

**Excerpts From
The Esoteric Records
On
Self Training**



EXCERPTS FROM THE ESOTERIC RECORDS

ON

SELF TRAINING

Considerable instruction has been released by the Spiritual Hierarchy on the Science of Precipitation, and these lessons were given with the express purpose that the student on the Path would be aware of the inner processes which take place.

In this Booklet, we give you the concise and necessary application which must be made in order to precipitate God-Good at all times.

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EXCERPTS FROM THE ESOTERIC RECORDS ON SELF TRAINING

HOW TO DEVELOP A MAGNETIC PERSONALITY?

(a) What is personal magnetism?

When your heart beats the result is a physical emanation from your heart that is substance.

(This substance is Electronic Light. Each one of these electrons is a little eight-sided sphere that leaves your body and fills the atmosphere around you.)

Through hundreds of thousands of heartbeats you become encased in the substance released through your heart, just as if you were packed in ice, and the intensity of your nature determines the size and condensation of the Electronic Substance. This substance people call "Physical Magnetism". You can feel it when you step into a person's presence.

THE QUALITY CHARGED INTO THE ELECTRONS IS DETERMINED BY THE THOUGHT AND FEELING OF THE PERSON

(b) The Wrong Kind of Personal Magnetism

When individuals have a tremendous magnetism around their bodies it flows over a whole Group whom they choose to influence, just as if you threw a blanket over their heads, and the entire group (unless they are positively charged with God Intelligence) are easily hypnotically controlled.

(c) The Right Kind of Personal Magnetism

In the case of an individual who represents the Ascended Host, the Masters' Radiation is in like manner, expanded over the entire Group to awaken their God Intelligence and urge them to discerning action and it thus makes them more alert, self-conscious and intelligent.

(d) The Two Activities of the Same Law

There are two activities of the same Law — the Electrons from the Master's Body is not a smothering, but an Illuminating Activity, and the lifestreams of those who begin to work with the Masters are gradually suffused with the Electronic Substance from the Masters' Bodies which changes their individual magnetism and instead of making them a depressing influence or a dominant influence, makes them a Power of God.

(From the above it follows that the chelas should work hourly for two things: first, for the expansion of the right kind of personal magnetism, that is . . . for the expansion of the Electronic Substance of the Masters through their bodies; and second, for the illumination of the people, in order that they may not be hypnotically controlled by dictators.)

HOW TO HAVE WHAT YOU WANT

The Divine Idea is sometimes born in the heart many years before the lifestream puts the pressure of the Flame behind it and catapults it forth in the physical world.

When the individual receives an idea, a desire or a wish, it is usually from the Holy Christ Self in the form of an inspiration that such an individual may use to couple the energy of his lifestream with such an idea and allow the Creative Principle of his own God Life to pour through it so that he may bring the desire to fulfillment, and assuming, of course, that we are only speaking of constructive and worthwhile ends.

When trying to carry an idea into manifestation, remember My admonition to "TELL NO MAN" — and allow the full flow of the Spirit to complete it.

The human minds of even the most well-meaning people catapult a stream of adverse thought towards a hoped for manifestation and that force is so strong sometimes that it can disarrange the physical substance of an idea and dislodge a perfect plan in a manner that makes tons of energy to restore it.

When the Seven Mighty Elohim created this Universe there was only ONE Intelligence that knew Their Plan — Their Solar Superior and Their completed Universe was manifest before even the Hierarchy was aware of Their creation . . . "SO TELL NO MAN"!

ON ELECTRONIC SUBSTANCE

The Electronic Substance of the Earth must be unclothed

The heartbeat of creation, whether the Great Central Sun, the Physical Sun or the Three-fold Flame in the flesh heart is a constant creator of Electronic Light substance which adds to the sum total of the Electronic Light that

fills the Universe. As millions of years unfold, that Light Substance emitted is of much greater intensity and has a much greater periphery than when the world began, just as a hundred years will see a forest grow from a grove of trees.

In the case of the Earth, the Electronic Light Substance released from the Celestial Hierarchy has fulfilled its purpose in increasing the luminosity and intensity of the Star to which we belong.

But, in exact reverse . . . humankind has emitted a psychic and astral substance which forms a film over and diminishes the Light of the Orb.

You know that the Cosmic Fiat has been made that the Earth must give forth more Light, and this means that self-conscious Intelligences that represent mankind must begin to unfold their Spiritual Nucleus and fulfill their part:

- (a) in emitting Pure Light Substance, and
- (b) through the use of the Flame, sublimate the film-like substance which they have issued over the centuries which forms the Astral Plane.

When this is completed the Earth will be a very brilliant Star because . . .

- (a) the substance has already been released by mankind, and
- (b) it is but to change its quality, that it may be self-luminous and of assistance in our Solar System.

APPLICATION:

The chelas can help by . . .

- (a) visualizing this film over the Light (just like a velvet cloak around each electron which does not allow the Light to flow).
- (b) and then see how the Purifying Flame unclothes this Electronic Substance.

