**Excerpts from “Ascended Master Instruction” – Book 4 By Beloved Saint Germain**

Pg 86. Every Student of the Light should, at least once a day, take inventory of her consciousness and see wherein there is an element that needs eliminating, and then proceed to do it. This must be done by use of the Consuming Flame.

Pg 90. “*Therefore, every real Student will always withhold all criticism, no matter what the appearance may be.”*

**Recommended Daily**

Pg 7.  Daily exercise:  You may do this at any time during the twenty-four hours.  Stand erect, face the east, and say mentally or aloud (be guided by your own feelings as to whether you should say it aloud or not), But let it be firm:  “Mighty God in Me!  I face Thy Eternal Sunrise and receive Thy Mighty Radiance and Activity visibly manifest in my experience now.”   Comes with a warning that students must be sincere in their determination to have and serve the light unconditionally.

**Opinions & judgement**

Pg 64. *The most vital thing in human activity is the necessity of positively refusing to sit in judgment on the activity of another human being*. To condemn, criticize, or feel curiosity about the affairs of another, except to wish them Godspeed and that all is well, is not permissible for the real Student or the one who sincerely wishes to reach the highest attainment.

Working on the non-judgement ethos pg 106 Ascended Master Instruction, Beloved Saint Germain: For anyone, outside of a Teacher (I mean by that a real Teacher of Light), **who has an opinion about another individual**, is intruding upon that individuals' freedom; and it simply should not be done!

Pg 87. How to help in national activity: whenever you read a negative report, instantly take the conscious stand that there is only God and His Perfection there, sustained by His Mighty Messengers. Command all the press to be God’s Messengers of Right and Truth.

Pg 106. Warding off suggestions that are intruders upon our God-given Freedom. Hence wise statement, our friends are sometimes our worst enemies. *For anyone, outside of a Teacher (I mean a real Teacher of Light), who has an opinion about another individual, is intruding upon that individual’s freedom; and it simply should not be done!*

**Energy & free will**

Pg 66. *Whatever your attention is upon is your God, for there your energy is flowing, and your energy is your Life!*

Pg 101. God can consume that which has been personally generated. (see entire paragraph – excellent)

Use power, energy and mean it with feeling, which carries the force of Accomplishing Power.

Pg 113. Blue Flame stimulates the Electronic Action within the physical body and ignites the Gold, Pink and Violet Flame in Its Force Field. This sets these Activities into Action, as the force from the Electron radiates out. The true nature and colour of the Electron is in reality an intense Sapphire Blue.

**The Student who constantly asks for Divine Love to enfold and Wisdom to direct the Power he or she uses, will enable this Activity to become so anchored, that after a while the very use of the Rays will naturally call forth Love and Wisdom in Their Action.**

Pg 118. These are the two opposites. To allow oneself to drop into a fit of discouragement or despondency is but letting oneself be used. Instead, one should rise up and utilize his opportunity. He should generate intense love, the opposite pole to his despondency or anger; and through this he would master his problem. However, this is seldom found. But the one who will do it, is always master of every condition.

Pg 119. Reminder self-pity the strongest disintegrating force of any one attribute of negative consciousness. When a Student, because things have not been accomplished for him, suddenly takes the attitude, ”Why isn’t this accomplished now?” I want to say that this point is not of any consideration if he really wants his manifestation. His part is to stand with firm, unflinching determination to the only Power that ever acts, which is God in himself; and without thought or question of why a thing isn’t accomplished, take this stand: ***“By the Power of Almighty God in me, I know that whenever I stand with determined desire to accomplish something constructive, it cannot fail.”***

Know that when the decree has gone forth with any constructive desire, it is God action. Then of course you must know and feel that it is impossible for It to fail.

Pg 123. Absolutely absurd to allow yourself to become negative. *“I stand with God and refuse to be affected by this seeming appearance.”*

Pg 129. No one can be blamed for conditions, except the individual himself. No child can blame the parent for anything. Energy is always present in great abundance; but if not rightly used, things cannot be accomplished. Any affliction within the individual is his or her own creation. This must be recognized by Students so there will be no drifting away from their own responsibility. The cause of one’s seeming slowness of advancement, many times, is because the Student or individual is consciously or unconsciously looking for the manifestation rather than the joy of entering into the Great Heart of God’s Great Silence. Pg 130. If Students understand this it opens a new gateway to their growth and causes them to look entirely within themselves for everything. Choose upward path and have assistance from Ascended Host & Great Devas. Keep looking and asking the Mighty Presence to show clearly the Way and to answer questions – they will be answered.

Pg 133. We are all using enormous energy all the time, and the thoughtless use of it is enough to move a mountain. The Mighty Stream of Life flows ceaselessly on, it is easy to enter that Stream and Its Perfect Action in the Recognition and Acceptance of that Mighty Presence of God in us. The moment one entertains discordant thoughts and feelings, he has turned out of the stream and discord continues to build.

**Outer & protection**

Pg 77. No matter what seems to be taking place, drive into the midst of whatever the condition may be, the Consciousness that there is but One Cause that has any Power – and that is the Wisdom, Power, and Presence of Almighty God in Full Action there. Sometimes the outer activity must reach a certain peak of expression to burn out, as it were, the human generation of wrong action. We must know positively and with certainty, that back of every outer activity are God and His Messengers watching the moment to strike, and pouring into the condition that Presence which consumes the wrong and raises the Right into its Perfect Activity. Pg 97. Students so often unknowingly drop into the mental attitude that they of the outer have to do certain things, when the True Activity is but to keep the attention centered upon that Mighty Inner God Power which is the only “Presence” that can ever achieve any permanent results. Pg 97, when referring to Inner Activity – they will use words “Divine Will”. Referring to outer activity will use “determination.” Knowing that the outer determination to do or accomplish something, opens the Inner door for the Inner Power to rush forth to its fulfillment – this removes instantly all uncertainty that it can be done. This is so important to the Student who wishes continuous, definite progress.

Pg 98. Know and use always, “*God! Surround, me, and protect me from every outer vibration!”*

Pg 102. Use constantly: “*I move within the core of the Ray from the Great Central, Spiritual Sun, and ‘I AM’ always within Its Invincible Protection!”*

*“Reveal to me something that will put my finances which are mine by Divine Right, into my hands quickly; and sustain me in it, through overwhelming and everlasting Light and Love!”* Say also: *“Open Your Channels for my Mighty Supply! Put it in my hands now and continue it permanently!”*

*“God! Open all channels for my money supply now, and I accept nothing else!” “Dispense this in Thy Perfect Way through me in Wisdom and Love!”*

Pg 107. The outer, in the beginning of the advancement, will find every excuse to try to get the attention on outer things or on the body, which in its ignorance it claims as its own. The only sure release from bodily conditions is to take the mind off the body and keep it off. If there seems to be something that needs correction in the body, put your mind on God and hold it there until the condition that seems to need a remedial agent suddenly disappears.

