

# *The Spiritual Caravan*

Newsletter of the Ascended Master Teaching Foundation

February 2010

At this time of the year our thoughts turn to Easter and the resurrection of Jesus. We have included many references to the Resurrection Temple and Flame and we have also included the Ascension Temple and Flame.

## THE RESURRECTION TEMPLE OF JESUS AND MARY

*March 15 through April 14, 210*

The beautiful circular temple built around the cosmic focus of the Resurrection Flame for the planet Earth, is located in the Etheric Realms over the Holy Land. The Resurrection Flame became a necessity for mankind and elemental life from the time when disintegration, degeneration, decay and involuntary dissolution of form issued out of the imperfect causes set up through the consciousness of the race. Thus was born the specific requirement for an activity of quickening, bringing back to life, resuscitating the divine vibratory action in the nature kingdom and in man, who would desire it. A Cosmic Being, Krishna by name chose to draw through his own consciousness a powerful momentum of this restorative, life-giving flame from the Source of all Life. He then came earthward the Resurrection Flame anchored within his own cosmic heart, establishing it in the etheric realms over the Holy Land. This area was sanctified by the life teachings and presence of the beloved Master Jesus, his mother Mary and those who assisted them in establishing the initial impulse for the Christian Dispensation.

It is the request of our Lord Maha Chohan that the students deliberately direct their consciousness toward this temple during the thirty-day period when the Spiritual Hierarchy is present there; further, that the students bring back each day the Ascended Jesus Christ feeling of the power of the resurrection. They should then use that power of resurrection *consciously* to restore, resuscitate and bring to life in their own individual worlds some specific God-requirement which seems to lacking. Practical use of these flames can and will assist the evolving consciousness and will also qualify certain ones to assist in the various retreats and prepare for the day when such ones may become the sponsors of the retreats and Guardians of the Flame in the physical appearance world.  
*Beloved El Morya (excerpts from Bridge to Freedom Journal, Bk. 2, pages 235-237)*

(On this subject of the Resurrection Flame, the use and practical application of it, and the importance of these applications, are presented excerpts from various beloved angelic and ascended master members of the Great White Brotherhood.)

**I COMMAND YOUR FREEDOM** from the domination of your own outer senses! **I COMMAND** your allegiance to your own God consciousness! **I COMMAND** the sustenance within your feeling worlds to accept the conviction that you are God-master by light! Will you accept that in the fullness of your hearts? If you find yourselves returning into a consciousness of frustration, **INVOKE ME!** Use my name, my name and my power! I Am the Angel of Resurrection that stood by Master Jesus and at the moment when the resurrection was to be completed, **FLASHED** my flame together with the Maha Chohan through that body **AND IT STOOD FORTH-MASTER OVER DEATH!** What I have done for him, what I have done for the members of the retreat at Luxor, I can do for any man, any women, and child on the planet who will choose to have me for a friend! Standing here this morning listening to your mighty songs and invocations, and seeing yet the chains in which you bound, seeing burning within the crucible of your heart the Fire of Freedom, I long for the consciousness that can accept us, really stand within the promise given by all God-beings through the ages, and which can be fulfilled through flesh. This shall be done one day.

I GABRIEL, am speaking, into your hearts—**REMEMBER ME!** Call forth that flame of the resurrection. Let that which seems “dead” within you live! The light of God, the youth of God, the sight of God, the hearing of God, the beauty of God, the love of God, the all-encompassing nature of God is alive within you. There is an ember in your hearts else you would not have a physical form. There is a spark in which is the “all power of the Almighty,” and I

breathe upon it with THE FLAME OF MY SPIRIT – COME NOW FORTH, YE THAT SLEEP! STAND REVEALED IN MASTERY AND BE GOD-FREE! I thank you. *Beloved Archangel Gabriel (The Angelic Kingdom, pages 259-260)*

Beloved friends, in order to achieve and maintain the immaculate concept of which blessed Gabriel speaks, unascended lifestreams do require a tremendous buoyancy, which is to found with the Flame of Hope, which it is my joy to sustain in the emotional, mental, etheric, and physical worlds, for without hope no man could finish his course, no woman or child could sustain the constructive endeavor upon which he or she is engaged. We are part of the springtime, Gabriel and I. Gabriel through the Resurrection Flame, connects with the beautiful Virgo and Amaryllis and brings up through the earth the magnificent blossoms that show the power of resurrection in the nature kingdom. I give the fragrance to those flowers, which is hope. It should be a great hope and example to mankind that what a *bulb has been able to do in externalizing its immaculate concept, mankind also can do!* *Beloved Archaii Hope (The Angelic Kingdom, page 269)*

