

Meditations, Novenas and Rituals



for Members of the
Order of the Diamond Heart

a Holy Order of The Summit Lighthouse®

Meditations, Novenas and Rituals for Members of the Order of the Diamond Heart, a Holy Order of The Summit Lighthouse®
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Much of the content of this booklet is taken from live services and therefore reflects the oral delivery.

Contents

Part 1

Sacred Heart Meditations

Messenger's Meditation on God in Your Heart.....	2
Meditation on Surrender	3
Meditation on the Sacred Heart of Jesus	4
Meditation on the Immaculate Heart of Mary.....	6
Meditation on the Sacred Hearts	7
Maitreya's Meditation upon the Heart	10
Heart Meditation for Saint Germain	12
Putting-on the Garment of the Lord	19

Part 2

Services, Rituals and Novenas

The Law of the Electronic Presence	25
Consecration to the Sacred Hearts.....	25
Novena to Beloved El Morya	26
A Daily Ritual: Facing the Sun of Your I AM Presence	32
Recommended Meditations and Rituals.....	38

Part 1

Sacred Heart Meditations

Messenger's Meditation on God in Your Heart

Feel the vibration of God in your heart. Visualize the threefold flame. The apostle Peter spoke of the hidden man of the heart, your beloved Christ Self. You can visualize the Christ Self in the secret chamber of your heart, and suddenly the chamber becomes the size of the altar and the dimension is such that you may enter in and kneel before the high priest of your temple.

Let us visualize beloved Jesus overshadowing us, his arms around us, standing taller than we are—his Electronic Presence enfolding us in the all-power of love, the all-power of wisdom, the all-power of the will of God itself. Let us for this moment enter the very body of Christ in this manner and then enter into the heart of hearts, communing there in glory.

And as we say the name of God, it is an affirmation that draws the light of God into the interior castle of our being. And there we begin to hear the sound of angels singing the song of glory and of home and of triumph here—here in the very heart of earth, here in the Matter spheres, here where we dwell for a purpose—that God's kingdom within us might manifest here truly as the triumph of the Father with the Son through the Holy Spirit. In the name of the Mother, Amen.

O God, You Are So Magnificent!

[Give with great feelings of love and devotion to your I AM Presence.]

Kneel before the living God in the person of the living Christ at the altar of being and offer your prayer and the command of light to “Keep My Flame Blazing.” In this meditation, you are speaking directly, personally, face-to-face with the beloved Christ who lives in your temple:

**Keep my flame blazing,
By God's love raising,
Direct and keep me in my rightful place!**

**I AM Presence ever near me,
Keep me mindful of thy grace;
Flame of Christ, ever cheer me,
In me show thy smiling face!**

Elizabeth Clare Prophet in Kuthumi, “The Light of Winter Solstice,” November 18, 1984, 1984 *Pearls of Wisdom*, vol. 27, p. 524.

Meditation on Surrender

Spend some time in meditation with a picture of the Master Jesus in front of you.

Center in your heart, commune with Jesus and ask him to place his Electronic Presence over you. Ask him to place his Sacred Heart over your heart. Open your heart to the Master, and let him know you desire to be one with him. Ask him to show you those things in your life that are blocks to his entering in more fully, things he would have you personally surrender. You may wish to give the following prayer:

Dear Jesus, I desire to physically embody the fullness of my Holy Christ Self and to walk the earth as your twin. Please show me what I am holding onto that I think I need to keep me 'humanly balanced,' but in reality is an avoidance technique and is blocking my communion with your heart. Show me what I can surrender so I can open the door to you and allow you to bring me into congruence with my Real Self and into oneness with your Sacred Heart.

Let that mind be in me that was also in Christ Jesus. (3x)

Now, sit quietly for the next few minutes meditating upon his picture and his Sacred Heart. Listen and be receptive and open to the promptings of the still, small voice within.

Elizabeth Clare Prophet & Staff of Summit University, *Walking with the Master*, pp. 389-90.

Meditation on the Sacred Heart of Jesus

The flow of devotion from our heart opens the door to Jesus' return devotion, as he is devoted to our Christ Self. By accelerating the momentum of the oscillation, we enter into communion with our Lord. Although this communion is a scientific and complex process, I have explained it simply, and our understanding of it need not be complex.

When we send our love to Jesus, we send him all that we are. Our total consciousness flows to him. Therefore, though we may appear to be loving, our love becomes a cloak surrounding our anxieties, fears and doubts. These doubts and anxieties are all contained within our aura, as nothing is hidden from the Lord.

Our energy is carried to Jesus and passes through his Sacred Heart. As he returns his devotion to us, he also returns to us our energy, which has now passed through the transformer of his being. Not only has it passed through that great transformer, but it has also passed through all the initiations, momentums and matrices that he has outpictured throughout his incarnations—not only the initiations of his final thirty-three years, but all his experiences since the day of his birth in the heart of God.

