

## CHAPTER V

February 17, 1938

KANSAS CITY, KANSAS

Beloved Ones, We are enjoying your joy! I wonder if you quite understand what it means to release such joy and happiness? It makes almost anything possible of achievement.

*Question:* Why are not all of our Decrees fulfilled?

*Saint Germain:* I am eternally grateful that the Queen of Light called the attention of the people to the fulfilling of, shall we say, present and latent desires. Every one of you can look into your life and see where, one by one, present or latent desires have been fulfilled by the dozen. Since you have touched this Stream of Light, how many, many things have been fulfilled? It would be well to check sometimes on yourself, upon the desires that you have had, and see how many have been fulfilled, because mankind is so prone to accept the thing to which they are accustomed, as a natural consequence. Not that it is really surprising, but when you begin to check, see how many things

have been fulfilled, both small and great—I mean from your human standpoint.

*Question:* Are radio transcriptions important?

*Saint Germain:* If Students will only utilize the material they have, everyone will have the Freedom. But this to Me is the most important thing: utilize all the material possible on hand, but devote the needed time to the magnificent radio transcriptions that I will try to assist you to bring forth. That today is far, far more important than running larger amounts of the magazines.

You have no idea how the attention of listeners on the radio is drawn to the Books. It is really remarkable; and by that and the fundamental Instruction given over the radio, it enables them to read the Books with a certain amount of understanding they would not have without it—I mean awakening a certain comprehension.

*Question:* Should we impress the Students with all that is being accomplished?

*Saint Germain:* Yes. The greatest Power of Light ever known since the Second Golden Age is being released into the Earth at the Call of this great number of Students, and that is the greatest need.

The Students should be reminded daily that this which they are calling forth from the “Presence” is

Light, which knows no resistance nor interference. Once the Students get that idea, they will “mow down” everything in front of them that is destructive.

*Question:* Please explain about Energy, Substance, and Intelligence You have mentioned.

*Saint Germain:* I tell you, this is vital, because it is true that Energy, Substance, and Intelligence which goes forth from the “Presence” is Light! It is Light-Substance! Therefore, it is the same as when you turn on the light in the room—the Light dissolves human qualities and discord. If these Students who are having inharmony in their homes, good Heavens, if they would only realize that, they could stop all arguments and would be able to release such peace and power in the home that everybody would become harmonized.

I say to you tonight, *as you value your future progress, do not allow a single thought of criticism, judgment, or condemnation to enter your feelings.* Now I tell you, you are doing marvelously well; but there is still some chance for improvement. It is vital, Beloved Ones! You must realize that you are the Heart of this Great Light that is to save America and the world. If you cannot harmonize yourselves and keep it so, how do you expect the rest of the world to do it?

*Question:* Please explain the need for obedience.

*Saint Germain:* I say to you with all the Love in My Heart—and I congratulate you on the Victory you have won thus far; keep it up absolutely, until the full Commanding Power of the “Presence” is in action through your mind and body. *But please do give obedience to the things I ask if you want Me to give you the Assistance.* The human cannot possibly know—it never knows what is best. It gets impatient and rushes in to do the thing humanly that the Powers of the “Presence” would do possibly better. So that is the need: you must all stand guard over yourselves; and as you all know, there is no letting down. There is no failing to stand guard over yourself and your world until your Ascension. What gains momentum? *Your sincere Application!*

*Question:* What is the best way to proceed?

*Saint Germain:* With the Power of Divine Love. Once understood, you can cause It to become the Threefold Flame. Do not discuss this with others! We are soon going to bring the comprehension to the point where We can, in connection with the Violet Consuming Flame from below, bring forth the Power of the Unfed Flame from Above, that will make a powerful Consuming Activity; and it is through this Action that We have been able to accomplish all that has been done. We released the Power of

the Threefold Flame to meet the Violet Consuming Flame, which makes an All-powerful Activity.