RESULTS: This not only frees the individual, but gives the sum total of the substance which has been drawn around his own Flame to add to the luminosity of the entire Globe.

EACH LIFESTREAM MUST EMIT THE MAXIMUM OF LIGHT

The Great Intelligences that govern this Planetary Scheme have now agreed that the Earth, of necessity, assume Her proper place in our Solar System, AND EMIT THE LIGHT WHICH IS HER RESPONSIBILITY TO OFFER TO OUR GALAXY.

The ten billion lifestreams are held accountable to fulfilling their part in the destiny of the whole and **there is no escape for one**. There is not only a balance to be met in the Universal Record, but there is a SERVICE that the Earth must perform to the Universes yet unborn that can only come as the whole Planet pours forth Light.

There is no human being an EXCEPTION to this inexorable Law, for the sum total of Electronic Light Substance required of the Earth can only be made as each lifestream gives of the MAXIMUM of its own outpouring.

Countless tons — hundreds of thousands of tons of the primal Essence of God, preordained to be the Light of the Earth, has passed through each one and has been misused.

People must now redeem this Substance, every Electron of It! The Violet Fire and the Sacred Fire will assist them, but redeem It they must.

Application: The chelas can assist them as they will in their task. Such assistance will be greatly appreciated not only by the Masters in charge of the Earthsphere but by the Other Members of this Galaxy Who are awaiting the obedience of the Earth with concern.

HOW TO CHANGE MIS-QUALIFIED ENERGY

Electronic Substance is the emanation of an Intelligent Flame giving off a radiation of Light.

In the physical appearance world the substance thrown off from the bodies of the people has been called the psychic and astral substance because Its Pure Primal Essence has been qualified with impurity and imperfection.

The calls for purification and the use of The Violet Transmuting Flame and the drawing forth of the Sacred

Fire through the lower atmosphere of Earth is one of the greatest Services that can be rendered to mankind in changing the quality of energy in which they constantly move.

When these calls are made by sincere individuals, to the Sacred Fire and the Forces of the Four Elements to clean and purify the atmosphere, the resulting purification will enable the people to more quickly awaken to the Christ Self and more readily respond to the impressions and directions of the Higher Intelligences that are so eager to find open doors among unascended beings.

ON COLOR

HOW TO EXPRESS YOUR COLOR

The pores of the body of man are octagon shaped and each one represents the opening through which the substance and energy of that particular lifestream flows forth into the Universe, adding either to Its harmony or discord. Through these open doors the color and vibratory action was meant to flow to enrich all of creation.

The calling of the action of the Sacred Fire through the lifestream will clear away the obstructions from the pores of your being, and will more quickly enable the Pure White Light to flow from you in the most intense positive shade of your color, which would do much to enrich the consciousness of mankind.

YOU EVOLVE MORE QUICKLY WHEN YOU ARE SURROUNDED WITH THE COLOR OF YOUR RAY

If you cultivate the shades of your own color in your environment and around you, you naturally draw the intelligent energy within the electrons of your physical form toward a like expression.

When you send forth the intense feeling of your Ray through every pore of your body, rays of your own color pass into the Universe about you, and if you are clothed in that color, these rays passing through your body have added conductors in the very pigments of the color to make you a forcefield and a tremendous battery of the quality your color represents.

YOU SHOULD BECOME AN OUTPOURING OF THE COLOR OF YOUR RAY

Individuals who are seeking to serve can do much to enrich the Universe by returning to their natural color tone, by becoming a conscious outpouring through the pores of the body and offer that tone through the medium of emanation to the Universe. They will thus greatly hasten their own individual evolution and become a sunshine presence wherever they move.

YOU ARE MORE HARMONIOUS IF YOU USE YOUR OWN COLOR

Every person has a particular Ray to which they belong and a particular color that corresponds to that Ray. When people are surrounded with and cultivate the use of their particular color, they are more harmonious, and it is much easier for their inner and outer bodies to express Perfection.

COLOR IS A RADIATION

Without manifest form there is no color, for color is a radiation. If you can get people to love beauty, and love clean, clear colors, you will have done much toward setting their feet on the Path toward Perfection, for the body and the entire self is constantly absorbing the radiation of the color surrounding them, and if We cannot reach them from within out, We shall reach them from without in.

USE COLORS TO NEUTRALIZE THE CITY VIBRATIONS

When you return to city living, after a summer vacation in the country, the irritations and annoyances that seem to enter your otherwise serene nature is but the result of the sensitivity of your inner bodies, but you can do much to harmonize them by listening to good music and by having colors corresponding to the gentle tones of nature around you.

ON RAYS

FIRST AND THIRD RAY INDIVIDUALS CAN WORK TOGETHER IN HARMONY

When the Masters take individuals evolving on the different Rays and place them together for service, They know the weaknesses of one are balanced by the strengths of the

other, but the students unfortunately do not see from the same impersonal standpoint as We, and ensuing difficulties and misunderstanding arise.