That is the great advantage of having a particular ascended master to whom we give our devotion and of having many ascended masters. Each master has a different set of experiences, sometimes on different systems of worlds. Each has a different concentration of attainment on the different rays. Jesus' attainment is on the sixth ray of ministration and service and yet he is obviously the Piscean Conqueror of all the seven rays and the five secret rays.

Our energy is then pressed through a mold, through the cylinders, cones and geometric forms (microscopic in size) of the entire heartbeat and heart forcefield of the Christ. Thus it has the experience of going through the fourteen stations of the cross with Jesus and going through all his experiences--his presence in the womb of Mary, his childhood, his healings, his agony and his crucifixion.

Jesus' experience becomes impressed upon our cells, the cells of our energy. And when that energy is returned from him, we put on increments of his Christ consciousness. The Christ consciousness of every son and daughter of God is very personal. It is the God flame personified. It is unique, and so the Guru is unique.

Jesus said, "You must have my Sacred Heart. You must desire this burning heart within you and visualize it within your own breast and know that that fire burning will be a sign unto all those who are of Antichrist."

Take a period of time to visualize the Sacred Heart of Jesus superimposed over your own heart. See and feel his heart burning intensely within your own breast. Hold this visualization and then softly repeat the following words several times:

In the Sacred Heart of Jesus, I trust.

You may wish to include this as part of your daily devotions or use this visualization while you give decrees each day.

Meditation on the Immaculate Heart of Mary

When you meditate upon the Immaculate Heart of Mary, you can visualize it as this spiral nebula of light, and you can see that light coming from her heart to your heart. You can see yourself entering into her heart and her entering into yours until, once again, the cosmic interchange occurs.

The purpose of meditation is so that the cosmic interchange becomes closer and closer. Here you are, dissolving into the Mother, the Mother dissolving into you. The Electronic Presence of Mother Mary will be where you are. And this is a law of geometry--things equal to the same thing are equal to each other.

Here is this mighty cosmic flow. It is moving, relentlessly moving as with the speed of light. It is a scintillating fire. It is so bright that, physically, you cannot look upon that light. The violet flame moving, then, in the very temple of being beneath and above the heart is the transmutation of all that would slow down that movement of that figure-eight flow from the Mother to the Great Central Sun and back again....

Why, the whole vast cosmos is a panoply of the most magnificent and wondrous, perpetually changing manifestations. I have become it; it has become me. I have entered into the joy of millions of angels who spiral with these energies. I have given them salutation of the dawn. They have given me their salutation as I move on this cosmic highway of energy. I am completely fulfilled in this companionship of all of the hosts of the LORD.

And the law here is that things equal to the same thing are equal to each other. And so, when, by your love and devotion you have become the same frequency as Mother Mary, Gautama, Lord Maitreya, your I AM Presence, Alpha and Omega, you cannot be kept from their energy or forcefield, nor can they be kept from you. And therefore, this is the path to oneness.

Meditation on the Sacred Hearts

As we meditate on the Sacred Heart of Saint Germain, we observe violet-flame crystals flowing in and out. We can see that the heart of an ascended master is a complete fountain of energy. In reality, the heart is the source of the entire cosmos that the master has become.

When you meditate upon the heart of Jesus, you can see in your visualization galaxies issuing forth from that heart. You can see coming forth from his heart every need and requirement of the hour--all abundance, the complete City Foursquare, the planet resurrected. Or you can see one single child transformed, one single child dear to your heart for whom you pray.

You can visualize this child stepping out of the heart of Jesus, fully clothed upon with light, restored to his right mind and able to pursue his divine plan. Therefore, in the meditation on the heart, it is all important that you exercise your ability to visualize. And to assist you in your visualization, we will have our meditation.

I would like to give an invocation for our heart chakras to be in tune with the heart of the cosmos. Will you meditate upon the point of the diamond of El Morya? Visualize the diamond point at the very center of your heart, as its nucleus.

The Messenger's Invocation

Peace in the heart of God, O my soul. Enter now the heart of God. Enter by the door of love. He welcomes thee with outstretched arms. Enter now, for within the heart of God is the diamond of thy cosmic purpose—his will unto thee and thy eternal blueprint.

O my soul, enter now and be thou made whole. Sacred fire of the Central Sun, make contact through my heart with each flaming one, as the *antahkarana* of lightbearers extends through all time and space and ascends into infinity. One with the hearts of ascended and unascended beings, we are part of the vast network of light of hierarchy.

One with the vast net of God's cosmic consciousness, we too will transcend the former self for the Greater Self. Hearts of living flame and souls of peace, in the name of Jesus Christ, in the name

of Mother Mary, in the name of Saint Germain, in the name of Gautama Buddha, I command you free!

I command your attention upon the One! I command your journey to the Great Central Sun, now begun by the spiral of your flowing attention moving in greater and greater concentration on the heart of God.

In the center of the diamond of his will, contemplate, O my soul. There is no other reality for thee but that will. To enter it becomes the supreme grace of the Creator unto the creation—that we might be invited to enter the heart of God.

