

MOTHER MARY'S ASSISTANCE TODAY

TABLE OF CONTENTS

CHAPTER 1 FUNDAMENTAL CONCEPTS	14
Answering Some Frequently Asked Questions	15
Ascended Masters And The Great White Brotherhood	22
The First Two New Age Dispensations	26
The Teachings of The Bridge To Freedom	34
The Ascended Master Teaching Foundation	38
The Offices of The Spiritual Hierarchy	40
God	40
The Karmic Board	43
The Seven Chohan	46
The Angelic Host	47
The Elemental Kingdom	48
The Seven Elohim	51
The Law of Karma	52
The Karma of Omission	54
The Redemption of Karma	56
CHAPTER 2 LIFE, DEATH AND RE-EMBODIMENT	58
Man, a Co-Creator With God	59
Man in the Garden of Eden	64
Individual Re-embodiment	66
The Fall of Man	68
The Laggards	68
Effect on Individual Man	71
Life, "Death" and Re-embodiment	72
Preparation for Judgment	77
Judgment Before the Karmic Board	82
Assignment by the Karmic Board	85
Selecting Individuals for Re-embodiment	90
Allotment of Karma	91
Selection and Meeting of Parents	93
CHAPTER 2 (Continued)	
The Forming of the Etheric Pattern	95
The Function of the Temple of the Sacred Heart	96
The Formation of the Physical Body	100
Final Preparation for Embodiment	101
Pregnancy	102
Unwed Mothers	103
Assistance to Incoming Lifestreams and Their Parents....	106
Birth	108
Physical Appearance of Children	109
Unwanted Children	111
CHAPTER 3 CHILDREN AND FAMILY LIFE	114
The Immaculate Concept	116
The Importance of Your Birth Date	119
The Home as a Temple of the Family Unit	120

Working Together as a Team.....	121
The Law of Harmony.....	123
Mother Mary, as Peacemaker.....	126
How You Are Loved.....	131
Gratitude.....	134
Forgiveness.....	136
The Chela's Duty to God and Family.....	137
Celebrating Christ-Mass.....	140
Providing Homes for Advanced Lifestreams.....	141
CHAPTER 4 GROW MORE BEAUTIFUL AS YOU GROW OLDER	
How You May Become More Beautiful.....	144
Old Age and Disintegration Not Natural.....	144
Grow More Beautiful As You Grow Older.....	145
How to Draw Light to Your Bodies.....	147
How to Have Eternal Youth.....	148
Your God Presence, the Fountain of Youth.....	151
The Restoring Power of the Resurrection Flame.....	153
CHAPTER 5 THE PHILADELPHIA GROUP OF "THE BRIDGE TO FREEDOM"	
The Background of the Group.....	157
The Record of the Group.....	162
CHAPTER 6 A PROPOSED PLAN OF ACTION	
Achieving Our Goal.....	200
The Timeliness of Ascended Master Teaching.....	201
Ascended Masters Asking for Our Help.....	203
Relationship Between Ascended Host and Students.....	205
A Team Effort.....	207
Preparing a Purer Vessel.....	209
The Determination to Succeed.....	210
The Chart of the I AM Presence.....	212
Forcefields.....	217
Symbols for Forcefields.....	218
The Immaculate Concept.....	218
Redeeming Our Karma.....	220
The Importance of Decreeing.....	222
Suggested Daily Application.....	226