The First Ray is the Ray of Organization, Directive Ability and General Supervisory Activities, but unless the Love Nature is developed to a very great extent, First Ray individuals are apt to be impatient with the vacillating minds of those who have not opened themselves to the influence of this Ray. Their weakness is a liability to become intolerant, arrogant and impatient. The Third Ray is the Ray of Tolerance and Understanding. Third Ray individuals are, or should be, Diagnosticians and Healers of the consciousness of the people. Their weakness oftentimes is indecision and the liability of becoming a pawn of the consciousnesses of the people.

The First and Third Ray individuals can work together in harmony toward a great accomplishment.

THE FIRST THREE RAYS MUST BE EQUALLY DEVELOPED

The perfect chela must be equally developed on the first Three Rays in order to become a tremendous power for good in the hands of The Brotherhood. Those who have developed the First and Third Rays need to unfold the Second Ray. The drawing forth of the Love Ray and the tremendous assistance that can be offered your lifestream by Lord Gautama, Lord Divino, by Our Beloved Jesus and Kuthumi will enable you to take these two powerful forces and blend them into one great whole.

ON SELF-TRAINING

HARMONY IS A MAGNET THAT ATTRACTS ALL GOOD

To keep the vibratory action of your bodies harmonious is to invite, to force into your experience the fulness of all good things, for Harmony is a magnet more powerful than the steel that draws the magnet to it, and any focus of harmony coalesces around itself a limitless amount of good.

CULTIVATE THE FRIENDSHIP OF YOUR SOURCE

The aspiring student will do well to cultivate a friendship, an honesty and a devotion to their own Source, for only through their very own Source will they ever contact the Master.

ON PRECIPITATION

PRECIPITATION — A SEVENFOLD PROCESS

Every idea or visualization has seven expressions, one in each sphere represented by your seven bodies; and to have perfect manifestation which is eternal it must have its beginning in the mind of the Electronic Body — an Idea from God's Own Heart.

1. It must be born in the Heart of the Electronic Body.
2. It must have its initial vibratory action in the Causal Body.
3. It must be drawn from the Causal Body into the Holy Christ Self, where it is given form.
4. It must be passed to the intellectual consciousness, so that the outer personality becomes aware of it.
5. It is recorded upon the Etheric Body as a permanent part of that one's lifestream.
6. It is filled with Life in the Emotional Body.
7. It becomes expressed through the physical body as a manifested Third Dimensional object. This is a Perfect Precipitation.

VISUALIZATION, A TWOFOLD ACTIVITY

In your study of visualization you will find a twofold activity. You may bring into manifestation great perfection through the use of your four lower bodies, BUT, you can also bring into manifestation Cosmic Unfoldment through your ascent into the Heart of the Presence for the idea and then let the idea pass through your Seven Vehicles in orderly succession. You are then the Seven Rays in action — viz:

The Seven Elohimic Builders
The Seven Chohans
The Seven Archangels
The Seven Kumaras

and the expression of the full Seven is always a complete, indestructible manifestation that can be used without limit to create even Systems of Worlds.

All of the foregoing Instruction was lovingly given by Beloved Holy AEolus, the Cosmic Holy Spirit.

THE PRECIPITATION OF DIVINE CONSCIOUSNESS

By Saint Germain

THE DESCENT OF THE DIVINE CONSCIOUSNESS AND THE INSTRUMENTS OF MANIFESTATION

In the precipitation of the Divine Consciousness into and through the four lower vehicles provided as instruments of manifestation, the consciousness so extended into the manifest plane of the physical expression was provided as a Transformer of the Divine Ideas into the substance and energy of the lower world; thus the Divine Perfection already completed in the Mind and Heart of God was to be drawn through the consciousness thus provided and the atoms and molecules of the Third Dimensional Plane coalesced around the Divine Blue Print.

THUS THE EXTERNALIZED CONSCIOUSNESS IS TO EXPRESS ITS PORTION OF THE DIVINE PLAN

The Consciousness thus sent forth from the Divine Mind was to be the interpreter of the Divine Ideation and the interpretation was to follow the original exactly as to form and detail.

In other words, the important task of the externalized consciousness was to receive into itself that portion of the Divine Plan allotted to it for expression upon it from above.

YOUR ENVIRONMENT IS THE OUTPICTURING OF WHAT YOUR CONSCIOUSNESS IS CAPABLE OF RECEIVING FROM THE REALM OF TRUTH

Every man, woman and child in the Universe interprets the Divine Plan today according to his individual capacity and the outpicturing of a person's environment and association is the result of his or her accurate or faulty interpretation of it.

The home in which they live, the environment in which they move and their particular place in the evolutionary scheme of commerce, industry or domestic affairs is but the outpicturing of what their consciousness is capable of receiving from the Realm of Truth.

HOW TO PERCEIVE AND EXPRESS PERFECTION

The clearer and purer the consciousness, the more the lifestream can perceive of the ever-present Perfection, and the more such a consciousness can externalize Divinity.