Our Response to God's Invitation

Let us respond to God's invitation. Let us say:

I will come, O God, at the appointed hour and day. I will be present for my marriage unto the Holy of holies, unto the beloved, unto the sacred fire. I will be wed unto the Christ within me, unto the Christ within Jesus, Mary, Saint Germain, Gautama.

Through these blessed avatars, the intercession of thy love-wisdom is upon me. I know my course. I am determined not to be deterred. Nothing will turn me back. By God's grace, I will enter in.

I will guard the lever of my attention. I will guard the lever of my emotions. I will guard the lever of my memory. I will resolve not to revolve the old memories of injustices and wrongs, imagined or real. I will resolve to exorcise my mental body of all that is less than the integrity and the honor of the mind of Almighty God.

O purity's light, wash me clean. Holy Spirit's sacred fire, baptize me. Pour thy holy oil upon my head, my hands, my heart, my feet also. Blessed Saviour of humanity, Jesus Christ, I confess that thou art my Lord, that through thy light I am born again. I accept thy promise, "He that believeth on me, the works that I do shall he do also. And greater works than these shall he do, because I go unto my Father."

I would do thy works. I believe on thee, my Lord and Saviour. I believe, Lord. I believe. I believe, O my Lord. And the flowing stream of my heart and mind and soul are my attention, my devotion, establishing the eternal link in the chain of God-free beings. Our mutual devotion is my lifeline to the Infinite.

Do not leave me, O my Lord. I will not leave thee, O my Lord. I will serve thee every hour. I will pray to thee. I will be the instrument of thy work. My heart shall be thy work. My hands, thy hands. My mind, thy mind. My temple, thy temple.

Come and dwell in me. Live and speak through me. O God, O Christ, O Blessed Mother Mary, let this temple be thy habitation. Come and go at will. Ascended masters of the Great White Brotherhood, come and use my heart cleansed by thy Word, cleansed by thy Word and by the diamond of thy bliss. Amen.

Elizabeth Clare Prophet, "The Science of the Sacred Heart, Part 2," December 30, 1977, 2001 *Pearls of Wisdom*, vol. 44, pp. 135-38.

**Maitreya's Meditation upon the Heart—
The Golden Spiral of Life
“Let It Be!”**

Let us begin with a meditation upon the heart. Let us pursue the golden spiral of life.

I would sit with you and ponder for a moment even the very intricacy of God. Will you not close your eyes, that you might penetrate deeply into the inner space of thine own heart.

Here we affirm the mantra:

I and my Father are one. I and my Mother are one.

Thus, I draw the circle around the center. And you are not alone, yet the only awareness you have of life itself is indeed your own God Self-awareness.

At first there is a noncomfortability in such aloneness. But by daily practice and the exercise of the heart, you begin to value this space of the Buddha—untampered with by men's concepts of time yet, by frequencies of eternity, compartmentalized for the absorption of a vast light that is sealed in the single point in the center of the sphere.

Now be seated in that center and position thyself. See the white-fire dot coming into alignment with your own heart chakra.

Now sing with me this mantra. Let it be played upon our instruments, that we might flow with the tone of Alpha:

I and my Father are one. I and my Mother are one.

I and my Father are one. I and my Mother are one.

I and my Father are one. I and my Mother are one.

(sing 8x)

There is far more to this mantra than you can even imagine in your outer mind. For the fullness of manifestation in all degrees of consciousness within thy being comes about through the entering into the center of the spiral and there converging, inverting the light but never perverting any formula of the sacred fire. Thus, penetrating downward and around and upward again—this mighty flow of inner God-realization ultimates in the manifestation where I AM of Alpha and Omega, worlds without end.

Let us continue the mantra, pouring love—the most intense white fire—into the sphere of Alpha and Omega, now congruent in the etheric octave with your own heart, beloved ones.

For this is why I AM here—to extend starry bodies of far-off worlds within the vastness of my own being, each star the coordinating point of Alpha and Omega. Where there is the fervent heart, the fervor of your heart will magnify the intense white-fire glow. Let it be!

I and my Father are one. I and my Mother are one.

I and my Father are one. I and my Mother are one

(sing 6x)

I approach nearer, then. And I come for the sealing of the point of light in the center of the sphere of thy being. I seal—by the meshing of worlds—your inner heart, your heart flame, and this fiery-sun point of light.

I seal the figure-eight flow. And each time you enter into this meditation, you may visualize the twin spheres of the figure eight and of the eighth ray merging as one—as the white-fire/blue-fire sun.

Now you are the chela of white fire! Now you are the chela of dazzling blue perfection! Let the merging of the diamond and the sapphire of the heart of Morya be for the merging of the white-fire/blue-fire sun of the God Star, Sirius.

O invisible light rays! O sweetness of celestial spheres!

I dedicate these hearts and the invisible sun in the center thereof to the consonance of the eternal Word, to the continuity of Brahman through the Word—through all of life. I dedicate twin spheres to the victory of your path.

Let it be! It is all that I ask.

Lord Maitreya, “The Visitation of the Stars,” July 1, 1981, 1981 *Pearls of Wisdom*, vol. 24, pp. 331-32.

