth, neglect not the truth that the Law must be embodied in your own nature.

CHELA- Beloved Master, the EXAMPLE of which you speak should it be as nearly like You as our consciousness can conceive possible?

GURU- Blessed Chela, any Ascended Master becomes a pattern for your own thoughts, feelings, spoken words and actions. The majority of the human race in this Western world are most familiar with the Beloved Master Jesus. His EXAMPLE and pattern of living has formed the design and measure for many sincere lifestreams who have chosen to embody truth. The imitation of the Christ has transmuted

the base in many men, and is recommended as the simplest of spiritual exercises for development of the Divinity.

CHELA- Beloved Master: to measure every thought, feeling, spoken word, and action by the living Presence of Jesus, then, is your recommendation for becoming the EXAMPLE which will lead others to interest in Your Brotherhood?

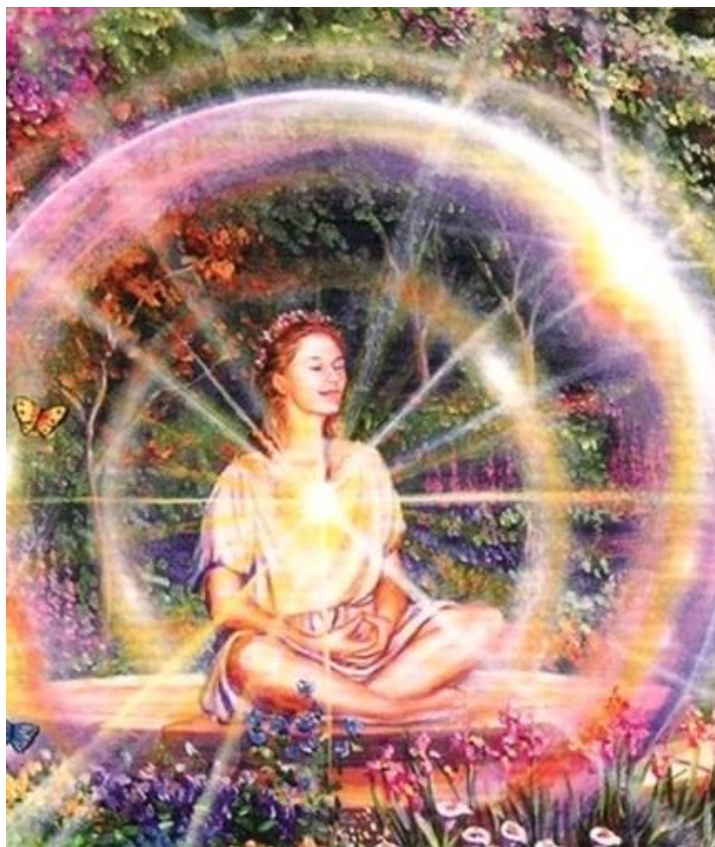
GURU- Blessed Chela, the old and timeworn phrase "actions speak louder than words" holds true for the exponent of Spiritual Law. Where a man or woman is found who is anchored in personal peace, harmony, health, supply, and spiritual tranquility, mankind like moths around a flame, will gather for the key to the mystery of happiness in this world of distress.

CHELA- Beloved Master, true Divine Love, then, requires that we transform and change our personal natures in order to attract the attention of mankind and open them to inquiry as to Your Service.

GURU- Blessed Chela: such love is the proof of the professed fidelity of the soul. Upon these few in every age we rely to reach the masses.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
***to Freedom Journal*. November, 1954.**

CHELA- Beloved Master, what is an individual's sphere of influence?



GURU- Blessed Chela, the individual's sphere of influence is synonymous with his personal aura. Each individualized intelligence magnetizes, through the immortal Threefold Flame within the heart, a certain amount of life energy which he

qualifies according to freewill. This energy passes through his physical, mental, emotional, and etheric envelopes into the atmosphere around him and becomes his sphere of influence upon life in general.

CHELA- Beloved Master, how can such an individual sphere of influence be of beneficial effect upon life?

GURU- Blessed chela: all self-conscious intelligences, taking the responsibility for calling forth and qualifying life, are an influence upon the general atmosphere and environment in which they function - because they are radiating centers of energy. The quality and type of radiation is determined by the free will choice of the qualifying intelligence. As energy is constantly flowing through the individual, it is flowing into the atmosphere and environment in which the intelligent consciousness abides. To become a beneficial influence on life, one must learn to consciously qualify this energy constructively.

CHELA- Beloved Master, what are the qualifying centers by which an individual may consciously control the type of energy and influence which he sends forth?

GURU- Blessed chela, all of the lower bodies of an individual help to mold primal life, qualify energy and catapult it forth for good or evil. For instance, the mental body either creates or accepts thought-forms which radiate the particular quality of energy representative of the activity depicted by the thought. The emotional body radiates the quality of energy which is representative of the feeling entertained. The etheric body radiates the quality of "reminiscence" which the consciousness entertains in looking backward. The physical body radiates the type of energy representative of the substance absorbed and the actions in which the body is engaged. This conglomerate mass of energies spewed forth into the aura or sphere of influence of the individual forms a sphere of radiation which presses upon and affects the atmosphere, home, environment, and associates of that individual - stimulating them to either greater spiritual aspiration, or to deeper enslavement in the appetites of the senses. The seizing of the control of the qualifying centers of thought, feeling, memory and action by the I Am consciousness, is the first

step in the creation of a sphere of influence which is beneficial to the race.

CHELA- Beloved Master, what service does a controlled sphere of influence render mankind?

GURU- Blessed chela, a controlled, constructive, harmonious, positive sphere of influence does exactly what its name implies: influences the generation of similar qualities of faith, hope, charity, harmony, spiritual aspiration in those it contacts. The power of contagion, so aptly demonstrated in the transference of fear and panic through mass hysteria, is equally applicable in the transference of God's qualities and nature.

CHELA- Beloved Master, is there any manner by which an already polluted aura or sphere of influence may be transmuted?

GURU- Blessed chela, the use of the Violet Transmuting Flame performs the same service to the destructively qualified energy in the aura as a combination of chemicals that is called a "cleaning fluid" renders to soiled garments. Cleansing the aura of impurities, and consciously charging constructive qualities into the aura, is a great service to those of Us who must use the individual auras of students as conductors of our blessings to the race.

CHELA- Beloved Master, what is the difference between a "sphere of influence" and a "forcefield"?

GURU- Beloved chela, there is really no difference. The Beloved Maha Chohan has chosen to use the word "forcefield" to convey the picture of the battery of constructively charged energy made up of the combined auras of groups of conscious students gathered together in cooperative service to mankind. The forcefield is made up of blended energies, gathered together by Angel Devas and

Builders of Form. These combine the decrees, visualizations, invocations, songs, and general application of a group of students who wish to form a radiating center for God blessings in their locality. In exactly the same manner that the individual "sphere of influence" is a combination of the energies released through the contributing centers of thought, feeling and action, so is the corporate "forcefield" of the group composed of the consciousness and application of every member of that group.

CHELA- Beloved Master, what service does such a "forcefield" render to the world?

GURU- Blessed chela, a "forcefield" renders several services. First, it is a magnetic center which draws the presence of the Ascended Masters, Angelic Beings and all Divine Intelligences who desire always to find an Open Door through which to pour Their radiation and blessings to mankind. As the pollen in the flowers draws the bees, so does such a consciously created "forcefield" draw the presence of the Beings to whom it is dedicated and for whom it has been formed. Second, it forms a concentrate of consciously qualified God-energy which is funneled down from the Octaves of Light, and which provides a spiritual nourishment to all those who enter that "forcefield", beyond the natural radiation ordinarily present in the sphere in which the individual dwells. Third, it forms a radiating center of these same God-qualities into the atmosphere and locality in which it has been built. It acts as the physical Sun itself, sending forth light, warmth, nourishment and God-gifts into the city, town, or village where it has been created and where it is sustained by rhythmic attention to its Presence. Fourth, it provides an ever-present conductor which the Guardian Intelligences of this Universe may use, upon a moment's notice, to flash forth protection,

purification, balance, healing, or harmony, when the need arises. Thus, much time is saved which would ordinarily have to be employed in creating such a funnel through which to give blessing and protection in times of crises.

CHELA- Beloved Master, what form does such a "forcefield" take?

GURU- Blessed chela, it takes different forms - according to the particular types of students who are developing such a magnetic and radiating center. Sometimes the leader chooses a design and the form is built by the obedient Angel Devas and Builders of Form around the thought form of the leader. Sometimes, when such a one does not take the initiative, the "forcefield" assumes the pattern of an etheric focus which previously was active in the locality. Oft times, it has only a vague, blurred outline, and looks like a vapory cloud in the atmosphere. Of course, the more perfect the mental design of the "forcefield," the more it is shared by the conscious creative centers of the students, the more value it is to the Hierarchy.



CHELA- Beloved Master: we are told these "forcefields" - such as gather over churches during devotional services - are dissipated after the ceremony and return to the unformed.

GURU- Blessed chela, this is true except where conscious Intelligences choose to sustain the form as a permanent radiating center in the atmosphere and sphere in which they have been created. As you have seen clouds dissipated by the winds, so does the form of a beautiful song, prayer, invocation melt into the atmosphere when the Intelligence who has coalesced it in mind, feeling and the spoken word, relinquishes the magnetic center through the attention and the life returns to the unformed. However, when Angel Devas, Builders of Form, or Elemental Spirits, volunteer to ENSOUL a beautiful form ("forcefield"), it can be sustained for as long as the Intelligence chooses to use his own coalescing power as a magnet to retain it. The constant feeding of the "forcefield" by rhythmic worship, class work, decrees, visualizations, and songs, strengthens it also, increasing it in size, symmetry of outline, magnetic power and radiating strength as a sphere in influence in a community.

CHELA- Beloved Master: it would seem then, that the purification and mastery of our individual sphere of influence would not only contribute to the light of the world, but help us to contribute a constructive battery of harmoniously qualified energies to the particular "forcefield" we are privileged to nourish by our presence.

GURU- Blessed chela, you have spoken truly. More than words, does the silent radiation of your sphere of influence contribute to the light of the world, stimulate the spiritual centers in your fellowman, and generally make of you a conductor of Our blessings in this world of form.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. December, 1954.

CHELA- Beloved Master, what is an Angel?

GURU- Blessed Chela, an Angel is a self-conscious intelligent being created by God, just as you have been, to fulfill a specific destiny, service, and activity.

CHELA- Beloved Master, what is the destiny, service, and activity of the Angelic Kingdom?

GURU- Blessed Chela: the Angels are primarily beings of feeling. Although They naturally have an intelligent mind consciousness, their service is to absorb, condense, transfer, and generally radiate the spiritual feelings of God and the Messengers of God whom they serve.

CHELA- Blessed Master, how do the Angels perform this service?

GURU- Blessed Chela: the feeling world (emotional body) of the Angel is sensitive in the extreme. Natural proximity to the aura of the Father-Mother God or to the activities of the Sacred Fire in the Temples of Light fills the aura and individual sphere of influence of the Angels with a similar quality of radiation. These lovely beings disport themselves in the virtues of the Godhead and become impregnated with the same virtues through such proximity. Young Angels are not required to carry the spiritual radiation they have absorbed to the spheres below the one in which they are born. As the Angel matures and develops, he desires in himself to be of service to the God who made him. He then begins a course of spiritual training under the Great Archangel Jophiel which training prepares him for such spiritual service.

CHELA- Beloved Master, will you describe briefly this course of training?

GURU- Blessed Chela: the Angel must learn how to sustain the radiation of some specific virtue. He must hold that quality of feeling until he is directed to release the essence of the virtue (the sweet anointing from above) into the world and atmosphere of some individual who requires assistance.

For instance, if the Angel desires to become one of the legions of Faith in God, he is assigned, by Lord Jophiel to a Temple in the First Realm under one of the Directing Angels of Lord Michael's Legions. Here he enters the already established momentum of Cosmic Faith and feels in himself the pulsation, power, and vibration of faith. He learns to absorb from the great Cosmic Heart of Lord Michael the gift of sustained Faith. He learns to generate Faith in his own emotional body. He learns to sustain that quality of feeling, then he passes outside the periphery of his Teacher's aura and endeavors to hold through his own consciousness the Faith he enjoyed so freely in the safe compass of another's momentum of Faith. Here his strength is measured. Gradually, he is able to sustain the quality of Faith for longer and longer periods of time, as he passes further and further from the aura of his Teacher.

Then, at the direction of the Messengers of Faith, he is sent on a mission with a Guardian Angel and many other neophyte Angels. They carry Faith into this physical world where so much misery, disillusionment, unhappiness and distress abide. The Angels enter the auras of distraught men, women and children and radiate the Faith they have learned to sustain, giving new hope and courage to the hopeless. Just as a radiator emits a comforting warmth into the atmosphere, so does the Angel radiate a pressure of

Faith (or whatever virtue is required most) into the spirits of men. When his gift of radiation has performed its service, he returns with his Superior to again embody the virtue of the Godhead and await further assignments in His Name.

CHELA- Beloved Master, how can mankind magnetize the Angels to bless their homes, atmosphere, environment.

GURU- Blessed Chela: one individual who believes in the existence of the Angelic Host is a joy to Heaven. Such a one opens the door through the psychic and astral shell of skepticism, agnosticism, and unbelief. This allows the precious virtues which the Angels bring to be radiated through an entire community, rendering a service unparalleled to the dispirited sons and daughters of men.

Belief in the existence of the Angelic Host is one of the greatest ways of magnetizing their presence in one's aura, home, business, and environment. Cultivation of feelings of harmony which remind these beings of their Celestial home also draws them close. Beautiful flowers, orderliness, harmonious music, and floral scents are all magnetizing activities for the members of this Kingdom. Conscious invocation of the Angelic Host (which is part of the activity of your Master Saint Germain) always brings hosts of this Kingdom into the group activities where such acknowledgment of their reality is made and invitation given to their cooperative service. The activity of The Seventh Ray is to develop an affinity among the Kingdoms of Angels, human beings, and elementals. We are grateful for your interest in understanding this Kingdom at this time.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. January, 1955.

CHELA- Beloved Master, how does a man change the "pattern" of his life? For instance, if an individual experiences cycles of failure, limitation, ill health and wishes to rise above repetitions of such experiences, what is the science to be applied?

GURU- Blessed chela: First, the individual must will to change the pattern. You use an apt word, for the experiences that weigh heavily upon the race are truly "patterns"- designed by thought force, and energized by rampant feelings. Resignation, lethargy, and righteous acceptance of such patterns, as they appear upon the screen of life, lead to a certain vicarious "enjoyment" based upon the erroneous statement that "the Lord (law) chastised those whom he loveth." The individual who wills to dissolve the pattern with sufficient earnestness and tenacity of feeling, becomes the master of circumstance.