*Question:* They meet at the Heart, don't they?

*Saint Germain:* Yes. Perhaps We should designate the meeting point is at the throat rather than at the Heart, because the Action of the Unfed Flame, acting within the Heart, begins to rise from the Heart; and I would rather you think of it as a "meeting." Think of it in that manner—as the Power Center, which is the throat. That will be a tremendous thing to govern and control the power of speech, or shall we say the *impulse* of speech.

*Question:* You mentioned that most of our human creation has been consumed. What is our next step?

*Saint Germain:* I would stand very carefully the guard over your feelings for the next few months, until all of the old feeling that is in the atomic structure of the old momentum is gone. It is not easy to explain to you.

You see, in the Light Pattern of your body, the Points of Light in the cells have been clothed by you with discord; and even when the human creation is dissolved—it does not mean that. Let Me find a word that will convey to you just what I want you to understand by it. Let us use "quality." I think that is about the nearest thing We can use. You see, the *quality of the charge* of the "clothing"

of the Light within the cells is the thing that must be purified, after the pressure of the human creation is off. If the charge has been somewhat dynamic, that means it may require some time for that to be released—the *quality* to be released from within the “garment” of that Point of Light, which is the “clothing” about it.

Of course you do not see it, but every Point of Light within your body stands out separately. If you saw it from the Inner state, you would see distinctly the force field around each Light, just as you do the force field in the study of electricity.

*Question:* Is that in the feeling body—a habit in the atomic consciousness?

*Saint Germain:* Yes, it is a charge from the habit of the atomic consciousness. That habit has to be stopped. Really, the habit in this instance is what We term as momentum, because *habit is what causes momentum*; and the human atomic structure—it is simply astonishing how quickly it will begin to accept a situation. Oh, about two, and not over three repetitions will cause the atomic structure to begin to accept that suggestion or action.

But I must prompt you again, Blessed Ones! Before you sleep at night and when you awaken in the morning, first stand on your feet. Don’t move to do a thing until you *charge your mind, body, and*

*feeling world with the Perfection of the "Presence," with Its Mighty Directing Intelligence, and with Its Enfolding Presence of Divine Love and Infinite, All-powerful Protection.* You would be so amazed if you would just do it methodically. I do not mean by that, do it with just the head. Watch, and do not do it until you have your feeling following your attention and requirement. If you will just watch out that your feeling is following that, if you will train your feeling the moment your attention goes to that, it will surge into action! That is where you get such tremendous blessing and effect—from the *conscious charging* of your mind, body, and feeling world; and if you will do it all the time, you will see the most amazing effects upon your body and worlds!

In addition: “*‘Mighty I AM Presence,’ charge Your Mighty Power of Divine Love and Harmony into my feeling world and out into my activity before me.*” If you will do this, you will be astonished. Do this with great earnest sincerity and enthusiasm. You see, these things sound so simple; but Heavens, how powerful they are.

I urge you, Blessed Ones, for you are doing a thousand times, or shall I say *giving* a thousand times the Blessing to mankind of anything that has ever been on this Earth since the time of Beloved Jesus. More than that, you are reaching so many

more people. I tell you, the Glory of that is worth everything in the world. *Do not allow the pull of things to prevent you doing these things* We ask—a few simple things that will keep you protected and on guard and supplied with energy. It is marvelous!

*Question:* But some do not have time for Application.

*Saint Germain:* Do not give them any chance, any more than possible, to hook up some excuses for their not having Answers to their Application. They don't see how that very thing is the most Infinite Proof and Power of the Action of the "Presence"—their Application. The human has to be humored like an infant until it can gain a certain momentum. You perhaps have seen some of it yourselves; for some great strong men and women act just like babies on certain things. They are powerfully strong on certain things, and on other things they are just like babies. Some wonderfully physically strong men act like infants when they have the slightest pain. They succumb to it; and you may observe that when some kind of epidemic starts to spread, it is almost without exception the strong, husky people who get it first—almost without exception.

