

# *The Spiritual Caravan*

Newsletter of the Ascended Master Teaching Foundation

May 2009

## **A Call to Unite**

We would love to see you at the conference. Not only is this our opportunity to come together in service to the Masters, but we can be together in physical proximity in order to make new friendships, renew old friendships, and be in the atmosphere of the Masters as a group.

We, as members of AMTF who share common beliefs, must find a way to start working more as a team and not as separate units. We are scattered all over the world, but that doesn't mean we can't function as a team with each other and the Ascended Masters. Because we are the only way the Ascended Masters can reach humankind, our help is critical NOW. In this age of electronic technology, we can communicate across the world in a split second. Some of the membership have taken advantage of this technology and are having group meetings with participants from across the country. We will be discussing this type of meeting at the Conference in August, along with other topics. We will have a Circle of Chelas where we can all share our experiences, ideas, hopes, and dreams for helping the Ascended Masters and humankind. It is sometimes very hard to walk this path alone without others to share our beliefs and experiences. We need encouragement and, frequently, someone to discuss ideas with. For many of us, even our families hold different spiritual beliefs, making this an isolated journey.

If you have ideas or experiences that you would like to share, please send them to us, or bring them to the Conference so they can be included in the discussion. If you have suggestions as to how we can improve the newsletter or questions which you want answered, send those also.

We have just received an update from Jorge Carrizo. Some of you may have met him at previous Conferences. His organization, Grupo Serapis Bey, is based in Panama. They just completed a successful meeting with the instructors of the group. There were 54 instructors in attendance from the three Americas and Spain. For those of you who speak Spanish, his web site is: [www.serapisbey.com](http://www.serapisbey.com).

During the Bridge to Freedom Dispensation, both El Morya and Saint Germain spoke on many subjects. The following discourses help us to understand what it took to get us to where we are; the difficulties of the journey; the importance of living our daily lives as examples of the Ascended Masters' Teachings; how much the Ascended Masters need our assistance in externalizing the Golden Age. THEY ARE DEPENDING ON US TO BE READY AS GROUP LEADERS AND MEMBERS OF GROUPS WHEN THE CALLS FOR ASSISTANCE ARE ISSUED.

## **Master's Energy Should Be Returned**

By the Beloved Ascended Master El Morya  
*The Initiations of the First Ray*, pages 124 – 137  
*The Will of God*, pages 1 – 11

Beloved ones, you have been my friends of love and light for many, many ages, and it is my privilege and honor to again welcome you into our midst and into our hearts in order that we may fill your cups, each according to the requirements of your own vehicles and the requirement of the service which you have vowed to give at inner levels. As you stood before the Karmic Board, in some cases, these vows made decisions by that board very difficult because, in order that you might have birth, two other lifestreams, with perhaps greater talents, but less spiritual enthusiasm, were denied embodiment at that time.

Now, let me make this clear to you. Out of every three individuals who make application for birth, only one passes the Karmic Board and is given opportunity to take a new Earth life. These are individuals who are not of the masses, but are the workers and the spiritually elect, who are constant, while the masses must be coaxed, we will say, and drawn into embodiment. Each of you and every lifestream who represents a guardian spirit who has come to the Earth stood before the Karmic Board – those seven great impassionate and impersonal beings of

light – and made very eloquent pleas that if a passport be given to embodiment, this planet would literally be set afire with the individual talents, gifts, and spiritual light.

I know – because I stood there too – having known you, having worked with you. Ah, sometimes with great efficiency; sometimes with great distress on your part. Of course, those eloquent pleas which you presented before the Karmic Board had to be borne out by certain light within your aura – that is, certain momentums of good within your Causal Body. While in the full freedom of your etheric garments, having been bathed in the activity of the Violet Fire at inner levels; having temporarily forgotten the bonds of flesh and all the various limitations of your past earth life, and being very willing to forgive and forget all that is wrong. Ah, it is a very easy thing to tie one's self to a cosmic cause by spiritual vows.