THE CAUSE OF LIMITATION

The denser, more impure and heavy the consciousness, the less it can tune into the Truth, and therefore, its interpretation of Life, resulting in limitation, is not accurate nor in any measure cooperative with the expansion of the Kingdom.

HOW TO FULFILL YOUR DESTINY AS AN INTERPRETER OF EVER-PRESENT GOOD

Your consciousness, each one, has become embedded and ingrained with much imperfection through centuries of Life's experiences but as your attention is upon purification and Truth your instruments of interpretation will become more alert, more accurate and more receptive to the Divine Will. And as you interpret more and more Truth, so will that expanded consciousness externalize greater Perfection.

Cultivating the Ascended Master Consciousness in your quiet thinking and feeling and your hourly living is to build into your spirit the only Eternal Riches, Beauty and Happiness, which comes from fulfilling your destiny as an interpreter of the ever-present Good.

A HIGHLY PURIFIED CONSCIOUSNESS NEEDED THE QUALITY OF THE MANIFESTATION DEPENDS ON THE SUBSTANCE THE CONSCIOUSNESS USES

The folds of consciousness form an actual substance made up of the elements in which the four lower bodies function.

The four lower bodies are the weavers of the Universal Light Substance into the complicated, intricate patterns which form the consciousness of every lifestream.

Through the substance of these folds a consciousness (representing the creative power) presses into manifestation the conscious or unconscious imaging and picturization of the individual and the quality of manifestation is more or less tempered by the actual substance of the consciousness through which it flows.

NO MATTER HOW BEAUTIFUL THE PICTURIZATION MAY BE, IF THE FOLDS OF CONSCIOUSNESS ARE SULLIED, THE MANIFESTATION WILL BE IMPERFECT

The old statement, "Through a soiled garment the Light will not shine" refers to the absolute necessity of a highly

purified consciousness in order to interpret and manifest the perfection contained in the inner imaging, because no matter how beautiful the picturization may be, if the folds of consciousness are sullied, as the image is pressed through these folds (just as grapes are pressed through a cloth to separate the pulp and the seeds from the juice) so is the Divine Ideation presented or injected into the consciousness by the Higher Self, but the sum total of the consciousness of the individual, through whose faucet and consciousness the perfection is to come determines the quality of the manifestation.

THE PURIFICATION OF THE FOUR LOWER BODIES IS IMPERATIVE TO OBTAIN PERFECT MANIFESTATIONS

It is, therefore, expedient for the conscious student upon the Path to accelerate the cosmic purification of the four lower bodies in order that the folds of consciousness emitted from every individual and forming the collective "Cup of Transmutation" might be utilized by the Gods and that They might find a perfect, clean vessel of Transmutation that would not dim the glory of each individual manifestation.

The mind of man was meant and created to be a conscious conductor of the currents of energy from the "I AM" Presence that would direct the personality into the course of action which would be the fulfillment of the Divine Plan . . . Beloved El Morya.

INNER AND EXTERNALIZED CONSCIOUSNESS By Beloved El Morya

The Thought and Feeling Patterns, which make up the Inner Consciousness, are constantly moving currents of Energy, like River Beds, through which the Energy from the Godhead flows.

This physical appearance world and everything in manifestation is but externalized consciousness. That is self-evident and has been explained to you in detail by the Masters of Wisdom.

Your own bodies and every experience in your daily lives is but the externalization of the consciousness of some lifestream in your environment.

Your consciousness has been builded for hundreds of thousands of centuries of living and thought and feeling patterns have been set up, many of which your outer self has never been cognizant of. These thought and feeling patterns are constantly moving currents of energy which are like river beds and the perfect energy released from the Godhead flows naturally along the course of mercy the externalization of more than the lifestream can bear.

As you press tooth paste from a tube in the proportion you desire for the operation, so is the pressure of the Cosmic Law which externalizes in each lifestream's experience a percentage of that lifestream's inner consciousness.

THE PERCENTAGE OF THE CONSCIOUSNESS TO BE EXTERNALIZED IS INCREASED BY THE PRESSURE OF THE COSMIC LIGHT

With the increased pressure of the Cosmic Light and the acceleration of the evolution of the planet, there is a much greater pressure upon the inner consciousness of all souls belonging to this System and the externalization of a greater percentage of the inner iniquities naturally follows.

YOU MUST DRASTICALLY CHANGE YOUR INNER CONSCIOUSNESS

The import of My Message today is to convey to the intellects of the sincere chelas that they will NEVER BE FREE of the externalized evil until they make a drastic change in their inner nature, because the inner consciousness must become ABSOLUTELY FREE from the ability to entertain or recognize imperfection in thought and feeling, and when the Cup is Clean Within, the appearance world will automatically manifest the Perfection that fills the inner consciousness.

