

The Three Pillars of Purpose



Saint Germain's New World®

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The Three Pillars of Purpose

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Vital Keys –

Pillar 1: *Self-Perfectionment*

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Vital Keys –

Pillar 1: *Self-Perfectionment*

The Phoenix Bird

- Ancient symbol of *Regeneration / Resurrection & Immortality*
- A very powerful Image – (Personally & Planetically)
- It symbolizes the Sacred Process of the *death* of the “Old” and the *birth* of the “New”.
- It depicts the Ever-Transcending Nature of God & Creation at All Levels – including Individual Man & Civilization.
 - Death of the lesser self to become the Greater Self / Higher Self
 - Death of a decaying civilization to become a Golden Age Civilization
 - Death of an “Old World” to become a “New World”
- Man’s true enemy is the Human Ego.
- We must surrender the Human Ego to become the Divine Ego.
- We must lose ourselves in order to find Ourselves.
- We must rise from the ashes of our former selves to become our True Selves that God created us to BE.
- “Man’s greatest achievement is to BE who God created Him to BE!” – (*Thrust of Light*)
- “Man, know thyself as God. It is blasphemy NOT to!” – (*Thrust of Light*)

Beethoven’s Symphony #3 – (Second Movement) – “Funeral March”

- Great song to depict the death of the Human Ego & the death of the counterfeit creation of the Fallen Ones (i.e., our current civilization).
- The most powerful section of the song is from 7:30 - 14:00.
- Excellent for meditating upon the Surrender of EVERYTHING within oneself (and within the world) that must be “put into the fire” so that more Magnificent Expressions of God can come forth!

Beethoven’s Symphony #9 – (Fourth Movement) – “Ode to Joy”

- One of THE most powerful songs in the history of Mankind!
- Beethoven’s *Music of the Spheres* & Schiller’s *Inspirational Poem* combine as a Timeless Masterpiece that depicts the Incredible Joy of Freedom & Victory.
- It is also a perfect song for meditating upon the “Resurrection” of the Individual & of Civilization as well as the Immortality of God’s Spirit within All of Creation.

Becoming a “Diamond”

- A diamond is a powerful physical symbol of what our Spiritual Nature must become.
- It requires **High Temperatures & High Pressures** to crystallize.
- It is the **Hardest** mineral on Earth.
- It has a very **High** melting point.
- It must be **Cut & Polished**.
- Every one is **Beautiful & Unique** – and sparkles in the light.
- God’s Sons & Daughters were all created as “Diamonds”, but many things happened over time to prevent us from embodying our “Diamond Nature”.
 - e.g., the Dark Agenda of the Fallen Ones, corrupt governments & corporations, poor parenting, poor education, poor choices, negative influences, personal karma, impurities on the Cosmic Clock, development of the human ego, etc.
- Our Souls know this Truth, for there is a well-known expression about this concept:
 - *Diamond in the Rough* – “a person of fine character but lacking refined manners or graces” (www.dictionary.com)
- However, it is MORE than that! A “Diamond” is someone who:
 - Is **Pure in Heart** (i.e., pure motives, thoughts, feelings, words, & actions)
 - Is **Balanced & Whole**
 - Is **Moral & Virtuous**
 - Is **Disciplined & Masterful**
 - Is a **Selfless Servant**
- ***The Path of Self-Perfectionment (Pillar 1)*** leads us to becoming “Diamond Ones”.
 - We can outpicture Beauty & Uniqueness as Individualizations of God and “Sparkle” in the Spiritual Light.
 - This takes place through the “high temperatures” & “high pressures” (i.e., the intense & challenging process of Spiritual Refinement) that come from working to balance karma, pass initiations, & striving to BE our True Selves – which are “pure” (i.e., free from impurities), “hard” (i.e., incredibly strong), & “cut” / “polished” (i.e., disciplined, masterful, & beautiful).
 - This will allow us to withstand exposure to everything that is NOT of God and to BE the *Pure, Strong, Sparkling* “Diamonds” that God created us to BE!
 - Genuine diamonds are expensive, but we can carry a clear quartz crystal in our pocket and/or put one (or more) on our Altar at home in order to remind us daily of our True Diamond Nature.

The Parable of the Eagle

A certain man went through the forest seeking any bird of interest he might find. He caught a young eagle, brought it home, and put it among his fowls and ducks and turkeys and gave it chicken food to eat even though it was an eagle, the king of birds.



Five years later, a naturalist came to see him and, after passing through his garden, said, “That bird is an eagle, not a chicken.”

“Yes,” said the owner. “But I have trained it to be a chicken. It is no longer an eagle. It is a chicken, even though it measures fifteen feet from tip to tip of its wings.”

“No,” said the naturalist. “It is an eagle still; it has the heart of an eagle, and I will make it soar high up to the heavens.”

“No,” said the owner. “It is a chicken, and it will never fly.”

They agreed to test it. The naturalist picked up the eagle and said to it, “Thou dost belong to the sky and not to this earth; stretch forth thy wings and fly.” The eagle turned this way and that and then, looking down, saw the chickens eating their food, and down he jumped.

The owner said, “I told you it was a chicken.”

“No,” said the naturalist. “It is an eagle. Give it another chance tomorrow.”

So, the next day he took it to the top of the house and said, “Eagle, thou art an eagle; stretch forth thy wings and fly.” But again the eagle, seeing the chickens feeding, jumped down and fed with them.

The owner said, “I told you it was a chicken.”

“No,” asserted the naturalist. “It is an eagle, and it still has the heart of an eagle. Only give it one more chance, and I will make it fly tomorrow.”

The next morning, he rose early and took the eagle outside the city, away from the houses to the foot of a high mountain. The Sun was just rising, gliding the top of the mountain with gold, and every crag was glistening in the joy of that beautiful morning.

He picked up the eagle and said to it, “Eagle, thou art an eagle. Thou dost belong to the sky and not to this earth. Stretch forth thy wings and fly.” The eagle looked around and trembled as if new life were coming to it. But it did not fly. The naturalist then made it look straight at the Sun. Suddenly, it stretched out its wings and, with the screech of an eagle, flew!



Preparing for a Twin Flame or Soul Mate

(Below are just a few tips; it is not a comprehensive list.)

Practice Good Communication

- Limit (and try to prevent) misunderstandings.
- Listen to (and try to sincerely understand) others.
- Always be courteous and respectful.
- Stay in the “Heart” – (e.g., Love, Kindness, Harmony, & Peace).
- Try NOT to speak or make decisions when upset – (e.g., grieved, frustrated, angry).
- Let one’s verbal and non-verbal communication be an excellent representation of one’s overall character.

Pure / Healthy Lifestyle

- Purify the Aura, Chakras, & Four Lower Bodies . . . one’s entire Consciousness, Being, & World.
- Purify / Balance all impure energies on The Cosmic Clock.
- Spend plenty of time outdoors in Nature.
- Eat nutritious food; Drink clean water; Breathe fresh air; Absorb natural sunlight.
- Fast / Detox regularly.
- Exercise daily.
- Get enough sleep.
- Maintain cleanliness of body, clothes, house, vehicle, and so on.

Service

- Engage in volunteer work & selfless service in the community (and beyond).
- Study “**Pillar 2**” in the next section of this website for additional information.

Spirituality

- Study Spiritual Teachings (of personal interest).
- Apply the Spiritual Knowledge that is learned.
- Practice the *Science of the Spoken Word* – (e.g., Affirmations, Calls, Decrees, Mantras, & Prayers).
- Practice Meditation & Visualization.
- Practice various types of Breathwork.
- Practice Physical / Spiritual Exercises – (e.g., Aikido, Paneurhythmy, Qigong, Sungazing, Tibetan Rites, & Yoga).

The “Great Work” of Self-Perfectionment

- Study “**Pillar 1**” in this section of this website for additional information.
 - Balance the Threefold Flame – (i.e., *Power, Wisdom, & Love*).
 - Become Peaceful, Harmonious, Loving, Joyful, Humble, Honorable, Strong, Independent, Self-Sufficient, Content – (i.e., “Whole within Oneself”).
 - Develop a “Noble Character”.
 - Develop True Individuality – (i.e., “Know Thyself”).
 - Discipline the Four Lower Bodies – (i.e., *Etheric, Mental, Emotional, Physical*).
 - Strive to achieve Self-Realization & Self-Mastery.
-

Important Tips

- Make the most of every relationship.
 - Balance negative karma; fulfill Spiritual Missions; learn; grow; rise higher.
 - Pray to God, the Ascended Masters, & the I AM Presence for the “Right Person” to come into one’s life.
 - Pray for God’s Will to be done; surrender fully to His Will; be accepting / grateful; & allow God to bring wonderful people & opportunities into one’s life.
 - Use every situation / relationship (pleasant or unpleasant) as a “stepping stone” to Greater Experiences!

- **Men:** “If you want to be with a *Goddess / Princess*, then work to be worthy of one.”

- **Women:** “If you want to be with a *Prince Charming*, then work to be worthy of one.”

The four primary things the Fallen Ones have always been trying to prevent:

- 1) Us becoming **Christed Ones**
 - 2) Us earning our **Ascensions**
 - 3) Us restoring the Earth to **Its Pristine Origins / God's Original Blueprint**
 - 4) Us establishing a planetary **Golden Age Civilization**
-

There are Four Fundamental Questions to guide our daily lives:

- 1) Is it Holy?
- 2) Is it benefiting Others / All of Life?
- 3) Is it glorifying God?
- 4) Is it bringing Heaven to Earth & raising Earth to Heaven?

These questions can be summarized by The Question Above All Questions:

- 1) Is it a pure expression of God's *Power, Wisdom, & Love*?
-

The Four Commons

Being "Common" Is Extraordinary!

*** NOTE ***

The Golden Rule is THE simplest Universal Moral / Spiritual Principle, and the world could be changed very quickly if everyone applied it daily and in all situations. The same can be said about **The Four Commons**, for they demonstrate the **PSTU Standard** established by the **Thrust of Light** Activity (i.e., *Practical, Simple, Timeless, Universal*). Anything "common" is usually thought of as being "ordinary" / "average". The Four Commons are "Extraordinary" because of how easy they are to remember and to apply in people's lives . . . and how powerful they can be to transform the world into an Earthly Paradise!

Common Sense – (good & practical judgment)

Common Courtesy – (polite attitude & behavior)

Common Decency – (morality & dignity)

Common Good – (benefit & interests of All)

Acceleration

- “Slow & Steady” is an option of how to Walk the Spiritual Path, for it is important to demonstrate constancy and to take some time to “smell the roses”. Always being busy and rushing around in a chaotic / human ego-driven manner will negatively affect oneself and others.
- However, some people may want to move more quickly on the Spiritual Path. Going too slow can sometimes lead to stagnation and/or make it more difficult to balance karma, pass initiations, and make progress. Some are more eager / determined to earn their Ascensions and continue transcending at a faster pace. Doing so not only benefits the individual, but it also helps All of Humanity and the Planet to rise higher!
- **“Acceleration”** is a very powerful, yet often overlooked, KEY to the Ascension.
- **Love & Purity** are THE most important KEYS for Acceleration.
- **Balance & Harmony** are also required for True Acceleration on The Path.
- There are many Physical examples demonstrating the importance of acceleration that can be used to support the need for Spiritual Acceleration – (e.g., settings for fan speed, torque / horsepower for vehicles, & propellants for lift-off of space shuttles).
- If we want to BE LIKE GOD, which is what God Desires, then we must Accelerate!
 - Think faster – (increase our speed of thought to that of the “Mind of God”)
 - Move & Act faster – (and do so *wisely, peacefully, gracefully, masterfully*)
 - Increase the Vibratory Action of our Four Lower Bodies
 - Increase the Speed of our Electrons moving around the Nucleus
 - Increase the Spin of our Chakras
 - Increase the Pulse of Love Emanations from our Heart
 - Increase the Flow of our Consciousness

Acceleration increases Spiritual Light.

Acceleration requires Spiritual Thrust.

A “Thrust of Light” is always needed for Personal & Planetary Acceleration.

Acceleration leads to Transcendence . . . to Greater *Beauty, Purity, & Perfection!*

Adaptability

- It is one of our greatest strengths, for we have proven throughout history that we can adapt to ANY condition, environment, or situation. We are *Survivors!*

- This is a very useful ability / “tool” on the Spiritual Path in order to balance karma, pass initiations, fulfill Spiritual Missions, serve others, and help to make the world better.
- This also demonstrates our willingness to learn, grow, change, transcend, and flow with the Holy Spirit. Therefore, we are not just *Survivors* . . . We are **Thrivers!**
- One problem is that we often accept / tolerate things that we should not (both within & without); refining our adaptability requires greater development on the Spiritual Path – (e.g., discernment & discipline).
- Another problem is that the Fallen Ones also know this about us, and they use it to manipulate us by creating unacceptable conditions / situations around the world and knowing that we will accept / tolerate them because of our incredible ability to adapt.
- Utilizing *Ignorance, Fear, & Guilt* . . . they seek to acquire *Power, Money, & Control* . . . and do so by using our **“Power of Adaptability”** against us.

“Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves.”

- Matthew 10:16

Always Strive for Excellence

- **“Era of Excellence”**
 - Do everything to glorify God.
 - Bring Heaven to Earth & raise Earth to Heaven.
 - Express *Beauty, Purity, & Perfection*.
 - Strive to do everything Excellently.
 - Infuse everything with Love.
 - Persevere & Finish the Job.
- ***The Agony and the Ecstasy*** – (1965 movie): The Pope impatiently asks the same question many times while Michelangelo is painting the Sistine Chapel ceiling.
 - Pope Julius II: “When will you make an end?”
 - Michelangelo: “When I am finished.”
- **Important Reminder:**
 - “Good” is good . . . but it is not good enough.
 - “Excellent” creations / services are the only ones of true worth.

- “True Competition” is striving to be better today than we were yesterday . . . and to be better tomorrow than we are today.

Be Devotional, not Emotional

- Work to Purify, Discipline, & Master the Emotional Body & Solar Plexus Chakra.
- Redirect the “**Sensitivity of the Soul**” *outward* instead of *inward* . . . to focus more on the needs of others instead of only focusing on our needs.
- Use our Powerful Emotions (i.e., “Energies in Motion”) to glorify God and express Love, Gratitude, & Joy for Life and all of our Blessings.
- Combine our Pure Thoughts & Feelings as an important step in the “Art of Creating”.
- Show Reverence to God & His Creation through Artwork, Drama, Gardening, Music, Poetry, Praying, Singing, and so on.
- Examples of Transforming **Human Emotions** into **Divine Devotions**:
 - **Anger** → **Calmness**
 - **Callousness** → **Compassion**
 - **Chaos** → **Peace**
 - **Cruelty** → **Kindness**
 - **Depression** → **Joy**
 - **Discord** → **Harmony**
 - **Doubt** → **Faith**
 - **Fear** → **Love**
 - **Greed** → **Generosity**
 - **Pride** → **Humility**
 - **Selfishness** → **Selflessness**
 - **Sympathy** → **Empathy**
 - **Slave (powerless)** → **Servant (powerful)**
 - **Victim** → **Victor**

BE the opposite of the negative things taking place.

- No matter what conditions / situations we may find ourselves in, we must strive to BE our True Selves at all times and express only the Purest Energies through our thoughts, feelings, words, and actions.
- This can be difficult, depending on what is taking place at the time. We can develop the Self-Control / Self-Discipline / Self-Mastery to **Wisely Act** and not **Unwisely React**.

- **Examples:**
 - BE **Loving**, when dealing with **Fear & Hatred**.
 - BE **Patient**, when dealing with **Agitation & Frustration**.
 - BE **Peaceful**, when dealing with **Chaos & Turmoil**.
 - BE **Respectful**, when dealing with **Anger & Rudeness**.
 - BE **Virtuous**, when dealing with **Corruption & Depravity**.

“Can-Do Spirit”

- It is so much more than just human “effort” and “willpower”. It is a very powerful combination of the Divine Attributes of God expressed through the Four Lower Bodies of Man – (i.e., *God-Power, God-Wisdom, & God-Love*).
- When filled with this “Spirit of Empowerment”, there is a **Majestic Sense of Victory!**
- It is a Fiery Spirit that makes people Fearless, Strong, & Indefatigable so that they never give up or retreat when challenging the Darkness and bringing forth the Light.
- No matter what difficulties / obstacles may come, this Flaming Spirit of the Divine will fill our Being and help us to have the Energy / *Vīrya* to overcome everything that stands in the way of Personal & Planetary Victories.
- We need this Sacred Fire for The Path . . . when trying to balance karma, pass intense initiations, fulfill Spiritual Missions, & overcome vicious attacks by the Fallen Ones.

“Through Love and Perseverance is the Victory won!”

- Thrust of Light

- All of the Sons & Daughters of God throughout the entire Matter Universe can access the “Can-Do Spirit” within them, for it is indeed a Cosmic Force capable of helping Souls to experience / demonstrate the Ultimate Perseverance & Supreme Resilience that are needed to endure the greatest hardships and most incredible challenges.

Love of God → Striving for Oneness with God

Striving for Oneness with God → Can-Do Spirit

Can-Do Spirit → Self-Transcendence

Self-Transcendence → Purity & Understanding

Purity & Understanding → Higher Consciousness

Higher Consciousness → Self-Realization & Self-Mastery

Self-Realization & Self-Mastery → **Ascension**
Ascension → **Oneness with the I AM Presence**
Oneness with the I AM Presence → **Oneness with God**
Oneness with God → **Greater Love of God**

Choose God, not Mammon . . . Morality & Time, not Money.

- The Creator’s Energy is Infinite, and our Father / Mother God provides EVERYTHING that we need in the Spirit World and the Matter Universe.
- While embodying in the Matter Universe (e.g., on Earth in physical bodies), we should be focused on Walking the Spiritual Path & engaging in *The Three Pillars of Purpose*.
- Our focus should be on God and Transcendence (Personal & Planetary) instead of on “human prosperity” and “worldly wealth”.
- When we live to *Love, Understand, Obey, Serve, & Glorify* God, we will always have **“what we need, when we need it”** . . . and MORE. That is the *Abundant Life*.

“...I am come that they might have life, and that they might have it more abundantly.”

- John 10:10

- Study ALL of Matthew 6 in the King James Version of The Bible.

“No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.”

- Matthew 6:24

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

- Matthew 6:33

- It is okay for us to want MORE in Life . . . but it should be MORE of God & Goodness, not money & material possessions.
- “Economic Prosperity” is important (i.e., Personal, Local, National, & Global), but we should not put all of our Energy / Focus / Time into making money and no longer focus on God, Spirituality, & the **“Prosperity of the Soul”**.

“For what shall it profit a man, if he shall gain the whole world, and lose his own soul?”

- Mark 8:36

“It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God.”

- Mark 10:25

- **Morality** should be more important to us than Money . . . earning our paychecks without lying, cheating, stealing, or engaging in other immoral, corrupt practices. This is Gautama Buddha’s Teaching on **“Right Livelihood”**. We should earn a living through Good / Moral conduct and by making / selling quality products & services that do not harm other people or any part of Life . . . but genuinely help & uplift.
- We are on Earth to BE Pure Individual Expressions of God, and that involves passing initiations, rising higher in consciousness, serving Life, and striving to establish a Golden Age Civilization. Our “True Rewards” are in Heaven (i.e., our Causal Body).

“Lay not up for yourselves treasures upon earth . . .

But lay up for yourselves treasures in heaven . . .

For where your treasure is, there will your heart be also.”

- Matthew 6:19-21

- We must also decide which is more “valuable” to us . . . **Money** or **Time**?
- Any time spent just making money is “lost time” with family & friends, working on oneself, serving others, practicing one’s faith, & enjoying the important things in Life.
- We must not waste the precious time that we have! This includes time spent on empty entertainment, destructive activities, and anything else that hinders our Spiritual Path and does not contribute to making the world a better place.

“The greatest hindrance to one’s spiritual path is the unwise use of one’s time.”

- Thrust of Light

- The Mother Aspect of God is “Time”. We learn to master Time by mastering Ourselves. We can Live & Walk the Spiritual Path in Harmony with “Cosmic Time” and beyond the limitations of Time & Space as we know it.

“Time is money.” → “Money is time.”

Compassion, Forgiveness, & Mercy

- **God is Perfect.** His Creation operates Perfectly. The Cosmos was Divinely Designed with a Foundation of *Order, Structure, Balance, & Harmony*.
- **God is Just.** He Created a “Divine System of Justice”. There is no injustice anywhere in the Universe. There is a reason for everything. That may be difficult for many people to understand and accept, but it is true. And it must be true, if we believe that God is *All-Powerful, All-Knowing, & All-Loving*.
- **God is Compassionate, Forgiving, & Merciful.** The Creator is not a “Wrathful God”; the “Law of Karma” is impersonal and applies to everyone. We are “judged” by our own decisions; it is the “Law of Cause & Effect”. Reincarnation is a Reality and does answer so many questions about WHY certain things happen in people’s lives that do not seem to make sense.

“Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.”

- Romans 12:19

“For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.”

- Matthew 5:18

“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.”

- Galatians 6:7

- Strive to BE like God. Extend unconditional Compassion, Forgiveness, & Mercy to everyone. We all make mistakes and have Free Will to express ourselves; it is not up to us to “judge” the individual, even though we can “judge” (i.e., “know”) people by their “fruits” (**Matthew 7:16-20**).

- Trust in God and let His Righteousness unfold. Remember that **Love is the Key**. Focus daily on applying *The Golden Rule* in all situations. Imagine how different the world would be if everyone did that!

“Judge not, that ye be not judged.

For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?”

- Matthew 7:1-3

“So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her.”

- John 8:7

- Chant / Pray the **“Ho‘oponopono”** regularly. It is a powerful Hawaiian practice of reconciliation & forgiveness.
- The Age of Aquarius will focus greatly on the God-Qualities of the 7th Ray, including Forgiveness & Mercy. They have always been important, no matter what Age people were living in at the time. However, they are Foundational Qualities upon which a full Golden Age Civilization will be established (in the near future).

Constancy

- One of the most underestimated Qualities on the Spiritual Path is our ability to be Faithful, Dependable, and to Endure the many challenges / obstacles that we will face. It is a Blue Ray Quality and is connected with Courage, Determination, Perseverance, Power, Strength, & Will.
- We know that Constancy is unbelievably important in raising & educating children. It is also vital for our families, communities, & nations to function effectively. It brings Balance & Stability. It brings a sense of “Comfort” & Security knowing that certain things are as unchanging as they can be in our ever-changing world. It is crucial for us (Personally & Planetically) that there is Accountability, Reliability, & Responsibility. All of these are a part of “Constancy”.
- For example, the Ascended Masters want to work with people to help establish a Golden Age Civilization, but they need Dependable, Loyal, & Trustworthy individuals / groups who can consistently be counted on to follow through with Special Projects and whose

“Word is Gold”. It is not enough to want to act as an “Instrument” for the Masters or to engage in Activities of Light with the Masters (or on their behalf), if people cannot be trusted to remain committed / steadfast and “keep on keeping on” no matter what difficulties / hardships may occur.

- If we are not constant in turning up for work, we will eventually be fired. If we are not constant in paying bills, we will lose our home / vehicle / etc. If we are not constant in showering / brushing our teeth / washing our clothes, our poor personal hygiene will create various problems for us (and others). If Constancy is so important for such basic things in life, it is easy to understand how important it is for Spiritual Things.
- What would happen if the Earth’s rotation around the Sun lacked Constancy? What would happen if the other planets in our Solar System lacked Constancy in their orbits? What would happen if our heartbeat lacked Constancy? What would happen if any of our body’s cells / organs / systems lacked Constancy?
- Our Constancy is as important to our Individual Spiritual Paths & our collaboration with Angels / Ascended Masters / Elementals / Other People as the Constancy of Celestial Bodies moving throughout the Universe and the healthy / natural functioning of our physical bodies.
- The “**North Star**” has always been a powerful symbol of Constancy. We should strive to embody that Noble Quality and demonstrate it in all aspects of our lives.

Control One’s Mouth

- Striving for Self-Perfectionment requires improving *Self-Control*, *Self-Discipline*, & *Self-Mastery* of our Four Lower Bodies (e.g., thoughts, feelings, words, & actions).
- Many people may not realize the importance of controlling their mouths regarding what goes “in” and what comes “out”. True Adepts have developed complete mastery of their **Diet & Speech**. We must follow their example if we hope to make Spiritual Progress.
- Negative karma, loss of Energy / Time, & conflicts with others can all take place very quickly through “loose lips” (e.g., criticizing, gossiping, idle chatter, & profanity). We can see in the world today how much unnecessary talking is constantly taking place and how chaotic / dysfunctional / noisy our society has become.

“But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil.”

- Matthew 5:37

- We should seek to develop mastery of The Word in all of its forms. It is extremely beneficial to Meditate and regularly experience “**Stillness & Silence**”. We should try

to monitor every word that we utter to make sure it is positive, blesses Life, & makes the world better. We must speak the Truth and not be politically-correct, but we can do so without malice / vulgarity.

- Negative consequences can also take place through our Diets because of the beverages & foods that we consume. If we want to BE healthy, live naturally, and function at the highest levels, then we must have a Diet that supports such a Sacred Lifestyle.
- We should **“eat to live”** . . . not **“live to eat”**. We eat to gain Energy, so we must take in foods that contain the most **“Light”** (physical & spiritual) and have the greatest amount of **“Life Force”** (e.g., fruits, berries, vegetables, nuts, & seeds). It is best to eat food that is grown on one’s own property (e.g., **“Kin’s Domain”** / **“Family Homestead”**) and that is fresh, organic, & in-season.
- We also do not need to eat as much food as most people may believe. Fasting is very important for the Spiritual Path, including the health of our physical body. Eating is a **“Sacred Science”** that can be learned as we become more One with our Holy Christ Self. It may start as an intellectual process but should become Intuitive by knowing our Body / Mind / Soul and what we need to eat & drink each day. It will be different for everyone, based on what people require for perfect function / health / wholeness.
- We must also work to master our thoughts & feelings, because they influence our Diet & Speech . . . which, in turn, can influence our thoughts & feelings. It can be either a **“vicious circle”** or a **“Victorious Circle”**; that depends on our daily choices.
- Most people would not want to compare themselves to someone like Jesus; he was so Pure & Masterful, and he seems to be so far beyond our ability to emulate. However, we should seek to emulate Jesus and other Great Adepts / Mystics / Saints. It would be unbelievably helpful on The Path to think about what Jesus (or other Great Beings) would do in ALL situations that we experience each day.
- **“Would Jesus eat / drink what I am about to eat / drink?”**
- **“Would Jesus say what I am about to say?”**
- If the answer to these two questions is **“No”**, then we must decide if we want to follow in his footsteps and become Christed Ones like him . . . or to continue living a mundane / ordinary / unhappy life controlled by the Fallen Ones and our human ego.
- We want Peace & Harmony (within & without). We should strive to Discipline / Master our Diet & Speech.

Develop a **“Noble Character”**

- If we hope to BE like the Ascended Masters and BE the fullness of our True Selves, as Individualizations of God, then we must strive for Pure & Masterful Conduct (e.g., thoughts, feelings, words, & actions).

- Many people continue with their dishonorable behavior (i.e., misdeeds), because they are able to hide them from others. They either do not know, or do not care, that God knows EVERYTHING! There is no true privacy, because all of our thoughts, feelings, words, & deeds are “Recorded”. These are our “fruits” and how we are “judged”. We should behave the same in private as we do in public . . . and choose not to be hypocrites or convince ourselves that we can “get away with” immoral / unethical behavior without having to deal with the consequences of our decisions. The **Law of Karma** is Real!
- Developing a “Noble Character” is about **Divinity**, not **Royalty**. We do not need to be rich or come from a supposedly important “human family” in order to maintain a high standard of behavior. Our Character is a reflection of our Soul, not our family’s class or other “outer circumstances”. Pure & Innocent people living in Third World Countries can very easily have a more Dignified / Virtuous Character than so many members of “Royal Families” and those who are considered “Noble”.
- The **Cosmic Honor Flame** is essential for the Spiritual Path & *The Three Pillars*. It is a “Flame of the Holy Spirit” / “Flame of the Ascension”. To embody this Sacred Flame, people must strive to purify all aspects of Being and personify the Divine Nature of God & the Ascended Masters.

Holiness contains ALL of **God’s Qualities**.

Honor contains ALL of **Man’s Virtues**.

- **Strive to Embody:**
 - Civility, Fearlessness, Generosity
 - Gratitude, Harmony, Humility
 - Integrity, Joy, Love
 - Peace, Perseverance, Purity
 - Serenity, Sincerity, Strength
- **Two Vital Keys for The Path**
 - 1) **Nobility** (i.e., Honorable Character)
 - 2) **Mobility** (i.e., Detachment / Flexibility / “Flowing with the River of Life”)

Establish a “Moral Renaissance”

- **“Age of Morality” / “Age of Character”**
 - Based on Universal Moral / Spiritual Principles
 - Becoming “True Ladies & Gentlemen”
 - Developing “Noble Characters”
 - Embodying the Qualities of God & the Virtues of Man
 - Rekindling & Elevating “Chivalry” in the Age of Aquarius

- **Important Tips**

- We must always seek to embody the *Cosmic Honor Flame*.
- We must lead by example and strive to embody what we hope to see in others.
- We must strive to challenge the Darkness and bring forth the Light!
- We must remember that “the Ends” do not justify “the Means”. Everything we think, feel, say, & do must be Honorable. For example, “good deeds” lose their **Purity of Purpose** when they are performed in impure ways. The Cause is just as important as the Effect. We should not “do evil” so that “good may come”. The **HOW** is as important as the **WHAT** and the **WHY**.
- There is no Peace (within or without), if there is no Truth & Honor.

Honor → Freedom → Peace → Enlightenment

- The Summit Lighthouse

Dignity of Divinity

- **A Few Tips**

- Always demonstrate *Common Decency & Common Courtesy*.
- Be a Servant, not a Slave (or a “doormat”).
- Be Diplomatic, not Politically-Correct.
- Be fiery / stern when necessary . . . but do so through the Divine Love of the Heart and not the human love tainted by the mind and emotions.
- Be free of guile, harshness, callousness, & “hardness of heart”.
- **“Conquering Heroes”** conquer themselves, not others.
- Control yourself, not others.
- Develop a “Noble Character”.
- Embody Compassion, Forgiveness, Graciousness, Integrity, Kindness, Mercy, Truth, & ALL of the Attributes that are “Seeds” within the Sons & Daughters of God that grow with every Pure Thought, Feeling, Word, & Deed.
- Express sincere Humility, not the pride of the human ego.
- Express yourself with “Freedom of Speech” . . . but do so with *Love, Wisdom, Self-Control, & Mastery of The Word*.
- Represent the **Divine Dignity** of God & the Ascended Masters.
- Respect Oneself / Others / Animals / Earth / Property in ALL situations.

Disciplined Divinity

Lord Maitreya’s “Three D’s” – (The Summit Lighthouse)

- 1) **Discernment** – (*Mind / Wisdom* - 2nd Ray)
 - 2) **Discrimination** – (*Heart / Holy Spirit / Love* - 3rd Ray)
 - 3) **Determination** – (*Will of God / Action / Good Works* - 1st Ray)
- To transform from “Human” into “Divine”, we also need **Diligence** & **Discipline**.
 - Parents must discipline their children. Gurus must discipline their Chelas.
 - Both relationships lead to the Individuals becoming “Self-Disciplined”.
 - Higher Spiritual Teachings & Practices require Higher Forms of Self-Discipline.
 - We must prove that we are Prepared, Purified, & Ready for Greater Things.
 - It is also necessary for Effectiveness & Safety.
 - True “Outer Gurus” lead Chelas to their “Inner Guru” / Holy Christ Self.
 - The word **Discipline** has always been connected with the word **Disciple**.
 - We see this Physically, as most jobs require some training / discipline that increases in more training / discipline with roles that are more challenging and require more responsibility (e.g., military & jobs that use special equipment / machinery).
 - Therefore, we can understand that this applies Spiritually as well. We must become more knowledgeable & skilled through training / discipline as we rise higher on the Spiritual Path (e.g., using powerful Solar Sciences & Spiritual Practices).
 - We cannot earn more Freedom & Opportunity until we demonstrate a sufficient level of discipline where we are at the moment, and we can continue to strive for greater Self-Discipline to engage in Greater Activities of the Spirit.

***Perfect Freedom* requires *Perfect Discipline*.**

- True Discipline on The Path is not intended to be fanatical / rigid / self-punishment or spending one’s life just following “Outer Rules” of “human institutions”. There are Fundamental Teachings & Practices that everyone can benefit from (including those on this website), because they are Timeless & Universal. However, the Spiritual Path is an Individual Journey, and Souls need “different things at different times” to rise higher.
- We must be able to “Flow with the Holy Spirit” and follow the Divine Direction of our Holy Christ Self to adjust every aspect of ourselves & our lives based on God’s Will and not mere Human Will.
- It is not about simply refraining from wrong-doing or the unhealthy behavior of the human ego; it is about being so Pure that every thought, feeling, word, & deed is in Alignment / Harmony with God, Creation, & our own Higher Self. For example, “resisting temptation” is good at early stages of the Spiritual Path. However, that is just human willpower and not True Surrender. The Key is for us to not be tempted at all, and that requires us to become Purer & more Self-Disciplined.

- It is not about “Breaking our Spirit”; it is a Sacred Process of **“Disciplining our Spirit”**.
- It is about **“Disciplining our Soul”** so that we can be free of our human ego, merge with our Holy Christ Self, and become One with our I AM Presence.
- **Love & Purity** are the most important Qualities that lead to **Self-Discipline**.
- We require **Self-Discipline** to increase our **Self-Realization & Self-Mastery**.
- The Buddhist concept of **“Mindfulness”** is a powerful way to become more disciplined.
 - Examine what we think, feel, say, & do so they are only Pure Expressions.
 - Examine our intentions / motives for everything so they are only Pure.
 - Focus on our Holy Christ Self & I AM Presence.
 - Learn to “feel” Illumination / Guidance from our Higher Self (& the Masters).
 - Focus on Calmness & Centeredness.
 - Focus on Harmony & Peace.
 - Focus on BEing in the “Eternal Now” – (i.e., the present moment).
 - Focus on the situation that we are in and learn to act appropriately so that we respect Free Will, are in alignment with God’s Will, & are helping All of Life.

“Be ye therefore perfect, even as your Father which is in heaven is perfect.”

- Matthew 5:48

“...If therefore the light that is in thee be darkness, how great is that darkness!”

- Matthew 6:23

Everyday Spirituality & Practical Mysticism

- When many people think of what it means to be “religious” or to “live a spiritual life”, they often imagine having to be a monk / nun / priest or to belong to a certain church, mosque, synagogue, or temple. It is important to understand that we can bring God & Spirituality into EVERY aspect of our lives.
- The Key for us (Individually & as a Civilization) is to **“Spiritualize Life”**. The Creator is EVERYWHERE, and so we can BE ANYWHERE while expressing our Devotion, Gratitude, & Love.
- By bringing God into ALL aspects of our life, we will see how many incredible things will take place that would not have otherwise. Blessings are abundant when God is our Primary Focus.

- We should learn to see God in EVERYONE & EVERYTHING, for The Creator is within His Creation! We should seek to glorify God in everything that we do each day. We should strive to bring God's Kingdom to Earth and raise Earth to Heaven.
- “Everyday Spirituality” is a state of Love, Joy, Peace, Gratitude, & Reverence to God & Life. We should infuse everything in our daily lives with Love. We can be “Spiritual” alone or with others, regardless of locations or situations. We can send Love / Blessings to Life & to God while doing seemingly mundane tasks around the house, because it is Pure Motive & Quality of the Heart that matter.
- **“Spiritual”** is not necessarily the same as **“Religious”**. We do not need to belong to an institution (unless we choose to do so) or go to a certain building to praise God through Prayer, Ritual, & Song . . . for we can do all of that and MORE from our own homes, outdoors in nature, or in Sacred Places. We can even find & glorify God while in a prison cell, for example, because God is there . . . within us!
- The Age of Aquarius will be more Spiritual than Religious. Many smaller groups will be established instead of “Mega Churches” or even large congregations. They will be **“Communities of the Holy Spirit”**.
- Spirituality should also be Practical, especially during this Transition Stage when society is so busy / chaotic / stimulated right now . . . but will continue to transform into the opposite that is Better / Higher / Purer. People do not have a great deal of time (right now) for the Spiritual Path, so it is important for them to find practical ways of learning, growing, and focusing some time on God / Creation & Service to Life.
- In the future (especially a Golden Age Civilization), everyone's entire life will be devoted to God & focused on Spiritual Development. Until then, people must remember that “something is better than nothing”. This advice also applies to those who are intensely focused on The Path but simply find it challenging to do everything that they want “Spiritually” because of “Worldly” commitments. We still have bills to pay . . . which requires having jobs . . . which requires a great deal of time that we cannot spend on The Path in the way that we would probably prefer.
- It is difficult to have a busy life and fit everything in, which can be frustrating. Everything takes time, and that can leave few opportunities in any given day to focus on our spirituality. Most people are not living in monasteries or caves, especially in the West. Mystics seek direct experience of God, and that can happen ANYWHERE!
- This is why we must do SOMETHING every single day, no matter how small. We cannot procrastinate or put off for another day what we hoped to do today. Life is busy and time goes quickly; before we know it, days / weeks / months / years could pass by before we finally do something for our Spiritual Path.
- Spirituality must be a part of EVERY aspect of our lives EVERY DAY. A little bit adds up over time; it may seem small but can end up being HUGE. There is rarely (if ever) going to be a perfect and uninterrupted period of time to do such things. We cannot wait, or it may not happen at all. We do not want our “Life” to be a lost opportunity.

- Contrary to what many God-Believing people may feel is true, we DO NOT have Infinite Time & Opportunity to remain stagnant, because God is an Ever-Transcending Being . . . and we are meant to BE as well. Stagnation leads to “Death” . . . physically, emotionally, mentally, & spiritually. We are either growing or dying; even stagnation is an illusion . . . because we are choosing NOT to grow but to remain stationary, which eventually leads to death.
- For those interested in Walking the Spiritual Path, even with busy lives, it is vital to make some time each day (even a few minutes) to Pray / Meditate / Study / Sing / Serve. Keep it simple and do what is Practical & Effective.
- **Love** & **Purity** are priceless for our *Self-Perfectionment, Service to Life, & Co-Creating a New World* . . . and that includes our every thought, feeling, word, & deed. No matter where we are, what we are doing, or who we are with . . . we should always BE **God-Love** & **God-Purity** in embodiment. That automatically spiritualizes our lives and brings us into Oneness with God, Creation, & All of Life.

Experience the Spiritual Path for Yourself

- Reading books (or websites) is not enough.
- Acquiring “knowledge” is not enough.
- Learning from the experiences of others is not enough.
- We must experience The Path for ourselves!
- For example, reading a book on how to swim does not mean that a person has a true understanding of what it feels like to swim; that requires personal experience. Would we want someone to perform surgery on us because he / she read a book about doing it . . . and yet never had any practical, hands-on experience?!
- **True Experts** are those with more **Experience, Understanding, Wisdom, & Mastery** . . . NOT those who read many books or have certain “degrees” / “qualifications”.

Experience → **Understanding** → **Wisdom** → **Mastery**

- Merely reading a book (about anything) feeds the human intellect, and it is important to remember that *human knowledge* is NOT the same as *Divine Wisdom* . . . and the *human mind* is NOT the same as the *Christic Mind / Buddhic Mind*.
- We can ALL become “Mystics”, and that means experiencing the Spiritual Path for ourselves and striving for direct experience of God . . . within & without.

Faith, Hope, & Charity

	Flame of God	Ray of God	Quality of God	“Consciousness of Eden”
Faith	Blue	First	Power	Law
Hope	Yellow	Second	Wisdom	Order
Charity	Pink	Third	Love	Reality

- **The Threefold Flame**
 - Balance, Blaze, Expand, & Intensify
- There are three Cosmic Beings named *Faith, Hope, & Charity* who have been helping Mankind since the First Golden Age – (The Summit Lighthouse).
- There are also three Angelic Beings with the same name.
 - 1) *Archeia Faith* – (Twin Flame of Archangel Michael)
 - 2) *Archeia Hope* – (Twin Flame of Archangel Gabriel)
 - 3) *Archeia Charity* – (Twin Flame of Archangel Chamuel)

“And now abideth faith, hope, charity, these three; but the greatest of these is charity.”

- 1 Corinthians 13:13

Four Lower Bodies

- We must focus on the Health, Purity, Strength, Discipline, & Mastery of our Four Lower Bodies – (i.e., *Etheric, Mental, Emotional, & Physical*).
- These make up the four-sided **“Pyramid of Being”**.
- **Etheric**
 - Identity / Memory
 - Fire Element
 - “Father”
 - Two Forcefields – (The Summit Lighthouse)
 - **Higher** – the superconscious mind that records the perfection of the I AM Presence and anchors in Man the Divine Blueprint of his Christed Individuality
 - **Lower** – the subconscious mind that stores the data of Man's life – all of his experiences, thoughts, feelings, words, and actions
- **Mental**
 - Christ Mind

- Air Element
- “Son”
- “Cup for God’s Wisdom”
- Thinking / Thoughts
- **Emotional**
 - God’s Feelings
 - Water Element
 - “Mother”
 - “Cup for God’s Love”
 - Desire Body
 - Man’s Devotional Body
 - *Emotion* – “energy in motion”
 - Speech / Words
 - Moods are affected by lunar (moon) influences.
- **Physical**
 - “Tabernacle of the Soul” / “Temple of God”
 - Earth Element
 - “Holy Spirit”
 - “Cup for God’s Power”
 - Actions / Deeds

Four Primary Focuses on The Path

- 1) **Balance**
 - 2) **Wholeness**
 - 3) **Attunement**
 - 4) **Oneness**
- Individually & Planetarily
 - We must Balance the Alpha / Omega Polarity of God within us to become Whole. We must Balance our Threefold Flame. We must have Balance in ALL aspects of our lives.
 - We must BE Whole, Content, & Happy within Ourselves and not look for Happiness outside Ourselves (e.g., addictions, human desires, material possessions, or through other people). We must Heal & Strengthen our Souls for “Soul Wholeness”.
 - We must lose ourselves in order to find Ourselves . . . to surrender our lower selves in order to BE our Higher Selves. We must BE in Harmony with All of Life and increase our Attunement / Awareness of God, Creation, the Masters, & our Higher Self.
 - We must live each day in Oneness with All of Life. We must experience & understand our Oneness with God & Creation. We must “sensitize our Souls to world need”. We must have the Power, Wisdom, & Love to Serve Life . . . to help others improve their own lives / develop spiritually & to establish a Golden Age Civilization.

From Suffering to Joy

- Gautama Buddha taught that suffering is caused by inordinate desires – our own and those of others, because we are all connected. Our thoughts, feelings, words, & deeds have greater consequences than most people may realize, and we can negatively affect others directly or indirectly.
- Everyone should study the **Four Noble Truths**, walk the **Eightfold Path**, & apply the wisdom of the **Middle Way** regardless of religious affiliation / membership. They are Timeless & Universal Teachings.
- **Insatiable Desires** lead to suffering because they cannot be satisfied.
- **For Example:**
 - If we do not have something that we want . . . we suffer.
 - If we do have something, but we want more of it and do not, . . . we suffer.
 - If we have something, and we lose it or are afraid of losing it, . . . we suffer.
- Attachment, Control, Discontentment, Envy, Fear, Greed, Ignorance, Jealousy, Lust, Possessiveness, & Selfishness all lead to suffering. Not only do such things affect the individual who has such desires, but they can also negatively affect those around the individual. The intense drive / constant compulsion to satisfy human desires can cause great harm to oneself, other people, animals, the environment . . . All of Life. There are countless examples to prove it (Past & Present).
- **Struggling vs Suffering**
 - “Struggling” is not the same as “Suffering”. It can be good, for we must strive to overcome challenges / obstacles. We must have the Fire within to pass our initiations, balance our karma, challenge the Darkness, and bring forth the Light. Struggling is a part of Striving, and it can help us to develop very important character traits needed to Walk the Spiritual Path and continue Transcending.
 - Suffering is caused by either our own inordinate desires or those of others whose decisions negatively affect us. The sad things taking place in the world can stop, and people can BE Healthy & Happy like God wants for His Children. There is no need for homelessness, poverty, sickness, & starvation . . . especially when they are intentionally created by the Fallen Ones for Power, Money, & Control.
- **Surrender “Struggle” and “the Sense of Struggle”.**
 - This wise advice uses the word *Struggle* in a different context that relates more to Suffering / Stubbornness than to the act of Striving to overcome challenges.

- In this case, it is the idea that we must Surrender / “Let Go” of the inordinate desires of the human ego and the struggling that takes place within people to sustain the human ego & continue trying to satisfy incessant / insatiable desires.
- **“Human Desire”** is not **“God Desire”**.
- We must strive to surrender our limited & impure human desires and embody / fulfill God’s Beautiful, Joyful, Pure, & Perfect Desires.
- We must surrender the human ego to BE One with our I AM Presence, the Ascended Masters, God, & Creation.
- We must surrender the human will and come into alignment with God’s Will, which is also the Will of our own Higher Self . . . because our Higher Self is One with God & His Will.
- Surrender leads to *Balance, Wholeness, Attunement, & Oneness*.

“And he said, Who art thou, Lord? And the Lord said, I am Jesus whom thou persecutest: it is hard for thee to kick against the pricks.”

- Acts 9:5

- **10:30-Line of the Cosmic Clock**

- There are 12 Lines on the Cosmic Clock, but there are also 5 “Secret” Lines within the last 5 Lines that are dedicated to the 5 Secret / Crystal Rays. They are associated with the 5 Dhyani Buddhas . . . 5 “Poisons” . . . & 5 “Antidotes” – (7:30, 8:30, 9:30, 10:30, 11:30).
 - We must strive to purify the Energies / Qualities on ALL Lines of the Cosmic Clock, and that includes the 10:30-Line (especially regarding human desires).
 - This Line on the Clock contains the **“Poison of the Passions”**. We can pray to Amitabha Buddha for **Discriminating Wisdom** to conquer the human passions that lead to suffering & impede our Spiritual Development (e.g., covetousness, cravings, greed, & lust).
 - The 10-Line & 10:30-Line directly precede the 11-Line of **“God-Victory”**. We must purify ALL negative Energies / Qualities throughout the entire Cosmic Clock so that we can earn our Great Victory on the 11-Line . . . and this includes the inordinate desires of the human ego that are preventing us from becoming “Christed Ones”.
- We must work to BE Pure and to BE Free of bad habits, negative momentums, & the Poison of the Passions.

- We must strive to clear our Mind / calm our Emotions / stay in the Heart.
 - We must learn to Master Ourselves.
 - Either we control our desires, or they will control us.
 - We do not want to become slaves to endless human cravings / wants.
 - It can literally drive people insane.
 - Leads to unhealthy / unnatural thinking, feeling, speaking, & behaving
 - Can be extremely self-destructive
 - Can negatively affect everyone / everything around us
 - Can especially affect those in positions of influence
 - Corruption in “Church & State” provides many examples of the atrocities that can take place due to inordinate human desires and the effort to satisfy them – (e.g., Power, Money, Sex, Control).

- We must focus on what we WANT instead of what we DO NOT WANT . . . what we SHOULD have instead of what we SHOULD NOT have . . . the Positive instead of the Negative . . . God Desire / Pure Motive instead of human desire / impure motive. For example, it is better to focus on creating a Good Habit to replace a Bad Habit instead of only focusing on trying to stop the Bad Habit.

- What we focus on, we magnify within us (and within “our worlds”). Focusing on a Bad Habit will make the intensity of that habit stronger and more difficult to break. Focusing on a Good Habit will take our attention away from the Bad Habit, and it can then be replaced with much less effort / hardship. This concept is a very important part of both the **“Power of Attention”** and the **“Law of Attraction”**.

“Go Within”

- We currently live in a society that is being used by the Fallen Ones to force / manipulate people into focusing “Outward” instead of “Inward”. Everything in their “counterfeit creation” is intended to make us spend our valuable Energy / Light / Time distracted by “the things of the world” – (e.g., constant stimulation / empty entertainment).

“Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.”

- 1 John 2:15

- Even Religion can lose its Spiritual Purpose when the various leaders / institutions keep people focused on the “Outer” instead of the “Inner”. The True Purpose of Religion is to help guide people to go within their own hearts and make direct contact with God.

- This is partly why **“Stillness & Silence”** is so important, for Meditation allows us to withdraw from the busyness / chaos / noise that we regularly experience in order to ***Feel God, Hear God, See God . . . Experience God.***

- It is absolutely true that we can find The Creator within His Creation, and that means we can find God within Animals, Nature, Other People, & the Universe. However, we should also spend time finding God within Ourselves . . . as **The Threefold Flame** in our Secret Chamber of the Heart.
- We are Individualizations of God . . . and for us to “Know Thyself”, we must go within. We cannot learn *who we are, where we came from, why we are here, or where we are going* (on an Individual Level) by reading books or belonging to a certain religion.
- Even Ascended Masters & True Gurus will only tell us so much about Ourselves, because they want us to go within and figure such things out through our own efforts. They do not want to cheat us out of the incredible joys on the **Path of Self-Discovery!**
- We must also remember that EVERYTHING is “Consciousness”, and we must keep striving to rise higher in consciousness to gain Greater Access to God & Creation. Even what we call “Heaven” consists of many different Levels of Consciousness. And we know that Heaven is “within” us.

“Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.”

- Luke 17:21

- **What does it mean to “go within”?**
 - It means bringing our Consciousness back to the White Fire Core of the Heart Chakra . . . the “Holy Site” of our Flame of Divinity, which is our God-Identity.
 - It is the “Place Prepared” inside of us, where Man communes with God. It is the **“Interior Castle”** written about by Saint Teresa of Avila and the **“Closet”** spoken of by Jesus.

“But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.”

- Matthew 6:6

Grace

- God is “Good”, and every “Good Thing” comes from God. We would have NOTHING without Divine Grace. There is NOTHING throughout the entire Cosmos without God’s Love & Light.

“For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly.”

- Psalm 84:11

- Walking the Spiritual Path is a continual test of Faith, for we must put our Trust in the Lord our God no matter what hardships we might experience. Only through Innocence & Purity, like that of a child, can we rise to higher levels of consciousness & experience MORE of God.

“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:”

- Ephesians 2:8

“And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven.”

- Matthew 18:3

- When we pray, God can intervene in our lives and those of others. God can create change in the world but must do so THROUGH US. God gave us Free Will and respects that Absolutely, which means He cannot intervene unless we ask for guidance, help, or illumination. This is how the Ascended Masters work as well, which is why we use the *Power of the Spoken Word* to call forth Light into our lives and into world situations.
- Good Things often happen in our lives, without us necessarily doing anything to make them happen, and that can be an example of “Good Karma”. We may have done a “Good Deed” in this lifetime or a previous one, and that positive energy has come back to bless us at an appropriate time.

