



October, 2022  
*INFINITE CIRCLE OF LIGHT*

I AM an Infinite Sphere of Light.  
I AM ...Ascended and Free!  
I AM inclusive of all life,  
living Free in the Light!  
I AM THAT I AM!

From within this Infinite Sphere of Light:

The Gathering of Ascended Humanity,

In union with the Royal Kingdoms of Angels and Elementals,

Through the cohesive Power of Divine Love  
uniting all Life in its Ascended State,

Now emerges into Humanity as the Theme and  
Thoughtform of this Sacred Month and Cycle of the Zodiac:

TRANSFIGURATION, RESURRECTION AND ASCENSION

THROUGH BAPTISM WITHIN SACRED FIRE:

BECOMING THE DIVINE INSTRUMENT  
&  
ACHIEVING TRUE IDENTITY

I AM THE LOVE, WISDOM, AND POWER  
OF THE TWELVE HOUSES OF THE SUN

I LIVE, MOVE, AND BREATHE THE TWELVE  
HOUSES OF THE SUN, IN DAILY LIFE

I AM SOLAR CONSCIOUSNESS PRESENT ON EARTH

## SACRED TEMPLATE

### BREATHING STATEMENT

(empty of self and breathing only as Eternal Flame)

I AM Inbreathing and Absorbing all the Ascending Potential  
within the Energy, Vibration and Consciousness  
of my Flame of Immortality!

I AM Expanding and Projecting all the Ascending Potential  
within the Energy, Matter and Intelligence  
of the Flame's Radiant Light!

### AFFIRMATIONS

I AM the Transfiguration, Resurrection and Ascension  
through Holy Baptism within Sacred Fire,  
becoming the Divine Instrument,  
achieving True Identity!

I AM dwelling in Solar Christ Consciousness.  
I AM the Love, Wisdom, and Power of the  
Flame of Immortality expressed through  
the Twelve Houses of the Sun!

I live, move, and breath the Twelve  
Houses of the Sun in daily life.

I AM my True Identity and my Divine Instrument,  
an Eternal Flame and its Infinite Radiant Light.  
I shine upon Humanity as a ***Sun of the Sun***,  
radiating my Love, Wisdom and Power.  
I shine for the Victory of the Divine!  
I shine for the Glory of God!

As the Eternal Flame and its Infinite Radiant Light,  
I shine for the Perfection and Goodness  
of my Mighty I AM Presence!  
I AM that I AM!

As the Eternal Flame and its Infinite Radiant Light,  
I shine for the Perfection and Goodness  
of the Universal I AM Presence!  
I AM that I AM!

I AM the Sacred Fire of Eternity.  
I AM the Flame of Immortality.  
I AM living the Serenity of  
the Great Solar Quiet.

I AM the Indivisible Flowing Wholeness  
of Universal I AM, within daily life!  
As Sun of the Sun, I shine for the  
Glory of the Greater Good!

I AM THAT I AM!

And, SO IT IS, BELOVED I AM!

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#### ASCENSION CONCEPTS

Beloved ones ...the Zodiac Year begins with Libra (Divine Liberty) in the calendar month of September (September 23 – October 22). This is the Eye of Divine Liberty opening us to a New Cycle of Solar Consciousness. Then the next three calendar months (October, November and December) are the cycle of the Inner Gestation of the Theme and Thoughtform, preparing for the birthing of the New Solar Year (January), where this new Forcefield ‘comes into the world’. This is all in the domain of Energy, Vibration and Consciousness. And it is then declared in the Theme and Thoughtform of the New Year, where we collectively focus on the further overall development of Solar Christ Consciousness within Humanity. This is the ongoing work of the Lord of the World, the Cosmic Christ and Planetary Buddha, and the World Teacher ...and now us!

We understand that with the opening of the Eye of Divine Liberty comes the Revelation of the Star of Sanat Kumara. This Forcefield of Transformation initiates its own changes to the Consciousness of Humanity, as to the more immediate Transformational Events in Consciousness necessary to rebalance the world ...and bring in the New Age of Spiritual Freedom. There has been much preparation for this ‘Coming’. We see how the Lord of the World balances the massive karmic debt of the planet, so that all lower frequencies that need Transfiguration, Resurrection and the Ascension now comes to the surface to be set free in the Light ...the Light of our Divine Instrument and Light of the True Identity of Humanity ...her Forcefield of ‘all the goodness in the world’.