DISTRESS IS THE EFFECT OF UNCONTROLLED THOUGHT AND FEELING

People cannot go on in their uncontrolled thinking and feeling and not have these thoughts and feelings externalized as distress. You can dam up feeling by means of the

outer will, but while they are entertained within as a seething uncontrol, the cause, though hidden, perhaps from the world will externalize as an effect as truly as the Sun reflected on the water emits a radiance of Light.

TO CLEAR OUT THE FILTH OF CENTURIES, INVOKE THE ASCENDED MASTERS' LIGHT INTO YOUR CONSCIOUSNESS

This is more important than people have realized, because a person's consciousness is always under the control of the individual's lifestream, and even the Ascended Masters cannot intrude Their Light into the recesses of the human consciousness unless invited, but the invocation of the Ascended Masters' Light into an individual's consciousness will bring great illumination to the mind and great assistance in clearing out the filth of centuries.

THE INNER NATURE MUST BE CHANGED IN THOUGHT AND FEELING

The people who are to advance spiritually have to change in their inner nature, and neither suppression nor intellectual knowledge brings release.

The world of consciousness is a world of thought and feeling, and in this secret and sacred place man must be completely honest and if so, his externalization will prove his sincerity.

ON PRECIPITATION

The following lines contain the fullest explanation of Precipitation that has come to the Earth in any Age.

If you go further than play with this Instruction, you can use it for a definite re-ordering of your world and affairs.

Remember, THOUGHT is the FATHER,
FEELING is the Mother, and
the manifest form is the
SON, or Creation.
Holy AEolus.

CONSTITUTION OF THE ELECTRON

Electronic Light is the primal substance from which all created form is composed. Each electron is composed of a point of Flame, and the radiation from that Flame forms Its aura or forcefield. The entire electronic force in the Universe forms the Body of God and is intelligent Life.

THOUGHT AND FEELING IN THE BUILDING OF A FORM

Electrons are drawn into form through the designing faculty of the mind, and the speed at which they revolve within the mind pattern is determined by the feeling which pours through them and sets the pattern for the vibratory rate. Thought, therefore, is the cup, design, or outline into which the primal substance of life is poured, and Feeling is the vibratory pulsation sent through the Electronic Light which gives it its quality of manifestation.

CONCENTRATION OF MIND AND USE OF FEELING NECESSARY

The precipitating one must master the faculty of concentrating his thought processes into constructive pictures, entertaining these pictures within his mind, but he must go further in the analysis of his creative powers, and realizing that the quality of his picturization will be determined

by his unconscious or conscious feeling which permeates every thought form, known or unknown, entertained within his consciousness, and if the feeling be harmonious, the cup which he creates, when manifest, will vibrate at the rate set by his feeling world, and his manifestation will be perfect or imperfect as the constant state of that feeling.

THE MENTAL PATTERN MUST BE ENERGIZED BY FEELING

The visualizing faculty of the mind creates the pattern or the thought form which is held within the consciousness unwaveringly with the certain knowledge that the thought form within the consciousness must reflect upon the screen of life as a physical manifestation.

But no thought ever becomes a thing until it is filled with the substance of feeling, and the controlled energy of the lifestream harmoniously qualified, poured into that form fills it with the life essence of the Universe and lowers it into manifestation as a harmonious expression of direct precipitation.

Here is where the mental scientists and occultists find the stumbling block. They know that thought is a creative process and does effect manifestation, BUT they have not learned that feeling is the qualifying power of the vibratory action of the thought form, giving it quality.

REMEMBER: Thought is the ideation . . . it is the form — the outline and the cup. Feeling is the initial vibration that passes through the thought form and sets up the rhythm of the Electrons within that thought form, which they follow obediently until manifestation occurs.

THOUGHT IS THE FATHER, FEELING THE MOTHER, AND THE MANIFEST FORM THE SON

Thought is the Father, Feeling is the Mother, and the manifest form is the Son or Creation. **The Thought must be passed through the Feeling Nature to become a created form.** The quality of the Thought is influenced by the womb of Feeling and the creation brought forth is clothed in the nature of the womb in which it rested.

Through the Mental Body any idea may be moulded from the Universal Light Substance. From the Feeling Na-

ture is drawn the vibratory action that is the breath or pulsation that gives the thought form Life, and through the Physical Vehicle passes the substance of the three elements that make up the coat or cloak of the creation.

ELECTRONS EMIT RAYS LIKE THE UPPER FIGURE OF THE HOLY TRINITY PICTURE

(Electrons are eight-sided spheres . . . refer to subject "Self Training")

The Electronic Light Substance which fills the Universe is the Body of God, and within each electron is a point of Light which is self-conscious and intelligent.

From the spark within the electron there go forth little rays that form the radiation of the electron. Each tiny electron magnified hundreds of times looks like the Upper Figure of the Holy Trinity Picture with rays pouring out around it.

The self-conscious lifestream, Ascended and unascended, has been given the authority to command these tiny electronic particles to take on form according to the design of the thought form created by the Power of Visualization.