“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.”

- Galatians 6:7

- Other times, it is an example of God’s Grace. God / Ascended Masters / our I AM Presence can give us an “Infusion of Light”, an Opportunity, or a Blessing of some kind that they know could help us and was not merely the return of our “Good Karma”. They seek to Serve Man and are constantly looking for ways to provide “Help from Heaven” based on what is needed / beneficial and can be used for the Transcendence of a person or All of Civilization – (e.g., Paul’s conversion on the road to Damascus).

- These Blessings / Miracles can be seen as “coincidence” or “luck”, but such things do not exist. Everything happens for a reason. Nothing chaotic / random happens according to God’s Will, because His Cosmic Blueprint / Divine Design is Perfect . . . it is *Ordered, Structured, Balanced, & Harmonious*.
- When we are Surrendered, Obedient, & in Alignment with God’s Will . . . Good Things will happen. When we seek Oneness with God & All of Life . . . Good Things will happen. When we follow our Heart, Flow with the Holy Spirit, work to BE One with our Holy Christ Self / I AM Presence, & strive to BE Pure Instruments for God & the Ascended Masters . . . Good Things will happen. We may be “doing things” that seem to earn us the Good Things, but it is the **“Grace of God”** by which we are Blessed.

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

- Matthew 6:33

- When we are Christed Ones / Adepts, we do not need to wait for things to happen . . . we will have the necessary Power, Wisdom, & Love to BE Co-Creators with God and make Good Things happen through the Understanding & Application of Cosmic Laws. We will mature on the Spiritual Path and develop our Self-Mastery. We will maintain (and increase) our childlike nature of **Innocence, Purity, & Sweetness**; however, we will have the Consciousness / “Tools” to work fully in Alignment with God’s Will through our Oneness with All of Life . . . while respecting the Free Will of Mankind.
- We always receive God’s Grace no matter how high in the Spiritual Hierarchy we rise, but we become the Christed Ones / Buddhas that God Envisioned . . . which means we can learn to use God’s Light for important reasons instead of simply hoping for Good Things to take place. For example, Jesus did not wait for God to provide more bread & fish when “feeding the multitude”; he did so himself through a Spiritual Ability known as “Multiplication” that we can ALL develop.
- EVERYTHING is God’s Grace, but we are not intended to remain as children in terms of waiting for our parents to do things for us. We are intended to remain “childlike” but not in a state of helplessness. Just as parents want their children to mature in knowledge, skills, & strength to do things for themselves, God wants the same for His Children.

“And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.”

- Genesis 1:28

- **“Waiting Grace”** is a spiritual concept that people should also better understand. No matter what stage on The Path we are (Novice or Adept / Neophyte or Initiate), there

will always be periods when we must “Wait”. Even Christed Ones & Buddhas must be Patient for things to happen and/or for the right time to do certain things.

- When we plant **Physical Seeds**, we must wait for them to grow.
- When we plant **Spiritual Seeds**, we must wait for them to grow as well.
- There are countless situations when it is appropriate to do things immediately. There are many other situations that require us to be in a state of “Waiting Grace”.
- We should strive to BE Surrendered & Obedient to God’s Will . . . to understand the importance of “Flowing with Cosmic Cycles” . . . to maintain a Divine Vision / hold an Immaculate Concept . . . to take the necessary steps that will bring our Beautiful Image into Manifestation . . . and to allow It to become a Reality according to God’s Perfect Will, Wisdom, & Love.

Gratitude

- No matter how difficult our circumstances may be, how little we may have, how much pain / suffering we have been through, or how seemingly empty / depressing our lives appear to be . . . there is ALWAYS something that we can still be grateful for.

“I wept because I had no shoes, until I met a man who had no feet.”

- Ancient Proverb

- There are countless things that we can be grateful for each day, even though we may take most of them for granted. We should feel sincere appreciation for ALL of the Good that is in our lives . . . the big things and the small things.
- How would God feel to have Blessed His Children with EVERYTHING they need, only to constantly hear them complaining? Yes, we do suffer at times . . . but there is no injustice. Whether it is Karma, Initiations, or some other reason, everything happens for a reason. Instead of focusing on the negative / what we do not have, we should focus on the positive / what we do have.
- **Gratitude** is a Quality of God that is positioned on the 7-Line of the Cosmic Clock. It is directly across from the 1-Line, which is **Love**. We can see that Gratitude & Love go hand-in-hand, for our Gratefulness is an expression of our Love. This means that our ingratitude for God’s Blessings is also a withholding of our Love from God.
- God never withholds His Love from us; we should never withhold our love from Him. God is Love, and we are meant to BE Love as well . . . as Individualizations of Him.
- The purer we are, and the higher we rise in consciousness, the more grateful we will be. This happens because we better understand how Magnificent God & Creation are.

We realize the Abundant Life that we have been given. We recognize that God gives us Love, Joy, & Opportunity . . . the sadness / suffering is not His Will or His Doing. We become more like God, and that means embodying more of the Purity of His Divine Qualities . . . including Love & Gratitude.

- It is important for us to also ponder this question: **“How can God bless us with MORE, unless we are grateful for what we already have?”**
- **Acceptance** & **Appreciation** are vital Keys on The Path. We must Surrender our lives to God and be accepting of the situation that we are in at the time . . . as well as the people in our lives and the “things” that we have (e.g., material possessions & money). If we are meant to be somewhere else, God will guide us there. If we are meant to be with certain people, God will bring them into contact with us. If we are meant to have more abundance, God will bring more blessings into our lives. We should definitely pray, plan, & work hard . . . but we should always want “God’s Will to be done”.
- Living in this manner allows us to appreciate where we are, who is in our life, and what we have. If we **Trust God** and only want His Will, then we can quite easily be accepting and grateful for everything . . . even when situations are difficult. We know that God is in control, and He only wants what is best for us. God wants us to be healthy, happy, & to live wonderful lives. He also knows what is best for our Spiritual Development. When we live “as a child”, we can be naturally joyful . . . because we know that God / the Ascended Masters / our I AM Presence will Illumine & Guide us.

“Trust in the LORD with all thine heart; and lean not unto thine own understanding.

In all thy ways acknowledge him, and he shall direct thy paths.”

- Proverbs 3:5-6

Holy & Holiness

- **Holy** & **Holiness** are two of the most Beautiful & Powerful Words in the English language. When people hear these words spoken or see them written, there is an immediate effect upon their Souls. They carry with them the enormity of what we think about God, The Creator. These Sacred Words contain EVERY Attribute / Quality that we believe God possesses.

“Holiness unto the Lord!”

- **God is Holy** . . . therefore, God is Love. God is Beautiful, Pure, & Perfect. God is Harmonious, Joyful, Peaceful, Powerful, & Wise. God is everything that we believe “The Creator” to BE . . . and SO MUCH MORE.

“...Holy, holy, holy, Lord God Almighty, which was, and is, and is to come.”

- Revelation 4:8

- As Individualizations of God who were made in the “Image & Likeness” of God, we should be striving to BE as Holy as we can while here on Earth. We must strive to live a life of Holiness, in emulation of God. Walking the Spiritual Path is intended to help Purify all aspects of ourselves, and this is a vital Key to expressing Holiness in all ways.
- If we want to BE “Godlike”, then we must pursue a **Path of Holiness**. We can learn from those who have gone before us and demonstrated what it means to BE Holy on Earth (e.g., Enoch, Gautama, Jesus, Krishna, Melchizedek, Mother Mary, Zarathustra).

“He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.”

- Revelation 22:11

- We must understand that our Four Lower Bodies (i.e., *Etheric, Mental, Emotional, & Physical*) are intended to be **“Instruments for Holiness”**, not **“Instruments for Sin”** . . . **“Crystal Chalice of Light”**, not **“Black Cauldrons of Darkness”**.
- If people only read one section on this entire website, it should be this one! It does not contain the most amount of information, because it does not need to; the Sacred Words ***Holy & Holiness*** express enough Spiritual Knowledge to fill many websites or books.
- This is one of the most powerful Affirmations that people can use on The Path:

“I AM holy, for the Lord my God is holy!”

- Archangel Michael (The Summit Lighthouse)

- **Caution:** This Affirmation can be very intense due to its incredible ability to Purify. It works quickly & powerfully. It is like the verbal equivalent of an **“Ascension Chair”** / **“Atomic Accelerator”**. Keep in mind that it does not have the “cushioning” that takes place when working with the Violet Flame. People will feel the Darkness / Impurities that exist within them while giving this Affirmation. They must be prepared to push through the Negative Energies and Surrender them into the White Flame of Purity.
- People may feel wonderful **before** giving it and then feel terrible **after** giving it, but that is because the Impure Energies are coming to the surface to be Purified. It is important to stay in a Space of Love, Peace, & Harmony. Try not to react or be overwhelmed by the experience. Focus on the Positive Expressions of whatever Negative Energies are coming up for Purification.

- The **State of Holiness** contains ALL of God’s Qualities. This single Affirmation will help to Purify ALL aspects of our Being . . . and that means ALL of the Misqualified Energies on The Cosmic Clock.
- The intensity that people feel will depend on how much Negative Energy is within their Four Lower Bodies and how much Negative Karma they still have to balance. It may be wise to begin using this Affirmation a few times each day, instead of immediately saying it 108 times (or more). Also, it would be helpful to add some Violet Flame along with it, in order to “soften” the **Power of Purification** that WILL take place.

“I AM a being of violet fire! I AM the purity God desires!”

- The Summit Lighthouse

- **NOTE:** Remember that when we say “**I AM**”, we are saying “**God within me is**” . . . we are not speaking about the human ego but rather the Threefold Flame within & the I AM Presence above. **God within us is Holy; the human ego is not.** Affirmations are powerful because we are affirming the Reality / Truth of the God-Qualities that are already within us, and it helps us to be free of the human ego & all of its impurities.

Laughter

- We should take the Spiritual Path seriously.
- We should NOT take ourselves seriously – (i.e., lesser self / human ego).
- There is a Time & Place to have a laugh, and that requires Discernment.
- We have heard that “**laughter is the best medicine**”; this is because of how it positively affects our mental, emotional, & physical states.
- Laughter can help us to deal with anger, anxiety, pain, sadness, stress, tension, & trying to overcome difficult challenges. When we laugh, we feel an “**Inner Joy**” . . . even though it appears as an “**Outer Joy**”. It does not magically solve our problems, of course, but it can help us to get into the right mindset / state of consciousness to be able to see things more clearly and come up with effective solutions.
- The Fallen Ones are prideful and do not like to be laughed at / mocked. They take themselves very seriously, for they believe that they are “superior” to everyone else. It angers them when the so-called “scum of society” (i.e., God’s Children) have fun at their expense. It would be like slaves having the audacity to poke fun at their masters. There are many examples (Past & Present) of tyrannical leaders in corporations, governments, & religions who censored / persecuted / prosecuted / murdered people

who were “beneath them” for daring to ask reasonable questions, speak the truth, expose corruption, challenge “official narratives”, or even make jokes about them.

- The Fallen Ones do not like God’s Children being Joyful for any reason, because they use anger, anxiety, depression, division, fear, guilt, hopelessness, & unworthiness to gain / maintain their Power & Control.
- The **“Way of Suffering”** (i.e., *Via Dolorosa*) must transform into the **“Way of Joy”**. Laughter is one Key to achieving that (Personally & Planetarily).
- We can learn from the **Laughing Buddha & Santa Claus**.
 - BE Joyful . . . BE Jolly!
 - There is Great Freedom in laughter.
 - It helps to keep us in the Heart.
 - It helps to clear our Minds & calm our Emotions.
 - It helps us to be more Compassionate, Forgiving, Kind, Loving, & Merciful.
 - It helps us to be more Harmonious & Peaceful.
 - It helps us to feel “lighter” and overcome feelings of “heaviness”.
 - It helps to prevent us from being easily offended, being oversensitive, reacting badly to everything that happens, & “wallowing in self-pity”.
- We must remember that even The Creator has a sense of humor. We can see this in the laughter of children and how innocent, playful, & pure they are. We can see this in how playful animals are . . . our pets and those living in the wild. We can see this in ourselves when we are in a “good mood” and not so burdened by our circumstances / situations. Life is definitely serious at times, but we must remember that God’s Creation is all about **Balance**; this means that **Seriousness** is intertwined with **Playfulness**.
- This is not to suggest that we have a good laugh while atrocities are taking place around us, or that we “fiddle while Rome burns”. It simply means that we laugh at the silly things that should not be taken seriously within ourselves & within society. We should try to remember the saying:

“Don't sweat the small stuff.”

- Just imagine hearing the Laughter of God! It is a Pure & Powerful Expression of His Great Love & Joy. It is a “Cosmic Laughter” that vibrates throughout All of Creation delivering a simple Divine Message:

“I AM Here, My Beloved Children, and I Love You!”

Light

- One of the most important topics that people can study is **“The Nature of Light”**.

- No matter how much we think we know about Light, there is so much more that we do not know. It is Mysterious & Powerful in ways that most people cannot (right now) comprehend. It would be incredible to study, pray, & meditate to learn as much as possible . . . because any understanding could be applied to EVERY aspect of our lives (Personally & Planetarily).
- The study of Light can (and should) be done through both **Spirituality** & **Science**, for it is a Fundamental Aspect of Creation . . . in the Spirit Realms & in the Matter Universe.

“And God said, Let there be light: and there was light.”

- Genesis 1:3

- Saint Germain said that Light is the **“Alchemical Key”** – (The Summit Lighthouse). The Sacred Science of Alchemy follows God’s Divine Steps of Creation . . . As Above, So Below . . . in Spirit & in Matter . . . The Creator & The Co-Creators. God said, “Let there be light.” – this Powerful Fiat is the first step that people must take when engaging in the Holy Act of Materialization / Precipitation.
- We know that the **“Rays of God”** (i.e., His Consciousness / Energies) come from the White Light shining through the “Prism of Being” to become the “Rainbow Rays” . . . the 12 Rays (i.e., 7 Primary Rays & 5 Secret / Crystal Rays) . . . as well as various Rays based on combinations of various Colors / Characteristics of Light.
- We know that God’s Sons & Daughters are also called “Lightbearers”, “Lightworkers”, & “Children of the Light”.
- We know that Cosmic Beings, Ascended Masters, & Angels are often called “Beings of Light” . . . and that includes our own Higher Self / I AM Presence.
- We know that Cities located on the Etheric Plane are called “Cities of Light”.
- We know that “nature abhors a vacuum” . . . and, spiritually-speaking, the voids must be filled with Light! This applies to us Individually & as a Civilization. It is especially important to understand this when it comes to the Fallen Ones being removed from the Earth . . . because God’s Sons & Daughters must immediately fill the “Empty Space” with Light, or even Greater Darkness will enter in.
- There is no “Spirituality” without Light; there is no “Physical Existence” without Light. We should seek to “absorb” & “radiate” as much Light as possible each day:
 - Artwork
 - Breathing Exercises
 - Diet & Fasting
 - Meditation & Visualization
 - Music & Singing

- Nature & Sunlight
- Physical & Spiritual Exercises
- Science of the Spoken Word
- Service to Life
- Study of Spiritual Teachings

“I Live in Light!”

“I Love the Light!”

“I AM the Light!”

“Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.”

- John 8:12

Love is The Key . . . Hope is The Way

- Many people already know that Love is The Key . . . the Key to transforming Ourselves & Civilization. However, we must remember that **“Divine Love”** is The Key . . . NOT **“Human Love”**.
- It is an essential aspect of Life & the Spiritual Path to have Hope, and this is true in the Spirit Realms as well.
- We should not confuse “Hope” with “Human Desiring” . . . it is about God’s Will, not Human Will. It is a State of Consciousness that is Optimistic / Positive. It is about Anticipation, not Expectation. It is about Flowing with the Holy Spirit. It is a vital part of the “Can-Do Spirit”. It is a childlike Faith & Trust in God / the Ascended Masters / our I AM Presence.

“Blessed is the man that trusteth in the LORD, and whose hope the LORD is.”

- Jeremiah 17:7

- Many people know that the loss of Hope is worse than death. When there is Hope, there is the possibility that things can change for the better . . . no matter how bad the situation may seem at the time.
- **Without** Hope, everything is lost. **With** Hope, anything is possible!

“For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for?”

- Romans 8:24

- Hope is what fuels our Perseverance to overcome every challenge / obstacle, Hope allows us to maintain a **“Vision of Victory”** . . . for Ourselves & for Civilization. Hope is what we use to bring Heaven to Earth & raise Earth to Heaven.
- Hope is what we need on ALL Planes of Existence to accomplish ANYTHING. It does not receive the attention that it deserves, but Hope is absolutely necessary for the Spiritual Path of EVERY “Being of Light” throughout the Cosmos. Even God expresses Hope . . . that His Children will BE who they were created to BE (as Individualizations of God), and they will work with Him & Each Other to Expand / Multiply / Transcend Themselves & Creation to Greater Levels of *Beauty, Purity, & Perfection*.
- **Hope is The Way!**

“Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.”

- Romans 15:13

Mindfulness

- A very important Teaching on the Spiritual Path is about the need for “Mindfulness”. It has been known & practiced in the East for thousands of years and is now becoming more widely understood & practiced in the West.
- Being Mindful is about being **“Alert”** / **“Awake”** . . . paying attention to ourselves & what is around us. This is what prevents people from “zoning out”, having “brain fog”, living in a state of constant tiredness, forgetfulness, & lack of focus / mental clarity.
- Being Mindful means that we are “in the moment” . . . the Present / the **“Eternal Now”**.
- “Daydreaming” may sound innocent enough, but it is actually a lack of Mindfulness because we are not maintaining control of our Mental Body / Thoughts. We are not focused on what is happening before us; we are focused on the Past, the Future, or even that which is just Fantasy. It is not a Purposeful Practice of Meditation or Visualization.
- To become “Masters”, we must strive for “Mastery” . . . of our Four Lower Bodies (i.e., *Etheric, Mental, Emotional, & Physical*). This requires constant Mindfulness to always observe what we need to change within ourselves to progress on the Spiritual Path.

- What we focus on, we magnify in our lives (Positive or Negative). We must be Mindful of EVERYTHING . . . but without being anxious / stressed. True Mindfulness is about Harmony & Peace, because that State of Being allows us to see things more clearly.
- How can we improve Ourselves & Civilization if we are distracted and not paying attention to what is going on? We must be Mindful of EVERYTHING around us (to the best of our ability), and that means Ourselves, Other People, Animals, Environment, Earth, and so on. We should always be Observing / Paying Attention.
- It is not an activity of the human mind; it is a Sacred Activity of the Christ Mind / Buddhist Mind. The higher we rise in Consciousness, the more Mindful we can become. It is not so much “thinking” about things; it is more about “feeling” / “knowing” things. **Consciousness** is infinitely faster, more expansive, & more precise than **Thinking**.
- Oneness with our Holy Christ Self / I AM Presence will allow Greater Mindfulness without the “human mind” or having to “think about things” all of the time. It happens by increasing our Awareness through Intuition / Higher Consciousness. It is about “Spiritual Wakefulness” . . . becoming “Enlightened” . . . through Mastery of the Heart, Third Eye, & Crown Chakras. It is more about Spiritual Sight than Physical Sight.
- Mindfulness must be maintained in order to monitor our Spiritual Development. This includes being Alert / Aware of our returning negative karma . . . recognizing & passing our initiations . . . protecting our “personal space” . . . wisely using Energy through our thoughts, feelings, words, & deeds.
- Even Families, Communities, & Nations must be Mindful. Another word that people can use is **Vigilant**. It has been said that **“Eternal vigilance is the price of liberty.”** This is very important to remember, for our lack of Mindfulness could allow negative influences to create problems (slowly or quickly) . . . and eventually lead to the loss of ALL that is **Right, Good, & True** . . . everything that God Envisions for His Children.
- Mindfulness is **“Constant Awareness”** based on Love & Peace, not on Fear & Anxiety.
- We must also remember that **“Peace is NOT passivity.”** Being Mindful is Peaceful, but it is not passive . . . it is an active process. This understanding also applies to how we live and how entire nations must operate. If we value Liberty & Peace, for example, we must be Ever-Mindful of what needs to be done to Protect & Maintain them. That requires paying attention to possible threats from within & without . . . and responding in an appropriate manner. True Mindfulness leads to **Wise Action**.

Nothingness → Allness

- It is important to understand more about the two meanings for **“Nothingness”**.
 - 1) **The Sacred Process of Self-Purification**
 - 2) **The Eternal One / The First Cause / The Source of All**

- Self-Purification is also referred to as becoming **“Self-Emptied”** . . . of all impurities, negative energies, & the human ego itself. We must strive to purify our Four Lower Bodies, and that means surrendering everything that is not a part of our True Selves. We will come to a point on the Spiritual Path of having Pure Hope of BEing One with God, and we will want to be free of ALL that stands in the way of that happening. We will pray to God & our I AM Presence that there is **“none of me and only Thee”**. From this state of Emptiness / Nothingness, we can become the Allness of our I AM Presence.
- Another reason to overcome our human ego and become One with our Higher Self is so that the Fallen Ones will **“come and find me empty”**. In order to control us, they need to negatively influence us into becoming impure (which is told in the allegory of the Garden of Eden). Once we are impure in some way, we are easier to manipulate and control because we are no longer fully in Alignment with God. Harmony & Purity help to protect our Souls; when we lose them, we can be tempted, attacked, & led further away from God / our I AM Presence. The Purer we are, the better able we are to pass our initiations . . . and that includes not getting seduced by the Fallen Ones to follow their “Left-Handed Path” / the “Path of Darkness”.
- When most people speak of God, they are focused on what they know at the time about His Nature & His Creation. Those who have increased their understanding of God focus more specifically on the different Aspects / Attributes / Qualities of God and various Cosmic Laws that are not taught by the religions of the “Outer World”.
- What is often overlooked, however, is a focus on God as **“The Source of All”** in greater detail and not just as an expression. It is easier for us to focus on God’s Creation, because it is right in front of us and can be experienced with our five senses. It is not easy to focus on the Ineffable Aspect of God with our limited human minds & words.
- Before “God” created EVERYTHING, there was Ein Sof / Eternal One / First Cause. It was the Absolute / Infinite / Supreme Being. From out of this **“Divine Nothingness”** came the **“Allness of Creation”**.

“All things were made by him; and without him was not any thing made that was made.”

- John 1:3

- **White Fire Core**
 - **God** – “I AM THAT I AM” / “Great Central Sun”
 - **Man** – “I AM” / “Solar Presence”
- ***Timeless, Spaceless, Formless, Nameless, Soundless, Motionless***
- **Limitless Possibilities / Potential for BEing – *Expanding / Multiplying / Transcending***
- **“The Eternal Now”**

- The Creator demonstrates what Man can also do. From out of the White Fire Core of Being (i.e., I AM Presence), we can **BE Anything, DO Anything, GO Anywhere . . .** and continually Transcend to Greater Levels of Consciousness & Higher Dimensions / Planes / Realms.
- **Power** comes from the Central / Neutral Point . . . the “dot” in the “Center of Being”.
- Perfect *Balance, Harmony, Peace, & Stability*
- From out of the “**Blazing Sun Within**” . . . ANYTHING can happen!
- (People can study & meditate upon the “**Secrets of the Suns**” section of this website for some additional information.)

Power of Momentums

- It is very important for people to understand the vital role that Momentums play in our lives and on the Spiritual Path. They are Positive / Beneficial or Negative / Harmful, and they consist of “doing things” or “not doing things”. We all have many different Momentums taking place in our lives, whether we realize it or not.
- Some refer to Negative Momentums as “bad habits” or “addictions”. They are patterns of destructive behavior that do not support people in their Spiritual Development or in Self-Purification. It is a lack of Self-Control / Self-Discipline / Self-Mastery due to a lack of understanding and/or negative influences affecting them.
- These Negative Momentums cause people’s Four Lower Bodies to become impure & “out of Alignment” with the Will of God & our Higher Self. This is how people unknowingly (or knowingly) leave the Spiritual Path and get “stuck” / “trapped” in lower states of consciousness. It leads to a lack of Discipline & Purity of their thoughts, feelings, words, & actions . . . which also creates Negative Karma.
- **Examples:** addictions, angry outbursts, compulsions, constant state of fear, intense emotional reactions, lack of exercise, laziness, negative self-talk, procrastination, self-harming, unhealthy diet, & ALL the perversions of the 12 Lines on the Cosmic Clock.
- We stop Negative Momentums by creating Positive Momentums. We focus on what we WANT instead of on what we DO NOT WANT. We keep our “Eye” on our Spiritual Goals, and we establish Good Habits that will help us to achieve them and make our Dreams a Reality.
- Positive Momentums correlate with the expression, “**Keep moving.**” We have all had the experience of doing something regularly and finding it easy to continue doing it, but we have also experienced how difficult it can be to start something new or to start something again after we stopped doing it (even for a short period of time). That is the **Power of Momentums!**

- We must look closely at every aspect of our Lives (and Spiritual Path) and recognize any Negative Momentums in order to stop them. We must immediately create Positive Momentums to replace them. Voids must be filled . . . so we must fill them with Light!
 - **Emulate the True Adepts / Masters / Sages / Saints / Yogis:**
 - If you truly believe they **WOULD NOT** do something, then **STOP** doing it.
 - If you truly believe they **WOULD** do something, then **START** doing it.
-

Prayer & Meditation

- Two very powerful Spiritual Tools that countless people around the world have been using throughout history are **Prayer** & **Meditation**.
- People can find plenty of information about Prayer & Meditation in various books and on many different websites (including this one). There is no need to say too much here.
- However, it is important to remind people that Prayer & Meditation are intertwined Spiritual Practices . . . “two sides of the same coin”. It is a Yang & Yin relationship.
- Many people pray but do not meditate; others meditate but do not pray. They would achieve more if they engaged in both Sacred Activities. When people pray, they often ask God for answers to questions or for guidance in their lives. That is great, but they often get frustrated when they do not see any “signs” or seem to receive answers. One contributing factor could be that they are not listening in the most effective manner, and that is one reason why we meditate.
- How can we accurately “hear” God when our minds are chaotic; our emotions are turbulent; our lives are so busy; & we are surrounded by distractions / interruptions? We need Peace in our Four Lower Bodies in order to receive clearer answers to our Prayers. It is the **Stillness** & **Soundless** space within us that is becoming more well-known in the West . . . and was already well-known in the East.
- **Prayer**
 - **“Active”**
 - Asking God / Ascended Masters / I AM Presence for Assistance (i.e., Guidance & Illumination) . . . for Oneself, Other People, Animals, Environment, Earth
 - Devotion / Gratitude for One’s Life, Blessings, & Learning Opportunities
 - Offering Oneself in Service to Life – One’s Energy / Money / Resources / Time
 - “Science of the Spoken Word”
- **Meditation**
 - **“Passive”**
 - Receiving Answers / Guidance / Illumination
 - “Recharge” – become Centered / Grounded / Peaceful / Rejuvenated
 - Regain One’s Harmony with God / Creation / I AM Presence
 - Rise higher in consciousness & transcend the Mind / Emotions / Body

Prepared, Purified, & Ready

- The famous motto of the Scout Movement is **“Be Prepared”** – (Robert Baden-Powell). It was intended to teach Scouts the vital Life Lesson that they must always **“Be Ready”** to fulfill their duty . . . whatever that happened to be. (**NOTE:** The Ascended Master Saint Germain sponsored the founding of the Scout Movement through Baden-Powell.)
 - A similar motto has been followed throughout history by those who Walk the Spiritual Path & embody *The Three Pillars of Purpose*: **“Be Prepared, Purified, & Ready”**. This Spiritual Motto is relevant to ALL of our Sacred Work on *Self-Perfectionment, Service to Life, & Co-Creating a New World*.
 - **Be Prepared:** Before we do anything, we need to prepare ourselves. The more prepared we are, the more likely we are to succeed. We should be as prepared as possible, take wise & loving action, and then be flexible . . . able to “flow” / change our course because Life & the Spiritual Path will always surprise us due to karma, initiations, opposition, & unexpected obstacles. We can only plan so much, so we must be prepared (within & without) to deal with anything that comes our way . . . to the best of our ability.
 - **Be Purified:** The purer we are as well, the more likely we are to succeed. Purity allows us to become better Instruments for God / Ascended Masters / I AM Presence, which means that we can express “God-Qualities” in a Greater Way to achieve Greater Things.
 - **Be Ready:** When we are as Prepared & Purified as we can be, it is vital to remain in a State of Readiness. We must be willing & able to fulfill a Sacred Duty. We may be called upon at any moment & must be ready to “spring into action”. BEing Peaceful & Patient does not mean letting our guard down or getting “comfortable”, for we must always remember the importance of **“Eternal Vigilance”**.
-

Purity

- It has been mentioned many times throughout this website how important it is for us to strive for the Purity of our Four Lower Bodies . . . and our entire Consciousness, Being, & World. God is Pure; we must become Pure as well in order to BE Godlike. We were created Pure; we must return to a State of Holiness in order to earn our Ascension & become the Great Beings of Light that God created us to BE.

“With all thy getting, get Understanding. With all thy understanding, get Purity.”

- **Path of Purification / Path of Self-Perfectionment**
 - The Purer we are, the more of our True Self we can BE . . . As Above, So Below . . . On Earth, as In Heaven.

- Strive to BE a Pure Chalice / Instrument / Vessel for God / Ascended Masters / I AM Presence.
 - Transform the “human” into the “Divine”.
 - Have “Pure Intentions”, not “Good Intentions”.
 - God & Heaven are Pure; His Children & Earth must be Pure as well . . . so the Microcosm can become a Glorious Reflection of the Macrocosm.
- Study & Emulate the lives of those who wonderfully demonstrated the **Purity of God**, including ALL of the Ascended Masters of the Great White Brotherhood as well as Adepts, Sages, Saints, & Yogis – (e.g., Saint Bernadette & Saint Philomena).
 - Study the Arthurian Legend of the Knights of the Round Table and the *Quest for the Holy Grail*. The Grail was symbolic for the **“Holy Christ Self”**, and the wine that the Grail could contain was symbolic for the **“Christ Consciousness”**. The Sacred Journey was not simply to find the Physical Cup used by Jesus at *The Last Supper*; it was an “Inner Journey” to become “Christed Ones”. It is written that only four Knights saw the Holy Grail, and it was **Sir Galahad** who was the Noblest / Purest Knight & the “Archetype of Christ”. We should strive to emulate Galahad on our own Spiritual Paths.

“My strength is as the strength of ten, because my heart is pure.”

- Alfred, Lord Tennyson (“Sir Galahad”)

- **Covenant of Asha**
 - **“Asha”** is an Attribute / Quality of Ahura Mazda & the Sacred Name for one of the Deities / Divine Entities in Zoroastrianism.
 - Divine / Natural Law (i.e., “God’s Will”) – *Truth, Order, Justice, Righteousness*
 - Associated with the Physical Element of Fire
 - Symbolizes the “Sacred Fire of Purification”
 - **“Threefold Path of Asha”**
 - 1) **Good Thoughts**
 - 2) **Good Words**
 - 3) **Good Deeds**

“The **Covenant of Purity** must be kept, the covenant that proceeds from your heart to the heart of God as a blazing pathway of light that saith unto the Father:

Not my will but thine be done. I am thy child, O God. I walk here below as a pilgrim. I seek to manifest thy love wherever I may go. There is no stain or permanent pain or aught that nips in the bud the manifestation of thyself and thy transcendent love. Through all time and space I move to see thy radiant form. Thy being is a flash of love and in me it is born.”

- **NOTE:** The excerpt above is from a Dictation by Sanat Kumara through Mark L. Prophet – (July 6, 1968).
- **Cleanliness is next to Godliness.**
 - When something is “clean”, it is free from “dirtiness”. Therefore, *Cleanliness* is a word that we use for keeping our physical environment Pure. Just as we need to Spiritually Purify our Four Lower Bodies, we must also Physically Purify / Clean our bodies, clothes, homes, vehicles, and so on.
 - Good Hygiene leads to Good Health. Cleanliness of our surroundings helps to keep our minds clear, our emotions calm, & our bodies strong. It is Uplifting to the Soul when the air is fresh; there is no dirt / dust; everything is neat / tidy; & everything looks clean. We know this is true because of how good it feels to have a shower & put on clean clothes . . . to put clean sheets on the bed . . . or to do “spring-cleaning” throughout the house. We clean our house before we have guests visit, but we should keep it clean everyday for our own benefit.
 - Dirtiness on the Physical Plane is comparable to “Dirtiness” on the Emotional, Mental, & Etheric Planes . . . and they are all connected. For example, having dirty homes attracts Entities from the Astral Plane, which most people may not realize (or believe). What type of environment would Angels rather visit, a dirty place or a clean place? It is true that Beings of Light will go ANYWHERE to help Souls, including Dark / Depressing / Dirty places, but that does not mean they want to remain there! They are Pure; it should not be a surprise to hear that they prefer to BE in Pure Places.
 - There are many reasons why “Holy Places” are kept clean; the most important reason is because **God is Pure** . . . and we should establish **Places of Purity** for Prayer, Meditation, & Devotion. God may be EVERYWHERE, but who wants to sing God’s Praises at a disgusting landfill or in a filthy alley of a city? Are such places worthy of our Lord?
 - We are not “pigs in mud”; We are Individualizations of God! We are **Children of God** . . . **Children of the Sun** . . . **Children of Light** . . . **Children of Love!** We should strive to Purify ALL aspects of our lives in order to better represent the Purity of our Father-Mother God / the Ascended Masters / our Higher Self.
 - **“Divine Dignity”** includes thinking, feeling, speaking, & acting Purely . . . as well as maintaining the Purity / Cleanliness of our physical surroundings. This applies to ourselves, our families, our communities, our towns, our cities, our states / territories, our nations, & our planet.
 - **Food for Thought:** If we cannot keep our own planet clean, then how will we keep other planets clean when Space Travel is possible (if it is not already)? We will just produce more garbage on yet other planets! This is also true Spiritually; how can we bring Love, Joy, Harmony, & Peace throughout the Universe when we have not yet achieved it here on Earth? One day, we will establish human

colonies on other planets & even interact with / support existing civilizations. What will we contribute that is of any worth, unless we Purify ourselves first?

“Physician, heal thyself.”

- Ancient Proverb

Reverence for Life

- One of the most crucial (and yet least talked about) factors that is negatively influencing Humanity & the World is a lack of Reverence for Life. Changing this one issue alone would immediately benefit All of Civilization & the Earth in such incredible ways!
- Without providing a long list of the atrocities & cruelties that have taken place in the Past and are still taking place in the Present, we can see that the Fallen Ones do not Respect Life and have spent eons manipulating God’s Children to behave the same.
- **God is Life.** When we disrespect Ourselves, Other People, Animals, the Environment, & the Earth, we are disrespecting God . . . for The Creator is within His Creation.
- **God is Pure / Perfect.** When we “degrade” / “desecrate” All of the Above, we are causing the Purity of God within All of Life to become Impure / Imperfect.
- **God is Love.** When we harm / hurt / negatively influence All of the Above, we are doing it to our Father-Mother God and failing to BE Expressions of Divine Love.
- We inherently have Reverence for Life, because God does . . . and God is within us. Whatever caused us to lose that Natural Reverence / Respect / Devotion / Admiration (no matter how small), we must strive to restore it & give Glory to God.
- **“Reverence for Life”** is the **“Cosmic Golden Rule”**. Every Child of God throughout the Spirit Realms & Matter Universe is intended to Appreciate / Love / Nurture / Protect ALL OF LIFE . . . EVERYWHERE.
- Everything is God . . . hurting any part of Life hurts God.
- Everything is Connected . . . hurting any part of Life hurts Us.
- A Golden-Crystal Age Civilization can be established during this Age of Aquarius. The Sacred Foundation, upon which an Age of Magnificence can become a Reality, will be focused on *Reverence for Life*.

LOVE ALL OF LIFE!

Rewards from God, not Man

- It can be difficult to be “in the world” but not “of the world”, especially when we are influenced by people and/or living in an environment that causes us to focus “outside” ourselves instead of “inside” ourselves. If we are raised / educated / conditioned to seek rewards from sources other than our I AM Presence / Ascended Masters / God . . . then we will live empty / sad lives that are consumed with attachment, discontentment, envy, greed, hatred, jealousy, pride, selfishness, & vain competition (to name a few things).
- Maria Montessori discovered that “external rewards” hindered the natural development of children, and they preferred “internal rewards”. Our children enjoy behaving well & doing well because it makes them feel good within. If they perform a task correctly or do something beautifully / excellently, they will be happy because of their achievement and do not require candy, food, stickers, toys, or any other meaningless prizes / rewards.
- Children also do not need to be “punished” / “threatened” . . . but naturally want to do the right things because of their Purity, Innocence, Love, & Joy. Adults should learn from children, for this is the Reality within ALL of God’s Sons & Daughters. We should strive to do well because we love doing well . . . it feels good within us & causes others to feel good when we help them without wanting to be rewarded for it.
- One problem with seeking Worldly Rewards is that people will lose the motivation to work hard and to do well unless they continue getting rewarded. As with all “human desires”, the pursuit of such rewards is insatiable. We will tire of working for the same rewards and will want others . . . and MORE. When does it end? And does any of it truly make us happy? It puts us on a “hamster wheel” that can only lead to suffering.
- We should spend our lives seeking to Glorify God and bring His Kingdom to Earth. We should seek to please God, not Man. In doing so, we will please the Souls of Mankind . . . even if people’s “human egos” are not always satisfied with what we have done. There is no pleasing the human ego, and we should not be slaves to human institutions controlled by the human ego of Man and hoping to be rewarded for our efforts.
- This is not to suggest that we should always “work for free”. It is right for us to be compensated for our products / services. At present, we do still have bills to pay and need money to support our families. Volunteer work is wonderful, but that is freely chosen with the knowledge that our Loving Service will not be reimbursed through gifts, money, or rewards. Receiving a “paycheck” is different than receiving a “reward”.
- The important Teaching to remember is that we should develop Noble Characters, live Virtuously, & strive for Holiness in ALL aspects of our lives simply because they are the Right Things for God’s Children to do. We will feel True Goodness within us by BEing in Alignment with our I AM Presence / Ascended Masters / God.
- Remember that God wants to bless us with countless Cosmic Gifts! There is nothing “of Man” that can compare to that which is “of God”. We should Do Good . . . and let God reward us according to His Will.

Let God surprise you!

- Remember that our True Treasures are “in Heaven”, which is our Causal Body. If we serve God, then God will reward us (always). If we serve Man, then Man will reward us (sometimes). However, Man’s Rewards (when we actually receive them and they are not completely useless) can only be accessed while in a Physical Body . . . we cannot take them with us when we win our Ascensions and leave embodiment. God’s Rewards are the Beautiful Blessings that we receive while on Earth as well as those which are in Heaven waiting for us to access, and they can be Magnified / Multiplied and used for Eternity in our Selfless Service to Life . . . EVERYWHERE!

**“Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt,
and where thieves break through and steal:**

**But lay up for yourselves treasures in heaven, where neither moth nor rust doth
corrupt, and where thieves do not break through nor steal:**

For where your treasure is, there will your heart be also.”

- Matthew 6:19-21

The Cosmic Clock

- Much has already been said about The Cosmic Clock on this website, and valuable links have also been provided for people seeking more information. There is no need to repeat everything again here.
- However, it is vital to remind people that The Cosmic Clock is one of THE most important Spiritual Sciences revealed to Mankind. This is not an exaggeration. Once people learn these incredible Teachings, they will look back and wonder how they lived their lives & Walked the Spiritual Path without them!
- There is so much to study & understand, but it is absolutely worth the Time & Effort. Even just focusing on the Diagrams can change people’s lives. Knowledge of the God-Qualities on the 12 Lines of The Cosmic Clock (and the perversions) is priceless for those who are dedicated to *The Three Pillars of Purpose* – (i.e., *Power, Love, Mastery, Control, Obedience, Wisdom, Harmony, Gratitude, Justice, Reality, Vision, & Victory*).

The Power of “I AM”

- God’s Name . . . **“I AM THAT I AM”**
- Individualization of God / I AM Presence . . . **“I AM”**

- René Descartes: **“I think, therefore I am.”**
- Higher Understanding: **“I AM, therefore I think.”**
 - “I AM” precedes thoughts, feelings, words, & deeds.
- **“Using God’s Name in vain”** is not just about profanity / vulgarity, it is also the improper use of Affirmations through the negative expression of **“I AM _____”**.
- We should only use “I AM” as Positive Statements, because **“God within us”** is only Positive. We magnetize into our Consciousness, Being, & World whatever we Affirm & Accept . . . whether that is Positive or Negative. They can be short or long, depending on how specific we choose to be.
- **Examples:**
 - “I AM Grateful.”
 - “I AM Healthy.”
 - “I AM Joyful.”
 - “I AM Loving.”
 - “I AM Peaceful.”

“Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.”

- John 8:12

“Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live:”

- John 11:25

“Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.”

- John 14:6

The Threefold Flame

- Much has already been said about The Threefold Flame on this website, and valuable links have also been provided for people seeking more information. There is no need to repeat everything again here.
- However, it is vital to remind people that one of THE most important Spiritual Teachings revealed to Mankind is that we have a **“Spark of Divinity”** within us called

“The Threefold Flame”. This Spiritual Flame / Sacred Fire is located within the “Secret Chamber of the Heart”, which is within the Heart Chakra.

- Our **I AM Presence** is our Higher Self / True Self, not the human ego. It is our Divine Identity / Divine Ego, for we are Individualizations of God. It is our Individual “I AM” originating from the Great “I AM THAT I AM”. It is a “Cosmic Fire”, & The Threefold Flame is a “Spark” that we have within us while embodied on the Physical Plane.
- The Threefold Flame is the ONLY Permanent aspect of our Being on the Physical Plane / Matter Universe, because it comes from our I AM Presence . . . which is Immortal.
- Our Minds, Emotions, & Bodies are cast aside when we die and/or win our Ascensions. Our Soul is not automatically Eternal / Immortal / Permanent, even though it has existed for possibly millions of years (depending on when our Souls were Created). The Soul must merge into Oneness with our Holy Christ Self, & we must Ascend to our “Father” / “I AM Presence” . . . or else the Soul can remain “separated” & eventually be “erased”, which is what happens to Fallen Ones through the Final Judgment / “Second Death”.
- The Fallen Ones have lost their Threefold Flames through eons of wrong thoughts, feelings, words, & actions. They have lived in complete opposition to God’s Will and have spent their time trying to acquire / maintain Power, Wealth, & Control while manipulating / attacking / destroying the Sons & Daughters of God. Therefore, they no longer have access to The Source or The Light.
- NOTHING / NOBODY . . . in the entire Cosmos . . . can survive without “Light”! The Threefold Flame of the Fallen Ones was extinguished, and they continue to commit atrocities in order to steal the Light from Lightbearers (e.g., human sacrifice, murder, pedophilia, rape, torture, & war).
- The Threefold Flame is our “Point-of-Contact” with God & our I AM Presence. We should meditate upon it regularly & strive to keep our focus on the Perfect Balance of **Power, Wisdom, & Love** throughout our lives. This Sacred Flame is directly connected to our I AM Presence through the **“Crystal Cord”**, which is our Spiritual Umbilical Cord by which we receive Light from our Higher Self.
- Mankind’s Threefold Flame once enveloped the entire body but was reduced to 1/16 of an inch in height due to misuse of the Light. However, the size of the Flame can be increased again by Walking the Spiritual Path (e.g., balancing the Three Plumes, balancing negative karma, passing initiations, praying, meditating, & dedicating one’s life to service & devotion to God).

The Two Fundamental Powers of God & Man

- 1) **Radiate** . . . (from us)
- 2) **Magnetize** . . . (to us)

- Every Activity of God & Man (including the “Sacred Act of Creating”) is done through the Flow of Complementary Energies . . . Yang & Yin. It takes place Above & Below. The Great Tao / The Cosmic Tai-Chi demonstrates the Power of this Perfect Balance / Harmony in the Macrocosm, which is to be emulated in the Microcosm.

“Trilogy of Perfection”

- **NOTE:** The excerpt below is from a HeartStream by Jesus through David Christopher Lewis – (October 26, 2016).

“And so you must teach them the art and science of *knowingness, acceptance and beingness* as a trilogy of perfection; for when they can feel, know and sense God's Presence within, everything changes, a new universe opens, divine possibilities may be engaged in and further insights ensue.”

“Trying” vs. “Doing”

- There are many quotes by the *Star Wars* character, Yoda, that people often bring up when discussing how to improve themselves and/or society. The philosophy of the fictional “Jedi Order” is based, in large part, on Buddhism & Taoism. It is certainly understandable that people think of Yoda as a “Wise Master” . . . or what we would call an “Adept”.
- It may seem odd to focus on something that was said by a movie character, but it is very well-known by fans of these films around the world and can be used here to share an important Spiritual Teaching that will help people on The Path.

“Do or do not. There is no try.”

- Yoda (*The Empire Strikes Back*)

- When creating a website like this, the hope was to share vital Teachings for people at many different Levels of Spiritual Development. There is something for everyone; it depends on what their Souls need at the time & where on The Path they are at.
- There is a big difference between someone new to the Spiritual Path and someone who has been Walking the Spiritual Path for a long time. The Wisdom / Mastery that a Novice has achieved would certainly be different to that of an Adept . . . similar to that observed in a Guru / Chela, Teacher / Student, or Master / Apprentice Relationship. The difference is even greater between an Adept & the “General Public”.

- It should make sense that learning Spiritual Teachings ranges from Basic to Complex, like learning Mathematics (e.g., Arithmetic & Quantum Mechanics). Truth is Truth, but there are always Higher Truths . . . which means a Higher Understanding with Greater Realization / Mastery that is developed with increasing our Levels of Consciousness.
- Therefore, it is important to mention that **“Trying”** & **“Doing”** are both relevant on the Spiritual Path . . . depending on the Level of Wisdom / Mastery that people have. Yoda was right, but his Wisdom was for Luke Skywalker and not the general public. The same happens with the Ascended Masters & their Chelas compared to the information presented to the wider community. This was demonstrated by Jesus as well with him sharing more complex Spiritual Teachings with his Disciples and providing simpler & more basic Teachings to the public.
- Yoda represents a Real Guru / True Teacher; he was also an “Adept”. Luke was his Chela / Student; he was an “Adept-in-the-Making”.
- Adepts & Masters do not need to TRY; they either DO something or they DO NOT. They have become “Experts” and have the Wisdom / Mastery to engage in whatever Activities they choose. However, it took them countless attempts to learn / develop their Abilities / Powers . . . which meant TRYING. They TRIED until they could DO.
- **Trying** is based on *Believing*.
- **Doing** is based on *Knowing*.
- Relating this to the Spiritual Path, we would say that people who are still working to become One with their Holy Christ Self (and to become Adepts) must TRY. We should try to do important things within & without. We will not always be successful with our first attempt, but we should keep trying until we are. This is how we build a Noble Character, learn valuable lessons, balance negative karma, pass initiations, & enjoy Great Victories!
- We would not expect people to create a “Work of Art” the first time they pick up a paint brush or sculpting tools. We also would not expect people to compose a “Musical Masterpiece” the first time they started putting notes on paper. The same could be said about any profession / skill. We become “Masters” through effort, and that means we must keep trying until we have perfected our craft.
- When Jesus performed Miracles, for example, he did not doubt that he could do them. It was not a matter of **“Believing”** but rather **“Knowing”**. He was confident in his Knowledge & Abilities. After a long time of study & practice, he understood Cosmic Laws & how to apply them. He was not **“Trying”**; he was **“Doing”**. It is not as if he was secretly worried about sinking while walking on water . . . disappointing people if he failed to heal the sick or turn the water into wine. Does anyone think that Jesus “broke out in a cold sweat” due to uncertainty that Lazarus would come out of the cave after instructing that the stone be removed?
- Spiritual Progress leads to **BEing** . . . which leads to **DOing**. There is no **TRYing** when you are BEing. You will already have Knowledge of Cosmic Laws & the Mastery to apply them. You will already have become Co-Creators with God & understand how

to work with The Light. TRYing leads to DOing, when our goal is BEing. Then, it is God / Ascended Masters / our I AM Presence doing Good Works through us!

“Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works.”

- John 14:10

- When speaking about Alchemy & Precipitation, the Ascended Master Saint Germain revealed that the word **TRY** is a “sacred cosmic formula” – (The Summit Lighthouse):

Theos = God

Rule = Law

You = Being

Theos + Rule + You = God’s Law active as Principle within your Being (TRY)

“Weather the Storm”

- Life & the Spiritual Path will have ups & downs. We hope for things to go smoothly, but that is not always the case. We hope for health, happiness, & only good things to take place, but sometimes the opposite happens. Most people have also had extremely difficult experiences that caused intense grief, pain, & suffering.
- It has been mentioned before that **“there is no injustice anywhere in the Universe”**. That is not something the majority of people in the world would believe, and it is easy to understand why they feel that way. However, to believe that “injustice” exists also means that God is “unjust”. The Truth is that God is All-Powerful, All-Knowing, & All-Loving. There is a **“Divine System of Justice”**. Everything happens for a reason.
- What are those reasons? It was mentioned in greater detail on this website that we often experience difficult situations due to changes in consciousness / energies, balancing personal & planetary negative karma, facing spiritual initiations, holding a Balance of Light, being attacked by the Fallen Ones, fulfilling specific tasks for the Ascended Masters, the orbits / positioning of planets, the effects of various cycles, and so on.
- When we realize that there is no injustice, and we understand the Reality of Karma & Reincarnation, we will be accepting of our circumstances instead of being angry, bitter, frustrated, & resentful. That does not mean that we have to tolerate our current situation for the rest of our lives, for we should always strive to overcome obstacles & move forward into Greater Experiences / Opportunities. It just means that we acknowledge our current situation is happening for a reason; there is no need to complain or blame. We should not focus on being **“Victims”**; we should focus on being **“Victors”**!

- **How have Trees survived so many types of storms throughout Earth's history?**
- **Examples:**
 - **Adaptability** – different structures capable of dealing with different conditions
 - **Flexibility** – ability to bend without breaking
 - **Self-Protection** – different types of bark to shield trunks & branches
 - **Stability** – deep roots or shallow roots that can hold more soil to increase weight
 - **Strength** – dense / thick trunks & branches
- We should strive to emulate the qualities of Trees in our own lives & when Walking the Spiritual Path. While the examples above are in reference to the physical survival of Trees, they can be applied Spiritually when we are dealing with the “storms” that we encounter & push us to our limits . . . mentally, emotionally, & physically.