Heart Meditation for Saint Germain

The adepts advise us to “guard the heart,” so we always begin our meditations on the heart with calls for protection. Because the heart is a very delicate chalice that contains the sacred flame of God burning within it, we want to protect this chalice against the shock waves that come from discord, stress or our own moods and emotions.

Step 1 Protect the Heart

We begin by calling to God and to Archangel Michael for a blue-fire shield of protection. Visualize now a blue sphere of protective energy around your heart as I offer this prayer:

Almighty God, we call for a mighty blue sphere of protective energy around the heart. We call for the maximum protection of Archangel Michael and the first ray. We call for the intensification now of the sealing of the heart in blue fire, in the grid of light that is the original blueprint for our heart—our physical heart, our heart chakra, the secret chamber and the threefold flame.

Beloved mighty I AM Presence, beloved Holy Christ Self, beloved Jesus, now intensify the original divine image of our Christhood within our mighty threefold flame. We call to you, beloved Archangel Michael, for the protection of the vessels of the heart in the many levels of being as we prepare to receive a greater light and balance. Cut free all who are devotees of the light from all that hinders or would hinder the intensification of the threefold flame of the heart.

Let us now give our decree to Archangel Michael.

Whenever you give this decree, visualize Archangel Michael as a beautiful, powerful archangel. See him with his legions of light accompanying you and sealing you and your loved ones in an invincible wall of blue-flame protection—ring upon ring of intense sapphire blue energy.

Traveling Protection

**Lord Michael before, Lord Michael behind,
Lord Michael to the right, Lord Michael to the left,
Lord Michael above, Lord Michael below,
Lord Michael, Lord Michael wherever I go!
I AM his Love protecting here!
I AM his Love protecting here!
I AM his Love protecting here!**

Step 2 Prepare to Enter the Secret Chamber of the Heart

We are now going to prepare to enter the secret chamber of the heart. Jesus spoke of entering this secret chamber when he said, “When thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.”

You know, when I was a little girl I kept wondering: What kind of closets did the disciples go into? Did people have closets in those days? You can't go into a closet—there's not enough air in there! What in the world is Jesus talking about?

Later on I realized that going into your closet to pray meant going into another dimension of consciousness. It's like entering into the closet of the heart and closing the door on the outside world. Teresa of Avila called this closet the “interior castle” and she would commune with beloved Jesus there. In Hindu tradition, the devotee visualizes a jeweled island in his heart. On this island, he sees before him a beautiful altar, where he worships his teacher in deep meditation.

Thus in the tradition of the mystics, we are now going to enter the secret chamber of the heart.

Step 3 Enter the Temple of Your Heart

Think of the secret chamber of your heart as your private meditation room. It is the place where you can commune with your Holy Christ Self, who is your Higher Self, your Teacher and dearest friend.

We're going to do a simple exercise for entering the secret chamber of the heart. This is a meditation you can do every day with Jesus or with the master of your choice. When you meditate at home, make sure you

are uninterrupted. As it is your time to commune with God and it is a sacred experience, don't let yourself be interrupted by the doorbell, the telephone or other obligations.

Cup your hands in your lap and place your feet flat on the floor. Cupping your hands means you are a chalice for God. You are saying, "Pour thyself into me, O living God. I am ready to receive you." Keep your spine erect so that the sacred fire of God can flow through you.

In order to fully enter your heart, you have to shut out all discord, all worry, all concerns. You must withdraw all awareness from the periphery of being. Close your eyes now and take a few deep breaths.

Withdraw your attention from your problems at home or at work. Set them all aside. As you breathe in and out, consciously release all tension. Center all your energy and all your attention on your heart. Know that God has placed himself within your heart. You can visualize him as an intense sphere of white light in your heart.

See in your mind's eye the sun at noonday. It is a fiery sphere of light, so intense that you cannot even look at it. Now transfer that picture to the center of your chest cavity. You are aware of nothing else but this great sphere of light.

Again, take some deep breaths, inhaling slowly and then exhaling. As you exhale, visualize yourself gently descending into this great sphere of dazzling white light that is in the center of your chest. You are entering this white sphere entirely, stepping into infinity, abandoning time and space. You walk into this sphere as you would enter a cathedral or a holy temple.

Step 4

See the Threefold Flame on the Altar of Your Heart

As you enter this sacred temple of your heart, you see before you a beautiful altar. Burning on that altar is your threefold flame, the flame of God that burns perpetually within you. See its three plumes blazing brightly—a beautiful sapphire blue, a golden yellow and a deep roseate pink.

Here in the secret chamber before the altar of your threefold flame you meet your Holy Christ Self, your Higher Self. Bow before that sacred flame burning there. Bow to your Holy Christ Self—your inner guide who has much to teach you. Beloved Holy Christ Self of each one, draw nigh! Soul, go deeply within as you send your love to your most beloved Holy Christ Self.

