

The Spiritual Caravan

Newsletter of the Ascended Master Teaching Foundation

August 2008

Are You Prepared for the Inbreath of Earth?

The Inbreath

"At the beginning of a 'Cosmic Day,' before a new universe comes into being, the Central Sun in charge of the system *breathes out* the lesser suns that are to assist it in the evolution of its system. *This it does in a perpendicular motion something like dinner plates piled one on top of another*, only, of course, in this cosmic picture there is a tremendous distance between the suns mentioned. Now, these lesser suns, in turn, breathe out the planets, which will make up its galaxy in a *horizontal* motion. At the end of the Cosmic Day, the Great Central Sun notifies the lesser suns that it is time for the inbreathing of their planets in preparation for the time when it (the Great Central Sun) will again absorb the *entire system* back into itself after the lesser suns with their planets have evolved into the full perfection of itself."

"In obedience to the fiat of the Great Central Sun, each of the lesser suns of the system begins the great cosmic inbreath, drawing the planets of its galaxy closer to itself, *until one by one they are absorbed into the Sun which breathed them forth*. Of course, this takes aeons of time and this is just the briefest sketch of what is taking place at cosmic levels at the present time..."

"...*We are preparing for the first inbreath from Helios and Vesta (our Sun) in which they breathe in the first planet of our system. AS THE FIRST PLANET IS ABSORBED INTO THE SUN OF ITS SYSTEM, THE ENTIRE PLANETARY SYSTEM MOVES NEARER TO ITS SUN AUTOMATICALLY, AND THE CLOSER PROXIMITY TO THE SUN NATURALLY INCREASES THE VIBRATION OF ALL THE LIFE UPON THE PLANET.*" (Beloved Maha Chohan, Bulletin Book 1, p. 490-491)

The Supreme Importance of the Hour

"Each of the seven planets of the present physical sun must be quickened to enter and sustain itself in the orbit of the graduating planet. Great Beings are delegated to the task of quickening the vibrations of those planets, and we – whose responsibility rests with the Earth – MUST prepare our planet and her people to vibrate at the rate of Venus' present perfection. We are, therefore, of necessity FORCED to reach mankind quickly, ALL OF THEM. For this moment have we invested in you our love, our life, our radiation, and I SHALL EXPECT EVERY ASSISTANCE in the cosmic push of the hour. EVERY OTHER PLANET OF OUR SUN HAS ALREADY SIGNALLED 'READY' – Yet the Cosmos must wait on the Earth, and we MUST SOON HAVE THAT 'GO AHEAD' sign from the hearts of men. HELP US SPEED THAT DAY." (Beloved Maha Chohan Bridge to Freedom Journal Book 5, p. 47)

The Signs of the Times

"Since all mankind are involved, just so should all mankind now become vitally and actively interested, for all are using life, God's life, not their life. God-life is now, always has been and always will be, correctly lived only by loving obedience to the divine laws of life.

The 'Bridge to Freedom' is the final span that now makes it possible for man to revivify his long-lost memory of God's laws, apply them under divine guidance and free himself and this planet while he yet has time, as the 'signs of the times' are upon man right now! This is not scare propaganda!

The planet Earth and all her people are now under the divine fiat of God's will to fulfill his will, and move forward using light as their guide and tool – not shadows. Those who obey God's will, will move into action to do so now. Of these is the 'Bridge to Freedom' made strong. These are the active bridge builders.

This new wine (spiritual truth) is not come in the old bottles. This new wine is come uncontaminated, directly over the bridge from heaven's realm, into the outer consciousness of the alert and earnest individual. Love – ₁pure divine love – is its motive and purpose, tax-

free and non-profit. Hear now these great Ascended Masters of Wisdom." *(Beloved Maha Chohan Bridge to Freedom Journal Book 5, p. 47)*

The Requirement of the Hour

"The time has arrived when it is NOT sufficient to accept the existence of the Masters of Wisdom, it is NOT sufficient to gratify the feeling nature in reading and re-reading their words, it is NOT sufficient to invoke the light to dispel the darkness of human ignorance.

THE REQUIREMENT OF THE HOUR is to apply what has been taught, not only in recent years, but during the past centuries. THE REQUIREMENT OF THE HOUR is for man to acquaint himself with the present activities of the Great White Brotherhood. THE REQUIREMENT OF THE HOUR is for each man to turn within, to consciously contact and connect his outer consciousness with his own Christ Self thus becoming not only a receiving, but a radiating center, to all the life he contacts in his daily living.