*Question:* Because all that energy becomes qualified?



*Saint Germain:* Exactly. Where the human can get mankind to accept a suggestion, that throws tragic fear into them.

Oh, My Dear Ones, since I have come into the Ascended State and am able to see clearly all the forces that were acting upon Myself and that act upon mankind, I tell you, if you ever want to annihilate the destructive forces, it is then. You have no idea the battle that I had in those earlier days.

*Question:* Beloved Serapis Bey evidently did too?

*Saint Germain:* Oh, yes. Twice I took jail sentences to protect ones I loved.

*Question:* In your last embodiment?

*Saint Germain:* Yes—one in the embodiment in which I made the Ascension, and one in the previous one. I really, in My last three hundred years, almost four hundred years, I did not re-embody. I just simply changed bodies.

Do you realize, My Dear Ones, what it means when I so earnestly ask you to do these few simple things—for instance, charge your body night and morning. Why, if you only realized what you can do. You can compel your body to take on Perfect Youth, not only in appearance, but in activity. Now, for instance, I might add this thing: *Charge your body. Charge the Currents of Energy into every*

*organ of your body to do its perfect work: your kidneys, your liver, your stomach, your lungs—all the organs of your body. Charge them into Perfect Action.* It is really very vital to charge those organs with that Mighty Energy, causing perfect action in those parts. Why, with you today there is not any reason why you cannot compel every organ of your body to obey you and do its perfect work, because you have now come into sufficient control of your food so that it would be easily done. It would not be easily done if you were cramming your stomach all of the time; but as it is, you are all realizing that it does not require anything like the food you once thought you needed.

Shall I tell you something that is positively the funniest thing in human beings? You know how you all used to eat, twenty or thirty years ago? Do you know that the energy required to handle all of that food was ten times that which you required for your own action.

*Question:* Isn't that awful!

*Saint Germain:* Absolutely. The consuming activity required within the stomach was ten times the energy you used in your daily action. So it is not any wonder that the stomach sends back what you send down sometimes. I do not know what mankind would have done if it had not been for

that. But think of all the civilizations—when they came to this point where Perfection had to come in, or complete the destruction of the outer form, in every case (and We have records of it), in every civilization that went down through cataclysm, they gorged themselves and could not handle the food. Just think! In every civilization before its annihilation, that has occurred—just an orgy of gluttony. Really, if this Work had only done one thing, it would have rendered an inestimable Service to mankind—because this Teaching, through the Power of Radiation, is *absolutely compelling from within*, the refusal of acceptance of so much stuff in the stomach.

Well, if you could see, oh, My Beloved Ones, just for one hour, what certain quantities and kinds of food, and I mean by that, what *starches* would do in your system in twenty-four hours. For instance, just as an illustration: when you used to eat spaghetti, macaroni, fried potatoes, and about five or six slices of bread; and I mean by that, you know the sandwiches you used to eat—double slices of bread with just a tiny little bit of substance between; and sometimes if you were very hungry, you ate four or five. If you could see for twenty-four hours the struggle of the stomach to eliminate and throw that out of the system, I tell you, it would be the greatest

revelation ever given to mankind!

I would suggest to Beloved Godfre that he does not mix grilled pineapple and cauliflower.

*Mr. G.W. Ballard: (laughter)* Was that what was the matter with me? That certainly had a battle down there, all right. It is still growling. I appreciate knowing the certain combinations that certainly don't set well internally with me.

*Saint Germain:* Precious Ones, it really is so easy if one just looks at this from a natural standpoint. How wonderfully you can govern these things that make the struggle of the human seem so much less.

*Question:* What can we do to release tension?