Step 5

Commune with Your Holy Christ Self

Let us commune now with our Holy Christ Self as we sing the "Introit to the Holy Christ Self." You can sing along with the words or just meditate as you listen. Visualize your Holy Christ Self standing before you, telling you that by and by he will receive you into the octaves of light forever.

Introit to the Holy Christ Self

**Holy Christ Self above me,
Thou balance of my soul,
Let thy blessed radiance
Descend and make me Whole.**

Refrain:

**Thy Flame within me ever blazes,
Thy Peace about me ever raises,
Thy Love protects and holds me,
Thy dazzling Light enfolds me.
I AM thy threefold radiance,
I AM thy living Presence
Expanding, expanding, expanding now.**

**Holy Christ Flame within me,
Come, expand thy triune Light;
Flood my being with the essence
Of the pink, blue, gold, and white.**

**Holy lifeline to my Presence,
Friend and brother ever dear,
Let me keep thy holy vigil,
Be thyself in action here.**

Step 6

Expand the Threefold Flame

In order to expand the power of our hearts, we have to expand the flame within our hearts—there is no other way. When we expand that

flame, we expand our capacity to comfort and love others. But without harmony and without balance, we cannot expand our heart flame.

Unless each of the three plumes of the threefold flame are equal in size, the threefold flame as a whole cannot expand. So the blue, the yellow and the pink plumes—representing God's power, wisdom and love within us—have to be balanced for your threefold flame to expand.

We are going to give some decrees now to help us balance and expand the threefold flame. Balancing the threefold flame does not happen overnight. But don't be concerned. Serve God daily. Go to the altar of God. Become one with our Lord Jesus Christ and all the great saints East and West. This is something that we work on a little bit every day.

I will offer a prayer before we begin our decree:

We bow before your mighty threefold flame, Lord Gautama, Jesus Christ and all world saviours. We are grateful that you have sustained the momentum of this threefold flame in our behalf for aeons. Therefore we bow before thee, and we ask you in this hour to balance, blaze and expand the threefold flame in our heart. Intensify the quality of our hearts. Let our hearts now be the instruments of thy Word incarnate on earth.

I AM the Light of the Heart

**I AM the Light of the Heart
Shining in the darkness of being
And changing all into the golden treasury
Of the Mind of Christ.**

**I AM projecting my Love
Out into the world
To erase all errors
And to break down all barriers.**

**I AM the power of infinite Love,
Amplifying itself
Until it is victorious,
World without end!**

Now see again the altar in your heart where your threefold flame is burning brightly. Your altar is the place where you “alter”—where you go to be changed, to be transformed. You don't want to go away from the altar in the same condition as when you came; you want to leave something behind. You want to surrender a portion of yourself or a problem that you need to let go of.

Step 7 Surrender Your Burdens to God

Consciously turn over your burdens to God. Let him take care of them so that you are free to move on.

I will give a prayer to call forth the presence of the seraphim. The seraphim are mighty angels who possess the quality of “cosmic penetrability.” They can absorb toxins from our bodies, our minds and our emotions and they leave behind a residue of purity.

I call for the great electronic fire rings to surround and seal this forcefield. Peace, be still! Let the holy fire descend as the purging light, preparing the way for the intensification of the threefold flame of the heart, for the initiation of that heart flame once again to become day by day the heart flame of God.

Seraphim of God, place your mighty magnetic presence over each one here and in the hearts of all souls who revere the seraphim and their white-fire beings. Place your heart chakra over their heart chakra. Blaze the full power of the ruby ray! Blaze the full power of the sword of blue flame! Blaze the full power of the mighty blue flame to consume all toxins from our bodies, our minds and our emotions.

Let us receive now that residue of purity from the seraphim. And so there is a whirlwind action of the seraphim of God, of the Holy Spirit! The blue flame does descend and it does circle round about the heart gently but with the mighty strength of the will of God. Let there be an intensity of the will of God!

**Blaze the light through! Blaze the light through!
Blaze the light through, O living Word, O living Word, O living Word, O living Word!
Blaze the light through!**

Encircle these hearts now! Deliver them of all debris. By the action of the sacred fire, blaze forth the light of God that never fails! And let the Sacred Heart of Jesus appear now superimposed upon the hearts of these sons and daughters of light.

[Pause while you finish surrendering your burdens.]

Step 8 Give Violet Flame for Transmutation

The next step of our heart meditation is to give violet-flame decrees for the transmutation of all blockages around the heart that keep us from fully opening our hearts. We're going to repeat the mantra "I AM a being of violet fire! I AM the purity God desires!"

As you say this violet-flame mantra, see the violet flame swirling up around you. Release all burdens into this flame. And see the violet flame literally consuming the records of the past, the debris that has collected around your heart that is weighing you down.

I AM a being of violet fire!

I AM the purity God desires! (9x)

Call upon the law of forgiveness. Let the violet transmuting flame erase in your four lower bodies all that has not been of the light. Let the power of Saint Germain and of his beloved Portia take command of your lifestream—now, this day and for eternity.

Step 9 Concluding Prayer

Let us conclude our meditation with a prayer.