THOUGHT FORMS CANNOT MANIFEST WITHOUT FEELING

The Feeling Nature of each lifestream is endowed by God the Father to give Life to the thought forms by passing the vibratory action of the Feeling Nature through the Thought Form and set it into motion . . . just as the Maha Chohan passes the Breath of Life through the infant and sets the physical form into pulsation.

Without the Breath of Life the infant form could not take up an active existence but would disintegrate.

Without the Feeling Nature passing through the Thought Form, the Thought Form would disintegrate and return to the unformed.

It is thus that without feeling, the forms have no sustaining power and do not become things.

CONSCIOUSNESS IS THE DOOR THROUGH WHICH THE UNSEEN PASSES INTO MANIFESTATION

Whatever is entertained in the consciousness immediately manifests in the world of form when energized by feeling. We know then that consciousness is the door through

which the unseen passes into manifestation. It is the open door which no man can shut.

FEELING MUST BE MAINTAINED TO GIVE BIRTH TO THE FORM

In the realm of consciousness, the free, creative Spirit, drawing the Universal Light into form, creates a focus or Cosmic Cause; the feeling nature, passing through the thought form, sets it into motion, and gives it a pulsation of Life.

When the feeling nature is qualified with Peace and Harmony, the picturized thought becomes a living reality and dwells in the womb until the hour of delivery brings the manifestation forth in the Third Dimensional Plane.

If the mother is destroyed . . . the child is not born — If the Feeling Nature, which is the Motherhood of God and the womb in which the created idea is cradled is shocked by inharmonious vibrations, the cradle cannot contain the idea and it is not born into manifestation as we originally intended.

This is a scientific Law and the amazing thing to Me is that students of the occult and students studying Spiritual Law through the centuries have not looked at Nature intensely enough to learn the Cosmic Truth that is made manifest in every birth.

YOU ARE A CREATIVE CENTER

Every physical manifestation in this world came into being through the union of an idea and a feeling. Every man, woman and child is a complete creative center in himself or herself, and the physical world today is the result of the individual use of the creative principle, according to the free will of the lifestream that inhabited the Earth Plane, from the beginning of time.

VISUALIZE THOUGHT FORMS OF THE MASTERS AND PUT YOUR FEELING IN THEM

Through the power of visualization you can create cups of the Ascended Masters' likeness without any limit.

Everytime a person thinks of an Ascended Master he creates a thought form of that Being and when he pours

his love to that Being, the thought form takes on the love of the chela for the Master and begins to pulsate in the consciousness of the chela. At the same moment the Master, whose likeness the chela is contemplating in thought, pours the Substance of His Love into that thought form and energizes It with His Consciousness.

YOU CAN DRAW ON THE COSMOS FOR THE COSMIC FEELING TO ENERGIZE THE THOUGHT FORM

You may have this tremendous assistance through uniting your consciousness with any one or more Ascended Beings and allowing Them to present to your inner vision Their Cosmic Thought Forms . . . uniting your human vision with the Divine Picture They give you, and drawing on the Cosmos for the Cosmic Feeling to energize the thought forms, uniting with it your human-feeling world. Such an individual could precipitate a Temple, or a City like Shamballa directly from the Sky.

This will give you an inkling of your power to unite your Faith, your creation, your Father-Mother attributes with the Cosmic Father and Mother and Holy Spirit.

ON PREPARATION FOR PRECIPITATION

Every man, woman and child designs his life's experiences by the thoughts and feelings he holds in his consciousness and to change the external world he must learn to change thoughts and feelings within.

THINK POSITIVELY, CONSTRUCTIVELY AND PERFECTLY

To think of a negative and imperfect condition is to create a mental picture which stands in the invisible and which sooner or later will manifest in your affairs.

You must learn to think positively, constructively and perfectly. You must learn to think consciously and steadily and as you begin to entertain these opulent, healthy, peaceful thoughts, they will take form and dwell among you.

INHARMONIOUS ENERGY IS AN ATOMIC BOMB TO THE BODY

The magnetic center of the atom is Love of God, and an atom smasher, with all its powerful, dynamic pressure can only release the electrons in one atom, whereas the energy in the Emotional Body passing through the atoms of the physical form completely shatter the magnetic pole within the atoms that make up the body until you have the disintegrated forms manifest by the human race after thirty years of age.

When you come to the understanding of this Law of Life, you must realize that every atom in the body, revolving around a core of Love, is affected by every emotion which sets them off center and delays the progress of the lifestream and more quickly brings disintegration and so-called death. Harmonious energy strengthens the magnetic centre and brings eternal youth, harmony and health.

USE THE VIOLET TRANSMUTING FLAME

The Mercy of Life has given you the Violet Transmuting Flame, which you may pass through the mis-creations of the past, and then begin anew to create in thoughts and patterns of Perfection what you would like to see expressed in your world and experience. Pour through those patterns of Perfection a Harmonious Feeling and they will manifest to you.