CHELA- Beloved Master: many men will to change the conditions that appear on the screen of life - war, famine, pestilence, disease, death itself, but know not how to go about it.

GURU- Blessed chela: when the will is strong, one man can change the course of history. Let us remind you of the Master Jesus whose will, coupled with action born of love, transcended even the appearance of death.

CHELA- Beloved Master: following the will to do, what is the course of the individual's activity?

GURU- Blessed chela: the will is a magnetic power, that draws into the compass of the individual's own aura

opportunities based upon the capacities, developed momentums and consciousness of the individual. These opportunities are invoked by the inner will of a man and are provided by Intelligences who carefully measure his worth and strengths. Sad it is that man's perception so often fails to discern the Hand of Opportunity, looking for a more glamorous and spectacular type of service which is oftentimes far beyond the capacities of the individual (ego's opinion to the contrary notwithstanding).

CHELA- Beloved Master: after the individual wills with his whole heart, soul, spirit, and mind to change the pattern of his life; must he then be alert for every opportunity to better his physical and mental dexterities, and to help the current Cause of the Cosmic Moment - while preparing for the Great Opportunity?

GURU- Blessed chela, you have spoken truly! Many an applicant for spiritual mastery has wasted away pining for a visitation, while the Hand of the Goddess of Opportunity had manifested through the veil of his own aura a thousand times in the course of one yearly cycle. He who grasps opportunity, and is practically about "his Father's business", prepares for the Greater Opportunity to come.

CHELA- Beloved Master: if the individual does perceive an opportunity to help his fellowman, or the Great White Brotherhood through some service, is this enough to change the pattern of his life?

GURU- Blessed chela: No! Service performed as "duty," in which there is no love, is of little use to the Master or the individual's own Presence. The individual must LOVE to perform these services which in themselves are changing the form and pattern of his past cycles of imperfect manifestation. He must eagerly rush to meet opportunity.

Such a man builds a new pattern out of the substance of GRACE.

CHELA- Beloved Master: the individual who serves willingly, perceiving opportunity is then Master?

GURU- Blessed chela: no. There must be individual humility and purity of consciousness, so that the pattern and design of the Master is not distorted according to the arrogance of human will. Illumined obedience is required of the individual who wishes to submerge self in an Organization where, on a moment's notice, any Member is required to give ALL of his Momentum to a Cosmic crisis. The individual who must be persuaded, coaxed, and generally reprimanded for deviation from the Divine Plan, must learn the lesson of Nature's Spirits who reproduce with mathematical accuracy and precision the design and form of the lotus, the lily, and the rose.

CHELA- Beloved Master: when the individual has surrendered the human egotism and desire to "improve" upon the designs of Heaven, is his training complete?

GURU- Blessed chela: No! Tenacity of spirit, the ability to "stay with" a project until it is completed, is also a requisite for mastery. For instance, if the Silent Watcher of this sweet Earth should tire of holding the pattern within her consciousness, dissolution of the planet would ensue. Many a man begins a project with great enthusiasm only to expend his energies and abandon the design long before it has served its purpose. If you want health, hold to your design until it is manifest, and then sustain it so long as you are required to use a physical body. If you desire financial opulence, hold to your application until it is manifested unto you and then, a word of warning: do not abandon your application, for all in this world is fleeting - unless sustained consciously after it is drawn forth.

CHELA- Beloved Master: after one has accepted the mental picture of what he desires in place of the pattern of failure, or has accepted a picture which the Masters would like to externalize; after such an one perceives the opportunities that come his way to externalize the pattern; after one has held that concept free from intrusion of his own outer consciousness as well as the disintegrating consciousness of others and after the individual has made sufficient application in visualization; invocation and decree, he is surely then Master of circumstance?

GURU- Blessed chela: no! Every manifest form is held in the physical appearance world through the concentration of some intelligence, human or Divine. Otherwise, it begins, through disintegration, to return to the unformed. Witness the beautiful homes brought forth and sustained while some strong lifestreams held the pattern and used the energies required to sustain them. When they are abandoned, they fall into ruin. Great business enterprises suffer like fates. Mighty empires built through the strength and vision of a few men fall into ruin when their sponsors leave the scene of Earth. This is a very good visual example of what happens to your new "pattern" of mastery, opulence, health, or whatever it may be, unless you stay with it unto the end.

CHELA- Beloved Master: are the foregoing then the sum total of requisites in order to become a precipitating presence and a channel for the Brotherhood?

GURU- Blessed chela: one more requisite, almost the most important of all, I would lay before the altar of your consciousness. That is the necessity for maintaining harmony and peace, not only during the process of your experimentation with the law of conscious precipitation and the law of self-mastery, but after the manifestation occurs.

Peace is the sealing process that sustains your endeavors. Without peace the greatest empire, the most beautiful religious faith, the most powerful World Trust, cannot endure; nor can the smallest manifestation of the timidest man.



THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. February, 1955.

CHELA- Beloved Master, how does a student enter the Silence?

GURU- Blessed Chela: consciously entering the Great Silence is a positive and not a negative state of individual consciousness. Contemplation must never be confused with lethargy, nor adoration and devotion with imagery and visionary dreaming. Herein lies the training in wisdom, discrimination, balance, purity of motive and perseverance of will and purpose.

CHELA- Beloved Master, when you say entering the Silence requires the establishment and the maintenance of a positive state of consciousness, what do you mean?

GURU- Blessed Chela, I mean that the individual must engage the cooperation of his various vehicles of expression and use them to create an individual aura of peace, purity, and tranquility. Within this personal aura, the individual must remain alert, focused in attention and in control of his concentrative powers, holding them upon the object of his devotions, whether it be the Heart of God or some Divine Representative of the King of Kings.

CHELA- Beloved Master, we have been told that long periods of contemplation are dangerous and open the individual to insidious influences...

GURU- Blessed Chela: here, discrimination must be developed. Each individual is capable of a different amount of "applied contemplation", according to the personal control of his thought processes, his feelings, his etheric memories, and the demands of the physical vehicle. One

man, consciously preparing to commune with his Maker, finds his own mental processes weaving out of the substance of thought a screen of irrelevant thoughts which make unsatisfactory his endeavor. Another man, able to concentrate his thoughts, finds the surging tide of his emotional nature re-vivifying past injustices. Still another enjoys the ever-responsive sea of memories that flow from the etheric body. A man, well able to control his thoughts, feelings, and memories, may find the demands of cramped muscles, itching skin or other physical discomforts disturbing his endeavors. Each chela must take personal note of his own capabilities and capacities of stilling his vehicles and then, in wisdom, develop the "applied contemplation" according to his ever-increasing efficacy in the mastery and control of his vehicles.

The vibratory action of the soul itself, the motive animating the soul toward communion with the inner Self, the vibratory action and appetites of the inner bodies will determine what type of influence can "play upon" the individual seeking the peace of the Silence. When the heart is pure, the soul earnest and the conscious mind keenly alert to the deceptions of the ego that seek to aggrandize self through impressions of a grandiose nature, no subtle outside forces can enter the period of contemplation.

CHELA- Beloved Master: What is the advantage of entering the Great Silence?

GURU- Blessed Chela: the advantages (and they are many) of entering the Silence could hardly be enumerated in this column.

First: It is in the Silence that the soul makes acquaintanceship with its Maker. This is the primary purpose of all religious endeavor, teaching, discipline, instruction, and application. Where the lower self is so

blatantly active, even in professions of faith, the Great Presence cannot be felt, acknowledged, nor allowed to flow through the outer self with sufficient intensity to accomplish that union which is known as the "second birth." In the Silence, when the soul and consciousness is sincerely, humbly, peacefully, gently, and reverently loving God, a state of Grace is established in the aura and the 'many selves.'" In this state of Grace, the individual soul becomes open to the benediction and blessings, the healing currents, the flashes of illumination and encouragement, the pressures of faith and conviction which nourish the individual and make real spiritual progress possible.

Second: The conscious endeavor to control the thought and feeling nature develops individual mastery, as does the discipline of the rebellious physical garment. In the East, of course, this mastery has been developed by many thousands, but the pendulum of endeavor has swung too far the other way - as the individuals are so "caught up" in the ecstasy of the Silence that they have forgotten, for the most part, that the entire purpose of such contemplation and its succeeding benediction and illumination is to translate the perfection of that Inner Realm into the physical appearance world. The great Teacher of the East, the Lord Buddha, having passed through all the trials and tribulations of a soul endeavoring to find the heart of Eternal Peace, clearly manifested the balance of the Law; after attaining "The Ultimate," he returned to bring the fruits of his application to his fellowmen.

CHELA- Beloved Master: does this period of contemplation suffice for personal application?

GURU- Blessed Chela: no! As I have said above, the Great Silence is entered for a purpose. Even the Ascended Masters who choose to animate some particular portion of the

Divine Plan make conscious obeisance at the Throne of the Silence to secure both inspiration and direction and to draw the strength and power required to fulfill their new venture. The individual chela, particularly in the West, does not know the meaning of getting still. When the body is quiet, the mind is racing, even in petitions to the Lord. Yet, in order to provide the spiritual stamina for the greater services, the period of quiet contemplation of the Presence with its attendant outpouring is requisite.

CHELA- Beloved Master, could you give us a simple exercise or outline of such an activity as attempting to touch the "hem of the Robe" of the Silence?

GURU- Blessed Chela, certainly!

First: Find a place where you will be undisturbed. Constant interruptions are very injurious to the nervous system. The more beautiful, quiet, and harmonious is your place of contemplation, the more will your senses cooperate with your endeavor. Frequency of aspiration in the same place also brings an atmosphere of sanctity and each successive endeavor is complemented by the energies so devoted in like manner before. That is why in cathedrals, temples, and homes of saintly lifestreams, it is easier to reach the altitude of consciousness which reveals the Ever-Presence.

Second: Place your physical body in a comfortable position. Remember, in all spiritual endeavors: the more cooperation you secure from your vehicles, the easier will be your achievement. To enter the Silence, however, is a positive activity. Therefore, it is wise to sit with spine erect, as the very position of lying prone is conducive to lethargy. (This of course is subject to modification in case of illness or other circumstances where the individual cannot wisely perform his adorations in the privacy of his own sanctuary.)

Let me say here, discrimination and wisdom are required for the pursuit of the spiritual path and common sense, not a blind adherence to the letter of the law, is requisite to more than ordinary spiritual development. For instance, to take a specific question: about contemplation in the "dark" ... Let me clarify this once and for all. To deliberately create an atmosphere of darkness and then attempt to commune with the unknown is contrary to Spiritual Law. However, in the course of living, good students awakening through the night hours are not always afforded sufficient privacy to create artificial light. These good people are naturally protected by the aura of their own aspiration, and can well utilize the time in perfect safety when they cannot - for one reason or another - procure artificial light during application and spiritual contemplation.

Third: relax. Most individuals are so tense, they close the door to inflowing Grace. Cultivate that state of "rest in action" so essential to poised, balanced living. The use of the rhythmic breath is very conducive to alert and poised relaxation.

Fourth: Determine within yourself what Being or Activity from God's Heart you desire to contemplate. Examine your motive impartially, wisely and with discrimination. If there is any desire for self-seeking, for phenomena, for satisfaction of curiosity, you will defeat your purpose. The whole purpose of active contemplation is to enter the Presence of God and the Heart of His Messengers, when one is propelled by Divine Love for them and the progress of the Universal scheme of creation.

Fifth: Consciously feel yourself enveloped in God's Light, his Presence, his Love.

Sixth: Endeavor to hold your thought processes and your feelings one-pointed in pouring forth love and blessings to

God and his Universe. (Even five minutes of concentration may prove enough for your first endeavors.)

Seventh: Endeavor to control the demands of your physical body during this time.

Eighth: If necessary, to provide a spiritual lever for your conscious mind and feelings, read some lovely uplifting piece of poetry or prose, or listen to an inspiring melody.

Ninth: Have no fear of evil forces. While you are loving God, the Angels and the Ascended Host, the natural vibration of your vehicles form a wall of light around you, a magnet to draw good influences and currents toward you and a natural repellant vibration to evil of every kind.

Tenth: Enjoy loving your Presence. When the feeling of peace fills your soul, you will know you are there. Rest in that peace and draw the currents of light and power which you will require for your endeavors in the world of form.

Eleventh: Consciously determine within yourself to give something of your radiant peace to your fellowman.

Twelfth: The efficacy of all spiritual exercises is determined by the rhythm of the application. Five minutes daily at the same time, is better than two hours one day, and nothing the next.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. March, 1955.

CHELA- Beloved Master: We are told that knowledge imparted to us brings with it an obligation to utilize that knowledge for the blessings of life. Will you tell us how best to assimilate the Truth within the instructions given to us by the Ascended Masters?

GURU- Blessed Chela, the old adage: "where ignorance is bliss, it is folly to be wise", has a good deal of truth within it. The individual who has not had the opportunity of receiving assistance and directions from the Ascended Masters is not as liable before the Cosmic Law for manifest works as is the one entrusted with the time, energy, thought and instructions of Beings whose every breath is priceless because it can and should be used only to further the Divine Plan. It is not enough to read the Words of the Master, nor to accrete an intellectual knowledge of spiritual fact. The chela must build those Words into his own nature and become the Master.

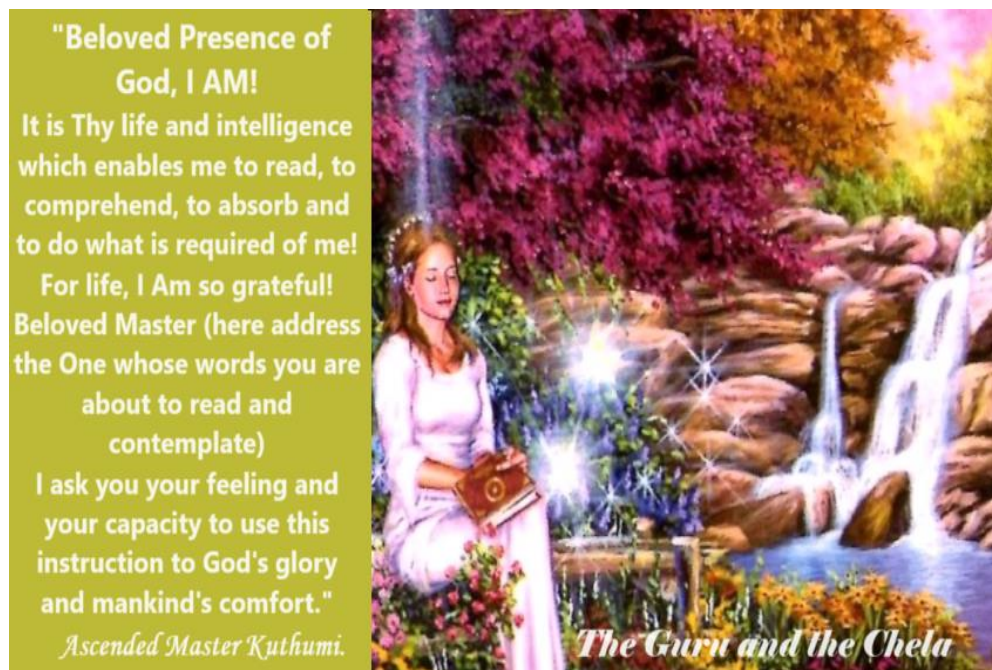
CHELA- Beloved Master: Is there any particular recommendation you can give us so we may best profit by your instructions?