To satisfy this requirement is the service that THE BRIDGE has come to render." *(Beloved El Morya, Bridge to Freedom Journal Book 5, p.48)*

Prove All Things – Hold Fast That Which is Good

"One does not have to leave present affiliations in order to understand and apply the divine laws of his or her own God-given life. Acting in the spirit of the words of Paul to the Thessalonians, 'Prove all things, HOLD FAST that which is good.'

Therefore, once the inquirer has found what, to his understanding is good, he should hold fast to it. If he wishes to succeed in his endeavors, he should not mix the teachings of two different schools, even if one of them claims that it is similar to the other, or even as expansion or improvement of the other, as the Ascended Masters have said that no one can reach his destination traveling in different directions at the same time, or using different guides. The Bridge to Freedom Activity has no connection, whatsoever, with any other organization – old, established, or dissident." *(Thomas Printz, Bridge to Freedom Journal Book 5, p. 50)*

The Control of Energy and Power

"Accept that not only for yourself but as I speak it into the ethers, I speak of LIFE ETERNAL through the controlled energy and power of one who has experienced every type of energy which was less than perfection catapulted at him, and who has come forth VICTORIOUS! What one has done, many shall do!

We are late, beloved ones! Late, by thousands of years! The next Avatar was due long since, yet came he not because of recalcitrance of the human race and her attendant evolutions.

Now in the great Tetons there are gathered together around the Hierarchs, Beloved Lanto many shining beings from the hearts of Alpha and Omega and all the Suns of the system. The Great Karmic Board is already in session – the beloved Lady Portia, Kwan Yin and the others. Mankind has opportunity unparalleled to walk and talk with the Master of their choice, and you have opportunity TO BECOME GOD IN ACTION! When I say that affirmation, it was oftentimes required to release power through the spoken word to 'shatter' the creations of imperfection, but in wisdom's way oftentimes the service can be rendered in the silence." *(Beloved Jesus, Bridge to Freedom Journal Book 5, p 294)*

The Moment is NOW!

"Those of you, who have loved me thousands of years, are definitely connected with my world experience. PREPARE YOU TO BECOME AND TO REMAIN A GOD-EXPRESSION, ABLE TO USE THAT GOD-LIFE AS OF NOW. The moment is NOW! I was not told beforehand about any of the experiences from my baptism in the Jordan, on. I had no written scroll, saying on such and such date the Holy Spirit shall descend, on such and such date you will heal, on such and such date, you will raise so-and-so. No! But I used my life magnetizing that God-power and then as each experience came, I had already the qualified energy and through the power of the God acting through me, I was able to render the assistance. Thus I was not taken unawares. If you have to have a calendar, to advise you when you shall be called, don't expect it, but expect through our words that we shall require assistance of unascended beings AT ANY MOMENT! NOW, SLEEP NOT LONGER BUT LIVE, AND IN LIVING, MAKE BEAUTY A PART OF YOUR BEINGS." *(Beloved Jesus, Bridge to Freedom Journal Book 5, p 294)*

Imperative Need for Readiness

“Presently, Kuthumi and Jesus, acting together as the Cosmic Christ, also still retain their offices as Chohans of the rays. Do you know why? *Because no one else was ready!* There was no one to take the places of Kuthumi and Jesus as Chohans of their respective rays at this moment.

ARE YOU READY TO RENDER THE SERVICE WHICH WILL BE REQUIRED OF YOU IN THE DAYS TO COME? Suppose tomorrow you were called upon to take over this sanctuary, to take over its expense, its responsibilities and its frictions, as well as the endeavor to combine the many selves into one. Suppose, one day, when you were alone in the heart of a business district or a shopping center, you were called upon to give instantaneous protection to many people; suppose the streets began to crack open and the buildings began to shake. Suppose also your great rivers here were suddenly to rise above their normal water line – would you be the calm, poised, majestic presence of your own god self, in full command and control of the situation?

Measure yourselves, children, oh – not with such a tension that you become impossible to use at all – but with wisdom! LORD BUDDHA DID NOT EXPECT TO BE CALLED FOR SEVENTEEN YEARS. He was ready. Lord Maitreya did not expect to be called either, but he was ready: Kuthumi and Holy Jesus were ready! Others, thinking they had seventeen years yet to prepare for Chohanship were not ready. You will recall that the wise virgins had the oil in their lamps and they were ready with lamp lighted when the bridegroom came.