ASK THE ASCENDED MASTERS TO POUR THEIR FEELING THROUGH YOUR PICTURE

Train your mind to cut out of the Electronic Substance of Light the picture you want to manifest, and then ask the Ascended Masters to pour Their Feeling through your pic-

ture and energize it by Their Love and Light. In that manner you can re-create and change the manifestations around you, even as you can draw an eraser across a blackboard and wipe out a sum and write it anew in a more perfect manner.

USE THE SACRED FIRE

Utilize the Sacred Fire without limit at inner levels and the Realm of Inner Causes will be set into order by the Cosmic Law, and the souls of men will no longer be deluged by their human accumulation.

INVOKE EVERY ACTIVITY OF PURIFICATION BEFORE TRYING TO PRECIPITATE

The wise individual, once understanding that every experience and manifestation in life is but an outpicturing of the inner consciousness generated through hundreds of centuries, INVOKES every activity of purification through the inner causes, and such an one is thus by his own conscious effort set free from the karma that would otherwise manifest in his experience.

When the consciousness is so cleansed and purified, it is then a glorious Cup through which the Divine Beings may pour Their Thoughts, Feelings and Ideas, helping you to set up new causes and precipitating them into form.

READ DAILY THE CLOSING ARTICLE ON VISUALIZATION

As you read the article on Visualization daily, you can see that you can picture in your mind any constructive idea and, clothing it with your feeling of Confidence, Faith and Assurance, Peace, Harmony and Purity, that picture or idea will manifest to you.

TRY TO REMAIN IN THE HEART OF YOUR CHRIST CONSCIOUSNESS

Human beings for the most part are functioning in one or more of the lower bodies instead of remaining in the heart of the Higher Consciousness and directing their activities from There through these lower vehicles for the upliftment and balance of all.

The self-conscious individual inhabiting the Seven Vehicles making up the one lifestream must come to a point

of mastery where in the Cosmic Keynote of such an one's lifestream is played through the seven bodies in a rhythmic pulsation from within out, that cannot be disturbed or varied by any pressure of energy or vortex of force in which the Seven Vehicles might find themselves at any given moment.

When the Seven Bodies of the lifestream are vibrating at a harmonious rate, that cannot be affected adversely by the appearances of the outer world, such an one has become master of energy and vibration and dwells in the Realm of Cosmic Cause alone.

This individual, setting into action Cosmic Causes within his or her consciousness, knows in a confident manner, free from tension, that the energy of the lifestream passing through his bodies will produce the effect which is an exact outpicturing of the inner cause he sets up through Thought and Feeling.

ON VISUALIZATION

MAIN POINTS TO REMEMBER DAILY

- (1) Visualization is God's attribute and power of sight, acting in the mind of man.
- (2) Every thought contains a picture of the idea within.
- (3) Use is the fulfillment of the Great Universal Law of Service.
- (4) Desire is the expanding activity of God through which manifestation is constantly sustained and is Perfection enlarging itself.
- (5) Appetite is but habit established by the continual gratification of the feeling nature, and is but energy focused and qualified by suggestion from the outer activity of Life.

THE FOUR STEPS

CONCEIVE CLEARLY YOUR DESIRE OR PLAN

STEP 1 — Determine upon a definite plan or desire to be fulfilled, but bear in mind the following:

- (a) IT MUST BE (1) Constructive
(2) Honorable and

(3) Worthy of your time and effort.

- (b) **IT MUST BE** — Honest, both to yourself and to the rest of the world.
- (c) **IT MUST NOT BE** — to follow a whim or gratify appetites of the physical senses.
- (d) **YOU MUST BE SURE** — there is no lurking feeling that you would be glad to benefit at the expense of another.

STEP 2 — WRITE DOWN YOUR PLAN

State your plan in words as concisely and clearly as possible. Write this down. Thus you make a record of your desire in the outer, visible, tangible world.

STEP 3 — VISUALIZE YOUR PLAN . . . COMPLETED

Close your eyes and SEE within your mind a mental picture of your desire or plan in its finished, perfect condition of activity.

STEP 4 — READ YOUR PLAN DAILY

Read your desire or plan over, as many times in the day as possible and always before retiring, when you should contemplate the picture of the desire in your mind. In this way you carry your picture into your consciousness as it enters the Great Silence in sleep, where it is charged by God's Great Power and Activity.

THE FIVE IMPERATIVES

- (1) **IT IS IMPERATIVE THAT YOU . . .** do not discuss either your desire or the fact that you are visualizing with anyone. **THIS IS IMPERATIVE!** Do not talk to yourself about it aloud or even in a whisper.
- (2) **IT IS IMPERATIVE THAT YOU . . .** cast out of mind, all doubt and fear of the fulfillment of that which you are picturing, replacing them by the full knowledge of yourself and world as the Life of God.
- (3) **IT IS IMPERATIVE THAT YOU . . .** know that the moment a human element enters into your plan, you are taking it out of God's Hands and of course it cannot express because you are neutralizing by the human qual-

ities of time — space — place, which God does not recognize.