*Saint Germain:* Since this comes to My Attention, I am going to suggest if all of you will remember where Chananda asked the Children to stretch out on their backs without any pillow and relax every muscle of the body. If everyone would practice that for ten minutes, you would be surprised how it will relax the body. In almost everything you do you are sitting more or less like this (*slouching*)—sitting at the desk, typing, or whatever you are doing. Even when you are standing, you more or less slouch. Those habits form; and if you will watch yourself and practice this, you will have immediate relief. That is the inclination—to slouch—

especially when you are a little tired. Immediately when you do that, you cramp the whole nervous flow of the spine, and that is how people get under such tension.

*Question:* How do we keep from accepting human suggestions?

*Saint Germain:* That is the way you gain Mastery and Victory. We give it no power to act, refuse acceptance of it, and call for its annihilation. That is the way to dispose of those things completely. Just because a thing seems to have gone into action in the outer is no reason to accept it as a permanent thing. If you did that, you would give way to all human creation. That is how We never accept a thing that does not express the Perfection We want. Even though the human sense of it may have gone into action, still do We not accept it, because if We did We would give it the power that would sustain it indefinitely, and We cannot afford to do that.

Especially in the physical octave, We bring forth such tremendous Power and refuse acceptance of all things less than Perfection; and if you will do that, you will one day have only Perfection acting in your world because you are constantly charging It forth. Do you realize that when you call forth a Charge for some definite Perfection, that you are

holding a large percentage of that Charge in your own feeling world, because it is the Law. Whatever passes through your feeling world, you must retain a certain amount of it because it is the Law of Life. And that is really the compensation for the earnest Desire for Perfection, and the reason why I have, from the beginning, ever since the Beloved Messengers went forth, kept prompting them to keep prompting the people to keep *charging themselves*; for if your feeling is following the attention, you, in a short time, would get so you could release on instant demand any amount of energy—Directing Intelligence of what you require—right on the dot at once. But you see, unless you realize that all practice gains momentum in that, you are very apt to feel as though you are using unnecessary time.

Oh, My Blessed Ones, my goodness, ten minutes of Application in a quiet state will sustain and do more for you than hours would in the state when you had allowed disturbance to get in during that time. That is why, the first thing on getting on your feet in the morning, *make the Charge and compel the feeling to follow the attention*. You will soon gain a Power of Control and Momentum that everything will be right there on demand. There will be no question about it at all.

*Mrs. Ballard:* You have no idea unless you

have experienced it, what some little seeming interruptions or interference does when I am working. It breaks the current, and sometimes I don't get back in it for hours. During the writing of the radio transcriptions, I was interrupted so often I wonder that they came out at all.

*Saint Germain:* Under those conditions, We had to govern that for you. I tell you, it is unparalleled in the history of the Earth what has been done in the writing, the editing of the Books and all the material—and how, in all the things that have driven in up to that time, you step through those curtains to the audience. It is an unparalleled thing in the history of the Earth, I want to tell you; and I congratulate you both with My deepest Love and Gratitude—"I AM" Eternally Grateful. It only proves what can be done when there is sufficient determination.

*Mrs. Ballard:* Shall we rush to get out more Books?

*Saint Germain:* No. Why, if these people, or if the whole world for that matter, never had another Word—if another Word never went forth, there is a thousand times more material than is required to give them their Ascension, because the reason for the Application is there.

*Question:* Is it all right to continue to wear furs?

*Saint Germain:* I think it will not be long until there will come forth material that will amply replace that. You see, in the understanding you have today, there is not anything which you cannot govern and regulate by moving your hands over the coat or skin and throwing off that substance, dissolving and consuming all the influence of the animal which was absorbed. You can make it free from that.

*Mrs. Ballard:* May I ask, in the calling forth of the Light-Substance, when we say to the Great Ones, "Replace it by the Cosmic Light-Substance," does that come from a different Light-Substance than the Ascended Masters' Octave of Life? Does It come from the Great Central Sun of our System, or does that come from the Temples of Light in the Ascended Masters' Octave? It seems I have been finding it is more effective when I use the word "*Cosmic Light-Substance*" instead of just "*Light-Substance*."