FIVE YEARS BEFORE THE CONTINENT OF ATLANTIS SANK BENEATH THE WAVES OF WHAT IS NOW THE ATLANTIC OCEAN, WE ALERTED THE PEOPLE WHO LIVED THERE AS TO COMING CATAclysmic EVENTS. Ascended beings and cosmic messengers from many realms came and spoke through the priesthood and the oracles. At first, the people listened to their words and the idea was entertaining for a while. It was something new and different and it was exciting. Then, as nothing spectacular happened immediately or soon thereafter, the people went back to their pursuits of so-called ‘happiness.’

WHEN EARTH CHANGES AND CATAclysms CAME AS PREDICTED, THE GREAT RUMBLINGS OF THE EARTH AND THE SINKING OF CONTINENTS, WHO WAS READY? ONLY A HANDFUL, willing to take those magnificent flames north, east, south and west; the rest of the population went down! Get ready! We are investing tremendous energies in you, beloved ones, energies which are our life, energies which are cosmic and we are investing them in you for a definite purpose.” (*Maha Chohan, Bridge to Freedom Journal Book 3, p. 52-53*)

Successful Use of Violet Fire – A Science

“For many, many ages prior to my own victory, I pondered upon and contemplated God’s gift of mercy to all and endeavored in each embodiment (as well as between embodiments) to learn the science and efficacy of the divine alchemy which would change and raise the vibratory action of energy. As you have been told (and which does bear repetition) in time, this qualified me to be able to take upon myself the responsibilities and activities of the Seventh Ray as its Chohan. This divine alchemy is a *real science*, just as much so as any science of electronics in the outer world today. *It is not something which works in a haphazard manner!* You are in an age of experimentation. You now stand much as I did in those embodiments previous to my ascension, when I, too, was experimenting with various combinations of thought, feeling and spoken word in decrees.

You are in a period of transition at this time, transition in your personal lives, world transition and then, in a very few short years, you will be in a period of planetary transition as well. These periods of ‘world change’ always cause feelings of unrest in the emotional and mental bodies of the masses of the people, as well as stirring up a great sense of fear in their bodies and etheric consciousnesses.

Without being told, you know the people’s tremendous fear of the various bombs, the ‘atom’ bomb, the ‘hydrogen’ bomb, cataclysmic disturbances, floods, hurricanes and other destructive actions of nature. Throughout many embodiments, you, yourselves, have experienced some of these cataclysmic activities in the past, you have been on continents which have sunk beneath the surface of the sea, and sometimes you have been among the few who carried the Sacred Fire safely (from the sinking continent) to another part of the globe, but even then you felt the rocking of the Earth as the sea claimed its own (temporarily) for purification.

Because you are now in this period of transition, because you have different momentums of energy gathered within your Causal Bodies, because you are different personalities and types and belong to different rays, we could not expect to have a complete unity and harmony of expression at this time. However, let us allow ourselves to be pliable enough to at least experiment until we have arrived at some efficacious method of application *which cannot be confuted* for, the moment such efficacious method of application has been found, you will have your manifestation result thereof. In other words *when properly applied, the Violet Fire will produce instantaneous perfection for you!*" (Saint Germain, Bridge to Freedom Journal Book 3, p 193-195)

Be Stabilized, But Pliable

"Remember always, dear hearts, to keep yourselves both centered and poised within your own heart-flame, stabilized therein, yet pliable enough to act quickly in emergencies and unexpected changes. *If you are not pliable, you will be broken as the tree which does not bend before the wind.* THERE ARE CERTAIN COSMIC AND PLANETARY CHANGES OF WHICH EVEN WE DO NOT KNOW IN ADVANCE, but, if you were to look upon the universe, you would see that the entire galaxy is in constant motion. *As it progresses along its path around the Central Sun, the Earth sometimes comes under certain beneficent radiations which can be consciously drawn here on a moment's notice for the blessing of the planet and her people. These radiations are drawn by the calls of those gathered together in the 'Upper Chamber' (as it were), by students who are dedicated to our service, whose physical bodies are rested, their mental bodies alert, their emotional bodies stable and their etheric bodies purified.*

HOWEVER, IN SUCH COSMIC MOMENTS, SOMETIMES WE, OURSELVES, DO NOT HAVE MORE THAN FIVE MINUTES' NOTICE OF SUCH AN OPPORTUNITY. THEN, IF THE STUDENT BODY IS NOT PLIABLE AND READY TO BE CALLED TOGETHER AT ONCE (CHANGING THEIR SET ROUTINES AND PATTERNS OF LIVING) SUCH CONSTRUCTIVE BLESSING IS LOST SO FAR AS THE EARTH AND HER PEOPLE ARE CONCERNED, BECAUSE THE STUDENT BODY WAS NOT PLIABLE ENOUGH AT THAT TIME TO BE USED AS A GOOD 'CONDUCTOR' FOR THE RADIATION.