- (4) **IT IS IMPERATIVE THAT YOU . . .** do not acknowledge a condition less than all of God. If you do, you deliberately make a choice of an imperfection, and that choice is the fall of man. Conditions can never improve for anyone until he desires Perfection and **STOPS** acknowledging a power opposed to God.
- (5) **IT IS IMPERATIVE THAT YOU . . .** have no set time in your mind for results except to know that there is only **NOW** — just the immediate moment. This takes discipline — use it and you can manifest a resistless power in action that cannot and never did fail.

THE SIX THINGS YOU MUST KNOW AND FEEL

Your Ability to Create Is God's Attribute of Sight

- (1) **YOU MUST KNOW AND FEEL . . .** that your ability to create and see a picture within your own consciousness is God's attribute of sight, acting in you.

God's Life and Power Are Acting Within You

- (2) **YOU MUST KNOW AND FEEL . . .** God's Life and Power are acting within your consciousness to propel into your outer world the picture you are Seeing and Feeling within yourself.

God Is the Doer, the Doing and the Deed

- (3) **YOU MUST KNOW AND FEEL . . .** that your ability to make a mental picture is an attribute of God, the attribute of sight; that the power to feel, experience, and associate with the perfect picture is God's Power; that the substance used in the world without, to make the form in your picture and plan, is God's Pure Substance.

When You Decide to Create a Thing, It Is God Acting

- (4) **YOU MUST KNOW AND FEEL . . .** that when you decide to create a thing, it is:
 - (a) God Desiring
 - (b) God Feeling

- (c) God Knowing
- (d) God Manifesting and
- (e) God Controlling everything concerning it.

**The Greater the Intensity of Your Visualization
and Feeling, the Quicker Will Your
Picture Manifest**

- (5) YOU MUST KNOW AND FEEL . . . that the greater the accumulation of energy generated by your Visualization, Contemplation and Feeling of the Reality of your picture the quicker it will come into your own experience.

**When You Use All the Constructive Processes,
It Is Impossible to Fail**

- (6) YOU MUST KNOW AND FEEL . . . that you must make your own decision and stand back of your own decree with all your power and that when you use all the constructive processes . . . it is impossible for your plan NOT to come into your visible world.

There Is No Opposition, Delay or Failure

- (1) YOU ARE THE LAW OF GOD, TO WHOM THERE IS NO OPPOSITION
When you decide to definitely bring about an experience you become the Law, God, the Law of the One, to Whom there is no opposition.
- (2) PERFECTION MANIFESTS INSTANTLY
When you acknowledge God, The One, you have only Perfection manifesting . . . instantly — for there is nothing to oppose or neutralize it . . . no element of time.
- (3) THERE IS NO DELAY OR FAILURE,
WHEN YOU ACCEPT THE DIVINE PLAN
If the human side of us really agrees to the Divine Plan and ACCEPTS IT, there can be no such thing as delay or failure, for all energy has the inherent quality of Perfection within it, and rushes to serve its Creator.

**YOUR DESIRE IS A COMMAND TO
APPEAR NOW!**

- (1) GOD ACTS THROUGH YOU
Remember — (a) You are God-Picturing
(b) You are God-Intelligence directing
(c) You are God-Power propelling
(d) It is God's . . . your substance, being acted upon.
- (2) WHEN YOU SEE, GOD SEES, AND HIS SEEING IS A COMMAND TO APPEAR NOW!
As your desire or picture is constructive, you are God seeing His Own Plan. When God sees, it is an irrevocable decree or command to appear NOW. In the creation of this Earth and System of World's, God said: "Let there be Light", and Light appeared. Every constructive Plan IS His Plan; therefore you know God is acting . . . commanding . . . "Let this desire or plan be fulfilled NOW! And it is Done!"

**SUMMARY OF THE PROCESS OF VISUALIZATION
20 Points to Remember Daily**

THE FOUR STEPS:

1. Conceive clearly your desire or plan
2. Write down your plan
3. Visualize your plan completed
4. Read your plan often

THE FIVE IMPERATIVES:

- It is imperative that —
1. You do not discuss your plan with anyone
 2. You do not doubt or fear
 3. You do not mix human elements with your plan
 4. You do not acknowledge a condition less than God
 5. You do not have a set time for your manifestation

THE SIX THINGS YOU MUST KNOW AND FEEL

1. That your ability to create is God's attribute of sight
2. That God's Life and Power are acting within you
3. That God is the DOER, the DOING and the DEED

4. That when you decide to create a thing, it is God acting
5. That the greater the intensity of your visualization and feeling, the quicker your picture will manifest
6. That when you use all the constructive processes, it is impossible to fail

THERE IS NO OPPOSITION, DELAY OR FAILURE

1. You are the Law of God
2. Perfection manifests instantly
3. There is no delay or failure, when you accept the Divine Plan.

YOUR DESIRE IS A COMMAND TO APPEAR NOW

1. God acts through you
2. When you see, God sees, and His seeing is a COMMAND to appear NOW!!!