GURU- Blessed Chela: yes. Proceed somewhat as follows:

First: Choose a certain time of day for your reading and endeavor to build a momentum of rhythm in adhering to your contemplative cycle.

Second: Prepare your consciousness by reflecting earnestly on what you are about to do, enter the Holy Communion with your God and your Master. Still your mental, emotional, and physical vehicles and raise your

consciousness until it touches the spiritual aura of the Author of the Words you are about to consider. Ask him or her to give you the Ascended Master's feeling, comprehension, understanding and capacity to interpret those Words into action for the blessing of your fellow man.



Remember you are about to partake of the qualified life of some God Being, who has in mercy and love chosen to give you his instructions to help you to become free also. Feel a sense of deep gratitude, reverence and humility in accepting this Essence. If you will do this, you will receive not only the worded expression of truth, but the living essence of truth which will be a fire unto your spirit. A 'simple prayer to be said before reading the Words of the Master could be something like the following:

"Beloved Presence of God, I Am! It is Thy life and intelligence which enables me to read, to comprehend, to absorb and to do what is required of me! For life, I AM so

grateful! Beloved Master (here address the One whose words you are about to read and contemplate) I ask you your feeling and your capacity to use this instruction to God's glory and mankind's comfort."

Third: Do not read hastily! Remember gluttony is not only of the flesh but of the mind as well. Many civilized people who shrink at the ravenous gulping of the savage or the beast would be amazed at the sight of their own mental body devouring knowledge. Let your mind reverently, respectfully, and gently approach the instructions of the Master and pause upon a sentence or paragraph which the Grace of the Ever Presence may emphasize through your own soul's light. It is not how much you read nor how much you know but what you are that forms the measure of your capacity for spiritual assimilation.

Fourth: Elect within yourself to make some portion of your reading an active part of your nature each day. Thus, the process of sublimation and of transmutation becomes a rhythmic cycle of graduating consciousness rather than a clumsy lumbering, resulting from spasmodic endeavors.

Fifth: When you have completed your reading, again make a brief invocation to your own I Am Presence and the Master with whom you have been in communion, to nourish by the spiritual Grace of Cosmic Truth the seeds planted in your consciousness. Ask that the ideas thus entrusted to you shall become manifest flowers of perfect expression in your world and the world of your fellowman.

"Beloved Presence of God, I Am! Pour the light of Thy grace upon my consciousness. Nourish the seeds planted by the Master. Let me not be one admonished from without, but not inflamed within - lest the word which I have heard (or read) and not practiced, known and not loved, believed and not observed, rise up in judgment against me."

Quoting the words of a wise man who walked the path before you: "Truly when the Day of Judgment comes, it will not be asked of us, what we have read, but what we have done; not what fine discourses we have made, but how righteously we have lived."

CHELA- Beloved Master: Is there any prescribed course of reading which would be of particular benefit to our soul growth?

GURU- Blessed Chela: For each man, a different type of instruction is required. When the Master himself does not conduct the personal instruction for the chela daily, the chela must draw from within himself through the intuitive faculty and the flame of wisdom in the heart that which can best benefit him each day. When a chela is particularly drawn toward a specific Master, the chela can build up a momentum of spiritual rapport with such a one through observance of the above exercise, and then reading those Words written by that Master. Even in reading the words of unascended beings, if the individual were to put himself into spiritual communion with the consciousness of the writer, so much more could be received in a short period of study than when the outer mind literally "plunges" into the reading in a haphazard fashion.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. April, 1955.

CHELA- Beloved Master, there are two lines of thought to which students ascribe themselves. One is the development of interest in and cultivation of the use of pictures, images, symbols, icons and all external stimuli to remembrance and recognition of God and his Representatives. The other is the rejection of such symbiology as a deterrent from concentration upon the Indivisible ONE! To which line of procedure would you recommend us?

GURU- Blessed Chela, the development of the individual consciousness is a great determining agent in the attitude of receptivity or rejection of representations of the Deity and his Messengers. For instance, individuals who belong to the Angelic Kingdom or the Devic evolutions are naturally more interested in radiation, spiritual essence, the music of the spheres, than in form. Human beings and elementals enjoy the form which is the Grail of the Spirit. This natural alignment of the individual consciousness to any one of the three kingdoms will have a pronounced effect upon his type of worship, required stimulus and, generally, his happiness in such worship. In the East, many holy men and women come to the point of full illumination through concentration upon a lotus blossom or a drop of dew. In the West, many holy men and women have come to the development of personal sainthood through contemplation of the Being represented in a statue of the Christ or the Madonna.

CHELA- Beloved Master: In some individuals, there is such a strong repugnance to symbols of a spiritual nature that their presence detracts from any spiritual nourishment

such people might receive from a service. What can be done in such a case?

GURU- Blessed chela: In all cases where there is resistance, rebellion, discord and inharmony, it is the result of lack of understanding. Whenever possible, if the reason for such symbols is explained and certain specific applications made by the group director, this resistance can be overcome.

CHELA- Beloved Master, what applications do you suggest?

GURU- Blessed chela: The director must recognize that all within the compass of his aura are not necessarily of the same spiritual evolution, background, development or understanding. Besides the aforementioned fact that angels, humans, and elementals have a natural difference in the type of worship which appeals to them, there are the etheric records built into the consciousness of all who ascend the ladder of evolution. Like every God-designed ideal, pattern and plan, the exquisite designing of representations of the Angels, Masters and Divine Beings was seized upon by those who wished to place before the mind and senses of men forms magnetized to render powerless the spiritual natures of those who concentrated upon them. These "idols" were used by certain misguided individuals to secure power over the masses. Individuals who remember such experiences in the deep recesses of the etheric body and who either consciously participated in opposing such practices or who succumbed to being hypnotized by these foci are determined in themselves to remain free from a like experience.

The deep fears of all forms which represent the Deity must be removed and the conscious mind made to realize the self-evident Truth that the type of representation

determines the current, the radiation, the influence, the beneficent or malevolent powers focused through the form. Good common sense will be the measure of an intelligent man's acceptance of a picture, a statue, a symbol as a stimulus to his aspiration or a deterrent to his spiritual culture. The purifying currents of the Violet Flame called forth through the etheric bodies of the students by the Group Director before class time will do much to assist in breaking down bigotry and intolerance. The clear, detailed explanation of "the why and the wherefore" when there is an introduction of a new expression in the service will clarify the outer consciousness and make for cooperation and understanding among the students.

CHELA- Beloved Master: What are the reasons for having the pictures of the Masters, statues of the Divine Beings, symbols of the activities of the Sacred Fire before the outer consciousness of the students?

GURU- Blessed chela: They are reminders to the sense consciousness of the Presence of the God-free Beings who are an ever-present help when called into action! The senses of man are so constantly fastened on distress and imperfection that any and all types of perfected form that turns the attention of mankind "upward" and away from the chains that bind him, are essential to the survival of the spiritual spark within the soul. Even your church spire pointing heavenward, your majestic mountain ranges, the graceful up reaching arms of the trees are designed toward that end.

Furthermore, each focus of a Perfected Being, an Angel, a Master, or a Deva, becomes an open door into the energy, consciousness, being, world and activity of such a one. A line of energy flows from the heart of the God-free Being into the form which represents him and into the world of all

who look upon that form, bringing blessing and benediction in its wake. Thus, the picture or statue is a magnetizing center, drawing the radiation of the Perfected Being down into the world of the student and drawing the attention and energy of the student upward into the perfected realms of the God-free.

CHELA- Beloved Master: As there is such a great divergence in the representations of the Deity, the Masters, the Angels, and the Devas, in statues, pictures, icons, etc. how does this affect the students' consciousness and the magnetizing power of the picture or representation?

GURU- Blessed chela: First, one must remember that the student is not worshiping the form, the picture, the talisman or amulet in itself. He is merely using it as a reminder of the Being whose perfected glory flows through the representation. Thus, I have seen even a very roughhewn hand carved figurine draw tremendous blessing upon an earnest soul; and, conversely, a magnificent piece of sculpture leaves the spiritual spark unstirred. The consciousness, feelings, thoughts and nature of the artist will be a determining factor in the capacity of the representation to reach the heart; also, the faith, innocence, love and devotion of the aspiring one will be a determining factor in how much good the contemplation of such a focus will bring to the individual consciousness.

CHELA- Beloved Master: Why is there such a great divergence among the pictures and representations of Deity, Yourselves, the Angelic Host, and others of the Heavenly Kingdom?

GURU- Blessed chela: This is so because every form that manifests on Earth comes through the consciousness of some individual who is part of Earth's evolution. The purity of consciousness, the developed talents which can transfer

the impression to canvas or marble, the patience of the artist, all are determining factors in the representation.

CHELA- Beloved Master: Does not the difference in presentation of the Masters' pictures tend to confuse the chela's mind as to the true likeness of the Master?

GURU- Blessed chela: While the chela's mind can be confused, you can rest assured something will arise which will confuse it. You have seen photographs of the same person taken in different stages of a lifetime, the vital pictures of early youth bearing little resemblance to the mellow pictures of maturity. Yet, the outer consciousness knows and recognizes the individual who is represented in that picture and can enjoy the infant's innocent smile as well as the mature man's steadfast gaze.

Artists and individuals who represent the Ascended Masters use different methods to receive their inspiration. On rare occasions (when the Master has retained an etheric vehicle) actual photographs are available. Why? Because there is no present mechanical photographic device available which can register the high frequency of vibration of the electronic body of the Ascended Being. In very rare instances, where the aura of a chela is sensitized and can provide out of its own substance a clothing for the likeness of the Electronic Presence, stepping down the vibratory action, such photographs have been taken. These are very sacred spiritual gifts and are guarded carefully by their recipients. In the case of *the Cottingly photographs* (see "Fairies" by Ed. Gardiner) the children in question provided a similar clothing for the elementals so that they were able to be photographed with present methods of mechanical instruments.

On the other hand, artists often draw on their own etheric memories of contact with and association among the

Masters, Angels, Devas, and God-beings. When purified enough, these artists are visited by Members of these Kingdoms and through the veil of their own consciousness look upon the Celestial Beings who, invariably, take on some of the characteristics, outlines, concepts, and nature of the artist's own being. Then these impressions are conveyed by greater or lesser artistic talent to the medium of expression which the artist has chosen. As the etheric memories go back to the first Golden Ages, through all the succeeding generations, one Master may appear in the glory of Lemurian splendor, Atlantean priesthood, Himalayan ruggedness, eastern vesture, or Western modernism. The important thing for the chela is to remember the Being who is represented, not concentrating upon the representation to the exclusion of receiving the benefits of radiation which might otherwise flow freely, stimulating body, mind, soul, and spirit. It would be like a man dying of thirst insisting upon tracing the pattern on the cup while the life-giving water trickled away unused.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. May, 1955.

CHELA- Beloved Master, what is the advantage of belonging to a group of lifestreams dedicated to spiritual service, when so often the frictions between individuals seem to hamper personal harmony and peace?

GURU- Blessed chela, in all spiritual development, the individual must make a voluntary choice: whether he will use his energies in collective endeavors, or to attempt to ascend the spiritual path alone. The heart (not a sense of duty), must prompt such voluntary cooperative service. From time immemorial, there has been the conflict in the human breast between shunning cooperative endeavor in order to find personal peace, or serving a unified Cause to give the spiritual strength of united energies for the good of the whole.

The words of the Master Jesus express a Cosmic Truth "Where two or more are gathered together in My Name (Nature), there Am I in the midst of them." The nature of the communal service will determine its efficacy to the individual and to the common good. Therefore, individuals who within themselves have not accepted this type of joint service will benefit little from communal endeavors and will, oft times, have a disintegrating effect upon the entire group.

CHELA- Beloved Master, would you suggest that the individual proceed alone until such time as he can harmonize with group endeavors?

GURU- Blessed chela, there is no more wonderful discipline of the lower self than to learn through participation in communal activities how to harmonize with

the purpose of the group service and the individuals who form a part of such a group. No man knows his own strength and mastery until it is tested in actually mingling with other lifestreams, imperfect, as he himself is.

However, as the individual consciousness blends into and becomes actually a part of the spiritual entity created for the purpose of worship and service, it is the obligation of each such member to bring to the group activity as much individual, personal harmony, tolerance, understanding, wisdom, cooperation, enthusiasm, and faith as he can draw forth through his own personal application and contemplation of the God Presence.

I can but repeat the words of a wise man who walked the Earth: "The habit and tonsure help but little, but the changing of life and the mortifying of passions make a person perfectly and truly religious (Christ-like)."

CHELA- Beloved Master, is it true that individuals often harmonize with one particular type of worship and group of associates, and find great personal aggravations and grievances with another?

GURU- Blessed chela, certainly! The Ray to which a man belongs; the habits of religious worship through the centuries (built into the etheric body); the race in which he is born; the background of his present earthly life, all of these are determining factors in the spiritual rapport among individuals.

CHELA- Beloved Master, should a man then continue to seek until he finds those with whom he feels this sense of spiritual rapport, or align himself with those whom circumstance has placed in his path?

GURU- Blessed chela, it depends upon the sincerity, development, and nature of the individual man. The course

of the determined chela is to bring himself into rapport with those with whom he is given opportunity to serve. The willful individual - seeking always the "greener grass on the other side of the fence" - must pursue his search until he finds that the peace, tranquility, and capacity to work with others (forgetting self), do not come from the actions and reactions of others, but are dependent upon his own reaction to internal and external aggravations.

CHELA- Beloved Master, individuals who find the Presence of God and live in harmony without belonging to any communal group often seem more at peace than the congregations of spiritually intended people.

GURU- Blessed chela, this is true. One reason is that group endeavors draw more concentrated power and render a greater service to the impersonal life that requires redemption, purification, and salvation. The individual who offers to become part of such a magnetizing and radiating center voluntarily offers to take as part of his karma the reaction caused by moving the "invisible forces" that hinder man's progress.