Beloved mighty I AM Presence, we call to the entire Spirit of the Great White Brotherhood--and we send you our gratitude. Almighty God, we are grateful for this out-pouring of light. We are grateful for the love and the oneness we have shared in this heart meditation.

Elizabeth Clare Prophet, "Heart Meditation for Saint Germain," November 29, 1998, 1998 *Pearls of Wisdom*, vol. 41, pp. 335-43.

Putting-on the Garment of the Lord

To You Who Remain Suspended in the Sphere of the Crystalline Consciousness of the Son,

Have you tarried in the bliss of God? Have the joys of the inner penetration of the very substance of the source of life replaced your frolicking and fretting in the outerness of mortals? I can well understand! For whether you know it or not, you have begun the exploration of the diamond-shining mind of God. Right within your very being, you have begun the journey through infinity which, joyfully, by his grace will never end. Indeed, this is a most extraordinary method of disciplining the energies of thought, of desire and of will.

Pour forth your love to God, O mortals, and be swallowed up in immortality! Have you heard the soundless sound of the moving of love? Have you perceived when love moves from the finite to the infinite? Do you know when your grasp of a cosmic concept has allowed you to pass from the mind of man to the mind of God? Do you perceive the spirals of your ascending consciousness?

I say, nay. O children on the belt of time and space, you do not perceive the movement of being along the lines of force and the grids of consciousness that carry every pilgrim of peace from dimension to dimension as the miles of initiation move the bearer of faith, hope and charity imperceptibly from the highways of this world to those of the next. And the gentle shifting of consciousness from light to greater light, to the glory of other years and yods, is the easing of consciousness from plane to plane until the soul enters the great hall of a heavenly Versailles and the throne room of the Sun King, the Christ who rules as the personification of the Law in the great Three-in-One of life.

Hearken, then, O children of the Sun King and the Sun Queen! Hearken, children of Helios and Vesta destined to be adorned with the robes of white-fire crystal, bright pink and gold, sealed in a sphere of blue of the Buddha's adoration of the Cosmic Virgin! As you meditate upon the source of being, you cannot fail to give gratitude, profound and ever flowing, to the disc of light that adorns the sky, adoring a love beyond our ken yet within our all-knowing. As you allow your energies and consciousness to flow in meditation upon the crystals of nature, and as the fingers of the mind fondle the tenets of the Master Alchemist, so you create channels whereby the light flows as on rays of sunlight to the concentration of the fiery core within the sun, that white-fire ball of piercing brilliance that now becomes the center of your meditation in the heart chakra.

Seated in the lotus posture or as you are most comfortable, now call upon the Christ to discipline all energy of life and being to be compressed in and as the nucleus of the atom of Self. Realize that in consciousness you yourself must enter this nucleus just as though you were actually stepping into a translucent mother-of-pearl globe. Here you find a forcefield teeming with life and complexity yet compressed for a concentration of light that will be released at the conclusion of your ritual—for a controlled bursting-out of energy according to the lines of flux predetermined by your own Christ consciousness.

Now you take your place on the throne in the center of the globe. This is the fiery lotus of the heart from which you command all energies previously misqualified through the actions and interactions of the four lower bodies. Having withdrawn from the world of experience and sensation in and through those bodies, you now see with objectivity the world of maya and miasma which you have made and called your own. This outer world in which you live with such subjectivity is now seen beyond the globe through the impersonal eye of the Christ as a set of wheels within wheels, the vehicles of your soul for this incarnation—this opportunity to become the Word incarnate.

From this vantage point you see your four lower bodies as chambers of consciousness. You can even think of them as a four-story house—the physical body corresponding to the basement and the foundation, the emotional body relating to the family activities that take place on the ground floor, the mental body indicating study, contemplation and the activities of the mind on the first story, and the etheric body in the upper rooms or the attic representing the records of the past and the blueprint for the future. And one body blends into the next as story by story the steps of initiation over the spiral staircase take you from the basement to the skylight, where the rays of the sun reveal even another segment of the shining pathway that leads back to the center. In reality, the chamber of the heart is a circular stairway to the stars fashioned out of the threefold flame, the sacred fire that translates the human consciousness into the divine.

Standing on the stairs as though examining the house where the soul will abide for a time, you see cobwebs in the corners of the attic, collections of odds and ends, photographs representing snapshots or snap judgments, a coup d'oeil of the outer or inner personality of the members of the household. You see the records of family life in all of its happiness, moments of grief and strife, and the working-out of ever-present karma. Somewhat burdened by the weight of all that has transpired here, you say to yourself, “What this house needs is redecorating, new life, objects of art and paintings, a place for the children to play, to be merry and gay! The kitchen needs modernizing

and the anchoring of a flame where the mother prepares her daily offering of breakfast, lunch and dinner for the nourishment of the form and the nourishment of the soul.”