*Saint Germain:* Oh, yes. *Anything that is Cosmic, while It affects individuals and groups of individuals, always has a world Activity.* For instance, when you call on the Cosmic Light, It may produce the results you want in individuals or groups; but still It goes on in Its Expansion in the world Activity, because it is impossible not to act that way because that is why



It is sent forth.

Here are two illustrations: the description the Messenger gave of the expansion of the Light above the Shrine Temple that spread and forced the sinister activity back out of the borders of America—that was a Cosmic Activity and was the Cosmic Light-Substance. Again tonight when the Light was released in the Reading Room, that same Activity went forth for the city here, in a lesser degree. These Activities are Mighty and Real, and you have all seen the results of that explosion of Light in the Shrine Class. Look at those spies that were following you for months and months. They have disappeared. So you are having the most marvelous evidence before you of the Action of the Light every day.

This is a very definite thing, Precious Ones. Please understand it. This Activity is a wholly different thing than ever on Earth, because this is gaining a definite forward movement and activity that is a permanent thing. Please understand it, because if you do, you will see how every step gained individually or for the Nation is a step forward to that time when the Light will come forth and take command of individuals, and compel the Light within to release and take command of the mind and feeling world of the individual. Then

they can be directed to do the things necessary; then will Divine Justice reign.

I want to tell you, surely you must see that this Activity at the Shrine, when that Great Cosmic Light exploded there and did this tremendous thing—you see the evidence before you. Well, if that would do that, then what would ten-times-that-released do in addition to it? That was a permanent thing gained. Those things do not have to be repeated. Whatever is gained by that particular Release will hold its own, because the Light holds Its own. That Cosmic Light-Substance is here to stay. Absolutely!

If only the blessed Students would believe what I say to them and ask them to do! You will probably remember in the Shrine Class when I first began to give the idea and use of Our Consciousness—why, My Dear Ones, if you realized once what that means! That is the Consciousness that knows the Victory. *That is the Victory of all We have attained.* That is the Feeling of Victory. You see, it is all that is contained in the *feeling of accomplishment.* The intellect—I mean *the thought form of it and the whole achievement is there in the Ascended Masters' Consciousness*; and if one would realize it, you can call that forth into use because We have given permission for it. Why, transformations

inconceivable would take place as surely as one did it earnestly; but in all you do, if there is not the full feeling of enthusiasm and earnestness, just wait for a few moments until you gather that. If you are just doing it from the intellect, it is only a small part of the result desired because the intellect is not the thing that does it. It is very splendid—because if you are exhausting yourself from Application, it is from the intellect, and you have gained no particular achievement.

*Question:* Is this same thing true of prayer?

*Saint Germain:* Yes. Prayer was even worse, because oh my, my, my, so few prayers were anything but just the lips. Oh, it is only where some great crisis or emergency was, that prayer was put forth with dynamic feeling. Then it was always answered. I venture that ninety-five percent of all prayers were just lip service, because you see, the human when it becomes accustomed to a thing begins to parrot, almost without exception.

You saw the magnificent difference in San Francisco when you stepped up the Decrees and began to get enthusiasm into the energy. To Me that is a magnificent example to all the Students forever who were present, because there was not one in that room that did not feel the relaxation

and rest. It is the same thing in the singing. If you let down below a certain tempo, it is like dragging you downhill. The same way with the Decrees; when they reach a certain rapidity of activity, that passes that balance into the dynamic, constructive Work. I would suggest in the future that in your Decrees and singing, if they are not keeping up the tempo enough, stop right there and explain to them they will have to step it up, and you will get results.

*Question:* I have a question about my Tube of Light. Sometimes when we are in the atmosphere of discordant people, are we supposed to visualize the Tube of Light and expand It way out? Do you want us to expand the Tube of Light to enfold the whole audience when we are leading Classes, or do we just hold It close about us?