Each individual is a magnet drawing pure, primal life into the qualifying center of his own consciousness. Each individual is also a radiating center, emanating the qualified life so drawn. In unity, there is strength. When a group of individuals determines to draw more healing power, more protective radiation, more purifying currents into the atmosphere of Earth, the result of their cooperative endeavors is of necessity a greater benediction flowing from their blended energies than could possibly be drawn by one individual. Further, the Spiritual Hierarchy can more easily and with less expenditure of their Cosmic essence, nourish a group of individuals gathered together in God's name than they can when they must seek out each individual

worshiper and tunnel through the lower atmosphere a channel for that benediction. This conservation of the energy of the Masters is greatly appreciated by us.

CHELA- Beloved Master, when an individual is not in harmony with a leader or speaker, what course should he pursue?

GURU- Blessed chela, he should pursue the course of the generous, compassionate, tolerant follower of Christ. The leader or speaker has offered, no matter how great his personal limitations may be, to create a focus of God-aspiring individuals through which two purposes are served:

First, the individual student is stimulated by the enthusiasm, the inspiration, the strength, and the collective consciousness of those who are of like intent. The student is also the recipient of all the spiritual energies magnetized and drawn through the songs, invocations, decrees, and visualizations. Second, the Godhead and the Masters, the Angelic Host and the Devas are provided with a conductor through which their energies may be transmitted into the mental and feeling worlds of mankind who are not yet "seeking the place of the Most High."

Thus, such a leader renders a great service to God and to his fellowman while attempting, at the same time, to work out his individual karma. If the teacher waited until he himself was perfected before sharing his knowledge, enthusiasm, faith, and spiritual light with his fellowman, we would have no representatives in the world of form. As soon as the teacher perfects himself, he ascends into a realm to which he has earned the right of access. Consider the teacher as a fellow student upon the Path, bless him, pray for him, love him for his courage to take on the karma of other individuals through such service, and raise the

teacher by your love - do not destroy him by your condemnation (silent or spoken). This is a mortal sin!

CHELA- Beloved Master: If an individual desires to serve God, it would seem that he could best do that by disciplining himself and, in the company of other like-minded men and women, attempt to perfect himself, at the same time participating in communal endeavors on behalf of the race.

GURU: Blessed chela, truly spoken. A long time ago, I wrote a few humble words which I would like to place before you again for consideration:

"Lord, make me a channel of thy peace,
That where there is hatred - I may bring love;
That where there is wrong - I may bring the spirit of forgiveness;
That where there is discord - I may bring harmony;
That where there is error - I may bring truth;
That where there is doubt - I may bring faith;
That where there is despair - I may bring hope;
That where there are shadows - I may bring THY light."

St. Francis of Assisi



THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. June, 1955.

CHELA- Beloved Master, I ask forgiveness if this question seems presumptuous. However, it often seems that, in the widening of the consciousness of the students to include the knowledge of the Masters, individual attention upon the Presence of God is neglected.

GURU- Blessed chela: Truly this is a fact, a stage of spiritual development, an initiation upon the Path that leads toward mastery. The individual might be likened to a child who, early in life, does not even cognize the parent nor solicitous guardians. Then comes recognition of the forms of the loving parents, followed by the years of leaning upon them. Later comes the maturity when the individual begins to draw and rely upon his own intelligence and directions.

The mass of mankind does not cognize the watchful Beings who have foresworn the bliss of Higher Realms in order to care for them. Mankind, always a slave to form, when it finds an Individualized Presence tends to lean upon it. Later comes the maturity when the individual begins to work in the spiritual army of the King of Kings.

CHELA- Beloved Master: In order to understand the work of the Spiritual Hierarchy, we are taught to turn our attention toward certain Masters and this naturally builds an affinity of spirit. Is this not a good endeavor?

GURU- Blessed chela: Yes, it is a most praiseworthy endeavor indeed. The state of consciousness of the student is the primary point of importance in this association. As the beloved Saint Germain has said, "in the Ascended Master Realm the individual 'I Am' Presence and all the Ascended Masters, Angels, Devas and Cosmic Powers are

ONE." It is only the human mind that insists upon the doctrine of separateness and the distinction of form.

CHELA- Beloved Master: What is the correct attitude of consciousness for an earnest student to take in endeavoring to draw close to the Masters, but yet to develop individual maturity and grace?

GURU- Blessed chela: Every Being who has attained perfection represents the sum total of millions of years of the use of life energy to develop some virtue, talent, power, grace and expression of the Godhead. Such a one is, like the Sun in the Heavens, a focus for that momentum of good drawn, remember, from the ONE SOURCE. These Beings are really "living batteries" of already God-qualified life. Proximity to their Presence allows the individual to absorb that quality, even as one absorbs the heat and comfort from the radiator.

Some there be who, through spiritual pride, would prefer to shiver in the icy winds of the mountain heights until they can generate the heat to comfort them, through their own endeavors. Others take advantage of the proximity to already generated heat and comfort provided by the fueled flames in the hostleries which welcome pilgrims who pursue some quest. Thus, it is with man. Some men avail themselves of the faith, courage, strength, confidence, healing essence and illuminating power of those who have accumulated those stores of qualified life. Others insist upon generating these qualities themselves and shiver in the winds of uncertainty, while their humbler brothers proceed upward on the Path, in the warmth of the Presence of their Elder Brothers and Sisters.

The cultivation of the Presence and association with the Masters must be to kindle the fires of one's own spiritual nature, not to find another to do one's personal work. Many

seek the Master as a "leaning post." Many seek him to satisfy personal curiosity and doubt. To these, he cannot come because it would deter the individual development by drawing the attention to the form of the Master. Even Jesus affirmed this principle when he said, "If I do not go, the Comforter will not come."

CHELA- Beloved Master: Seeking the Master in order to develop one's own reason for being is, then, a safe passport into Their Presence?

GURU- Blessed chela: It is the *only* passport into their Presence. Worship of form, no matter how sincere, does not develop the individual spirit spark. It tends, on the contrary, to detract from concentration upon the one from whom We, Ourselves, receive life, intelligence, and the power to do every good and perfect thing.

CHELA- Beloved Master: What is the doctrine of "The Middle Way" in regard to this subject we are discussing?

GURU- Blessed chela: The doctrine of "The Middle Way," which is of course the teaching of our Lord Buddha, lies within the following principles:

First: The individual is a focus of God's Intelligence, directed into the Universe to fulfill some portion of the Divine Plan. From within himself, he must learn to draw forth the self-mastery, discrimination, balance, wisdom, love, and power in order to fulfill that Plan. If he becomes enamored of any form or being which distracts him from this individual endeavor to sublimate his human nature and expand his Divine nature, he must stop and re-orient himself with attention upon the One Source. Then he may proceed in the company of those who, by like concentration upon the One, have achieved.

Second: He must realize that all qualities of thought and feeling are contagious. It is wise to cultivate the Presence and Fellowship of those who have become that which he desires to be.

The smoldering sparks of faith and aspiration kindle into flame when the individual consciousness becomes part of the consciousness of any God-free Being. Because of the negative nature of the thoughts and feelings of the mass of mankind, unless the student has a positive current into which he may tie his aspiring soul, he is likely to be engulfed in the "hopelessness" which is the effluvia of the race.

Third: A daily period of introspection before sleep is wise. Has your service for the Master and your spiritual communion with the Master made you more like HIM in nature that day? Have you come closer to a realization of your own Divinity? Have the works done in His Name been done in His Nature? Has the mankind among whom you have moved seen and felt his Presence because of your activity in their midst that day? Has your personal attitude endeared mankind to us, because you are our only representatives in the world of form? Have your thoughts, feelings and spoken words expressed, as nearly as you know how, what we would think, feel, and say in the same circumstances? If you are sincere, you need no mentor but yourself. Spasmodic, irregular periods of contemplation, communion and introspection are not efficacious. A steady, rhythmic personal examination, in which there is no taint of self-condemnation nor self-pity, will result in an assimilation of the Master who is your pattern. The mortifications, the censures of self are merely weapons of conscience to alleviate known wrong. A new life, built on the nature of God, is proof of sincerity of spiritual purpose.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. July, 1955.

(Subject: The consciousness in which the chela should approach the Presence in order to secure immediate results)

CHELA- Beloved Master, we have been told that whatsoever things we shall ask the Father in Jesus name, shall be given unto us. Please explain this statement.

GURU- Blessed chela It is true that the name of an individual is a cup which contains the consciousness, power, and gifts of that one. When an Individual has attained Mastery, his name becomes a tremendous power of invocation to strengthen applications of all who use that name. Anyone who thinks, feels, or speaks the name of any Ascended Being, immediately ties his own energies into the battery of power which that Master has become. The aspirant literally touches the "hem (aura) of the garment" of the Spiritual Being and truly the virtue of that Being flows back into the consciousness and world of said aspirant. Even as the calling of one's name in this world draws the attention of the person called, so does the using of the name of the Master draw his attention and his assistance.

CHELA: Beloved Master: Is it then sufficient to use the name of the Master to secure his full powerful momentum through the chela's application?

GURU- Blessed chela: no! This is but a portion of the Cosmic Law. When the chela first places himself in spiritual rapport with the Master and endeavors, to the best of his ability, to make the application not only in the name but the actual Nature of the Master, the results in manifestation are increased a thousand-fold.

CHELA- Beloved Master: How can an individual who knows little of the nature of the Master, possibly attempt to create that nature in himself?

GURU- Blessed chela: The Master is instantly cognizant of the chela who turns his thoughts, feelings, prayers, and invocations toward Him. By thinking of the Master, by using the name of the Master, by asking sincerely for the feeling of the Master to flow into his own world, the chela begins the exercise of "spiritual communion." This is followed by an exaltation of the chela's consciousness and he begins to experience (faintly at first) how the Master himself would handle any situation, render any service, dissipate any appearance of distress. Then the chela is truly "caught up" in the Master's Nature and from this premise the chela can perform works and manifest expressions of God which in himself he could not possibly express.

CHELA- Beloved Master: Can you give us a simple exercise by which such spiritual rapport with the Master can be attained?

GURU- Blessed chela, certainly!

First: The chela realizes that there are appearances manifest in the world around him less than the perfection of God. Many superficially notice such appearances but the desire to remedy such distress is not yet born within them. The chela must come beyond the point of observing imperfection to the point of sincerely, lovingly, and earnestly helping God to help his fellowman. This is the first step on The Path. "Hitherto the Father worketh, now the Father and I work" becomes his attitude of being.

Second: The chela must examine his motive for desiring to alleviate the ills of mind, body, soul, and world of his fellowman. If it is to secure a sense of power, self-aggrandizement or personal importance, he is not approaching the Father in

the nature of the Christ, even though he may use his name. If the chela desires to render whatever service he can, according to his present development, capacities, talents, and powers only to serve God by redeeming his children, that chela has already begun to approach the Nature of the Master.

Third: The chela must find within himself a conviction that the life flowing through him is the life of God, the Father. He must realize that within that life is the power by which the Master has performed the seeming miracles. The chela's acceptance, in the feelings, of the power of God within himself which is ready, willing, and able to flow forth to render service, is another step in entering the Nature of the Master.

Fourth: The chela, knowing full well that other Intelligences, who have already attained perfection, are ready and willing to give of their radiation, impetus of faith, confidence, and instruction to help the chela, can then ask for the infusion of the Master's thoughts, feelings, and powers through his own consciousness. He can and should lay his own thoughts, his feelings, his spoken words, and actions next to the Master's and, in contemplation, endeavor to become one with the Nature of the Master in thought, feeling, spoken word and action. Then when the chela sends forth a decree in the name and the Nature of the Master, the chela has the full power of the Master's momentum to use as well as his own.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. August, 1955.



CHELA- Beloved Master: What is the "second death", which (like the doctrine of eternal damnation), frightens many students on the path?

GURU- Blessed chela: First let me put your mind at peace. By dispensation granted through the mercy of the Cosmic Law, no soul belonging to this evolution shall ever pass through the "second death".

In order that you may understand what this experience is and so explain it to others (giving them confidence and assurance thereby), I shall briefly explain it to you.

When the God Parents of the System created self-conscious intelligences made in their own Image and Likeness (The "I Am" Presence of every man) the individualized intelligences themselves chose in what manner they would use life and contribute to the progress of the Universe. These individualized "I Am" Presences journeyed through the Seven Spheres and, finally, through freewill, became affiliated with one of the Seven Rays. Some chose to take embodiment upon the planet Earth. Many never took such embodiment.

The consciousness from the "I AM" Presence focused through the physical heart in each physical embodiment began to experiment with the use of energy in thought, feeling, spoken word and action, thus evolving a personality as well as a soul. If the use of energy was constructive, the personality contributed to the evolution of the race and the soul carried through the veil of so-called death, momentums of strength, wisdom, healing, love, and light. In the next life, the momentums increased and, finally, the mastery of all primal life drawn by that individual was attained and the Ascension took place.

If the personality drew the energy of life into his consciousness and created only inharmony, discord and imperfection, finally the "I AM" Presence, endeavoring to work through that personality, was unable to fulfill the Divine Plan. Only when there was absolutely no possibility of utilizing the soul and personality, did the "I Am" Presence disconnect its vitalizing Flame from the outer self. The soul and personality of such individuals used up the accumulated energies in the lower bodies and finally disintegrated completely. Then the "I Am" Presence began to create for itself a new set of vehicles (emotional, mental, etheric, and physical) to fulfill its Divine Plan.

CHELA- Beloved Master: How was the abolition of the "second death" accomplished for this evolution?

GURU- Blessed chela: Every dispensation which brings added opportunity to mankind must be paid for by the voluntary use of the energies of some Ascended or unascended beings. In my contemplation, I was privileged to receive the idea of abolishing the "second death" because of my love for the individualized "I Am" Presences, who had spent millions of years creating the vehicles through which they desired to expand the Kingdom of Heaven on Earth. As one approaches the Karmic Board, not only with an idea but some practical means of developing it as well, I pondered long as to how I might dissolve the shells of human creation that surrounded souls to a point where the Presence could no longer reach them. Through the cooperation of Beloved Saint Germain and the Violet Fire Temples and through the establishment of schools at Inner Levels to which all souls which were headed toward such an end might go, I secured the acquiescence of the Karmic Counsel to TRY.

By having a Representative in constant attendance at the Karmic Board Meetings where the souls who have passed from the body await assignment to the spheres in which they have fitted themselves to dwell, I was able to have "bonded over to me" these particular individuals who were then entered in the Temples prepared in love for this endeavor.

CHELA- Beloved Master: As I understand it, it is within the prerogative of the individual to refuse to appear before the Karmic Counsel and remain either in the Sleepers Realm or the astral plane. How did you achieve the results you desired?