For instance, take the ordinary example of your recent floods in the Eastern States and the storm conditions which arose unexpectedly. *It is just good common sense, (and certainly the part of wisdom) for any one who has taken on the obligation and responsibility of a sanctuary or group of this activity, to gather together and prepare a dedicated and consecrated number of willing lifestreams who can and will, at the moment when the crisis arises, go into action collectively as soon as possible. IF FOR ANY REASON SUCH COLLECTIVE ACTION SEEMS NOT TO BE POSSIBLE, THEN PERSONALLY BE SURE TO HAVE A SET OF APPROPRIATE DECREES RIGHT AT HAND (BETTER STILL TO HAVE IT IN YOUR MEMORY, (although some people do not easily memorize). THEN PERSONALLY GO INTO ACTION WITH THOSE DECREES FOR THE AVERTING OF DISASTER."* (Saint Germain, Bridge to Freedom Journal Book 3, p 193-195)

Be Ready! Your Help Will Be Needed!

"*THROUGH THE COMING OF GREAT WORLD CHANGES, WE COME INTO STRANGE DAYS NOW, WHEN GREAT NUMBERS OF PEOPLE MAY BE IN DISTRESS. THEY WILL NEED YOUR CALLS TO SET INTO ACTION THE TRANSMUTING POWERS OF THE VIOLET FIRE WHICH YOU HAVE BEEN PREPARED TO CALL FORTH.* Bless your dear hearts! You are now, and have been for many years. (through your devotion to my Violet Flame) transmuting much more discordantly qualified energy than you know, *much that does not even belong to yourselves. So, straighten your shoulders and raise your head in the dignity of Gods and Goddesses of Freedom, realizing that if the so-called 'sinister force' does make an inroad into your world, emotionally, mentally, etherically or physically, it may not necessarily be your own. It is just destructively qualified energy coming into the Violet Fire for redemption.*

Let us learn to live above the tensions which plague the consciousness of the people of the world. There is no way for you to survive as a spiritual movement or even as a spiritual group, if you live below what I have chosen to call 'the waterline,' where there is fear, all sorts of distress, intolerance, hate, anger, rebellion and jealousy. If you do, you are then a part of the 'mass creation' and the 'mass mind,' you are in the bottom of the 'pit' of human creation, instead of dropping a rope (our instruction) to those below you, by which you can raise them (by their acceptance out of the darkness of human iniquity into 'the Light of God that Never Fails!'" (Saint Germain, Bridge to Freedom Journal Book 3, p 193-195)

The Conscious Qualification of Energy

"When you are dealing with individuals who require instruction on the Law, when you are dealing with people in pain and distress, in fear or in anger, the very first thing you must have is some capacity to utilize the activity of 'darsham' (grace) and draw from your Causal Body God-qualified energies which fill the atmosphere of the room and are the master control, *before you attempt your service*. When you come to the service of handling great numbers (and who knows, in the days and years ahead, how many lifestreams may be saved or otherwise, according to the development of this particular activity within you), are you going to be able to connect your emotional world with mine (Beloved Mary), your mental world with Lord Maitreya, your physical bodies with Lord Michael? Are you going to be able to plant your feet firmly upon the rocking surface of the Earth or the rushing tides of the sea as Jesus did, commanding and securing PEACE? Are you going to be a comfort, a balance, a protection, a healing 'conductor,' or are you going to be swept into the chaos of the uncontrolled?"

Beloved friends, this is a very serious and important activity. Somehow we must reach your outer mind to a point where the holding of your emotional balance, the holding of your peace, the holding of that spirit of good-will and tolerance becomes important enough to you so that you will relinquish the rights of self (if necessary), and learn to be the outpost of ourselves which you profess and decree that you wish to be.

Cosmic moments come and go! I have lived through many! In those moments, if you are not prepared and at peace, you are temporarily cut off from the Brotherhood as a channel for their outgoing controlled force which would but energize your chaos, were they to pour it out to you when you were in distress. The Great and Holy Brotherhood is one and within it is all the gathered consciousness of every Being who has attained the right to become a member. Within it is all the light, love and momentum of Jesus' victory, all the fire, strength and will of El Morya, all the wisdom and kindness of Kuthumi, all the tolerance and selflessness of Paul, the Venetian, all the purity of Serapis, all the scientific knowledge of Hilarion and all of the gathered momentums of the power of invocation of beloved Saint Germain.