“When I arrived in the catacombs, I watched as the criminals who tied Albert to a wall threatened to cut off his finger and send it to his father as evidence of his abduction. The boy’s reply to all this was, ‘Do your worst.’ Life is a storm, my young friend. You will bask in the sunlight one moment, be shattered on the rocks the next. What makes you a man is what you do when that storm comes. You must look into that storm and shout as you did in Rome. ‘Do your worst, for I will do mine!’ Then the Fates will know you as we know you, as Albert Mondego, the man.”

- Edmond Dantès

(Birthday Toast to Albert Mondego - *The Count of Monte Cristo*)

- **Examples of what helps us to endure difficult situations:**
 - Faith – (in God / the Ascended Masters / One’s I AM Presence)
 - Hope – (that things will get better)
 - Charity – (Service to Life)
 - Prayer & Meditation
 - Love & Perseverance
 - Gratitude & Joy
 - Harmony & Peace
 - Self-Belief
 - Family
 - Community
 - Patriotism – (“Love of Country”)
 - Maintaining a “Vision of Victory”
 - Remembering . . . **“This too shall pass.”**

“Through Love and Perseverance is the Victory won!”

- Thrust of Light

- **When everything seems to be going wrong, remember these suggestions:**
 - Keep being Fearless.
 - Keep being Grateful.
 - Keep being Harmonious.
 - Keep being Hopeful.
 - Keep being Obedient. – (Outer Teacher, Inner Teacher, Masters, & God)
 - Keep being Peaceful.
 - Keep Glorifying God.
 - Keep Loving.
 - **“Keep on keeping on.”** – (Persevere / “Can-Do Spirit”)

“Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.”

- Deuteronomy 31:6

“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”

- Isaiah 41:10

Vital Keys –

Pillar 2: *Service to Life*

The Golden Rule

- Universal Moral / Spiritual Principle
 - “Do unto others as you would have them do unto you.”

The Two Great Commandments

- Matthew 22:35-40
 - 1) “You shall love the Lord your God with all your heart and with all your soul and with all your mind.”
 - 2) “You shall love your neighbor as yourself.”

The Four Commons

Being “Common” Is Extraordinary!

* * * NOTE * * *

The Golden Rule is THE simplest Universal Moral / Spiritual Principle, and the world could be changed very quickly if everyone applied it daily and in all situations. The same can be said about *The Four Commons*, for they demonstrate the **PSTU Standard** established by the *Thrust of Light* Activity (i.e., *Practical, Simple, Timeless, Universal*). Anything “common” is usually thought of as being “ordinary” / “average”. The Four Commons are “Extraordinary” because of how easy they are to remember and to apply in people’s lives . . . and how powerful they can be to transform the world into an Earthly Paradise!

Common Sense – (good & practical judgment)

Common Courtesy – (polite attitude & behavior)

Common Decency – (morality & dignity)

Common Good – (benefit & interests of All)

Live a Meaningful Life

Give Meaning to your Life, or it will have no Value.

The Greatest Value comes from Purpose.

Life is meaningless without Purpose.

The Three Pillars of Purpose bring Meaning & Value to our Lives.

Selfless Service

- We are striving for the **“Will of Man”** to become the **“Will of God”**.
- It is our Hope for the **“Heart of Man”** to become the **“Heart of God”**.
- This takes place through the *Path of the Ruby Ray*.
 - **Sacrifice**
 - **Surrender**
 - **Selflessness**
 - **Service**
- **“The Four S’s”** (listed above) are Individual & also intertwined as One . . . creating a **“Rose Cross”** by which Man can express the Divine Love of God.
- **“Service”** will be an even greater focus for Mankind during the Aquarian Age than during previous Ages, including the Piscean Age. It is a Sacred Activity that includes Sacrifice, Surrender, & Selflessness. People will rise higher in consciousness & spend more time on Spiritual Development & Service to Life.
- **“Communities of the Holy Spirit”** will be established around the world, and people’s primary focus will be on Glorifying God, Serving Each Other, & Nurturing All of Life.
- People will be **United**, not **Divided**. There will be a Greater Oneness among Mankind than at any other time in recorded history. We will build a Golden Age Civilization, and this will be done through our Selfless Service.
- *The New Jerusalem* is Above; *The City Foursquare* is Below. It is the Cosmic Figure-Eight Flow of making Heaven & Earth One . . . As Above, So Below.
- The **“West Gate”** of The City Foursquare has been said to be the **“Gate of the Future”**. That Future is NOW . . . the Age of Aquarius. It is the Special Time when the “Saints” / “Great Multitude”, as “Christed Ones”, will outpicture the Mother Aspect of God & the Holy Spirit . . . and will work together in Love, Joy, Peace, & Harmony. They will

strive to BE Pure, to raise their Souls & merge with their Holy Christ Selves, to BE One with their Individual I AM Presence, & to bring the Light of God into the Earth.

“After this I beheld, and, lo, a great multitude, which no man could number, of all nations, and kindreds, and people, and tongues, stood before the throne, and before the Lamb, clothed with white robes, and palms in their hands;

And cried with a loud voice, saying, Salvation to our God which sitteth upon the throne, and unto the Lamb.”

- Revelation 7:9-10

“Selfless acts are seeds planted in the soul of a planet . . . a compelling momentum for Love as the foundation of a new age.”

“. . . that you might render service, knowing that every act that is selfless is a seed that is planted in the soul of a planet and that that seed will mature and wax strong and then blossom as a floral adornment for those who come after.

This is the meaning of the blooming of Aaron’s rod.”

- Ascended Master Lanello (*Cosmic Consciousness*)

- When we freely choose to Serve Life as a Selfless Expression of Divine Love, our Pure thoughts / feelings / words / deeds are directly & indirectly achieving positive results in the Present . . . but they will also achieve positive results in the Future.
- Everything is Energy, and it cannot be created or destroyed . . . it simply changes form. Therefore, ALL the Energy of our Pure Expressions will continue long after we are gone (from this lifetime or from reincarnating altogether); however, our Compassion / Kindness / Love will remain. People will feel our Beautiful Energies and be inspired to live Good Lives & engage in Good Works as well. This is the **“momentum for Love”** that Lanello spoke about, which will lead to establishing a Golden Age Civilization.
- People should study *Ich Dien*, a book by Clara Louise Kieninger. It means **“I Serve”** and provides a truly wonderful example of living a Life of Service.

“I Live to Serve, I Love to Serve, I Serve to Set Life Free!”

- The Summit Lighthouse

(Invocations to the Hierarchy of the Ruby Ray – “Ich Dien!”)

- People should also study the Greek Legend of **Damon & Pythias**. This story illustrates the Qualities of True Friendship as well as “The Four S’s” . . . including Sacrifice & Selfless Service. The way that we treat our closest friends (& family) is the way that

we should strive to treat EVERYONE. We should Honor & Serve God within All of Life. We should follow *The Golden Rule* in all situations. We should love “our neighbors” as ourselves. We should be working to develop a Noble Character, and this can be achieved when we devote our lives to *The Three Pillars of Purpose*.

- It would be beneficial to have a “**Praying Hands**” picture on the wall or one’s personal Altar at home. This famous painting by Albrecht Durer is an excellent symbol of our dedication to God’s Will & to Holy Service. Through Prayer, we may offer our lives to God . . . for our Hearts / Heads / Hands to BE Instruments for His Heart / Head / Hands. It is the Balanced Expression of The Threefold Flame within us, as a Spark of Divinity from God’s Threefold Flame . . . As Above, So Below. We hope to BE Pure Chalice / Vessels for The Creator . . . as Father, Mother, Son, & Holy Spirit.

Sensitivity of the Soul

- The Purer we become, the more Light we can contain. The more Light we contain, the more Sensitive we become. Our Sensitivity expands as we rise higher on The Path. It allows us to “Feel” / “Sense” things that are more subtle in nature through increasing our Attunement / Intuition. It also includes feeling more Energies around us. Souls with Greater Attainment & Purity experience things that most others do not and can even “Hear” / “See” / “Smell” things that are beyond the normal Five Senses.
- This **Spiritual Ability** of **Magnified Sensitivity** can be used for Great Purposes:
 - Being more specific when Praying
 - “Feeling” what is taking place anywhere in the world (or on Inner Levels)
 - Healing animals / people / the environment
 - “Hearing” the *Music of the Spheres* when composing songs
 - Knowing if a situation is safe or not
 - Knowing if someone has pure motives or not
 - Knowing if someone is telling the truth or not
 - Knowing the “Right Thing” to say or do in order to help someone
 - “Reading” / “Seeing” Auras
 - “Seeing” Etheric / Heavenly Images when drawing / painting
- However, this increased Sensitivity can make some people feel like a “raw nerve”. It can be very challenging to feel so many intense Energies, which often makes people feel “heavy” & tired. It can affect people’s concentration, diet, sleep, and so on. Some people become anxious or “emotional”; they feel the suffering around the world, and the pain is too overwhelming. When we “Feel” ourselves more, we can “Feel” others more as well . . . because it is ALL Energy & we are ALL Connected.
- Sensitivity can be wonderful; it can also be a burden. We should pray for the protection & strengthening of our own Souls . . . and our entire Consciousness, Being, & World. We should pray for our I AM Presence & the Ascended Masters to illumine us on how to better carry our burden, which is a Selfless Sacrifice on behalf of Humanity.

- Another suggestion is that we should turn our attention away from our own Sensitivity and remain focused on the Sensitivities of others. Meaning, we can “forget ourselves” when we focus on the suffering of others through the mindset of Practical Action to help them. We must remember to have Empathy, not Sympathy. We should not allow the Pure & Selfless Sensitivity of Our Higher Self to become the Impure & Self-Centered Sensitivity of Our Human Ego.

- **The Two Greatest Gifts from God**
 - 1) **Life**
 - 2) **Free Will**
 - We must develop a genuine “**Reverence for Life**”. We must always respect people’s Free Will. We ALL have a God-Given Right to *Life, Liberty, & the Pursuit of Happiness*. We should focus our Sensitivity on ways to Assist / Nurture / Support ALL aspects of Life. We should “**sensitize our Souls to world need**” & have the courage to take Loving Action to help others improve their own lives.
 - It is about giving people a “**Hand Up**”, not a “**Hand Out**”. **Marxism** (i.e., Socialism & Communism) are the opposite of True Charity / Generosity that was developed by the Fallen Ones to establish tyrannical governments & make Lightbearers misuse their own God-Love through the “human mind” instead of the “Christ Mind” . . . and “human emotions” instead of “Christ Compassion”.

- We should study & practice the Great Wisdom within the “**Prayer of Saint Francis**”. It helps us to learn how to focus on the needs of others instead of focusing so much on ourselves. This is not to suggest that we should never focus on ourselves, because our work on *Self-Perfectionment* is absolutely necessary. This is in reference to our focus on the human ego and, for some people, their “over-sensitivity” . . . by instead focusing on how we can help others through *Service to Life & Co-Creating a New World*.

- It would also be beneficial to read *The Story of the Other Wise Man*, a book by Henry van Dyke, and/or to watch the movie based on the book called *The Fourth Wise Man*. It is a wonderful story depicting “The Four S’s”, especially Selfless Service. Adults & Children will find it quite inspiring and can use the main character’s Spiritual Journey as a beautiful example of how they can behave in their own lives.

“I WILL!” / “WE WILL!”

- We (and future generations) must strive to become the type of people who want to BE Vessels for God and help make the world better. God respects our Free Will and waits for His Children to offer themselves as “**Instruments for Transformation**”. We often hear people ask very important questions . . . out of concern and/or fear:

- **“Who is going to fix our corrupt government?”**
 - **“Who is going to change our fraudulent economic system?”**
 - **“Who is going to bring ‘justice’ back into our justice system?”**
 - **“Who is going to support peace instead of conflict & war?”**
 - **“Who is going to courageously speak the Truth about current events?”**
 - **“Who is going to save our precious children from the attack upon them?”**
 - **“Who is going to stop this terrible decline of society?”**
 - **“Who is going to turn things around?”**
- With the **Power of the Holy Spirit** flowing within us & with the **Strength of Hercules**, we must boldly respond (Individually & as a Sacred Community of Lightbearers) . . .

“I WILL!”

“WE WILL!”

- We must BE the **“Heroes”** & **“Heroines”** that we are waiting for!
- This powerful expression of Selfless Service is spoken aloud, spoken silently to oneself, or spoken by the Soul. It is done from a Space of Love & Humility. It comes from the Heart of those who are in Higher States of Consciousness & embody Higher Degrees of Oneness with their Holy Christ Self.
- One of THE most important Bible Verses, which does not receive the attention that it deserves, is **Isaiah 6:8**. The Message is the “Motto” of True Servants of God. It will resonate within the entire Being of those who dedicate their lives to Serving Life. The Bible Verse, as well as the powerful song by Dan Schutte (**“Here I Am, Lord”**), should be meditated upon regularly for continued inspiration.

**“Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us?
Then said I, Here am I; send me.”**

- It is also worth meditating upon three (of countless) examples of Great Beings stepping forward to volunteer for a Sacred Mission.
 - 1) One account was a VERY long time ago when Helios & Vesta (the Hierarchs of Our Sun) wanted to create a New System with habitable planets for Souls to Spiritually Evolve. They needed the Assistance of the Mighty Elohim, as the “Builders of Form”. Elohim Hercules asked the other Elohim **Who** would like

to help Manifest the Divine Plan of Helios & Vesta. It is said that the Elohim were full of Love & Gratitude for the Opportunity to engage in Cosmic Service . . . and they each declared, **“I WILL!”** As the Spokesman for the Elohim, Hercules returned to speak with Helios & Vesta. He lovingly stated that their Collective Response to being asked to help was, **“WE WILL!”**

- Ascended Master Teaching Foundation
(The Seven Elohim Speak)

- 2) Another very special account, which is even more well-known among Students of the Ascended Masters, also took place a long time ago. The Earth was in a Dark Period with nobody focusing on God, maintaining The Threefold Flame, or embodying the Christ Consciousness. The Cosmic Council made the decision to “dissolve” the Evolutions of Earth. It was Sanat Kumara who stepped forward and volunteered to leave his home planet, Venus (“The Love Star”), in order to hold a Balance of Light & maintain the Focus of The Threefold Flame within the Earth until others would begin to do so themselves. He wondered **Who** was able to try one last time to save the Earth & Its Evolutions and responded within himself, **“I WILL!”**

Countless Great Beings of Light offered their Love & Support after hearing that Sanat Kumara was given permission to help the Evolutions of Earth. Along with Sanat Kumara, there were 400 Sons & Daughters of God (and later 144,000) who also Selflessly Sacrificed to be exiled on the Dark Earth. All of these Great Beings were filled with Love & Gratitude for the Sacred Opportunity to engage in Cosmic Service. They may not have been formally asked to do it; however, when they recognized that something needed to be done and thought about **Who** would help Sanat Kumara with such a difficult Mission . . . they most certainly would have responded (within themselves), **“I WILL!”**

It was the Great Being whom we call Gautama Buddha, as the Spokesman for “The Great Multitude”, who stepped forward to announce that Sanat Kumara would not have to go alone but that they would provide him whatever assistance was needed for such a Noble Cause. In yet another incredibly Special Moment in “Cosmic History” (currently unknown to most people), something of Great Importance had to be done. Lightbearers were **Prepared, Purified, & Ready** to leave their homes (and a Golden Age Civilization) to Serve with Sanat Kumara. In this instance, Gautama spoke for ALL and declared their Pure Intentions to help by saying, **“WE WILL!”**

- The Summit Lighthouse
(The Story of Sanat Kumara)

- 3) Another very special account of this **“Willingness to Serve”**, regardless of the Sacrifices involved, has been well-known by people around the world for over 2,000 years . . . and that is when Jesus was praying in the Garden of Gethsemane. The story references the Agony that Jesus experienced knowing the torture & crucifixion that were going to take place and making the Selfless Decision to

Surrender to God's Will . . . to complete his Sacred Mission & to achieve what was intended on behalf of Humanity. There may not be a historical recording of Jesus saying, "**I WILL!**", but what is recorded in The Bible is the same Noble Character of knowing that something important must be done & to be willing to do it . . . especially knowing that it is God's Will.

"...Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done."

- Luke 22:42

- What would have happened (with just the three examples above) if those Great Beings responded to a world need for Selfless Service by saying, "**I / WE WILL NOT.**"? Everything would be drastically different today; in fact, we would probably not even be here today and would be Living / Spiritually Evolving on another planet (or more). The Sacrifices of the "Few" have always benefited the "Many".
- That is how we should ALL feel. We may not be called to accept huge Responsibilities right now, because we must work to increase our Levels of Consciousness as well as our Self-Realization & Self-Mastery. We will be provided with Greater Opportunities for Greater Service as we continue to Purify ourselves . . . Balance our Threefold Flame . . . demonstrate that we are "Willing & Able" to BE "Servants of the Light" . . . and desire God's Will above all else.

Christmas & Valentine's Day

- **Christmas**
 - It is a Special Period when one yearly cycle comes to an end & a new one begins. The "turning of cycles" provides us with more opportunities for *Transcendence* . . . Individually & Planetarily.
 - It is a "Magical Time" that makes us feel good & fills us with a Sense of Hope. We feel so Joyful & Free! Why should we wait until December to experience what we do at Christmas Time and then go back to "normal" when it is over? We should be filled with "**The Christmas Spirit**" all year round!
 - It is not about shopping (i.e., "commercialism") or over-eating. It is about Love, Joy, & Peace . . . spending time with family & loved ones . . . showing Kindness & Generosity to others . . . and expressing sincere Gratitude to God for our Lives & our countless Blessings.
 - It is, of course, the Special Time when we celebrate the Birth of Jesus & Honor Him, as a Magnificent Example of "Christhood". We should also use Christmas to focus on the "**Birth of The Christ Within Us**" & follow in Jesus' Footsteps by becoming "Christed Ones" like Him.

- **Valentine's Day**
 - One day each year, many people make an effort to be Kinder & more Loving than usual . . . especially to family, friends, & other loved ones.
 - While this is certainly a nice tradition, it is also worth asking why we need a Special Holiday to treat others so well. Every day can be Valentine's Day! We can share our Light & Love with family, friends, & strangers every single day.
 - It is not just about chocolates, flowers, jewelry, & romance. It is an important part of our *Service to Life* by Lovingly & Selflessly Serving others without wanting or expecting anything in return. The world could be transformed very quickly if everyone Freely & Generously shared their Unconditional Love with All of Life!

God is *Love*.

We are *Love*.

What else needs to be said?!

Dharma / Divine Plan / Sacred Labor

- Our *Service to Life* consists of the countless Positive Things that we think, feel, say, & do throughout our lives that benefit animals / other people / the environment. It can take place publicly or privately and in big or small ways, depending on our focus and what we hope to achieve. It is ALL important . . . when it is done with a Pure Motive! A “small & private” Humble Expression of Divine Love to help Humanity (e.g., praying in one's home) is more pleasing to God than a “big & public” prideful display of human love that may be for “A Good Cause” . . . but just brings attention to the human ego.
- The different types of Service that we engage in are based on dharma, karma, personal interest, personality / individuality, & recognizing what needs to be done . . . and then doing it. We can Serve every day in countless ways . . . individually and/or with others.
- No matter what assistance we are trying to provide, we should be overflowing with Love & Joy (at least within ourselves) . . . for it may be inappropriate to be laughing & “having fun” in certain situations. Nevertheless, our Joy will help others to become more Joyful themselves . . . which is especially important when people are dealing with very difficult circumstances.
- Our motivation for Serving Life is to give Love & Hope. No matter what we are trying to do for other people, we want to inspire them & help them to find their Freedom. That

“Freedom” may be Spiritual, Mental, Emotional, and/or Physical; however, it is the **“Freedom of the Soul”** that we are truly focused on. Similarly, it has been said:

“Many can feed the Body; Few can feed the Soul.”

- This is not to suggest that people should stop trying to help feed the homeless / poor. It is absolutely essential that our basic needs are met. We know that Jesus often fed people before speaking to them, which was demonstrated in the story of him multiplying the fish and the loaves. He understood that people must have the necessary nourishment for their bodies & minds so they can concentrate on listening to Spiritual Teachings about how to improve their individual lives, their families, & their communities.
- However, that also demonstrates that the core of our Service is to **“Nourish the Soul”**. If that means nourishing the body first, then we must do so. We must find ways to nourish ALL aspects of Life. We cannot expect to raise up “Third World Countries” if the people are starving and do not have their basic needs met. (**NOTE:** The Fallen Ones / Globalists do not want to end global poverty, which is proven by how so many nations that receive aid & charity are still living in terrible conditions today.)
- We must always remember that our Goal is Freedom! We want people to be FREE from the limitations of their own human ego, from their own negative karma, from negative planetary karma, from the diabolical “counterfeit creation” of the Fallen Ones, & even from the need to continue reincarnating. We want ALL of the Sons & Daughters of God to become **“Christed Ones”** like **Jesus . . .** and **“Buddhas”** like **Gautama**.
- This means that our countless expressions of Service must always be focused on giving the Soul what it NEEDS to move in that direction & to rise higher in consciousness. Our Purpose in Serving Others is to help people to help themselves! We do not want them to be dependent on anyone but their own I AM Presence & God. We definitely do not want them dependent on the government or even on the never-ending generosity of family, friends, & other compassionate people. We want everyone to be as Independent, Self-Sufficient, & Strong as possible . . . for that is what God / the Ascended Masters / our own I AM Presence want for us.

“Give a man a fish, and you feed him for the day. Teach a man to fish, and you feed him for a lifetime.”

- Ancient Proverb

- We want to **“Set Hearts on Fire”**! What does that mean? It means we want to provide the necessary assistance so that people can take back control of their Lives & Spiritual Paths (by giving Control to their I AM Presence & God). We just want them to live the way that God Envisioned . . . in Perfect Happiness, Harmony, Health, Joy, Love, & Peace. We want others to be inspired by the Selfless Service that was given to them,

or at least witnessed by them, and their Hearts will be Blazing with Divine Love to spend every day looking for ways to Serve Life.

- “Service” is what makes the Earth a planet worth Spiritually Evolving upon. If we all just focused on our own selfish human desires, the entire world would experience countless atrocities & quickly become consumed in Darkness. Our Dear Beloved Earth is a “**Planet of Selfless Service**” that leads to the Freedom of Mankind & the Earth! We continue striving for Greater Degrees of *Self-Perfectionment* so we can continue providing Greater Expressions of *Service to Life* . . . all of which helps us to become *Co-Creators of a New World!*

“And now abideth faith, hope, charity, these three; but the greatest of these is charity.”

- 1 Corinthians 13:13

Examples of Charity / Kindness / Love

- **Donations / Tithes**
 - Give **without** it being a “tax deductible donation”.
 - Tithe regularly – (Four Levels of Tithing).
- **Good Deeds**
- **Good Thoughts & Feelings**
- **Good Words**
- **Prayer** – (i.e., *Science of the Spoken Word*)
 - Pray “in secret” and/or with a Group of Lightbearers with Pure Motive.
 - Always finish by asking that our Prayers be adjusted according to God’s Will.

Dharma / Divine Plan / Sacred Labor

- Our *Service to Life* may also be very specific, depending on what our Souls volunteered to achieve in this Lifetime. While it is great to express our Love in many different ways, we may be needed (by our Higher Self & Ascended Masters) to pour our Light & Love into a specific Sacred Mission. For example, we may want to help the homeless or feed the poor but must focus our Energy & Time on holding a Balance of Light by getting married and raising children. Perhaps, we are “Called” to focus on being a Great Artist, Musician, Politician, Scientist, or Teacher. This is our “Dharma” / “Divine Plan”.
- No matter what Service we are involved with, it is good to remember that we are ALL:
 - *Defenders of the Helpless & Innocent*
 - *Emissaries of Light*
 - *Guardians of World Freedom & World Peace*
 - *Helpers of The Divine Helper*
 - *Liberators of Souls*
 - *Ministering Servants*

The Refiner's Fire

- It was mentioned regarding Pillar 1 how important “**The Refiner's Fire**” is for our Spiritual Development. In order to BE our True Selves, we must BE Pure. It cannot be said more simply than that. This means the Spiritual Path is a “**Path of Refinement**”. We are striving daily to Refine our thoughts, feelings, words, & deeds. We are Refining our entire Consciousness, Being, & World. We are working to Surrender into the Sacred Fire everything that is less than the Beauty, Purity, & Perfection of God within us.

God is Pure, so we must also BE Pure.

The Purer we become, the more of our True Selves we become.

The more of our True Selves we become, the more One with God we become.

The more One with God we become, the more of “Co-Creators with God” we become.

The more of “Co-Creators with God” we become, the Purer our Creations become.

The Purer our Creations become, the more They reflect the Purity of God.

The more They reflect the Purity of God, the more God's Purity Manifests.

The more God's Purity Manifests, the more our Purity must also Manifest.

The more our Purity Manifests, the Purer we will BE.

We must BE Pure, for God is Pure.

- It is not just Us who must endure “The Refiner's Fire” . . . EVERYTHING should as well. The Spiritual Path is about *Transcendence*, so even our Plans / Projects must pass the “**Baptism by Fire**” to be free of imperfections / impurities. When we choose to dedicate ourselves to Selfless Service, we want to make sure that our efforts will be Effective / Efficient. We want to succeed, because we want our Sacred Labor to achieve Great Things for All of Life . . . and we seek to Glorify God in everything that we do.
- We must “**put our affairs in order**”. This can involve many different things, for we are all unique Individuals with varying circumstances. What is important to understand is that we will need Greater Levels of Preparation as we seek Greater Levels of Service. Part of “**Sacrificing**” requires “**Organizing**”.
 - **BE Healthy**. Our ability to Serve Others will be influenced by our overall health / well-being. The Stronger we are Spiritually, Mentally, Emotionally, & Physically, the better our *Service to Life* will be.

“Physician, heal thyself.”

- Ancient Proverb

- We must organize our lives so that we are no longer **“Living to Survive”** but are **“Living to Thrive”**. It is difficult to focus on the needs of others when we are still so focused on our own (genuine) needs. We can Selflessly Serve even if we are dealing with our own challenges, including financial difficulties. However, it is easy to understand that any time spent focusing on OUR problems is less time that could have been spent focusing on helping others with THEIR problems.
- It is definitely not selfish to take care of ourselves, because we cannot help others (above the bare minimum) when we are still living in “survival mode”. Our hope is to organize our lives so that we can put more of our attention on BEing Instruments for God (e.g., to clothe, feed, & provide shelter for others) instead of having to spend so much time doing such things for ourselves.
- People who want to dedicate more of their lives to Service must create a lifestyle that will support such a Noble Path. This means that we should examine all aspects of our lives in order to figure out how we can have MORE Energy, Money, Resources, & Time that can be used in our *Service to Life*. **Giving Something** is absolutely better than **Giving Nothing** in Donations, Service, & Tithes. However, we will need to BE **Prepared, Purified, & Ready** in a completely different way if we hope to go “Above & Beyond” in our Givingness!

Brothers & Sisters of Humanity

- When we Serve Others, we are Serving God. The Creator is within The Creation, and The Threefold Flame within Lightbearers is the “Spark of Divinity”. Lightbearers are Sons & Daughters of God . . . and, therefore, Brothers & Sisters of Humanity. We want to BE **“Good Samaritans”** who provide valuable assistance that benefits the Spiritual, Mental, Emotional, & Physical aspects of people’s lives. This is Our Motto:

“I AM My Brother’s / Sister’s Keeper.”

- Our *Service to Life* requires **“Sacrifice”**, which can take place in many different ways. All Service requires us to Sacrifice our Energy / Light / Time. Depending on what type of Service we would like to engage in, we may need to Sacrifice our Material Goods / Money / Resources. We would usually prefer to **“Live & Serve”** . . . not due to fear or selfishness, but so that we can continue Living & Serving without having to leave our Loved Ones and spend years with the necessary process of having to reincarnate, go through childhood, mature, & finally start Serving again in our next embodiment . . . (as a “New Person” with a “New Life”). However, we may be called upon to make **“The Ultimate Sacrifice”** . . . to give our very Lives to help Others and/or for the

Greater Good. That is a powerful expression of Pure & Selfless Love. It is an incredible Sacrifice that demonstrates **“The Ultimate Act of Service”**.

“Greater love hath no man than this, that a man lay down his life for his friends.”

- John 15:13

- We are striving to help Animals & the Environment, as very important aspects of God’s Creation. We are striving to help Lightbearers, as Children of God. Our Vision is that ALL Lightbearers will merge with their Holy Christ Selves, earn their Ascensions by becoming fully One with their own I AM Presence, fulfill their Divine Plans, & win their Freedom from having to continually reincarnate in “physical bodies”.
- Also, we are working for the Earth Itself to Ascend in emulation of other planets (e.g., Venus) that maintain a Golden Age Civilization at Higher Levels of Consciousness / Dimensions . . . and which the Earth experienced as well before “The Fall” (i.e., the descent of the Fallen Angels and their negative influence upon God’s Children . . . leading to the descent of Consciousness and causing us to embody at the Level of the Physical Plane instead of remaining at the Level of the Etheric Plane).
- It is true that Fallen Angels do exist and took on “human form” a very long time ago. We certainly do not want to support their sinister agenda for Mankind & the Earth, but not everyone has developed the ability to know who is a Lightbearer and who is a Fallen One. As a result, we often “Serve” the Fallen Ones without realizing it. That is what they wanted, because they falsely believe they are “superior” to the Sons & Daughters of God and want to make us their slaves while they act like our “gods”.
- We do not want to give Our Light to the Fallen Ones, because they have no Light of their own and want to take Ours in order to survive. We want to Serve Others, but we must also be mindful that Our Light is going to Activities / Individuals that are worthy of Our Light. We do not want to knowingly or unknowingly support the Fallen Ones, because they use Our Light to sustain Themselves & to enslave Us. They use Our Goodness against Us! We must be vigilant so that Our Sacred Hearts remain Pure, and we only give Our Light to The Creator . . . through His Creation & His Children.

A Few Keys

- Understand & Accept that Fallen Ones are among us.
- Learn to “know them by their fruits”. – (Matthew 7:16-20)
- Develop Discernment.
- Understand God’s Will for Humanity & the Earth – (to wisely use Our Light).

“We are Selfless Servants, not Slaves.”

Inspiring Examples

- **William & Catherine Booth**
 - Founders of *The Salvation Army*. Its charity work & humanitarian efforts help people around the world without discrimination. We should behave in a similar way . . . by witnessing people in need and doing something to help them. We should take the initiative in making the world better instead of waiting for others to do it. It can all begin with one idea that builds over time to become something that is capable of reaching every corner of the globe. It takes Love, Wisdom, & a proper use of Power to become a Great Leader / Selfless Servant who makes a Positive & Lasting Difference.

- **Edward J. Flanagan**
 - Founder of *Boys Town*. The story of Father Flanagan is world-famous. What began as a small orphanage for boys turned into a large Community / Village that provides care for boys / girls & families across the United States and has inspired other nations to establish similar organizations that use Boys Town as a model for creating positive change. Many years after his incredible life of Selfless Service, Father Flanagan was given the title “Servant of God”. Two classic movies were made about Father Flanagan & Boys Town. Its Logo of an older boy carrying a younger boy on his back was recognized around the world. A song with a similar title as the Boys Town Slogan became a worldwide hit.

“He ain’t heavy, Father. He’s my brother.”

- Boys Town

Path of a Bodhisattva

- When our Entire Being is focused on *Service to Life*, our many embodiments / lifetimes will consist of different types of “Sacred Missions”. We will achieve various things that help Animals / People / The Environment . . . and do so in various roles within society. The time will come when a Soul can remain on the Etheric Plane and no longer has to reincarnate in physical bodies, because It fulfilled the requirements for the Ascension. This includes balancing at least 51% of one’s negative personal karma . . . balancing one’s Threefold Flame . . . and fulfilling one’s “Divine Plan”.
- Many Souls will choose to Ascend once they have reached the 51% mark, because there is no guarantee that the Earth will remain a suitable environment for Spiritual Growth or that Souls can find suitable parents to properly raise / educate them. When Darkness spreads, all of society can become corrupted . . . and this causes many Souls to decide that they can best Serve Life “from Heaven” (i.e., the Etheric Plane) instead of coming

back into embodiment with the risk of their Souls “getting lost” or “trapped” or at least negatively influenced to the point of descending in Consciousness and losing Oneness with their I AM Presence. This is always a valid concern.

- However, some Souls choose to forgo their hard-earned Victory in the Light. These are the “**Bodhisattvas**”. They are the Great Beings who could rise to Higher Levels of Cosmic Service and “do other things”, but they choose to remain with the Earth and help the Evolutions that are embodying on this planet until everyone has earned their Ascension and the Fallen Ones have been removed (i.e., sent to other planets or have gone to their “Second Death”).
- We should study the Great Life of **Babaji**, for example. This Indian Guru / Saint / Yogi is probably the most well-known Bodhisattva that people in both the East & the West know about. He is also referred to as an “Unascended Master”.
- We should study *The Song of Hiawatha*, a famous epic poem by Henry Wadsworth Longfellow (an embodiment of the Ascended Master Lanello). It beautifully depicts the “Path of a Bodhisattva”.

The Summit Lighthouse Glossary

- **Bodhisattva** – (Sanskrit, “a being of *bodhi* or enlightenment.”) A being destined for enlightenment, or one whose energy and power is directed toward enlightenment. A Bodhisattva is destined to become a Buddha but has forgone the bliss of nirvana with a vow to save all children of God on earth. An ascended master or an unascended master may be a bodhisattva.

The Hearts Center Dictionary

- **Bodhisattva** – A *bodhisattva* (Sanskrit) is a being who, having reached the point of full liberation, vows to refrain from entering the highest levels of Nirvana or progressing to cosmic levels of existence in order to remain on the Earth to assist all sentient beings to become fully enlightened and reach their liberation. Some bodhisattvas like beloved Kuan Yin are ascended and others remain unascended, embodying upon the earth to serve mankind at a very physical level.

The Sacred Yaks of Tibet

- When we look for inspiration, we normally look for people who have done Great Things and can be used as Wonderful Examples for us to follow. It is excellent (and wise) to do so, because we should always be looking to learn from others (who are worthy of being emulated). This applies to EVERY aspect of society (e.g., Artists & Musicians). Life is about *Transcendence*; we should learn from those who are “better” than us at something, and others can then learn from us. The Guru / Chela Relationship is a very special example of this Powerful Process. When we are inspired by others, or we ourselves inspire others, then Society improves. Eventually, a Golden Age Civilization can be established. This is the “**Upward Spiral of Spiritual Evolution**”.

- Even though we are usually inspired by the lives of other people, we can also be inspired by the lives of certain Animals. The Yaks of Tibet are incredible! They embody many of the Qualities that we strive on the Spiritual Path to embody. Their lives are amazing examples of *Service to Life*.
- Elementals want to Serve Mankind, because we are Sons & Daughters of God . . . and they are grateful for the opportunity to assist us on our Spiritual Paths. They seek to do so with Love & Joy (especially when they are treated respectfully and given Love & Joy by us). They can also earn a Threefold Flame after they meet certain requirements through Selfless Service.
- The Yaks of Tibet, in particular, are vital to the survival of many Tibetans. There are physical reasons for using the Yaks, such as their milk, size / strength, & thick hair. Yet spiritually-speaking, they are wonderful in representing **The Four S's** . . . *Sacrifice*, *Surrender*, *Selflessness*, & *Service*. While they may not have “Free Will”, they still demonstrate a **“Path of Divine Love”**.
- These Sacred Animals also display a “Noble Behavior” that we can certainly emulate – (e.g., Harmonious, Peaceful, & Pure). The most well-known “Essential Attributes” are their incredible Stamina & Strength. Anyone who has seen Yaks (in person or in videos) is always amazed at their unbelievable ability to be a “large animal” and yet can thrive at a high altitude while carrying heavy loads and climbing steep mountains. It is truly inspiring for even Mankind to witness, as the Yaks show us the Characteristics that we need for the *Spiritual Path* . . . which are similar to what the Yaks need for their life of *Service to Man*.

Yaks are “Beasts of Burden”.

We are “Bodhisattvas of Burden”.

Examples to Emulate

- While we can certainly be inspired by amazing animals, like Yaks, when it comes to our Spiritual Path . . . there is still no better inspiration than to learn from those who came before us. This is why we study the Great Lives of Great People, so that we can try to follow in their Footsteps.
- There are so many wonderful examples that could be provided here of Beautiful Souls from around the world (and throughout history) who demonstrated “Noble Characters” and excellently embodied various Qualities of God. Such Individuals lived trying to bring more Light into the world, and they did so through *Service to Life*. We must do the same in our own way, because we are unique Individualizations of God. Below are just a few names & some video clips of amazing Selfless Servants for us to emulate:

- Florence Nightingale
 - Flower A. Newhouse
 - Mother Teresa
 - Omraam Mikhaël Aïvanhov
 - Peter Deunov
 - St. Elizabeth of Hungary
 - St. Nicholas of Myra
 - St. Padre Pio of Pietrelcina
 - St. Patrick of Ireland
 - St. Rita of Cascia
 - St. Thérèse of Lisieux
 - Walter & Lao Russell

 - **“Messengers of the Great White Brotherhood”** – (only a few examples)
 - Grace Cooke
 - Guy & Edna Ballard
 - Mark & Elizabeth Clare Prophet
 - Nicholas & Helena Roerich
-

Vital Keys –

Pillar 3: Co-Creating a New World

Animals & Elementals

- Humane Treatment of Animals
- Man will Love & Respect Animals. The Consciousness of Animals will increase as the Consciousness of Man increases.

“And even the imprisoned elementals and angels also who have been imprisoned by black magic, they follow after you because they hope to be liberated by your fire.”

- Elohim of Purity

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / July 2, 1976)

- Man will understand that certain Animals are extremely important for the Spiritual Development of Man and in holding a Great Balance of Light for the Earth – (e.g., Bears, Bees, Birds, Cows, Dogs, Dolphins, Elephants, Goats, Horses, Lions, Whales).
- Animals will be “Friends” and “Helpers” of Man . . . even the so-called “wild” ones, as mentioned in *The Ringing Cedars of Russia* book series – (e.g., Bears & Eagles).
- No Animals will be killed for food, other materials, or sport.
- No Animals will kill other Animals for food / survival. They will be vegetarian and/or absorb nutrients by breathing pollen in the air as well as from Prana & Sunlight.
- Not all Animals / Creatures are God’s Creation; only those which are will live among Man in a Golden Age.
- Man will see some “Old” Sacred Animals return from previous Golden Ages as well as “New” Animals not seen in the Past.
- Man’s “Third Eye” will be open, and we will “See” the Elementals / Nature Spirits at the Level of the Etheric Plane – (e.g., Salamanders, Sylphs, Undines, & Gnomes).

“The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them.

And the cow and the bear shall feed; their young ones shall lie down together: and the lion shall eat straw like the ox.

And the sucking child shall play on the hole of the asp, and the weaned child shall put his hand on the cockatrice' den.

They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the LORD, as the waters cover the sea.”

- Isaiah 11:6-9

Architecture

- “Architecture of the Spirit” / “Cosmic Architecture”
- Modeled after the Sacred Architecture on the Etheric Plane of the planet Venus and the Retreats of the Ascended Masters over the Earth, other Planets, & Stars / Suns
- Beautiful & Magnificent (i.e., “Heavenly”) – Colors, Designs, Materials, Positioning
- “Homes / Temples / Cities of Light”
- “Crystalline Homes / Temples / Cities”
- Similar to the worthy examples from Earth’s Past & Present – (e.g., Lemuria, Atlantis, Ancient Egypt, Ancient Greece, Ancient Rome, The Renaissance, Washington, D.C.)
- Similar to beautiful Churches / Palaces / Shrines / Temples from the Past & Present.

Examples

- *Bahá’í House of Worship* – (Wilmette, Illinois USA)
- *BAPS Shri Swaminarayan Mandir* – (Bartlett, Illinois USA)
- *Byodo-In Temple* – (Kaneohe, Hawaii USA)
- *Duomo di Milano* – (Milan, Italy)
- *Florence Cathedral* – (Florence, Italy)
- *Notre-Dame* – (Paris, France)
- *Palace of Versailles* – (Versailles, France)
- *Parthenon* – (Athens, Greece)
- *Sacré-Cœur Basilica* – (Paris, France)
- *St. Patrick’s Cathedral* – (New York City, USA)
- *Swaminarayan Akshardham* – (Gandhinagar, India)
- *Taj Mahal* – (Agra, India)
- *Temple Expiatori del Sagrat Cor* – (Barcelona, Spain)
- *Wat Benchamabophit Dusitvanaram* – (Bangkok, Thailand)

- Biomimicry
- In Harmony w/ Nature – (e.g., Feng Shui)
- Natural Materials – (e.g., different types of Stone & Crystal)
- In Harmony w/ Astronomy – (e.g., the Pyramids of Egypt)
- Maintaining important Old Ley Lines & creating New Ones
- “Sacred Mathematics” / “Spiritual Engineering”
- “Esoteric Geometry” / “Divine Symmetry”
- “Sacred Geometry” – (e.g., Fibonacci Sequence & The Golden Ratio)
- Platonic Solids
- Cylinders, Pyramids, Spheres, & Rectangular w/ The Golden Ratio
- Study, Emulate, & Transcend Sacred Structures used for Spiritual Initiations – (e.g., Great Pyramid of Giza).
- Study, Emulate, & Transcend Buddhist & Hindu Architecture – (e.g., *Vastu Shastra*).
- Study, Emulate, & Transcend “Monolithic Architecture”.
- Study, Emulate, & Transcend “Classical Architecture”.

“Noble and grand architecture, never before brought forth, will be a thing of reality in this world, not only within the souls of men but also as it is outpictured in their lives. The nobility of cosmic architecture within the domain of the individual is of more concern to us than beautiful buildings. Yet we know the effect and the influence upon mankind of beautiful buildings, of beautiful thoughtforms, of beautiful ideas.”

- Saint Germain

(Dictation through Mark L. Prophet / The Summit Lighthouse / October 29, 1966)

Art

- God’s Creation is Indescribably Beautiful. Man must follow God’s Divine Example and create only Beautiful Things as well.
- “Beauty” is NOT “in the Eye of the Beholder”. *Beautiful IS Beautiful . . . Ugly IS Ugly!*

- A Golden Age Civilization will consist of only THE MOST BEAUTIFUL of God’s & Man’s Creations. The Higher we rise in Consciousness, the More Beautiful our Creations will be!
- Art must Retain & Radiate Light.
- “Heavenly Colors”
 - bright / intense / rich
 - soft / gentle / pastel
- Inspirational Carvings, Drawings, Illustrations, Paintings, & Sculptures
- “Magical Portraits & Scenes” – images that are animated & move like a video but are actually paintings. Similar to what is depicted in the *Harry Potter* movies.
- We must never forget “**The Power of Images**” when it comes to raising or lowering the Consciousness of Man. Civilizations rise or fall depending (a great deal) on Culture, including Art. We must focus on The Divine (within & without), if we hope to become One with The Divine.
- **Powerful Images** – (e.g., Adepts, Angels, Ascended Masters, Elementals, Mandalas, Sacred Geometry, Sages, Saints, Yantras, Yogis)

“Thus take care, beloved. Rather treasure a blank wall for meditation than any imperfect piece of artwork or a piece of artwork that serves no purpose. For remember, all things within the household can be distractions of the mind’s eye, capturing you in this or that mandala that is not scientific or holy but simply the design of some artist who has painted something that might attract your fancy but does not have the matrix to charge the soul and uplift the interior being.

Understand, then, that your surroundings are extensions of your body and your aura. Let the temple be free of encumbrances and let there be space for the mind to go through the walls and beyond to contact the stars and other realms of being that you are a part of.”

- Maitreya

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / July 3, 1993)

- **Study, Emulate, & Transcend the “Masterpieces” of the Past & Present.**

Examples of Illustrations & Paintings

- Akiane Kramarik – *Prince of Peace & Jesus*
- Albrecht Dürer – *Feast of the Rosary & Praying Hands*
- Ananda Vdovic – *Devi Darshan & Oval Madonna*
- Auriel Bessemer – *Man’s Choice & The Merging of Twin Flames*
- Charles Sindelar – *Jesus Christ & Saint Germain*

- Daniel Maclise – *The Spirit of Chivalry & The Spirit of Justice*
- Edmund Blair Leighton – *The Accolade & God Speed*
- Gustave Doré – *The Ascension & The Triumph of Christianity Over Paganism*
- Hermann Stilke – *The Life of Joan of Arc Triptych*
- Jon McNaughton – *One Nation Under God & Peace Is Coming*
- Leonardo da Vinci – *The Last Supper & Salvator Mundi*
- Lisa Delaney – *Divine Director & Clare de Lis and Lanello*
- Mario Duguay – *Moving Towards the Light & Creator*
- Marius Michael-George – *Sanat Kumara at Shamballa & Shamballa*
- May DaCamara – *The Magic Presence & Saint Germain*
- Michelangelo – *Doni Tondo & Sistine Chapel Ceiling*
- Nicholas Roerich – *Mother of the World & Madonna Oriflamma*
- Norman Rockwell – *Four Freedoms & Golden Rule*
- Norman Thomas Miller – *The Spirit of Love & Chart of Your Buddha Nature*
- Paolo Veronese – *The Wedding at Cana & The Feast in the House of Levi*
- Raphael – *The School of Athens & Transfiguration*
- Ruth Hawkins – *Sanat Kumara & Lady Venus*
- Sandro Botticelli – *Madonna of the Magnificat & Madonna of the Book*
- Tatiana F. Light – *Sign of the Cross & Age of the Mother of the World*
- Thomas Cole – *The Architect's Dream & The Voyage of Life Series*
- Thomas Kinkade – *Walk of Faith & Spirit of Christmas*
- Warner Sallman – *Head of Christ & Christ at Heart's Door*

Examples of Sculptures & Statues

- *Abraham Lincoln* – (Washington, D.C., USA)
- *Adiyogi Shiva* – (Coimbatore, India)
- *Amitabha Buddha* – (Jiujiang City, China)
- *Christ the Redeemer* – (Rio de Janeiro, Brazil)
- *Christ the Redeemer of the Andes* – (on the border between Argentina & Chile)
- *Ecstasy of Saint Teresa* – (Rome, Italy)
- *Great Sphinx* – (Giza, Egypt)
- *Guanyin of Nanshan* – (Sanya, China)
- *Mount Rushmore National Memorial* – (Keystone, South Dakota USA)
- *National Monument to the Forefathers* – (Plymouth, Massachusetts USA)
- *Padmasambhava* – (Rewalsar, India)
- *Spring Temple Buddha* – (Zhaocun Township, China)
- *Statue of David* – (Florence, Italy)
- *Statue of Liberty* – (New York City, USA)
- *The Great Buddha of Phuket* – (Karon, Thailand)
- *Xuan Wu* – (Kaohsiung, Taiwan)

“The law is that wherever the ascended masters’ pictures are, that is where they focus their Electronic Presence. So it’s not just paper and ink, it becomes the vibrating frequency of the ascended masters...”

- Elizabeth Clare Prophet

(<https://store.summitlighthouse.org/saint-germain-by-sindelar>)

“Whosoever proclaims Beauty shall be saved!”

**“Remember, Art is the one vital medium of the coming culture.
Through Beauty will you approach.”**

- **El Morya** (dictated through Nicholas Roerich / Agni Yoga)
(<https://www.reversespins.com/agnibeauty.html>)

Bedding & Clothing

- Only natural materials will be used.
- No harm will be done to Animals.
- Excellent quality & ethically-produced
- Made by individuals for themselves and their families. Also, made by people who love the craft, have great knowledge / skills, & barter / sell / share within the Community.
- **Use of Silk**
 - “A Holy Cloth” – (The Summit Lighthouse)
 - “Secret-Ray Fabric” – (The Hearts Center)
 - “Sacred Substance”
 - Special Ability (like certain gemstones) to “hold Light”. Vibrations are different based on the Color & the Purpose – (e.g., the 12 Rays - 7 Primary & 5 Secret).
 - Blue / Protection
 - Yellow / Illumination
 - Pink / Love
 - White / Purity
 - Green / Healing
 - Purple & Gold / Service
 - Violet / Freedom
 - Rainbow / All the Qualities of the 7 Rays
 - Pastels & Combinations of Different Colors / Qualities of the 5 Secret-Crystal Rays
 - Ahimsa Silk Production / “Peace Silk”

“Remember the focalization of silk. Remember the use of silk. It holds light. And it must be kept as a personal and a holy cloth, not given to other uses or to another lifestream.”

- **Archangel Raphael**

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / January 18, 1981)

- One day, people will be able to “Materialize” / “Precipitate” whatever they need (such as clothing) without having to “make it” or “buy it”.
- Specific Diet & Self-Mastery can lead to being unaffected by hot or cold temperatures – (e.g., *Lemurian Scrolls* book, various Adepts / Sages / Saints / Yogis, & the Siberian Mystic, Anastasia).
- The Higher the Consciousness of Man (and the greater the Wisdom & Self-Mastery), the better the Weather / Climate will be due to Harmony with Mother Nature & Man’s ability to Create & Sustain beautiful temperatures while working with Elementals. Only basic clothing will be needed when Man is living in areas that are semi-tropical all year.

Celebrations & Festivals

- It is wonderful to enjoy various Celebrations & Festivals with family, friends, & others who are like-minded. They can be Special Occasions & Activities of Light overflowing with so much Love & Joy!
- Such Activities can be for a Family, a Community of the Holy Spirit, a Nation, & even the entire World.
- They can be current Celebrations & Festivals that people already experience, and they can be Purified & Transcended (i.e., raised to Higher Levels of Consciousness). They can also be completely New Activities for the New Age.

Examples

- Commemorating Great Victories
 - Independence / Freedom
 - Success of Important Projects / Spiritual Missions
- Cycles
 - Planetary Alignments in our Solar System
 - Positioning of our Moon & Sun
 - Special Alignments of Moons / Planets / Stars in the Galaxy & Universe
 - The New Year
- Honoring Adepts / Sages / Saints / Yogis
 - *All Hallows’ Eve*
 - *All Saints’ Day*
 - *Christmas*
 - *Easter*
 - *Feast Days for Saints*
 - *Wesak*
- Honoring Angels & Elementals
 - *Michaelmas*

- Remembering their incredible Service to Mankind & the Earth
 - Honoring Ascended Masters
 - “Ascension Days” – when they earned their Ascension
 - Remembering their incredible Service to Mankind & the Earth
 - Mother Nature
 - Equinoxes & Solstices
 - Harvest
 - The Four Seasons
 - Prayer & Remembrance for the Faithful Departed
 - *All Souls’ Day*
 - Spiritual Flames & Rays of God
 - Celebrate ALL of the Flames / Rays Individually or Combined
 - “Violet Flame Balls / Dances”
- They are incredible opportunities to express Gratitude to God for ALL of our Blessings and to bring forth more Light into the Earth.
 - They can consist of the most amazing foods, beverages, art, music, dancing, games, plays, storytelling, sacred rituals, & other healthy / wholesome activities.
 - They can also be great situations for people to meet their Twin Flame or a Soul Mate to one day marry and start a family with – (which was also mentioned by Anastasia in *The Ringing Cedars of Russia* book series).
 - Study, Emulate, & Transcend the Beautiful Ideas shared by those who have already spoken about this exciting topic – (e.g., Omraam Mikhaël Aïvanhov & White Eagle).