GURU- Blessed chela: through application! I made the call that out of all the individuals passing through so-called

death in each twenty-four hours, at least one who was destined to end in the "second death" would accept the summons of the Karmic Counsel and appear before the Board. If one twenty-four-hour period passed without at least one such soul responding to my invocations, my dispensation would have been nullified. One beloved Friend made such calls for me long ago and it was a joy to make similar calls on behalf of all mankind. As one lifestream did respond in each twenty-four hours, finally the decree came down that the "second death" would never again manifest for mankind, the Elemental Kingdom, or imprisoned Angels, so far as Earth's evolution is concerned!

Since the dissolving of the "compound" and the awakening of the lifestreams within the Sleepers Realm, a great number have been added to my special guardianship. However, it is reward enough to know that the love, energies, time, and hope of every "I Am" Presence which has sent forth a part of itself into the world of form, will not be wasted. It is reward enough, too, to know that someday, sometime, somewhere, every "I Am" Presence will fulfill Its part in the Divine Plan through the outer self it has sustained through the ages. Truly, it is reward enough to know that every individual shall hear the words "COME HOME" and ascend into the God-mastery of the Arisen Christ.

(Note: The second death was abolished by Cosmic decree in 1890.)

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. September, 1955.

CHELA- Beloved Master, is it wrong to desire "things"? We have heard much of the state of "desirelessness".

GURU- Blessed chela: The true doctrine is not to become attached to "things". Desire, the very word "de" (of) "sire" (father) signifies that the constructive ideas, hopes, visions and plans which enter the mind and feelings of the chela are promptings of the Father to the chela to externalize more of the good things of his Kingdom on Earth.



The desire must be free of selfishness and free of any motivating power to aggrandize self. It is easy to measure whether the desire is truly born of the Father or of the lower self. If the desire, when molded by thought, energized by feeling and externalized by practical endeavor through the cooperation of the physical body, will benefit any one of all members of the human race, it is of the Father. If the desire will merely gratify the personal ego, it is born of the lower self.

CHELA- Beloved Master: Do you mean that the drawing forth of beauty in home, environment and person is, therefore, a gratification of the personal self?

GURU- Blessed chela: Careful examination of the motive for which you desire to beautify, harmonize, and amplify the personal world, will reveal the answer to your question. If you desire such perfection to glorify God through an example to your fellow man; if you desire greater opulence to inspire others to apply the law by which you have precipitated beauty in this world of form; if you make a personal compact with yourself to use that which you draw forth for the blessings of all life; you are acting within the compass of the Spiritual Law. Be reminded that for every thousand who plan what they would do if they were in a position to further the Masters work, one actually consecrates the results of his endeavors at precipitation to that Cause. It is easy, indeed, to dedicate that which is still ephemeral. More difficult indeed it is to share that which is in the hand.

CHELA- Beloved Master: What is the attitude to approach in endeavoring to learn the scientific Law of Precipitation?

GURU- Blessed chela: The power of precipitation is given to man specifically to lower the Divine Plan into the

physical appearance world and thus create the Kingdom of Heaven on Earth. The attitude of consciousness should be to accept the promptings (God desires) gratefully; to bless the Father for entrusting you with the opportunity of drawing forth from those ideas a perfect manifestation; to fashion daily with the scissors of the mind the form of the pattern desired; to feed your thought pattern with feelings of love, beauty, harmony and blessing; to remind yourself daily that the precipitation upon which you are working is for the glorification of God and the blessings of your fellowman; to practically use the talents, substance, energy and physical attributes afforded you to draw the manifestation into form; and, finally, when you have received it, to use it for the blessing of your fellowman as well as for yourself.

CHELA- Beloved Master: Such endeavors at precipitation are not then selfish?

GURU- Blessed chela: NO! Every lovely temple, building or artistic expression that inspires and serves the race has been drawn from the desire born in the heart of some man or woman. The sense of personal possession (attachment) which makes the individual unhappy if the precipitation is not under his personal management and control, is what the Buddha warned against. The flower does not wish to possess its fragrance; the bird to hoard its song. Such an attitude of creating and "letting go" is the consciousness to be acquired. Then not "things" but the capacity to call forth "things" at will, as required, is the gift of the individual, more precious than gold.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. October, 1955.

CHELA- Beloved Master, as the requirements of service are so great in this present world hour, how shall we sustain our spiritual and physical vitalities and yet not neglect our opportunity to serve?

GURU- Blessed chela: This is the age-old question, asked by every sincere, devoted member of the human race who has placed his feet upon the Path. The balance between drawing the vital currents of inspiration, wisdom, enthusiasm, radiating light and utilizing the benefits of such magnetized energies is the goal toward which the wise chela works.

CHELA - Beloved Master: We see on every hand opportunities to help and sometimes our zeal for service "eats us up". On the other hand, many seem indifferent to service, enjoying personal pleasure in Godly contemplation.

GURU: Blessed chela: These are the two extremes that manifest in the soul's return to God. They are symbolized in the consciousness of the Orient (worship without sufficient works) and in the consciousness of the Occident (works without sufficient worship). It is the drawing together of the powers of magnetizing the gifts of God and the powers of radiating those gifts to mankind - which forms our present instruction to the chelas.

Be it known that the efficacy of the individual's capacity to serve God and his fellowman is dependent upon that individual's attunement with his own Presence. Wise is he who fills his cup at the Source. Be it known that gifts, powers, inspiration, and strength received from that personal communion become the responsibility of the individual to utilize to help mankind, elemental life, and

nature. The activity of the group endeavors allows the outlet for ever increasing, balanced, qualified energies which have been magnetized and built into the inner and physical bodies of the chela, through personal communion with the Presence of God.

Man's vehicles (mental, emotional, etheric and physical) through which the soul and Spirit find expression are constantly in the process of change. Each vehicle is made up of the substance and atoms of the strata in which it functions (i.e. the physical body is made up of the substance of this physical world, the etheric body is composed of etheric substance, etc.). The thoughts and feelings of the individual determine what elemental life is drawn into these bodies and what elemental life is discarded. As the vibratory action of the individual increases, the coarser substance is thrown off and the finer elements of each Realm are invited into the vehicles in question. As the process of refinement of the vehicles takes place, greater sensitivity to the Presence of God is developed and the daily communion becomes a more and more holy, sacred, and truly enjoyable activity. When the vehicles of a man are made up of the coarser elements of each Sphere, they do not respond to the Spirit of Harmony, which is God. As these vehicles are refined (in themselves becoming harmonious, pure and tranquil), they are open to the subtle energies of the, Godhead which find ready access into soul, mind, body and world. Coming into tune with the Infinite is a practical process of the refinement of the inner vehicles. I practiced this with some success at Crotona and many of my pupils were enabled to consciously change the elemental substance of their inner vehicles through the "tuning up" of each body by purity of thought, feeling and action, to a point where individual and collective communion with God was a joy.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
***to Freedom Journal*. November, 1955.**
How to Expand the Light of the World.

CHELA- Beloved Master, we are told that it is essential for the chelas to expand the light of the world. Can you give us a practical way of doing this?

GURU- Blessed chela, certainly! Every individual is a magnetic center drawing primal life from the One Source, qualifying that life, giving it form and sending it out into the world as either light (harmonious, pure, beautiful vibrations) or as darkness (inharmonious, destructive, disintegrating vibrations). It is the capacity to draw forth from oneself first, and then from others, energy harmoniously qualified, which expands the light of the world.

CHELA- Beloved Master: How can a chela consciously induce such release of harmonious energy from others?

GURU- Blessed chela: The chela has the capacity to create the conditions which stimulate the response of the Immortal Flame of God in every man. For instance, a kind, encouraging, interest in the welfare of a man causes the soul of that man to emanate a vibration of gratitude, enthusiasm, faith, and love. This constructive radiation from such an individual makes an aura of light around him and he becomes a focus through which the light of the world expands. Whatever a chela does to make his fellowman more comfortable, happier, or more secure, expands the light of that fellowman and contributes to the light of the world. Conversely, whatever a chela does to plunge the soul and consciousness of a fellowman into despair, discouragement, or distress, stimulates the release

of dark clouds of misqualified energy and adds to the shadows of the planet. Thus, practically, the light of the world is expanded by the development of personal and universal kindness toward those who hold within their hearts the spark of Divinity. To kindle that spark, one must be practically kind.

CHELA- Beloved Master: Therefore, it would seem that every man has opportunity (no matter how small his personal orbit), to create greater happiness in the lives of those around him in his family life, his business world, his religious association, or his civic group.

GURU- Blessed chela: You have spoken truly. Many have taken the admonition to expand the light of the world too abstractly. Each human heart is like an electric light bulb which must be consciously connected with its Source and then illumined from within. The true feeling of divine love, understanding, tolerance and interest stimulates the potential light within the bulb (heart), helps the individual to reach toward his own Source, and ultimately causes that bulb (heart) to blaze with its full light.

CHELA- Beloved Master: Cosmically speaking, do not the group activities also help to expand the light of the world?

GURU- Blessed chela, certainly! Through the group activities the invocation of the purifying radiation of the Sacred Fire removes pressures of destructively qualified energy from the atmosphere of Earth as well as from the auras of individuals, making it possible to more easily reach the "hidden spark" of Divinity within each heart. However, just the service rendered in the group activities is not enough for the full development of the student. He should purify his individual world, develop feelings of solicitude for the needs of others and a desire to help to fill those needs, as well as learning how to live harmoniously with his

fellowman at all times. This is essential to cultivate that spark of Divinity and make of it a Flame which lights the aura of the individual. As all these auras are lighted by happiness, peace, harmony, beauty, understanding and love, you shall see the entire Earth "alight" as Freedom's Star.

CHELA- Beloved Master: Your instruction, then, points us toward the limitless opportunity of creating light in our present environment by lighting the feelings of others?

GURU- Blessed chela: True. However, as you are about your Father's business, tell no man. Thus, you will avoid the rebellions of the outer selves of others which is a vibratory action of darkness and which would defeat your purpose. Every chela can perform those acts; speak those words; radiate those feelings in his own world, which make the individuals around him happier and more harmonious. Wise is the chela who renders this service unostentatiously and thus becomes the Cosmic "torch" that kindles the sparks in his fellowmen without acknowledgment and acclaim.

CHELA- Beloved Master: Some people do not respond to overtures of interest, kindness, solicitude, and love.

GURU- Blessed chela: That is not true. If the overtures are made through effort of human will, and do not carry the real feeling of interest and love from the heart of the chela, the soul of men instinctively recognizes such endeavors as "sounding brass and tinkling cymbal". When the chela's heart is stirred; when the sincerity of his purpose is to truly stimulate the light (harmonious vibrations) through another, he need not even speak but his own aura will be a pressure of loving energy which can and does raise those about him into harmonious expression. Try this and see the truth within this counsel.

THE GURU AND THE CHELA
By the Ascended Master Kuthumi. *The Bridge*
to Freedom Journal. January, 1956.

The Wisdom of Holding the Silence about Inner Promptings.

CHELA- Beloved Master, there are so many beautiful ideas and promptings which I feel come from my own "I AM" Presence that I do not seem able to externalize. Can you explain why there is this difficulty between inspiration and manifestation?

GURU- Blessed chela: As the student progresses upon the Path and removes the obstructions to clear reception of the directions from the "I AM" Presence, many subtle tests arise. One of these is the often unrecognized "spiritual pride" that desires to impress one's fellow travelers upon the Path with the knowledge, contact, directions, and impressions which are claimed to be from either the "I AM" Presence or from an Ascended Being. Some of these impressions are truly Divinely inspired. Others are pressures from the inner vehicles of the student which desire expression through the personality. This point on the Path requires the exercise of discrimination, discretion and constant alertness against those promptings which seek to aggrandize self. If the promptings are from the Divine Realms, the student is wise to keep the precious instruction locked within his heart until he can manifest an expression of that prompting. Then he will have no need to make claims, for his works, not his words, will proclaim his association with Divinity.

CHELA- Beloved Master: What is the best way to divine the nature of such promptings?

GURU- Blessed chela: Good common sense will tell the individual whether the promptings and inspirations, when activated, will help the development of the higher nature through the personal self or help mankind at large. If there is no selfishness in the idea, wise is the chela who begins the activity of precipitating that idea into the world of form and who follows the admonition of the Master Jesus to tell no man.

CHELA- Beloved Master: Is it not wise to share beautiful experiences and so enrich the lives of others?

GURU- Blessed Chela: The scientific law of precipitation requires the conservation of energies on all levels in order to have a perfect manifestation. The dissipation of emotional, mental, etheric, or physical energies in talking about an undeveloped idea, greatly hinders its progressive course toward manifestation. If the chela, receiving a Divine idea, were to mold that idea into a workable, practical form in the mental realm and constantly feed that mental form with loving feelings of accomplishment, it would soon descend to the Etheric Realm. Then it would be a short step to clothe the etheric form in the atoms of the physical appearance world and manifestation would occur. However, besides the dissipation of the individual's own mental, emotional, etheric, and physical energies which takes place in discussing a project upon which he is working, the individual invites the disintegrating forces of doubt, jealousy, and unbelief from the consciousness of those to whom he confides his plan. These forces drive into the mental picture; the emotional certainty of accomplishment; and into the delicate etheric substance that is clothing his form in preparing it for manifestation. This makes an unnecessary "battle" for the chela to "follow through" upon the inspiration received, without having the "cold water" of other consciousnesses thrown upon his plan.

CHELA- Beloved Master: How can we inspire others if we cannot share with them our inner experiences of beauty?

GURU- Blessed chela: The greatest possible inspiration is in manifest works. All the words in the world will do little but stimulate the mental bodies of others to study and endeavor to find the true Law themselves. The chela who has a Divine experience and the tenacity of personal energy to draw from that experience a manifest expression of beauty, is the most wonderful inspiration to all about him.

CHELA- Beloved Master: Is it right to tell of an experience after manifestation has occurred?

GURU- Blessed chela: Certainly, if the motive for that telling is to help another child of God to greater understanding. If the motive is to build up the ego and personality of the one who has had such a manifestation, the Law will automatically remove future experiences of like victory from the one indulging in spiritual pride, no matter by what name the chela chooses to call it.

THE GURU AND THE CHELA

By the Ascended Master Kuthumi. *The Bridge to Freedom Journal*. May, 1956.

(Note: As this subject is so pertinent at present, I offer my column to this article inspired by my humble self through the Curtis' personality long ago.)

Excerpts of Instruction on "The Memory of Past Lives"
(from *Voice of Isis* by Curtis, written in 1914)

- The memory of past lives is given not for amusement, nor to satisfy vain curiosity, but to inculcate a needed lesson. The destiny of each Soul is ultimately to take its proper place in the Divine Plan. All follows an exact law. Remembrance only comes when the Higher Self sees that the personality is ready when the physical brain has been trained to vibrate to some extent in response to the will of the Higher Self.