Let us Visualize our part in this. Within our focused meditations and hopefully through the day, let us see, feel and deeply accept that our Divine Instrument is in alignment with the Spiritual Hierarchy, anchoring the Energy, Vibration and Consciousness that now fills the void created from Transformational Events. Such change is everything Humanity hungers for. This is the Bread of Life that our Beloved Jesus referred to, the 'food' of Divine Development ...which we now Inbreathe, Absorb, and Assimilate. And then after anchoring it within our Eternal Flame, we then Expand and Project all this Divine Potential as our Infinite Radiant Light! Then all these Perfection Patterns, both from the Spiritual Hierarchy and pouring through the Eye of Divine Liberty and the Star of Sanat Kumara ...truly enter the world!

This is also part of our own Ascension. Affirm: I AM a continuous Inbreath / Outbreath. I invoke, focus, and concentrate the One Ray of the Mighty I AM Presence on Earth and all that Energy, Vibration and Consciousness from those Realms of Light. I Inbreathe the Three-fold Flame of Immortality and all the Divine Potential within the Eternal Flame. I Inbreathe the Seven Chakra Suns and the Ascending River of Kundalini Fire and all its embodied Divine Potential along my Solar Spine. I Inbreathe the Twelve Houses of the Sun and all the Energy, Vibration and Solar Consciousness within the Dimensions, Realms, Spheres of Light of the Sun. I Inbreathe the One Indivisible Flowing Wholeness of Universal I AM ...and then I AM Home in my Eternal Ascended and Free State!

Then I Outbreath, Focus, Expand and Project ...the One Ray of the Mighty I AM Presence on Earth; the Three-fold Flame of Immortality; the Seven Chakra Suns and its River of Kundalini Fire; the Twelve (Houses of the Sun); and again the One Indivisible Flowing Wholeness of Universal I AM! This is how I bless the world from within my Ascended and Free State! This is my part of the opening of the Eye of Divine Liberty and the coming of the Star of Sanat Kumara. I AM a continuous Inbreath / Outbreath of Divine Potential. I infuse this into the Forcefield of all the goodness in the world ...and expand and intensify all Ascending Energies globally! I AM a Sun of the Sun ...a Sun of Divine Potential! And ***I AM Lighting the World with its Divine Potential!***

The 12 Houses of the Sun refer to a level of Consciousness ...called (12-fold) Solar Consciousness, after attaining the seven-fold (planetary) Christ Consciousness during the Ascension Process on Earth. Both are Levels of Perfection but one dealing with our local Sun Helios and Vesta and its Seven Planets (Sacred Number Seven ...7 planets for each Sun) ...and the other represents the Solar

Consciousness of the Central Sun Alpha and Omega and all their Suns and Planets ...a much broader level of Perfection Patterns. The Sacred Number for the Central Sun is 12 because Alpha and Omega came from a System where there had been 12 planets per Sun. But when it came time to take the Initiation of each of those 12 planets to become a Sun themselves, only 7 of them accepted this Initiation and the other 5 remained in the Spheres of Light around Alpha and Omega (Nirvana).

Once the seven-fold Christ Consciousness is achieved, then this opens us to the 12-fold Nature of Solar Consciousness ...the 12 Houses of the Sun ...or Solar Consciousness. This is the current point of Ascended and Free Humanity and what we aim for all Humanity. And because Venus abides in the Frequency of Divine Love (her 'Orbit') that our Earth is now Ascending into, *the Ascended Race of Venus opens the door for this continued, expanding Ascension Process for Humanity*. "Knock and the door shall be open unto thee!" Venus is one of Seven Planets belonging to the Sun Krishna and Sophia ...the Sun centering the Solar System in the next Higher Frequency beyond our Solar System of Helios and Vesta. With the current Great Cosmic Inbreath, each of the seven planets moves an orbit closer to its Sun (horizontally) ...and the entire Solar System moves an orbit closer to its Central Sun (vertically).