And so, room by room, story by story, you see the outplay of the compartments of consciousness. This is your home. You can make it what you will. You can fill it with life, greenery, flowers, religious shrines; a library that bears witness to the learning of angels, masters, and men; and a hearth where the flame burns perpetually in memory of the Ancient of Days, who rekindled by his own threefold flame the life of a planet and its people.

Basking in the light of the threefold flame, you see how you can make your four lower bodies a living Shamballa, a shrine to the Buddha and to the Christ consciousness that is the line, the horizontal line, of the mind's eye. And as you measure line upon line the attainments of the day, recognize that you, in the oneness of the flame, are the transforming power, wisdom and love of the home that is becoming your castle. And then your four lower bodies--instead of being a burden of depression, a source of aggravation, a platform for temptation and the pilfering and squandering of the energies of the Holy Spirit--can be your retreat, your own focus of the wisdom of the Buddha, the love of the Holy Spirit, and the powerful willing of the Elohim willing the soul to take dominion over all energy spirals and to be freeborn.

Now then, in your meditation, by the Christ mind you project to every corner of your house, to every nook and cranny—light! light !light! You fling light as a child throwing snowballs—up and down, to the right, to the left--into every level of your four lower bodies. The bursting ball of snow, as golden star-fire light, illumines all: the virtues of angelic visitants standing guard and the ghosts of doubt and fear lurking in the shadows of mortal creation. And in the burst of fire, much is consumed and more is revealed that will be consumed in another round of your meditation. How easy it is to project light as a golden snowball of purity into patterns of self-indulgence, habits of defiance, and deadly stubbornness that stifles every intuition of the heart and the gentle proddings of the soul as well.

As you meditate, then, upon the sun center of being, receive now the impression of crystal water falling upon you as a rushing, teeming waterfall from the I AM Presence on high and then being directed through all of the chakras to every plane and dimension in the house of being. The light that courses through your being is given direction by the discipline of the Christ mind to move unfailingly to the mark of that density which must be shattered once, shattered again, and then dissolved in the blinding purity of Almighty God himself.

Oh, how the awesome Presence of the Holy One does enter the sun of being! For day by day as you follow this exercise and continue your invocations to the violet flame as you have been taught to do, you are creating a dwelling place fit for the evolution of the soul; moreover, you are creating even now the habitation of the Most High God. And one day you will perceive that your temple has become the temple of the Holy Spirit; and you will bid him welcome and you will say, "Hail, Maha Chohan!" And you will not be ashamed to bid the Lord enter, for your house will be clean and shiny and tidy; and the guest, sometimes unseen, will not only be welcome, but he will be at home.

Won't you continue your exercise of love-flow here below and then see, as crystal spheres of golden light, the wisdom of God penetrating within-without the sun-field of consciousness you have established around the heart? Won't you now take to your heart the invocations of wisdom's flame, giving utterance to the golden pink glow-ray, that Helios and Vesta might come to you and magnify the Lord by the action of that magnet that is the heart of God?

Golden Pink Glow Ray

In the name of the beloved mighty victorious Presence of God, I AM in me, and my very own beloved Holy Christ Self, I call to the heart of beloved Serapis Bey and the Brotherhood at Luxor, beloved Lord Gautama, beloved Saint Germain, beloved God and Goddess Meru, beloved Sanat Kumara and the Holy Kumaras, the Cosmic Being Harmony, the Seven Mighty Elohim, the Seven Beloved Archangels and their Archeiai, the Seven Beloved Chohans of the Rays, beloved Lanello, the entire Spirit of the Great White Brotherhood and the World Mother, elemental life--fire, air, water, and earth!

- 1. I AM calling today for thy Golden Pink Ray
To manifest round my form.
Golden Pink Light, dazzling bright,
My four lower bodies adorn!**

**Refrain: O Brotherhood at Luxor and blest Serapis Bey,
Hear our call and answer by Love's ascending ray.
Charge, charge, charge our being
With essence pure and bright;
Let thy hallowed radiance
Of Ascension's mighty Light
Blaze its dazzling Light rays
Upward in God's name,
Till all of heaven claims us
For God's ascending flame.**

- 2. Saturate me with Golden Pink Light,
Make my four lower bodies bright;
Saturate me with Ascension's Ray,
Raise my four lower bodies today!**
- 3. Surround us now with Golden Pink Love
Illumined and charged with Light from above;
Absorbing this with lightning speed,
I AM fully charged with Victory's mead.**

And in full Faith I consciously accept this manifest, manifest, manifest! (3x) right here and now with full Power, eternally sustained, all-powerfully active, ever expanding, and world enfolding until all are wholly ascended in the Light and free!

Beloved I AM! Beloved I AM! Beloved I AM!

Lanello, "The Putting-on of the Garment of the Lord," 1974 *Pearls of Wisdom*, vol. 17, pp. 131-34.

Part II

Services, Rituals and Novenas

The Law of the Electronic Presence

We understand the law that wherever there is a picture of himself, that ascended master can recreate the molecules of his own Divine Presence, which we call the Electronic Presence, and can place his forcefield with you by means of the picture.