“Truly, the laborers are few, and the harvest is plenteous. The time of threshing, the time of purging and of purification in this golden age is at the very door! Love, however, not fear, should be the welcome to draw men to the harvest festival with rejoicing. The cultivation of joy in contemplation of divine possibilities which are the blessed hopes of heaven is a wise way of expanding the light activities of our dear chelas who understand the hourly need to bring the practicality of a mystical Christianity into daily action before men that they may see the good works of the children of Light, and desire to be like them!”

- Maitreya

(Dictation through Mark L. Prophet / The Summit Lighthouse / September 23, 1960)

Cities of Light

- There will come a time when few people will want to live in cities (as they are right now). They will want their own land and to be a part of smaller communities.

- Cities can still be useful in the Future as Special Destinations for tourists from around the world and as Great Centers of Learning, Healing, & Culture – (e.g., Arts & Music).
- There will be **“Cities of Light”** / **“Crystal Cities”**. On the Physical Plane, this means that everything involved with cities will Transcend to become Beautiful, Clean, & Safe.

As Mankind & the Earth rise to the Level of the Etheric Plane, everything will rise Higher in Vibration (including cities). Some refer to the Ascending / Transcending of Matter / the Physical Plane to Higher Dimensions as **“Etherealization”**.

Physical Cities can be Beautiful & hold Great Balances of Light in the Earth. That is one understanding of the expression “Cities of Light”. However, another understanding is when Cities become Ethereal and are Crystalline / Pure Light as experienced on the Etheric Plane.

- We should study the Ascended Masters’ Teachings on the “Cities of Light” that already exist on the Etheric Plane over specific locations in the Earth (and Beyond) & seek to emulate what we can on the Physical Plane until the Ascension of Man & the Earth.

“Thus between incarnations the souls of greatest light have dipped again into the golden-age cities, etheric cities of light. And some have journeyed to the etheric cities of Venus and other planetary homes and there you have been inspired with wondrous designs of architecture, of science, and a spherical mathematics and even the bringing forth of the great art works once again and of the inner music.”

- Mother Mary

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / December 24, 1980)

14 Etheric Cities – (The Summit Lighthouse)

- Seven over the **Seven Deserts**
- Seven over the **Seven Seas**
- https://encyclopedia.summitlighthouse.org/index.php/Etheric_cities
- <https://www.ascendedmastersspiritualretreats.org/ascended-masters-retreats/fourteen-etheric-cities-around-world-spiritual-great-white-brotherhood/>

“Many sons have come from Venus through the ages, and daughters wise. They have been leaders in the fields of religion and science, art, mathematics, industry, architecture and in laying the foundations of golden ages and civilizations. Some have built the etheric cities of Light that are a part of the earth in the etheric octave and others have taken embodiment and have built [cities of Light on earth] in golden ages past. Indeed, much of the inspiration that came upon Atlantis and has come again in

this age has been the product of the sponsorship or the direct involvement of Venusians.”

- Lady Master Venus

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / January 3, 1993)

Civilizations

- Learning about “Civilizations” is one of the most exciting topics that we can focus on. It is extremely important & unbelievably fascinating to study different Civilizations so that we can better understand various Peoples & Cultures and learn valuable lessons that will help us to establish a “Golden Age Civilization” during this Aquarian Age.

“Some of you remember life on Venus, for you were there—the pastel hues, the frolicking with angels and elemental life, the freeness, the buoyancy, the feeling of such close communion with the Holy Spirit, the great master artists who portray Cosmic Beings, Central Sun Messengers in sculpture, in works of art, in the coin of the realm. Do not be surprised if the probes of Venus do not discover life there, for our lifewaves are evolving at a different wave length than your own. Yet nevertheless, they are real, they are tangible, and they are fulfilling the divine destiny of God in man.”

- Sanat Kumara

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / April 28, 1974)

- Just imagine having the opportunity to know more about the failures & the successes of many other Civilizations, which can be used by us to ***Co-Create a New World!***

Examples

- **Past Golden Age Civilizations on Earth**
 - Early Root Races, Lemuria, Atlantis, & Egypt – (to name just a few)
 - https://encyclopedia.summitlighthouse.org/index.php/Golden_age
- **Subterranean Cities in the Earth** – (on the Physical Plane & Etheric Plane)
 - Inner Earth – (Raymond Bernard & Dianne Robbins)
 - Telos – (Dianne Robbins)
- **Advanced Civilizations throughout the Universe** – (on the Physical Plane & Etheric Plane - including the Ascended Masters’ Retreats & Cities of Light)
 - Jupiter, Mercury, Pleiades, Sirius, Venus, Violet Planet – (The Summit Lighthouse)
 - Lyra – (Judy Satori)
 - Our Sun – (Phoebe Marie Holmes)

- Planet of Purity – (The Hearts Center)

“Some have not understood a mother’s protective instinct as the highest love known in Nature and amongst all who have descended from God. America is a motherland, her lifewaves come again from Lemuria, Atlantis and previous golden ages. Here this seed of Light is taught to mother life, to nourish it and therefore [to say,] “Hail, Ma-Ray!”

This salutation unto the Divine Mother in all life is the key to unlocking the ascension flame. Out of the current of this mighty life-force ascending upon the spinal altar, you find, beloved, a love that is invoked for compassion’s sake, for creativity and for the culture of the Mother that has flourished in all golden-age civilizations.”

- Archangel Chamuel and Charity

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / May 31, 1987)

Colors

- Colors should be Pure & Beautiful.
- They should be Inspiring / Uplifting & make people feel Love & Joy.
- Bright or Pastel Colors for ALL aspects of life – (e.g., bedding, clothing, furniture, house interior & exterior, other buildings, vehicles)

“The ascended masters teach the use of pastel colors (blue, yellow, pink, white, green, violet, purple and gold—the colors of the seven rays) not only in works of art but also in clothing, home furnishings, and interior decorating as a most effective means of drawing the spiritual radiation and blessings of the angelic hosts to manifest as an actual focus of the higher realms in one’s immediate environment.”

- The Summit Lighthouse

- Specific Reasons for Using & Wearing Specific Colors
 - Colors of the 7 Rays & 5 Secret-Crystal Rays of God
 - Different Color for each of the 7 Days of the Week – (based on the 7 Rays)
 - Different Colors for Gemstones – (and their Spiritual Application)
 - Different Colors for Healing – (the Four Lower Bodies of Man & the Earth)
 - Different Colors for Images – (e.g., Mandalas, Paintings, Symbols, Yantras)
 - Different Colors for Meditation & Visualization – (and The Spoken Word)
 - Different Colors for Music & Sound
 - Different Colors for Sacred Rituals & Holy Work
 - Different Colors for Silks – (and their Spiritual Application)

- Study & Appreciate the Magnificent Colors of God’s Creation – (e.g., Earth / Nature).
- Strive for Purity & Harmony of the Colors of our Auras & Chakras.
- Study & Apply the Higher Spiritual Teachings on Colors.

Examples

- Agni Yoga
 - <https://www.reversepins.com/agnicolor.htm>
- The Hearts Center
 - <https://www.heartscenter.org/TeachingsBlogs/FoundationalTeachings/SevenRainbowRays/tabid/1316/Default.aspx>
- The Summit Lighthouse
 - <https://www.summitlighthouse.org/inner-perspectives/colors-of-the-aura/>
 - <https://www.summitlighthouse.org/chakra-colors-divine-self/>

“Light is a great key, beloved ones; and men and women should understand that the garish colors of the world with their deep-dyed densities only stir the passions and destroy hope while the pastel shades reactivate communion with higher spheres. By the correct use of color and the use of the correct colors, men can find in the limitless expansion of light’s rainbow hues a renewal of their consciousness and the purification that must occur daily if they would progress along the path of stewardship.”

- Vesta

(Dictation through Mark L. Prophet / The Summit Lighthouse / January 5, 1969)

***** NOTE *****

“Red, orange, black, brown, gray, olive and chartreuse. These colors, together with their metallic correspondents, silver and copper, vibrate at the level of astral creations and discordant qualifications such as anger, fear, doubt, resentment, pride, rebellion, greed, death, uncontrolled passion, etc. They can be seen in the auras of spiritually undeveloped people. The use of these colors should be avoided in wearing apparel and in home decorating by a disciple of the Brotherhood, lest through proximity and the flow of his attention he become the victim of vicious forces which can only gain entrance into his world through the penetration of inharmony and/or the above mentioned colors which focalize discord and disorder of the most degrading kind. Just as the Masters draw and maintain focuses of light wherever individuals express harmony and enhance it with the proper colors and music, spiritual matrices and individual consecration, so do the brothers of the shadow sustain their nefarious schemes through discordant focuses amplified by chaotic colors, thoughtforms, and music. In a recent dictation one of the great masters recommended that the students examine the objects of art in their homes, as well as the colors with which they surround themselves, removing all that do not contribute to the spirituality of the household, its members, and oneself. In the case of expensive and necessary items, a long-range plan is suggested for the gradual replacement of

unsuitable items. Balance is the byword in all such transitions from the material to the spiritual; perfection the goal in an imperfect world.”

- The Summit Lighthouse

Communities of the Holy Spirit

- **“Age of Aquarius” – Age of The Mother & The Holy Spirit**
 - Harmony & Oneness with the “Mother Aspect” of God
 - Flowing with the “Energies of Life” & Embodying the “Sacred Fire” of God
- The Spiritual Meaning for **Community** is **“come you into unity”**, comm-u-nity or **“come you into one-ness”** – (The Summit Lighthouse)
- **“True Community”** – Voluntary Unity while maintaining Individuality
- Communism was created by the Fallen Ones as the opposite of True Community. They do not create anything but only know how to destroy or to take what God & His Children Create and then pervert it & use it for diabolical reasons. They deceive, infiltrate, manipulate, & murder to steal Light so that they can sustain themselves & support their Activities of Darkness.
- **Study, Emulate, & Transcend the True Communities of the Past & Present.**

Examples

- Agni Yoga Society
- Babaji & His Disciples
- Benedictines
- Brotherhood at Gibraltar
- Brotherhood at Karnak
- Brotherhood of Mount Shasta – (Lemuria)
- Camelot – (w/ Merlin & King Arthur)
- Carmelites
- Confucius & His Disciples
- Essenes
- Franciscans
- Freemasons
- Gautama Buddha & His Disciples
- “I AM” Activity
- IDEAL Society
- Isha Foundation
- Jesus & His Disciples
- Kauai’s Hindu Monastery
- Knights of the Helmet – (w/ Francis Bacon)
- Knights Templar
- Lord of Hosts Church – (w/ Hank Kunneman)

- Monastic Community of Mount Athos
- Omraam Mikhaël Aïvanhov & His Disciples
- Peter Deunov & His Disciples
- Plato's Academy of Athens
- Pythagorean Community / School at Crotona
- Questhaven Retreat
- Radiant Rose Academy
- Rosicrucians
- Saint Patrick & His Disciples
- Samye Monastery
- Self-Realization Fellowship
- Shaolin Monastery
- Sons of Liberty
- Sons of the Solitude
- Sparta – (w/ King Leonidas & the 300)
- Taoist Community in the Wudang Mountains
- The Bridge to Freedom
- The Hearts Center
- *The Ringing Cedars of Russia* Eco-Villages
- The Summit Lighthouse / Church Universal and Triumphant
- The University of Science and Philosophy at Swannanoa
- Theosophical Society
- White Eagle Lodge
- Zarathustra & His Disciples

“Hasten ye, I say, to bank the fires of the heart’s love in a self-givingness such as has not been seen, no, not since the day of the Lord Jesus Christ’s submission to his judgment before the gods of this world. Greater love hath no man than this, that a man lay down his life for his friends. Let the sign of the heart become the sign of this Community of the Holy Spirit, and let it be one heart, one mind and one body that does sponsor the one-pointed goal of saving the nations for Saint Germain.”

- Lanello

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / December 25, 1987)

- During the Age of Aquarius, there will be many *Communities of the Holy Spirit*.
 - They will be focused on embodying ALL aspects of **The Holy Spirit** – (i.e., the “Third Person of the Trinity”).
 - They will also live a Spiritual Life of Devotion & Gratitude to God (as **Father**), establish a Golden Age Civilization by working with God (as **Mother**), & become “Christed Ones” through the anointing by the Light of God (as **Son**).
 - There can be Physical Communities where people live & work together. There can also be Non-Physical Communities or Sometimes-Physical Communities (especially today via the Internet) where like-minded people can still experience

a **“Communion of Souls”** but without meeting in person and/or by having periodic gatherings in person – (e.g., conferences, retreats, & spiritual projects).

- The “Sacred Communities” will work with the Angels, Ascended Masters, & Elementals for the Betterment of Mankind & the Earth. They will also provide people with the opportunity to fulfill their Individual Divine Plan & to Walk the Spiritual Path toward their Ascension in the Light.
- They will also be connected (physically or not) with other Sacred Communities around the world. They will share knowledge & ideas. They will visit each other for celebrating, learning, praying, & working. It will create an **“Antahkarana”** / **“Network of Light”** that will hold an incredible Balance of Light for Man, the Earth, & Beyond.
- These **“Communities of Light”** will focus on *The Three Pillars of Purpose* – (i.e., Self-Perfectionment, Service to Life, & Co-Creating a New World).
- They will be based on **“The Three Jewels”** / **“The Threefold Flame”**.

Buddha	Teacher	Guru	---	Father	Power	Blue
Dharma	Teaching	Path	---	Son	Wisdom	Yellow
Sangha	Community	Disciples	---	Holy Spirit	Love	Pink

- They will provide the opportunity & support for us to BE our True Selves.
 - Divine Ideals / Universal Moral Principles
 - Equality of Men & Women
 - Honor / Integrity / Virtue
 - Noble Characters
 - Purity of our Four Lower Bodies – (i.e., *Etheric, Mental, Emotional, & Physical*)
 - Purity of the God-Qualities on the 12 Lines of the Cosmic Clock
 - Selfless Servants / “Servant Leaders”
 - **The Four Commons** – (i.e., *Sense, Courtesy, Decency, Good*)

A Few Ideas for Physical Communities

- Adults will protect children from negative influences; properly educate & raise them for natural development; provide them with a Happy & Healthy Environment; teach them to become contributing members of the Community; support them to become “Christed Ones” / “Buddhas” & to fulfill their Divine Plans.
- Everyone has a role to play based on their Dharma, Karma, Knowledge, Skills, & Personal Interests – (i.e., **“Community Service”**).

- People can sell products & services or exchange them in a barter system.
- They can serve each other freely without getting anything in return and/or serve in a figure-eight flow so that all people's needs can be met – (e.g., someone can fix a plumbing issue for another person, and that person can repair an issue with the other person's house / cook a few healthy meals / provide herbs that the other person does not have / give that person a painting in exchange for the service provided).
- They will ALL Walk the Spiritual Path as Individuals – (i.e., “sit under their own vine & fig tree” - **Micah 4:4**). They will also work together as a “Sacred Group of Lightbearers” to support each other on The Path & for Community Projects and/or Spiritual Projects that require more than one person to complete.

[A Few Ideas for “Viable / Sustainable” Communities of the Holy Spirit from Omraam Mikhaël Aïvanhov](#) – (The Hearts Center)

- **Resources**
 - Land
 - Food
 - Trees
 - Permaculture
 - Good Soil
 - Water
 - Rain
 - Underground Spring
 - Purified
 - Sunlight
 - Growing Food / Crops
 - Distance from Electrical Pollution
 - Powerlines
 - Cities
 - People
 - Those Committed to Walking the Spiritual Path
 - Those Committed to Sustaining the Community
- **Key Elements**
 - Sanctuary – Worship / Meditation / Teachings can be given.

- Etheric Retreats can be created over them.
- Community Center
 - Meetings / Collaboration
 - Kitchen / Eating
- School
 - For all ages
 - Conception to High School
 - Trained Teachers
- Jobs
 - Ones that can be used to create things & sell within the Community / means of exchange for money or barter. “Cottage Industry” – (e.g., beekeeping / making clothes).
 - The more talents people have, the more sharing can take place . . . & the more sustainable the Community will be.
 - Collaborating with other Spiritual Teachers / Groups
 - Walk the Path to the Ascension
 - Givingness, Work, Service
- **To Build a “Solar Civilization”**
 - We need viable / sustainable communities around the world that collaborate with each other.
 - Hold a Balance of Light
 - Grid of Light / Antahkarana
 - Infusion of Light / Radiance
 - Model
 - Strong core of those living together
 - Others living on the periphery
 - Truth sustains the Community.
 - The Core is Light.

Contact with Spiritual Beings

- When we rise Higher in Consciousness, we increase our Attunement with Higher & Subtler Aspects of God’s Creation. We will be able to go beyond the Five Senses (i.e., Physical Senses) & access Higher Senses (i.e., Spiritual Senses).
- Among the exciting Sacred Activities that we will experience during the Aquarian Age is the ability to communicate with **Angels & Elementals** in a way that most people have not yet been able to develop.

- While there are many Angels already in embodiment (i.e., in human form), we will also be able to raise our Consciousness, Inner Hearing, & Inner Sight to contact Angels on the Etheric Plane.
- We already have the ability to establish wonderful relationships with Animals, Plants, Trees, & the Earth in a Physical Manner. We will also be able to contact the Elementals on the Etheric Plane that work “behind the scenes” to make Animals & the Physical Environment as Beautiful & Healthy as possible.
- Children are usually Purer & More Innocent than most Adults, and many of them have been able to “See” & “Speak with” Angels & Elementals as easily as they would with Animals & Humans existing on the Physical Plane. Instead of Adults dismissing it as just their “imagination” & “make-believe”, the Children of the Future will be supported to maintain their natural ability to communicate with the Angels & Elementals . . . and Adults will strive to do so as well.
- Right now, everyone has the ability to speak to the **Ascended Masters**. This takes place through The Spoken Word or even silently in our Hearts. However, the responses from the Masters usually come in ways that we may not realize are from them. For example, the Masters can use Anyone or Anything to indirectly answer our prayers and/or will work through our Holy Christ Self by which we may have “a gut feeling” or experience “a light bulb moment”.
- When we rise Higher in Consciousness, we increase our Attunement with the Etheric Plane & the Ascended Masters. We can receive direct illumination from the Masters by developing our Inner Discernment. We see this take place even now by Messengers & Prophets of the Great White Brotherhood as well as others who are in direct contact with the Masters and can already “Hear” & “See” them.
- In the Aquarian Age, everyone will know who the Ascended Masters are & will be able to “Walk & Talk” with them . . . which took place during previous Golden Ages.
- What has been shared so far may be difficult for some people to believe at this time, but it will become a Reality in the coming years, decades, & centuries. That may sound like a long period of time for us, but it will go by in a flash for the Ascended Masters . . . for they Live & Serve **“Beyond Time & Space”**.
- Equally exciting is that we will also have direct contact with **Beings of Light** from other Planets, Stars, Inner Earth, & Spiritual Realms on the Physical Plane & Etheric Plane.
- Man will have an incredible **Cosmic Relationship** with Angels, Elementals, Ascended Masters, & other Beings of Light based on Love, Joy, Peace, & Harmony. We will ALL work together during the Aquarian Age to establish a Golden Age Civilization, Co-Create a New World, for Man & the Earth to Ascend, & to use that Mighty Victory as a Sacred Model for other Civilizations to follow throughout the Universe.

“Whereas your communication with beings and energies in the planes of Spirit may occur in periods of meditation and invocation, soul travel occurs most often while your body temple is at rest during the hours of sleep. For, you see, the aura that you build as a reflection of your awareness of God in many planes surrounds not only the physical form, but also the etheric, mental, and emotional vehicles.

The aura, then, serves as the forcefield of light that has been called the seamless garment. This garment adorns the etheric body as that body becomes the vehicle of the soul in its journeying in other octaves of Matter.”

- Djwal Kul

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / October 13, 1974)

Culture

- We know that Souls are born to specific parents . . . with specific families . . . as a specific race & gender . . . in specific locations . . . at specific times . . . for specific reasons. Cosmic Law, Karmic Law, & the “Workings of God” are ALL Perfect.
- We are born in specific nations for many reasons – (e.g., Dharma, Karma, Initiations). It is very important for most Souls to remain in their Place of Birth in order to help the People & Nation rise to Greater Levels of Spiritual Development. There are times when some people will have to leave their **“Homeland”** (temporarily or permanently) for specific Spiritual Reasons. However, the vast majority of Souls are intended to remain where they are for the Greater Good of Themselves, the Nation, & the World (even if they do not know it). They can embody in other nations through Reincarnation, if they so choose . . . or if they still have Karma to balance or a Dharma to fulfill.

*** * * NOTE * * ***

- What was shared above is in reference to “Living” and not “Traveling”. It is wonderful for people to be able to visit many different places around the world. In the Aquarian Age, people will be able to not only travel around the Earth but also to other Planets & Stars throughout the Universe on the Physical Plane & Etheric Plane. We will get to visit incredible places & then return “Home”.
- One of the most Beautiful Aspects of “Human Civilization” are the various Cultures. We love the Unique Architecture, Art, Clothes, Dancing, Food, Languages, Music, Traditions, and so on! Our Individuality allows us to be Creative & embody countless Expressions of God . . . which take place within a single person, a group, and/or an entire nation.
- The Higher we rise in Consciousness, the More Beautiful & Beneficial our Cultures will be! The Fallen Ones have created a “Culture of Death” for themselves & for God’s Children, but we are striving to create a **“Culture of Life”** around the world during the Aquarian Age.

- This will be the **“Age of the Sun”**. Man & the Earth will be Rejuvenated / Resurrected by the Light of the Sun within our Hearts, within the Center of the Earth, The Sun in the Center of our Solar System, & The Great Central Sun Itself.
- When we have our Great Victory of building a **Golden-Crystal Age / Solar Civilization**, it will have happened because we firstly established a **“Culture of the Mother”**. It is not a new concept, for EVERY Golden Age in the Matter Universe will consist of such a Sacred Culture – (e.g., Ancient Lemuria on Earth . . . **“The Motherland”**).
- The “Culture of the Mother” is one that exemplifies Beauty, Purity, & Perfection. Man will live in a State of Peace, Harmony, & Oneness with The Mother Aspect of God . . . which is the Mother Light Within, Mother Nature, Mother Earth, & the Mother / Matter Universe. We will understand & apply Cosmic Laws while working *WITH* God instead of *AGAINST* God. We will Co-Create a “New Civilization of Light” by bringing God’s Heavenly Kingdom to Earth . . . As Above, So Below.
- **“Culture of the Divine Mother”** – (just a few examples)
 - Communities of the Holy Spirit
 - Elixirs of Life
 - Enlightening Education
 - Ethereal Art
 - Food of Light
 - God-Government
 - Healing / Wellness Retreats
 - Holy Families
 - Kin’s Domains
 - Magnificent Gardens
 - Music of the Spheres
 - Sacred Architecture
 - Science of the Spoken Word
 - Technology of the Spirit
 - Temples of Light
 - The Abundant Life
 - The Golden Rule
- We will Study & Emulate (and even Transcend) the Beauty / Love / Purity of other “Cultures of the Mother” from the Past & Present.
 - The Golden Ages of Atlantis & Lemuria
 - The Planet Venus – (e.g., Shamballa on the Etheric Plane)
 - Venusian Creations on Earth – (e.g., Palace of Versailles & Vienna)
- We will be dedicated to *The Three Pillars of Purpose*, developing Noble Characters, Purifying the 12 Lines of the Cosmic Clock & embodying the Sacred Qualities of God. We will create a **“New Renaissance”** for ALL aspects of society to express the Beauty, Purity, & Perfection of The Divine Nature of God.

The Age of the Mother Has Come!

“It is not even necessary to consider that it is fatalism to indulge these dark spirits forever that move against the Light. [You need not place your attention upon negativity.] For truly the age of the Mother has come! And the Mother in you is your victory and your freedom. The Mother within you is Truth and Light and energy and consciousness. And it is high time you demanded and lived upon it and followed in the path of the saints of East and West who sacrificed to achieve the attainment that they have. And they have let go! And they have put aside all else and they have said:”

The Saying of the Saints of East and West

*I will sit beneath my Bo tree.
I will sit beneath my vine and fig tree.
I will meditate upon the LORD.
I will release into the sacred fire
All that must be purged from me.
I will be delivered of all this human creation.
I will be God in manifestation.
I will be the Mother in manifestation.
I will deliver the Light to Her children!
And I will not stray,
I will not be lukewarm,
I will not sit on the fence.
I will be on fire by the Power of Shiva within me now!
I will now take the sword of Durga
And I will take that sword and fierceness of Kali
With the wisdom and the mind of Lakshmi,
With the pure power of the Christ in Sarasvati—
I will go forth.
I will be the redeemer of the children of the Light.
And not one of them will be lost.
And the Divine Mother will be furious in me.
And the wrath of the Divine Father shall descend.
And I shall rescue the children of the Light!
And the fallen ones shall be overturned by Her Power.
And lo, I AM THAT I AM in me
Is the pure Power of Krishna now made manifest.
And I AM the bearer of that Light to the world.
So I AM THAT I AM.
So I AM the consciousness of God in the earth.
So they shall not pass!
So it is said in the name of
Sanat Kumara, Maitreya, Gautama Buddha.
So it is said in the name of the Avatar.
So it is said in the name of the Mother.*

- The Unknown Master of the Himalayas

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / June 30, 1985)

Divine Sciences

- During previous Golden Ages, individuals were able to do things that would seem impossible to most people today. We might call it “**Magic**”.
- There has been a fascination with Magic & “**Superhuman / Supernatural Powers**”, especially with the creation of Comic Books, Movies, & Television Shows. Are people simply being entertained & enjoy seeing things done that they cannot do themselves? Could it be something deeper . . . at a Soul Level? Do people instinctively know that God created Us to be More Powerful than we currently are?
- People’s interest greatly increased during the late 1800s & early 1900s by those focused on the “Occult” & Spirituality. To them, having “Magical Powers” was not merely a fantasy / imagination / wishful thinking . . . they were very Real & could be developed with the Right Knowledge & Right Application.
- The Truth is that God created Us with the Ability & Opportunity to BE Powerful. For eons, the Fallen Ones have tried to hide Sacred Knowledge that was intended to Enlighten Man & help God’s Children to become their True Selves. They needed to keep Us weak so that they could appear to be strong. They sought to prevent Us from becoming more Powerful than them.

Ignorance leads to Slavery!

Enlightenment leads to Freedom!

- When we live in a Golden Age Civilization & experience a Culture of the Mother, we can develop Magical / Spiritual Powers that will be as natural as breathing or walking.
- Divine Sciences / Magical Powers are not “good” or “bad”; Cosmic Principles are used for Good & Pure Purposes or Bad & Impure Purposes. This is where the expressions “White Magic” & “Black Magic” came from. It depends on specific factors, including: **WHO** is engaged in the activities . . . **WHAT** the activities are . . . **WHY** the activities are done . . . & **HOW** they are performed.
- We must also point out the Truth that some of the Great Adepts / Sages / Saints / Yogis of the Past & Present would not have had the lasting impact on society if they did not demonstrate Spiritual Abilities. They may have been truly amazing Souls with life-altering Messages of Light that could change the entire world. However, in a Dark World that is controlling people and limiting Consciousness / Spiritual Development, it often takes “Magical Experiences” in order to help them Awaken.
- Would Moses have been able to free the Hebrew Slaves from the Pharaoh & his Priests (i.e., Black Magicians) if God did not perform Divine Magic / Miracles through him?

Would Christianity be a popular religion practiced by billions of people if Jesus was just “a wise man who said wise things” but did not perform Miracles & demonstrate incredible Spiritual Power? How many people would have read *The Ringing Cedars of Russia* book series & created Kin’s Domains if Anastasia (the Siberian Mystic) did not demonstrate amazing Abilities to Vladimir Megré?

- We do not need Magical Powers to prove that we are Pure & have lived Purposeful Lives that brought Light into the World, nor do we need them to earn our Ascensions & become “Ascended Masters”. If the Fallen Ones can develop Magical Powers, then developing them is not always a sign that people are Holy & Saintly.
- At the same time, we can be truly inspired by those who have done things that we do not yet believe we can do. That is a Key Aspect of the Spiritual Path . . . to study, learn, & emulate those who came before us & showed us The Way. This includes Adepts & Saints who had “Magical Powers”, such as Padma Sambhava, Milarepa, Saint Patrick, Padre Pio, & other Great Beings of Light throughout recorded history.
- This is not to suggest that we must demonstrate Magical Powers to Awaken Humanity, for that would not always work anyway. Some people would become too focused on the demonstration of Spiritual Abilities & the People who performed them instead of focusing on the Spiritual Teachings & using them for *Self-Perfectionment, Service to Life, & Co-Creating a New World*. Other people could not be convinced even when they saw something Miraculous with their own eyes, for they would still believe it was an illusion / “magic trick”.
- It is not blasphemy, heresy, or prideful to believe that we can do what Jesus did, if we Purify ourselves . . . rise Higher in Consciousness . . . become One with our Holy Christ Self, & study / apply Spiritual Teachings in order to use “Spiritual Powers” for the Betterment of Mankind, to bring Heaven to Earth, & to Glorify God.
- Jesus told us this Truth (which most Christians either do not know or choose to ignore):

“Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.”

- John 14:12

- There are many names for the same Spiritual Concept – (e.g., *Magic, Miracles, Siddhis, Spiritual Powers, Superhuman / Supernatural Abilities*). We have lived for so long without knowing about these Powers or without seeing them demonstrated by others, & we believed the lies of the Fallen Ones about us being “mere mortals” & “sinners”.
- The Truth is that we are Great Beings of Light, and ALL of God’s Children throughout the entire Cosmos have the same Potential & Opportunity for Spiritual Development. We must always remember:

What One can do, All can do!

- Knowledge & Application of Divine Sciences will be Foundational in the Golden Age Civilization that will be established during the Aquarian Age. We will be able to do things & live in a manner that would seem impossible / unreal to many people today . . . but will be completely Possible / Real!
- Not all “Divine Sciences” would be categorized by people as “Magic” & “Miracles”. However, they are no less “Magical” & “Miraculous” in what they can achieve.
- We will Purify & Master our Auras & Chakras . . . and learn the many powerful ways in which to wisely apply the 7 Rays & 5 Crystal / Secret Rays of God.
- We will understand various Cosmic Laws & how to apply them for specific purposes – (e.g., Laws governing Cycles, Energy, Light, Matter, Sound, & Vibration).
- We will understand the “Four Planes of God’s Consciousness” . . . the Four Quadrants of the Cosmic Clock . . . the Four Elements.

Father	Son	Mother	Holy Spirit
Etheric	Mental	Emotional	Physical
Fire	Air	Water	Earth

- Study & Apply various Spiritual Teachings that focus on different aspects of this incredible topic.
 - Ascended Masters’ Teachings
 - Hermetics
 - Kabbalah
 - Mysticism

Examples of Divine Sciences

- Alchemy . . . the “All-Chemistry of God” – (The Summit Lighthouse)
- Communing with The Sun / Sungazing / Sun Yoga
- Conscious Cooperation with Angels & Elementals / Nature Spirits
- Healing
- Imagination / Visualization / Ideation / Conception for Co-Creation – (The Hearts Center)
- Meditation
- Stargazing
- The Spoken Word
- Thoughtforms

Examples of “Spiritual Abilities” / “Supernatural Powers”

- Bilocation
- Clairience
- Clairaudience
- Claircognizance
- Clairgustance
- Clairsentience
- Clairvoyance
- Healing
- Levitation / Flying
- Materialization / Precipitation
- Multiplication
- Psychokinesis / Telekinesis
- Psychometry
- Remote-Viewing
- Telepathy
- Teleportation
- Control of the Elements – (e.g., Pyrokinesis)
- 12 Gifts of the Holy Spirit

“The grasp of the divine sciences lies within the domain of all, but it requires of man certain significant dedications and consistencies of application.”

- Saint Germain

(Dictation through Mark L. Prophet / The Summit Lighthouse / May 2, 1971)

Drama

- Storytelling has been a wonderful practice throughout history for entertaining people and for teaching important Life Lessons / Moral Principles / Spiritual Concepts. This will continue to take place in the Aquarian Age through the ancient “Oral Tradition”, as well as Movies & Television Shows (for however long people continue watching such things).
- People will definitely continue to attend “live performances” so that they can have the amazing experience of seeing Great Dramas in person – (e.g., Ballets, Operas, Plays).
- They will be powerful Activities of Light consisting of Inspirational Stories & Beautiful Characters, Costumes, Dancing, Dialogue, Lighting, Music, Props, Scenery, & Singing.
- Dramas will be very Creative, especially when people rise Higher in Consciousness. They will portray Heavenly Scenes & provide people with Sacred Images of Beauty, Purity, & Perfection. They will “Bring to Life” the Qualities of God (and Man), the

action / purpose of the Flames & Rays of God, the communion between Beings of Light, the Spiritual Path, and a Magnificent Vision of Victory for Man & the Earth.

- We should Study, Emulate, & Transcend the most Beautiful / Inspirational / Powerful Dramas of the Past & Present – (e.g., Pyotr Ilyich Tchaikovsky, Richard Wagner, & “William Shakespeare” - who was Francis Bacon, an embodiment of Saint Germain).

“These thoughtforms may also include such objects as wings. I have spent a great deal of time with the thoughtform of wings and I find it most valuable for elevating the consciousness. In order to generate wings I suggest that you listen to Beethoven’s Ninth Symphony, for example, or the Grail music from *Parsifal* by Richard Wagner, or his ‘Ride of the Valkyries’ or other classical pieces that are very inspiring and elevating to your consciousness. The music from *Lohengrin* is also very good.”

- Mark L. Prophet

(Lecture: “The Use of Thoughtforms in the Expansion of Consciousness”)
(The Summit Lighthouse / April 10, 1971)

“Take, for instance, my own desire to transmit to life, teachings most essential on the path of initiation through the Shakespearean plays. Why, with a population that scarcely knows the drama or the story of one play, how can I remind them by impressing upon the memory of the mind the tragedies, the comedies of life and the errors themselves that can be eliminated when one does not make too much of it—when one does not place too much self-importance upon the not-self?”

Precious hearts, there was an era when the study of Shakespeare was far more widespread. Now it is left to those who go on to college and concentrate in English literature and in such disciplines. Thus there is lost to me a means of instruction.

It would be well even if the little children would learn the plays, from the standpoint of the stories, in language that they can understand. But, as always, going back to the original work, you will find not only keys to my own identity but, beloved hearts, the very keys and alchemy to the lowering into manifestation of my own Guru, the Great Divine Director’s causal body. And that causal body contains indeed the keys to the new order of the ages!”

- Saint Germain

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / December 30, 1980)

(NOTE: Ascended Master Saint Germain wrote the Shakespearean Plays while embodied as Francis Bacon.)

“So you begin to understand how the one mind of our beloved Francis Bacon influenced the course of Western civilization and laid the foundation for the New World, the new science, and the golden age. Realize that many who walked the earth in his life took on the very profile of his soul. Think of it, and think of the one who has in his heart the preknowledge of becoming the hierarch of the Aquarian age.

Think of your own destiny. Think how Saint Germain, therefore, did write down all of those molecules of word—coded, ciphered—demonstrating the interactions of light and darkness in the human scene and on the stage of the world.

Thus the lessons of the parables now become the plays of Shakespeare, which you ought to know far better than you do. Let lovers, therefore, of Shakespeare teach, demonstrate, act, and show the magnificence of the transmission of a teaching of the Christed One of the Aquarian age.

Realize that in the absence of Francis Bacon, this world would be several octaves lower in awareness, in enlightenment, and in illumination. This must tell you something about the genius of the mind that has its correlation in the genes of the body—and the genes, focal points of the seed of Christ.”

- Jesus Christ

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / November 24, 1983)

Economics

- A discussion on “Economics” could be very long & complicated, because the Fallen Ones intentionally created a fraudulent system that would be so complex that most people would not understand it & so they could use it to hoard wealth while keeping the Children of God in a perpetual state of debt or poverty.
- The Truth is that God Envisions an **“Abundant Life”** for Lightbearers. We were never intended to spend so much of our lives working at jobs (that we probably do not like) in order to earn money so that we can support ourselves & our families. We were intended to spend our time focusing on the Spiritual Path & Co-Creating with God.
- It was never God’s Will that the 1% would have most of the world’s wealth . . . where the Global Elite have “bountiful feasts” & the General Public eats the “crumbs” on the floor. Those who control the money also control the world, because Money is Power in the counterfeit creation.
- Right now, we see the diabolical relationship between Crony Capitalism & Socialism / Communism around the world (including Western Nations). The “Few” who believe that they are the Rightful Rulers of the Earth seek to control the “Many” by creating systems of control throughout society . . . including the Economy. They become richer while everyone else becomes poorer. This is NOT God’s Will for Man!
- The economies of the West, in particular, have been “consumer-based economies”. This means that people must continue to purchase products & services (that they probably do not need) in order to keep the economy going. This practice is unsustainable. It uses up too many natural resources, creates so much waste, does not necessarily improve lives or make the world better, & will end once people are more interested in Spirituality than in Consumerism / Materialism.

- Individuals, Businesses, & Governments are controlled by Banks in many ways, which is why Big Banks are used by the Globalists to control the world. One way is through “loans”; this keeps everyone in debt & earns the Banks trillions of dollars through fees, high interest rates, the profits gained by investing OUR money, & the benefits from Individuals / Businesses / Governments defaulting on “unpayable loans” intentionally given out.
- Another diabolical swindle of the Fallen Ones, which negatively affects the Global Economy, are “Investment Management Companies” – (e.g., Vanguard & BlackRock). These two companies alone control virtually every aspect of society & manage tens of trillions of dollars in funds – (i.e., Assets Under Management / AUM). This includes the “manipulation of markets” so that Big Investors always make money regardless of what happens. They also do not want “ordinary people” to get out of debt & become wealthy. “Wall Street” wants to control or destroy “Main Street”.
- Over-Taxation has been a major issue throughout recorded history. We work hard to earn our money only for the Government to take a large portion for services that we supposedly need. This is done so that Governments can maintain a “System of Control” & keep people dependent upon the Government. It is also done for politicians to make more money for themselves & to give more money to people / organizations / nations who helped them acquire their “Positions of Power”. It is the opposite of the story about “Robin Hood”, who took from the rich & gave to the poor . . . Governments are taking from the lower & middle classes in order to give to the upper class.
- The Primary Reason for everything that the Fallen Ones do is “Rebellion against God”, including the manipulation of His Creation, the violation of His Laws, & the destruction of His Children. They have no Light of their own & are slaves to Darkness. To them, “the ends justify the means” . . . and the “ends” include ALL Activities of Darkness designed to attack / destroy ALL Activities of Light. They want their “Harvest of Souls” & will do whatever it takes to get it.

“Understand that the control of the divine economy of earth is the necessary control over all of those nations who are determined to spread World Communism around the world. It is the United States of America and the Western nations who feed light, energy, money, armaments, and technology to the beast, therefore empowering the beast to make war against the children of the light.”

- Mother Mary

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / May 15, 1983)

- **The best system right now (2023) would include:** – (just a few examples)
 - Balanced Budget
 - Businesses / Companies Supporting Local Communities
 - Creativity, Innovation, Entrepreneurship, & Small Businesses
 - Equal Opportunity

- Ethical / Moral Products & Production
- Free & Fair Trade
- Free-Enterprise System
- Individuality
- Perfect Balance / Harmony of Demand & Supply
- Private Ownership & Control over the Means of Production
- Private Property
- Respectful Relationship between Employers & Employees
- Rewards for Excellence / Quality
- The Gold Standard
- *The Golden Rule* – (i.e., Morality / Spirituality)
- Trade Surplus
- “True Competition” – (i.e., High Quality & Low Prices)

-
- No Central Banks or a World Bank
 - No Cheap Labor / “Sweatshops”
 - No Class Warfare
 - No Deflation / Inflation / Recession / Depression
 - No Depletion of Natural Resources
 - No Destruction of the Environment / Pollution
 - No Devaluation of Currency
 - No Excessive Government Regulations or Spending
 - No Exploitation
 - No Fiat Currencies
 - No “Forced Equality of Earnings” or “Universal Basic Income”
 - No Foreign Aid to Corrupt Governments
 - No Government Collusion with Banks, Media, or Multinational Corporations
 - No High Cost of Living
 - No Incentives for Apathy, Laziness, Decadence, Decay
 - No Manipulation by Big Donors, Lobbyists, & Special Interest Groups
 - No Monopolies or Duopolies
 - No “Pay-to-Play” Practices
 - No “Ponzi Schemes”
 - No “Pork-Barrel Politics”
 - No “Quid Pro Quo”
 - No Redistribution of Wealth
 - No “Rigged Markets”
 - No “Selling Out One’s Country” to Globalists and/or Other Nations
 - No Social Credit Systems
 - No Stealing “the Fruits of Our Labor”
 - No Unaudited Government Spending
 - No Use of Conflict / War for Financial Gain & Geo-Political Purposes
 - No “Welfare State”

“There are too many people in every walk of life who still want something for nothing and they are willing to espouse any economic philosophy that will deliver to them immediate pleasures and material prosperity. These are not noble hearts but they whose

names go down in history as the ignoble and as the destroyers of the abundant life of the soul.

Let the government and the people learn to live within their means, and let the real value of goods and services be based upon the theory and the altogether practical application of the law of the sacred labor performed to the glory of God who is resident within his humanity.

Let the value of life rest upon a gold standard that comes from the golden rule, which is the principle of the divine economy—do unto others as you would have them do unto you. This golden rule is applied to the gold of the heart, the golden wisdom that serves the needs of the community through love—applied love that becomes compassion, charity, and the sharing of the joys of the abundant life with those who entertain the impoverished sense.

If you ask me why the economy of America is in such a disastrous state, I will tell you that it is because not enough people care for God or for one another. They see solutions only in terms of more money and more government control and the regulation of life. But without heart or attunement with the threefold flame of Life that is the spark of each one's divinity, the light of God does not flow to meet the needs of the people."

- Saint Germain

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / February 17, 1980)

- Establishing a Divine Economy / Golden Age Economy – (just a few examples)
 - We should study the “Parable of the Talents” (**Matthew 25:14–30**) to better understand True Economics & that Life is a “Path of Initiation” / the Earth is a “Schoolroom” for Spiritual Development.
 - Multiply our “Talents” – (e.g., Money, Gifts, Knowledge, Skills).
 - Law of Transcendence – (i.e., Self-Transcendence)
 - An “Investment” of Spiritual Light or Physical Money should lead to a “Positive Return” – (i.e., Increase / Multiplication)
 - We should Study & Apply the Ideas from Honorable & Wise Individuals about how to improve Business / Economics / Industry – (e.g., Antony C. Sutton, James Cash Penney, Ron Paul, Walter Russell).
 - <https://www.philosophy.org/inspiration-as-a-business-necessity.html#/>
 - <https://www.philosophy.org/united-industry-for-universal-peace.html#/>
 - We will choose God, not Mammon. – (**Matthew 6:24**)
 - We will love God & our Neighbor, not Money. – (**Matthew 22:37-39**)
 - We will value Time, not Money.

- We will focus on Walking the Spiritual Path, not on Accumulating / Hoarding Material Possessions.
 - We will focus on Harmony, Joy, Love, Peace, & Unity for ALL Mankind, not on “Making Money” & “Wasting Money” for Selfish or Unnecessary Reasons.
 - We will be Independent / Self-Reliant as Individuals, Communities, & Nations.
 - We will have few “Needs” & even fewer “Wants” – (for Products & Services).
 - We will build, grow, barter / trade, or precipitate what we do Need.
 - We will have Kin’s Domains / Family Homesteads – (i.e., Private Property).
 - We will Live, Work, and/or Collaborate in “Communities of the Holy Spirit”.
 - We will be dedicated to ***The Three Pillars of Purpose***.
 - We will exemplify ***The Four Commons***.
 - We will have a Sacred Figure-Eight Flow of Light between Us & God . . . where We receive God’s Blessings, and We give to God by giving to His Children & His Creation.
 - We will BE One with our Holy Christ Self & Embody the *Christ Consciousness*.
 - We will strive to attain even Higher Levels of “Cosmic Consciousness” – (e.g., *Buddhic Consciousness*).
 - We will follow ***The Eightfold Path***, including **“Right Livelihood”**.
 - We will strive for Excellence in everything that we do, and our Noble Effort will be for the Greater Good of All Mankind & the Earth.
 - Economics in a “Golden Age Civilization” will be completely different to any system that is used right now. ALL aspects of society are going to change, and the manner in which we live will be drastically different than how we are living at this time. Building a “New Civilization” will require doing EVERYTHING in a New & Higher Way! We will establish a **“Divine Economy”**, which will require **“Divine Inspiration”**.
- **Spiritual Reminders**
 - Without God & Spirituality, there can NEVER be a Divine Economy / Golden Age Economy.
 - A Divine Economy already exists on the Etheric Plane (and within us), just like the “Kingdom of Heaven”. We must strive for It to Manifest Individually, in our Family, in our Community, in our Nation, & around the World.

- ALL aspects of Society influence the Individual, Local, National, & Global Economies. There must be a **“Revolution in Higher Consciousness”** so that we can Transform / Transcend WHAT WAS & WHAT IS in order to create WHAT WILL BE.
- **A Divine Economy / Golden Age Economy & The Abundant Life** will be based on *The Golden Rule*.
- A Divine Economy will support a “Sacred Environment of Opportunity” for us to develop the **“Can-Do Spirit”** & strive to rise Higher in Consciousness – (i.e., Spiritually, Mentally, Emotionally, & Physically).
- A Divine Economy IS **“The Mother”** . . . The Abundant Life & the Natural Resources that will be used to build a Divine Civilization. It will be established through **“The Threefold Flame”** – (i.e., Father, Son, & Holy Spirit).
 - Power / Wisdom / Love
 - Body / Mind / Soul
 - **The Law / Knowledge of The Law / Application of The Law**
 - The “Will” to Create Beautiful, Pure, & Perfect Expressions
 - The “Christ Mind” / “Mind of God” for Sacred Images & Plans
 - The “Heart” for Embodying Love / Flowing with the Holy Spirit / Working together to bring Heavenly Ideas into Manifestation
- **“The Christ”** is “the Principle of the Economy & the understanding of the Abundant Life” – (The Summit Lighthouse).
- A Divine Economy will be in Harmony with God’s Will and maintain Balance & Stability within Society & the World. It will support Freedom, Individuality, the Spiritual Initiations needed to become wed to our Holy Christ Self & to create a Sacred Bond with the Great White Brotherhood. It will also support the Guru / Chela Relationship between the Soul & the “Outer Guru”, “Inner Guru” (i.e., Holy Christ Self), I AM Presence, Ascended Masters, & God.
- A Divine Economy will Acknowledge & Honor **“Divine Hierarchy”** – (i.e., Beings of Light throughout the Cosmos who are all on different “Stairs” upon the “Upward-Spiraling Staircase of Self-Transcendence”). We are following in the Footsteps of the Holy Ones who came before Us & superbly demonstrated *The Way of Love, Light, Life, Law, & Liberty*.
- A Divine Economy requires Purity & Righteousness. Mankind has truly been blessed with knowledge of the **“Violet Flame”**, for Saint Germain knew that Transmutation leads to Transcendence. A Golden Age Civilization will have a Golden Age Economy, & that will require a “Golden Consciousness” of the “Golden Man” – (i.e., the *Christ Consciousness* of a *Christed One*).
- Therefore, it will be an **“Economy of Light”** . . . an Economy of Givingness, Gratitude, Love, & the Cosmic Honor Flame.

- Charity / Community Service / Donations / Individual Sacred Labors / Tithes
 - No need for Taxpayer-Funded “Government Welfare”
 - No corruption, debt, greed, hoarding, poverty, selfishness
- When we have the Wisdom & Mastery to “Regulate Ourselves” (i.e., Our Four Lower Bodies), we will no longer need Government Regulations of any kind.
- We must understand the **“Law of Karma”** and that different groups of people (living in different Nations) have different “group karma” & “group dharma” than others. Karma applies to each of us Individually and to entire Nations. It is not “Lawful” to steal the Light / Abundance from Nations that earned such Blessings / Positive Karma and give it to those who have not earned it. That is not a lack of Compassion or Mercy. We reap what we sow (**Galatians 6:7**).
- The same is true about Socialism even within one Nation; we cannot take from some people in order to give to others. That is not kindness of a Government; that is theft . . . the stealing of hard-earned wealth & redistributing it for impure / corrupt political reasons. Kindness & Generosity of that nature should come from The People themselves who freely choose to give their own Light / Money / Resources / Time . . . and not Governments that give away what is not theirs to give away (and for the wrong reasons).
- Challenges / Difficulties / Obstacles create Opportunities for people to depend on God & their Higher Selves. *Struggling* is not the same as *Suffering*. The Spiritual Path has always been described as a Sacred Journey that begins rather “easy” and then gradually becomes more & more difficult as we rise Higher in Consciousness & get closer to Oneness with God. The Creator provided Us with everything we needed to become Co-Creators & “God-Beings”, but We must do the hard work of becoming Self-Realized & Self-Mastered. This is why a **Divine Economy** & **Divine Civilization** will be intertwined with a **Divine Path**.

“Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat:

Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.”

- Matthew 7:13-14

“I advocate, then, your efforts, concerted in these days, for the resurrection of the **divine economy in America and the world. For no matter what form of government the forces of darkness attempt to implement, the form of government which shall prevail is that government which is based upon the **divine economy**.”**

For the governing of a planet and its people is the governing of the flow of energy from God to man, from man to God. And the medium of exchange that is used by the peoples of the world and how they qualify that medium determines whether that economy shall

be divine or human. And therefore it is the tampering with the standard of gold and with the honest equation of the flow of light between hearts of light that can cause the downfall of nations and of the planetary body.

I think, then, that it is high time for the children of the light to insert in their decrees and invocations a call for the God flame to penetrate the economies of the nations, to bring order, to establish justice, and to reestablish the golden-age teachings of a balance of the cosmic threefold flame in hearts appointed to rule because they have attained the Christ consciousness and because they are striving to outpicture the God flame.”

- Nada

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / June 3, 1973)

Education

- If Truth shall set Man free, then Truth is what Man needs! – (John 8:32)
- **Ignorance / Problem . . . True Education / Solution**
- True Education = True Freedom
- If we want a Golden Age Civilization, then we need Golden Age Education!
- *The Sacred Science of Education*
- The *Reformation of Civilization* will take place through a *Revolution in Education*. It will be a powerful “**Thrust of Light**” into the world that will help Man to be Victorious in making the Golden Age of Aquarius a Reality!