So we now understand the grander Cosmic Perspective of this Ascension Process and can fuse our personal Ascension Process into it ...as all Suns in Divine Alignment!

AND SO IT IS, BELOVED I AM!

***ENERGY, VIBRATION AND CONSCIOUSNESS OF BELOVED JESUS*** ...on the nature of Transfiguration, Resurrection and Ascension ...

Beloved Ones ...I wish to honor *your personal journey* as a Light Server *in this present embodiment* ...beyond what we collectively do for the greater good of Humanity. Let us sojourn together within the Flame of Transfiguration, Resurrection and Ascension ...within the Temple of the same Name ...as I AM one of the Teachers therein. We are transported there together within our Eternal Flame, in projected Consciousness, while in the Peace of the Great Solar Quiet ...in which our Flame of Immortality eternally abides. And it is there that I greet you!

We begin this visualization seeing the Flame of Immortality expanding from the Heart Center ...growing ever larger in every direction, with every breath and heartbeat, eventually enfolding and infusing the entire physical, etheric, mental and emotional vehicles. As it expands with every Holy Breath, it eventually touches the Mantel of Light from the Mighty I AM Presence around our embodied Presence. For the Flame of Immortality is One Ray from the Mighty I AM Presence which is anchored on Earth, at the coordinates that created the physical universe ...which by Divine nature then created an Aura of Light around itself ...called the Mantle of Light.

As this 'One Ray' anchors as the Eternal Flame, it glows with an aura of Light provided for life in this world of form, substance and matter. This Mantle of Light is like the tree gives the tiny seed, a measure of protection and sustenance as it slowly takes root, allowing it to eventually grow into a fully developed tree. So too does the Eternal Flame anchor in the physical dimension ...beginning as a tiny spark of Pure Divinity surrounded with protection and substance, then with attention, devotion and developing God Illumination through progressive embodiments, it grows into a Mighty Flame ...which we can now visualize from below our feet, to above our head, and enfolding our physical, etheric, mental and emotional vehicles. This is my visualization of each of you!

This experience of *knowing I AM Eternally Flame*, requires *absolute loyalty to the Light!* For such *constancy* is fundamental to the personal experience of Transfiguration, Resurrection and the Ascension. This is because over successive embodiments, there also gathers the 'ego created aura' of returning karma that cannot yet ascend, and therefore hovers in the lower atmosphere of the self. This requires setting free ...and this is best accomplished by *absolute loyalty to the Light*. And for many millennia this karma was released through suffering and penance. But now in this New Age of Spiritual Freedom it may be set free by becoming a Divine Director of Sacred Fire, the Cosmic Violet Fire. Welcome into Spiritual Freedom!

For as soon as the expanding Eternal Flame 'touches the garment' of the Mantle of Light around our embodied presence, at its level of Energy, Vibration and Consciousness, then Transfiguration into the Light Body *begins in earnest*. This is the sign that the embodied individual has *expanded their Light, their Divine Instrument, their True Identity enough* ...so that they have earned to once again be 'anointed' into the Kingdom of Heaven ...yet still embodied!

I AM the Flame of Immortality.  
I AM the Sacred Fire of Eternity.  
I AM living this Divinity in daily life!

Let us meditate together within the Flame of Immortality on a rhythmic basis. And each time you do, invoke my Presence, and I will be there to assist in this *personal experience of Transfiguration, Resurrection and the Ascension*. Rhythmic application builds Momentum. And it is this Momentum then takes us into the embrace of Solar Consciousness. I AM with you to Baptize you in your own Sacred Fire ...your own Eternal Flame!