Many ask: "Why is not the memory of past lives more common?" There is a deep reason for this. In our evolution we have passed through many sad and embittering experiences which, if remembered, would so depress our spirits, so discourage and hamper us that we would make little progress. Also, did we remember who we were and who our present companions were, in many cases we would find it so hard to forgive the injuries; so hard to forget the troubles we had passed through in connection with them, that our spiritual growth would be retarded. Since the Law, acting as Karma, demands perfect compensation or adjustment, one great object in each new life is to readjust the mistakes of the past. When an opportunity to do so comes to us in this life, if we could remember all that had passed it would be far harder to "Love your enemies, do good to them which hate you, bless them that curse you and

pray for them which despitefully use you." Hence it is in love and wisdom that the knowledge of past lives is withheld.

Many think that could they remember who they were in the past it would be all joy and wonder. However, in the majority of cases it would be a bitter disappointment and a sad, depressing remembering. Therefore, we shall never be permitted to remember our past lives until we have advanced beyond the point where the grieves, the ills and the unkindnesses done us can affect us; make us worry or become discouraged and thus retard our progress. We shall not remember until we have gained that poise which nothing can disturb; until we have become centered in the thought that to manifest Divine Love is all there is worth striving for.

Most souls find the memory of the trials and sorrows of one life as much as the personality can bear; therefore, the complete remembrance of all it had endured in its many lives would tend to crush it. It is memory that haunts; that drives to insanity. No one day can hold enough sorrow to dishearten utterly the personality; it is the accumulated burden that overwhelms. A most important lesson to learn is to put from you all that is past. Live in the present. "Let the dead past bury its dead." Until the soul has learned that what is passed is registered within the Real Self as a lesson learned, a needed experience gained and can let it go not being crushed by its memory; until the personality shows its strength of character by not brooding over mistakes; until it has exemplified this stability in its present life, its Heavenly Father, in loving mercy, draws a veil over the memory of previous incarnations. When it can bear without flinching or shrinking, the memory of the sorrows of one life, it will be ready to bear a more extended memory.

Another reason why we do not remember is that at each incarnation the soul clothes itself in a new body, the brain cells of which have never responded to the past conditions and only when the brain is capable of responding to the memory stored up in the Higher Self, can that memory be impressed upon the waking consciousness. In other words, the personality, per se, cannot remember the past because it has experienced but the present life. Another reason is that many, many of our lives have been so commonplace or trivial that they have registered little of value in the Real Self; hence have little of importance to remember. For out of each life, it is only those experiences and those lessons which have made for soul-growth that are immortalized by being registered in the Real Self. Only good is immortal; evil is but transitory.

The memory of a past life is often awakened by reading about or seeing the picture of some historical character. This arouses a consciousness of having lived at that time or in that place, or perhaps, that the reader was himself the character mentioned. This is apt to give rise to ridicule, for many upon whom the memory of past lives is dawning seem never to have been anything but kings and queens, or notable characters in history. There is a reason for this for, like most mistakes, it is rather a misunderstanding or misapplication of the remembrance than a deliberate attempt to deceive. It is a result of ignorance of the Law. In such a case the probability is that the person did live at the period remembered, and perhaps took a prominent part in the events enacted, but he was not necessarily the principal character. The feeling of peculiar sympathy or aversion that one feels in such a case is precisely what he felt at the time of the event. In the past he may have been deeply interested in the characters under consideration, and fond of imagining himself in their place. Thus, when the attention

is turned to those old times it awakens the old currents of feeling and he thinks he actually was what in the past he had wished to be. Often there is another explanation. The noted personage may have stood out as the keynote of his time and the circumstances that produced his eminence were lessons that many other souls learned. In fact, the leading character enacted the drama for all the lesser personalities belonging to the same group, and all learned the lesson through the one.

For example, through the action of Abraham Lincoln the whole nation learned that slavery should be and could be abolished, and the lesson was impressed more or less deeply on each soul according to its sympathy or activity in the matter; but only Abraham Lincoln actually freed the slaves. He could not have done this, however, without the aid of the thought-force of the Nation. He was the Executor of the Will of those who thought freedom!

Every character in history had many persons who belonged to the same group, to the same Nation, who were carried along in evolution by the same current; who learned by the failure or profited by the success of that character. As the soul at first remembers only the most important events, personages and lessons impressed upon its consciousness, when that memory begins to be awakened it is natural for it to think it was the central figure.

There are hundreds who are sure they were Mary, Queen of Scots; hundreds who were Martin Luther, Julius Caesar, Cleopatra, Helen of Troy, etc. If they understood the Law, however, it would be quite easy to determine whether or not they were the great personages whose names are given. A careful study of the character (physical, mental, emotional, and spiritual) will readily determine this. Study their mistakes and successes and try to calculate what would be

needed, according to the Law of Compensation (Karma), to overcome the mistakes or reap the rewards. Study their mentality and your own and know well there is no retrogression. There are ups and downs that may seem like retrogression but they are like the ups and downs of a gravity railway; the downs are always above the level of the starting point. A personage of historical prominence may at this time be incarnated in a very lowly station, but he will still have the same characteristics that made him great, and the important lesson learned in the prominent life will be indelibly impressed upon his present personality. If he were the Central Figure of the group, either for good or evil, he will always be a central figure, no matter in what walk of life he may incarnate. An Abraham Lincoln might incarnate as a plough-boy where conditions made education and culture almost impossible, but he would always have the ability of a Lincoln to master conditions.

The general rule is that, after one has cultivated his mental faculties and developed his brain to a high degree, he passes through an incarnation devoid of all chance for education. This is, firstly, to give him an opportunity to develop his heart qualities; and, secondly, to prove how much of the former culture he has really assimilated. No one can prove his character unless he is forced to depend on his real inner powers. Hence, no matter what the gain has been in the past, whether toward physical, intellectual, or spiritual perfection, he must, of necessity, pass through an incarnation where all outward helps toward the things attained are lacking, that he may prove himself.

When one is told that in the past, he was some great personage, it is wise to look up the history and customs of the time indicated and search for any glaring discrepancies between his own character and the character of the person under consideration. If discrepancies are found they

indicate error somewhere. For example, if a woman is told that she was an Egyptian Priestess, a glance at history will show that the Egyptians admitted only women of high rank as Priestesses, while there were many women attendants, nuns, etc. The Priestesses were specially trained to transmit the deepest Mysteries, hence unless the person making the claim can prove that she possesses such powers today she probably was merely an attendant, or perhaps a nun whose great ideal was to become a Priestess. A woman who today possesses no independent psychic power could scarcely have been an Egyptian Priestess, for such gifts once gained are never lost. Thus, an exceptional woman might have been an Egyptian Priestess but, if so, she would today display the characteristics which enabled her to hold that high office. This will show how easily psychic messages can be confused and how absurd it makes one to repeat them without verifying them. While such discrepancies do not always mean that the one giving the information has misled him, yet under such circumstances, a careful investigation of the message, and a consideration of its source, is advisable.

Absolute obedience to the Higher Guidance is required of all who would do the Master's work, but such guidance never violates common sense and even the vow of obedience is never required until the pupil, through repeated experiences, has learned to have implicit faith in his Guidance.

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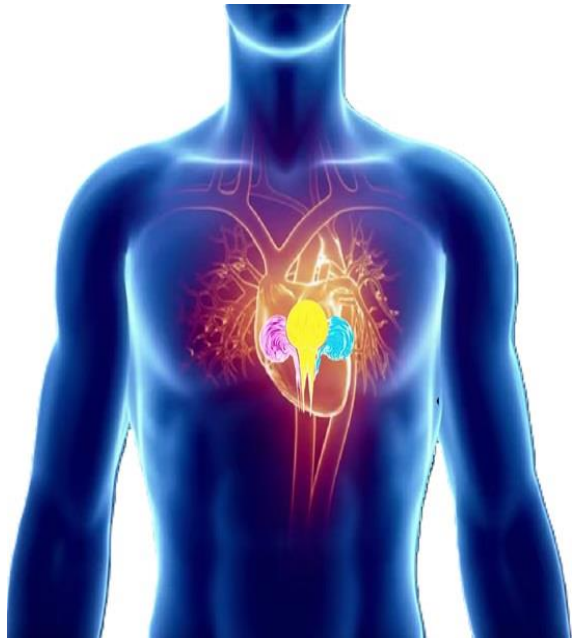
The Sacred Fire

CHELA- Beloved Master, what is the Sacred Fire mentioned so often by the Masters?

GURU- Blessed chela, the Sacred Fire is life consciously qualified by some God Intelligence with a specific virtue, radiation and activity which is beneficial to evolution.

CHELA- Beloved Master, where is the focus of this Sacred Fire?

GURU- Blessed chela, within your own physical heart is a focus of the Sacred Fire, which is an Intelligence, qualified by the God-parents who created you. Within this Threefold Flame within your heart is a spark of every God virtue, radiation, and activity which you can develop, nourish, expand, and utilize practically in your



every experience. Also, there are foci of the Sacred Fire in the Retreats of the Masters in this physical appearance world, at Inner Levels and, of course, in the hearts of all God-free Beings.

CHELA- Beloved Master, how can a student tune into the greater foci of the Sacred Fire which the Masters and Angels have developed?

GURU- Blessed chela, an individual can tune into the FEELINGS, ACTIVITIES, VIRTUES, AND RADIATIONS of the Ascended Masters by turning the attention toward any one of these Beings. Along the beam of your own life (attention) the momentum of the Masters and Angels flows back into the Sacred Fire in your own heart and begins to expand that same virtue, quality, radiation, and activity through your own physical, etheric, mental, and emotional bodies. It is a splendid practice to develop the latent God virtues which are within your own "Spirit Spark" (the immortal Three-fold Flame of life within your beating heart).

CHELA- Beloved Master, can this Sacred Fire be contacted and seen in the physical world?

GURU- In times past, when mankind was purified, the Sacred Fire was visible to the physical sight of all mankind. Various specialized, qualified foci of the Sacred Fire have been drawn into the physical world and the very sight of These magnificent Flames gave faith, courage, confidence, and strength to the devotee seeking added assistance through pilgrimage to the foci where the Sacred Fire was established. These days are to come again. They are a part of the New Golden Age, when Temples of the Sacred Fire will be erected and certain dedicated lifestreams will magnetize and sustain the Presence of the Sacred Fire so that all who so desire may have the blessings of their radiation.

CHELA- Beloved Master, presently, the Sacred Fire is not visible to the student except on rare occasions. Why is this so?

GURU- Blessed chela, this is so because man has created about himself a shell (aura) of slowly moving energy and, looking through his own atmosphere, he is unable to perceive the glory of the Kingdom of Heaven, which beloved Jesus said IS AT HAND. Also, the present students have not drawn through their flesh bodies the luminous rays of their own Immortal Threefold Flame. This too will be done in the future and every chela and student will be a manifest Temple of the Sacred Fire through self-luminosity of the flesh and the glorious aureole of color in the aura. At present, mankind is so intent on leaning upon outer form, that the tendency would be for him to turn toward the visible Presence of the Sacred Fire outside himself rather than turning to the focus of the Sacred Fire inside his own heart. This would result in a delay to his individual progress made possible by his consciously and persistently turning back into the Flame within the heart. This latter procedure stimulates the soul evolution which we seek to develop.

CHELA- Beloved Master, does the Sacred Fire have more than one form of expression?

GURU- Blessed chela, the Sacred Fire has many forms of expression, dependent upon the specialized virtue, activity, and service which it is to render. It is one reason why our Lord Maha Chohan has been teaching you to create "forcefields," specialize upon one activity of Cosmic Service, and generally prepare yourselves to be guardians of a specific focus of the Sacred Fire, whether it be protection, healing, mercy, illumination, faith, comfort, love or any other God virtue and God activity.

CHELA- Beloved Master, how can a sincere student find his way into the Sacred Fire within his own heart?

GURU- Blessed chela, again, I repeat, through attention upon this Focus; acceptance of its reality; invitation to its

Presence to act through the outer self and sincerity in invoking the Masters and Angels who are specialists in that particular virtue which the student or group desire to magnetize and radiate for the blessings of all life.

CHELA- Beloved Master, is the focus of the Sacred Fire within us "the Secret Place of the Highest" referred to by King David in the Psalms and is it the "Kingdom of Heaven" which Jesus taught is within us?

GURU- Blessed chela, truly you have spoken. In all religions, the spirit of God is thus referred to, although perhaps, it is in different terminology; also, that spirit is always spoken of as being anchored within the heart of each one's being.



(Note: "Guru and Chela" simply means "Master and student". However, may we point out here that a "chela" is much more than a mildly interested reader and seeker after Truth. "Chela" implies an individual who is wholly dedicated to the Masters' Cause and service and worthy to be entrusted with more than ordinary power and assistance from the Ascended Being.)

THE GURU AND THE CHELA

By the Ascended Master Kuthumi. *The Bridge to Freedom Journal*. July, 1956.

As the beloved chelas are interested in developing my humble explanation of the efficacy of the breathing exercises as presented in "The Bulletin" during the month of May 1956, I have been given permission to offer my column this month to an elaboration upon the initial instruction. This added instruction will assist those desiring to use these breathing exercises with more efficacy. I present such directions as prepared by Our beloved chela, Mrs. Ekey, to those who choose to avail themselves of it.

Kuthumi

On the Mastery of the Four Lower Bodies Through Rhythmic Breathing. Frances Ekey. May 5, 1956.

Through the control of the breath, the Beloved Master Kuthumi has told us, there can be drawn healing for every cell of the physical and inner bodies, all diseases (including cancer and leprosy) can be so healed. This rhythmic breathing and breath control is one of the first steps to complete mastery of the individual's world, for it allows the Holy Christ Self, through the expansion of the Immortal Threefold Flame within the heart, to purify all the energies in the physical, etheric, mental and emotional bodies. As the Beloved Maha Chohan points out in his wonderful discourse given on Holy Thursday, March 29th, 1956 (which discourse has been published in the June 1956 "Bridge"), at first, whatever body has been having its own way with our energies up to this time will probably attempt to rebel when this practice is first started. Therefore, it might be well to just take five (5) minutes regularly, three

times a day and, after a week or so, increase the time given to this exercise if the individual wishes to do so.

Preparation

First of all, the student should either sit or lie down in as quiet a place as possible, making very sure that he is undisturbed during the time he is giving to this exercise. Regularity of experiment is of the utmost importance for, in rhythm of continuity, the individual gains strength of purpose, dexterity of action and confidence in ultimate accomplishment.