“It is the karmic destiny of America to experiment in God-government, to experiment with the divine documents of liberty. It is the destiny of America to establish **golden-age education**. And in the education that is the unfoldment of the heart chakra, it is the destiny for the little children to rise up with that God-dominion and that mastery of the quadrants of Mater whereby they can teach to all nations the way of overcoming on the path of initiation under the Christ and the Buddha and the inner law written in the inward parts.”

- Goddess of Liberty

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / November 22, 1975)

True Education – (just a few examples)

- Will support people to . . .

- become Adepts / Sages / Saints / Yogis
 - become “Awakened” / “Enlightened”
 - become “Christed Ones” & “Buddhas”
 - become Self-Realized & Self-Mastered
 - contact Angels, Ascended Masters, & Elementals
 - contact other Beings of Light throughout the Cosmos
 - contact their “Inner Teacher” – (i.e., Holy Christ Self)
 - develop Fundamental Knowledge about God, Creation, & Themselves
 - have Experiences & Opportunities beneficial for their Spiritual Paths
 - prepare for their Crucifixion, Resurrection, & Ascension
 - prepare for their Divine Plan
 - prepare for their Spiritual Initiations
 - receive direct illumination from their I AM Presence
- **Will focus on . . .**
 - ***Balance, Wholeness, Attunement, Oneness***
 - Developing Practical “Life Skills”
 - Developing “The Complete Person” / “The Whole Person”
 - Developing the “Heart, Head, & Hand” – (i.e., Love / Wisdom / Power)
 - Developing & Understanding One’s Individuality & Purpose
 - Kin’s Domains & Communities of the Holy Spirit
 - Morality / Spirituality / ***The Golden Rule***
 - Oneness with God, Creation, & All of Life
 - Preparing for a Twin Flame or Soul Mate
 - Preparing to become “Servant Leaders”
 - Purity / Discipline / Mastery of the Four Lower Bodies
 - The Aura
 - The Flames of God
 - ***The Four Commons***
 - ***The Three Pillars of Purpose***
 - The 12 Primary Chakras
 - The 12 Qualities of God – (i.e., The Cosmic Clock)
 - The 12 Rays of God

Parents & Teachers – (just a few examples)

- Study & Apply ***The Montessori Method*** with children in ALL aspects of their lives – (e.g., activities, church, home, school). Maria Montessori was directly illumined with this Philosophy by Mother Mary, for She and Elizabeth (the Mother of John the Baptist) worked with their own children in this manner. It is Timeless & Universal. Parents & Teachers around the world should be using this Method for Natural Development.
- Study & Apply ***The Socratic Method*** with children by emulating Socrates, the Ancient Greek Philosopher, by asking them pertinent questions (that they may not have thought of asking themselves) in order to encourage them to “go within”, tap into their own Intuition / Higher Consciousness with their “Inner Teacher” / “Higher Self”, & then come forth with answers to the questions & possible solutions to problems discussed.

- **Help children to . . .**
 - be healthy – (through proper diet, exercise, sleep, etc.)
 - be ***Illumined, Inspired, & Empowered***
 - be independent, self-reliant, resourceful, & strong
 - be protected / safe from harm & negative influences
 - be “wise as serpents & harmless as doves” – (**Matthew 10:16**)
 - contact (or maintain contact) with Angels, Ascended Masters, & Elementals
 - develop the “Can-Do Spirit”
 - experience beautiful expressions – (i.e., Art, Dancing, Music, etc.)
 - “feel” / “hear” & to obey their “Inner Teacher”
 - “follow their heart” – (i.e., conscience / discernment / intuition)
 - learn HOW to think – (not WHAT to think)
 - maintain their innocence & purity
 - remain “childlike” – (not “childish”)
 - spend as much time as possible in nature

**“Give a man a fish, and you feed him for the day.
Teach a man to fish, and you feed him for a lifetime.”**

- Ancient Proverb

**“Train up a child in the way he should go:
and when he is old, he will not depart from it.”**

- Proverbs 22:6

**“We can sum this up in two sentences; the first actually said by a child to his teacher:
‘Help me to do it by myself’. The other is one we gave: ‘Every useless help is an obstacle
to development’.”**

- Maria Montessori

(Citizen of the World: Key Montessori Readings)

Schools – (just a few examples)

- **The Matter Universe** (including the Earth) is a **“School for Our Souls”**.
- **Our Many Lifetimes** (i.e., Reincarnation) combine as a **“Path of Initiation”**.
- Schools in the Aquarian Age will be completely different than they are today. Generally speaking, whatever is happening now . . . we must do the opposite!

NOTE: There are some good things taking place, but most things will need to be done differently.

- **Vision of God & the Ascended Masters**

- Schools should be “Centers of Light” / “Sacred Environments” for Learning, Growing, & Training the Sons & Daughters of God through Beauty, Creativity, Freedom, Harmony, Honor, Joy, Love, Opportunity, Peace, & Truth. It will be focused on Preparing Us to become . . .
 - “Adepts, Sages, Saints, & Yogis”
 - “Ascended Masters”
 - “Buddhas”
 - “Christed Ones”
 - “Co-Creators with God”
 - “Great Lightbearers”
 - “Servant Leaders”
 - “Victorious Ones”
 - “Wise Teachers”

- **Vision of the Fallen Ones & their Puppets**

- Schools should be “Prisons of Darkness” / “Concentration Camps” for Classical Conditioning, Indoctrinating, & Manipulating the Sons & Daughters of God to become mindless & obedient Automaton who will be just smart enough (and fearful enough) to follow orders but not smart enough (or courageous enough) to notice & challenge that they will be forced to live in a Tyrannical System of Control that is the exact opposite of God’s Will for Man. It will be focused on Treating Us like . . .
 - “Biological-Robots”
 - “Deplorables”
 - “Dumb Beasts”
 - “Gum stuck to the bottom of their shoe”
 - “Inferior Imbeciles”
 - “Oxygen Thieves”
 - “Scum”
 - “Slaves”
 - “Useful Idiots”

- In the Aquarian Age, *The Four Fundamental Aspects of Schools* will be Perfected:

- 1) **Environment** – (i.e., the place of learning)
- 2) **Materials** – (i.e., the supplies used for learning)
- 3) **Method** – (i.e., the manner of teaching)
- 4) **Curriculum** – (i.e., the subjects to teach)

Important Things to Consider – (just a few examples)

- It would be very challenging (and even impossible for some people to believe) to fully explain how Education / Schools will be in the Future. Most people see the world as it is RIGHT NOW & would find it quite difficult to see it any other way. However, when a “New Civilization” is established, it makes sense there would be “New Education” for The People. It may be just as confusing to some people if they were told about living on another planet as it would to be told about Golden Age Education.

For Example

- Most jobs will cease to exist. What jobs will our Youth & Adults have? What Education & Training would they receive & for what purpose?
- New Jobs will be created & the ones that will continue will be done in a Higher Way. This will require a Higher Way of Education & Training.
- Everyone in the world should have a Foundation of Knowledge, but Education is intended to support Individuality. This means that people will build upon that Foundation in ways unique to them . . . based on their Culture, Dharma, Family, Karma, National Interests, & Personal Interests.
- The Spiritual Path is also Individual. This means that we will all need different things at different times to help us Balance Karma, Pass Initiations, Fulfill a Divine Plan, Serve Life, & Earn the Ascension.

Helpful Reminders – (just a few examples)

- Parents will Purify & Prepare themselves BEFORE conceiving a child – (Spiritually, Mentally, Emotionally, & Physically).
- Parents will Prepare a “Space of Love” for their children to be raised.
- The Education of Man will begin “in the womb”. Everything that a Mother thinks, feels, sees, says, or does will affect the development of the baby. She should only focus on the Most Beautiful / Healthy / Inspirational / Pure / Sacred Things – (e.g., Art, Conversations, Food, Images, Music, & Spiritual Teachings).
- There are different “Stages of Development” terrifically explained by Maria Montessori that should be understood & utilized by Parents, Teachers, & Schools. This will help in knowing WHAT children / young people need at specific Stages of their Development – (i.e., “Sensitive Periods”).
- Most children will be educated at their “Kin’s Domain” (i.e., at Home) and/or in “Communities of the Holy Spirit”. In that situation, Parents will work together to educate their children and/or will have a “Wise Teacher” (or more) to be the Lead

Educator while they will be in a very supportive (and empowered) role to still have their say & make sure that their children are being educated properly.

- Young People at the “High School Level” should receive education & training for the “Real World”. They should receive guidance / support regarding important decisions for their Future Development (i.e., Individuality / Divine Identity) & Future Plans (i.e., Education, Employment, Marriage, Spiritual Mission).
- Youth & Adults will continue to be educated & trained without belonging to a Learning Institution, such as Colleges / Universities today. Many of them will also attend various “Centers of Light” to engage in “Advanced Studies” that they may not be able to do on their own. They will be seeking “Higher Knowledge” & “Accelerated Training”.

Learning in the Aquarian Age – (just a few examples)

- We already study at **Universities of the Spirit** & **Retreats of the Ascended Masters** between embodiments & at night while our physical bodies are sleeping.
- We will have the ability to “**Consciously Leave the Physical Body**” so our Soul can travel in our “Etheric Body” anywhere in the Universe to study what has taken place in the Past (and is taking place in the Present) upon other Moons, Planets, & Stars / Suns at different Dimensions / Planes / Realms.
- We will have access to “**Galactic Libraries**” that contain Records of Ancient & Modern Civilizations throughout the Universe.
- We will learn how to “Read” / “View” the “**Akashic Records**” to learn about what has taken place in the Past (and in the Present) upon Earth & Beyond.
- We will learn how to “Read” what is called “**The Book of Life**”. (There are different “Books” known by this same expression. Below are two examples.)
 - **God’s Book** – containing the Records of His Creation & His Children
 - **Our Individual Book** – containing the Records of our True Self & our Soul’s History (i.e., ALL of our Embodiments on Earth & Beyond in the Matter Universe and in the various Dimensions / Planes)
 - A “**Life Record**” containing our thoughts, feelings, words, & actions that is collected by a personal “Recording Angel”; stored by the “Keeper of the Scrolls”; & viewed by the Karmic Board & Ascended Masters for various reasons.
 - Our “**Causal Body**” also stores ALL of the Knowledge, Skills, Talents, & Virtues (i.e., “Treasures in Heaven” - **Matthew 6:19-21**) that we have acquired from our countless embodiments . . . which we can also learn to access for our use in THIS or FUTURE embodiments.

- We will learn how to use **Crystals & Trees** to access Information about what has taken place on the Earth.
- We will learn about God's Creation & Life by spending more time in Nature & studying the **"Living Records"**.
- We will have access to Ancient Knowledge preserved in a **"Hall of Records"**. There are said to be a number of such Ancient Libraries that are hidden around the world – (e.g., The Bahamas; Yucatán, Mexico; under the Sphinx in Egypt; & under the Sphinx in the Bucegi Mountains in Romania).
- There are said to be **"Underground Libraries"** in Subterranean Cities & the "Inner Earth" that contain Records of Golden Age Civilizations on Earth & in other "Systems of Worlds" around the Universe.
- We will be able to **"Walk & Talk with the Ascended Masters"** to learn directly from them in *Sacred Discipleship*.
- We will be able to **"Interact with Angels & Elementals"** to learn directly from them in *Holy Friendship*.
- We will also **"Interact with Beings of Light"** from other places in the Universe to learn directly from them in *Cosmic Fellowship*.
- We will **"Commune with The Sun"** to learn from the Love & Wisdom that Radiates from that Celestial Sphere & the Beings of Light who live there – (on the Etheric Plane).
- We will learn from Adepts & True Gurus within various **"Mystery Schools"** hidden around the world.
- We will learn from Adepts & True Gurus within our **"Outer Society"** using technology to reach people anywhere in the world; through a direct relationship "in person"; and/or through Consciousness.
- We will learn from Wise Teachers in our **"Cities of Light"**, where "Great Centers of Higher Learning" will be established.
- We will learn from Wise Teachers in our **"Communities of the Holy Spirit"**.
- We will learn from Wise Teachers in **"Schools"** / **"Universities"** like we do today, but they will consist of providing Golden Age Education.
- We will learn from Wise Teachers in **"Traveling Schools"** by converting battleships & cruise ships or building new ships to sail around the world.
- We will learn from our Wise Parents (most importantly), as they provide a Beautiful "Space of Love" for our Souls called a **"Kin's Domain"**.

“Thus there are **students** on many planets in many galaxies who are corresponding, you might say, with Masters, intelligences, that are at great distances from their own homes. And no one even gives a second thought that this perhaps is a great feat or a miracle of science; it is an everyday experience. For these **students** understand that in the oneness of Life there is no time and space, no separation; and therefore by thought they can be one with the Master under whom they are studying to precipitate some great glory for the manifestation of the lifewaves of their planetary body.

Knowing this and knowing that this opportunity is phenomenal and would be an outstanding revelation to your scientists and to you gathered here, I have often said to myself—and this has been repeated by members of our Hierarchy of Venus—how tragic that for want of the last surrender of self, for want of the death of the ego, mankind must live in such a primitive society, in such a primitive civilization—all the while thinking that they are so highly advanced and highly learned, when actually they have not yet even mastered the art of drawing forth from their Causal Bodies that which they have achieved in previous lives. And therefore when they begin in **school** again in a new embodiment, they know nothing; they have nothing to show for centuries of having studied in **earth’s schoolrooms** except that which, through kind teachers and wise masters, they are able to bring forth from inner planes and inner levels as they study.”

- Sanat Kumara

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / April 28, 1974)

Tips for Teaching – (just a few examples)

- We must support children to begin Understanding & Practicing (even at young ages) *The Three Pillars of Purpose*, while doing so in a manner suitable for their Stage of Development & Level of Consciousness. As “Future Leaders”, it is never too early to begin focusing on *Self-Perfectionment, Service to Life, & Co-Creating a New World*.
- We must help children to develop Common Sense & their Intuition through Oneness with their Holy Christ Self. A vital job of Parents & “Outer Teachers” is to Lovingly & Wisely Guide children to their “**Inner Teacher**”.
- We must remember the incredible importance of True Education for young people up to 14-years-old. Of course, their Education & Training is extremely important after that as well. However, we can compare Education to building a house. From Conception to 7 years of age, we are “laying the foundation of the house”. From 8 to 14 years of age, we are “constructing the frame of the house”. These are the two Primary Aspects of building. After that, anything can be done based on Individuality / Personal Preference. The same is true with Education & Development.
- We must teach children the “**Art & Science of Thinking**” so that they will learn to be Critical Thinkers & Creative Thinkers – to have a Balance between Secular & Spiritual Knowledge (i.e., “Left Brain” & “Right Brain”).
- We must make learning fun. Children will become “**Lifelong Learners**” when they experience how enjoyable it can be. They should not be stuck in boring / depressing

classrooms sitting at a desk all day. We must inspire them! We must allow the Holy Spirit to flow! We must support them to be Creative / Imaginative! We must support them to be excited about learning, growing, making the most of the Present, & preparing for the Future. We must support them in asking their own questions; doing their own research; making their own observations; performing their own experiments; and formulating their own thoughts.

- We must provide **“Education of the Heart”**. Teachers must Teach from the Heart, & students must Learn & Develop from within the Heart. The “Heart” is referring to the “Heart Chakra”, which also contains the “Secret Chamber of the Heart” where The Threefold Flame is located. It is “Within the Heart” that we contact (& merge with) our Holy Christ Self, which in turn is a Mediator between our Soul & our I AM Presence.
- For children & young people to learn, we should: Use less books & lectures. Use more parables & stories. Use games & plays. Provide more hands-on experiences. Provide concrete materials (especially when learning Mathematics). Spend as much time as possible outdoors & enjoying Nature. Spend much time observing & experimenting.
- We should limit how much time is spent using “Technology”. The Technology that is used right now (2023) is rudimentary compared to the Technology that will be created in the Aquarian Age. It has many benefits, but it is also being used by the Fallen Ones to the detriment of our Natural Development / Spiritual Development & to take us away from God / the Spiritual Path. We need the Creation of God, not the counterfeit creation of the Fallen Ones.

The Technology of the Future (in a Golden Age) will be One with the Mother Aspect of God. It will be Natural & in Alignment with God’s Will for Man, because it will be created by those who are Christed Ones & Pure Instruments for the Ascended Masters.

However, we must still remember that we were created by God with the potential to do EVERYTHING that we are currently using Technology to do for us! That may seem impossible to believe, but it is the Truth . . . and Great Beings of Light throughout history have proven that.

Examples

- If we had a Kin’s Domain, we would not need Technology to buy / store food.
- If we could Precipitate, we would not need Technology to produce our goods.
- If we could Fly or Teleport (Physically, through Consciousness, or by Leaving the Physical Body at will), we would not need Technology for planetary or interplanetary transportation.
- If we could communicate Telepathically (or through Consciousness), we would not need Technology to speak with others.
- If we were living as Adepts & were One with God / Creation, we would not need Technology for anything that we currently use Computers / Phones to do.

- If we Balanced our Karma & Lived Naturally, we would not need Technology to be Healthy or to function through artificial means – (e.g., eyeglasses, hearing aids, organ transplants, production of “drugs”, surgeries).
- If we could access the “Mind of God”, we would not need Technology to acquire information about any topic.
- We should use Maria Montessori’s Idea for teaching Science – (i.e., give children the Big Picture of the Universe & then work down to its parts). It is important for them to see how EVERYTHING is interconnected – (i.e., **“Synthesis of the Sciences”**). This can be done for other subjects as well – (e.g., Economics, Government, Mathematics, Music, & Spirituality).
- We must Study & Apply ***The Baconian Method*** for our own investigations & teach children to do the same. Inductive Reasoning & the Scientific Method are cornerstones of “Modern Science” developed by Francis Bacon – (an embodiment of Saint Germain).
- We must use Phonics to teach our children to read & write. It is the most effective method & is essential for Continued Learning throughout their lives. It is also essential regarding the ***Science of the Spoken Word*** – (e.g., “Intonations of The Mother”). It is about more than just recognizing & utilizing “Symbols” as Language / Communication; it is vital regarding Sound / Vibration & the powerful effects on Matter – (i.e., the Sacred Acts of *Creating / Precipitating / Transforming / Transmuting*).
- We should remember that **“Intuition” / “Christ Mind”** is not the same as “Intellect” / “Human Mind”. Education is not about “sounding smart”, memorizing useless facts, cramming information to pass exams, or even getting “Certificates” / “Degrees”. An “expensive piece of paper” hanging on our wall does not mean that we are Loving, Wise, Masterful, Powerful Beings of Light who will make the world a better place!
- We should also remember that Education is intended to benefit the **“Whole Person”**. It is not just about learning information; it must be focused on the Balanced & Natural Development of ALL aspects of our Lives – (i.e., Spiritually, Mentally, Emotionally, & Physically . . . “Body, Mind, & Soul” / “The Four Lower Bodies”).
- We should be an example for children & help them to also embody ***The Four Commons*** & to develop **“Noble Characters”** – (i.e., Cleanliness, Compassion, Dignity, Holiness, Honor, Humility, Purity, Self-Discipline, Selflessness, & ALL of the God-Qualities on The Cosmic Clock).
- We should encourage & support children to focus on God & how they can find ways to Serve Life. We will not “brainwash them” or force them to believe certain things. We will BE “Good Role Models” by demonstrating the Spiritual Path & sharing with them Foundational Knowledge.

We will then help to guide & support children to BE their own True Selves & figure out their own Divine Plans. That is a Divine Impulse that exists Naturally within them already. Our job is to protect them & help them (when needed) so that they can DO

what their I AM Presence & the Great White Brotherhood sent them into embodiment to achieve for The Greater Good – (e.g., World Freedom & World Peace).

- We must support children to develop their Individuality & to work in Unity with others. We want their time at School to feel like a mini-Community of the Holy Spirit. There will be no competition; there will only be collaboration / cooperation.
- We must support children to learn from the wisdom of Elders at Home, in School, & in the Community. We must support children to learn from the example set by Parents. We must support older children to become Mentors for younger children, which is why Montessori herself discussed the importance of having three different grade levels working together in the same classroom & why organizations like *The Scouts* were so important for having a mixture of age-ranges learning / playing / working together.
- We should encourage them to Study & Emulate various Adepts, Ascended Masters, Sages, Saints, & Yogis. It would be extremely beneficial for them to study the lives of “**Holy Youth**” who were young like them & chose to devote their lives to God & Service; had powerful Spiritual Experiences; achieved Great Deeds; and/or became Martyrs by challenging the Darkness & bringing forth more Light into the world.

Examples

- Jesus
- Lúcia dos Santos, Francisco Marto, & Jacinta Marto
- Mother Mary
- Saint Barbara
- Saint Bernadette
- Saint Catherine of Siena
- Saint Clare of Assisi
- Saint Elizabeth of Hungary
- Saint Francis of Assisi
- Saint Joan of Arc
- Saint Padre Pio
- Saint Patrick
- Saint Philomena
- Saint Teresa of Avila
- Saint Thérèse of Lisieux
- Shadrach, Meshach, & Abednego

Well-Rounded Education & Training – (just a few examples)

- Academic Subjects – (Theory & Practical)
- Art
- Dance
- Diet & Exercise
- Drama
- Excursions
- Games, Play, & Sports

- Music & Singing
- Nature
- Prayer & Meditation
- Sacred Pilgrimages
- Service / Volunteering
- Spirituality & Divine Sciences

“So let that wondrous work of the ages now be formed by hearts consecrated in the understanding of that self-sufficiency in God, of that self-responsibility for a planet and a people. Let sons and daughters of God arise because he rose, and let them arise to positions of leadership. And let this resurrection flame, then, be the responsibility upon each and every one of you to train the little children, to expand the light of the Trinity within a golden-age education so that every child will know that as the Father, the Son and the Holy Spirit are the indwelling Presence, so the temple itself is the temple of the living God.

Therefore, let us teach reverence for life. Let us teach reverence for that life which is God, that God which is the energy of an immaculate science—a science out of which is born the self-transcending principles whereby, from glory unto glory, the conquests of the Matter universe are paralleled by the conquests of the Spirit universe. And as man goes within to work out the problem of being and to solve the mysteries of his own created self, so he will come out from that white-fire core of Alpha and Omega and take dominion over the earth.

I challenge you, sons and daughters of God. The spirit of the resurrection flame is to solve the immediate problems of the ecology, of the government, of this nation and of every nation. And beloved hosts of light, understand, then, that your place on earth is for a mighty purpose. It is for the redemption of souls, the sealing of souls in the Saviour, the Lord Christ, who is one with the eternal light that lighteth every man and woman who cometh into the world.”

- Lanello

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / March 26, 1978)

Employment

- The topic of “Employment” was mentioned above in the section on “Education”; it will be discussed here and in other sections (to varying degrees, based on the topic). It is a very important issue that must be discussed when Co-Creating a “New World”.
- There are many factors that can slow down or speed up the Manifestation of a Golden Age Civilization. Greater Acceleration can create Greater Changes within society over a shorter period of time. We cannot predict exactly how long the “Transition Stage” will last. Therefore, it is difficult to say what jobs will still exist over the coming years, decades, & centuries.

- However, we can still have a general understanding of what is going to happen during that time, & we can be as prepared as possible to overcome challenges and/or to make the most of New Opportunities.
- If the Fallen Ones achieved what they wanted, most of the world's population would be eliminated. The remaining people would be “slaves” & easier to control. We would be living in a Totalitarian State, which itself would be controlled by the Globalists. Technology / Artificial Intelligence would be used to perform the “intelligent” tasks, & we would spend our days doing hard labor just to survive. There would be no Truth, Freedom, Justice, Transcendence, or Joy. There would be no Light . . . only Darkness. The State would be our “God”, and Marxism would be our “Religion”. It would be a “nightmare” . . . Spiritually, Mentally, Emotionally, & Physically.
- The Ascended Masters have other plans! They envision a New World focused on God, Creation, Love, Beauty, Freedom, Truth, Joy, & everything that Lightbearers cherish. When we are Free from the counterfeit creation of the Fallen Ones & their systems of control, we will not want many of the jobs that currently exist now . . . nor will we need them. We will be focused on our Spiritual Paths, our Families, our Communities, our Nations, & establishing a Golden Age Civilization around the World.
- **Is there a need for . . .**
 - a trillion-dollar agriculture / food industry, when everyone has a Kin's Domain and/or lives in a Community of the Holy Spirit?
 - a trillion-dollar healthcare system, when everyone is Healthy?
 - a trillion-dollar energy sector, when everyone has access to Safe, Clean, Free, & Unlimited Energy?
 - a trillion-dollar consumer goods sector, when everyone is focused on Spiritual Development & when they can one day Precipitate whatever they need as well?
 - a trillion-dollar government system, when everyone is Powerful, Wise, Loving, Independent, & Self-Reliant as Individuals & as Communities?
 - the military, when there is no aggression / conflict / threats / war & everyone is living in a State of Harmony / Kindness / Peace / Respect / Unity?
 - the police, when there is no crime & everyone has a Noble Character, supports the “Law & Order” of God, and follows *The Golden Rule* in all aspects of Life?
- The above examples are just a few of the many that could have been given. The point is that EVERYTHING is going to change in The New World, and that means we must pray & meditate more about our Spiritual Path; our Divine Plan; how we will take care of ourselves & our families; how we will Serve Others; how we can survive & thrive when so many of the “conveniences” that we are used to no longer exist. It is important

for Adults & the Youth to start thinking about even a general Vision for a Golden Age in order to start making the necessary preparations now.

- It is important for people to remember that we are going back to where we were (in Consciousness) BEFORE “The Fall”. We are **“Returning to the Garden of Eden”!** When that happens, we will no longer experience the hardships & sorrow that we have for a very long time (**Genesis 3**). That includes no longer providing for ourselves & our families “by the sweat of our brow”.
- It should be mentioned again that bartering / trading will be more of a focus at the Personal & Local Level that it is today. “Employment”, for the purpose of just earning a living, is not going to exist in a Golden Age . . . and it will decrease more & more as time goes on through the “Transition Stage”.

Some Examples of Continued Employment – (as long as they are needed)

- Architects
- Artists
- Builders / Masons
- Cleaning the Planet
- “Cottage Industry” – (e.g., Arts / Crafts, Clothing, Food, Herbs, Jewelry, Soap)
- Healers
- Inventors
- Judges & Lawyers
- Miners – (e.g., Gemstones, Gold, Stone)
- Performers – (e.g., Actors, Dancers, Musicians, Singers)
- Politicians
- Scientists
- Teachers & Schools

“Right Livelihood is one of the precepts of the Eightfold Path taught by Gautama Buddha. As defined in Buddhist teachings, Right Livelihood involves earning one’s living by acceptable means and avoiding trades incompatible with spiritual progress. Gautama listed specific occupations to be avoided by the disciple, including: poison peddler, slave dealer, prostitute, butcher, brewer, and armament maker. The Ascended Masters teach that Right Livelihood relates to the Fifth Ray of Truth, precipitation and healing, and to the third-eye chakra. A chela cannot accelerate spiritually and precipitate the true abundance of God if his occupation compromises the Path.”

- The Summit Lighthouse

Energy, Science, & Technology

- Mystics & God-Believing Scientists knew / know that **“Everything is Energy”**. The entire Cosmos is the Pure Energy of God. It is becoming common knowledge now that Sound / Vibration / Frequency create affects in the Matter Universe that we can see,

experience, & measure. The Etheric, Mental, Emotional, & Physical aspects of Man & the Universe are composed of Energy.

“Energy is God. And therefore the core of energy, as that energy flows from Spirit to Matter and returns again, is the Mediator, the Christed One, the great transformer of the energies of life. In the white-fire core of the atom is the point for the transition of consciousness as above, so below. Energy is God – self-luminous, intelligent, obedient to the law of the One. Wherever there is intelligence, there I AM amplifying the flow of the intelligent electron. More intelligent than the rebellious generation who have usurped the light of God’s energy are these electrons who have elected to do and to be the will of God. Their flow is with the flow of the eternal Christos.”

- Archeia Christine

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / September 21, 1975)

- In this section, we are not focusing on the “Energy” we receive from Prayers & Spiritual Practices . . . the “Energy” we receive from eating nutritious food . . . or the “Energy” we receive after relaxing or sleeping. Instead, we are focusing on the “Energy” we need for our households, transportation, & society to function . . . which is why this is being discussed at the same time as “Science” & “Technology”.
- This section is very interesting & exciting. It could easily take an entire book to discuss. However, we will try to squeeze the most important ideas into a couple of pages here. This Foundational Knowledge should be enough to help people better understand what we will be doing in the Aquarian Age when it comes to Energy Production & Use. This will not be a “comprehensive list” by any means, but it will provide a number of ideas for people to meditate upon. Perhaps, some will read this section & receive illumination on what THEY can do to invent **“Golden Age Technology”!**
- It is very important for people to understand that in the Aquarian Age there will be the Sacred Intertwining of Religion & Science / Spirituality & Technology. They will be “two halves of a whole” that *Complement* each other, not *Compete* against each other. The “Laws of Spirit” & the “Science of Matter” as ONE.
 - **Religion** focuses on The Creator / The Divine Source of the Cosmic Laws & the Power / Wisdom / Love that gave Order, Structure, Balance, & Harmony for the Matter Universe to Operate Perfectly.
 - **Science** focuses on the Laws, Parts, & Operation of the Matter Universe.
 - **Spirituality** focuses on The Soul & “God-Identity”; Striving to embody the Pure Qualities of God; & The Path / The Way of Ascending in Consciousness to merge into Oneness with the Higher Self & The Creator.
 - **Technology** focuses on Understanding the Nature of the Matter Universe & Utilizing that Knowledge for Greater Advancement / Development.

Alpha	Father	Spirit	Yang	Masculine	Cosmic Laws
Omega	Mother	Matter	Yin	Feminine	Science

- In different ways, we will ALL BE **“Spiritual Scientists”**. Some will focus on the “Science of Spirituality”, and some will focus on the “Spirituality of Science”. Others will focus on Both!
- True Science is the **“Sacred Science of the Mother”**; it not only proves the Existence of God (as Father / Spirit) but also His Cosmic Workings through His Creation / Matter.

**“The sacred Cosmos in the energy consciously enfolding man
– this is the meaning of the word science.”**

- Lady Master Leto

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / September 30, 1973)

- During Previous Golden Ages, we had a Greater Understanding of the Divine Sciences. This Sacred Knowledge was “lost” to the General Public for tens of thousands of years. These are the “Sacred Sciences” that derive from “Cultures of the Mother” and are known & used to establish Golden Age Societies.
- We are destined to rediscover the Divine Sciences during the Aquarian Age in ways not seen since The Fall of Atlantis & Lemuria. Toward the end of the Piscean Age, we already began to see Technology that changed the world, such as “Electricity”. It was the ending of one Age and the beginning of a New Age.
- Spiritual Development led to Technological Development, which we will see continue as the Aquarian Age unfolds. They are Divinely Connected. The Greater the Spiritual Progress of Man, the Greater the Technological Progress of Man.
- We must continue to *Balance, Blaze, Expand, & Intensify* **“The Threefold Flame”** – (i.e., Power, Wisdom, Love). This will help us to rise Higher in Consciousness & become more One with God & Creation. In such States of Purity & Harmony, we will receive Cosmic Illumination to create things that have not been seen since Previous Golden Ages . . . and even things that have NEVER been seen on Earth before!
- The **“Divine Sciences”** will utilize God’s Energy so that we can establish a Golden Age Civilization during the Aquarian Age. It will require Understanding & Application of Cosmic Law. We will develop “Solar Sciences” / “Fifth Ray Technology” / “Light Technology” / “Solar Technology” that work in complete Harmony / Oneness with God & Creation. They will allow Mankind to do incredible things that would seem like *Science Fiction* right now, which we might expect to see in Movies but not in Real Life.

- It can often be very helpful to compare **God's Holy Vision & Sacred Creation** to the **Fallen Ones' Unholy Vision & Counterfeit Creation** in order for us to clearly see the differences. This is especially beneficial at this time (2023), for we are currently being forced to live in a "Society of Darkness" while striving to establish a "Society of Light".

Fallen Ones' Creation vs. God's Creation – (just a few examples)

- **Fallen Ones' Creation** – Artificial; Mechanical; Robotic; Limited; Expensive; Inefficient; Cannot Self-Repair or Reproduce Itself; Imperfect; Lifeless; No Conscience or Consciousness
 - **God's Creation** – Natural; Beautiful; Abundant / Unlimited; Free; Efficient; Can Self-Repair & Reproduce Itself; Perfect; Full of Life; Has Conscience & Consciousness
- The Ascended Masters (especially Saint Germain, as the Hierarch of the Aquarian Age) have already released some Illumination for New Inventions. The problem is that the Fallen Ones take control of those Inventions & the Information; they use it for their benefit & prevent everyone else from having access to it. The Fallen Ones steal it & then use it for destructive & manipulative purposes – (e.g., war & genetic engineering). They only care about Power, Money, & Control . . . so the Ascended Masters have had to limit how much New Age Technology is released to Mankind until things change.
 - Production & Use of "Energy" is vital for raising the standard of living around the world & for winning our Freedom from bondage. The Fallen Ones will have less Power, Money, & Control when we are "Energy Independent" as Sovereign Nations. They will have even less when this takes places at the Community / Local Level & especially at the Individual / Household Level.
 - **It is God's Will for Man to have Safe, Clean, Free, & Unlimited Energy!** Anyone or Any Institution that is preventing that from happening is NOT in Alignment with God's Will . . . but is still controlling the situation for Power & Money.

A Few Questions to Ponder

- The "Tesla Tower" (i.e., Wardencllyffe Tower) was constructed over 120 years ago and would have provided Wireless Energy / Power to the entire world. Who made the decision to destroy it & for what reasons? After so long, why are we still not using this Life-Changing Technology?
- Why are we still using DC (Direct Current) or AC (Alternating Current)? They both served a purpose & helped to establish our "Modern Society". However, they are both outdated & should have been replaced with superior methods. If Tesla (and others after him) invented ways to produce electricity, for example, with no need for batteries or wires . . . then why are we still using them?

- Why is there such an aggressive push to end the use of “Fossil Fuels” without having better Technology & the Infrastructure to replace them? In the meantime, we still have to use “Fossil Fuels” (e.g., gasoline) but at a much higher cost.
- Why is there so much focus on Wind Farms? They are still expensive . . . take up a great deal of valuable land . . . produce noise pollution . . . are inefficient / unreliable . . . kill a great number of birds . . . breakdown quickly and/or start on fire . . . and use turbine blades that cannot be recycled but need to be buried in the ground. They require “Fossil Fuels” to manufacture.

“[China](#) has become the world's largest wind power equipment manufacturing base as well as a key exporter of wind turbines and parts.”

(english.www.gov.cn/)

- Why is there so much focus on Solar Panels (as they are right now)? They are still expensive to install . . . still expensive for storing the solar energy . . . take up a great deal of valuable land . . . do not work for every roof type . . . are relatively inefficient / unreliable . . . and are challenging to install and/or relocate. They also require “Fossil Fuels” to manufacture.

“About 80% of all solar panels and materials are produced in [China](#).”

“Many solar companies from around the world either manufacture in or source parts from [China](#).”

(www.solarreviews.com)

- Why is there such an aggressive push for Electric Vehicles? There is plenty of oil around the world that could still be used. EVs are expensive . . . have very expensive batteries with relatively short lifespans . . . often catch fire . . . take a long time to charge . . . do not stay charged for very long while driving. & there is very little infrastructure set up to charge the vehicles. They also require “Fossil Fuels” to manufacture.

“[China's](#) efforts to ramp up lithium extraction could see it accounting for nearly a third of the world's supply by the middle of the decade.”

(www.instituteforenergyresearch.org)

- Why is there such an aggressive push for “Green Energy” & “Renewables” using the artificial threat of “Climate Change”? The “Green New Deal” that was proposed by some governments / politicians around the world is NOT based on True Science. Also, “The Great Reset” that was proposed (and is being forced upon ALL Nations) by the Globalists is NOT based on God-Reality . . . but rather Unreality.

“[China](#) is preparing to be the world's Green OPEC.”

(www.forbes.com)

- Which Nation is the biggest manufacturer / largest exporter of goods in the world? Why have so many Nations allowed the production of goods that they need to take place outside of their own Nation, especially when they have the ability, the resources, & the workers to produce their own goods “at home”?

“Why [China](#) Is ‘The World's Factory’”

“The 5 reasons why [China](#) is the world's biggest manufacturer”

(www.investopedia.com)

- Why are most of the Companies / Corporations in the world controlled by only a few powerful “Asset Managing Companies”? How does that affect product quality & cost? How does that affect the ability of companies to run their own businesses the way THEY choose? How does that affect the “Free Market” & “True Competition”? How does that affect Small Businesses? How does that affect Governments, the Media, & Big Tech (which controls Social Media)?

“[BlackRock](#) and [Vanguard](#) Are Less Than a Decade Away From Managing \$20 Trillion”

“Two towers of power are dominating the future of investing.”

(www.bloomberg.com)

- There are two “common denominators” to the issues that were raised above (and many more that were not mentioned here):
 - 1) **The Globalists**
 - 2) **The Chinese Communist Party (CCP)**
- None of these diabolical plans are about “Saving the Environment”; they are about Power, Money, & Control. The Globalists want to control the world & everyone / everything in it. They control China & want it to become the new “Number One Superpower” in the world, usurping that position from the United States of America. They also want every other Nation to become versions of “Communist China”, & this requires the strategic oppression and/or destruction of . . .
 - Beauty
 - Christianity
 - Conservatism
 - Constitutions & Civil Liberties
 - Creativity & Innovation
 - Enlightening Education & Free-Flow of Information
 - Freedom & Independence
 - Health

- Individuality
 - Morality / Universal Spiritual Principles
 - National Sovereignty
 - Patriotism
 - Privacy
 - Private Property
 - Prosperity
 - Traditional Families, Principles, & Values
 - True Communities
 - Truth & Truth-Speakers
 - Western Civilization
- We do not want to focus on negative things for too long, but we also cannot ignore them. It is very important to understand what is happening so that we can develop a more Powerful Vision for the Future. We cannot change things unless we are willing to look at the issues / problems first. Everything that was mentioned above (and so much more) is NOT God's Will for Man! That is the Truth, and it must be said forthrightly.
 - Even if we look at the suppression of Nikola Tesla's ideas, we are around 100 years behind where we could be as a Civilization. In fact, it would be even more due to the exponential growth that takes place with Technology. We believe that we are living in an "Advanced Society" today, but we are still living in the "Stone Age" compared to where we could be if the Fallen Ones were not interfering.
 - Some people will argue that nobody is suppressing Information or Technology; it is just a "conspiracy theory". However, that is simply untrue. They say that out of ignorance or because they are somehow benefiting from the "System of Control" that the Fallen Ones have created, so they must lie & spread disinformation.
 - Other people will say that New Technology must be released slowly (or not at all), for the economies of the world would collapse & people would lose their jobs. However, the Globalists are already taking jobs from Humans and having Robots / Artificial Intelligence do them. The economies would not need to collapse when a clear Vision is presented to The People & an effective strategy is implemented. The New Technology would end Third World Nations overnight & raise the standard of living for ALL. The Globalists would lose their Power, Money, & Control . . . so they must convince us that "Good Things" are actually "Bad Things".
 - The Fallen Ones control every aspect of society at this particular time, and that includes Science. We must remember that for many years now, **"Science follows Money."** Scientists usually focus on whatever they receive funding to research. Private research can be expensive, & Geniuses are usually ignored / persecuted / prosecuted / executed for creating something that challenges the "Power Structure" of the Fallen Ones . . . and their research / inventions are either destroyed or are conveniently "lost & forgotten".
 - We should also remember that we are being distracted with the "bells & whistles" of Big Tech. The Fallen Ones do "allow us" to have some Technology, but we rarely receive what Saint Germain & the Ascended Masters would like. When we do (e.g., the

Internet), the Fallen Ones will immediately try to control it & use it for their purposes. They are “experts” at using suppression & oppression to get what they want.

Example – (just one of many)

- **Car Manufacturers** spend a great deal of money on designing and developing newer models so that people will keep buying new vehicles. Before the EVs became the focus, companies would intentionally promote vehicles by how they looked; their different accessories & features; as well as their “performance” capabilities. Rarely, they would boast about getting slightly over 30 miles per gallon (as if that was a sign of fuel-efficiency).

Mostly, they would ignore the issue & keep us distracted by less important things. The purpose was to prevent us from “demanding” that vehicles get far more miles per gallon – through complaints, refusal to buy their vehicles, congressional support, and so on. We know that Technology has existed for many decades that could have given us 100 miles per gallon or more, but Oil Companies control the Car Companies . . . and it made more money to prevent vehicles from getting too many miles per gallon.

Now, everyone is talking about EVs (Electric Vehicles). However, they are NOT the Future of Vehicles! That may come as a shock to many right now, but the EVs are the vehicle equivalent to “CDs & DVDs”. People were excited by that Technology & using them instead of Cassette Tapes & VHS Tapes. “Physical Media” has now been largely replaced by “Digital Media” (e.g., Streaming Services).

The New Technology of the New Age will make the Electric Vehicles of today look like the “Flintmobile” / “Cavemobile” from **The Flintstones** – (animated TV series)!

**The Purpose of *Technology*
is to allow more time for *Spirituality*.**

Important Things to Study & Apply – (just a few examples)

- **“Aether” / “Ether”**
 - Fifth Element / “Quintessence”
- **Electromagnetism**
 - Two Fundamental Forces in Nature / Universe
 - 1) Electric
 - 2) Magnetic

- **Energy**
 - It cannot be created or destroyed; it simply changes form.
 - “Free Energy”
 - “Zero-Point Energy”
- **Materials**
 - Copper
 - Crystals – (Crystallography / “Crystalline Technology”)
 - Gemstones
 - Gold
 - Silver
- **Nature**
 - Understand & Apply the Practice of Biomimicry
 - Work **WITH** Mother Nature, not **AGAINST** Mother Nature
- **Quantum Physics**
 - Consciousness affects the movement of particles – (i.e., Matter).
 - The Universe (and Everything in it) exists due to a “Universal Consciousness” – (i.e., God).
- **Sacred Geometry**
 - Shapes & Energy Fields associated with them
 - Pyramid
 - Torus
- **Scalar Energy / Scalar Waves**
 - Communication
 - Healing / Medicine
 - Transportation / Vehicles
- **Sound / Vibration**
 - Slow Vibration – form / visible “solid matter”
 - Fast Vibration – formless / invisible rays & “ethereal”
- **The Sun**
 - Limitless Solar Energy – (fuel, heat, light, etc.)
 - Power of Light

[Aquarian Age Technology](#) – (just a few examples)

– **Recreating Inventions from Lemuria & Atlantis**
– **New Inventions for the New Age**

- Anti-Gravity / Levitation Vehicles – (similar to the “Landspeeder” in *Star Wars*)
- Crystals – (harness the Sun’s Energy)
- Furniture / Rooms & Vehicles that are controlled by Thoughts / “Christ Mind”
- Healing Therapies – (for “The Four Lower Bodies”)

- Holographic “Hall of Records”
- Interplanetary Computer Network – (connects Planets / share information)
- Interplanetary & Interdimensional Communication – (similar to a Phone, Radio, & TV)
- Private Generators – (to continually power everything in the house / building)
- Purify the Air, Water, & Soil – (from pollution / toxins)
- Spaceships for travel throughout the Universe
- Teleportation Stations / “Star Gates” / “Portals”
- “Tesla Tower” – (for Safe, Clean, Free, Unlimited, Wireless Power)
- Underwater Cities
- Vehicle that can travel underwater, in the air, & in outer space – (all three / one Vehicle)

Inventors / Scientists to Study for Inspiration of New Inventions – (just a few examples)

- Albert Einstein
- Alexander Graham Bell
- Baron Karl von Reichenbach
- Benjamin Franklin
- Bruce DePalma
- Eugene Mallove
- Francis Bacon
- Galileo Galilei
- Georges Lakhovsky
- Hans Jenny
- James Watt
- Johannes Gutenberg
- John Ernst Worrell Keely
- John Hutchison
- Leonardo da Vinci
- Masaru Emoto
- Michael Faraday
- Nikola Tesla
- Roger Bacon
- Royal Raymond Rife
- Sandra Rose Michael
- Stanley Meyer
- Walter Russell
- Wright Brothers

“Footprints in the sands are a great gift to give to life when you move on, beloved. For if you do not leave footprints in the sands, who will follow you? Who will take up the reins of the mastery that you have gained, that you would bequeath to your children and to all who are on the same path?”

Think in terms of light-years. Do not think in terms of the earthly body that will one day be no more, that will one day be captured by the flame.

Think, then, what will you leave behind you when you leave this planet? Where will you be? Will you be an instructor on other worlds? Will you be a leader of men, of nations, or an inventor of new technologies? Will you pave the way for the coming of civilizations undreamed of, that one can hardly imagine, civilizations that will play their parts, just as the golden ages of Atlantis and Lemuria played their parts?

Yes, beloved, if you know for certain that this is your final incarnation, make the most of it. Tidy up your life so that others who come after you may chart their course because you moved to carve out territory. And because you laid the foundation, they found the levels of the Mind of God, story by story, that you did not find when you were on earth. They sought and quickly found those levels of the Mind of God that will be within you in the hour of your soul's transition."

- Archangel Raphael & Mother Mary

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / March 26, 1997)

Environment

- God has blessed Man with a Magnificent Planet of Beauty, Purity, & Perfection. It is believed by most people (including those who are "Religious") that God Created the Earth, for example, and then decided to Create Man . . . as if Man was Created for the Earth. However, that is opposite of the Truth. **The Earth was Created for Man!**

"Everything - but everything - on Earth, every blade of grass, every insect, has been created for Man."

- Anastasia

(The Ringing Cedars of Russia)

- In fact, the entire Matter Universe was Created for the "Children of God" as a Sacred Environment for *Life, Liberty, & the Pursuit of Happiness* on a Cosmic Scale. It is Our Blessing & Privilege to have Equal Opportunity & Free Will to Spiritually Develop as **God's Holy Children within God's Holy Cosmos.**
- Everything is a part of God, and We are "Cells" within God's "Body". We were ALL Created as Individualizations of God. The Creator is within Creation, and that includes Man. Everything is connected, because Everything is God's Creation. This means that Man is One with God's Creation . . . and that means Mother Nature & Mother Earth.

In the Age of Aquarius . . .

- We will Purify the Planet of all the chemicals / pollution / toxins & have Clean Air, Water, & Soil – (through Practical Action, Prayer, Technology, & Visualization).

- We will Restore the Earth to a State of Pristine Purity. We were given a Planetary “Garden of Eden”, & we will Recreate that Edenic State. It will be an Earthly Paradise!
- There will be Beautiful Flowers & Trees to replace the asphalt / bitumen / concrete of cities, parking lots, roads, and so on.
- The Activities of Man will be in Harmony with Nature – (e.g., Building, Living, Recreation, Spirituality . . . Learning, Growing, & Transcending).
- We will have a Greater Understanding of Man’s influence on the weather / climate – (i.e., thoughts, feelings, words, deeds, & “positive or negative karma”).
- Elementals will no longer be burdened by the unintentional expressions of negative energy by the Sons & Daughters of God or by the intentional “Black Magic” & “Witchcraft” by the Fallen Ones. There will be no bad storms or harsh weather.
- Animals will rise Higher in Consciousness, as Man rises Higher in Consciousness. There will be only Love (no fear) between Man & Animals. They will be allowed to BE Free, as God intended. They will be “Friends” & “Servants” of Man.
- The Environment will be Clean, Healthy, & Pure. The Weather will be Beautiful year-round. Man will live in a State of Balance, Harmony, Joy, Love, Peace, & Tranquility with Mother Nature – (including Angels, Animals, Ascended Masters, & Elementals).
- Our Cities, Towns, Communities, & Homes will ALL be built using Natural Materials and will be designed & positioned to Flow with the Cosmic Energies of The Mother & The Holy Spirit . . . to BE in a State of Oneness with The Great Tao . . . to bring Heaven to Earth.
- We will establish Individual “Kin’s Domains” / “Family Homesteads” discussed by Anastasia (the Siberian Mystic) in *The Ringing Cedars of Russia* book series.
- We will Understand & Apply the Practices of Biodynamics & Permaculture.
- We will Understand & Apply the Practice of Biomimicry.

“What is the use of a house if you haven't got a tolerable planet to put it on?”

- Henry David Thoreau
(*Familiar Letters*)

“Rejoice, then, beloved, for all that must come to pass is for the restoration of personal and planetary balance. Therefore not to be resigned to it, not to resist it, not to become depressed, and not to become overjoyed but to go into the very center of the circle of white fire, into the very center of the T'ai Chi at the point of equilibrium and to know that life cannot progress until there is cosmic balance.

Let the balance of Alpha and Omega be within you that you might be in that eye and realize that this beautiful earth that God has made must be restored, fire, air, water and earth, in elemental life, in her evolutions. And all that has been placed upon her as burden, all violations of cosmic law, and the individuals who have not forsaken their Darkness or their Evil—all these things must be brought to adjudication.

By the Power, Wisdom, and Love of transmutation there is adjudication. That is why the violet flame is a flame of justice, for the violet flame brings balance even as it adjudicates that karma. So it is a flame of mercy unto all who espouse the service of their God, and forgiveness comes again through the wine of the Holy Spirit and the Blood of Christ that flows in you. For you are my disciples and as I did breathe upon [my disciples two thousand years ago] the breath of the Holy Spirit, so I [do breathe upon you and I] say to you, ‘Whosoever sins ye remit, they are remitted [unto them]; whosoever sins ye retain, they are retained.’”

- Jesus Christ

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / March 26, 1989)

Family

- **Marriage** is “A Sacred Bond”.
- **Sexual Union** is “A Sacred Act for Spiritual Unity” & “A Sacred Act for Procreation”.
- **Fathers & Mothers** represent “Alpha & Omega” in The Home.
- **“The Holy Family”** is “A Sacred Model for Families in the Aquarian Age” – (i.e., Saint Joseph, Mother Mary, & Jesus).
 - **NOTE:** Saint Joseph was an embodiment of Saint Germain.
- **“Trinity of Unity” / “Triunity”** – (Saint Germain / The Summit Lighthouse)

“Precious Ones, Man cannot justly sever the Holy Family. They cannot take this Tri-Unity of Cosmic Beings, Who appeared upon the Screen of Life to outpicture a drama of the Ages, and say, ‘This Man is truly the Son of God,’ and then deny the divinity of Joseph, the Guardian Protector, or of Mother Mary, the wondrous Queen of Love Who guarded the sanctity of His tiny form prior to his birth and then held her wonderful hands of Light over him through his boyhood and early youth.”