Standing before the Karmic Board, you said, in purpose and substance, that by the time you reached your majority, you would be willing to help in bringing to fruition the permanent Golden Age – the age of the Ascended Master, our brother Saint Germain – an age which will last for eternity. Then as you were tested and tried according to your own strengths, even as the greater beings are, your light was sufficient and usually someone like myself would stand sponsor for you and offer to make up any deficit – writing away tons of energy, mind you, from the book of life through our own lifestreams.

For each of your names that was written on the book of life, we wrote on the Book of Light and offered to balance any deficit, and knowing you, when we signed that Book of Light as your sponsor, we knew something of what we would have to invest into the substance of this Earth. We knew something of what you would invest, and have very willingly, I would say, according to your karma, the places in which you have found yourself; the affiliations which you have taken upon yourselves, some wisely and some not so wisely, but which must now be worked out.

So we, the Chohans, were among those present when you won out, so to speak, against two competitors for embodiment. It's a funny thing about the human race – after you're in it, you want to be out of it; and once you're out of it, you want to be back in it again. It would really be humorous if it were not so painful to the personal consciousness. While you are on our side of the veil in association with the masters and the angels, in the temples, you see the design for the Golden Age; you look at Saint Germain's beautiful maps for this age and you can't wait to get back to the Earth.

Once you are back again and you grow up in a family where the association is not altogether of spiritual affinity, the world does not yield to you and nobody listens to what you have to say, you finally think to yourself that maybe you had better stop talking about your inner desires, and then the doubts start to creep in and you wonder, within yourself, whether or not all this is true. Disillusioned, the soul then wishes that it could get out of it all. Eventually the time comes for the return to the inner realms, and the same thing goes on all over again. We have been there through all these experiences, so we know you very well!

Oh, my beloved ones, in the name of God, stay and finish the job this time! Finish it for me and finish it for yourself! I am of the First Ray and I represent that tremendous drive of energy that desires to GET THINGS DONE! That drive of energy is uncomfortable to many people because it is a pressure which causes change. As much as I can, when I have an opportunity to use any of the First Ray people, I do ask that particular protection be given them because anyone who stirs you to greater endeavor stirs the resentments and rebellions that are a part of the mass mind.

For instance, let us take a simple example. If you are having a nice sound sleep in a warm comfortable bed and someone comes into the room and awakens you, and sets you to a task before your faculties are coordinated, there is a shrinking from that activity. Now that is exactly what happens when the Master, or a representative of the Master in the world of form, tries to stir you to greater endeavor toward expanding the light within your hearts. Many times a resistance and a rebellion ensue and these become part of the resistance and rebellion of the entire race. Remember that there are almost ten billion people belonging to the evolution of the planet – and you live in that strata.

It is a marvel, really, and a miracle in itself, that you move forward at all, and it is very easy, especially when you are depleted physically, financially, mentally or emotionally, to slump back in to that lethargy, which is like a quicksand over which green grass grows. In our endeavors with the students throughout the ages, we have seen that activity of lethargy drag down the most sincere and earnest lifestreams, by all types of excuses – age, physical handicaps, dependents, and so on and so forth. The great, beautiful vows that were made in the beginning are forgotten, before they have come to fulfillment.

Now I do not say, nor do I mean to imply that karmic affiliations are to be discarded because you are beings of free will and you have made certain affiliations in this physical world in the nature of family, friends and business associates which are ties that must be sublimated and transmuted. So do not let anyone get the mistaken impression that by severing the ties with every disagreeable rate of vibration that anything will be accomplished, for I assure you that on whichever side of the veil you happen to be, you are going to have to handle that same lifestream until there is harmony between you. It is not the purpose or endeavor of the master to sever ties, but it is the path of the middle way that the student must follow. If you have ties and obligations to which you have sworn your life, you also have inner ties, but walk upon the middle path, fulfilling first your service to God, and then fulfilling, in honor, your service to your fellow associates in family or business.

This morning, I was watching your various preparations for this class as every master likes to come sometime before an address to see what type of energy he is going to be able to use. If he cannot come in person, he usually sends a representative who reports his findings to the one who is going to speak. The address directs a radiation for some time before the worded expression is given. In this way, we are made aware of the condition of the mental, etheric, emotional and physical vehicles of all who are going to be a part of the magnetic center which will draw that radiation into the atmosphere of Earth and then project it forth, and then we determine the type of radiation which can be given safely. As I have said many times, we have to change the radiation quite often as a result of such a study.