Three great flames I used in my ministry-flames and activities of the Sacred Fire, which were given to me by my teacher, which enabled me to control the energies of my world. The first was the Resurrection Flame, which quickened the vibratory action of my physical and inner bodies, making each tiny electron, spinning around its own central pole, move more rapidly and throwing off the vibratory action of Earth, connected my vibration with that of this Ever-Presence. The second was the Flame of Transfiguration, enabling the Sacred Fire within me expand more powerfully than the atomic pressure of the outer world. The third flame I used was the great Ascension Flame which, surging through my physical, mental, emotional and etheric bodies, carried the energies of my world upward into connection and contact with my own Christ Self and the Father-Mother God of this universe. Those flames are still in existence. They have grown and intensified in power in the thousands of years since I have availed myself of their presence. You, beloved ones, have opportunity now as you enter this new year to use the Resurrection, Transfiguration and Ascension Flames to make of your energy a harmonious conductor of the gifts and powers of this Ever-Present One.

There is no life outside of yourselves that can maintain the control of your energy, because free will is your gift from the Universal First Cause, but if you choose to maintain and sustain a vibratory action through your feeling world that connects with the Kingdom of Heaven and its inhabitants, at any instant our powers and gifts are yours, and *through you* may be conducted into the lives of others. *Beloved Jesus (excerpts from Bridge to Freedom Journal, Bk. 2, page 4)*

Here is a lesson which some of you, who have learned breath and have taught breath control, know. WITHIN YOUR HEART, WITHIN THIS IMMORTAL THREE-FOLD FLAME, IS THE VITAL ESSENCE OF EVERY GOD VIRTUE! IT IS CONNECTED WITH EVERY DIVINE ATTRIBUTE, FACULTY AND GOD-FREE BEING IN THIS UNIVERSE. It is connected with the Resurrection Temple and the activities of Jesus and Mary, as well as with Holy Amethyst, the Freedom Flame, the flame of Pallas Athena, just to name a few.

Then, as you breathe out the Resurrection Flame into your physical body, you feel it vitalized into your etheric body, you feel the divine powers which you had in the Great Central Sun before the world was, accelerated, into your mental body you feel the clarification of those divine concepts which come from the Heart of God and into your emotional body. You feel the *buoyancy, joy, and happiness of serving* GOD, the ascended Masters and your fellowman. *Beloved Maha Chohan (excerpts from Bridge to Freedom Journal, BK 4, page 359)*

When you speak of the resurrection and the life preceded by the words of creation, I AM," immediately you begin to accelerate the speed of the electrons which make up the atoms of whatever you choose to resurrect. It is mechanically accurate, beloved ones, as when you step upon the pedal of your automobile and give it more gas, it in turn moves forward more quickly. The Resurrection Flame, like unto all of the God flames, the freedom flame and other flames, is considered so ephemeral and yet they are the most practical activity that can be utilized by any individual to whom the science of their use is presented. You can accelerate through the power of the Resurrection Flame in your physical vehicle any organ, any cell, any atom that has slowed down through your acceptance of so-called age or any other discrepancy in the way of untransmuted karma. You can accelerate and

sustain the vibratory action of your mental body to a point where it is receptive to the Divine Beings and the very quickening of the vibratory action of the mental consciousness automatically deflects the baser thoughts from entering the mind.

In the Temple of the Resurrection we work not only on individuals and their many vehicles, but we work also with what to the human eye seems inanimate matter. You can accelerate the vibratory action of a book; you can accelerate the vibratory action of a piece of stone, the very Earth substance itself, by the use of the Resurrection Flame. When the inner sight is opened and you can see that magnificent power acting constructively to resurrect that which is God-good, you will enjoy using this flame, which is ours to guard and protect, but which is yours to experiment with, become familiar with and utilize in the transformation of imperfection into perfection.

In healing, which of course is my particular interest with regard to the human race, we use that Flame of Resurrection to change the quality of energy in vehicles of the individuals whom we desire to assist and make them more receptive to the directed ray of healing and to the acceptance of the elixir of pure healing light which flows from the hearts of Helios, particularly, and beloved Vesta and is carried by the seraphim, cherubim, and angelic host literally anointing the vehicles that require assistance, inner as well as physical.