- Maha Chohan

(Dictation through Mark L. Prophet / The Summit Lighthouse / May 8, 1964)

Examples

Father	Mother	Son (The Christ)	
Alpha	Omega	Logos (The Word)	Book of Revelation / John 1:1
New Jerusalem	City Foursquare	Lamb of God	Book of Revelation
Descending Triangle	Ascending Triangle	Dot in the Center	Star of David / Victory Star
Sun	Moon	Jupiter	Astrology
12 – 5 Lines	6 – 11 Lines	Center	The Cosmic Clock
Etheric	Emotional	Mental	Quadrants / Bodies (Physical – Holy Spirit)
Fire	Water	Air	Elements (Earth – Holy Spirit)
Keter	Malkhut	Tiferet	Sefirot “Tree of Life”
Crown	Base	Heart	Chakras
Strings	Drums	Harp	Instruments
Osiris	Isis	Horus	Egyptian Holy Family
King	Queen	Prince / Princess	Royal Family

Focuses for Families – (just a few examples)

- **Communities of the Holy Spirit**
- **Cosmic Honor Flame & Noble Characters**
- **Holiness / Saintliness**
- **Individuality** – (“sit under our own vine & fig tree” - **Micah 4:4**)
- **Kin’s Domain / Family Homestead** – (i.e., “Focus of Light” / “Sun Center”)
 - Safe
 - Joyful
 - Healthy
 - Music
 - Nature
 - Animals
 - Angels, Ascended Masters, Elementals
 - Learning, Growing, & Transcending

- **Raising Children** – (i.e., Education & Training)
 - To become “Adepts, Sages, Saints, & Yogis”
 - To become “Buddhas” & “Christed Ones”
 - To become “Future Leaders of Society” / “Servant Leaders”
 - To fulfill a Divine Plan
 - To prepare for a Twin Flame or Soul Mate
 - To prepare to Walk the Spiritual Path
- *Space of Love* discussed by Anastasia (the Siberian Mystic) in *The Ringing Cedars of Russia* book series
- *The Cosmic Clock* – (Qualities of God)
- *The Four Commons* – (Common Sense, Common Courtesy, Common Decency, & Common Good)
- *The Four S’s* – (Sacrifice, Surrender, Selflessness, & Service)
- *The Golden Rule*
- *The Three Pillars of Purpose* – (Self-Perfectionment, Service to Life, & Co-Creating a New World)

“The Hand That Rocks the Cradle Is the Hand That Rules the World”

- William Ross Wallace (Poem)

“...but as for me and my house, we will serve the LORD.”

- Joshua 24:15

“Family is the Cornerstone of Society.”

*** NOTE ***

- It is important (for many reasons) to quickly discuss the concept of **“Royal Families”**. There is so much that could be said, but a few key points will be presented here.
 - Royal Families have often tried to justify their Power & Wealth by claiming that they have a “Divine Right to Rule” . . . as if it was God’s Will. However, the true history of many Royal Families is based on treachery, manipulation,

deception, greed, selfishness, aggression, violence, war, death, and a desire for Power, Money, & Control. While in Power, they did very little to benefit others . . . but spent their time trying to maintain (& increase) what they had. There was nothing “Divine” about any of it!

- It is true that during Previous Golden Age Civilizations, there were “Monarchs”. However, the Kings & Queens at that time were legitimate “Divine Rulers”. They were Twin Flames & Ascended Masters, and they did not merely have “Royal Families” but rather **“Holy Families”**.

They were in that Sacred Position & had a “Spiritual Mantle” because they had the Highest Attainment to lead their Kingdoms. These Great Beings of Light earned that Sacred Right because of their incredible Love, Wisdom, & Mastery developed over eons of Walking the Spiritual Path . . . being devoted to God . . . & dedicating their embodiments to Selfless Service. They were focused on ***The Three Pillars of Purpose*** for a very long time, and THAT made them Worthy / Deserving / Capable of BEing “Enlightened Leaders” . . . holding a Great Balance of Light . . . helping their fellow Man to rise Higher in Consciousness . . . & maintaining a Golden Age Society.

- A number of these “Kingdoms of Light” were also established at varying Levels of Consciousness (depending on when they existed), including King Arthur (an embodiment of El Morya) & the Legendary Camelot. Especially during “Dark Times” (or those forthcoming), there were Sacred Kingdoms & Communities of the Holy Spirit that served an Incredible Purpose at those particular times & became a Source of Inspiration for many centuries to follow.
- It is NOT God’s Will for the “Few” to control the “Many”. During Golden Ages, the “Holy Monarchs” were not interested in Power, Money, or Control; their Sacred Labor was to maintain a Majestic Vision for the Kingdom & The People . . . along with their Pure & Balanced Expressions of Love, Wisdom, & Power.
- The Fallen Ones always copy the Ascended Masters by doing the opposite. They took the concept of “Golden Age Leaders” & “Holy Families” and established their “Dark Age Leaders” & “Unholy Families”. Their “Families of Darkness” were intended to counteract the “Families of Light”. They wanted to acquire & maintain Power, Money, & Control . . . because they really wanted to oppress and/or destroy the Sons & Daughters of God. Their “Bloodlines of Darkness” can be seen in many of the Aristocratic Families, Dictatorship Families, Mafia Families, Political Families, and so on.
- We learned in *The Ringing Cedars of Russia* book series that certain “Priests” created “Princes” (and eventually what we would call “Royal Families”) by using “Serpentine Logic” to convince some individuals that they were “Better” than others & that they deserved to be “Rulers” over them. We can see that same diabolical / sinister strategy used by the “Priests” (i.e., Black Magicians) who manipulated some of the Pharaohs in Ancient Egypt.
- It is true that many Fallen Ones made themselves the “Rulers”. However, the most powerful Fallen Ones normally do not want to be “in the spotlight”, for

they would rather work “behind the scenes” to manipulate situations & more easily maintain their Power / Control. Most of them will play the unassuming role of an “Advisor” of some kind while they are actually controlling the “Leaders”. We see that this also happens in Politics & in the Royal Families today around the world. Those who seem to be “Leading” the Nations are NOT the ones in control!

- Some people are certainly justified in pointing out that Royal Families can be worth billions of dollars, and yet the people around them are struggling to support their own families. Therefore, why do “Royal Families” exist? This is definitely true with Families of Darkness, but it can be true even with Families of Light. They often have multiple palaces, private planes, fancy cars, & giant yachts . . . and yet the general public is not living in luxury like them.
- However, it is worth remembering that the Royal Families of Light today do not have much Political Power. Most are not in charge of legislation or managing the economy; they are “Figureheads”. Their true purpose, which most might not realize, is to hold a Balance of Light for their respective Nation. Most of them are also involved in living a “Life of Service” & spend a great deal of time / money through various charities, foundations, & volunteer work. They use their platform to bring Hope to The People. They are being used by the Great White Brotherhood to counteract the Families of Darkness.
- It may seem that discussing “Royal Families” was irrelevant, but it does serve a purpose. In Pillar 3 (and in this section on “Family”), we are trying to share a New Vision for Families for the New Age of Aquarius. It is important to present ideas for what such Families will be like & to even discuss the so-called “Royal Families” in order to discuss a Higher Spiritual Teaching.
- The main point to remember is that ALL Families of Light are important to God. ALL of our Families can achieve wonderful things for the members of our Families & for the World, no matter how seemingly “simple” we are living. ALL of our Families can become “Holy Families”, if we choose.
 - Our **Family** is “**Royal**” to Us & to God.
 - Our **Home** is Our “**Palace**”.
 - Our **Kin’s Domain** is Our “**Kingdom**”.
- It is not Power / Money / Control that makes Families “Royal” or “Divine”. Emulating the “Holy Family” of Joseph, Mary, & Jesus; embodying the Pure Qualities of God; becoming Christed Ones; Serving All of Life; & bringing more Light into the World . . . *THAT* is “**Royalty**” . . . *THAT* is “**Divine**”!

We are ALL “Royal” in the Eyes of God!

Fitness

- During the Aquarian Age, we will Understand & Master our **“Four Lower Bodies”** – (i.e., *Etheric, Mental, Emotional, & Physical*). This Sacred Process will be greatly assisted when we also have an Understanding of *The Cosmic Clock* & strive to embody the Pure Qualities of God.
 - **Etheric Quadrant:** *God-Power, God-Love, God-Mastery*
 - **Mental Quadrant:** *God-Control, God-Obedience, God-Wisdom*
 - **Emotional Quadrant:** *God-Harmony, God-Gratitude, God-Justice*
 - **Physical Quadrant:** *God-Reality, God-Vision, God-Victory*
- Throughout history, various Philosophers & Spiritual Teachers have spoken about the need for Man to focus on Purifying, Disciplining, & Mastering the Mind, the Emotions, & the Physical Body. Few (at least in “Outer Teachings” for the general public) spoke about the Etheric Body, which is also known as the **“Memory Body”**.
- It is vital to learn about our “Higher Self” – (i.e., Holy Christ Self, I AM Presence, & Causal Body). It is also vital to learn about our “Lower Self” – (i.e., the Soul & Its Four Lower Bodies). This is why the **“Chart of the Magic Presence”** (“I AM” Activity), **“Chart of Your Divine Self”** (The Summit Lighthouse), & **“Buddha Nature Chart”** (The Hearts Center) are among the Greatest Spiritual Teachings released to Man outside of Mystery Schools.
- To become “Adepts”, we must Master our Four Lower Bodies. They are “Instruments” / “Vehicles” for our Soul, and they must firstly be Purified of ALL impure energies. Our Goal is to become a **“Crystal Chalice”** for our Holy Christ Self / I AM Presence / the Holy Spirit / the Divine Mother / the Great White Brotherhood / God . . . and that means our Four Lower Bodies must become Individual Crystal Chalice / Cups for the Pure Energies of God to flow through us.
- **Purity** is a Vital Key on The Path, especially when it comes to *Self-Perfectionment*. That is Pillar 1, and that is the **“Path to the Ascension”**.
- We must strive to Purify our thoughts, feelings, words, & deeds. We must use the Violet Flame to transmute every erg of energy that is NOT of the Purity of God in our Four Lower Bodies. It can be difficult for people to know how to Purify the Etheric Body, because we have less understanding about that “Body” compared to the Mental Body, Emotional Body, & Physical Body. That will change, and we will Understand all four of them . . . Purify them . . . Discipline them . . . & Master them.
- We should spend an equal amount of Effort / Time on each of our Four Lower Bodies, without neglecting one or more of them. It is important for our development to be done in a Balanced & Harmonious manner. The entire Cosmos was created to BE in a State of Balance & Harmony, which means that Man should strive to BE in that State as well. This includes the manner in which we Walk the Spiritual Path . . . everything should be done to achieve / maintain Balance & Harmony (within & without).

- Surrendering all pride / self-centeredness / vanity, we do still need to focus some of our attention on our Physical Bodies. We are still living on the Physical Plane, & becoming Adepts (i.e., One with our Holy Christ Self) while still in embodiment requires us to make our Physical Bodies as Pure, Strong, & Healthy as possible. The Four Lower Bodies are interconnected, which means that the condition of our Physical Body will help or harm the condition of our Emotional, Mental, & Etheric Bodies.

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”

- 1 Corinthians 3:16

- Along with a Healthy Diet & Proper Rest, we (and our children) must make time to exercise. There are many types of physical activities that people can engage in, and there is no need to provide a long list of examples. People must do what they enjoy & do so regularly. We can also study the lives of Adepts to find out what activities they practiced so that we can emulate them – (e.g., Anastasia & Babaji).

Examples

- Archery
- Bodyweight Activities / Calisthenics
- Dancing – (e.g., Ballet & Waltz)
- Five Tibetan Rites
- Gymnastics
- Hiking
- Martial Arts – (e.g., Aikido, Jeet Kune Do, Shaolin Kung Fu, Wudang Quan)
- Mountain Climbing
- Paneurhythmy
- Plyometrics
- Qigong
- Sports – (Individual and/or Team)
- Sprinting
- Stretching
- Swimming
- Tai-Chi
- Walking
- Yoga – (different types)

“Blessed ones, it is not necessary for you to lay down your body and therefore pass through a transition and have to return to reincarnate on this earth in order to have a pure body and a pure manifestation of light for the age of Aquarius. You can so be rejuvenated, you can so re-create yourself as to be a babe in Christ and move through the cycles of Jesus’ life until in the twinkling of the eye of God you stand at the symbolical age of thirty-three once again; having built a firm foundation, you are now ready to place the capstone upon the pyramid of your own life.

Know, beloved, that as you are in your temple, so the violet flame may fill you as an elixir, not only to your own regeneration, not only to your own ascension, but as a quickening, as an intensity, as a crystal fire mist that can be transmitted to others.

Do not accept, therefore, that it takes so many years or lifetimes to achieve your Christhood, neither entertain the folly that the achievement of Christhood is easily won.

It is not easily won, beloved, or you should have long ago won it, for many of you are devotees of great ardor. It does require the slaying of that dweller on the threshold, and I rouse you to give that call for the slaying of that dweller daily, to give it three or nine times a day and to determine that no thing within your temple shall ever again hinder you from the full victory of the Light descending into your form!

Therefore, beloved, have a sense of co-measurement that [the advent of] full Christhood in you should make you at that level of the unascended Masters of the Far East.

Understand that though that Christ Mind may occupy and serve through you, its full occupancy in your temple does require the greater strength of the Holy Spirit anchored in the physical form, atoms, cells and chakras.

Know, then, beloved, that the physical fitness of this body, the correct exercise and yoga of your choice, which means a physical devotion to your own I AM Presence, is essential as a part and parcel of any diet. Know, then, that the wholesomeness of life, the morality, the conservation of the life-force, that which is kind and pure and loving, uplifting, all of these things contribute to a health that does become even a wholeness [a holiness] and a vessel for the Holy Spirit.”

- Portia

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / March 4, 1988)

Food Production & Consumption

- The previous section focused on the importance of Fitness when it comes to taking care of the Physical Body. Along with Rest / Sleep, it is important to quickly mention Food. During the Aquarian Age, our Food Production & Consumption will be significantly different than it is right now (for most people).
- We will “Eat to Live”, not “Live to Eat”.
- We will be Vegan or Vegetarian.
- We will only be eating Food that contains “Light” / “Life Force” – (e.g., berries, fruit, honey, nuts, pollen, seeds, vegetables).
- We will “drink our food” (i.e., chew more) & “chew our drinks” (i.e., drink more slowly to mix with saliva & chew any bits of food - like in smoothies) . . . allows for greater absorption of nutrients.

- We will eat less Food because it will ALL be Healthy, & our bodies will more easily absorb / utilize the nutrients. We will also eat more Food with higher percentages of water, so we will not be dehydrated. We often over-eat because of a lack of hydration, not because our bodies want more Food.
- We will drink clean / pure Water with no chemicals added (of ANY kind).
- We will drink Herbal Teas & Fruit / Berry Juices.
- We will eat fresh, raw, organic, locally grown, & in-season Food.
- We will know what our bodies need, which means we will ALL have different diets – (e.g., WHAT to eat, HOW MUCH to eat, & WHEN to eat).
- We will practice regular Fasting to support our Health & Well-Being – (i.e., Spiritually, Mentally, Emotionally, & Physically).
- We will use *The Cosmic Clock* to better understand what Minerals correspond with the 12-Lines of the Clock (and the Zodiac Signs). For example, it is beneficial to know the Mineral for our Astrological Sun Sign in order to eat more Foods with that Mineral.
- We will no longer eat unhealthy / “lifeless” Foods – (e.g., frozen or packaged).
- We will no longer use chemicals – (e.g., fertilizers, herbicides, insecticides, pesticides).
- We will have a “Kin’s Domain” & eat Food grown on our own land (as discussed by Anastasia in *The Ringing Cedars of Russia* book series). We will be “connected” to our plants & trees, and the Food will grow specifically to help support our Health in a way that cannot happen when eating Food from grocery stores / supermarkets.
- We will live in “Communities of the Holy Spirit” & share Food from our own land with others. The Love within the Food will bless those who eat it, because it will be grown in a “Space of Love”.
- We should study the Teachings of the Ascended Masters regarding Food / Diet; the lectures / writings of Adepts & Wise Teachers – (e.g., Anastasia, David Christopher Lewis, Mark & Elizabeth Clare Prophet, Omraam Mikhaël Aïvanhov, Paramahansa Yogananda, & Peter Deunov); as well as Macrobiotics & the books of Anthony William (the “Medical Medium”).
- When we Balance Negative Karma, Master our Four Lower Bodies, & are One with Mother Nature . . . we can work with Elementals to create Beautiful Weather, which will assist in growing Food.
- We will also learn to use the *Music of the Spheres* & the *Science of the Spoken Word* to increase the Growth, Health, & Light of Plants, Trees, & the resulting Food.
- It may sound impossible to most people now, but one day we will get to a stage of not having to “eat” like we do now. It happens during Golden Age Civilizations (and with

Adepts even now), where we take in **Pollen** simply by Breathing . . . **Prana** through Special Breathing Techniques . . . and **Light** through Solar / Sungazing Techniques.

- Even more seemingly impossible is that we will one day know how to “Precipitate”. This means that we could Materialize Food & Drinks out of the “Universal Substance” and/or from the “Etheric Plane”. They would be **“Living Light”** & **“Elixirs of Life”**.
- God never intended for His Children to be hunters, farmers, or grocery shoppers. He would not have Created us to spend so much Energy / Money / Time trying to feed ourselves (or having to kill His Animals), when eating is one of the most basic Human Needs. It was meant to be Effortless & Harmonious.
- God blessed His Children with **“The Abundant Life”**. Even after “The Fall” (i.e., the departure from the Garden of Eden), we still have had an Abundance on this Planet. However, when we rise Higher in Consciousness & become One with God / Creation, we will always have EVERYTHING that we need!

“And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.”

- Matthew 6:28-29

The End of Certain Practices – (just a few examples)

- “Big Agriculture” / Communist China / Globalists buying farmland around the world to control & manipulate food production
- Boxed, Canned, Frozen, & Packaged Foods
- Brainwashing / Manipulating people to eat bugs – (while Globalists eat like Royalty)
- Chemicals / Fertilizers / Sprays
- Clearing Land / cutting down trees for planting crops
- Cooking Food – (will occur less often & eventually stop)
- Eating Animals
- Eating “Lifeless Food” – (i.e., no Liferforce / Light)
- Healthcare System focused on diseases / illnesses / treating symptoms of “Poor Health” resulting mostly from unhealthy foods / drinks & chemicals / toxins in the body
- Machines / Trucks / Trains / Planes for planting / harvesting / transporting food
- Overeating & Obesity
- Polluting the Air, Water, & Soil
- Soil Depletion
- Using land for raising animals to be slaughtered & sold for food
- Waste – (e.g., Food & Packaging Materials)

“By wrong diet, beloved, you are placed in the frequencies of the astral plane and you do not contain the higher vibrations of the Holy Spirit. Even so, let the diet be the perfect balance of the yin and the yang principles within you. For in the physical sense, you are what you eat. And in the sense of infertility, in the sense of those many who cannot bear children, it has been diet [as well as karma] that has caused this; and yet this is not proclaimed as it should be by the medical and health professions. Correct the diet, beloved, and you will see healthier children coming forth who can focus their minds, who can learn what they must learn.”

- Mother Mary

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / October 26, 1990)

Aspects of New Age Food Production – (just a few examples)

- Biodynamics
- Clean / Healthy Air, Water, & Soil
- Crop Rotation
- Hydroponics
- Kin’s Domains and/or Communities of the Holy Spirit
- Materialization / Precipitation
- Music of the Spheres – (increase Growth, Health, & Light of Food)
- Permaculture
- Spiritual Development & Oneness w/ Nature – (improve the Weather)
- The Spoken Word – (increase Growth, Health, & Light of Food)

“Blessed ones, this is an hour when great ones are prepared to descend. Yet even in this Community we see those who have been sponsored to have children who have not been diligent in understanding that the holy preparation is not only spiritual but very physical in the equation of right diet. [For through right diet] the body might have the strength, the suppleness, the balance of mighty yin and yang forces that these souls might come and be clothed upon with those bodies that were had by the great prophets and patriarchs and Christed ones of old.”

- Kuan Yin

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / April 18, 1992)

Fragrances & Scents

- An Ancient Science that will be Understood & Applied to Greater Levels during the Aquarian Age is the use of “Fragrances & Scents”. One example from the Past was a very special Incense Offering (i.e., *Ketoret*) by the High Priest in the Holy Temple where the Ark of the Covenant was placed. We also see the increased popularity today of Essential Oils used in Aromatherapy & different kinds of Incense for Health and/or Spiritual Purposes.

- Most people already appreciate the Beautiful Fragrances / Scents of flowers & incense. However, we will develop a greater understanding of the importance of specific smells when it comes to our Spirituality & overall Well-Being.
- EVERYTHING that is God’s Creation is beneficial to Man & Animals in ways that most people do not know about. As we rise Higher in Consciousness & increase our Oneness with God & Creation, we will develop Greater Wisdom & Mastery to better Understand & Apply the countless flowers, herbs, plants, resins, seeds, & trees for our Health & Transcendence – (Spiritually, Mentally, Emotionally, & Physically).
- We will Understand & Apply the Sacred Fragrances of Ascended Masters & Saints, for we will learn that Beautiful Scents are directly associated with (and result from) States of Holiness, Loveliness, & Purity. It is a **“Heavenly Perfume” / “Odor of Sanctity” / “Spiritual Sweetness”**. Everyone has an Individual “Fragrance”, just like everyone has an Individual “Musical Keynote”.
- We should study the fascinating experiences that many people have shared about smelling the **“Holy Fragrances / Perfumes”** of various Saints – (e.g., Padre Pio, Teresa of Ávila, & Thérèse of Lisieux).
- We should study the Sacred Teachings on this subject by the Ascended Masters; Adepts (e.g., Anastasia & Omraam Mikhaël Aïvanhov); & Wise Teachers (e.g., Corinne Heline & Paramahansa Yogananda).

Examples

- <https://www.reversespins.com/esotericscents.html>
- The Hearts Center
- *The Ringing Cedars of Russia* book series
- The Summit Lighthouse

“When the petals of the lotus unfold, the bud of divinity does release its precious fragrance. And the fragrance of God, like a rose from heaven, is wonderful to inhale. It is precious and priceless. It is sacred and supernal. It is joy and eternal!”

- Gautama Buddha

(Dictation through Mark L. Prophet / The Summit Lighthouse / October 13, 1962)

“All of Nature stands to kiss the heart of the world. The fruit upon the trees is the voice of God, the mellowness of God. The fragrance of the flowers is the fragrance of God. The seeds of the earth are the meat of man. All of the wondrous manifestations of Nature are benignly bestowed upon humanity; the voice of God speaks through them.

And then there is also the beam of angelic beauty in the face, even in the eyes, of a tiny child--innocence speaking to age.”

- Sanat Kumara

(Dictation through Mark L. Prophet / The Summit Lighthouse / July 4, 1971)

Aquarian Age Practices – (just a few examples)

- Higher Purposes of *Cedar Resin, Deodar, Heather, Mint, Musk, Pine, & Rose*.
- Higher Purposes of Essential Oils.
- Higher Purposes of Incense – (e.g., *Frankincense, Myrrh, White Sage*, etc.)
- Learn the Ancient Meaning & the Sacred Application of the many Fragrances that were used in Ancient Times – (e.g., *Ketoret*).
- Learn how modern fragrances (e.g., colognes & perfumes) are more often than not “chemical combinations” that are artificially created in laboratories and can be harmful to people’s Health. Man-made perfumes will never equal, let alone surpass, the incredible Aromas & Benefits that are naturally produced by God’s Flowers, Herbs, Plants, Resins, Seeds, & Trees.

“Healing through the fragrance of flowers, resins, and seeds goes back to hoary antiquity. Thus, a rose not only possesses a similarity to musk but also prevents imperil. A garden of roses was considered by the ancients as a place of inspiration. Freesias are beneficial for the sympathetic nervous system, which vibrates so much in a Yogi. The seeds of barley are unsurpassed for the lungs. You know already about mint, about the resin of cedar and other resins. Perfumes are now bereft of meaning like all other desecrated values, yet the origin of fragrance underlies a useful but forgotten knowledge.”

- El Morya

(Dictated through Nicholas Roerich / Agni Yoga)

(*Hierarchy* – 1931)

“Thus appeal to all of the Bodhisattvas who rejoice to be in your midst, who come through this place once a day with tinkling bells and censers whereby the frankincense does permeate, does purge and purify even as it acts to exorcise those foul spirits who cannot bear to be about that most melodious fragrance of frankincense.

Let, then, the altars of this retreat and the altars of Keepers of the Flame in the earth experience once a day a little of the fragrance of frankincense burning that you might also know that Morya himself steps through the veil of frankincense.”

- Nada

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / April 11, 1993)

Gemstones

- God's Creation is Magnificent in ways that Man has barely even begun to understand. There is Unbelievable Beauty everywhere throughout the Cosmos. Man is truly Blessed in countless ways!

Examples

- Angels
 - Animals
 - Dimensions / Planes / Realms
 - Elementals
 - Elements – (Fire, Air, Water, Earth)
 - Flowers
 - Lakes / Oceans / Rivers / Seas
 - Mankind
 - Moons / Planets / Stars
 - Mountain Ranges
 - Prairies / Meadows
 - Rainbows
 - Rolling Green Hills
 - Sunrises / Sunsets
 - Trees / Forests
 - Valleys
 - Waterfalls
 - Weather
- Gemstones are another of God's Beautiful Creations that everyone appreciates, even if people have not seen them in person and/or cannot afford to purchase any of them. They are valuable for many reasons, including their Incredible Colors.
 - During the Aquarian Age, we will understand the True Nature of Gemstones and how to apply that Sacred Knowledge for Practical Purposes & Spiritual Purposes. An entire **"Divine Science"** will be established that focuses on Gemstones beyond what already exists today. The focus for most people now is merely on the composition & quality of the Precious & Semi-Precious Stones – (e.g., Carat, Clarity, Color, Cut).

However, more people are beginning to focus on the Unlimited Spiritual Potential of Gemstones. We should Pray, Meditate, & Study the Writings of Illumined Individuals (e.g., Edgar Cayce & Omraam Mikhaël Aïvanhov) and the Teachings of the Ascended Masters on the Higher Purposes & Applications of the Sacred Stones (e.g., The Hearts Center & The Summit Lighthouse).

Examples

- Acceleration – (e.g., Chakras, Four Lower Bodies, & Spiritual Light)
 - Anchoring Spiritual Flames / Light / Rays of God
 - Defense / Protection
 - Enhancing Meditation
 - Harnessing Energy
 - Healing & Supporting Health / Well-Being
 - Holding a Specific Balance of Light
 - Increasing Attunement / Discernment / Illumination
 - Increasing the Intensity / Power of God’s Qualities through the Chakras
 - Powering Homes & Vehicles
 - Purification – (e.g., Aura, Chakras, & Four Lower Bodies)
 - Raising Consciousness
 - Storing Data / Information – (e.g., Quartz Crystal)
 - Storing Light / Vibration – (e.g., Amethyst, Jade, Lapis Lazuli, & Quartz)
 - Talismans
- We should study the Ancient Teachings & the Ascended Masters’ Teachings about the 12 Sacred Jewels / Stones in the **“Breastplate of the High Priest of the Israelites”** – (i.e., *Hoshen*). Each Stone was very important for specific reasons.

The Power of 12

There is Great Power in the Number 12, and there are certainly many Mysteries of God in relation to that Sacred Number and multiples of It. One example includes the 12 Lines of the Cosmic Clock. However, there are many other examples that people would find very interesting and may want to study, pray, and meditate in order to develop a greater understanding about the spiritual importance of the Number 12 in God’s Creation.

- The “Great Year” – (a 25,800 year cycle on the Cosmic Clock – when divided by 12, it equals a 2,150 year cycle for each Line of the Clock . . . and now is the “Age of Aquarius”.)
- 12 Lines on the Cosmic Clock
- 12 God-Qualities on the Cosmic Clock
- 4 Quadrants on the Cosmic Clock (Fire, Air, Water, & Earth) with 3 Zodiac Signs assigned to each of them – (when multiplied, it equals 12.)
- 12 Solar Hierarchies on the Cosmic Clock
- 12 Zodiac Signs
- 12 Labors of Hercules
- 12 Elohim, 12 Archangels, and 12 Chohans of the Rays
- 12 Rings of the Causal Body – (with the I AM Presence in the center)
- 12 Spiritual Rays – (7 primary rays and 5 secret / crystal rays)
- 12 Main Chakras – (7 primary chakras and 5 secret / crystal ray chakras)
- 144 Chakras in the Etheric Body – (a multiple of 12)
- 12 Petals of the Heart Chakra

- 12 Main Temples and 12 Fountains – (ancient Lemuria)
- 12 Major World Religions
- 12 Sons of Jacob
- 12 Tribes of Israel
- 12 Stones in the Breastplate of Aaron – (Exodus 28)
- 12 Disciples of Jesus
- 12 Days of Christmas
- The “four and twenty elders” – (a multiple of 12) . . . (Revelation 4)
- A “crown of twelve stars” – (Revelation 12)
- The “hundred forty and four thousand” – (a multiple of 12) . . . (Revelation 14)
- The “twelve gates” of the Holy City – (Revelation 21)
- The “twelve manner of fruits” – (Revelation 22)
- 144 Qualities of Love – (a multiple of 12) . . . (Radiant Rose Academy)
- 144 Virtues – (a multiple of 12) . . . (The Hearts Center)
- 12 Olympians – (Greek Pantheon)
- 12-faced symmetrical geometric solid / dodecahedron – (Pythagoras believed it was the foundation of the universe.)
- 12 notes in an octave
- 12 piano keys per octave – (7 white / 5 black)
- 12 hours on an analog clock
- 24 hours in a day – (a multiple of 12)
- 12 months in a year
- 12 inches in a foot
- 12 troy ounces in a troy pound
- 12 basic hues – (color wheel)
- 12 main minerals – (for the 12 Zodiac Signs)
- 12 jurors in a trial jury – (e.g., America, Australia, United Kingdom)

Possible Examples

- 12 Knights of the Round Table – (Camelot)
- 12 Dimensions of the Matter Universe
- 12-Stranded DNA – (for humans to function in all 12 Dimensions of the Matter Universe)

“The violet (or amethyst) flame is a healing flame, even as the green (or emerald) flame is a healing flame. Understand, beloved, that each of the seven rays of the Holy Spirit carries a specific quality of healing, each one corresponding to one of the seven chakras and to specific gemstones. Each of the Seven Chohans magnifies the color, the healing quality and the light frequency of the ray he sponsors as well as of the corresponding gemstones.

The rays of the Seven Chohans provide for your healing at all levels of consciousness in the four lower bodies. In order for you to become whole, you must achieve healing in the etheric body, the mental body, the desire body and the physical body. Therefore,

call upon the Chohans by name to assist you in balancing your chakras through the light of their rays, healing qualities and gemstones:”

- Saint Germain

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / March 31, 1996)

Chohan / Ray	Color	Chakra	Qualities	Gemstones
El Morya / First Ray	Blue	Throat	Power, Faith, Protection, Goodwill	Diamond, Lapis Lazuli, Sapphire, Star Sapphire
Lord Lanto / Second Ray	Yellow	Crown	Wisdom, Understanding, Illumination	Yellow Diamond, Yellow Sapphire, Topaz
Paul the Venetian / Third Ray	Pink	Heart	Love, Creativity, Beauty, Charity	Ruby, Diamond, Garnet, Rose Quartz, Pink Beryl
Serapis Bey / Fourth Ray	White	Base of the Spine	Purity, Discipline, Order, Perfection, Joy	Diamond, Pearl, Zircon, Quartz Crystal
Hilarion / Fifth Ray	Green	Third Eye	Truth, Science, Healing, Vision, Wholeness, Abundance	Emerald, Diamond, Jade, Quartz Crystal
Nada / Sixth Ray	Purple & Gold Flecked w/ Ruby	Solar Plexus	Peace, Service, Ministration, Brotherhood	Topaz, Ruby, Alexandrite, Diamond w/ Pearl
Saint Germain / Seventh Ray	Violet	Seat of the Soul	Freedom, Justice, Forgiveness, Mercy, Transmutation, Alchemy, Ritual	Amethyst, Diamond, Aquamarine

- The Summit Lighthouse

(Table: Chohan / Ray, Color, Chakra, Qualities, Gemstones)

Geography

- Many (if not most) Souls living on the Earth originated somewhere else. That may be surprising to some people to hear, especially those who do not believe in Reincarnation and/or have not spent much time trying to understand the Nature of Our Existence.
- Even though there are Souls on the Earth from many locations throughout our Galaxy (and Beyond?), this Beautiful Planet is currently **“Our Home”**. Some Souls have been embodying on the Earth for a VERY long time, while others have not. Earth is also not the “Final Destination” for many Souls: some will earn their Ascensions & move on to Higher Cosmic Service . . . some will Reincarnate on other Planets . . . some will go to their Final Judgment.
- Once the Earth “Ascends” and becomes a **“Freedom Star”** / **“Victory Star”**, many Souls (i.e., their Higher Self) will then focus on trying to save other Civilizations & Planets throughout the Universe.
- While we are Here on Earth, we should enjoy it & be grateful for it. This is a truly Incredible Planet, and it is not even a Golden Age right now. It is going to be absolutely Magnificent when that happens! We are so Blessed to BE HERE, and we should seek to Protect It & Cherish It.
- We should also learn much more about the Earth than we do today. There is a great deal that has been hidden from us by the Fallen Ones about EVERYTHING, and that also includes “Our Home”.
 - We should learn the many Nations of the World & where they are located.
 - We should learn that the Earth is actually “Honeycombed”.
 - We should learn that there are Subterranean Cities located around the world & a Network of Tunnels that connects them.
 - We should learn about the “Inner Earth”.
 - We should learn about Ley Lines & Sacred Sites
 - We should learn about the Ancient Histories of various “Lands”; the Advanced Civilizations that lived in those locations in the Past (e.g., Lemuria & Atlantis); & the People / Souls who live there now (e.g., the Garden of Eden was located near where San Diego, California is today – The Summit Lighthouse).
- Learning the Geography of the World is also important when it comes to applying the **Power of Visualization** & the **Science of the Spoken Word** to improve conditions / situations in various Nations. For example, it can be more effective to Visualize specific places while Praying for People & Situations . . . such as corruption, disasters, disease, poverty, & war. We can more directly project Light into “Places of Darkness” for the increase of God-Purity & the eventual Victory of the Light and into “Places of Light” for Greater Acceleration & Spiritual Progress.

- Learning the Geography of the World is beneficial when it comes to learning the specific locations of Chakras in Nations & States / Territories. Just as our Etheric Body has 7 Primary Chakras & 5 Crystal Ray / Secret Ray Chakras, the Nations & States of the World do as well.

- https://encyclopedia.summitlighthouse.org/index.php/Geographical_chakras

- Learning the Geography of the World is also beneficial when it comes to performing “Cosmic Service”. Of course, we can spend our “waking hours” Serving Life. We must remember that we can spend our “sleeping hours” Serving Life as well. Our Souls can leave our Physical Bodies when we go to bed or when meditating, and they can travel around the World (& Beyond) in our Etheric Bodies engaging in Selfless Service.

This can happen without consciously knowing WHERE we would go & WHAT we would do, but it can also happen consciously (as demonstrated by those with Greater Spiritual Mastery) through our direct / intentional collaboration with our I AM Presence & the Great White Brotherhood. In that case, we must Visualize the specific location / locations that we want to travel to so that our Souls can have a Direct Path there.

- It is also very important to better understand Geography when it comes to learning the Sacred Locations of the Ascended Masters’ Retreats. Their Retreats are located on the Etheric Plane and are positioned over specific Physical Areas – (e.g., The Resurrection Temple / Retreat of Jesus & Mother Mary is located **over** Jerusalem). The same is true when it comes to the “Cities of Light”; they are located on the Etheric Plane and are positioned over the Seven Deserts & Seven Seas of the World.

- <https://www.ascendedmastersspiritualretreats.org>

“We would see you become adepts not only in human knowledge but in the pathways of the higher mind that lead the soul to the spiritual retreats of the heaven-world, the golden-age cities of light and the universities of the Spirit. Yes, we escort your souls there at night while your bodies sleep so that you may be shown the inventions that will be brought forth as soon as the educational standards are stepped up.”

- Archangel Jophiel with Christine

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / June 25, 1995)

God-Given Rights

- The Sons & Daughters of God were given Life as “Individualizations of God”. We are not robots or mindless clones; We are Free to think, feel, speak, & act in any manner We choose. We are Free to have countless Experiences that will hopefully lead to our

Self-Realization & Self-Mastery so that We can become “Co-Creators” with God. We are Free to Walk the Spiritual Path at our own pace . . . to Learn, Develop, & Transcend.

- Life is a “**Sacred Adventure**”, and We are Free to live in many different places while having many different experiences through Reincarnation (on the Physical Plane) as well as other Dimensions / Planes / Realms. We do not become “dust” when we die, nor do we live only one life / embodiment. We were created to become **Immortal** . . . not as a Human Being but as a Great Spiritual Being of Light!

Our Two Greatest Gifts from God

- **Life**
- **Free Will**
- God does not control Us, which is why “bad things” are allowed to happen. God did not create the negative experiences that take place; they were created by the Fallen Ones & by the Children of God through the negative influence of the Fallen Ones. God only Envisions Love & Light for ALL of His Creation. If God controlled Us, the world would not be in the state that it is right now . . . and for the last 500,000 years or more.

A Very Important Rhetorical Question

**If God & the Ascended Masters do not control Us,
then why do “mere mortals” think that they can control Us?**

Our Response to Such People

Control Yourself, not Me!

- It is God’s Will for Man to BE FREE! We must NEVER forget that, or else we will be Slaves to the Fallen Ones & be imprisoned in their counterfeit creation. Freedom is not “Free” when the Fallen Ones are in control; it comes with a Price . . . which means that we must maintain Eternal Vigilance & “mutually pledge to each other our Lives, our Fortunes and our sacred Honor.” – (**Thomas Jefferson** / *United States Declaration of Independence*).
- We must also remember that Freedom has Consequences. That is the “**Law of Karma**”; We Reap what We Sow (**Galatians 6:7**). Our Expressions of Light lead to Experiences of Light (i.e., “Good Karma”), and our Expressions of Darkness lead to Experiences of Darkness (i.e., “Bad Karma”). We create our Experiences through our Expressions. We are in control of our Life (& our Embodiments). God only wants Light & Love for Us!

The Two Pillars of the Aquarian Age

- **Love**
- **Freedom**

- We can see in the world today that ALL of the “bad things” taking place are impure expressions of Love & Freedom. This Darkness is coming to the surface to be exposed & transformed into the Pure Expressions of God’s Love & God’s Freedom.
- God blessed Us with Life & Free Will, and We will have Reverence for Life & Respect the Free Will of others during the Aquarian Age. We will embody the Purity of God’s Love & His Freedom. This will establish the Foundation of a Golden Age Civilization.
- We were “Created Equal”, but we are not “Born Equal”. This is due to the choices that we have made over many embodiments as well as our personal karma & dharma. However, we ALL have certain “God-Given Rights”.

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

- Thomas Jefferson

(United States Declaration of Independence)

- We were created to BE Free . . . with Equal Opportunity & Potential . . . and with certain Rights no matter WHEN or WHERE we are living. If we do not know our Rights, then they can (and will) be trampled on by the Fallen Ones & their Puppets. We know that is true by what has taken place in the Past & by what is still happening in the Present.
- We know that **“Perfect Freedom requires Perfect Discipline”**. This understanding will help us to remember that Freedom does not mean simply doing whatever we want & wrongly believing that there are no consequences to ourselves & others . . . or that there is no “Divine System of Justice” to hold us accountable.
- We must also develop Wisdom & Mastery. The Greater the Freedom we have, the Greater the Wisdom & Mastery that are required so that ALL of our Expressions are Beautiful, Pure, & in Harmony with God’s Will so that we do not harm Ourselves, Others, or Any Part of Life . . . and do not produce negative karma, as a result.
- It has been said, **“With Great Power comes Great Responsibility.”** This is certainly true, especially when it comes to having Greater Freedom. As we make progress on the Spiritual Path (as Individuals & as a Civilization), we will rise to Higher Levels of Freedom . . . which means accessing Higher Levels of Power.

The word **Power** is often mentioned as a negative thing, but only because the actions of people (especially the Fallen Ones) are frequently expressions of impure / tainted Power (e.g., aggression, condemnation, corruption, oppression, & violence). However, God used Pure Power to Create the Cosmos! It is important to remember that “Power” is a Quality of God that we need to do ANYTHING . . . whether it is struggling to get out of bed in the morning or striving to build a New World. It ALL requires Power!

It is God’s Will for Man to BE POWERFUL, but that does include Greater Levels of Responsibility . . . and, therefore, that requires Greater Wisdom, Discipline, & Mastery. The more we develop those Sacred Qualities, the more Freedom we will have. The more Freedom we have, the more Power we will also have. And on it goes in Upward Spirals of Transcendence!

- It is no coincidence that the **Ascended Master Saint Germain** speaks regularly about “Freedom”; He is the **Chohan of the Seventh Ray** . . . which is the “Ray of Freedom”. It is also no coincidence that Saint Germain is the Primary Sponsor of the United States of America; that Blessed Nation does have a “Divine Destiny” to be the Center of the Golden Age & to be a “Beacon of Light, Hope, & Freedom for the Earth” during this New Age . . . and He is the **Hierarch of the Aquarian Age**.
- We should study the **Great Documents of Freedom** throughout history to understand our God-Given Rights – (e.g., *Declaration of Independence & U.S. Constitution*).
- We should study the True Symbolism of the **Statue of Liberty** in New York City.
 - https://encyclopedia.summitlighthouse.org/index.php/Statue_of_Liberty

Our God-Given Rights – (just a few examples)

- **Freedom of . . .**
 - Assembly
 - Press
 - Private Property
 - Religion
 - Self-Defense
 - Speech
 - Thought

“...as the eternal Son becomes one with the Father, so I may ultimately become one with Thee in that dynamic moment when out of union is born my perfect freedom to move, to think, to create, to design, to fulfill, to inhabit, to inherit, to dwell and to be wholly within the fullness of thy Light.

Father, into thy hands I commend my being.”

- El Morya

(The Covenant of the Magi / The Summit Lighthouse)

Gold & Crystal

- There are two Beautiful & Powerful Words that will be used often when discussing the Aquarian Age & the New World . . . **Gold & Crystal**.
- Truly, an entire book and/or website could be dedicated just to this topic alone! People would benefit immensely by Studying, Praying, & Meditating upon the Symbolism & Practical Applications for both Gold & Crystal. They will be Fundamental Elements for us Individually & for the Age of Magnificence that we are going to establish.
- The short list below cannot possibly do this topic justice, but it does provide a number of examples for people to have Greater Levels of Understanding about the importance of Gold & Crystal – (Spiritually, Mentally, Emotionally, & Physically).

- **Gold**

- Gold – (i.e., “Precious Metal”)
 - Bars / Coins / Nuggets – (Increase the Balance, Stability, & Security of Individual Finances by owning some physical gold.)
 - Edible – (Beneficial in Food & as a Supplement)
 - Jewelry – (Increase the Balance & Stability of the Four Lower Bodies / Acceleration of Higher Consciousness by wearing gold necklaces, rings, etc.)
 - “Precipitated Sunlight” – (Important for the Balance, Stability, & Consciousness of the Earth through anchoring / “solidifying” Light in the Physical Plane)
 - “Talisman of the Great Central Sun”
- “Gold Standard”
 - Increase / Maintain the Balance, Stability, Security, & Prosperity of a Nation’s Economy
- Golden Age Civilization & Golden Age Technology
- “Golden Anvil” – (Gautama Buddha / The Summit Lighthouse)
- “Golden Aura” / “Golden Halo”
- “Golden City” – (i.e., The New Jerusalem *within & without*)
- “Golden Consciousness” – (i.e., Christ Consciousness)
- “Golden Harvest” – (i.e., Consciousness of Love / White Eagle Lodge)
- “Golden Light” – (from the Sun Center / White Fire Core in the Heart)
- “Golden Man of the Heart” – (i.e., Holy Christ Self)

- Golden Ratio
 - Architecture
 - Art
 - Mathematics
 - Nature
 - Technology
- “Golden Rule”

“The term *golden age* did not derive from nothing. Golden age means an age based upon the gold standard—the standard of the gold of the Christ consciousness, of the golden rule, of gold as precipitated sunlight for the balance of the mind and the emotions and the flow of life even in the physical temple.

Gold, beloved ones, is necessary for the stability of consciousness as well as for the stability of the economies of the nations. Unless there be a certain portion of gold even on the body temple, the balance of the elements is not held. When the people no longer hold gold in their possession or wear gold, there is far greater mental and emotional disturbance.

Gold is the lodestone of Alpha and Omega. It is a reminder to every child of God, at the soul level, of the great throne of grace, of the great throne room that is white and gold in the Great Central Sun. It is from this room that souls of light took leave of the octaves of Spirit, descending in the planes of Mater.

It was my commission from Alpha and Omega aeons and aeons ago to establish the focuses of gold in the Matter planes among the galaxies and, thus, to teach elemental life (under the four hierarchies and through the Elohim) how the balance of forces in the four planes of Mater would be anchored through the magnetic quality of this precipitated sunlight. Thus the elementals learned to precipitate gold. And thus gold does grow in the earth, veins expand; and this balancing of energy corresponds directly, first of all, to the blueprint of the Christ consciousness of the evolutions of earth or of a system of worlds and, then, to that which has been outpictured through the threefold flame.”

- God of Gold with the God Tabor

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / October 10, 1977)

○ Crystal

- “Crystal Age” – (i.e., “Golden Age” / “Golden-Crystal Age”)
- “Crystal Bell” – (The Summit Lighthouse)
- “Crystal Chalice” – (i.e., Purified Four Lower Bodies / “Pure Vessel”)
- “Crystal Chamber of the Heart” – (The Hearts Center)
- “Crystal Cord” – (The Summit Lighthouse)
- “Crystal Cup” – (filled with the “Elixir of Life” / “Liquid Light”)
- “Crystal-Diamond Tube of Light” – (The Hearts Center)
- “Crystal Fire Mist” – (The Summit Lighthouse)

- “Crystal Hearts” – (The Summit Lighthouse)
- “Crystal Helmet, Shield, & Sword” – (The Summit Lighthouse)
- “Crystal Light” – (The Summit Lighthouse)
- “Crystal Rosary” – (Kuan Yin / The Summit Lighthouse)
- “Crystal Spheres” – (The Summit Lighthouse)
- “Crystal Sword” – (The Summit Lighthouse)
- Crystal Technology
 - Harness the Energy of the Sun – (e.g., homes & vehicles)
 - Healing
 - Molecular Structure can hold Physical & Spiritual Light
 - Record Data & Information
 - Slide-Projector to View the Akashic Records
- Crystal Temples
- “Crystallization of the God Flame” – (i.e., Christ-Realization)
- “Five Crystal Rays” – (The Hearts Center)
- “Terrible Crystal” / “Crystal Ray” – (Ezekiel 1:22 & The Summit Lighthouse)

“Let each one, devotee, devotee of the Arahant, now, my beloved, look within to the Author, to the Finisher—look for the finishing of the Word, look for the finishing of unreality, look for the finishing of all that has gone outside of the Exalted One! Even I, the Lord Buddha, would take up my abode with you but must tarry till the Finisher establish the finishing of his work. Then let us look to new beginnings. Then let us look to the unfolding of the tightly coiled lily of the heart.

Bring forth the mighty calla lily that has come forth in my honor! Bring it forth to me now at this altar of peace. For I would bow before elemental life. I would bow before the Son of Light and all who bow before the Lord of the World.

I come to celebrate the gold-and-white calla lily within you. I come to establish the Inner Retreat. I come for the rotation and the inversion of the world—that East might become West, North become South, and the Golden Crystal Age appear!”

- Gautama Buddha

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / April 18, 1981)

Government

- Some important thoughts about Government were already shared in the “Economics” section above, so that vital information will not be repeated here.
- However, this section will be a great place to provide a few additional examples of what Future Governments will look like in the Aquarian Age. Similar to other topics that consist of many “moving parts” & greatly influence every aspect of our Society, there is no way to fully cover this issue in just a few pages. Like this entire website (and every section it contains), the goal is to provide Foundational Truths & Fundamental Ideas

that can be applied anywhere in the world . . . and upon which people can strive to build a Golden Age Civilization.

- Government (i.e., “Politics”) has always been a crucial aspect of Society throughout history, and that will be true during the Aquarian Age as well. However, most of the examples of Government from the Past & Present will not be used in the New Age . . . except for the Previous Golden Ages & the Ideas / Nations that were Sponsored by the Great White Brotherhood – (e.g., Lemuria, Atlantis, & the United States of America).
- It would take too long to speak about what is wrong with the Governments of the world today, and doing so would also taint the Exciting / Joyful Message that is intended to be shared here. Simply stated, we must do the opposite of almost everything that is currently being done in order to have Better Government!
- It was never God’s Will for “Big Government” to exist. That was the diabolical idea of the Fallen Ones to acquire Power, Money, & Control. It must be said that it is NOT God’s Will (especially when trying to build a Golden Age Civilization) to have Brutal Regimes, Corrupt Monarchies, Fascism, Marxism (i.e., Socialism & Communism), or Tyrannical Dictatorships.
- While “Democracies” are certainly preferable to the examples mentioned above, they are not Ideal and can be as corrupted / manipulated as any other form of Government (which we see happening today in 2023). The great things about a Democracy can also be negated by the terrible things that can happen – (e.g., “Majority Rules” is always concerning but becomes worse when it transforms into “Mob Rules” or when the True Majority is attacked or ignored by the Globalists & Corrupt Governments that are invested in supporting the Radical Minority for various political / social reasons).

“Saint Germain sees World Communism as the greatest threat to individual freedom, especially the freedom of the soul to walk the path of initiation with the Christ and the Buddha. Where that freedom is denied, the purpose for life and for living is lost and then the very purpose for the perpetuation of earth itself is lost.”

“Saint Germain teaches that without the freedom to create there is no freedom.”

“The opportunity to create is the basic endowment we have with the gift of free will. When you have a government that provides everything the individual needs so that he does not have to exercise the muscles of the mind or of the soul or even move himself, then the energies of sloth, self-centeredness and the pleasure cult set in. The danger of the pleasure cult in America today is greater than ever.”

- Elizabeth Clare Prophet

(<https://www.summitlighthouse.org/inner-perspectives/ascended-master-saint-germain/>)

What is the Purpose of Government?