I have been thinking back to the inception of the "Bridge Activity." Some people say that the word 'Bridge' is not significant of a spiritual activity, and I know that they are waiting for the name of the inner activity which, of course, is already within my possession, awaiting to be released at the time ordained by the hierarchy. Beloved ones, a bridge is a wonderful thing, and it is also an essential thing. The first bridge was created from the Ascended Masters' realm when the Manu of the First Root Race, the Holy Innocents, the guardian spirits and Lord Michael came to the Earth in the vicinity of the focus of the Rocky Mountain Retreat in Wyoming.

That was a magnificent bridge! Of what was it created? It was created of energy, energy streaming forth from the Manu, the Archangels, the guardian spirits, and the inner selves of those who were descending to make that root race. It was like a beautiful rainbow because there were beings representing the seven rays who came over that bridge. That was the beginning of the rainbow – the arc from the heart of the sun, and that bridge also then formed a pathway upward. As the members of the root race finished their cycle of fourteen thousand years, before the discord came, each one ascended upon that bridge in the same manner into the Octaves of Light.

Since the fall of man, as you say, at which time the maya of human creation began, the bridges became more and more necessary because the average man could no longer walk and talk with the angels and the World Teachers. Therefore, a way and means had to be devised by which the divine truths from the perfected ones might reach the brain consciousness which had reached a point where it could not recognize that truth for itself. So, with the assistance of the beloved Pallas Athena, the bridge builders began the activity of directing those beams of intelligent energy into receptive consciousnesses who later became the high priests and priestesses on Lemuria and Atlantis. Those individuals, in turn, received directives from the master and then passed this instruction to the priesthood who were trained in obedience and harmony. The instruction was then translated by the priest or the high priest to the masses. Those bridges existed from the time when the majority of mankind lost contact with the Ascended Host of Light.

As time went on and the planet Earth became clouded by the riptides of human creation, it became more difficult to make a channel of pure energy through those riptides of force. Many of the members of the priesthood achieved the glory of the ascension in those early days, but there were those who had witnessed the activity of the communion between the high priest or priestess and the master who began to impersonate the high priests. They had watched the ceremony; they had the ritual and the form, but they did not have the secret which, of course, is selflessness and humility.

Most of the people did not know this, and when these individuals embodied again, and retaining the memory of having stood as lesser priests in the secret place of the inner altars with the priests and priestesses, took upon their shoulders the cloak of intermediary between the divine beings and the human evolution. The great masses of the people, being credulous, accepted the ceremony and the ritual, but UNFORTUNATELY THEY WERE CAUGHT IN THE NET OF HUMAN INDOCTRINATION BY THE SOULS WHO WERE ENDEAVORING TO TRICK THEM. This impersonation has been continued by many lifestreams through the ages.

As previously explained to you, we will not go into details at this time, because this has caused much of the sense of suspicion and wariness in the consciousness of mankind concerning anything that comes from

behind the veil, due to the fact that at some time, somewhere, with a sincere motive, you have affiliated yourself consciously with some individual or activity which purported to be something other than what it really was, and much of your light and your energy went into the furthering of that cause.

Often in such a case, when the cause eventually crumbles and the idol is unmasked, there is a tremendous disappointment within the inner vehicles, and that disappointment often becomes so strong that the person becomes an agnostic. Many have become skeptics, and many of even the most sincere students have deep scars and wounds, which are the result of trying to find their way back to truth, and yet remembering within themselves that person, somewhere, whom they had followed, and who had misled them.

Sometimes within one's own family you find those who have a great antipathy toward this particular type of activity. These are usually individuals who have been tremendously disillusioned in previous ages and eras through some charlatan purporting to expound truth. So do not feel that these people do not have any light, because some of those who most violently oppose the Ascended Masters and their teachings are those who have had and do have very great light, but they have to be given confidence again by the use of the Violet Fire, to transmute all the negative accumulations within the etheric body.