Consciously see the Immortal Threefold Flame within the heart expand until it is much larger than the physical body (at least filling your Tube of Light which is about 9 feet in diameter.) This Three-fold Flame is composed of three "plumes" of dazzling light substance, the Gold plume in the center; Blue to the left and Pink to the right. These should be pictured as good, true, bright shades of these colors. The more brilliantly they are pictured the more powerfully they will act. The Flame should extend at least 3 feet below the individual's feet and about 3 feet above his head, the physical body being held within the center of the Golden Plume. Then see the "Golden Man" (the Christ) within the heart (released from his airless cell) arise and completely fill the physical form, thus giving the Holy Christ Self complete possession and control of that form. (In the case of the embodied Angels who have come from the Great Central Sun, the "Golden Man" within the heart would be a White Fire Being. If this is the case, then expand that White Light, do you see?) To expand this Immortal Three-fold Flame in, through and around one, use the statement:

"O, Thou Beloved Immortal Three-fold Flame of Eternal Truth within my heart - EXPAND and DO THY COSMIC WORK!" Say this, 3 times, with FEELING, knowing it has

been waiting for centuries (since we first forgot its Presence within us) to obey your commands for its expansion, bringing your world into Divine Order through Divine Love!

Picture this large, blazing Immortal Three-fold Flame around the physical body, call directly to your own Electronic Presence, the "I AM" and say:

1 2 3 4 5 6 7 8

"I AM" inbreathing the Plan Divine fulfilled from my Beloved "I AM"

"I AM" absorbing " " " " " " "

"I AM" expanding " " " " " " "

"I AM" projecting " " " " " " "

(the above are used on the indrawn, held, outbreathed and projected breaths as we use them in the Transmission Classes and as taught in the Transmission of the Flame Books). In this exercise, particularly in the beginning, one could just do the above 4 statements once and once for each set of the following: After the above then take

1 2 3 4 5 6 7 8

"I AM" inbreathing the full accumulation of all the good in my Causal Body

"I AM" absorbing " " " " " " " "

"I AM" expanding " " " " " " " "

"I AM" projecting " " " " " " " "

(Use the same as above statement). Then follow with:

1 2 3 4 5 6 7 8

"I AM" inbreathing the Nature of God from my Beloved Holy Christ Self

"I AM" absorbing " " " " " " " "

"I AM" expanding " " " " " " " "

"I AM" projecting " " " " " " " "

(Use as two previous statements have been done). Having done that, YOU HAVE PREPARED YOUR ALTAR OF THE SACRED FIRE by qualifying it with the FULL PERFECTION of your Three Higher Vehicles ("I AM" Presence, Causal Body, and Holy Christ Self). You have now consciously drawn the full power and authority of the perfection of your lifestream into this Threefold FLAME anchored within (and expanded from) your heart. Do you see?

Now in order to increase the power, activity and quality of any specific Virtue of the Immortal Victorious Three-Fold Flame of God within your heart, you can consciously invite the full gathered momentum of any God-Free Being to accelerate that particular virtue through that Flame within your heart by this exercise: (we have chosen the Violet Fire of Transmutation, as purification is most required by unascended beings at this hour calling into action the

assistance of Holy Amethyst, the Archaii who represents the purifying feeling of the Violet Fire).

Then, for the purification of the four lower bodies, through the Threefold activity of the Flame, see that large, expanded Threefold Flame turn COMPLETELY VIOLET - dazzling, blazing bright, the Flame in all-powerful action. See the three plumes of pink, gold and blue ALL TURN VIOLET! The more powerful you want the Flame the deeper you visualize its color and the more dazzling you picture its action.

1 2 3 4 5 6 7 8

"I AM" inbreathing the Violet Fire of Transmutation from Holy Amethyst

"I AM" absorbing " " " " " "

"I AM" expanding " " " " " "

"I AM" projecting " " " " " "

Now, the "stage" is completely set for the Purification of the Four Lower Bodies.

Consciously begin to draw into this ALL-POWERFUL VIOLET FIRE by which you are now surrounded, ALL THE IMPURITY in your EMOTIONAL (FEELING) BODY, drawing it in on the inbreath into this purifying Flame. Hold it there on the "absorbing" or held breath; (feeling it being purified in that furnace of Sacred Fire). Then breathe that purified energy out again into the emotional body on the "expanding" or outbreath and PROJECT its purification out into the atmosphere around you and into the

Transmission Flame which is constantly encircling the Earth during the period of its 30-day service each month.

We suggest the following statement to be used for indrawing the impurities of each body (in turn) as that substance is drawn into the Sacred Fire (whatever Flame is used):

1 2 3 4 5 6 7 8

"I AM" inbreathing for purification all the energy of my feeling world.

(On this statement, feel it drawn in)

"I AM" absorbing for purification all the energy of my feeling world

(On this HELD breath, FEEL it purified)

"I AM" expanding this purified the energy and Christ perfection into my feeling world.

(Here, see that energy returned to your feeling world crystal pure)

"I AM" projecting this purified the energy and Christ perfection into my feeling world.

(Now consciously project it into the atmosphere around you, to be instantly picked up and carried away on the Transmission Flame to add to the Light of the world.)

Then take the impure energy of your MENTAL BODY in the same manner, using the same technique as that suggested for the emotional body. After that, do the same for the ETHERIC BODY and then the PHYSICAL. As we said above, in the beginning, it is best to stay with this practice about 5 minutes at a time. The time can be increased as the individual gets more and more accustomed to managing the breath and the bodies begin to realize that

they have met their Eternal, Loving but Unyielding Master at last!

Of course, one may use the Threefold Flame in ANY COLOR he wishes, according to the quality he desires to charge into these four lower bodies. We used Violet because of the great need for transmutation of the impure energies there. Beloved Saint Germain said years ago that today, about 90% of the energy of the unascended individual's world is qualified with discord! For that reason, we suggested the Violet Fire FIRST!

However, if one wants to charge these bodies with TRUTH, for instance, of course that Flame would be colored in the individual's "mind's eye" with a beautiful shade of Chinese Green. If Divine Love is desired, color the Flame a beautiful shade of pink and so on; blue for energy, power and faith; dazzling white for purity; crystal (iridescent) for resurrection; yellow for illumination; gold for peace and ministration of blessings to all. The deeper the shade and the more dazzling the color used, the greater the power drawn through that particular Flame. The technique is the same for all the Flames, just change the color of the Three-fold Flame in, through and around the body to render the desired service of qualification.

THE GURU AND THE CHELA

By the Ascended Master Kuthumi. *The Bridge to Freedom Journal*. August, 1956. Using Your Already Present Powers of the Sacred Fire.

CHELA- Beloved Master: so many conditions arise wherein I seem to find myself helpless before circumstance. How can I remedy this?

GURU- Blessed chela, the old adage "Behold I send my Messengers before me to prepare my way" is still true.

CHELA- Beloved Master, who and what are these Messengers?

Guru: Blessed chela, you have been taught that within your heart is the Immortal Threefold Flame of God, the embryonic Christ Self. This Flame has two specific powers: one to magnetize and invoke the radiating assistance of Divine Beings; the other to direct and send forth before you the powers and very Presence of these Beings to prepare your way. The "type" of Messenger which the King or man of power sends before him will determine the happy accommodations and reception of the King himself. It is likewise true of unascended beings. If one chooses an unworthy representative, the resultant reception will be based upon the consciousness and preparation which such a one receives. On the other hand, if the King sends a man of intelligence, wisdom and loyalty, he will receive the welcome to which he is entitled.

CHELA- Beloved Master, is it not selfish to call Messengers from Divine Heights to make our pathway clear?

Guru: Blessed chela, remember in service even Divine Beings grow in grace. They love to be called and the type of

Ascended Master, Angelic, Seraphic or Cherubic Guard who will answer your summons will be determined by the requirement of your assistance; as well as by your faith in your invocation of their Presence.

CHELA- Beloved Master, how do I make such a summons on the Heavenly Host for assistance?

Guru: Blessed chela, First: By learning through study who these Messengers are and what they can do for you; Second: By believing they can help you (Faith in their Reality); Third: By recognizing that within the Immortal Three-fold Flame in your own heart there is a POWER to draw them to you and to allow their full gathered momentum and power to radiate the God-quality of perfection, letting that flow into and through your own Immortal Flame at your direction. The help which you thus draw forth from these Beings will follow a consciously directed beam of your attention to the person, place, condition, or thing you desire raised into harmony, balance and peace.

CHELA- Beloved Master, after a chela understands that these Beings ARE, what is the next step in enlisting their aid?

Guru: Blessed chela, every Ascended Master and Member of the Angelic Host hears the slightest call (prayer, decree, invocation) from man. They are Beings of Mercy, Compassion and LOVE. They will answer by their Presence and radiation of perfection. This increases the power of the individual (through his own Immortal Three-fold Flame) to direct the full gathered momentum and actual Presence of these Beings toward the conditions requiring assistance. From the Master Presences so invoked, as well as by the radiation of centrifugal force from the individuals thus expanded Immortal Three-fold Flame of God, SUBSTANCE

flows in a directed ray to the person, place, condition, or thing to be prepared by the "Messengers" qualified with faith, understanding, love, purity, consecration to service, desire to minister to mankind, or purification through the Violet Fire. Thus, when the chela arrives, these wise Messengers already have prepared the perfect atmosphere and conditions into which the hopeful chela may safely walk. If, however, the individual only uses outer thoughts (also energy) of fear, dread, disappointment and distress as his messengers, they too will act. So, the place to which he goes will be prepared according to the type of messenger which he consciously chooses to be his ambassador. Every unascended being has some experiences of a human nature to handle. He may try to handle them through his outer personality but the efficacy of employing the Messengers of God who assist him in the development of the potential positive qualities that lie within himself is much more efficacious and permanent in results. This builds a confidence in the Christ within, as well as in the Masters willingness and ability to assist all who call; to develop that Christ power and, in general, to handle all discordant energies by a "Higher Power", call it what you may.

CHELA- Beloved Master, we encounter the timid, uncertain, vacillating individual who cannot seem to accomplish anything because of his very nature. On the other hand, we sometimes encounter the over-positive individual who accomplishes temporary victory over others by means of mere humanly qualified force of energy. What is the "happy medium"?

Guru: Blessed chela, in both the above cases, the personality is working only with the outer consciousness. Jesus himself said: "I, of myself, can do nothing... it is the Father, the Christ within, that doeth the works". When the individual truly can accept and know that the Presence of

God "I Am" is anchored within his beating heart, he allows that PRESENCE to connect with the Father or any of his Ascended Messengers and then allows the POWER of such a spiritual alliance to expand through him and to do the perfect work. Consciously or unconsciously, the personality endeavoring to work alone accomplishes little of a permanent nature and, sooner or later, such a one is brought to his knees before the only Power through him which can and does serve when invited, invoked and allowed to act.

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to Freedom Journal. September, 1956.

CHELA- Beloved Master: What exactly is **the Causal Body**?

GURU- Blessed chela, the Causal Body is the forcefield (aura) created around the individual's "I Am" Presence.

CHELA- Beloved Master: How is this Causal Body created?

GURU- Blessed chela, when the individual "I Am" Presence is projected from its God Parents, an individualized focus of the Immortal Victorious Threefold Flame of God is created. This Individualized Focus has the potential powers of the God-Parents, i.e. It can think, feel, create from primal life that which it desires through the use of freewill. The attention of the "I Am" Presence thus created magnetizes primal life from its Source and directs this primal life into some type of constructive activity. The result of such direction (acting on the Law of the Circle) returns to its Creator and Director and becomes a qualified radiation and virtue around the "I Am" Presence.

CHELA- Beloved Master: Are all Causal Bodies alike?

GURU- Blessed chela, no! Each individual "I Am" Presence uses the prerogative of freewill and engages in different experimentations with the use of life in the Seven Inner Spheres. The size of the various color bands which form the Causal Body is determined by whatever type of endeavor has taken the most energy, attention, time, application, and service of the individual "I Am" Presence. The largest band of color (representing one of the virtues of God) determines to which Ray the individual "I Am" Presence belongs.

CHELA- Beloved Master: After physical embodiment has taken place, can the personality then created contribute to this Causal Body?

GURU- Blessed chela, yes. All endeavor, secular and spiritual, involves the use of energy. This energy, qualified by some specific constructive endeavor, rises and becomes a part of the Causal Body of the individual, even when he is out of physical embodiment, or sojourning at inner levels between embodiments.

CHELA- Beloved Master: Of what use is this Causal Body at Cosmic Levels?

GURU- Blessed chela: As it forms a battery of energy around the "I Am" Presence of each lifestream which energy is already qualified and charged with perfection, the Causal Body can be and is used by the Presence as a momentum upon which that Presence draws to direct and focus its Rays at Cosmic, Ascended Master and Angelic Realms, thus helping in the activity of Cosmic Creation. The more energy qualified constructively, the larger the Causal Body of the "I Am" Presence and thus the greater pressure of radiation is created which forms the drive behind the Rays sent forth by that Presence.

CHELA- Beloved Master: Of what use is this Causal Body in the physical appearance world?

GURU- Blessed chela: The momentums of faith, wisdom, love, purity, concentration, ministration or invocation in the individual's Causal Body qualify the unascended being to serve in the progress of the race along some specific line. The release of the full, gathered momentum of the Causal Body through the physical, etheric, mental, and emotional bodies of the unascended lifestream is the purpose for the service of the Maha Chohan particularly.

CHELA- Beloved Master: How can unascended individuals release the good of their Causal Bodies for practical use?

GURU- Blessed chela: First, by cognizing the fact that these momentums are already gathered around his own "I Am" Presence.

Second, by desiring to purify the four lower bodies so that the "I Am" Presence can and will release the gifts and powers of the individual's Causal Body through the Christ Flame within the heart.

Third, by actually cooperating in such purification by the use of the violet fire of transmutation and the kind services of Astraea, Lord Michael, the Elohim of Purity and all who are concerned with purification of the outer self.