The fountain of youth is in your hands! But if that fountain is covered over for lack of use or through the acceptance of human appearance, it does not flow freely through you. But be very sure, my beloved, that you want that font of life to flow freely through you, for one motive and purpose only, the resurrection and the life of your own individual selves so that you may be an example, living and breathing here on this planet Earth, to the glory of God and for your beloved Ascended Master Saint Germain, who desires among all things to have sons and daughters of freedom free from every distress that is limiting. *Beloved Mother Mary (excerpts from Private Bulletin, Book 2, page 262-264)*

### ***Characteristics of Resurrection Retreat (taken from Transmission Flame instructions)***

The location is in the etheric realm over the Holy Land. The color of the flame is Mother of Pearl. The God-quality of the Flame is to nourish mankind and nature kingdom with the life-essence and restoring power of the Resurrection Flame. The retreat is open from March 15 through April 14 or from April 15 through May 14 depending on the time Easter falls.

### ***The Monthly Breathing Statement for the Resurrection Temple:***

I AM INBREATHING from Jesus and Mary the raising power of the Resurrection Flame, followed by the statements, I AM ABSORBING, I AM EXPANDING; AND I AM PROJECTING with the rhythmic breath.

Students must learn to make the truths they hear and read their own. As the shell of destructive living through the centuries imbeds the mental and feeling worlds of the average man, so much of the Master's instruction is deflected by even the most earnest consciousness. The student should plant within their consciousness the words of the Master, nourish them, pluck out the weeds of irrelevancies, and bring in his own world the Master's consciousness. This admonition cannot be given too often for the outer self is inclined to "gloss over" instruction which it has heard before in favor of the unknown.

Instruction from the Master is not repeated if it was assimilated the first time. When the repetition occurs, the wise chela stops and knows that he is being "fed again" because he has not assimilated the nourishment offered him previously. Remember, the Master knows your every requirement and before your soul has called, he will have answered with exactly what you require at that given moment! *Beloved St. Germain (excerpts from Bridge to Freedom Journal, Book 2, page 247)*

## **THE ASCENSION TEMPLE, LUXOR, EGYPT**

The Ascension Temple of the beloved Serapis Bey, the Chohan of the Fourth Ray, is located near the ruins of the magnificent edifices built by Rameses II at Luxor, in Egypt.

*As the very nature of all the flames of God is to RISE, unless some Divine Beings voluntarily choose to magnetize, anchor, sustain and expand particular flames in the emotional, mental, etheric and physical consciousness of the people of Earth, the Ascension Flame itself would long since have arisen out of the physical appearance world-out of the ken of human mind and the use of unascended mankind. Beloved Serapis Bey and the Brotherhood at Luxor have made the sacrifice of remaining here and so sustaining the Ascension Flame in the Temple of Luxor to provide a way back "home" for all unascended lifestreams, when they have earned the right to its use by purification of all the energies of their lifestreams, thereby fitting themselves to dwell in the Ascended Masters' realm.*

In the early ages, before the contamination of Earth's people by the shadows of the laggards brought from other stars, the ascension was accomplished consciously and beautifully by all individuals after they had completed their cycle of Earth embodiments, spending some time on Earth during each of the seven-two-thousand year periods which make up the cosmic cycle of each fourteen thousand years. On other planets belonging to this system and superior systems, it is utilized as the altogether NATURAL culmination of the individual's experiences because there is no discord or disintegration.

Because beloved Serapis is required to teach the chelas how to transmute their own lower natures and purify their emotional, mental, etheric and physical vehicles, preparatory to making the ascension, he has been feared by many earnest chelas who unconsciously enjoy the feelings radiating from the causes and cores of certain human discords which are buried deep within their own inner and physical vehicles (which radiations eventually lead only to disintegration). Let the chelas be assured that beloved Serapis is a Lord of Love, and his ONE PURPOSE IN LIFE is to actually free every individual upon this planet and all who are to come here in the future, from the recoil of those impure causes and cores limitations and disease and their inevitable effects of distress of body, mind, soul and affairs. *Beloved El Morya (excerpts from Bridge to Freedom Journal, Book 4, pages 86-87)*

(Below are excerpts on this subject of the Ascension Flame, the use and application of it, the requirements for and the need and importance of these applications and the functions and roles of the Causal Body are presented.)