As you know, the inner bodies of man are very old. Your physical bodies are not so old, not according to the recorded history of your Bible, which tells of the times when it was quite natural for a man to live to be eight or nine hundred years old. So, physically, you are really youths, but your inner bodies are old beyond so-called time. **MANY OF THE STUDENTS HAVE COME FROM OTHER STARS**, and everything you ever did upon that star is within these etheric, mental and emotional bodies. You were old souls when you came to Earth and how many aeons of time have you lived in the environment of this Earth? It is the removal of those causes and cores of all imperfection within your inner vehicles that seems tedious to you and sometimes tends to make you feel that you are not accomplishing what you would like to do for the sake of the Spiritual Hierarchy and that of mankind as a whole.

Now let us be sensible and **LOOK AT THE MILLIONS OF YEARS IT TOOK TO CREATE YOUR KARMA**. You have the promise of the ascension for yourself and for all your families, which is a marvelous dispensation in itself. This year of 1957 is a year of truth and purity, and there will be drawn out of your inner vehicles much of that substance which has been embedded there for ages. We shall do it as painlessly as we can, but from time to time, you will have a pressure and a feeling of that accumulation as it is being drawn out, just as you sometimes feel aches and pains after you have a tooth removed or any infection is opened and the substance is taken out of the body.

So do not take a negative or a defeatist attitude. In the name of Almighty God, I have written my name in the Book of Life, beloved ones. Many of you stood with me in Tara's Halls; you listened to my endeavors at 'harping,' and sometimes I think that I harp still, although it is a different tune. We have all been associated through the centuries, and 'harp' I shall until that day when you, individually and collectively, are **GOD-FREE!**

You sometimes wonder why I am so emphatic and why the Ascended Masters do not always speak in the liquid tender voices that you attribute to the angels! Why? Because energy set into motion to crack the concrete in, through and around your etheric, mental and emotional bodies is required and that gentle liquid voice would not even displace that accumulation. Beloved ones, you are all very sincere but sometimes it is just as though I were talking to a wall and my words bounce back to me. There shall come a day when you will have the gentle soothing feeling of the presence. That day will come; perhaps you will choose to stay for a while in the Sleepers' Realm, but I do not think that there is anyone for whom I have stood sponsor who would last there for more than an hour.

"Oh, if I could only be finished with it all and just rest!" I have heard those words so often and those very lifestreams, when they are given a couch of roses after the physical body has been discarded, are not there half an hour before they are up and saying "what shall we do? Let us get up and be about our father's business!"

**WHY NOT DO IT HERE, BELOVED ONES?** Why wait until you shed the human body? In the name of God, we have to have some examples to show mankind because the first thing that the great masses of the people ask for is proof! You are our proof, and you could yet be improved, do you not think so? We have got to have manifest expressions and examples of balance, of dignity, good health, buoyancy, courage, youth, constancy and everything that you do not feel has manifested through you for the sake of those of us who must work beyond the veil. If we could come forth visible and tangible to the masses, that would surely have some effect upon the

people for a time – for a very short time, however. We desire to work through those we have loved through the ages and to see each one of you manifest something so lovely that mankind will want to be like you!

Honestly now, just between us, have any of you attained the degree of perfection that other human beings would want to be just like you? Think about that! What we want you to get is that feeling deep within your hearts that you have some specific radiation that is so desirable that even one member of the human race would say “Now I like that individual because she (or he) does something for me; she (or he) releases a feeling that gives me a lift!” Example is the greatest teacher as was exemplified in the ministry of Jesus. I know I seem harsh on you, so we will not pursue this any further.

There is a law that applies to both the ascended realm and the unascended realm. I am given certain freedom under my superior, and you are given certain freedom under me or whichever Master you endeavor to represent in the world of form. But all of us are under law, and for the release of God’s energy through me, or any of the spiritual hierarchy, a balance must be made by the students OR THEIR SPONSORS.

Beloved ones, PROVE MY FAITH IN YOU!