- 1) **Defense**
- 2) **Justice**
- 3) **Vision**

- The Federal Government must defend The People (when necessary); must provide a Fair System of Justice; & must maintain a Vision of Greatness for the Nation, The People, & the World. Anything beyond these SHOULD NOT be done by the Federal Government! That may shock many people to hear, but it is the Truth.
- There must be “Limited Government” so that people have Power over their own lives to Walk the Spiritual Path & work together for the Greater Good. If God does not interfere in our lives or violate our Free Will, then Governments should not either. We do need some Laws (right now), but “Human Laws” will no longer be needed when people are One with their Holy Christ Self . . . and are Self-Realized & Self-Mastered.

Current Model of Power – (leads to the **Slavery** of God’s Children)

Globalists → Federal Governments → State Governments → Local Governments

No Power: Community / Family / Individual

Future Model of Power – (leads to the **Freedom** of God’s Children)

Individual → Family → Community → Local Governments

Power to Oversee: Wise Ruler/s & Selected Council

Aquarian Age Government – (just a few examples)

- “God-Government”
 - <https://encyclopedia.summitlighthouse.org/index.php/God-government>
- “True Republic”
 - Like what the United States of America was Divinely Designed to BE
- “Philosopher-King” / “Priest-King”
 - As mentioned by Plato (Ancient Greek Philosopher)
 - Like Melchizedek of Salem
 - Like King Arthur of Camelot
 - Ruler/s (King & Queen) who are Ascended Masters or Adepts

- “Wise Councils”
 - 12 Members – (those with the most Wisdom & Mastery)
 - 6 Men & 6 Women
- “Temple Society” – (i.e., focused more on Spiritual Development)
 - Works parallel with God-Government
 - Priests & Priestesses – (provide mediation / training in the Temples for those needing assistance & preparing for any role in society)
- “Honorable Politicians”
 - Enlightened Leaders
 - Public Servants
 - Servant Leaders
- “God’s Law”
 - Everything will be done in accordance with Cosmic Law / Universal Law – (i.e., God’s Law).
 - Governments will always Acknowledge & Revere that “God is over Men”.
 - Nations will always be “One Nation Under God” – (e.g., *Pledge of Allegiance* - United States of America).

Important Reminders – (just a few examples)

- Every Nation can have a similar Foundation of Government, but they should also be established to focus on the Individuality of each Nation & Its Peoples – (e.g., Culture, Dharma, Karma, & Spiritual Development). No single form of Government will be the best in ALL Nations, & there should never be a “One-World Government” by which the Globalists would take control over everyone.
- The Purest, Wisest, & most Self-Mastered Individuals should be the ones with positions in Government. Only those who have passed certain Spiritual Initiations have proven themselves as being Worthy, Deserving, & Prepared to BE True Leaders. The Light of the Aura will be seen & known by everyone; there will be no deception regarding One’s True Identity & Service to either the Light or to the Dark. Those with the most Light in their Auras will easily be recognized as the Best Individuals to become Leaders, for they will have Greater Spiritual Attainment.
- Society (like the Spiritual Path) is “Merit-Based”. We get what we deserve (Physically & Spiritually). Government is not intended to hold back the progress of people or force a “false equality” by taking from one group to give to another. It is not intended to prevent people from struggling or striving out of “false compassion” or “ulterior motives”. How the Government is structured & how it operates should be based upon the same Founding Principles as those for the Spiritual Path.
- Government has no money of its own; the money belongs to The People. It should be spent very wisely & with complete transparency / approval from The People. There will be no need for money or taxes in the Aquarian Age. There will be no “Welfare State” / “Nanny State”, for God Envisions His Children being Independent, Self-Sufficient, &

Strong. If anyone needs assistance, they will receive it from their Fellow Brothers & Sisters who are Selfless Servants dedicated to Charity & Loving Kindness.

“And so, my fellow Americans: ask not what your country can do for you — ask what you can do for your country.

My fellow citizens of the world: ask not what America will do for you, but what together we can do for the freedom of man.”

- John F. Kennedy

(Inaugural Address – January 20, 1961)

- Government should be based on Universal Moral / Spiritual Principles, even though Politicians may not necessarily be associated with a particular Religion and no single Religion will dominate the Government. A “Higher Power” must be recognized, or the Fallen Ones will create a corrupt system in which THEY are the most powerful . . . and “godless” Governments inevitably decline into tyranny.
- Governments will be based on *The Golden Rule* & embody the *Cosmic Honor Flame*. Only those who demonstrate this will be allowed into Leadership Positions. As people become more One with their Holy Christ Self, they will also Purify every aspect of their Beings. This means that they will not have the “Human Ego” with ALL of its impurities negatively affecting how they Serve in Government. Corruption will simply NOT exist, which seems impossible to imagine today . . . but it is true!

“Of all the dispositions and habits which lead to political prosperity, religion and morality are indispensable supports. In vain would that man claim the tribute of patriotism who should labor to subvert these great pillars of human happiness, these firmest props of the duties of men and citizens.”

- George Washington

(Farewell Address – 1796)

“Our constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other.”

- John Adams

(“Letter from John Adams to Massachusetts Militia” – 11 October 1798)

- Governments always reflect the Spiritual Development / Levels of Consciousness of The People. If we want a **“Golden Age Government”**, then we must make ourselves Worthy & Deserving of having it. We can easily get frustrated when we see corrupt politicians & terrible governments, but we must remember that such a situation could not exist if The People did not knowingly (or unknowingly) allow it. The Fallen Ones cannot control us when our focus is on God, Morality, & Spiritual Development. Our

Vigilance is just as much about maintaining our Spirituality as it is about being watchful of “Enemies” seeking to destroy our Nation.

- We must always make sure that Governments do not turn our “God-Given Rights” into “Government-Granted Privileges”.

Freedom is not a Privilege; it is a Right!

Our Rights come from God, not the Government!

- We should study the Embodiments & Teachings of El Morya & Saint Germain to learn more about God-Government in the Age of Aquarius & striving to establish a Golden Age Civilization.
- We should study the Life & Ideas of Deganawida (“The Great Peacemaker”) who helped to establish The Iroquois League & whose Iroquois Confederacy was influential on Early Americans regarding the Union of the Original Thirteen Colonies.
- We should study the Lives & Ideas of the English Settlers (i.e., “The Pilgrims”) who established Plymouth Colony and “The Founding Fathers of America” who established a New Nation by uniting the Thirteen Colonies, defeating Great Britain in the American Revolutionary War, & creating a New Government.
- We should study various Divinely-Inspired Ideas for effective Governance from the Past & Present in order to receive Greater Illumination & New Ideas for the New Age – (e.g., *The Mayflower Compact* & *The United States Constitution*).

“I believe in the United States of America, as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed; a democracy in a republic; a sovereign Nation of many sovereign States; a perfect union, one and inseparable; established upon those principles of freedom, equality, justice, and humanity for which American patriots sacrificed their lives and fortunes. I therefore believe it is my duty to my country to love it, to support its Constitution, to obey its laws, to respect its flag, and to defend it against all enemies.”

- William Tyler Page
(*The American’s Creed*)

“I am come to initiate the spiral of God’s will to men and women who see that the purity of heart, spoken of old by Jesus the Christ (Matthew 5:8), will enable them to see God, to know his laws, to know his will, and to manifest that dominion over the earth which will produce in the annals of time and space a record of nobility, of chastity and of charity to all.

I come as the Chief of the Darjeeling Council, teaching men of goodwill how to govern themselves and then how to govern the cities and the nations. This is a time for **God-government upon earth. This is a time for the sealing of the governments of the nations, by divine edict, in the flame of God's holy will.**

That divine edict comes forth from the Almighty as well as from your own divine God Presence. For the authority in the footstool kingdom is in the free will of man. It is in the crucible of your decision and your decision-making apparatus. If heart, head and hand you are willing to pledge your energies to the establishment of **God-government upon earth, then I say it is time to examine your hearts, to examine the apparatus that establishes a decision for or against an issue, for or against the light."**

- El Morya

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / September 1, 1973)

Health, Immortality, & Living Naturally

- Some very important information was already shared about Health in the "Fitness" section above, but a few more examples will be presented here.
- We can achieve so much more with *The Three Pillars of Purpose* when we are Healthy in Body, Mind, & Soul. This is not to suggest that being unhealthy / sick prevents us from working on Self-Perfectionment, providing Service to Life, & striving to Co-Create a New World. However, we are less burdened when we are Healthy, & it is easier to get things done. The Healthier we are, the Stronger we will be . . . and the Stronger we are, the more Successful we will be in our "**Holy Endeavors**".

"Physician, heal thyself."

- Ancient Proverb

- It can be very difficult to do anything (especially with Constancy & Excellence) when we are unwell. This includes Walking the Spiritual Path; challenging the Fallen Ones; & even just dealing with "daily tasks". We must stay Healthy & Strong in our Four Lower Bodies, and that means being Mindful of our environment, eating / drinking habits, thoughts, feelings, words, & deeds.

Purity in . . . Purity out.

Healthy in . . . Healthy out.

- The Fallen Ones have done everything they can to make the Children of God unhealthy, because that makes us less Powerful & easier to Control than when we are Healthy, Strong, & One with our Holy Christ Self.
- Being “Healthy” is Natural, and it is God’s Will for Man to always BE in a State of Perfect Health & Wholeness. We can best achieve / maintain this when we focus on **“Living Naturally”**.
- It is also God’s Will for Man to have extended lives. However, it is vital to focus on **Quality** as much as **Quantity**. There is no joy in living a long life that is unhealthy & miserable. We should strive for “Quality of Life” while also doing the Right Things to have longer lifespans.
- In the Aquarian Age, we will see the end of ALL diseases / illnesses. There will be no drugs or vaccines. We will finally see the end of “Big Pharma” & those who seek to profit from people’s continued health issues. We will live in complete Harmony with God & Creation (which includes Nature). We will have Healthy & Happy Individuals, Families, Communities, Nations, & World!

Healthy Individuals = Healthy Society

Healthy = Happy

Happy Individuals = Happy Society

- Increasing our Levels of Consciousness / Rising Higher on the Spiritual Ladder will lead to Healthier Living, Balanced Karma, & Purer Body, Mind, & Soul. We will also increase our “Life Expectancy” to 100 years or more. Some people will be able to maintain a Physical Body for hundreds of years like Babaji & the individuals we read about in the Old Testament.
- It is difficult for many people today to imagine living for 1,000 years, but that did take place in the Past & will happen again in the Future. At some point during the Golden Age, most people (if not ALL) will be like Babaji & can leave embodiment whenever they choose to do so and/or when they have “earned their Ascension”. There will be an increase in the size of our Threefold Flame & Crystal Cord, which will increase the amount of Light that will flow into us from our I AM Presence.

Immortality – (just a few examples)

- It is God’s Will for Man to become **“Immortal”**. However, this is in reference to the Soul and not the Human Body / Physical Incarnation. Our Soul reincarnates countless times, but it only becomes “Eternal” / “Immortal” by becoming One with the I AM Presence through the “Ritual of the Ascension”. The Threefold Flame within is already Immortal, but the Soul needs to achieve that Sacred State by Walking the Spiritual Path.

- The Fallen Ones want Immortality as well, but they cannot have it (Physically or Spiritually). They are cut off from God / The Source. They have no Threefold Flame. They have no Light of their own and require Dark Activities (e.g., Human Sacrifice & War) in order to get Light from the blood of Lightbearers. They also use Satanic Rituals in order to work with Dark Forces to acquire / maintain Power.
- This is why they are obsessed with Technology (e.g., Artificial Intelligence, Computers, Genetic Manipulation, & Robots). They are Lightless & Lifeless, and they believe that “merging Man & Machine” is the way for them to live forever. They are focused on “Transhumanism” because they have rejected God & His Holy Will for the Spiritual Evolution of His Children & His Creation. They refuse to repent for the atrocities that they have committed & will continually reincarnate until they finally balance their negative karma or will go to their Final Judgment / “Second Death”.
- On the other hand, the “Children of the Light” / the “Sons & Daughters of God” can be Beautiful, Healthy, Powerful, Pure, Whole, Wise, & Youthful. They can live in the same Physical Body, if they choose, for 1,000 years (or more?). They can be “Eternally Young” & eventually be “Immortal”.
- We must also remember that our current environment (i.e., society) is designed to make us unhealthy & to die. We do not have a “Culture of Life” right now; it is a “Culture of Death” created by the Fallen Ones. We will reverse this in the Aquarian Age. What we focus on is what manifests in our lives. So, we will stop focusing on “getting old” or accepting that we will “get sick” & eventually “die”. Our focus will be on God, Light, & Life! We will follow the **Path of Immortality** & emulate the Great Beings who showed us The Way.

“I AM Immortal!”

What does this convey to you, beloved?

I will tell you what it [conveys to you]. Your body elemental hears. Your Christ Self hears. Your soul and your spirit hear. And in that hearing there is the calling up of the ancient memory of the Law, the law of immortality, which does declare that where the flame of immortality is, there there can be no decay, no disease, no disintegration, no death [of the soul]!

Where immortality is, there is eternal Life! And the law of mortality is struck down and neutralized by the law of immortality!

Therefore when you declare, *‘I AM Immortal!’* every cell and atom and electron of your entire being responds, is quickened and affirms the same. And you reverse the spiral of death and disintegration and you enter the spiral of integration and everlasting Life right within these four lower bodies! And that soul begins to put on the permanent atom of being. And the Deathless Solar Body is woven and the strands are woven tightly until that Deathless Solar Body becomes an armour of Light invincible!

When you say, beloved, ‘*I AM Immortal!*’ and you repeat it day after day when the thought comes to you [to say it] and you even have the projection of your mortality and death—when you say it, beloved, you are galvanizing all of the armies within your physical body, within the tiniest cell [to defeat the vibration of Death and Hell within your entire consciousness, being and world].”

- Saint Germain

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / December 29, 1991)

Tips for Immortality – (just a few examples)

- **Increase the Light within Us.**
 - Balance Negative Karma
 - Breathing Exercises
 - Healing Therapies – (e.g., Aroma, Color, Gemstones, Light, Sound)
 - Healthy Diet
 - Living Naturally / Harmony with God & Creation
 - Meditation / Visualization
 - Music / Singing
 - Physical Exercises
 - Purify the Aura & Chakras
 - Purify the Four Lower Bodies / entire Consciousness, Being, & World
 - Purify the God-Qualities on The Cosmic Clock
 - Science of the Spoken Word
 - Service to Life
 - Solar Sciences / Stargazing / Sungazing
 - Spiritual Exercises – (e.g., Paneurhythmy & different Yogas)
 - Toning of the Chakras

Tips for Living Naturally – (just a few examples)

- **Books**
 - Study & Apply ideas for Living Naturally – (Specific recommendations will be in the “Resources” section of this website.)
- **Breathing**
 - Study & Apply various Breathing Exercises.
- **Buildings**
 - Study & Apply Feng Shui Principles.
 - Study & Apply Sacred Geometry for Architecture.
 - Use only natural materials for buildings.
- **Care of the Physical Body**
 - Try to NOT use colognes / perfumes with chemicals – (use only natural products).
 - Try to NOT use hair dye – (or at least try to use only natural products).

- Try to NOT wear makeup – (or at least try to use only natural products).
- Try to use only natural toothpaste.
- Try to use only natural products for EVERYTHING – (e.g., body & hair).
 - “If you cannot eat it, then do not put it on your body.”
- **Clothing & Footwear**
 - Try to wear things that are ethically-produced & made of only natural materials – (e.g., bamboo, hemp, organic cotton, silk, wool).
 - NOT made by hurting or killing animals – (e.g., certain furs, leather, etc.)
 - NOT made in “sweatshops” or through “slave labor”
- **Exercise**
 - Try to exercise every day.
 - Try to exercise in Nature as often as possible.
 - Try to exercise through natural movements & using one’s own body weight.
- **Food & Water**
 - Drink natural water from rain, streams, etc. as often as possible.
 - Eat organic, fresh, raw, locally-grown, in-season food with Life Force / Light.
 - Listen to the body to know WHAT to eat, HOW MUCH to eat, & WHEN to eat.
 - Take natural supplements – (if necessary, to complement a healthy diet).
 - Work to transition to a vegetarian diet.
- **Healing & Wellness**
 - Try to use natural methods for healing & sustained wellness.
- **Jewelry**
 - Try to wear jewelry that is ethically-produced & made of only natural materials – (e.g., gemstones, gold, silver).
 - NOT made in “sweatshops” or through “slave labor”
 - NOT made of animals – (e.g., leather)
 - NOT made of man-made materials – (e.g., plastic)
- **Kin’s Domain / Family Homestead**
 - Study & Apply the ideas for creating a Kin’s Domain – (which were presented in *The Ringing Cedars of Russia* book series).
 - Flowers & Trees
 - Fruits, Herbs, Nuts, Seeds, Veggies
 - Growing a “Living Fence”
 - Size of the Property
 - “Unnatural” to be Farmers, Hunters, Nomads, Peasants
- **Mother Nature**
 - Spend time making contact / forming a connection with Mother Nature.
 - Spend time outdoors to get enough sunlight, fresh air, & clean water.
 - Spend time walking barefoot outdoors.
 - Spend time with animals.
 - Stargazing
 - Sungazing

- **Music of the Spheres**
 - Listen to the different types of Music that are inspiring / raise the consciousness & are known to have tapped into the “Music of the Spheres”.
 - Including the songs that captured various Keynotes of the Ascended Masters, Etheric Retreats, & Spiritual Flames

- **Reverence for Life**
 - Respect for Activities / Individuals / Organizations of Light
 - Respect for animals, environment, flowers, humans, trees – (the entire planet)
 - Respect for Sacred Sites
 - Respect for the Sanctity of the Soul

- **Selfless Service**
 - Figure out one’s “Sacred Labor” & pour one’s Energy / Love / Time into it.
 - Live a “Purposeful Life” of serving others & bringing more Light into the world.

- **Sleep**
 - Blankets, Mattresses, Pillows, & Sheets made of only natural materials
 - Circular bed
 - Dark rooms w/ little or no light
 - Position head & feet in proper directions – (re: Earth’s Magnetic Poles).
 - Sleep outdoors – (occasionally).
 - Study & Apply Feng Shui Principles for the bedroom.
 - “Technology-Free Zone” – (unless it is Golden Age Technology)
 - NO computers, phones, televisions, etc. in the bedroom

- **Sounds of Nature**
 - Enjoy the outdoors & meditate upon the beautiful sounds / “music” of nature.
 - Birds chirping & singing
 - Dolphins & Whales communicating / singing
 - Rain
 - Space sounds – (e.g., movement of moons & planets)
 - Water flowing – (e.g., oceans, rivers, streams, waterfalls)
 - Wind blowing

- **Spirituality**
 - Fast, Meditate, Pray, & Study.
 - Live a “Spiritual Life” of Devotion, Gratitude, Joy, Love, & Reverence for both The Creator & The Creation.
 - *The Three Pillars of Purpose*

- **Spoken Word**
 - Communication / “Universal Language of Love”
 - Science of the Spoken Word
 - Vocal Training – (e.g., chanting, praying, singing, speaking, storytelling, etc.)

- **Tao**
 - Study & Understand the Tao & how to flow with It.
 - Aikido & Morihei Ueshiba’s Teachings
 - Feng Shui

- Qigong / Tai-Chi / Yoga
 - Study & Live in Harmony with nature, people, etc.
 - Taoism & Lao Tzu's Teachings
 - Wudang Quan
- **Technology**
 - Find ways to negate / prevent EMF, radiation, etc. from the house.
 - Try to use only natural ways of improving technological methods & devices – (i.e., to work *with* Mother Nature instead of *against* Mother Nature).
 - Use technology only when necessary.

***Man follows the Earth.
Earth follows Heaven.
Heaven follows the Tao.
Tao follows what is Natural.***

- Lao Tzu
(*Tao Te Ching*)

History

- The Past, Present, & Future are ONE for God in the **“Eternal Now”**. That concept can be difficult for many people to understand, especially while we are still embodying on the Physical Plane & have not yet Mastered “Time & Space” or fully understand the Nature of Existence in Higher Dimensions / Planes / Realms. Therefore, we do focus on the three phases separately . . . while acknowledging that they are interconnected.
- We know that our Past created our Present, and our Present will create our Future. It makes perfect sense that we should develop a better understanding of the Past so that we can achieve the Greatest Good in the Present . . . and, thereby, achieve the Greatest Good moving forward into the Future.
- Even if some people did not consider the importance of understanding Man's Past, we must only look at the diabolical actions of the Fallen Ones to realize that there must be something to it. They have done so much around the world to hide the Truth & suppress the free-flow of information among the Sons & Daughters of God. They have tried very hard to “erase history” (and our memories), which they are still trying to do today. So, why would they do all of that . . . unless they knew just how crucial it was for Man to know His Past?!
- What the Fallen Ones do not want is for people to know *Who they are . . . Where they came from . . . Why they are here . . . and Where they are going*. They do not want people to know about Previous Golden Age Civilizations or to remember “better times than today” so that we accept the nightmarish conditions that they miscreated for us.

They do not want us to know that the Holy Ones who came before us were intended to show us The Way so that we could follow in their Sacred Footsteps. It is God's Will for us to BE Powerful . . . to Live Free in the "World of Reality" . . . and to develop into "Enlightened God-Beings". That is the exact opposite of the Fallen Ones who want us to be Mindless & Powerless Slaves imprisoned in their "World of Unreality".

They also do not want us to know about their "Dark History" . . . going back to the story of the Fallen Angels being "cast out of Heaven" by Archangel Michael & His Legions. They have infiltrated (and control) nearly every aspect of society & seek to prevent people from knowing that they even exist. After they infiltrated the Catholic Church, for example, they sought the destruction of Enoch's books & then took control of the Doctrine to make sure that it was no longer preaching the Full Teachings of Jesus.

Secrecy is crucial for the Fallen Ones, for they must operate "in Darkness" in order to survive. We can see this same mentality among the Globalists; the most wealthy & influential people will NEVER be known by the general public. Those who are known are NOT the most powerful ones. If we know that they exist & how they operate, we can win our Freedom from them once and for all!

"And ye shall know the truth, and the truth shall make you free."

- John 8:32

- Every Adult & Child will develop a Greater Understanding of Man's History (and their own Individual History) during the Aquarian Age. They will learn incredible things that would be mind-blowing for most people to hear about today!
- We will have access to Ancient Wisdom from Future archaeological discoveries, the different "Halls of Records" around the world, the ability to read / view the Akashic Records, the ability to remember "Past Lives", & direct contact with the Ascended Masters to name just a few examples.
- We will learn the True History of the Earth & the many Evolutions of Beings that have been embodying here from around the Universe. We will learn the Cosmic History of Civilizations scattered throughout the Universe as well. All of this learning will help us to Understand God, Creation, & Ourselves in ways that most people would find difficult to imagine right now!
- This Incredible Knowledge will also be instrumental in helping us to establish a Golden Age Civilization . . . and for Man & the Earth to eventually "Ascend into the Light" – (i.e., rise to Higher Planes & Levels of Consciousness).

**"Wisdom is the principal thing; therefore get wisdom:
and with all thy getting get understanding."**

- Proverbs 4:7

“What is the gospel <1> that is preached by the servants of the Lamb? It is the sevenfold statement of the law of Elohim as that law is applied by the sons and daughters of God to the sevenfold path of initiation made manifest within the Matter spheres foursquare.

The first gospel is the Gospel of God’s Kingdom, his consciousness come in Spirit and in Matter through the fusion of the Light of Alpha and Omega in the Son of God. This is the gospel of the one God whose Selfhood contains the Father/Mother polarity, as above so below. It is the gospel of the eternal Spirit (masculine) ever one with the eternal Mater (feminine) manifest in cloven tongues of sacred fire in heaven and in earth. It is the gospel of the Divine Us (Elohim) ever individualized in the Person and the Principle of the Lord. The good news of this Lord, who declares I AM WHO I AM, is that Elohim is individualized within the creation in the I AM Presence of every living soul.

This is the story of God consciousness and of the covenants made between the I AM Presence and the soul. It also contains the record for all to read and run with of the interaction of souls with the I AM Presence down through the vast millenniums of earth’s recorded and unrecorded history. Whether by virtue and patience or by trial and error, this outpicturing of the Law and the Lawgiver by the evolutions of earth is written in the layers of *akasha* as proof of the Everlasting Covenant of our Maker unto his offspring that those who keep his commandments will one day eat of the fruit of the Tree of Life and live forever, and those who do not obey his commandments, because they love not, shall not live forever but perish by their faithlessness and their unbelief.”

- Sanat Kumara

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / August 5, 1979)

1.) “Gospel”: from the Anglo-Saxon *godspel*, or “God’s story”; from the Greek *euggelion* “good news, good tidings, good word,” hence the “God word.” The Gospel is the *story of God*. It is God’s *word* delivered by his Son and his servants. It is the *good news* of salvation, the elevation of the soul to the state of grace through the incarnation of God’s Word. The evangel, or evangelist, from the Latin *evangelium*, is one who goes before the angels (i.e., ascended masters) as the bearer (messenger) of the good tidings of God’s Word. It is the message of grace through the incarnation of the Son in Jesus Christ and in all whom he anoints with his light of Sonship, joint-heirship.

Kin’s Domains

- One of the simplest, and yet most Powerful, concepts is that of the “Kin’s Domain”. Also known as a “Family Homestead”, this one idea can solve most (if not all) of the problems taking place in society. This is proof that some of the “easiest to understand” concepts can also be incredibly complex in what they are capable of achieving.
- The most valuable source of information on this topic is *The Ringing Cedars of Russia* book series by Vladimir Megré. It contains the story of his experiences with a Siberian Mystic called Anastasia & shares many of her Life-Altering Teachings. Her Beautiful Vision & Immaculate Concept of an “Earthly Paradise” has inspired millions of people around the world (and many more to come during the Aquarian Age).

- Among the most important ideas shared by Anastasia is that of the Kin’s Domain, which is referred to as a **“Space of Love”**. Couples should have at least one hectare of land (i.e., 2.5 acres) & turn it into a “Garden Oasis” to raise a Family. In such a Sacred Place, so many seemingly simple (but incredible) things could occur.

“...I need to raise a Man, I need to raise my son. That can only be done properly where a Space of Love has been created. This Space has been created and perfected by my forebears, near and distant. It is still small, but it is what ties me to the whole substance of the Universe. Every Man must create around himself his own Space of Love, and offer it to his child. Bearing children without preparing a Space of Love for them is criminal. Every Man must create around himself a small Space of Love. And if everyone understood this and acted upon it, then the whole Earth would become the brightest focus of Love in the Universe. This is the way He wanted it, and this is Man's purpose. For only Man is capable of creating such a Space.”

- Anastasia

(Book 3 – “The Space of Love” by Vladimir Megré)

- It is important to remember that Man was not intended to be a hunter or a farmer, nor should we have to go “grocery shopping” for food. God did not Create Us to have to spend so much Energy, Money, or Time just trying to feed ourselves, when that is one of the most basic human needs. Adam and Eve were not living in the “Farm of Eden”, the “Apartment of Eden”, the “Ghetto / Slum of Eden”, or even the “City of Eden”. They were living in the **“Garden of Eden”**, which was Beautiful & Abundant with everything that they needed for a Spiritual, Natural, Healthy, Happy Life.
- We must also remember that after so long since “The Fall”, we are Destined to return to the “Garden of Eden” during the Aquarian Age. Of course, this is a reference to a State of Consciousness (i.e., the Christ Consciousness & Beyond). However, we can also strive to create a Physical Garden of Eden on our personal Kin’s Domain. When people around the world all freely choose to do the same, we can turn the entire world into a Magnificent Garden consisting of millions (or billions) of Individual Gardens.

“One of the greatest principles that Anastasia has taught you is that your kin domain may be sanctified through love. The sacred space of love may be created all around you by your loving intent, by your Presence and as you realize that to put off to a future life in another realm what can manifest in *this* dimension, in *this* time, here and now, is the highest folly of spiritual procrastination. For the Lord gave you dominion, through divine thought, over all the creation as his son or daughter, as Man—truly the divine man and woman, the manu ideal for all.

You see, dearest ones, when you behold perfection, beauty and the world that we are all about in co-creating in the present with clarity within your mind, then the angels, the masters, the nature spirits, the hierarchy of light, even unto the most powerful of cosmic beings, come to the aid of that collective vision and see to it that it is manifest as a reality for all. In the twinkling of an eye, you have heard, all shall be changed. And you have even heard that this eye is the eye of Elohim—the All-Seeing Eye of God. Let that

twinkling of stellar light manifest within your eyes, aligned and trued with the highest God-vision, beheld immaculately within the Creator's purview. Yes, let that be your vision, and behold light, joy, glory and peace everywhere."

- Clare de Lis

(Dictation through David Christopher Lewis / The Hearts Center / November 23, 2009)

Other Ideas to Consider – (just a few examples)

- Circular / Round Homes – (a more natural “shape” for Man – Spiritually & Physically; like sleeping on a Circular / Round Bed)
- Special New Age Equipment that will align the home (or a building) to the Earth’s Magnetic Field to maintain stability
- Study & Apply Astronomy, Feng Shui, Sacred Geometry, & other Special Sciences that were already mentioned in the “Architecture” section above.
- Water Storage – (use of Copper & one day Crystal, which is a more Golden Age Idea)
- Windows & Walls specially made to see outside but not inside – (similar concept as a one-way mirror but an opaque / translucent crystal substance so that animals / birds will not crash into them like they would with a mirror)

“I tell you—because you need encouragement, beloved hearts—that this community of the Holy Spirit has become the magnet for the marriage of twin flames and of soul mates and those on the path of Almighty Righteousness. It has become the place consecrated by Saint Germain and Mother Mary and by Jesus to the holy family, where souls, together in the concept of the old homestead of America, could realize in truth the persons of the Godhead within their own family circle—and that without idolatry, but surely in the pure love of Christ, heart to heart, that combines forces, welds together the faithful, and creates truly that organic body of God that is continually bearing the fruit of the Spirit of the Holy Ghost.”

- Maha Chohan

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / May 22, 1983)

Language

- A truly fascinating subject for Adults & Children to Study & Apply is “Language”. It is important for so many reasons & on so many Levels.
- We know that even God used “Language” for Creation. Of course, it was not human language . . . but it was still a form of **“Cosmic Language”**.

“And God said, Let there be light: and there was light.”

- Genesis 1:3

“In the beginning was the Word, and the Word was with God, and the Word was God.”

- John 1

- We know that **“The Word”** is “The Logos” . . . “The Light” . . . “The Christ”.
- We also know that Language is used by Animals, Humans, Trees, & even Cells for Communication. For example, different animals have different languages / methods for communicating, and people living in different Nations (and even Regions) of the world have different languages / methods for communicating.
- We know that many people call Mathematics the “Universal Language”, because it is the same around the world & goes beyond “Human Words” while still allowing people to communicate about that subject.
- Language is incredible in allowing people to express their thoughts verbally or through the written word. As we rise Higher in Consciousness, we will develop more Mastery in the use of Language to Communicate. This is why Language becomes more Complex as we increase our Complexity of Thought.
- We know that every Word has a meaning (or more) in the specific Languages that it is spoken. What most people may not know is that many Words (for example, in English) also have a “Spiritual Origin” that have been shared with us by the Ascended Masters. Words are **“Cups of Light”**.
 - https://encyclopedia.summitlighthouse.org/index.php/Word_meanings
- It is vital for Children to be taught to Read & Write using Phonics, for it is the most effective method. However, it is important for Spiritual Purposes as well – (e.g., the “Science of the Spoken Word” & understanding / applying the “Power of Sound”).
- It would be extremely beneficial for Adults & Children around the world to learn the Sacred Languages of **Sanskrit, Hebrew, & English**. This will allow them to better study Ancient Wisdom / Spiritual Teachings that were written in Sanskrit & Hebrew. It will also allow them to learn English, as a “Universal Language” that unites all Nations. It is also very important to know that the Ascended Masters chose English as the Primary Language to release their Wisdom Teachings to the general public over the last 150 years or so.

“The English language is a descendant of a high Atlantean tongue, which comes from angelic tongues.”

- The Summit Lighthouse

(https://encyclopedia.summitlighthouse.org/index.php/English_language)

- We should know that there are **“Languages of Light”** & **“Languages of Darkness”**. The Higher the Languages, the closer we get to the “Language of God”. There are many Languages of Light across the Universe (on various Dimensions / Planes / Realms).

Examples

- Advanced Civilizations
 - On Earth & on Moons / Planets / Suns throughout the Universe
- Angels
- Ascended Masters
- Elementals

“Some of the languages spoken by the people on earth today are so far removed from the original Word of the angelic tongue as to be inadequate for the transmittal of light. For this reason, the Ascended Master Saint Germain chose the English language to deliver the teachings of the Word on the I AM Presence. For the same reason, the dictations of the ascended masters delivered through our messengers over the past fifty years have also been released in the English language.”

Inasmuch as there are numerous laggard languages in use today as well as the tongues of fallen angels whose languages quite understandably are also fallen languages, it is the desire of the Great White Brotherhood to see English become the second language in all nations. For the new tongue of the dynamic decree spoken in unison by hearts of light the world around will surely precipitate a rolling momentum, reversing the tide of darkness and bringing in the long-awaited golden age of peace, freedom, enlightenment, and universal love.”

- Sanat Kumara

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / October 21, 1979)

- We know about the **“Gifts of the Holy Spirit”**, and many of them involve Language – (1 Corinthians 12:8-10):
 - Word of Wisdom
 - Word of Knowledge
 - Prophecy
 - Divers Kinds of Tongues – (i.e., “Speaking in Tongues”)
 - Interpretation of Tongues

“Beloved ones, I perceive that you are beginning to understand that the pursuit of the gift of speaking with new tongues has many ramifications. May I tell you that most noteworthy of these is your speaking the **universal language of Love. For this is the new tongue that I have brought to earth in my service as bodhisattva, as Buddha, as the beautiful Christ.**

The language of Love is the language of the heart whereby you are empowered by the Holy Spirit of the lineage of the Ruby Ray to transfer the understanding of the treasured teachings of the ascended masters to all people, to all levels of awareness, to all states of consciousness. This making plain the truth is making straight his paths. And the strait gate to God is the soul’s ascent through the mediation of the individual Christ Self to the three-in-one of the Holy of Holies within his own Godhood.”

- Sanat Kumara

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / October 21, 1979)

- When we rise to Higher Levels of Consciousness (and develop more Spiritual Mastery), we can communicate **Telepathically** . . . to speak without speaking through our Voice.
- We should Study & Apply the **“Power of Symbols”** when it comes to Language & expressing specific Ideas / Visions.
- We know that the Ascended Masters speak to people via “Human Languages”, because they speak to (and through) Human Beings. However, we have learned that they also communicate via **“Thoughtforms”** . . . especially with each other at Higher Levels.

Materials

- The subject of “Materials” has been mentioned a few times already in different sections above, so there is no need to repeat all of that again here. However, it is still important for this to be a separate section of its own.
- In the Aquarian Age, EVERYTHING will be done differently. It will be in Harmony & Oneness with God . . .and that means with Creation. We will be **“Living Naturally”** in ALL ways, which includes the Materials that we use in our daily lives & in society.
- We will NOT be harming Animals, People, or the Environment to acquire the Materials that we need. Our “Modern Society” is dependent on plastics right now; however, we will stop using them & transition to the use of Natural & Higher Vibrational Materials.

Examples

- Gemstones – (especially Crystal)
- Gold
- Silver

- Stone – (various types)
- Wood – (possible use of naturally-fallen trees and those that are 500-years-old – as mentioned by Anastasia regarding the “Ringing Cedars” of Russia)
- We must remember that there are **“Unknown Elements”** that have not been discovered yet, for it has been said that there are **144 Elements** (and not just the 118 on our current Periodic Table). This supports the idea that we will have access to New Materials in the New Age.
- We must also remember that with Greater Purity, Wisdom, & Mastery there will come a time when we will be able to “Materialize” / “Precipitate” whatever we need. This means producing Materials already available on the Physical Plane or producing Higher Vibrational Materials by “lowering them” to the Physical Plane from the Etheric Plane.

“The balance of power in earth is always the balance of gold and of other precious commodities that store the light of the 144 elements. <5> Thus we see that the question of gold remains a key issue that must be tended to by the children of God, the sons of God in your midst. Let us not neglect those dynamic decrees, then, for the economy. For without this physical structure of the abundant life, we cannot integrate the divine plan for perpetuity in this age.”

- El Morya

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / May 27, 1979)

5.) 144 elements. The 144 flames of God came forth from the twelve rays, and these flames are materialized as the 144 natural chemical elements in the physical universe, though scientists have not yet isolated all of them. Thus, the 144 flames, or virtues, are condensed as Matter, forming the platform for man’s spiritual evolution from the form to the formless.

Mathematics

- Similar to the “Materials” section above, the subject of “Mathematics” also applies to other sections as well. There is no need to repeat everything that was already mentioned. However, it is still important for it to have a separate section of its own.
- Understanding the complexity of the “Mother Aspect of God” involves Mathematics & Science. Both are interconnected, and both are necessary when studying the Structure, Forces, & Operation of the Matter Universe . . . from the Macrocosm to the Microcosm.
- It is very important for Adults & Children to have a solid Foundation of Knowledge regarding Mathematics & Science, and they can build upon that Foundation if they are interested to do so for Greater Understanding and/or for a specific Profession.
- During the Aquarian Age, we will see Mathematics & Science ascend to Higher Levels. What we know right now will be “elementary” compared to what we will learn as time

goes on. For example, we will learn New Mathematics that go even beyond that which is used in Quantum Mechanics.

- We will understand God & Creation in ways that we do not right now. This certainly applies Spiritually, but it also applies Physically. We will “Spiritualize Life” much more in the Future, and that means our Spiritual & Physical focuses / strategies / techniques will be intertwined. **Religion & Science / Spirituality & Technology** will be ONE.
- We will Understand & Apply “**Higher Mathematics**” to many areas of our Individual Lives & to Society, including the “**Mathematics of the Spirit**” . . . the intertwining of **Alpha & Omega / Spirit & Matter**. There will be “**Divine Mathematicians**”.

Examples

- Sacred Architecture
 - Sacred Art
 - Sacred Music
 - Sacred Technology / Solar Sciences
- We will Understand & Apply “**Sacred Geometry**” in ways that have not been done since Previous Golden Age Civilizations.
 - **G.O.D.** – “**Geometry of Divinity**”
 - Architecture
 - Art
 - Communities of the Holy Spirit
 - Gardens
 - Jewelry
 - Kin’s Domains
 - Temple Complexes
 - We will learn from the Greatest Mathematicians of the Past and also receive Direct Illumination about “**Aquarian Age Mathematics**” / “**Golden Age Mathematics**” from our Higher Self, the Ascended Masters, & other Beings of Light from Advanced Civilizations throughout the Universe.

Examples

- Albert Einstein
- Archimedes
- Carl Friedrich Gauss
- Euclid
- Fibonacci
- Hypatia
- Isaac Newton
- Johannes Kepler

- Leonhard Euler
- Pythagoras
- Srinivasa Ramanujan

“An equation for me has no meaning unless it expresses a thought of God.”

- Srinivasa Ramanujan

- We will also Study, Apply, & Transcend the Higher Mathematics demonstrated by Previous Advanced Civilizations on Earth (e.g., Lemuria, Atlantis, Egypt, & Greece).

Examples

- Parthenon
- Pyramids around the world – (including the Great Pyramid of Giza)
- It is also fascinating to consider that there is a **Unique Mathematical Expression** for each of us, as we embody in the Matter Universe. Similar to everyone having a Unique Keynote that is like a “Musical Fingerprint” by which we can be Identified, it is also an exciting thought that we have a **“Mathematical Fingerprint”** that does the same!

“I speak not in riddles, but to dash the cup of the finite consciousness that it might enter into the infinite consciousness of oneness. Mankind do not find it difficult to deal in fractions and decimals. They have a sense of that which is whole and that which is the parts of the whole. Mathematics is not subject to the passionate debate which clouds the issues of a true and a false theology.

God is mathematics and the supreme mathematician. He allows fractionalized fragments of his own self-awareness to inhabit the earth as the evolutions of mankind. When the parts of the Whole which comprise eighths and quarters and thirds and sixteenths of his Self-awareness return to the Whole, they will discover that there is but one God, one Christ, and one Self.”

- Kuthumi & the Brothers of the Golden Robe

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / January 25, 1976)

***** NOTE *****

- It is definitely worth mentioning (especially in this section on “Mathematics”) that the Ancient Greek Philosopher & Mathematician, Pythagoras, was an embodiment of the Ascended Master Kuthumi.

Media

- We know that most of the Media is controlled by the Globalists, and its “job” has been to peddle disinformation, lies, & propaganda. That has always been true, but it is more glaringly obvious now (2023) than ever before.

We cannot fully BE Free until we have Truth, and the Media has been hindering that Sacred Process on behalf of the Few who want to continue controlling the Many. They spend a great deal of Energy / Money / Time suppressing information & attacking / silencing Truth-Speakers.

In order for their “World of Illusions” to continue, they must control the narrative & destroy anyone / any information that would expose their lies & unreality. They want Power, Money, & Control . . . and will do whatever they have to in order to get it. That diabolical agenda requires keeping the general public in a permanent state of ignorance.

- Another huge problem with the Media is that the Industry is driven by making money. Good & Uplifting Stories are usually considered “boring”. Happy & Positive News is supposedly “unstimulating”. In order to get higher ratings (i.e., more viewers), they mostly focus on chaos, crimes, death, drama, scandals, suffering, violence, & war. Too often, they will exaggerate stories to be more dramatic & get an emotional reaction from their audience. Shockingly, many will even make up fake stories for ratings and/or for political / social reasons.
- This is not to suggest that EVERYONE in the so-called “Mainstream Media” is a Fallen One or intentionally a part of the sinister strategy to deceive / fool the Children of God. Some people do try to expose corruption & bring forth Truth . . . usually with little success, because they are controlled by their “bosses” and/or thwarted by the Corrupt Ones themselves. Others simply read whatever is put on the teleprompters, and they do not express their personal beliefs, opinions, or engage in True Investigative Journalism. Still others have no loyalty to anyone / anything but will say or do whatever they have to for Money, Privileges, & Status.
- This is one reason why the Internet was such a powerful invention. With so many websites, social media platforms, chat rooms, and so on, there is more opportunity for Light to overcome Darkness by Truth-Speakers being able to share crucial information very quickly around the world to counteract “the Liar & the Lie”.

“Walk, then, as children of Truth, as initiates of Pallas Athena and the sword and the shield of Truth. And know the meaning and the power of Truth to defend the individual and the community against all enemies whose case must be founded upon error or the lie or the murderous intent. Let them then be judged for the motivation of the heart. And by their own fruits let the Law act.”

- Zarathustra

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / March 31, 1985)

- It is God’s Will for there to be “Truthful Media” in ALL Nations around the world. It is God’s Will for Man to BE Free . . . which means having Truth about EVERYTHING!

Truth = Freedom

- During the Aquarian Age (and for however long the “Media” is needed), our Vision & Divine Plan must be to establish a Media that is Free, Truthful, & Uplifting. It will provide an Accurate, Balanced, Fair, & Unbiased Presentation of Local, National, & World Events. It will NOT be controlled & manipulated by the Fallen Ones & their Puppets . . . those who have been blackmailed, bribed, or intimidated.

“Mighty is the power of truth. And whether truth be whispered in the ear or shouted from the housetops does not matter. For truth has inherent within itself the power of deliverance. And deliverance given unto men will set them free from all that binds them and will bring them to a status of God-freedom, where the air they breathe is indeed saturated with light.”

- Saint Germain

(Dictation through Mark L. Prophet / The Summit Lighthouse / August 14, 1966)

Militaries

- One of the Primary Qualities of the “First Ray of God” is **Protection**. This demonstrates that without Defense / Protection, everything else is vulnerable & at risk of being lost.
- This supports that Presidents / Prime Ministers must first seek to Protect their Citizens. Principals & Teachers must first seek to Protect their Students & fellow Staff Members. Parents must first seek to Protect their Children & Each Other. This can take place in different ways, such as establishing a “Safe Environment” & maintaining “Eternal Vigilance” in a mindful / watchful state. It requires being *Prepared, Purified, & Ready* at all times. It is motivated by Love, not by Fear.
- The world has been negatively influenced by the Fallen Angels for a very long time, and that includes their sinister agenda to attack & destroy the Sons & Daughters of God as well as Sacred Activities of Light. This has required the need for Defense / Protection as Individuals, Families, Communities, & Nations. One of the most basic Human Rights is the **“Right of Self-Defense”**, because we have a God-Given Right to Live.
- This is why Nations have a Military. When they embody the ***Cosmic Honor Flame*** & act with Pure Intentions, the different Branches of the Military are intended to Defend / Protect the Citizens of the Nation as well as the “Defenseless & Innocent” around the world. If a smaller / peaceful Nation is being attacked by a bigger / aggressive / tyrannical Nation, then a Strong Nation should come to Its Defense (if asked to do so).

- There are times (in a “Dark World”) when Physical Defense is necessary to maintain Freedom & Peace. God would not want people to use violence or hurt / kill others, but it may be needed as a last resort when all other options have been exhausted. Especially when dealing with those who do not have a Reverence for Life & seek to hurt / kill for Power, Money, & Control . . . we must Defend Life, Liberty, & Everyone’s Right to Pursue Happiness. We can never allow the Darkness / Evil to consume the Light / Good.
- It is worth noting that the Branches of the Military have a Spiritual Aspect in Nations that are established by Almighty God . . . are sponsored by the Great White Brotherhood . . . and Serve to “Defend the Light”.

Example – (The Four Branches of the United States Military / Four Aspects of God / Four Elements / Four Quadrants on *The Cosmic Clock*)

Marines	Air Force	Navy	Army
Father	Son	Mother	Holy Spirit
Fire	Air	Water	Earth
Etheric	Mental	Emotional	Physical

“I tell you, beloved hearts, there must be such a fervor and such a cry of freedom that men no longer are fooled by pacifism; they are no longer fooled by the tales of ultimate threat, ultimate horror, ultimate war, and therefore stupefied into nonaction while the armies of the Soviets move on. You should not allow yourselves or your representatives to kowtow to madmen and the insane who threaten international terror and to destroy the leaders of nations.

Why, I tell you, there are hearts of fire and Christed ones worthy of the archangels, who are embodied—serving in the marine corps and the air force, the army and the navy of this nation and other nations of freedom—to whom the leaders of those nations and the generals of those forces cannot even hold a candle of light!”

“Above all, every individual heart of light ought to understand, as he understands the path of physical survival in the wilderness, also how to defend oneself under any and all conditions—how to defend one’s family, how to defend one’s city, one’s citadel, one’s community and nation. Thus, beloved ones, the posture of survival and of defense must be the left hand and the right hand of preparedness—not out of fear and not out of hatred, but out of the *peace*-commanding presence of the Buddha.

Therefore, I AM Gautama and I AM at the head of the military complexes of this nation and of all nations. I AM at the head of the armed forces. I AM at the head of those who command the seas in the navies of the nations. I AM at the head of those who command the air in all the air forces of all nations. And I AM at the head of those who are the marines and who go before the rest to hold the balance in fire. I AM at the head of the armies of the elementals— fire, air, water, and earth. And I AM with the mighty archangels!

And therefore, if you see me seated in the mighty blue lotus and if you see me as the flying Buddha, as my disciple Milarepa, understand that we Buddhas also know where we stand on the line of peace, where peace itself is a fiery flame that swallows up war and where we *thrust* the light, whereby it is not necessary to fire a shot.

For the power of love is sufficient to the consuming of all hate and hate creation. And at every level of manifestation, individuals must bear that which is necessary to hold the line of love and bind the forces of hatred unleashed.”

- Gautama Buddha

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / April 4, 1983)

- At the same time, Nations must be careful not to get dragged into unnecessary conflict / war or “foreign entanglements”. The Fallen Ones crave endless conflict / war for many nefarious reasons. **Power, Money, & Control** are always the motivating factors.

Examples

- Destroying Democracies & Establishing Tyrannies
 - Eliminating the Middle Class w/ only the small Upper Class & big Lower Class
 - Making Money – (i.e., trillions of dollars)
 - Banks
 - Businesses
 - Governments / Politicians
 - “Military Industrial Complex”
 - “Regime Change” – (i.e., overthrowing Strong Leaders to install “Puppets”)
 - “Spilled-Blood” – (i.e., Stealing Spiritual Light)
 - Stealing Land / Territory
 - Stealing Natural Resources
- The Fallen Ones also want the Sons & Daughters of God to create negative karma, so they will regularly manipulate situations in order for God’s Children to naively engage in the “wrong activities” for the seemingly “right reasons”.

For example, the Fallen Ones use “Patriotism” / “Love of Country” against the Brave Men & Women who join the Military. Far too often, they are maimed or killed while fighting for a cause that is NOT real. They are betrayed & deceived, but they sincerely want to fight for Good Causes & are trained to follow the orders of their “Superiors”. They are tricked into believing that they are fighting for “Freedom”, but they often are fighting so the Fallen Ones / Globalists can increase their Power, Money, & Control.

The Fallen Ones have used this diabolical strategy throughout history, and very few conflicts / wars have been truly justified (as a last resort). Two worthy examples include King Leonidas & the 300 Spartans at the Battle of Thermopylae and the American Revolutionary War.

- During the Aquarian Age, we will see the reduction of Militaries . . . in terms of budget, operations, & size. They will eventually no longer allow themselves to be the “personal military” of the Globalists and will refuse to be used for their benefit. They will be used as “Peacekeepers” & for defending One’s Nation / Others who genuinely need help. One day, there will be no need for Militaries at all . . . when the Fallen Ones are gone & there is a Golden Age Civilization.

“Let the world, then, unite as never before behind the power of Truth. For the dark forces have scattered the children of the Light as chaff before a wild hurricane! And they have done it because men have been easily turned aside from the power of the Light. It has taken no more than a fragmentary thought—a whisper, a rumor—and souls long rooted in the power of the Christ have departed to listen to the voices of human inharmony.

I say, then, let us cut the ties for all time that bind men to a sense of egoism and to a sense of oppression whereby they feel a need to oppress one another. Let all understand: the power of freedom is the greatest gift that mankind can have, and there is no higher initiation than the initiation of absolute freedom. For when men give unto others the same freedom that they expect to enjoy for themselves, it comes to pass that the world is raised and men literally pull themselves up by their own bootstraps!”

- Maitreya

(Dictation through Mark L. Prophet / The Summit Lighthouse / April 11, 1968)

Movies & Television

- We know about the **“Power of Images”**. What we focus on, we become and/or we manifest in our lives (Individually & as a Society). If we want to BE Adepts / Buddhas / Christed Ones, then we must focus on emulating those who already achieved it. If we want a Golden Age Civilization, then we must focus on what it takes to establish one.
- People around the world are influenced by Movies & Television Shows. That has been the case for decades, but it is even more true today with the seemingly countless options for entertainment. The problem is that the majority of the entertainment contains images / music / scenes that are very harmful to the Spiritual, Mental, Emotional, & Physical Development of Man.