Then may you truly begin your collective Ministry, as I did mine after my Baptism. Then as you proceed through daily life, you too may affirm: ***By the Power of the Flame of Immortality vested in me, I bless this Lifeforce (person, place, condition or thing) back to the Great Central Sun for repolarization, never again having to serve human creation!*** Here we send this energy back into to its Divine Potential ...back to its original Highest Frequency ...‘born again’ to *come forth as intended within First Cause*. This ‘return to polarity’ brings it into Divine Alignment with Universal I AM in its expression of First Cause. ***This is the Resurrection and the Life*** ...whether of a single electron or atom as a shining Sun of Light within form; or the biological cells of the body as a Sun of Life on Earth ...or a person in their Divine Potential as the Sun of the Sun (Solar Christ Self) ...or the planet in her Divine Potential as the Sun of Earth ...the Star of Spiritual Freedom! It is all the Resurrection!

In the Resurrection and the Life, the ‘action potential’ is restored as its ‘Divine Potential’. Within physical life, this occurs at the level of the cell, atom and electron ...which brings about the Resurrection and the Life of very slow frequency into its quickened frequency of vibrant life (this process is referred to in the Bible as the ‘quick and the dead’). And ***the Power and Authority of the Flame of Immortality ...the Three-fold Flame ...is to raise up life to its full Divine Potential!*** This also occurs at Multi-dimensional levels of Solar Systems and Galaxies in the birth of Stars and Planets and the Races of God Intelligences they produce. And all such Resurrection now occurs with the Great Cosmic Inbreath ...where all life proceeds towards its next Divine Potential. This is the ***Cosmic Momentum of Transfiguration, Resurrection and the Ascension that we tap into!***

Let us see how the Power of the Three-fold Flame may transform daily life ...from which *others see supernatural powers (miracles) but where Father / Mother God sees their Children of Creation coming home*. Think of the Gathering of Ascending Humanity as a

*gathering of Ascending Energies* expressed as thoughts, feelings, words and deeds ...representing a *gathering of all the goodness in the world*. Then the Gathering of Ascending Humanity is not so much a collection of people, but rather a Forcefield of Energy, Vibration and Consciousness that enfolds our sweet Earth.

And it is in this matrix of Ascending Energies where our Flame of Immortality has its Power ...as a Forcefield within a Forcefield! Here the Three-fold Flame has the Power to remove (and protect from) lower energies, the power to sustain Peace and Serenity under difficult outer circumstances and then the Power of Transfiguration, Resurrection and the Ascension into the Dimensions, Realms, Spheres of Light that we so desire.

And with the Power of our Attention upon the Flame of Immortality, all this Power and Authority is *right here and now within us* ...as revealed in my last embodiment ...as has been revealed through many Sages, Gurus and Teachers. And now is the Cosmic Moment for this Revelation through the Gathering of Ascending Humanity. Imagine that you are a Flame of Immortality, actively anchoring the Energy, Vibration and Consciousness of the Central Sun. And from Flame you radiate a Forcefield of Light, composed of Energy, Matter and Intelligence. This is becoming the ***Sun of the Sun ...the only Sun of God!*** The Ascending Energies that you send forth into daily life have the Power to Transform matter, to etherealize it, or to precipitate it ...to bring God Intelligence of the Divine Potential and how to achieve that (in any person, place, condition or thing). Free of criticism, condemnation and judgment, *focus only on radiating Divine Energy, Matter and Intelligence as you go through daily life* ...allowing the Flame of Immortality its Power to bring Transfiguration, Resurrection and Ascension *everywhere present!*

Transfiguration brings Divine Empowerment ...no matter one's outer circumstances. In my final Ministry in the Holy Land, I knew first-hand the imbalances of daily life brought about by the ego consciousness operating through others. Yet above that experience, I knew the empowerment of becoming an Eternal Flame and its Infinite Radiant Light. There is no greater Power in all of Creation. Let us build a Momentum towards this inner experience, where we see, feel and deeply accept our ***Creative Faculties of thoughts, feelings, words and deeds as radiators of great Light***, composed of Energy, Matter and Intelligence, creating Perfection Patterns around me ...*rather than experiencing the world as impinging lower frequencies upon me.*

This is what is meant by “I AM in the world but not of it”. I AM here to Radiate the Energy, Matter and Intelligence of the Three-fold Flame and its Perfection Patterns of Love, Wisdom and Power into the world ...and that is *why I have come into the world!* This is the Christ in Action! This is best appreciated through *Higher Frequency attunement of the senses* ...to the extraordinary sensory signals at the level of Solar Consciousness. Take for example the Elemental Kingdom that can detect sense information at frequencies that humans cannot. There are so many sights, sounds, tastes, textures, aromas and touch that allow us to capture more experience of the Multi-dimensional Indivisible Flowing Wholeness ...once our Seven Chakra Suns and our Solar Consciousness of the Twelve Houses of the Sun are part of our Divine Experience.