Pg 112. *“God, the Mighty I AM Presence’! See that every part of my body is governed harmoniously and that I am not affected by atmospheric conditions! God is the Center of my being and governs my body in Perfect Harmony at all times! I do not accept suggestions from those about me, either from the spoken word or from appearances! I move Free! Forever Free! In my Mighty God Presence!”*

Pg 122. Challenge and battle the outer self. Get up and go on serenely.

**Discord & Disturbance**

Pg 78. Do not at any time feel disturbance at any of the things that take place in the outer world, for all is tending upward towards its Eternal Perfection. *The attitude of the real Student: “there is only God acting in this situation, and He will bring Right and Justice out of it!”* Awake! And stand for the One Presence of Right and Justice! The willingness to face the human creation and its error, and turn about, takes very great strength.

**Thought**

Pg 60 – all creation takes place by thought. The thought draws to itself the Universal Substance, producing any desired form according to the quality of the desire or thought.

Pg 79. Thought gets to revolving, stirring up, and generating the feeling; then it becomes difficult to control it. To any disturbing thought say, *“I refuse to let you act – now get out!”* **Every Student should face herself, see what there is that needs correcting, and then proceed to correct it. There is only one cause in every individual’s Life, and that is his own conscious creation.**

Pg 81. It is so easy for the Student always to govern thought if she will only do it before it gains momentum. Say: *“Here! Now, stop! Get out!”*

Pg 85. **Self-pity is one of the most stifling things which impede individual progress,** and yet it is so easily governed when once understood. Pg 86. Every Student of the Light should, at least once a day, take inventory of her consciousness and see wherein there is an element that needs eliminating, and then proceed to do it. This must be done by use of the Consuming Flame. In this way, he keeps the consciousness cleared and the pathway open to the Mighty Inspiration, and he will be much less annoyed and disturbed by undesirable thoughts.

Pg 89. When the outer self sees that it has lost its foothold and is slipping into oblivion, it concocts all kinds of pretences to try to gain recognition. When firm determination is there to think, feel and experience only the Beauties of the Christ, there is left no opening for the outer to intrude itself and cause disturbance.

Pg 132. When disturbing thought comes – put it out instantly DO NOT accept it or allow it to get whirling into a momentum. Say “Get out! There is only God and His Perfect Activity in My Life, home and affairs.” Knowing “There are no personalities here! There is only God in Action everywhere present.”

Pg 135. Astrology – the idea that individual are affected by the radiation of a Planet is perfectly absurd. For a force to operate, it must have intelligence back of it. knowing that God is the All-acting Power in the Universe, then We know that the Quality from any Planetary Intelligence can only be good, unless the mind of the individual requalifies it. The present astrology is a constant throwing of obstacles into the path of the individual. The idea that one of God’s days is any more or less perfect than another for the activity of God’s Children, is the most absurd thing imaginable. I am amazed that people’s thought is so shallow that they do not think this through and see the absurdity of it.

Pg 136. Take your questions to your God Self. “God show me and tell me the Truth about this thing.”

Hold fast till the answer comes – it is the same with mental work. When one starts a thing, he should continue on the way until he attains it. If the Student of understand sees a wrong condition, then by knowing that there is only God in Action – it might be considered qualifying, but it is really loosing the God Power into action within it. this is not really re-qualifying, but instead is using the God Quality already there. Regardless of what is taking place, all energy is God’s Energy.

The animal element came through the lower activity, or the conscious lowering to creating for pleasure. The bodies of animals are the objectification of the thoughts and feelings held in the outer consciousness of human beings when they created simply for the gratification of appetite and pleasure sensation.

**Asking & contemplation**

Pg 61. When you become quiet and get deep, deep into the Silence, say “Great Self, speak to me.” The mind cannot conceive anything that is not possible of accomplishment.

Pg 90. “*The matter of knowing God is simply the restoration of forgotten memory.”* Pg 91. Anyone with persistent effort could command that *that complete Divine Memory be restored – and it would be done.*

**LOVE**

Pg 66. Divine Love is the Mightiest Presence and Power in the Universe; and when one learns to pour It into every condition less than Itself, he will come to know that he is focusing the core of that Mighty Ray into Its Invincible outer Activity. This Ray of which I speak is the one which has Its own natural Quality of Impenetrability.

Pg 111. The True Activity of Love: when an individual feels that he or she cannot give forth Divine Love, it is because that one does not understand the True Activity of Love. Where two individuals are concerned – one seeming to be in disgrace while the other so to speak stands guard – a person does not direct the attention to, or attempt to love the discordant thing; but he is to love the Glorious Being imprisoned within the individual, because of Its Perfection and because the discord of the outer self has bound It. The Christ Attitude would be to send Great Love to that imprisoned Presence, which is God – the Light within the Individual. This, anyone can do with Great Devotion.

Pg 127. At least once a day, demand that your world be flooded with the mightiest Activity of Divine Love.

Pg 132-3. Love being the Hub of the Universe, is naturally the cohesive element and is the Power that projects into form. If people do not love enough – or not at all – they are shunned by everything, for they repel; those who love, attract.

**Manifestations**

Pg 67. Failure to notice the small manifestations of that Great “Presence.” How can we receive the greater if we are not giving recognition to the smaller? The more recognition we give to the small manifestation, the quicker will we receive the greater.

Pg 68. The *moment a demand for a thing comes, it shows that it is forthcoming!* We first raise the body in consciousness. When we become conscious that *it is possible for us to raise the body,* and take the determined stand to do it – that moment the Law of our being is set into motion to produce the perfected accomplishment.

Pg 120. If the Student suddenly allows discouragement or despondency to sweep over him for one hour, he may according to the intensity of the feeling – dissolve all he has accomplished through days of earnest work. This is a reminder to the Student to stand his ground and never yield or give power to anything but that Mighty Presence of God, which accomplishes all things through His Mighty Presence and Power of Divine Love. Any constructive desire is the using of the Inner or Divine Will. One can generate consciously at will using joyous determination. By stilling oneself and joyously entering into the consciousness of how Limitless God’s Power is. The manifestation will come if you want God enough.

**Healing**

Pg 75. Beloved Cyclopea is in charge of the Healing Ray to Earth. The Healing Ray, which is a blending of Gold and Violet, is always an Independent Ray. The Gold is Divine Love, and the Violet is Spiritual Power and the Consuming Activity which dissolves human accumulation.