It should not be a surprise for anyone to hear that viewing Movies or Shows that depict sex, violence, & death (along with destructive music) does not help people to rise Higher in Consciousness. How can they rise to the **Consciousness of Heaven** when they are regularly exposed to the Consciousness of Hell through the many nightmarish Movies & Programs they watch . . . as well as “Astral Celebrations” like Halloween?!

“Throw out that rubbish, beloved ones, and stop all diversions that take you downstream to the astral plane, that leave engrams in the mind and in the subconscious. And you would be surprised how long it takes you to remove the patterns of motion

pictures and the amplification of modern so-called music. This is because the heavy emotions and the misqualified energy of the lower chakras projected through modern movies and music affect the emotional body and the soul with an intensity that is severe. And the younger your children are when you allow them to watch violence on TV and in the movies, the more damage that is done—for life.”

- Nada

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / April 11, 1993)

- While we should (and will) spend most of our time outdoors & living in Harmony with God & Creation, people will spend some time watching various programs. Aside from meditating, praying, & studying Spiritual Teachings, people will still enjoy Art, Music, & different forms of entertainment. However, we must replace “Unholy Programs” with **“Holy Programs” / “Divine Entertainment”**.

This means that we must raise the Level of our Movies & Television Shows. They must be used to Inspire & Uplift people. They must be used to raise our Consciousness. If we are going to watch something, it should depict Beautiful, Joyful, Loving, & Pure Images . . . which includes Actors / Actresses of Great Purity & Higher Consciousness as well as scripts that help Civilization to Spiral Upward instead of Downward (i.e., the characters, dialogue, scenery, storyline, and so on).

Our Goal is to bring Heaven to Earth & raise Earth to Heaven. We can use Movies & Television Shows to portray the Highest Expressions of God & Creation. Television Shows, in particular, can be excellent platforms for the Arts, Drama, Music, & Sciences to help illumine people by providing educational / entertaining programs.

- We must BE Vigilant. We must Guard our Body / Mind / Soul (and Third Eye Chakra) and those of our Pure & Innocent Children. If we are going to watch anything (when not outdoors in Nature), it should be Incredible Images depicting an Incredible World . . . a New World & Golden Age Civilization. It should depict the Magnificent Scenes of the Heaven World, until we learn how to see them for ourselves through Meditation / Projecting our Consciousness / Leaving our Body.

“Visualize yourself systematically transmuting records of the ancient and near past until you have a fully cleansed temple that the Lord Christ might occupy. Yes, see yourself encircled in pulsating ovoids of violet flame . . . For what you see and internalize you shall become.

Your goal is to have the Lord Christ of you, your Holy Christ Self, occupy your four lower bodies. If those bodies are full of debris that has been stored in the attic of the brain for centuries, there is no room whatsoever for the Christ to enter in.”

- El Morya

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / April 16, 1995)

Music

- There is so much that could be said about the importance of Music, & a great deal was already shared on this website . . . such as the section called **“Music of the Spheres”** that can be found within the section on **“God & Creation”**. Extremely valuable links were also provided for additional information. However, some vital points will still be presented here as well.
- We must understand that the **“Power of Sound”** can Create or Destroy. Therefore, we must also understand that Sound can lead to either the *Regeneration of Society* or to the *Degeneration of Society*. Music consists of different Sounds, which means that there is Great Power in Music . . . for better or worse (depending on the types of Music).
- We must also understand that the Lyrics & Consciousness of the Performers affects the Music that we hear & how it influences us. The Greater the Lyrics, Music, & Performers are, the Greater the Positive Effects will be on All of Life.
- We should study the amazing work by Hans Jenny with Cymatics / “Science of Sound” – (i.e., Vibrations creating different visible patterns).
- We should study the equally fascinating work by Masaru Emoto regarding the effects of people’s thoughts, feelings, & words on Water . . . as well as from Sound & Music.
- We should study the effects on plants by different types of Music (especially Classical).
- We should study & apply Music & Sound for Healing.
- We should teach Mathematics & Music together.
- We should build Beautiful Amphitheaters to perform Beautiful Music.

“I can imagine music especially designed for the open air, all on big lines with daring instrumental and vocal effects which would have full play in the open and soar joyously to the tree tops. Certain harmonic progressions which sound abnormal within the four walls of a concert hall would find their true value in the open air . . . Thus art might find regeneration and learn the beautiful lesson of freedom from the efflorescence of the trees . . . So the very air, movement of leaves, the perfume of flowers would work together in mysterious union with music which would bring all the elements into such natural harmony that it would seem to form a part of each. In this way it could be proved that music and poetry, alone of the arts, dwell in space. It is my belief that this idea will be the dream of future generations.”

- Claude Debussy
(*The Cosmic Harp* by Corinne Heline)

- We should study & apply the “Rhythms of Life”.

Examples

- **4/4**
 - Four Petals of the Base-of-the-Spine Chakra
 - Release of Mother Energy from the Base Chakra
 - *Kundalini* / Mother Light rising upward from the Base to the Crown
 - Rock Music – syncopated beat that drives the Energy / Mother Light downward into the Base Chakra instead of upward to the Crown
- **3/4**
 - Rhythm of the Heartbeat
 - Balancing *The Threefold Flame*
 - Power of the Waltz
 - Violet Flame

“Rock music is the perversion of sound and rhythm that was already in vogue in the last days of Atlantis and was one of the factors that contributed to the breaking up and the cataclysm that resulted in the sinking of the continent.”

- The Summit Lighthouse

(https://encyclopedia.summitlighthouse.org/index.php/Rock_music)

- We must understand that behavior is directly connected to Music, and we must know which types of Music will lead to Positive or Negative Behavior. For example, nobody has ever used this expression: **“Sex, Drugs, & Classical Masterpieces”**. That alone tells us that Classical Music is Positive & Rock Music is Negative.
- One criticism of Classical Music, for example, is that many people say it is **“boring”**. It is not boring; it is very calming, harmonious, & peaceful. In our current fast-paced / over-stimulated society, too many people do not know how to be calm, harmonious, & peaceful. It does not help when they also listen to most forms of so-called “popular” / modern music that is loud, chaotic, has a heavy beat, & keeps the Energies stirred up in the Base Chakra instead of being gentle, soothing, & naturally supporting the Energies to rise upward through all of the Chakras to the Crown.

“Pop Stars” / “Rap Stars” / “Rock Stars” will fade into History & one day be forgotten. The **“Great Composers of Light”**, for example, will live forever because of the Beautiful & Inspirational Music that they shared with Humanity. They helped to bring Heaven to Earth, so that we could strive to raise Earth to Heaven!

Examples

- Bach
- Beethoven
- Brahms

- Chopin
- Elgar
- Franck
- Gounod
- Grieg
- Handel
- Liszt
- Mahler
- Mendelssohn
- Mozart
- Pachelbel
- Puccini
- Rachmaninoff
- Rimsky-Korsakov
- Schubert
- Shostakovich
- Sibelius
- Sousa
- Strauss I & II
- Tchaikovsky
- Verdi
- Vivaldi
- Wagner

“Music is a trinity of Life. The power of the Father is established by the rhythm. The melody becomes the intelligence of the Son. And the harmony, the embellishment, becomes the Holy Spirit.”

- The Summit Lighthouse

(<https://encyclopedia.summitlighthouse.org/index.php/Music>)

- We should study & listen to the **“Music of the Spheres”**. We must also understand that **“Rhythm”** is the Key to the Music of the Spheres.
- During the Aquarian Age (especially a Golden Age Civilization), we will enjoy ONLY the **“Music of Nature”** & the **“Music of the Spheres”**.
- During Previous Golden Ages, only the Purest / Wisest / Most Masterful Individuals were able to compose Music, for the people understood the immense Power of Sound . . . and Its incredible ability to be used for Creative or Destructive Purposes.
- We must understand that Music & Spirituality need to remain intertwined, for they are already. Only when we separate the two (and separate Ourselves from God) do people begin experimenting with destructive rhythms. The Greatest Composers were / are very Spiritual, which is why they could / can tap into the Music of the Spheres.

- We should study & apply the Teachings / Writings on Music by the Ascended Masters & Wise Teachers – (e.g., Agni Yoga, Corinne Heline, Omraam Mikhaël Aïvanhov, Peter Deunov, The Hearts Center, The “I AM” Activity, & The Summit Lighthouse).
- We should listen to the “Music of the Spheres” composed by **Dorothy Lee Fulton**. She was embodied as Brahms, was a “Messenger of Music”, & earned her Ascension.
 - <https://www.summitlighthouse.org/dorothy-lee-fulton-messenger-music/>
- We should study the concept of **“Keynotes”** & listen to the Heavenly Music associated with the Ascended Masters, Etheric Retreats, & Spiritual Flames.

“A keynote is that aspect of music of the spheres which fulfills the electronic blueprint of the soul in the sound ray. It is a specific melody that registers as the harmony and frequency of the soul. The ascended masters’ keynotes are the music that emanates from their auras. Their keynotes can be heard with the inner ear when they are at hand.

Each person has a divine keynote. It may or may not have been recorded by a composer in this world. But some people’s keynotes are so powerful that they are heard by musicians on the planet and written down, and many of these have become traditional songs. When we sing a master’s keynote, we are tying into that blessed ascended-master presence.”

- The Summit Lighthouse

(<https://encyclopedia.summitlighthouse.org/index.php/Keynote>)

- During the Aquarian Age (especially a Golden Age Civilization), people around the world will create various New Instruments by receiving “Blueprints” / Illumination of **“Heavenly Instruments”** that already exist on the Etheric Plane. In the meantime, we can continue to enjoy the Beautiful Sounds that are made from Special Instruments on our Physical Plane.

Special Instruments – (just a few examples)

- Aeolian Harp
- Carillon
- Esraj
- Flute
- Handbell
- Harp
- Harpsichord
- Organ
- Pan Flute
- Piano
- Sitar
- Violin
- Zither

- As we rise Higher in Consciousness, we will better understand what types of Music are Positive & can be used to support the Spiritual Development of Man. We will create even Higher Forms of Music while accessing Higher Realms of Light. The New Age will bring forth New Music that will help us to **Save the Earth** & establish a destined **Golden Age Civilization**.

Uplifting Music – (just a few examples)

- Buddhist Chants
- Celtic
- Christian Hymns
- Christmas
- Gregorian Chants
- Indian Bhajans
- Indian Classical Raga
- New Age / Spiritual Music
- Renaissance / Baroque / Classical / Romantic
- Russian Bards
- Samaveda
- Taoist
- Tibetan
- Zoroastrian

“I AM the God of Music. Therefore, *I AM determined to save the earth with music*. What is music, beloved? It is the original sound with which earth was endowed in etheric spheres. It is the sound and the hum of a bee or an electron or a child learning his first tune. Music is the melody of the soul that is always in the divine rhythm of Love. Music conveys all virtues of God. Music therefore does bring to you the inner sound of the living Word. But *you are that Word, you are that Peace, you are that Peace-commanding Presence*.

I propose, then, to drench the earth with the eternal sound simply because the sounds that come from the earth in this hour—the sounds of the groanings of pain as individuals pass from life through the tortures of hell (a hell of their own creation, I must say, beloved, and yet we have compassion)—the sounds of the earth violate the Christ of you and the Cosmic Virgin, [they violate] the sounds of the Infinite One.

Lo, I AM THAT I AM: I will fill all the earth with music but I must have vessels, vessels who contain the sound of our dictations, *for on another track they are all music, beloved*.

Music is the perpetually flowing stream. It is the River of Life. It is movement in self, and as movement, beloved, it is always power. Each change of the note, the vibration, beloved, is a release of power.

Therefore, we wrap the earth in the swaddling garment of the music of the Divine Mother. May this presence of the power of Elohim and the music of all seven rays not

drown out the freewill expressions of those who have a right to their free will. But let it be such a Peace-commanding Presence, such an illumination, such an inspiration that gently by the Holy Spirit and powerfully, too, souls may be turned around, galvanized, then, to the original sound that gave them birth, the sound of the chorusing of twin flames and their retinue of angels.”

- Elohim Cyclopea

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / March 30, 1988)

Parenting

- The topic of “Parenting” was already mentioned in some detail above in the section on “Education”, but it is necessary for it to have a separate section of its own in order to provide more valuable information.

**Parents have the most important job in society;
they are raising the Future Leaders of the World!**

- Everything that Parents think, feel, say, & do will affect their children’s Bodies, Minds, & Souls. It is unbelievably important for Men & Women to remember this daily so that they will strive to provide their children with only the BEST things needed for their Natural Development.
- If we hope for our children to become a modern-day “Buddha”, “Confucius”, “Jesus”, “Krishna”, “Kuan Yin”, “Mother Mary”, or “Zarathustra” . . . then we need to raise them in a manner that will help them to achieve that. Of course, we want our children to become THEIR True Selves; yet, there is nothing wrong with striving to emulate the Pure God-Qualities that were demonstrated by Great Beings of Light while we work to refine ourselves . . . so that we can understand & express our own Unique Individuality.
- During the Aquarian Age, adults will understand that “Parenting” & “Education” are intertwined and that both begin BEFORE Conception. This means that adults will work to Purify Themselves in every way possible to prepare for getting pregnant. There will be no such thing as “accidents” / “unplanned pregnancies”. They will be One with their Higher Selves & the Ascended Masters, and they will seek to do everything in Harmony with God’s Will.
- Adults will understand Karma & Reincarnation. They will understand the Spiritual Path & what type of Environment they must establish / maintain for their children to be born, raised, & educated in. They will be **“Alpha & Omega”** in the eyes of their children, & they will take that role very seriously (but very joyfully). They will create an incredible “Space of Love” / Kin’s Domain & provide everything that their children will need for complete development as a **“Whole Person”** (i.e., Spiritually, Mentally, Emotionally, & Physically).

- Adults will protect children from anyone / anything that would harm their development & allow them countless opportunities to experience everything Beautiful & Wonderful within God's Creation. They will help their children to become Strong, Independent, & Self-Sufficient . . . acting as "Outer Teachers" who guide them to the "Inner Teacher" within their Heart (i.e., their Holy Christ Self).
- Adults will understand that Sex is "**Sacred Union**" & has two purposes: **Procreation** & a **Holy Act of Oneness** (on ALL Levels) between a Man & Woman in Harmony with God & Creation. It will not be degraded or perverted, and it will not be done merely for pleasure, power, or as a meaningless activity. It will demonstrate The Great Tai Chi in the Microcosm, as a reflection of the Macrocosm . . . As Above, So Below. It will be the Union of two Twin Flames or two Soul Mates coming together in the "Eternal Now" to express the Beauty, Harmony, Joy, Love, Peace, & Purity of the Cosmic Intertwining of Yang / Yin . . . Masculine / Feminine . . . Alpha / Omega . . . Father / Mother.
- During a Golden Age Civilization when people are Adepts & fully One with their Holy Christ Selves, they will not need to "have sex" to procreate. Even though Sexual Union is a Sacred Act, we are not animals & were never intended to procreate the way animals do. Instead, couples will establish a powerful figure-eight flow . . . will have a perfect balance of Love / Wisdom / Power within each of them . . . will be Pure in their Four Lower Bodies . . . will Communicate with the Soul on the Etheric Plane that is waiting to be born . . . will Visualize a "Divine Blueprint" for a Perfect Physical Body . . . & will Combine their Sacred Energies to Materialize a Physical Body for that Beautiful Soul to enter. That may sound impossible to most people, but it will happen one day.
- Adults will prepare themselves Individually to be as Pure as possible in their Four Lower Bodies (i.e., *Etheric, Mental, Emotional, Physical*). They will have a very healthy diet, exercise, pray, meditate, engage in spiritual exercises, & strive to raise their Consciousness daily to become One with their Holy Christ Self / I AM Presence.

The Greater the Consciousness of the Adults, the Greater the Souls they will be able to give birth to, because only those with Higher Consciousness can bring forth Souls with Higher Consciousness. We cannot just "expect" to give birth to Great Beings of Light; that requires a great deal of Spiritual Purification & Testing of our Souls. Saint Joseph & Mother Mary had to demonstrate that they were "Worthy" & "Deserving" to be the Parents of Jesus (i.e., *Prepared, Purified, & Ready*), so that definitely applies to ALL Men & Women in the world as well.

(NOTE: There are exceptions to this for important Spiritual Reasons where High Souls are purposely born into "Dark Areas" of the world and/or to Parents of Lower States of Consciousness. This is decided by the High Souls & the Karmic Board.)

"Therefore you yourselves who would be parents in the New Age must become liquid, that the liquid might be purified, distilled in the fire of the golden age, that it might be poured into the mold of Aquarius, that it might become the earth, the air, the fire, and the water of the New Age."

- God & Goddess Meru

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / April 18, 1976)

- Adults will understand that Parenting begins BEFORE Conception, and that Pregnancy is also a crucial time for the proper development & education of the Soul . . . Spiritually, Mentally, Emotionally, & Physically. Parents will monitor their every Expression of Energy so that nothing harmful will negatively influence their child. Parents will also work with the Higher Self of their child on “Inner Levels” regarding development & preparation for the birth. That Soul hopes that the Parents will be Healthy & Pure . . . for that Soul would like to be born as Healthy & Pure as possible.

Parents will speak to their unborn child, read stories, sing songs, pray, dance, enjoy periods of stillness & silence. Everything affects the development of the child in the womb, and Parents will be unbelievably mindful to make sure that the unborn child will be exposed to only Beneficial / Positive Influences.

The Most Sacred Place in the World . . . is a Mother’s Womb!

- During Pregnancy, women will meditate on Beautiful & Perfect Images; spend as much time in Nature as possible; & listen to Beethoven’s “Nine Symphonies” for each of the Nine Months of Gestation.
- During the Aquarian Age, there will be Holy Temples unlike what we have in the world today. Women (& their Husbands) will go to these Temples to Meditate & Pray; they will also go regularly during Pregnancy in order to support the Natural Development of their unborn children.
- Giving birth was never intended by God to be painful; that happened after “The Fall” when Man was no longer in the “**Garden of Eden Consciousness**”. We will return to that in the Aquarian Age.

Women will give birth at home (at their “Space of Love” / Kin’s Domain). Some may have a “Temple Priestess” assist them in the process . . . not for the physical delivery but to support the Holy Ritual of bringing forth “A New Life” into the world.

Some women will choose to have “water births” with room-temperature water. Others will choose to give birth in a specially made “cradle” that will later be used as the child’s bed (which was mentioned in *The Ringing Cedars of Russia* book series). The lighting will be dim; it will be quiet; the temperature of the room will be pleasant; & only natural materials will be used without immediately wrapping the child. It is a shock for the child to leave the womb, so everything will be done to make the transition as Loving, Comfortable, & Peaceful as possible.

- Parents will educate their children at home or a “**Golden Age School**” that is designed to provide Higher Education for Higher Consciousness . . . to provide support for Souls to Walk the Spiritual Path; become Adepts / Buddhas / Christed Ones; to establish Holy Families & Communities of the Holy Spirit; to build a Golden Age Civilization; & to help Mankind & the Earth to Ascend.

- Parents will help their children to learn the “**Science of Thinking**”, which is not about developing the “Human Mind” but rather the “Christ Mind” . . . and learning to access the “Mind of God”. Parents will want their children *to be given* Truth, *to seek* Truth, & *to speak* Truth. They will want their children to be Awakened / Illumined . . . to develop their Intuition (i.e., Attunement with their Holy Christ Self) & Critical Thinking Skills so that they cannot be brainwashed, deceived, fooled, indoctrinated, or manipulated by the disinformation, lies, & propaganda of the Fallen Ones & their Puppets.

Examples

- Surrender Beliefs & Opinions.
 - Objectively Make Observations.
 - Listen Without Bias or Preconceived Ideas.
 - Ask Reasonable & Valid Questions.
 - Do Your Own Experiments & Research.
 - Always Remain Open-Minded.
 - Pray, Meditate, & Fast for Illumination & Guidance.
 - Spend Time in Nature to Support Inner Tranquility.
 - Form Your Own Conclusions.
 - Never Be Attached to Your Conclusions.
 - **Always Seek the Truth!**
- While this document (and this entire website) is focused on a Magnificent Vision for a New World (i.e., a Golden Age Civilization), we must also remember that even Jesus mentioned being “wise as serpents & harmless as doves” (**Matthew 10:16**).

Until the Fallen Ones are removed from the Earth, it is necessary for Adults & Children to understand that they are still “sheep in the midst of wolves”. Purity & Innocence / maintaining the “Sweetness of a Child” is our True State of BEing and our Goal on the Spiritual Path. However, that does not mean we should stop being Mindful & Vigilant; it does not mean that we should not be Strong, Able, & Willing to deal with Dark Forces & Negative Influences. It is not about Fear or Paranoia; it is about being in a Balanced State of Power, Wisdom, & Love . . . and “Being Prepared” for anything.

- Parents will show their children ONLY Beautiful Things. They will be surrounded with Beauty in all aspects of their lives. They will be given the Most Beautiful / Pure / Perfect Experiences through their five senses (and beyond) . . . because that is what they will understand; that is what they will look for as they mature; & that is what they will create in their own lives (and in society). If children are exposed to (and surrounded by) the opposite of Beauty / Purity / Perfection, then that is what they will Embody & Express.
- Parents will help their children to help themselves (as mentioned by Maria Montessori). They will only do what is absolutely necessary so that unrequired assistance will not hinder the children’s Natural Development. Their Sacred Duty is to provide the most effective Parenting, Environment, Materials, & Experiences that will give children whatever their Souls need in order to fulfill their Divine Plans.

It is a Holy Activity focused on the **“Preparation of the Soul”**, which takes place in different stages of development. Men & Women will understand the importance of what happens BEFORE Conception. They will understand the importance of what happens DURING Pregnancy. They will understand that the “Foundation” is established during the first seven years of a child’s life. They will understand that the “Framework” is built during the next seven years of a child’s life. Once children are 14-years-old (or at least by 12-years-old), they should have what they need to take their development to Higher Levels. This was demonstrated by Jesus traveling to the East during his teens & twenties to Study, Pray, Meditate, & Serve in Holy Preparation for his Sacred Mission.

- Parents will want their children (and ALL children throughout the world) to have the Greatest Lives possible . . . while taking into consideration their Dharma, Karma, & Free Will. Parents, Teachers, & every other Adult in Society will feel this way:

**What kind of Adult would I be,
if I did not want ALL CHILDREN to be better than me?!**

- During the Aquarian Age, children will also have Direct Communication with Angels, Ascended Masters, & Elementals. These Personal Relationships will be just as Real as their relationships with family members & friends.
- Parents will understand & apply the Teachings of *The Cosmic Clock* for Themselves, their Children, their Families, their Communities, their Nations, & the World.
- Parents & their Children will be focused daily upon *The Three Pillars of Purpose* – (*Self-Perfectionment, Service to Life, & Co-Creating a New World*).
- Parents will understand that their Sacred Role is to work together in Harmony, Joy, Love, & Purity to establish an **“Aquarian Age Holy Family”** . . . which truly is the **“Cornerstone of a Golden Age Society”**.

“As hierarchy observes the present plight of mankind, the dilemma of personal and planetary karma, as hierarchy is concerned for mankind's transition into the golden age, hierarchy looks forth to individuals nourishing the flame, the threefold flame of life, as anchoring points for the energies and the spiral of a new age. As karma goes and as energy flows, you see, the Aquarian age is also known as the golden age of the family. For it is through the matrix of the family that hierarchy will allow sons and daughters of God to balance the energies of their karma. This matrix of the Holy Family, which was founded by Mary and Joseph and Jesus as the Trinity of Father, Mother, Son (and Holy Spirit as the flame ensconced in the three), is a matrix that does not exclude the way of the celibate, the way of priest and priestess of holy orders.

The matrix of the divine family is for the nourishment of souls waiting to be born to release the sacred fire of the golden morn into form, into the here and now for the

healing of the nations and for the healing of the planes of Mater. There is, then, that energy and that reason that goes forth from the carnal mind to tear down the family, to tear down the state, to tear down all that is sacred, and to nullify, then, the actions of the sacred fire that are for the victory of the light through the mastery of the individual Christ-potential.”

- Nada

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / October 11, 1974)

Pilgrimages & Excursions

- It was mentioned in the “Geography” section above how important it is for people to better understand the Earth, since this is “Our Home” . . . at least for now. This supports the idea that Adults & Children should make time to see / experience different places in their own Nation & around the World.
- For Learning Experiences & Spiritual Purposes, it is truly wonderful for people to have many opportunities to travel to various destinations. It was mentioned above in the “Education” section that the Learning Process during the Aquarian Age will take place in different ways and will definitely NOT take place by just reading books or listening to Adults speak.

Learning will also take place through Personal Experiences . . . using our five senses (and beyond) while we visit different places. This certainly refers to physical locations on the Surface of the Earth . . . but it also refers to locations Underground, in the “Inner Earth”, on other Planets, & even on other Dimensions / Planes / Realms.

- We can Pray, Meditate, & Fast in order to receive Illumination / Guidance from our Higher Self & the Ascended Masters regarding any specific places that we should visit. There are times in many people’s lives when they must go to certain locations for certain reasons beyond just “having a holiday” . . . but rather for Spiritual Development and/or to fulfill Spiritual Requirements of some kind. We can also look to the Ascended Masters’ Teachings to see what specific examples they mentioned regarding various Pilgrimages / Excursions that people would benefit from.
- There are countless examples that could be given, but just a few of them are shared below (as well as in the “Education” & “Geography” sections above).

Animals

- Farms
- Nature
- Wildlife Rescue & Rehabilitation

***** NOTE *****

- It is wonderful to spend time with animals, especially in certain environments (like those listed just above). However, it is also important to remember that places like Aquariums & Zoos are NOT the “natural habitat” for animals and will NOT exist in the Future . . . during the “**Age of Love & Freedom**”. Animals, like Humans, are intended to BE FREE. God’s Beautiful Creatures should NOT be forced to live in aviaries, cages, enclosures, or tanks. *Divine Love sets Life Free!*

Monuments / Paintings / Sculptures

- Art Galleries
- Memorials
- Museums
- Outdoor Displays
- Shrines

Mother Nature

- Deserts, Gardens, Lakes, Mountains, Oceans, Rainforests, Rivers, Waterfalls
- Nature Reserves / State & National Parks

Specific Examples

- *Alps* – (South-Central Europe)
 - *Amazon Rainforest* – (Bolivia, Brazil, Ecuador, Peru, etc.)
 - *Andes* – (Western Coast of South America)
 - *Gobi Desert* – (Northern China & Southern Mongolia)
 - *Grand Canyon* – (Arizona, USA)
 - *Great Barrier Reef* – (Northeastern Coast of Australia)
 - *Himalayas* – (Bhutan, China, India, Nepal, Pakistan)
 - *Lake Louise* – (Alberta, Canada)
 - *Niagara Falls* – (New York State, USA & Ontario, Canada)
 - *Norwegian Fjords* – (Norway)
 - *Red Rock State Park* – (Arizona, USA)
 - *Redwood National & State Parks* – (California, USA)
 - *Sahara Desert* – (Northern Africa)
 - *Uluru* – (Northern Territory, Australia)
 - *Yellowstone National Park* – (Montana & Wyoming, USA)
 - *Yosemite National Park* – (California, USA)
- Autumn Leaves in New England – (USA)
 - Cherry Blossoms in Japan
 - Green Mountains, Lava, Ocean, Rainbows, & Waterfalls in Hawaii
 - Northern Lights in Scandinavia
 - Snowfall in the Rocky Mountains
 - Vineyards in Italy

Music

- Festivals
- Indoor & Outdoor Concerts

Operas / Plays

- Indoor & Outdoor Performances

Sacred Places / Sites

- Dolmens – (e.g., Russia)
- Islands – (e.g., Hawaii, USA / “Island of the Sun” - Lake Titicaca in Bolivia)
- Megaliths – (e.g., Cusco, Peru / Montana, USA / Tiahuanaco, Bolivia)
- Mountains – (e.g., Croagh Patrick / Grand Teton / Kailash / Shasta)
- Pyramids – (e.g., Giza, Egypt / Yucatán, Mexico)
- Sphinxes – (e.g., Bucegi Mountains of Romania / Giza, Egypt)

- Bethlehem in Palestine
- Delphi in Greece
- Fátima in Portugal
- Garabandal in Spain
- Jerusalem in Israel
- Lourdes in France
- *Machu Picchu* in Peru
- Medjugorje in Bosnia and Herzegovina
- *Mont-Saint-Michel* in France
- *Potala Palace* in Tibet
- *Sacsayhuamán* in Peru
- *Sistine Chapel* in Vatican City
- *Stonehenge* in England
- *Taj Mahal* in India
- *Tiger’s Nest Monastery* in Bhutan

Universe

- Observatories
- Planetariums
- Stargazing Outdoors

“The ancient tradition of pilgrimage is one that becomes more relevant every day in our busy modern world. Through making a pilgrimage to a sacred place we can reconnect with the ancient wisdom and find our own personal ‘Holy Grail’ of inner truth and spirituality. Wherever we live or however physically mobile we are, White Eagle tells us

that we can all be pilgrims on an inner or outer level, following the guidance of the ancient light within our planet to gain a rich and beautiful spiritual heritage and connection with the world. Exploring spiritual places from the famous to the unknown, as spiritual pilgrims we make new discoveries on our spiritual path.”

- White Eagle Lodge

(Walking with White Eagle in Sacred Places: A Spiritual Pilgrimage)

Religion & Spirituality

- There is so much that could be said about “Religion & Spirituality” that many books & websites would be needed to discuss every aspect in greater detail . . . and even then, it would be the “tip of the iceberg”. This is not just in reference to *Quantity* but also to *Complexity*. As we rise Higher in Consciousness, our understanding of God & Creation also rises Higher in Complexity. It is like learning Arithmetic and then working to learn Higher & Higher Mathematics as we mature & increase our understanding.

“And there are also many other things which Jesus did, the which, if they should be written every one, I suppose that even the world itself could not contain the books that should be written.”

- John 21:25

- The “Sacred Labor” of creating this website (i.e., *Saint Germain’s New World*) was to provide **Foundational Truths & Fundamental Ideas** that can be used by everyone in every Nation on Earth. It was intended to be *Practical, Simple, Timeless, & Universal*. Those who read this section of this particular document are certainly encouraged to read through the entire website, for every part of it is focused on Spirituality. It will not all be repeated here, for the sake of keeping this section & this document relatively brief.

“Our God is Love and this is the religion of the golden age.”

- Elohim Heros & Amora

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / October 11, 1988)

- The last part of this website is a Resource Page. This is an excellent place for people to see other recommendations of Books, Individuals, Organizations, & Websites that can be used to learn more about the incredible topic of “Religion & Spirituality”. Of course, the purpose of any “Outer Teachings” is to lead people within their own Heart in order to receive “Inner Teachings” from their own Higher Self & the Ascended Masters.
- It is important to simply point out that the Age of Aquarius will be more Spiritual than Previous Ages . . . at least since the Previous Golden Age Civilizations. People will not focus on God & Spirituality “occasionally” or only when it is “convenient” to do so;

they will do it ALL DAY . . . EVERY DAY. We will live in a State of Oneness with God & Creation. We will focus on **Love & Freedom** as the Two Primary Pillars of the New Age.

Spirituality will be intertwined with EVERY aspect of our daily lives. There will be no separation between us Walking the Spiritual Path and everything else that we will be involved with. We will **“Spiritualize”** EVERY aspect of our Society, for this is how a “Golden Age Civilization” will be established!

Essential Aspects – (just a few examples)

God is in ALL. Without God, there is nothing.

The Creator is within The Creation.

- **The Five L’s** – “Foundation of Creation”
 - 1) Love
 - 2) Light
 - 3) Life
 - 4) Law
 - 5) Liberty
- **Cosmic Balance & Harmony** – (“The Great Tao” . . . Yang & Yin / Alpha & Omega)
- **Oneness of Creation** – (Everyone & Everything within It)
- **Many Dimensions / Planes / Realms** – (Spirit & Matter)
- **Four Aspects of God**
 - 1) Father
 - 2) Mother
 - 3) Son
 - 4) Holy Spirit
- **Three Primary Attributes of God**
 - 1) Power
 - 2) Wisdom
 - 3) Love
- **Flames & Rays of God**
- **Sound**
 - Keynotes

- Music of the Spheres
- The Word
- **Light**
- **Cosmic Law**
- **Transcendence of Creation** – (ALL Levels)
- **Macrocosm & Microcosm** – (“As Above, So Below”)
- **Individualizations of God**
 - “I AM THAT I AM” → “I AM”
- **Twin Flames & Soul Mates**
- **Root Races**
- **Thirteen Tribes**
- **Aquarian Age** – (“The New Age” / 2,150 years)
 - Beauty & Purity
 - Illumination & Freedom
 - Love & Joy
 - Peace & Harmony
 - Truth & Justice
- **Saint Germain & Portia** – (Hierarchs of the Aquarian Age)
- **The Three Pillars of Purpose**
 - 1) Self-Perfectionment
 - 2) Service to Life
 - 3) Co-Creating a New World
- **States of Consciousness** – (just a few examples)
 - Buddhic
 - Christic
 - Cosmic
 - Edenic
 - Yogic
 - “Heaven” – (Levels on the Etheric Plane)
- **Tree of Life**
 - Hebrew Names of God
 - Sefirot

- **Chart of Your Divine Self**
 - I AM Presence
 - Causal Body
 - Holy Christ Self
 - Soul
 - Threefold Flame
 - Crystal Cord
 - Violet Flame
 - Tube of Light

- **Aura & Chakras**

- **Merkabah / “Deathless Solar Body”**

- **Body Elemental**

- **Walking the Spiritual Path**
 - Guru & Chela Relationship
 - Initiations / Tests
 - Karma & Reincarnation
 - “Outer Path” & “Inner Path”
 - The Cosmic Clock
 - “The Eternal Now”

- **Dharma / “Divine Plan”**

- **Heavenly Support**
 - Angels
 - Ascended Masters
 - Cosmic Beings
 - Elementals

- **Golden Age Civilization**

“You then have a responsibility; and that responsibility is to keep yourselves so filled with light that at any hour of the day or night you are found free moving, a free agent of the sacred fire—not bound by your own sense of limitation or the limitation which others would impose upon you. You must be free to accept the limitless reality of your being. You must not allow anyone to take from you the freedom to be unlimited in your God Self. God made you free, and you must defend the law of your being and your freedom to create after the image and likeness of your own God-reality.

Just as you must garner the necessary thrust of light to preserve the freedom of your soul, to preserve your soul in freedom, so the planet as a whole must retain that thrust of light that will keep it in orbit not only around the physical sun center of this solar system, but also around the spiritual sun that is the source of life for all lifewaves in the

system. Each one who is able to sustain the thrust of light required to keep himself free becomes a candidate for the garnering of energies necessary to keep the planet free.”

“When the chelas of the Ascended Masters will demonstrate their unity in the flame, then they will see how their combined thrust of light energy will expand the word and bring the planet into the golden age.”

- El Morya

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / March 2, 1975)

Space Travel

- This interesting topic was already discussed (in some detail) in the section above called “Energy, Science, & Technology”. However, it is definitely going to be important as we progress more into the Aquarian Age, so it deserves a section of its own.
- The first question that we (i.e., Humanity) should ask is this:

“Should we travel to other planets?”

- That may sound like a strange question to ask, because this is the response that most people would immediately give:

“Of course, we should! Why wouldn’t we?”

- It is a fascinating topic, and nearly everyone would agree that Mankind should indeed visit other Planets when we have the ability to do so. However, the question was not about if we COULD visit other Planets but rather if we SHOULD. Having the ability to do something does not always mean that we must do it. Having Knowledge & Power to engage in specific activities does not automatically mean that we should go ahead and do them . . . at least not until we are *Prepared, Purified, & Ready*.

We will certainly develop our Space Programs, and we will certainly travel throughout our Solar System, Galaxy, & Beyond (visiting different Moons / Planets & establishing Human Colonies). However, our decision to do these things must be based on having a Higher Level of Consciousness . . . including Morality, Self-Mastery, & Wisdom.

Imagine the harm that we would cause across the Universe if we visited other Planets that were uninhabited & created situations like we have on Earth right now (2023)! Imagine the damage that we would do to Civilizations on inhabited Planets if we treat them & “Their Home” like we are currently treating each other & “Our Home”! It is a

big responsibility to make contact with other Civilizations; if we influence them (with *their* approval), we want it to be Beneficial / Positive.

The point being made here is that before we visit other Planets & interact with other Civilizations, we must Walk the Spiritual Path in order to rise Higher in Consciousness so that we will represent THE BEST of our True Selves & share THE BEST of Humanity! This is yet another reason why focusing on *The Three Pillars of Purpose* will be absolutely vital during the Aquarian Age.

We must remember that the time will come when Beings of Light from other places throughout the Universe will openly visit the Earth & share ideas with Humanity. In fact, it has already happened many times throughout history (which most people may not know). We hope that they will represent THE BEST of their True Selves & share THE BEST of their Cultures with us, so we must do the same when we travel to other Planets & interact with other Civilizations. We will be **“Astronauts of the Spirit”**.

Earth’s Interplanetary Gene Pool

“This multiplicity of cultures, along with the unique genetic endowment of the peoples, did not necessarily begin on planet earth. Likewise, the mental capacities of the people point to origins in far-off worlds and in civilizations long buried beneath the ocean floors and shifting desert sands that cover the footprints of the most primitive and the most advanced of humankind.

Earth’s evolutions have been visited by extraterrestrials for aeons. Some who have studied them suggest that they arrived on earth five hundred thousand years ago, using the ancient pyramids for navigation and as landing sites, and that they have influenced the history, culture and evolution of man. Truly earth has been a crossroads for many space travelers who have repeatedly come and gone, leaving a trail of genetic material that has either raised or lowered the brain capacity of Homo sapiens.

Among the many evolutions who have come to earth, journeying long distances from their native stars, there are those of benign intent and those of not-so-benign intent. Many have been here for ages, and in the process they have made positive and negative karma with earth’s evolutions.”

- Saint Germain

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / June 30, 1996)

- Just as there is an “Outer Path” & an “Inner Path” for Spirituality, there is an “Outer” & “Inner” aspect to ALL parts of Life. For example, there is an **“Outer Science”** & an **“Inner Science”**. During the Aquarian Age, we will understand & apply more of the “Inner Science” / **“Divine Sciences”** that will allow us to do incredible (and seemingly impossible) things! This includes the different ways that Mankind will be able to travel throughout the Universe – (including various Dimensions / Planes / Realms).

Examples

- **Spaceships**
 - Faster & Capable of Traveling Greater Distances
 - New Energy Production & Usage
 - New Materials – (New Elements not yet discovered & “Organic Ships” that are *grown*, not *manufactured*)
 - Large Ships for “Space Travel”
 - Smaller Ships for “Exploration & Colonization” of Moons & Planets
 - Super High-Tech Ships for “Interdimensional Travel”
- **Teleportation**
 - Portals / “Star Gates” – (Newly Created; Pre-Existing from Past Golden Age Civilizations; and/or Naturally-Occurring)
 - Transport Machines that Teleport the Physical Body
- **Spiritual Projection**
 - Bilocation
 - Projecting the Consciousness
- **Leave the Physical Body**
 - The Soul Leaves the Physical Body & Travels in the Etheric Body / “Light Body” / Merkabah – (during Meditation and/or when Sleeping)
- **De-Materialize & Re-Materialize the Physical Body**
 - Consciously Transport the Physical Body by “Spiritual Teleportation” without the need for Technology – (i.e., Transport Machine)

“And you can remind yourself that the great yogi of Tibet, Milarepa, did not require a spaceship to journey through the skies, nor do the ascended masters or quite a number of their unascended chelas. And therefore in your science and in your proof of the Law that is truth, prefer, then, the way of the yogi and learn to levitate by the inner science.

Is this so impossible? Is anything impossible with the God of science? *Nothing is impossible!* But you must submit the totality of your consciousness and your energy! You must pursue the raising of the light of the chakras! You must realize that these discs of light whirling within you are given to you for a purpose, a cosmic purpose!

And what was the chariot of fire into which Elijah rose? Was it a spaceship? I say, no. It was the great chakra of the causal body of Elijah spinning to receive him in the cycling of energy in the ritual of the ascension. And yet those who see only a materialistic science would interpret all activities of the scientists of the Spirit in terms that they understand, and this is understandable.”

- Leto

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / April 15, 1976)

“The schools of devotees of the Gurus unascended thus learn the art and the science of bilocation, of the dissolution of the bodies, the re-creation of the bodies. Our point of contact is for the anchoring in the layers of Mater of the inner light. Our spheres are for the transfer of the inner God Self and the holding of the balance for evolutions yet in ignorance, in samsaric existence.”

- Milarepa

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / December 3, 1977)

Vehicles

- The topic of “Vehicles” was mentioned above (in some detail) in the “Energy, Science, & Technology” section. What was said, and will be said here, also applies to the “Space Travel” section just above as well. They are all connected through the understanding & application of Energy & Science to create New Technology for the New Age. These topics involve our Spiritual Development along with our Technological Development, for they are intertwined. Therefore, the topic of “Vehicles” needed a section of its own . . . with references to other sections of a similar nature.
- Without repeating too much of what has already been said, it is important to share a few key ideas regarding the Future of Vehicles. During the Aquarian Age, our options for transportation will change. Those who are not Spiritual are focused on a mechanical & robotic type of Society, including how they travel from place to place. We see this depicted in most Movies & TV Shows.

However, the New Age is going to be a Great Age of Spirituality, so our New Inventions will make our current technology seem extremely primitive. When we are Illumined by our Higher Selves & the Ascended Masters, we will create things that we cannot even imagine today. We will BE ONE with God & Creation!

Higher Levels of Consciousness will lead to Higher Ideas, Higher Inventions, & a Higher Society. We will be creating Technology that works in Harmony with Mother Nature. We will understand & apply the “Inner Science” / “Divine Sciences” that most people do not currently know about. With our focus on God, we will create amazing things in ALL aspects of Life during what will be called the *Age of Magnificence!*

Examples

- We will use only natural materials for Vehicles. We will shift from using “Fossil Fuels” to alternative forms of Energy Production, but the New Age Technology sponsored by the Great White Brotherhood is being suppressed by the Fallen Ones or it cannot be released to Mankind until it is certain that the Fallen Ones will not steal it & misuse it.
- Electric Vehicles are NOT the Future! The aggressive push for people to buy them is a part of the Globalists’ Agenda. The Future of Technology will involve working with Natural Forces that we may not even know about yet . . . let alone understand how to utilize. It will definitely involve the **“Solar Sciences”**, including the use of Crystals &

harnessing the Energy of the Sun to power our Vehicles. We will have *Safe, Clean, Free, & Unlimited Energy*.

- We will have “Flying Cars” / “Levitating Vehicles”. There will be no need for tires, which are a huge source of pollution (because of the rubber & synthetic materials) . . . that few people ever discuss as being a problem (but was mentioned by Anastasia in *The Ringing Cedars of Russia* book series).
- There will not be any highways / roads like we see today. In fact, why would we need any roads if we will have Flying Cars? There will be no destruction of trees & natural landscapes; no harm or death to animals; no traffic issues; no accidents; & no pollution.
- In the “Space Travel” section above, some examples were shared regarding methods for traveling throughout the Universe. A few of those methods also apply to Vehicles, such as Portals & Transport Machines (i.e., Teleportation). The other options presented were Spiritual in nature & can be used to travel anywhere on the Earth & Beyond.

It is extremely important to remember that Advanced Technology will have its place in the Aquarian Age, for New Inventions will be used to support Mankind’s Spiritual Development & to help establish a Golden Age Civilization. However, it is certainly worth noting that God did not intend for Man to become dependent on Technology.

While it does have many uses, we do not need Technology to Walk the Spiritual Path & become our True Selves. We already have EVERYTHING that we need *within us* to rise Higher in Consciousness. When we have developed enough Spiritual Mastery & Wisdom, we will do things for ourselves without using Technology like we do now.

Why would we need ANY vehicles, if we could . . .

Bilocate, Fly / Levitate, Leave the Body, or Spiritually Teleport?

This was demonstrated many times throughout History by the Great Adepts, Buddhas, Christed Ones, Sages, Saints, & Yogis. Jesus is the most well-known example of a person doing things that people did not believe was possible. Even in our modern times, we know about various Adepts who can do similar things (e.g., Anastasia & Babaji). They are just three examples of Great Beings of Light who achieved Great Levels of Mastery & Wisdom, and they showed Mankind what we can ALL do. That is the Key; they did not seek to be worshiped or be seen as the “Exception” . . . for they were the “Rule” & showed us **The Way**.

“Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.”

- John 14:12

The Fallen Ones want the Sons & Daughters of God to feel weak & powerless. They have spent a long time trying to suppress valuable information to keep us ignorant & to oppress us so that we will be their slaves. They do not want people to know that we can ALL do what Jesus & Others have done!

When we become our True Selves, we will become Unbelievably Powerful. The Fallen Ones will lose their Stolen Power, and that means **“Game Over”** for them! They know this, which is why they spend all of their Energy, Money, & Time trying to stop it from happening. However, they will NOT win . . . for WE will be Victorious!

“Two thousand years ago when Christ walked upon the waters of the Sea of Galilee, his demonstration was a manifestation of the natural law of levitation operating within an energy frame-work of cohesion, adhesion, and magnetism—the very principles which make orbital flight possible. The light atoms composing the body of Christ absorbed at will an additional quantity of cosmic rays and spiritual substance whose kinship to physical light made his whole body light, thereby making it as easy for him to walk upon the sea as upon dry land.

His body was purely a ray of light shining upon the waters.”

- Saint Germain

(Dictation through Mark L. Prophet / The Summit Lighthouse / June 29, 1962)

“And this is the beginning of actual bilocation. First you bilocate at the etheric level, then the mental, then the astral. And finally, physically, you will be as Milarepa—here and there—and other saints who have appeared and been seen, as in the case of Padre Pio. He was seen here and he was seen there, not always physical but very physical to the eye. He may have been seen kneeling in prayer from across the room. It may therefore be the etheric body that is seen, and by and by it is stronger and stronger until you, too, can say with Lanello *before your ascension*, ‘Lo, I AM everywhere in the consciousness of God!’”

- Nada

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / October 7, 1983)

Waste Management

- When striving to “Co-Create a New World” (i.e., build a Golden Age Civilization), we must focus on EVERY aspect of Society . . . what is not working & what must be done to change things for the better. While this document may seem long, it only focuses on the most important aspects of Society that we need to reform. It does not focus on every single topic, but what was shared is definitely enough to provide people with what is needed to begin making Incredible Changes in their own lives & around the world!

- This document was organized alphabetically so that the presentation of ideas could have some sense of “Order”, which will hopefully make it easier to follow, understand, & apply by those who read it. This section on “Waste Management” is the final one.
- During the Aquarian Age, we will be living in Complete Harmony & Oneness with God & Creation . . . and that includes “Mother Nature”. Our Goal is to Restore the Earth to Its Original Pristine / Pure State. God blessed us with Paradise; the Fallen Ones & their Puppets have worked to destroy that. Unfortunately, many of God’s Children have either not known or have not challenged the destructive behavior.

The Air, Water, & Soil have been intentionally polluted in countless ways. This not only causes us great harm by negatively affecting our Health & Spiritual Development, but it certainly causes great harm to the Environment / the Earth. However, we will change things so that the Earth will have Pure Air, Water, & Soil once again. We cannot possibly have a Golden Age Civilization until that happens!

- Another extremely important topic is the management of our “waste”. Today (2023), we can see that there is so much garbage all over the world. This is largely due to our “modern society” that consists of producing & purchasing so many products, and most of them require packaging materials. As a result, there is a great deal of garbage / waste.

In the Past, people mostly had only what they NEEDED. Today, we have so much that we do not NEED . . . but that we WANT. And our WANTS either change, or we WANT MORE. All of that leads to MORE waste. Also in the Past, people only used Natural Materials that decomposed / quickly broke-down to become One with Nature again. Today, we use so much plastic & other synthetic materials that can take hundreds of years to decompose.

We also see that Companies / Corporations are producing low-quality products that do not last very long. This is done intentionally to cut the costs of production & so that we must continue buying MORE of their products to replace the ones that we must throw out. All of this leads to MORE waste, which is completely unnecessary. They care about Profit, not saving the Environment!

People around the world do recycle, which is certainly better than nothing, but that is similar to bailing water out of a boat that still has holes in the bottom. We produce far more garbage than can be recycled, and too much of it cannot be recycled.

We have “garbage dumps” / landfills, which will definitely be remembered as one of the most ridiculous ideas ever presented (and applied!) in the History of Mankind. How was it ever an option for people to bury their garbage in the ground?! Instead of having so much garbage and/or finding better ways to deal with the waste, it somehow seemed like a reasonable option to cover it with dirt. “Out of sight, out of mind.” Yet, that is no different than people sweeping their houses & then hiding the dirt, food particles, and so on under their rugs.

- During the Aquarian Age, we will continue to rise Higher in Consciousness. As a result, we will be focused on **Spirituality** instead of **Materiality** (e.g., purchasing unnecessary

material goods). We will produce far less waste that can be easily / naturally managed, and we will also get back to using ONLY Biodegradable & Natural Materials.

We will receive Illumination & Guidance from our Higher Selves & Angels, Ascended Masters, & Elementals about how to do things more Wisely. We must remember that the “Mind of God” has Divine Solutions for EVERYTHING!

“And you will see what vast miracle will be wrought as God saves the earth through you and you, but only one of you, for you are one. So the miracle of healing the earth and the nations is seen in your identification with the One.”

- Sanat Kumara

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / February 18, 1979)

Examples

- Incinerating Garbage – (and using effective filters to prevent pollution)
- “De-Materialization” of Materials – (the opposite process of “Materialization” / “Precipitation”)
- Use of the “Maxin Light” – (described as an “Unfed Flame” in the Temple of Incal on Atlantis / The Summit Lighthouse)
 - https://encyclopedia.summitlighthouse.org/index.php/Maxin_Light

“And therefore, in many levels of earth you minister to people of many persuasions who hold to differing solutions yet who are all a part of the collective of those who see themselves on the front lines of restoring the earth to a certain pristineness. Sharing a common purpose that is nothing less than the replenishing of earth with her natural and spiritual resources, they are one even though operating from such different levels. You see, beloved ones, it takes many sorts of individuals in incarnation to achieve the healing of a planetary body whose diseases are so complex.”

- Maitreya

(Dictation through Elizabeth Clare Prophet / The Summit Lighthouse / July 3, 1993)