It is my privilege and my honor to answer the summons from the heart, when there is opportunity through the use of this mighty transcendent, glorious intelligent Spirit of the Ascension Flame to raise a consciousness again to its natural God-estate. The SPIRIT OF THE ASCENSION FLAME is a living, breathing intelligence which does, when called into action, invoke from the electrons in every cell of our body that portion of itself which is hidden within your light. As that flame of the ascension, within yourself, expands and meets the Spirit of the Ascension Flame in its cosmic activity, the two become ONE and the mystic activity of transmutation and ascension takes place! **[The melody of the song, Aloha is the keynote of the beloved Spirit of the Ascension Flame].**

Each electron, each heartbeat, each vital light cell answers every summons and call you make upon it, and graciously says "All this I can do and more," when you summon it forth as Jesus summoned Lazarus from the tomb. When you summon it forth from within the depths of your being, that power of the sacred fire which is the requirement of every moment, answers. Opportunities are manifold! There is, in the course of your hourly living, opportunity to summon forth peace or justice, harmony or restitution of divine perfection into distortion of form, or balance of mind and body or supply! How can the consciousness of students linger longer in appearances of lack and limitations when, within the essence of the electron is lying quiescent the very nature of God himself. The divine pattern within the heart of man and life is endowed with self-sufficiency and requires but a realization that within that light flows the fullness of healing, of freedom, of illumination, of every God-desire!

### **There are Three Reasons for Your Ascension**

Those of you who have written upon your breast, "Candidate for the Ascension" are blessed of all mankind embodied today! You have been chosen for one of the following three reasons, mind you, in the great Halls of Karma, before you were granted the privilege of taking an earth-body.

**(1) Your energy is almost redeemed** You were chosen because you had become a harmless one, whose energy has been almost completely redeemed and whose cycle of individualization is ready to close and who has transmuted through many ages of saintly living, the majority of those energies qualified imperfectly, and have therefore, by that very preparation of the ages, signified to life through the color bands in your Causal Body, that

there is opportunity for you write in your name upon the last page of your book of life, seal it and place it, forever, the records of eternity.

**(2) You have decided to take back all energy unredeemed** Or, you are those whose souls have awakened from a long soul sleep, and have remembered the glories, majesties and powers on other stars, in other systems and in other universes, and who waking, feel intensely and deeply the loss of your powers, the loss of your freedom and through that, intensity, have demanded the opportunity of completing the cycle of your manifest expression quickly, and have decided to make the great sacrifice, taking back, at no matter what personal cost or discipline all the energies unredeemed, in one short life. *You have been examined by the Law and have been found capable of making this sacrifice, and the Karmic Board has agreed to release your karma to you, knowing you can hold the balance through its pressures, and if you endure unto the end, can earn the seamless garments of light.*

**(3) You have volunteered to become guardian spirits** Or you are in the third category—those who have renounced freedom to come in this period of cosmic change, when the Sixth Ray played its last chord, when the gently-opening notes of the Seventh Ray are sounded on the cosmic organ, and who desire, the love of God and your fellowman, to offer your bodies as conductors of these subtle currents as step-down transformers, received the instructions directly from the Ascended Masters and to carry that instruction, in a more mercifully transformed form, into the consciousness of mankind as volunteered Guardian Spirits!

In any of these three cases, you were **Presented before the Karmic Board** and the *colors in your Causal Body* had to be looked upon by the entire seven members. Any individual who is passed as a candidate for the ascension must have a pretty well-balanced Causal Body. Concentric rings of force distinguish the Causal Body of an initiate, an adept, and a conscious chela, who can bear the burden of more than ordinary responsibility. These rings, much like the colors in the upper figure on the chart, (Note: refers to the living, intelligent and God-qualified energies and virtues that in a larger sense are related to the Seven Spheres, the Seven Rays, the Seven Chohans, the Seven Archangels and the Seven Elohim) are rhythmically pouring out waves of light into the upper atmosphere. The inner spheres in which the Christ Selves dwell, look as if they were in a constant state of greeting to brilliant dawn sun. *Beloved Serapis (excerpts from Bridge to Freedom Journal, Book 5, pages 111-115)*

All of the constructively qualified energy gathered during all of your embodiments, is contained in the get reservoir of good and perfection, shown as these seven concentric circles of color around the I AM Presence. The Causal Body contains the “accumulated good”—the opposite of karma—which is the energy qualified in a harmonious manner. There is an additional service the Causal Body performs. *“When only 51% of the energy of the individual is qualified with perfection, that energy anchored within the Causal Body acts as a magnet, assisting the lifestream to ascend.* Thus, the Causal Body becomes the cause of the ascension, from whence comes its name. [21 Essential Lessons, Vol. 1, Compiled from the Teachings of the Bridge to Freedom by Werner Schroeder, Lessons 3, pages 54-56]