Pg 107. The outer, in the beginning of the advancement, will find every excuse to try to get the attention on outer things or on the body, which in its ignorance it claims as its own. The only sure release from bodily conditions is to take the mind off the body and keep it off. If there seems to be something that needs correction in the body, put your mind on God and hold it there until the condition that seems to need a remedial agent suddenly disappears.

**Truth**

Pg 81. Command: *“I, Christ, the ‘Mighty I AM Pre*sence,*’ command that there be no interference in the Truth being conveyed to anyone, for Truth is always Its own Defence.”*

Pg 88*. Command often: “Let there be Light!”*

Pg 106. S*ay often, “God alone is here, and I see and feel naught else.”*

Pg 111.If old personal habits are broken up, there is no resistance to the Truth.

 Pg 134. The truth is that the Great Central Sun is a Presence, a Form, and a Place within the Center of Creation, radiating in all directions. I assure you It is a very Tangible Place, a Mighty and Tremendous Reality.

Pg 143. The more intense the joy reaching out for Light and Understanding, the more is It hastened into activity in the individual’s Life and world. The more one accepts the Inner Truth as a Reality. The more that one can be used as a Mighty Messenger of the Light.

**Obedience**

Pg 105. Where there is no thought or feeling of rebellion; judgment, or resentment of one another, what Glorious Heights can be reached.

Pg 95. Unless you can feel this willing, joyous obedience, it is not possible to continue this Work.

***Use this every day:*** *“Today, I will stand guard; and I will not become so interested in the outer activity that it will not give me opportunity to receive the great Radiance of the ‘Presence.’ God, govern and sustain me in the governing and master of the outer conditions.”*

Obedience is the most important of all things. Nothing so destroys the attention as rebellion within; for it not only rebels to the outer but to the Inner.

*For writing:*  if accustomed to writi*ng,* make up your mind before you begin, to keep a certain spot as a focus.

Pg 103. Say often, joyously:

*“I stand with God, the Supreme, Reigning, conquering ‘I AM Presence’; and as that ‘I AM Presence,’ I do not want for any good thing!” “God! Give me some money now, today!”*

Know:  *“This home is sealed in the Heart of the Cosmic Light and Love, and every right desire, is created instantly!”*

*“I have the Mighty Presence of God in me, and I do not give recognition or power to anything else!”*

*“Only the Ascended Host of Light can contact me mentally this day!”*

*“My Great Love Self, I do receive instantly all of everything I require!”*

Pg 127. God is alive within you. Do not allow Him to be silenced by the doubts and fears and uncertainties of the human self! Obedience is the most importance of all things.

**Determination and Power** – are the two Wings of the Soul, pg 107.

Pg 109. Using your Wings of Determination and Power, say: *“God, solve this problem and do it at once! I give You all the power where it belongs! I recognize You as the only Activity! Therefore, this appearance has no reality and dissolves instantly before Thy Mighty Presence!”*

Pg 110. The Student should with all tenacity break up every old personal habit no matter what it is – for that is the thing that binds. When old habits are set, a rebellion in the outer takes place when a change comes; and this always disturbs the feelings. This is one of the greatest unrecognized barnacles of the Soul. There is not one person out of a thousand who has the slightest idea of the number of these old personal habits until he turns about and looks at them; then he can see how these incrustations bind him. If old personal habits are broken up, there is no resistance to the Truth.

Pg 124*. “I stand with God and refuse to be affected by this seeming appearance.”* If we permit or allow negative conditions to control us, nobody can help us, not even God himself.

**Recommended Daily**

Pg 127. At least once a day, demand that your world be flooded with the mightiest Activity of Divine Love.

Pg 130. Call on the law of forgiveness every day and give praise and thanks for having come to the point of consciously knowing the Mighty God within.

The following some miscellaneous Affirmations from Ascended Master Instruction book 4, pg 31

I AM God’s Child and I can do everything God wants me to do, and I do it now.

I clothe every atom of my world this day with Infinite Love and Wisdom.

This home is the Heart of Divine Love’s Operation.

My body is the Heart of Divine Love’s Operation.

My mind is the Heart of Divine Love’s Operation.

My world is the Heart of Divine Love’s Operation.

I AM the Divine Plan of the Light in perfect physical operation now and forever.

Bottom same page – “God within you is alive.  Do not allow Him to be silenced by thought-forms of your sense perceptions or fears.  Always remember that God and His Manifestations are One.

Pg 127 notes and affirmations:

“Mighty I AM Presence, give me Thy Foresight and guard all future activity that everything concerning it may be maintained harmoniously.”

“In the Fullness of the Presence is the thing that I desire.”

“God, the Mighty I Am Presence, surround and protect me from every outer vibration.”

“I AM always Christ Victorious.”

Pg 139. “I AM the Presence that disconnects my being and world from the magnetic pull of Earth and all human creation.”

“I AM the Presence that frees me from any condition.”

Human soul – pg 137.

Pg 138. The Soul went forth to conquer all negative condition and again return to that Perfect State, crowned with the Victory of Self-conscious Knowledge. This is why one cannot learn from another’s experience. Each must go through all experience and conquer himself. Self-conscious Knowledge, gained through the Life of experience, gives one infinitely greater capacity, greater understanding, greater power than one who has never come into.

Music

Pg 141. The Power of the Music was sent forth to all the Earth – to heal, to bless, to bring Peace, and to prosper. Give forth praise and recognition of this Blessing constantly; and from this day forth, you will find a great change taking place in all your affairs.

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Part 2 from page 146.

**Command and Control**

Know always that you are God commanded, so you guard yourself that you do not give power unknowingly to any outer thing. No matter what is attempted by the outer, it has no power unless it be of God.

Pg 146. For keeping awake: If you find yourself feeling drowsy when you wish to work, command the cause to be consumed, that you may stand free to do that which you wish to do. *“God is her in action! I will be alert*!” Pg 192. When one has had sufficient sleep, one should take a firm stand and dismiss all drowsiness. Say to such a feeling. “*I AM alert and God is her in action!”*

For going to sleep: Command through your Mighty Inner Presence that when you wish to sleep you are held in that Presence – Invincible and that the body sleep as an infant.

Command as Christ: when you command from the Christ Standpoint, only Christ like results can follow. Of that you can be absolutely certain, because when you command as the Christ, you immediately cause the Inner Activity to take place. It shuts off the outer, using it only as a vehicle of conveyance. As you continue consciously to fill your thought, mind, and body full to overflowing with God, you will find that you are utilizing an Invincible Armour that will build into a Permanent Guard of your thought and intellect.

