

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.
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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**
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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*?
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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 **Thriv**ers!
- 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”**.
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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