*Saint Germain:* Hold It around yourself only. Never expand your Tube of Light to encompass the audience. When you go to encompass the audience, make them stand on their own feet, and draw your own Tube of Light around you. Otherwise you are opening your Tube of Light around you, and that must never be done. I think you had better take your firm stand and not open the Tube of Light to anything or anybody. If you want to give assistance, then call to your Higher Mental Body or the Light

Ray to give the Assistance; and that keeps you out of their world.

The same way in your meditation: Silently call and visualize this Ray going forth from your Higher Mental Body enfolding the audience; and then you remain physically untouched and you are rendering a Service far greater than if you expanded your Tube of Light, and it does not endanger you by influences coming into your own circle, because the Master never does that. If He expands a Circle of Light about the audience, He holds His own about Him. You can call the "Presence" to do that which is required; but He never lets anyone within His own private Circle; and it would be well for you to take that same firm, determined stand.

*Question:* Where does the Armor of Light come in?

*Saint Germain:* That is the clothing, really. You see, your Armor of Light is like a close-fitting garment and comes within your Tube of Light.

*Mrs. Ballard:* I have noticed whenever I have been sitting there projecting, and when You begin to do certain things and I begin to take the Flame from my Heart and clothe the audience, that is a Force; and It goes there and controls everything for the time being.

*Saint Germain:* You see, that is quite a different Action. Again, when you call forth the Power of the Unfed Flame or the Threefold Flame to do that, you have a wholly different Action from your Tube of Light, because that is the Higher Power of Action—the Threefold Flame and Unfed Flame.

*Mrs. Ballard:* Do we go to the Cave of Light in our Etheric Body or Higher Mental Body?

*Saint Germain:* Which do you suggest?

*Mrs. Ballard:* Well, our Etheric Body is nearest our physical body; but our Higher Mental Body is perfect and doesn't need any perfecting.

*Saint Germain:* That is a very good conclusion. I congratulate you.

*Mrs. Ballard:* Haven't we really been having the Action of the Cave of Light since the time we started?

*Saint Germain:* Oh yes. I am glad to hear you determine to go in the Etheric Bodies, because that is really where you bring It into the outer more readily.

*Mrs. Ballard:* What have we been working in?

*Saint Germain:* The Higher Mental Body. You could not work in your Etheric Body in the Work you have been doing.

If you go to the Cave of Light, you won't need your Sword of Blue Flame. You would be surprised

how little about you needs to be cut away—I mean of your own creation. Of course you need the Sword of Blue Flame from outside influence; but because of your individual human creation, you don't need It so much.

We must not prolong this longer, as I must return to Europe for the completion of Work I have been doing for seven months; and bringing It to this point, I trust It will be accomplished before seven o'clock your time here.

*Mrs. Ballard:* Could we help if we went with You in our Higher Mental Bodies?

*Saint Germain:* I think I will leave you an Escort to the Cave of Light.

Do you, Dear Blessed Ones, realize what a determination like that means, for I felt the Charge within each one of you when you determined to visit the Cave of Light. Do you realize what a tremendous thing that means? These things are real; and when you determine to go to a certain place like that, you go. Don't you see, with that determination there isn't anything that could stop you but yourself? When you determine to go to a place, you actually go. Now, this being a Decree of your world, you are to determine whether you want to go in your Higher Mental Body or your Etheric Body; but you have already specified the Etheric

Body to go into the Cave of Light, and that you will bring a greater Charge into your physical body.

*Mrs. Ballard:* Let us go tonight to the Cave of Light and ask the Beloved Great Divine Director to consume the last fragment of our human creation; and when we come back into the physical, use all the Powers of our being and the Powers for our use—which “I AM” with Ascended Master full Perfect Balance; and use these Powers only as the Ascended Masters do, and use that in the physical octave.

*Saint Germain:* Excellent. And with My Love, Blessings, and Gratitude to one and all, I say good night.