Pg 151. In the control of the waterpower of your physical world, you have gates by which you control its flow. So, within the consciousness of each individual is that Gate of Pearl which it is possible to raise at will, letting through the River of Life, causing it to flow when and where you will, or where there is a need or demand. This can be quickly acquired when one is able to shut out the questioning of the outer mind. All accomplishment comes through the steadfastness and unwavering consciousness – paying no attention to the outer appearances, nor setting a time for results. Memorize this marvellous Affirmation: seems there must be a continual reminder, say tenaciously to every intrusion of the outer mind: ***“NO! Absolutely NO! I have been affected and led by your ignorance for the last time! I have entered into my Divine Inheritance and ‘Presence.’*** *Henceforth my attention does remain There, and all the outer screaming for attention I no longer hear. I have entered within the Sacred Circle of my Mighty Master God Self, and henceforth naught else but that ‘Presence’ ever finds recognition from me!”*

Pg 194. It is very important no matter what the requirement – that is, whenever the Inner Activity is expected to operate – to be strongly and clearly aware that It is always Self-sustained. If we can become fully aware that we are already in the state or condition we wish, we will then have taken the shortcut to the accomplishment. This is the remarkable Power of Vision, to feel ourselves in the state of condition we wish to manifest. The first activity of anything is to become conscious that we have the ability, through the Inner Presence to do what we desire to do. Without having the consciousness of being consciously able to do a thing, there is no outlet for it to act. To be conscious of a thing, gives it an outlet; and through this it can act.

Pg 282. The I AM Presence has the Fullness of all Activity within Its Consciousness; but in order to bring It forth the individual must in most cases have some use of the Inner Vision to release the Fullness of Its Activity. Use often: *“I AM the Open Door to all Revelation!” “I AM the Resurrection and the Life!”* See more examples pg 283.

**Faith and Confidence**

Pg 152. Faith important factor in gaining the use of the Light. Illustration: if you were going someplace where you had not been, you would have seen a map, heard a description, or in some other way have learned of this outer place to which you were going, having perfect confidence that the place was there. Underlying this is faith in some kind of report brought to you. Can you not have this same unwavering confidence and faith in the use of these Super Powers of which you have heard, although you may not have yet seen Them? If you would exert the same confidence and faith in reaching to and attaining the Perfect Contact with your Mighty God Self that you have in physically reaching a destination where you have not been, you would find the results a thousand times more wonderful. You would consciously reach that Inner “Presence” with far greater invincible certainty than you would the culmination of your outer journey. The fact is that in almost every walk of Life, we have a certain confidence that we can go to, do and be certain the outer. Why not have the same confidence in reaching the Inner Light, which bring you reward so much greater than the outer that there is no comparison? The Students must gain this certain, invincible confidence in their ability to right now step through the veil and enter into the Full Activity of their Mighty Invincible God self.

Recognize and know that the slightest activity in the outer, is always the Power or Energy of God acting. Know this! Then stimulate the activity of the consciousness into recognizing that as you consciously direct this God Power into the channel of your highest desires, you can enter into Its Limitless Use. You do this by recognizing that It is All-powerful and that *through your own consciousness you give it full Power.*

Pg 154. Students long for Perfection of form, voice, activity – when the only thing that stands between them and this Perfection is their own lack of unwavering confidence in the Inner God Power, which is the Life flowing through their forms to produce this desired effect right now.

*Marvels*: Do I startle you when I say that one minute a day of actually, joyously feeling this Mighty Perfection of God permeating your mind and being with Its Full Intensity, would in a few months transmute and transform your entire outer appearance? The same may be achieved in the use of this great Love, Wisdom and Power. Do not wait for something to demand it; but continuously, every time you have a few moments during the day, do the following: just be still and feel this Perfection of God filling every cell of your being, mind and body; and you will soon see sufficient results to go joyously on until the complete transformation takes place.

Most individuals, after a few times, a few days, and at most a few weeks, find the joyous enthusiasm waning; and the first thing they know, they have dropped the idea entirely – only because the restless outer has in some way gained their attention. I tell you Beloved Students, there is no use delaying the Day of Attainment. If you need to renew a garment or you have a desire for a certain kind of food, you find no effort in holding fast to the idea until it comes. It is not harder to enter into the full Illumination of Light, which contains the Essence of all outer form, and have that Perfect Manifestation in your Life – than it is to get the food or clothing. I leave it to you. Is it not much more worthy an effort? It is but a matter of holding fast till you accomplish it, and of not letting the outer thing switch you off.

Pg 159. Take the determined stand that “there is nothing too great for my attainment” – and hold fast to it. Then open wide the door for marvellous things to appear and occur. The Dove represents the Speed of the Inner Activity. It shows that the True Activity is gaining.

**Opinions & judgement**

Pg 169. Parents – the greatest thing parent can do when children reach the age of maturity is to consciously place these children in God’s Hands, which means to release them completely into the Protection and Care of each child’s own Mighty I AM Presence. Every time the presence of thought of the child is in evidence, rejoice that God’s Full and Perfect Intelligence is acting in his or her thought and feeling. The anxiety of the parent to the child is in 90% of the cases the cause of a wrong action – and especially so from the mother.

Pg 198. It is so unwise for one of God’s Children to sit in judgement upon another; for to do so, means that we are not exercising the full confidence in the Mighty Presence of God anchored in the Heart of everyone of His Creations. For each one to talk to the Mighty Presence in the other, asking It to perform and manifest Its Great Perfection in all outer activity, would be the ideal way and the correct usage of our thought, and would bring forth greater results than the outer can possibly comprehend.

Pg 228. Each one should take a firm determined stand that no thought of criticism, judgment or condemnation should at any time find lodgement in your consciousness. “*I AM enfolded in the Mantle of the Master Christ; therefore I maintain my thought, feeling and words free from all criticism and judgement.*

**Energy & free will**

Pg 161. Keep up Joyous Enthusiasm for that Magnificent, Eternal “Presence.” Remember that in all Activity done for another by the Ascended Host, it is always done through the Inner Radiance of the Student or individual. A Student or individual must first go out in consciousness to an Ascended Master or Great Intelligence; then that Intelligence can come back tenfold or more. It is the same with everything else: until you can recognize that a thing is a fact, how can you receive its benefit?

Pg 164. Happiness is a powerful alchemy. It is one of the most powerful purifiers of the human thought, feeling, mind, body, aura, and world of the individual. If the Students but believed and would experiment with himself or herself, he would find that he can generate Happiness at will. Suppose an outer thing draws the attention and causes some unhappiness. Knowing that God, the Mighty I AM Presence, is the only Source of Happiness, then the Student’s first move would be to turn the attention to the Giver of all Happiness and thereby would tune into the one Source from which he is certain to receive.

Pg 191. Mankind are condemned for the loss of energy through gratification of the sex pleasure; but I say to you, one may lose it just as easily without the outer gratification, where the thought is allowed to dwell upon the idea. It has been said that thought is the cause of all outer activity. I say to you, “Beware!” – for a picture of the lower desire may be placed before an individual and the picture will cause the thought to act. This shows the necessity of the control of the vision as well as the thought. The vision is one activity of the attention.