Then beyond the basic senses of daily life, there are many more senses ...as for example ‘where I AM *in space* ...and *beyond space*’ ...‘where I AM *in time* ...or *beyond time*’ ...‘where and who I AM within various levels of Energy, Vibration and Consciousness’. All of this is part of Transfiguration of the self, Resurrection into Divine Potential and the Ascension into Eternal Realms of Light!

Then, beyond the individual, let us meditate on the ***Transfiguration, Resurrection and the Ascension of our Multi-dimensional Gathering*** ...both within routines of daily life and within our Ceremonies of Light Service ...***opening all our Higher Frequency senses to fully experience our Gathering*** ...

I AM the Gathering of Ascending Humanity.

I AM the Gathering of all the goodness in the world.

I AM the Gathering of all  
Ascending Energies and Consciousness on Earth.

I AM the Gathering of all Angels and Elementals  
and their Royal Kingdoms.

I AM the Gathering of all Sacred Fires and their  
Forcefields of Energy, Vibration and Consciousness.

I AM the Gathering of all Ascended Masters and Cosmic Beings,  
the Spiritual Hierarchy and the Great Light Brotherhood of Earth.

I AM *in* this Gathering and *of* this Gathering ...and I AM Home!

I AM passing through the Transfiguration, Resurrection and the Ascension into this Cosmic Gathering on Earth!

I AM the perfect reflection of Ascended and Free Light Service, Transfigured, Resurrected and Ascended upon the screen of life!

And SO IT IS!

Beloved Ones, our loyalty to Eternal Flame is the Power of True Identity being lived in daily life! This is everything that brought Victory to my Ministry and now to yours! The Gathering of Ascending Humanity living its True Identity empowers the greater *Forcefield of all the goodness in the world ...the **Gathering of all Ascending Energies***. This is the engine that *drives the trajectory of 'the present' into its future of Spiritual Freedom for Humanity ...by living this Reality in the present!* This is the Power of the Great I AM on Earth ...the Voice of the Great I AM within daily life ...the Keynote of Cosmic Christ, now sounding from within Humanity, through returning her to her Divine Origins.

The Divine Instrument of the Eternal Flame and its Infinite Radiant Light is you shining for the Glory of God. That is the essence of your Divine Plan. You then radiate your Ascended and Free Energy, Vibration and Consciousness into the atmosphere of Earth, adding to the Cosmic Momentum *that now returns Earth and Humanity to First Cause ...the **Original Divine Plan for Earth** ...an Ascended and Free Planet as the Star of Spiritual Freedom, with her Ascended and Free I AM Race!*

*Together, standing in the Light, we forward all of this by simply becoming our Divine Potential ...the Holy Christ Self Ascending into its Solar Christ Self ...living our True Identity and functioning as the Divine Instrument embodied! Victory is ours!*

And, SO IT IS BELOVED I AM!

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## SOLACE FOR LIGHT SERVERS

Beloved Ones, we are in 'interesting times', where there seems to be much tumult (pandemics, economic and political upheavals and polarization, climate change uncertainty, etc.) ...so, we offer some solace for the Light Servers, in the form of various Blessings from the Ascended Masters. They remind us that even with the tumult, the

Gathering of Ascended Humanity is attuning to the Divine Conductor ...and beyond, to the Divine Composer. These Invocations and Benedictions represent earlier Ascended Master Teachings ...from across time, cultures and religions ...that have been offered to accomplish this 'Attunement with the Divine' *in difficult times*. We present this in the spirit of attuning all our Divine Instruments in the same Key, Tone, Vibration and Energy Level of all the Sacred Fire Forcefields now in action this Cosmic Moment.