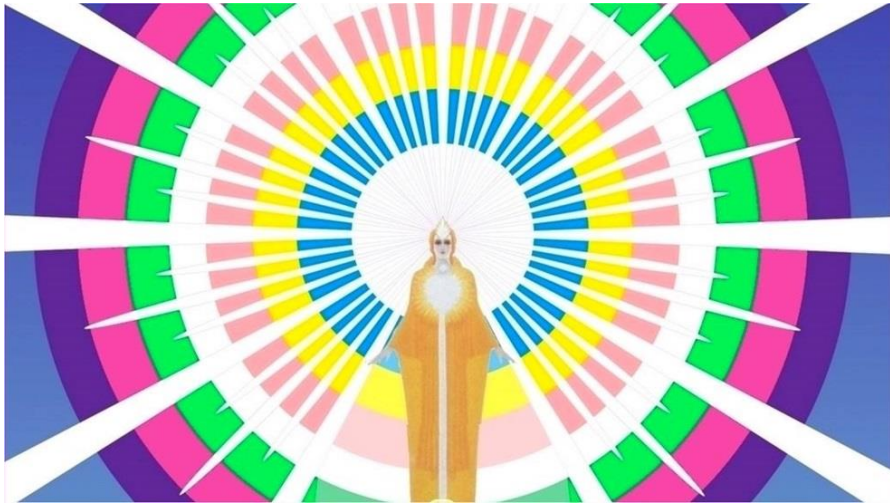
Fourth, standing alone in the privacy of one's own room and raising the arms to form a cup of the upper part of the body, dynamically "charge" all the good of the Causal Body into the physical, etheric, mental and emotional bodies for the use of the outer self, to give greater blessing to all the life he contacts. The activity of "doing something" with the upraised hands, gives confidence to the outer self when dealing with so called "invisible powers". Quickly bringing the hands down, allowing them to be conductors of the gifts of the Causal Body, in, through and around the individual, gives this sense of confidence.

CHELA- Beloved Master: How can the individual know what particular momentums are gathered in his own Causal Body?

GURU- Blessed chela, this is not necessary. As the individual truly begins to invoke the full, gathered Cosmic momentums of his own Causal Body through his lower vehicles, he will gain the feeling of the positive energy from within that glorious storehouse of all good. The intellect

here does not need to cooperate. In fact, pre-determined intellectual knowledge is rather a detriment to this application. Just know it is there. Reach up and charge it into, through and around you and the result will speak for itself.

CHELA- Beloved Master: What does the Causal Body look like?



GURU- Blessed chela, it is formed of seven concentric bands of color around the individual "I Am" Presence. It is (as I have said before) the spiritual aura of the "I Am" Presence.

CHELA- Beloved Master: Is there any other service this Causal Body can render besides helping the "I Am" Presence to cooperate in the activities of creation at Cosmic Levels and expressing itself through the outer personality?

GURU- Blessed chela: Yes, when only 51 percent of the energy of the entire lifestream is qualified with perfection and anchored within the Causal Body, it acts as a magnet assisting the individual to Ascend. Thus, it becomes the "Cause" of the ascension, from whence comes its name - the Causal Body.

THE GURU AND THE CHELA

By the Ascended Master Kuthumi. *The Bridge to Freedom Journal*. October, 1956.

“Thy Kingdom come! Thy Will be done on Earth as it is in Heaven” - Jesus.

CHELA- Beloved Master: How can we know God's Will when we must rely upon the integrity, spiritual honor and purity of unascended lifestreams who represent that Will to us in so many and varied forms?

GURU- Blessed chela: Discrimination, wisdom and understanding, all attributes of the Second Ray, must be consciously invoked from the "I Am" Presence and from Those who represent that Ray in the Ascended Master Realm. This causes the "light of illumination" to arise from within the heart, which light then permeates the mind, the feelings, and the brain consciousness.

CHELA- Beloved Master: Spiritual freedom is much stressed in the doctrines of today. How can we discriminate between the personal opinions of ourselves and our teachers, and your directions or that of our own "I Am" Presence?

GURU- Blessed chela: The measure of your teachings and also your personal promptings by comparison with the Nature of God will clearly define their origin. That which endeavors to stimulate the feelings, thoughts, actions and spoken words toward externalization of the Holy Spirit (as represented by our Lord Maha Chohan) are of God. That which even most subtly stimulates the lower bodies and the soul to personal aggrandizement and inflation of the separate "ego" is not of God.

CHELA- Beloved Master, sometimes we feel deeply, sincerely and honestly prompted to follow a course of action

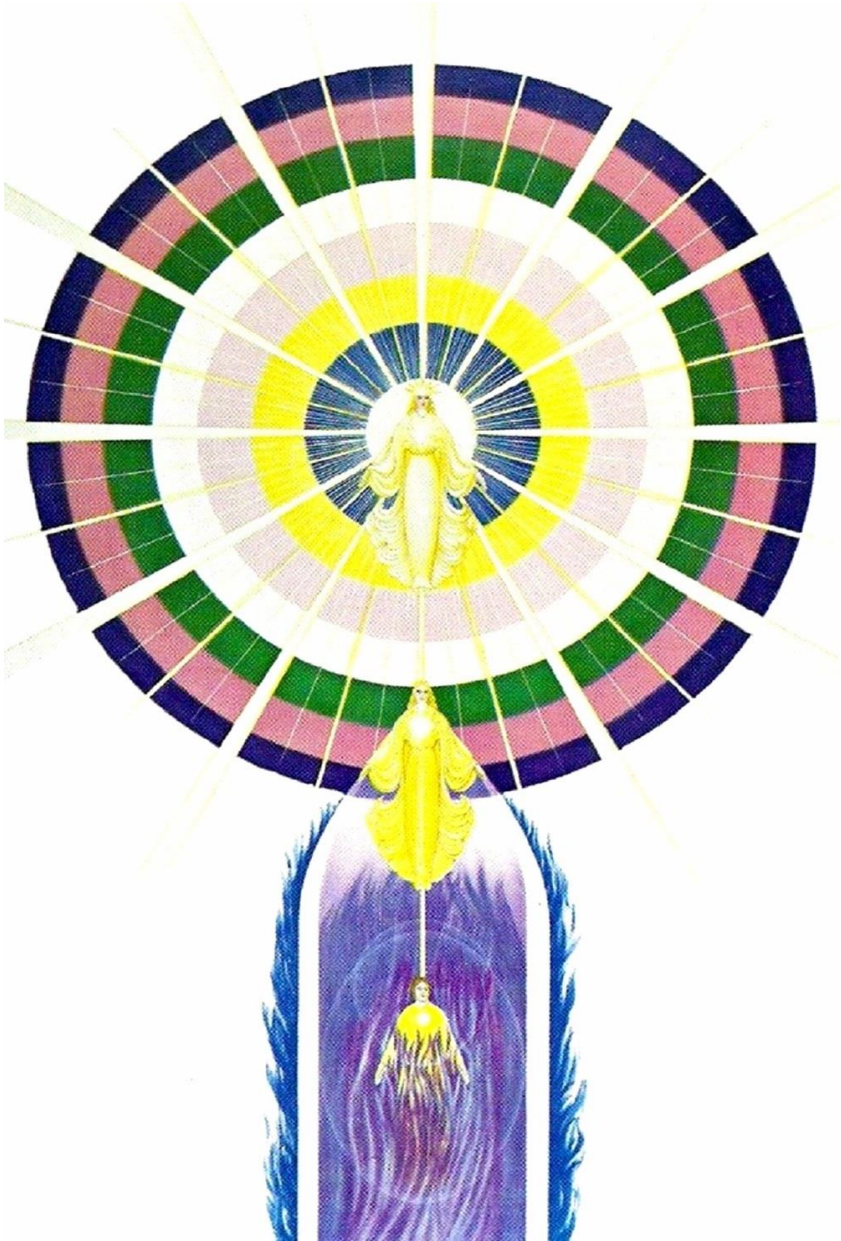
in complete variance with the Law as presented by men and women. What accounts for this?

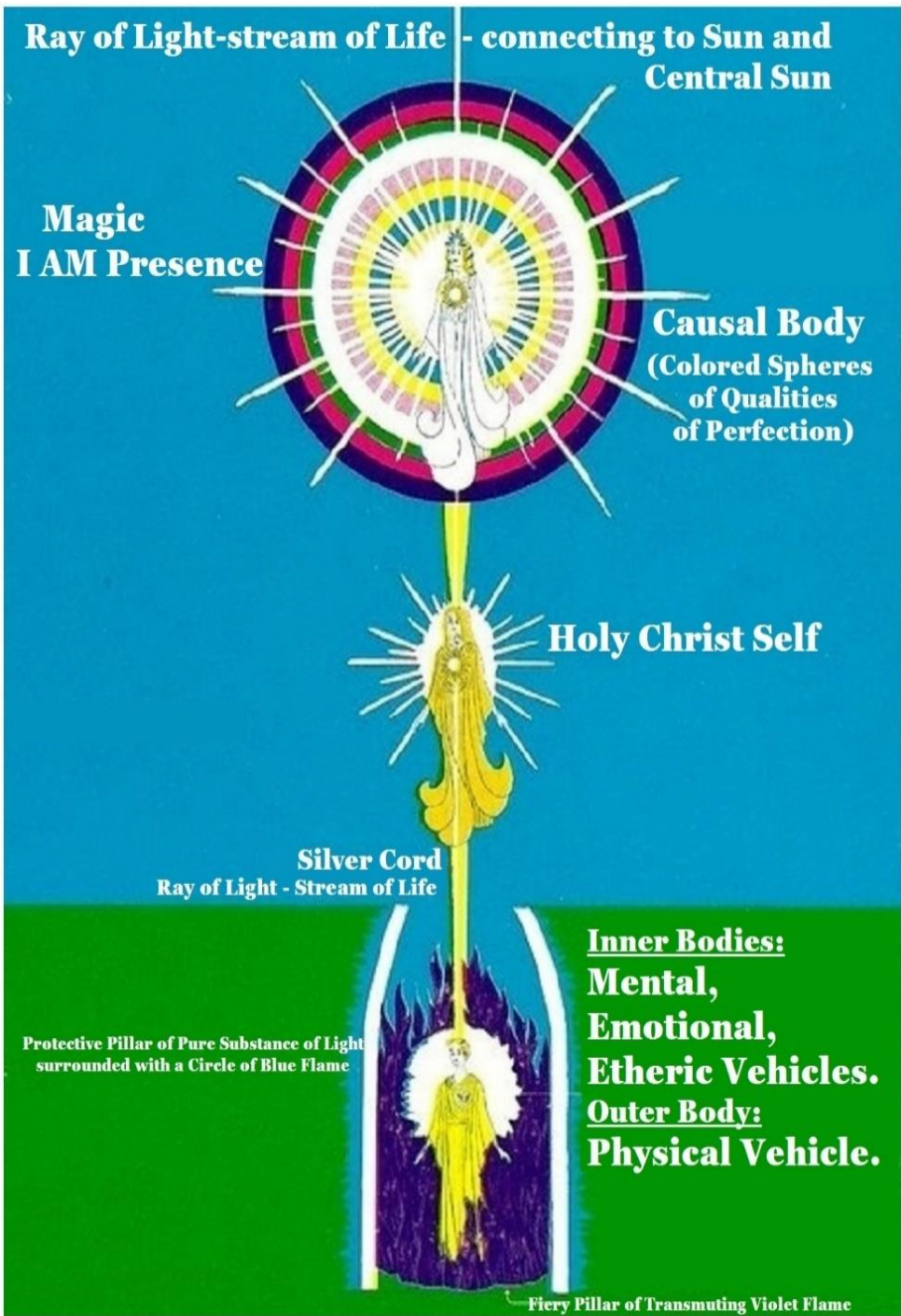
GURU- Blessed chela: First, the Ray to which you belong will cause you to have an affinity toward certain devotions, spiritual exercises, and practices; second, the far more subtle desires of the emotions, thoughts and memories of the past will seek life, continuity of expression and importance, through securing the cooperation of your yet untransmuted soul. These promptings are often not recognized as of human origin for the natural tendency of the evolving soul is to out-picture the subtle feelings, thoughts and human nature created through ages past. Examine honestly the motive behind such promptings and you will easily discover whether they are the Divine impression of the "I Am" Presence and the Ascended Host or the buried ambitions of the outer self.

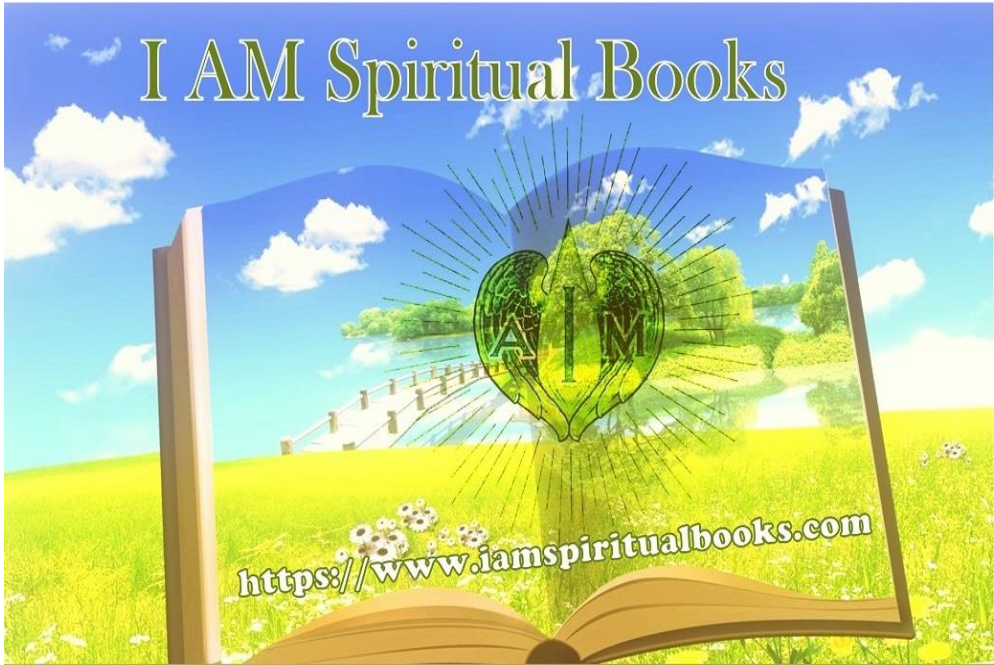
CHELA- Beloved Master, Beloved Jesus taught us to pray "Thy Kingdom come! Thy will be done on Earth as it is in Heaven!" This prayer we earnestly desire to repeat in the pattern of our lives. How can we make these words LIVE in our personal and group activities?

GURU- Blessed chela: First, you must remember the other statement of your Master Jesus: "Except ye become as a little child, ye shall not enter the Kingdom of Heaven." This means renouncing all the accretions of mental concepts; of inharmonious, suspicious, and impure feelings and the acceptance of the FATHER, I AM, as a real, a living PRESENCE! The individual must become STILL and KNOW that "I AM" Presence. Then, ALLOW IT to flow freely through the imperfectly qualified energies of the outer self. When one feels that PEACE, he is in the Kingdom of Heaven (Harmony). There is the "false peace" of personal self-justification and there is the REAL PEACE

which not only fills the individual's world but emanates from him as the light flows from the Sun. This REAL PEACE need not be affirmed, claimed nor boasted about, because in itself IT IS PROOF OF THE ALIGNMENT OF THE OUTER SELF WITH ITS SOURCE!







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