Pg 199-200. If one who has been physically labouring feels the necessity of rest, that one should first sit in a comfortable position and, entering into the joyous recognition of God’s Mighty Energy, feel It flowing through his or her mind and body like a Mighty Cleansing Stream. If the Students would practice this simple exercise daily, they would shortly come to the place where they could call forth a Mighty Stream, so that in three to five minutes they would feel entirely refreshed. I assure you the sense of growing tired from outer activity but a lack of joy in the thing you are doing. It may be something from racial thought or something from an inharmonious condition in the individual. Knowing the body of itself cannot grow tired, then we know the sense of being tired is a lack of joy or harmony in the consciousness somewhere. Naturally the first thing to do would be to still the outer and feel that Mighty Joy and Peace filling the mind and body full to overflowing. The first Requisite to the use of Exhaustless Energy is a continuous happy, harmonious state of consciousness. When we enter deep enough into the Consciousness of the Mighty Presence of God: we tap that Mighty fountain of Energy and we do not have to coax it. It rushes forth like water bursting through a dam; and we may direct It wheresoever we will, for that is our Divine Birthright and Privilege.

**Outer & protection**

Pg 173. Cataclysm – every time the thought of such an occurrence comes to mind, declare, *There is only God, the Mighty I am Presence, in action everywhere present.*

Pg 228. When the Inner has raised the outer to a certain point of recognition, the outer begins to rejoice exceedingly in its cooperative action.

**Discord & Disturbance**

Pg 177. Understand that the very fact of sincerely seeking the Light of God, if sought with sufficient sincerity and intensity, will cause all problems of the outer to be quickly and normally solved. If confronted by problems say: *Mighty God in whom I recognize and feel Thy full Power of Action! Through Mighty I AM Presence solve this problem and do it quickly.* Then calmly enter into the stillness, the silence. It is the feeling of struggle in the outer self that really causes the struggle.

Pg 202. Every experience that comes to the individual serves a double purpose: first to turn the attention to the only Creative Source, God; second, to make the individual aware that resting in that supreme Consciousness is the solution, instantly at hand, of whatever needs to be known. We do not receive it by throwing up our hands and screaming for help, but by taking the opposite stand and becoming so still and quiet in the outer that there is not a ripple of disturbance upon our consciousness. Then we will quickly find a solution to whatsoever is required. In the sincere recognition of the Great Intelligent God Self, we remove the possibility or power of the outer self of anyone to say or do anything that would be disturbing to us; for so long as we are resting in this Supreme Presence, Its Mighty Radiance of Energy is constantly carrying with It the Consuming Power of all outer disturbance. It is only when we allow the attention to begin to be held on an expression of the outer, that we give it power to disturb us. To instantly take the stand that there is no personality – there is only God in Action – would prevent the stinger of ignorance from finding a landing place. Ignorance, like a hornet, always wants to use its stinger, but does not know where to find a landing spot unless you disturb its nest. Divine Love is the original nature within every human being. Inharmonious feeling or activity is but misapplied energy trying to gain something by force, which it can only have permanently through kindly, harmonious action.

Pg 262. The disturbance in the outer self and world, in at least seventy-five percent of cases, is due to consciously or unconsciously receiving and action upon the suggestions of others.

Be it now and forever understood that to the Student or individual who has become aware of his Mighty “God Presence” within and enfolding him, there is no such thing as an adverse condition, no matter what the appearance seems to be. No matter what the appearance of anything seems to be, with the attention fixed upon this recognition, it is impossible for anything but good to come out of every condition.

**Thought**

Pg 198. Thought is one of the mightiest means of Creation; and as it creates the smallest thing, so does it create the greatest. This will illustrate how necessary it is that mankind should govern their thought and feeling. Thus, they would govern all outer activity in harmonious production. As we contemplate the use of thought, finding that it will create the simplest thing, then we must know that it will create all things. When it does not seem to do so, it is because unknown there is lurking doubt or fear. All sincere Students should analyze their thinking consciously, and see if there is doubt or fear of anything negative. If there is, find out what it is, and then proceed to eradicate it from the consciousness at once.

Pg 167. Octaves of thought exist with the atmosphere the same as the strata exist within the Earth.

First and thinnest is the octave of crime in spite of all appearances. The second is the octave of hate – considerably thicker. The third is the octave of anger – much thicker. The fourth is the octave of criticism and condemnation – still much thicker. It is the prevalent octave in which a great number of humanity move unknowingly. From this on up we begin to enter the light and find the octave of Toleration, which is the will to give everyone freedom in thought and speech. Then we enter the octave of Joy where we find ourselves rejoicing exceedingly in the recognition of the God Power in us. The next is the octave of Pure Love, from which we feel unmistakably the Presence of God, the Mighty I Am Presence acting. From this we come into the octave of Perfect Happiness.

Whenever we allow our consciousness – which means our thought, feeling, and spoken word – to dwell on the quality of any one of these octaves, we not only have whatever we have generated of that quality, but we open ourselves to the entire outpouring from that octave upon which we dwell. This means the full accumulation of that quality generated by the mass of mankind – past and present. This simple illustration will show how necessary it is to govern the thought, feeling and spoken word and make determined effort to enter into the higher octaves of consciousness.

Pg 184. Never lose sight of this fact for even a moment: *wherever we go in consciousness or thought, there we are.* You can demand any constructive thing of your Mighty I AM Presence and it will be done.

Pg 188. Break the habit of thinking out loud. It is a lack of controlled energy. Do not even in the simplest things in your daily activity allow the thought to be expressed in words as though talking to yourself. More students have fallen down on this particular point than any other one thing. A few days of watchful care will entirely overcome such a habit. The outer is a conglomeration of habits. In the Garment of the Student who has entered the conscious Path is placed a Clock of Protection of Thought. In talking to oneself, the worded expression breaks through this Garment of Thought, and the Student wonders why he does not make more progress. It is because he has caused a leak in the Fountain of Wisdom. Thought is truly the Activity of the Soul of the God-man, the bringing into Activity that Mighty Presence of Energy which may be qualified by thought to any Height of Sustaining Power and Intelligence. Become consciously master of your own thought. Pg 190. In this mastery lies full dominion. In conjunction with the mastery of thought must come mastery of the outer activity; for unless we compel the outer to live in harmony with our idealistic thought, it will pull the thought from its Height and degrade it. You have to pluck out the weeds, and leave it clear for the Inner Presence and Essence of God.