Consider this as encouragement, a guide in the daily conduct of our Creative Faculties ...as we are in training for the Ascension, just as if in Ascended Master Temples. Much of this will be familiar to the Light Servers ...but for some it may be 'just the needed inspiration' supplementing years of Ascended and Free Teachings ...*and still enjoy our daily life of Light Service*.

***TEACHINGS FOR THE PREPARATION OF OUR VEHICLES  
...FOR THE NEXT LIFE WAVE COMING!***

A. TREATISE ON SERVICE BY LORD KRISHNA ...from  
***original, ancient Vedic documents:***

SERVICE IS THE LAW OF LIFE

"To Children of God who walk the Path of Life and in that Journey seek the purpose for their being, Greetings!

Service is the Law of Life. From the moment individualization takes place, the Flame begins to accept the responsibility to give a balance to the Universe for the privilege of drawing breath, using Life and sustaining a separate existence ...by which understanding, and illumination brings freedom to the consciousness.

As the Law of one's Being *is Service*, the experience-life will constantly make it necessary for the individual in some manner to serve his community, his nation, his fellow man. Individuals who do not choose to serve are temporarily taken out of the race of Life (between embodiments) until they will accept again their responsibility to be conscious servants on Life's Path. Yet all the heartache, disappointment, disillusion, and failure of embodiment, comes *because the natural drive within the Lifestream to serve has not been illumined to a point where the individual knows that **service to the Godhead alone is the Law of Being*** ...and the ultimate purpose for creation and sustained Life.

When a person serves individuals, as for example serving a nation, a monarch, the presiding head of a country, he/she serves form ...and the return will always contain the imperfection

which such 'externalized form' may find at the heart centre of its existence. When man serves God, his service will take him into the presence of individuals, nations, or monarchs, and he will greatly benefit them all, knowing that neither his reward nor his ultimate goal will come from his beneficiaries. People who now serve through duty or moral exactitude, one day will understand 'First Cause' and serve God through Love ...thus serving all life!

The physical Sun is shining in your Heaven. Humanity is the beneficiary of its light, but the Sun shines for the Glory of God. Helios (Whose aura is the Sun to the Earth) is not necessarily cognizant of the many who benefit by His Presence nor of those who curse the heat that parches the fields ...or possibly the light that illumines the 'dark doings' which prefer the shadow. His service is to shine for the Glory of God! And then He knows no disappointment ...because there is One unfailing Source of Gratitude and Love and Constancy ...and that is Universal First Cause.

To serve God does not mean to disassociate oneself from one's fellow man, nor cast off the obligations that experience-life has called the soul to accept (daily care of self and others). But it is the motive of your life, action and being, that sets the desire to serve the Universal First Cause of Good. Whenever you meet goodness, then enrich the Cause of Good! But not to the point where you expect return from the object which happens to benefit by your love of God. For your 'higher return' will always come from the Sun of your own Being.

How many brave beings have missed the mark in life by misunderstanding the Law of Service? In each Nation today, there are many serving their own desire for authority in the creation of form, through thought and feeling. But in their eternal journey, at some point they must again dedicate their 'soul nature' to Service of the God-purpose, as the Sun does, before they shall come again to peace.

Service is the expansion of the Three-fold Flame of one's Being ...expanding its Love, Wisdom and Power. It is the externalization of (higher frequency) Energy Waves (the electron in 'wave-function'). The Sacred Flame will then bring upon its return current, the vibration of that which is served. Two individuals standing on the same spot, performing exactly the same physical acts, can receive an entirely different return current, determined by the motive which they have decided to serve, preceding the actual activity.

The one dedicated to serving God's Cause in bringing happiness to life, can render the same physical ministrations

and yet be utterly relieved of any feeling that a recompense shall come from the object so benefited. Another, with equal sincerity, seeing a need for ministration, desiring to relieve some apparent need as the externalized objective, but does not center his service and dedicate it Godward ...but rather rushes forward, fills the need, then, having served 'the limited', receives back into himself only the gift that the imperfect can offer ...and if he receives none, is embittered in his service.