El Morya

### **WE DO REQUIRE AN ARMY OF LIGHT**

By the Beloved Ascended Master Saint Germain  
*The Initiations of the Seventh Ray, pages 115 – 120*

Beloved friends of old, friends of life and my friends forever! God bless you for your perception of truth, which has enabled you to step forth from the mass mind—fearless, dauntless and determined to weave out of the primal essence of your own life, the magnificent robes of freedom, which you shall wear as representatives of myself in the world of form, and which you shall, in kindness, place upon the shoulders of the men, women and children of the race, in the Golden Age which it is our privilege, honor, and responsibility to bring forth in this physical appearance world.

LET US COUNSEL TOGETHER AS FRIENDS, AS BROTHERS AND SISTERS INTERESTED IN ONE GREAT VISION, IN EXTERNALIZING ONE DESIGN. Those who have looked into the future, those who have listened to the words of the Master, speak freely of the Golden Age that is to come! It is pleasing to the tongue, amusing to the mind, and it gives hope to distraught feelings, seeking always some measure of peace in the sweet “by-and-by!” But WHEN are you going to BEGIN TO EXTERNALIZE THIS GOLDEN AGE, which it is my responsibility as Chohan of the Seventh Ray to manifest upon this planet? Common sense will tell you, you must begin with the students, with the individuals who have accepted even intellectually my presence in this universe. IT IS TO YOU FEW THAT I LOOK FOR THE INCEPTION OF THE GOLDEN AGE UPON THE EARTH, in your personal lives, in your homes, in your sanctuary—and then you will become the magnet which will draw the masses, who will be more interested in the fruit and harvest of your endeavor, than the application by which you attained your victory.

I AM ASKING YOU NOW TO TAKE AN INVENTORY of your own earnest and sincere world, to see what improvement—individually and collectively—you can make TO PREPARE TO EXTERNALIZE THE GOLDEN AGE of absolute unconditional harmony, inexhaustible strength and energy, the youth of Sanat Kumara, the perfect health of the Master Jesus, the infinite supply which flows from your own God heart, and anything and everything which is an amplification of perfection. To you, who are my friends, I GIVE THIS ASSIGNMENT—TO BECOME NOW THE ESTABLISHMENT OF THE GOLDEN AGE OF HARMONY, HEALTH, PEACE, BEAUTY, AND PERFECTION through the orbits of your own individual worlds, your homes and cooperative groups. EVERY GREAT THING HAD A SMALL BEGINNING!

I remember the vision which it was mine to impart to a few strong men and women of a land where they might have liberty to pursue and follow the dictates of their own hearts, and weave for themselves a new world, which one day would be the heart of freedom. A vision is a beautiful thing, and when it is accompanied by the enthusiasm of application, it becomes a fact! A vision shared, even between friends, when both parties embody their energies and talents to manifesting it, brings blessings, not only to them but to all life. But we, who have passed beyond the human veil, and stand in the realms where it is so easy to see the divine design, are dependent upon incarnate lifestreams to grasp our vision and through the acceptance in the mental body, to see the possibility of blessing the race through their own voluntary, self-conscious endeavor.

From this inner realm, where we abide, we constantly direct the energy and light rays from our hearts into sensitive consciousnesses, hoping that someone might grasp a portion of that vision—in dreams, revelations or contemplation, according to the development of the individual self. These incarnate friends become ourselves in action, for that is the Cosmic Law. We can only do, in the physical appearance world, that which we can do through those of you who still are a part of the mental and feeling world and the physical substance of the sphere which we desire to bless. So, my vision for freedom and a permanent Golden Age of planetary proportions, where all men and women are brothers and no such thing as disintegration, disease, or death are known, is dependent upon the receptivity of incarnate lifestreams.

In Europe, after I had accepted my ascension and the Great Divine Director recommended that I take that final step, it became my hourly occupation to look over incarnate lifestreams who had any desire to better the race or to do God's will, no matter how orthodox their faith might be. These men and women of good faith and goodly living became the recipients of my directed ray, which stirred within them sufficient enthusiasm to stand for the right to worship God as they chose, and be willing to leave home and family and security to travel across the sea to your beautiful shores.