Pg 210. It is so foolish and childish for anyone who is sincerely interested in serving the Light to say that he cannot control his thought, feeling and spoken word; for where the sincere effort is maintained, the greatest Assistance is sure to be given. The words I can’t or have not are to be forever wiped out of the vocabulary of the earnest Students of the Light! When they once know the Mighty Living Presence of God is the Life Energy flowing through their minds and bodies, they must know that there is no longer any excuse for the use of such words. Put away all childishness of doubts and fears.

Pg 211. Consciously give full power to this feeling with all the joy at your Command: “*How true and wonderful it is now, in my Life and world!”*

Pg 233. The human mind will revert back to imperfection unless you keep a death-like grip upon it until it makes full union with the Golden Flame. Tell it to see that you are sustained in the constant activity of Perfection. Command oft*en: “I speak to you the conscious workers of the constructive process! See that Perfection is created and maintained in every function of all my bodies.”* There is no germ of any disease, except what the conscious mind creates.

Pg 263. It is useless for the sincere Student to say, think, or feel that he cannot govern his thought and feeling. I assure you that at first it does take determined watchfulness; but it must be done,... we can place the sign outside of the Magic Circle of our active Life, just a tangibly as we can place it on the outside of the door of our home to ward off unwelcome and unannounced strangers. Say: “*God! My Mighty Presence surround me with Thy Mighty Magic Circle that naught unlike Thee may find entrance at any time. See that this is sustained without a break anywhere; and with Thy Invincible Power and Wisdom, enable me to govern and qualify eternally all thought and outer action with Thy Full Dominion.”*

*“Stop! Look! Listen!” –* every time you are tempted to make a negative statement, or admit things less than Perfection. Say: “*By the Power of God in me, I can acquire full mastery and do it now; and I positively refuse to give power to outside condition, person, places, things, or activities. I have learned to know that there is only God in my Life, my mind, my body, my home, my world, and my affairs.”* If necessary shout to yourself within: *“I stand firm! There is only God in Action in everything with which I am concerned.”*

Pg 268. Could individuals see how they clothe themselves when they wallow in vicious or unkind thought or gossip, they would scream for deliverance; for I assure you, I would not stain the Consciousness of your Great God Presence by attempting to voice such a description.

**Asking & contemplation**

Pg 159. Contemplate and meditate upon this often: “I can and do precipitate whatever I want. The Inner knows the Perfection and has precipitated the outer.” Know that you can restore that Perfection where it belongs.

Pg 267. Use: “*Mighty Master Self within! Command and direct the little inner workers of my mind and body, and see that they produce Perfection in every organ and part’ and see that this constant, constructive process is sustained and maintained continuously*.” Renewal of the body: with this Understanding it should be very easy for each one to experience complete renewal of the body within a year. The fact is that there is no imperfection in any part or organ of the body, which you have not placed there through your thought. Therefore, you see how easy it is to stop that wrong thought-activity and change it into building the Perfection, instead of the imperfection.

Pg 269. For energy: “*I absorb the Mighty Presence and Energy of my God Self, and it expresses as alertness, joy and abundant activity in my outer Life and affairs!” “God is my Energy, expressing in my outer activity right now!”*

**Love**

Pg 203-204. If individuals could only recognize that God’s Love is the natural motive power of their being, they would see at once how their attempt to use energy not qualified by this Mighty Power of Divine Love, must necessarily bring them just the opposite results from those which they wish. The first simple essential to the constant use of the mighty constructive energy is to determine to move within the Sacred, Charmed Radiance of your Mighty God Presence. We have often seen through many lesser experiences that we can do what we are sufficiently determined to do. The moment we become conscious of God’s Energy we set It in motion. In It’s Infinite state It is static. Consciously directed It is dynamic. This is the reason for the demand for the conscious use of understanding. This is the subtle point where individuals fall into a state of apathy and it should be avoided as you would a poisonous serpent. Pg 205. Do not let seeming lack of anything find a resting place in your consciousness. Take your stand that you are free right now, and feel it. When we love God enough, it causes us to enter into the Presence sufficiently so that whatever we wish is forthcoming. **The first and most important service of every human being should be his or her devotion to the Great Light**.

**Manifestations**

Pg 159. Each one has the power to enter into the God Self when and where you will, for the accomplishment of any good purpose. Make your outer mind continually acknowledge this: “I AM through the veil now.” Cut off this outer thing that keeps saying you are not.

Pg 182. No individual can gain wealth or the renewal of wealth without knowing that God, the Mighty I am Presence, is the full Source, Power, and Intelligence of its production – and God must be given full credit as the only Producing Power. No human effort without the Presence and Activity of God ever amounts to anything.

Pg 270. Individuals are so prone to look at the outer things as so important and tangible, when the Inner things are far more tangible.

**Healing**

Pg 182. The apples of this season will possess an essence in their substance which they had not heretofore had. It would be well for a time if you ate three apples a day. This will throw off the sediment in the body without making it apparent. More perfect tomatoes have also contained this element being radiated forth.

Pg 213. Use for pain in the head: This thing is nothing! Therefore, there is nothing in me that can accept it. I know there is only the Mighty PRESENCE OF God acting in my mind and body. Therefore, in God’s Activity there is no pain for disturbance. Many times if you begin to contemplate a source – something causing a disturbance – it gives it power. Sometimes it is necessary to know, but now we must take the stand not to accept anything of the negative. Give it no attention, therefore no power. If there seems any unusual activity at any time, take the consciousness, *All of God’s Activity within my mind and body is perfectly natural and normal.* Use often: *There is only God in Action in my mind and body!* If there is a wrong thought about an experience, you neutralize or re-qualify it and thus you lose it’s Blessing. In all of God’s Activity in the Raising Process, it is impossible for It to contain any disturbing element unless the outer mind *misinterprets it and re-qualifies it as a disturbance.*

*Pg 214. Remember:* to avoid this, one should at all times, in feeling an unusual vibration within the mind or body, take this attitude about it: *“How beautiful and glorious this feeling is, for I know it is God’s Great Presence at work within me!* Mighty Truth: *“There is no personality! There is only God in Action!”*

Pg 231. Dominion over the body: people can if they will realize it, talk to the organ or parts of the physical body just like they would to a child from whom they wish obedience. Can say: *“now you get into perfect normal activity and see that you maintain it!” “See that my body is supply, perfect in form, and beautiful; that my hair, eyes and every part of me glows with the Light of the Inner Activity.”* Th*e* only reason those who know this do not get their manifestations is because they do not stay on the job. If a disobedient child were destroying something beautiful and valuable in your home you would certainly put a stop to it. The time has come for you to do permanent work on your bodies. The work of repairing and perfecting the body is done through the Electron. Say to the intelligent workers in your entire body. “*Get to work and see that every particle of this structure is replaced with God’s Perfection.”* Do this especially at night before going to sleep. Realize you are setting to work intelligent Beings who obey you. Pg 232. To meat eaters: the reason that flesh food does not belong in the human body is because there is a certain animal quality in the natural structure of the flesh and this automatically acts from its own trained environment of activity.