Those who accept the possibility of ascending into our realm *must also accept full responsibility of accelerating the vibratory action* of their four lower vehicles, continuing to sustain and constantly expand that acceleration, during all the rest of their service here on earth. We do give much more than ordinary assistance to any chela who desires to participate in this self-discipline, when we are invited so to do. Remember! The atoms which make up your four lower bodies are charged with the vibrations *which are the result of your own use of life*, for aeons of time. If those atoms are heavily charged with discord, you will require our assistance, *primarily*, to help you change the pattern of your habits of thought and feeling, even as an individual who is drowning is often helped safely to shore by a life-guard who keeps the head of the one in distress “above the water-line.”

Self-condemnation, self-pity or self-depreciation upon the part of earnest chelas who temporarily “fall from grace” is to be deplored, as those feelings are exactly what we are endeavoring to remove from the atoms and cells of your inner and physical vehicles. Joyously set about the process of personal, family, national and planetary redemption! Impersonally face temporary failures! **BE, CONSTANT IN ENDEAVOR—AND YOU SHALL SUCCEED!** All we require of any dear and earnest chela is his persistence in endeavor. That is why the watch-word of the Brotherhood at Luxor is “TRY!” “He who is Master of himself **IS MASTER OF ALL!**” *Beloved Serapis Bey (excerpts from Bridge to Freedom Journal, Book 4, pages 114-115)*

Oh, children of God, if you could see the treasures you are laying up in the glory of your Causal Body through this life-time, of magnificent, constant, loyal, dedicated and enthusiastic service how grateful you would be that you have chosen the wiser course, and that in which you invested the life of God shall remain for your ever a cosmic battery, on which you may draw and which you may direct to any part of any universe or any star, to give assistance as you desire.

We are now coming into an understanding of your individual capacities to reach deep into your Causal Bodies, each one, and avail yourselves of the momentums of the power that is gathered there. *Charge* those powers from your Causal Bodies into those Tubes of Light! *Charge* those momentums of your Causal Bodies through the blazing light rays into conditions and into lifestreams that need assistance. That is already yours! It is as much a part of you as an account you hold in a bank and far more eternal. Pity it is that so many magnificent, gifted, spiritual lifestreams allow the might of their Causal Body to lie quiescent until they enter into the victory of their own ascension, when they could be using it long before, although still in garments seemingly limited and moving among men. *Beloved Jesus (excerpts from Bridge to Freedom Journal, Book 5, pages 72-74)*

Energy, in order to qualify for "payment " of one's debts, need not be spiritually qualified, as long as it is *constructively or harmoniously* qualified. This opens a wide field for thought and contemplation, and it enables many a lay-brother who is yet bound by obligations, to understand that this spiritual unfoldment is not delayed by reason of his present limitations, but that he can achieve his victory in any state of circumstances and environment in which his karma has placed him. Each individual can rest in peace, knowing that whatever work or activity by which his outer mind thinks he is earning a living, can be a funnel through which his energies are returned to his Causal Body to form the glory and the magnet which will one day draw his body into the union with Spirit.

Let the students not seek the long-robed garments of outer ritual and mistake the opportunity of each day, where not a *vestment* but the **HEART** can determine the glory of tomorrow! If you will divide your life into a twelve-hour span and watch how closely the energy of your lifestream is within that period, you can check yourself at the close of each as to whether 51% of that energy is written constructively, or otherwise. When you pin the personal self down to a small day's chore's, you can realize that *that if your shoes are laced in a harmonious manner, that energy goes on the side of the constructive balance* which your God-presence can use to ascend you. *Beloved Lord Maha Chohan ( excerpts from Bridge to Freedom Journal, Book 5, pages 388-389)*

Blessed chelas, would you consider offering the momentum of your Causal Body to the blessed holy ones, to use as they desire to assist all the lifestreams of earth with this daily decree (**AMTF DECREES**)

DECREE FOR RELEASING THE GOOD IN THE CAUSAL BODY

*BELOVED PRESENCE OF GOD "I AM",*

*RELEASE THE GOOD IN MY CAUSAL BODY MANIFEST TODAY!*

*RELEASE THE GOOD IN MY CAUSAL BODY ON GOD'S FULFILLMENT RAY!*

*RELEASE THE GOOD IN MY CAUSAL BODY AND BLESS ALL LIFE GOD'S WAY!*

*Love and Blessings to all of you  
that you may experience a Glorious Easter Season*