Today, I am in exactly that same position. When I received the crown at the hour of coronation and saw the vision in its fullness for the first time, seeing the Earth as it will be in the Golden age which must come, it was then, again, my obligation to look into the world of form and try to connect my energy with those lifestreams who could grasp, oh, just the smallest portion of that vision, through whatever medium was afforded me—a word of expression, of inspiration, a pressure of radiation to stimulate and sustain enthusiasm and interest in world brotherhood, in godly living. This I am endeavoring to do to those of you who have opened your mind to me, and more important still, opened your hearts!

Blessed hearts, within your very physical form is the presence of the living and mighty God! It is this Presence that enables you to say, "I AM!" Let us return to that fundamental of contemplation within yourselves that the presence of the living God within you must be loosened and given opportunity through the energies of your world, to express and manifest perfection. It is not as important the creed or faith of a man, as it is that through that creed or faith—whatever it may be—he contacts that presence of God and become one with it, allowing it to surge forth into his world!

In our realms of Ascended Beings, who have risen on the ladder of evolution in every creed, in every religion, many of the religions no longer being known on the Earth today, but those who achieved the victory, made that contact with the living, breathing Ever-Presence, calling its mighty power forth, refusing forever the acceptance of a power opposed to it, and in the invocation and radiation of that Presence, they became again the fullness of incarnate gods! That is what I ask—that you turn back to the God that beats your heart and let the roots of your attention go deep into that mighty source and draw forth the healing currents required to restore your flesh, the substance you require to fill your world, the light you require to illumine your mind, the peace you require to establish and sustain harmony in you. When your roots are anchored deep within that living Presence, no matter what the world of form might show, you shall not be moved!

TODAY, A PERMANENT ERA MUST COME. IT IS COSMICALLY ORDAINED! A GOLDEN AGE IS TO BE THE PERMANENT STATE FOR OUR EARTH AND ALL WHO ARE SO HONORED AS TO REMAIN UPON IT. THOSE WHO DO NOT CHOOSE TO ACCELERATE THE VIBRATORY ACTION OF THEIR ENERGY SHALL FIND HOSPITALITY ON ANOTHER STAR, BUT THE PLANET AND THE FEW WHO ARE WILLING, SHALL GO FORWARD TO FREEDOM! IN THIS, YOU CAN HELP ME IF YOU WILL, THROUGH YOUR OWN ENDEAVOR TO CONNECT WITH YOUR GOD, TO EXTERNALIZE HIS PERFECTION AND TO GRASP AS MUCH OF MY VISION AS YOUR MENTAL BODY WILL ALLOW YOU TO ACCEPT.

When your inner bodies are refined and have that consciousness of "listening grace," then easily at times of crises, we can flash the flame and easily, the brain consciousness absorbs and the physical body moves into action if necessary, and performs the service for us. YOU ARE OUR HANDS AND YOU ARE OUR FEET, YOU ARE OUR LIPS, THROUGH WHICH WE CAN SPEAK! YOU ARE OUR EYES, THROUGH WHICH WE BLESS. **WE HAVE NO OTHER IN THIS WORLD OF FORM!** When your vehicles are unwieldy, when they are heavy, it is impossible for us, at a moment when a service can be rendered, to direct that beam through with sufficient intensity to reach your outer consciousness and your earnest hearts.

THIS IS MOST IMPORTANT—for in the days that are to come, WE DO REQUIRE AN ARMY OF LIGHT ALL OVER THIS EARTH, of individuals in constant state of alertness, a constant state of grace, a constant state of harmony, balance and poise, ready to move at an instant! THEN IF AN ACTIVITY IS ABOUT TO TAKE PLACE, AND WE DESIRE TO DIRECT A THOUSAND LIGHT RAYS SIMULTANEOUSLY, A THOUSAND LEADERS WILL STAND, AND A THOUSAND GROUPS WILL GO INTO ACTION AND DISASTER WILL BE AVERTED. THIS IS THE TRAINING FOR THE FEW, WHO WALK UNDER THE BANNER OF FREEDOM IN MY NAME!