Pg 234. For healing more quickly: Whenever you visualize the Golden Light acting, qualify It with Infinite Intelligence and command these little workers to create and maintain Perfection in the mind and body.

**Truth**

Pg 160. Get the Truth fixed forever in your consciousness that when you give a Command as Christ, the command is fulfilled; for God is the Power acting. Get away from all this wishy- washy doubt. Doubt is like being tied to a rubber bank. It lets you get away just so far and then pulls you back. Visualize yourself cut free from every limitation. Using your Sword of Blue Flame of Divine Love, make the physical motions. Do not allow yourself to get lukewarm about anything.

Pg 180. Understand the true meaning of the Words of Jesus, *I AM the Resurrection and the Life.*

Each Student should, in feeling him or herself within this Mighty Violet Ray, meditate on this wonderful and might Statement, *I AM the Resurrection and the Life now made manifest.*

Pg 191. Vitally important for Students to recognize the difference between intellectuality and intelligence. Understand that the great intellectual development which some acquire and are often so proud of, is but what they have gathered or accumulated from without, and it does not have a firm foundation. The opposite of this is God’s Mighty Intelligence, which they receive from within. It is the fountain of Eternal Truth and has at all times an unshakable foundation. The brain or intellect is but the vehicle that this Might Inner Intelligence uses. It may be taught through conscious action to express only this Inner Intelligence. As individuals of Free Will, We choose which shall act for us – the gatherings of the outer intellect or the Mighty Intelligence in Its full Capacity.

Pg 214. Mighty Truth: *“There is no personality! There is only God in Action!”*

Pg 215. There was a time when the pineal gland and pituitary body were one. They were the all-Seeing Eye. The skull or brain structure, which was of denser substance, was in nowise any obstruction to the use and activity of this Inner Eye that really looks in all directions. To the All-Seeing Eye no form is an obstruction to the Vision. The greatly dimmed activity of that function, even today, causes you to sense a presence behind you as well as ahead of you. If there could be a continual flow or connection of Light between the pituitary body and the pineal gland, we could see everywhere and through all things at all times. This is really the Inner Sight! When one can visualize the two as the All-Seeing Eye within, wonders might take place…. Therefore make your pictures within. Your eyes are the camera of the soul. The secret of manifesting things into the world without, is in using the Spiritual Power to take this picture. Then the Great Silence precipitates it into form through the visualized picture. Through the activity of visualizing, you print the form or picture upon the Great Silence; and the Great Silence, which is the greatest Power in the Universe, propels it into outer expression and experience. Now you can understand how impossible it is for a picture registered on the Inner Silence not to come forth.

It is the business of the intellect and will, to hold the picture steady until the impression is taken by the Great Silence. If it is not held steady, the result is the same as if you moved your camera while taking an outer picture in ordinary photography. This is the power of True Precipitation.

You do have all power within your consciousness to mould your mind and body or any of its parts or attributes into anything you wish. Meditate on this incessantly. Contemplate this matter of vision often enough to set it in mind – in action – and use it. This release of Truth and conviction is tremendous! Never forget it! Use it more and more all the time. Do not discuss it for you scatter the Power which would accomplish the full Manifestation. You have the vision, the power and the ability to apply this. Use: “G*reat presence completely and entirely reveal this Activity of Visualization and precipitation into physical form to me now. Teach me all about this, and see that I always use It to fulfill the Divine Plan, to the glory of God and the Blessing and Service of all His Creation.”*

**Obedience & Rebellion**

Pg 159. I never waste time or energy on the inconsistency of humans; if people want to love their chains, let them. Never let the thought or feeling of, “I wonder if it were so?” come into your consciousness. Kick it out forever!

Pg 179. Any rebellion within the consciousness should be put down as the great offence against God, the Mighty I AM Presence. One of the most subtle forms of rebellion in the outer consciousness is concerning our little personal habits that we have formed through the centuries. As you pluck weeds from your garden, so should you pluck these habits from the outer consciousness. Pull them out by the roots that they have naught left by which they may grow again.

Pg 281. The outer self of human beings is the most stubborn of creatures.

**Determination and Power**

Pg 160. Visiting temples: “I AM going to consciously visit and bring back the conscious memory of It.” Just because you do not always bring back the memory of an experience, is no proof that you did not have it or go where the thought was directed. That truth is eternal

Pg 182. No individual can gain wealth or the renewal of wealth without knowing that God, the Mighty I am Presence, is the full Source, Power, and Intelligence of its production – and God must be given full credit as the only Producing Power. No human effort without the Presence and Activity of God ever amounts to anything. Too long have human beings been the usurpers of that Power. The time has come when it will no longer be available to them.

Pg 201. There cannot be a single thing from the lowest to the highest without desire back of it; for desire is the power of the Soul trying to find expression. There are those who will tell you they have many wrong desires, but I assure you it is only because of a lack of control of the Free Will. Any full grown human being knows the difference between letting the Energy go out into constructive or destructive channels and therefore can easily choose where It shall go. Pg 202. When you have a constructive desire backed by its twin sister, determination, knowing that each is but an Attribute of God in Action, that moment you have loosed the mightiest Power for and of Achievement.

**Fire**

Pg 185. To stop a fire call on the God of fire to consume it or say, I as the Christ, the Mighty I AM Presence, spread My Radiance over it. Or you can command its obedience and visualize the Pink Light of Divine Love covering it.

**Students**

Pg 221. The student who is sincere and is with great intensity reaching out to the Light need never worry about making direct contact with the Ascended Masters: *for it is not the Student alone who seeks the Master, but truly the Master who seeks the Student* because there is always great need of Messengers of the Great Host of Light, who are staunch, trusting worthy, and willing to serve. Anyone who cannot feel within the Heart the Truth that We give forth to strengthen and to cast out doubt and fear, should either wait or seek other channels with which they can feel perfect accord and harmony. No one can go beyond the point where their understanding carries them. Our only desire is to bless, strengthen, and enlighten all who come within this Radiation. We seek no one who does not come with a joyous willingness to put aside all personal things and rejoice in the great activity of the Mighty Inner Presence of God, of which We are but the Messengers. We have no thought or feeling of criticism toward the individual who cannot come with Us, to all such, We give Our Great Love and Blessing. But this work we are doing must stand free from criticism, fear, and doubt, in order that what We are accomplishing may be done with the least outlay of energy and without unnecessary strain upon Our Messengers. Students, through the drawing power of the outer, allow themselves to discuss this Presentation of the Truth with those who know nothing about It, many times causing an obstruction to their own beautiful acceptance of this expression of the Light. *“God in them! Show them the Light unerringly!”*

Pg 238. For any Student to yield and lower himself to vicious gossip is a violent retarding process to his or her growth. No one shall sit in judgment upon another, no matter the appearance. They who yield to such childishness open their doors wide to forces more destructive than the boa constrictor of the jungle, or the tiger that would tear them to pieces. If students cannot resist the vicious onslaught of gossip, criticism and condemnation they should withdraw from the Classes until such time as they can conquer themselves and are able to send love, peace, harmony and goodwill to one another.