Everyone who enters that Brotherhood gives his all to it. It is enriched by each one who has ascended and becomes a part of it. That total momentum of light is accessible and available at the moment of any cosmic crisis. The Great Cosmic Silent Watcher may see certain vortices of destructively qualified energy. He then notifies local Silent Watchers of this situation. These individual Silent Watchers in turn often use the bodies of harmonious chelas as a conductor to funnel constructively qualified energy into these destructive vortices, transmuting their cause and core. In this case, the fully gathered momentum of the Great White Brotherhood may be channeled through the mind, feelings, etheric body and physical body of a harmonious chela. *If the particular chela who has been sponsored by some member of the Ascended host is in a condition of distress, the great Seraphim have to look elsewhere to find some harmonious lifestream, perhaps one wholly 'unconscious' of the Ascended Masters and purifying Violet Flame.* Through such an 'unconscious conductor,' a *tread* of benediction flows, whereas a conscious chela would be a *great conduit* of light. Do you see?

The 'unconscious conductors' have served us often through the ages and they are blessed indeed! However, just as the inside of a pipe becomes corroded and filled with impure substance, so does the consciousness of the average individual become filled with impure thought, feeling and etheric substance, unless there is conscious use by that individual of the Violet Fire which compels the purification of their individual lifestreams. Therefore 'unconscious conductors' do not make as wide an open door for the Masters' service as do conscious chelas who have used the Violet Fire of purification. *It is a tragedy indeed for one to have worked twenty years with the Violet Fire and, at a cosmic moment, be unfit to conduct the protection which might save a city!* Preparation, application and purification are magnificent because, through the forcefields of your groups and through your individual selves, they create a wider and wider conduit of light. The radiation and pressures of the Great Ones, flowing through them are a great blessing to mankind.

Remember my words! Do less if you must, but hold your state of grace, hold the harmony, hold the peace, hold those feelings of love and tolerance so that you may be ready when you are needed to serve. You are going to deal with great numbers of people in the near future, particularly when you learn to become a 'conductor' of the light and gift of your Causal Body. Your radiation will be different from that of any other person because the creation

of your Causal Body has been an individual accomplishment. Your Causal Body has been built from the day you first received conscious life. All through the ages which you have lived, your Causal Body has grown like a beautiful flame flower, an aureole of living color. The services you have rendered, whether they have been patriotic, educational, philanthropic, artistic, scientific, or religious, have become your gifts to the Earth. This momentum of good awaits release through your vehicles as a radiation of light which can benefit the Earth and her people.

Now, why let the glory of that Causal Body function only in the inner realms while you are in limitation, while you are experiencing age, disease and distress down here, when it is so easy to consciously call forth from your Causal Body into your magnificent Tubes of Light, the qualities of perfection which you require to bless life? Why do you not externalize for the blessing of the race that which you have prepared yourselves for centuries? Why do you not this day, entering into that 'Secret Place of the Most High' (deep within the Sacred Fire in your heart) begin the release of your own harmoniously qualified energies of life which abide within your Causal Body, awaiting your call?

When you master that 'art', when your aura is so very comfortable to others, when it conducts instantaneous healing power, when you can give mankind that which they seek, you will need the strength to stand and continue to pour out your gifts to life and not be 'smothered' by the greedy and frightened energies of those who will come to you for help.

Build today, my friends! Build today! Those of you, who are Group Directors, use this activity in your class work. Use it! Where you have a group of harmonious students, there is no limit to the activities which can be released from the Great White Brotherhood to benefit the Earth at your call. Before you begin the services of your group, silently call through the energy in the room those Flames of Purity, Peace, Understanding and Comfort and then you can more easily accomplish that which should be done." (Beloved Mary, *Bridge to Freedom Journal Book 3*, p.10-13)



In the *Index to AMTF Publications* there are four pages of references for "Inbreath of Earth", enough for a book, too many for a newsletter. Below are a few additional references which stood out to me.

Bridge to Freedom Journal 1, p.47-48
V.F. Angelday, Bridge Staff Member
How to Act in a Crisis

Bridge to Freedom Journal 2, p.280-283
Beloved El Morya
Preventing the Eruption of a Volcano

Bridge to Freedom Journal 2, p. 471
Lord Maitreya
Need to Prepare for the Future

Bridge to Freedom Journal 4, p. 342-343
Beloved Paul the Venetian
The Responsibility of the Chela

Bridge to Freedom Journal 4, p. 388-390
Beloved Serapis Bey
How to Ascend Finances and Food
Put the Flame into Action
How the Brotherhood Selects Chelas

Memoirs of Beloved Mary, p. 176-177 Beloved
Mary, Importance of Making Friends with the
Elemental (Nature) Kingdom