I have come and remained in your civilization because My Love of the Father of Light and the Mother of Love is great enough that I would bring to your race the Gift of Their Presence. And when my work is done, I shall leave. But neither your race, nor your time, nor your failures, nor your successes, shall enter into the quality of My Service. If there be one or one million that benefit, it is no matter, and one day when you feel likewise, you will know Peace. For Peace comes only when, to the best of your ability, you are endeavoring to serve the Cause of Good, externalize it and have no concern with any external activity in relation to its effects upon your Service."

#### B. "Code of Conduct for a Disciple of Holy Spirit"

...on "individual application" and what it implies ...from the Lord Maha Chohan, Teacher and Mentor to the Chohans of the Seven Rays ...and Representative of Holy Spirit to Earth. This was given when Beloved Holy Aeolus held this Office within the Spiritual Hierarchy. He has since graduated to become *representative of Holy Spirit to our Solar System!*

1. Be conscious ever that you aspire to the fullest expression of God and devote all your being and service to that end, as expressed so ably in the First Commandment.
2. Learn the lesson of harmlessness; neither by word, nor thought, nor feeling, inflict imbalance upon any part of Life. Know that improper action and physical violence are but the lesser part of the sin of *harmful expression*. *Guard against criticism, condemnation, and judgment.*
3. Stir not another's sea of emotion, thoughtlessly or deliberately. Know that the storm in which you place his spirit will sooner or later flow upon the banks of your own Lifestream. Rather, bring tranquility to life and be, as the Psalmist so ably puts it, "oil on troubled waters".
4. Disassociate yourself from the personal delusion. Do not allow self-justification to reveal that you love 'self' more than the Harmony of the Universe. If you are right, there is no need to

acclaim it; if you are wrong, pray for forgiveness. Being mindful of 'self', you will find the rising tides of indignation among the more subtle shadows on the path of Right, called "self-righteousness". Guard against spiritual pride.

5. Walk gently through the Universe, knowing that the body is a Temple in which dwells the Holy Spirit ...that brings peace and illumination to life everywhere. Keep your Temple always in a respectful and cleanly manner, as befitting the habitation of the Spirit of Truth. Respect and honor in gentle dignity all other Temples, knowing that often within a crude exterior burns a greater Light!
6. In the presence of Nature, absorb the beauties and gifts of Her Kingdom in gentle gratitude. Do not desecrate Her innocence with imbalanced thoughts or emotions, or by physical acts that despoil Her virgin beauty.
7. Do not form or offer opinions unless invited to do so ...and then only after prayer and silent invocation for guidance. Again, guard against criticism, condemnation, and judgment in the mind.
8. Speak when the Mighty God Presence within chooses to say something through you. At other times, remain peacefully silent ...detached like a Buddha.
9. Make the ritual ceremony of daily life and the observance of God's rules, so unobtrusive that no one shall know that you aspire to Godliness ...in case the force of his/her outer will might be pitted against you ...or, so as not to allow your service to become impinged with pride.
10. Let your heart be a Song of Gratitude ...that the Most High has given into your keeping the Spirit of Life ...which through you, chooses to widen the Borders of Perfection.
11. Be alert always to use your Creative Faculties and the Electronic Light loaned to you by the Father of all Life, in a manner to extend His Kingdom.
12. Claim nothing for yourself, neither powers nor principalities, any more than you claim the air you breathe or the Sun; using them freely but knowing it is all Universal I AM revealing herself.
- 13 In speech and action, be gentle ...but with the dignity that always accompanies the Presence of the Living God within the Temple.

14. Constantly place all the faculties of your Being, and all the Inner unfoldment of your Divine Nature, at the feet of the God Power within ...especially when endeavoring to manifest perfection through one in distress.
15. Let your watchwords be gentleness, humility, and loving service. But do not allow the impression of humility to be mistaken for lethargy. The servant of Father / Mother God, like the Sun in the Heavens, is eternally vigilant and constantly outpouring the gifts which are in his/her particular keeping.

Blessings and Love, Maha Chohan