In entering into the Conscious Action or Stream of Life students have entered into the sifting process, wherein they either rise on the Wings of Eternal Love or fall by the wayside and are swallowed up by the dragon of the outer forces. Pg 239. Consciousness of the Activity of Divine Love in the individual’s Life builds a Mighty Armour or Protection that naught of the outer can penetrate – for God is Love and always protects his own. Students who have difficulty controlling their thought and feeling harmoniously should understand that when they have entered This Radiation every faculty of their beings is quickened tremendously. Therefore, they are more sensitive to the undesirable as well as to the good and desirable. But I cannot stress too strongly that everyone, having Free Will, has the power to govern and control how they shall think and feel. They should at all times keep this Truth before themselves.

Pg 242. It seems strange that many Students who have studied and to a large degree earnestly and sincerely, do not awaken to the fact that self-correction of the outer is the simple, yet Mighty Activity that must be used. ***The outer self of each one must be conquered, and there is no escaping this fact. This is what Mastery means and there is no Mastery for anyone without it.*** The outer is but the changing, shifting quicksand of man’s outer creation. Therefore it has no permanency.

Pg 244. *Learn always to reverse at once everything that is contrary to the Perfect Activity*. Nip it in the bud and say, *“This is not true; I do have what is Perfect!” pg 245. “There is only God in Action in me, and ‘I AM’ sustained by that through all trials.” Know also, “There is only God in Action in all my affairs, and ‘I AM’ abundantly supplied and sustained by that!”*

Pg 250. Try to realize with great intensity that the Energy which you are using every day you have unknowingly re-qualified and charged It with all kinds of limitation. Another great mistake is in taking entirely too seriously the outer appearance and, by that seriousness, giving it certain power. For instance: a seeming accident happens and the great crowd of minds says, “oh, that is awful,” when it may be the best thing on Earth for the individual and all connected with him. The ideal of control would be for one to take the attitude of always living in the poised restraint of the emotions.

Pg 254. There are those who pray, beg, and plead with God, when all about them is all His Opulence to pour forth into their midst. They do not receive It because they, in their ignorance, do not know that it requires conscious preparation.

Pg 256. One of the great Privileges and Provinces of the Ascended Host is to aid those who discover Their Presence, and the great masses of humanity who do not. But those who do not have the certain Knowledge of Their Presence, can only receive a fractional part of that which comes to those who do have certain Conscious Knowledge of Their Existence and Assistance to the Earth.

**Expansion**

Pg 248. There is a great mistake that mankind has long made; and in bringing it to your attention, I wish to indelibly impress it upon your consciousness. It is this: through observation, the outer consciousness of mankind has observed things – creation – from the standpoint of growth, when to the Student of Light, it should be looked upon from the standpoint of Expansion. Correct understanding will wipe out of the consciousness this inhibition or idea of growth. Growth, to the outer sense, requires a short or long period of time, according to one’s comprehension or attitude toward it. The idea of Expansion will enable the individual consciousness to feel its liberty and freedom more quickly – now. This consciousness of expansion comes about through the recognition of the Expansion of the “Mighty I AM Presence” – the *All-powerful Principle of Life* – which animates, governs and directs the outer form. It is time now that individuals erase from their consciousness the idea of growth, which signifies more or less time, and enter into their God-given Freedom through Expansion.

Pg 271. When one feels the presence, if one would instantly qualify that feeling with the Idea of the Tangible, Visible Presence, it might do wonders. No mastership is ever gained without this. There is a constant need of recognizing that each one is the person who is qualifying this Energy***. Mastery means continual Conscious Command of Perfection.***

**Recommended Daily**

*Marvels*: Do I startle you when I say that one minute a day of actually, joyously feeling this Mighty Perfection of God permeating your mind and being with Its Full Intensity, would in a few month transmute and transform your entire outer appearance?

Pg 183. For those who want to find peace, rest and success must feel and as it were throw themselves into the Arms of Gad as a weary child would do to its mother, and there rest in the Activity of that Mighty Inner Presence – the I AM.

Pg 184. There has never been such an opportunity in the history of the Earth as at present for those who have any inclination to the Light – and even for those who have not – to be raised enormously. First time in the history of the Earth that there has been a resistless, impelling Action of the Christ Force.

Pg 209. Beloved Child of the Light! Fix firmly in your minds, fix within your consciousness that the Mighty Presence of God in and about you is the only Intelligence, Presence and Power governing the Universe. With this staunch, firm recognition and adherence to the Great Light, there is no Height you may not reach, no great service you may not render through this great Acknowledgement! It is your right to command and compel the outer to accept the full significance and magnificence of this great opportunity.

Pg 213. Feel yourself a great fountain of adoration and radiation of that Great Light pouring forth all the time. “*I rejoice that I AM free, forever free, from every limitati*on of the outer *world.”*

Pg 227. 5 minutes daily claim the full power and perception of the All-Seeing Eye and it’s full activity in your Life and world. This will enable everyone to have Insight and Foresight concerning their activity and affairs. Pg 228. One should contemplate that one has the full God Power of Projection and Precipitation and the Power of moulding and manifesting the Inner Substance into whatever form is desired.

Pg 274. Poise is really rest. The feelings should always be held in poised restraint. One should watch oneself always for poise in speech, feelings and action. We should all learn to move quickly, without hurry or irritation; this is poise in action. All Students must acquire this at some time, for they become the embodiment of controlled force. In all the Students’ lives there come times when an occasion demands speedy action’ and if one is action with poise, the mind does not become confused.

Pg 291. Always use the Golden Light on the brain; everybody’s brain needs a “Light bath” every day. The average individual only uses about 5% of his or her brain. If you forget something it is because there is not enough light in the brain. It is you who must take your mind in hand and tell it how to behave.

Pg 292. Take about 10 minutes each day, sit down and talk to your Mighty I AM Presence something like: Mighty I AM Presence listen, you take out of me all criticism, condemning blame, resistance, judging, rebellion, jealousy, self-pity, pride, selfishness, doubt and fear. Take them out of me and annihilate them, and put Saint Germain’s Self-control and Dominion in their place.

Pg 295. In your Hearts you do desire to be free. Anyone under Saint Germain’s Radiation can succeed in anything he or she desires.