It is not the picture or the piece of paper in itself, for that is just an instrument the ascended masters use. The same is true of statues. Nor does it mean that we are idolators. It means that we are alchemists of the sacred fire and we understand the law....

We see that a forcefield of the I AM Presence is established around the focuses of the Brotherhood. And when we have a sense of the sacredness of life, the masters intensify and increase their energies.

Consecration to the Sacred Hearts

It is well to ask the ascended masters to establish a focus of their sacred hearts within your home. It can be done by a formal consecration in which your whole family stands before the picture of Jesus, Mary or Saint Germain (even if the heart is not in the picture). Then you ask that ascended master to consecrate his or her sacred heart to your family, and to focus through that heart the nucleus for the energies of the family and the balancing of those energies. For we all have karma with one another, with our husbands, wives and children and all who are a part of the family circle.

We need to commit ourselves to that forcefield. We need to go within, go to the Brotherhood and make our commitment to consecrate our family to the sacred heart of the cosmos. Then we can visualize the sacred heart of one or more ascended masters as the nucleus around which our family life revolves.

Elizabeth Clare Prophet, "The Science of the Sacred Heart," December 31, 1977, 2001
Pearls of Wisdom, vol. 44, pp. 130-31, 132, 133-34.

Novena to Beloved El Morya

The messenger has noted that she often receives personal mail from chelas around the world asking advice about various circumstances in their lives and whether or not they should take a certain course of action. When she brings these questions to the heart of El Morya, his consistent response is that the individual should give a novena. The master sometimes recommends five minutes or an hour a day of giving specific decrees--or perhaps one or both sides of one of the El Morya tapes. The instructions vary, based on the individual chela's temperament, his needs, and ability to fulfill a certain matrix.*

What the messenger has concluded from this and what she would like everyone to know is that El Morya wants to help each one of us but we must give him the energy. El Morya desires to help his chelas but they are not giving him enough decrees for the Great Law to allow him to expend the necessary energy in their behalf to bring about the dispensations they are seeking.

On July 4, 1990, Saint Germain told us:

I speak to you of El Morya now for his dedication to each and every one of you, for his heart's love. El Morya is there and able and [willing and] free to help you in any situation. I ask, however, that you "pay in advance" by giving his decrees and using the tapes the messengers and chelas have provided for this purpose, giving to El Morya the energy he requires to intercede in your behalf.

Is a nine-day novena to El Morya too much to ask for his entering into your life and world to solve these very financial problems and to help you multiply your supply and to help you in your consciousness?...

Now then, if you will give to El Morya the due that is due him in your love and decrees, you will find that these problematical questions can come to an end and you can move forward.

* The audiotapes *El Morya, Lord of the First Ray 1-4* are available through Summit University Press or The Summit Lighthouse Bookstore on this web site. (See "decrees.")

What a blessed dispensation! And how grateful we are to receive from the heart of our beloved Guru the assistance we so very much need to triumph over every problem.

The messenger is recommending that chelas of El Morya and readers of the Pearls of Wisdom begin a nine-day novena to El Morya. She asks that you bring every problem and concern of your heart—all the matters you thought were beyond resolution or seemed impossible. Lay them upon the altar these nine days. Withdraw your light and energy from them as you surrender them unto God, and then make the call to beloved El Morya with faith that our Father and the ascended hosts truly have the answer to our every need.

Below is an outline that the messenger has suggested for this novena. It takes approximately forty-five minutes, once a day. You may choose to follow this matrix or adapt it, perhaps adding other decrees and songs and the special element of your own heart's devotion. The vigil may be as long (or short) as you wish and may be held at any time of the day. As you give, so may you receive.

Begin each session by giving your calls to the heart of El Morya on all personal burdens, the concerns of the Church and community, as well as for the cutting free of the lightbearers.

1. Song to El Morya. You may choose from:

- "Master Morya," song 192 (El Morya tape 1) *
- "The Guru Song," song 190 (El Morya tape 1)
- "El Morya, Thou Chohan of Power," song 198 (El Morya tape 1)
- "More," song 188 (El Morya tape 1)
- "El Morya, We Love You," song 197 (El Morya tape 1)
- "Gratitude to Our Master Morya," song 193 (El Morya tape 2)
- "O Presence of the Diamond Heart," song 202 (El Morya tape 3)

The following songs are optional and may be added to your novena; however, they should not replace the songs to El Morya listed above:

- "Beyond the Blue Horizon," song 191 (El Morya tape 1)
- "Forget-Me-Not," song 209 (El Morya tape 3)

* The songs listed in this booklet can be found in the *Church Universal and Triumphant Book of Hymns and Songs*, available through Summit University Press or The Summit Lighthouse Bookstore on this web site. (See "music.")

“Light Will Overcome,” song 207 (El Morya tape 3)
“The Will of God Is Good,” song 200 (El Morya tape 1)

2. Prayer for the bonding to El Morya's heart

Where I stand, there is Morya!
And in his name I say:
Thus far and no farther!
You shall not pass!
You shall not tread on holy ground!
You shall not enter this hallowed place!
You shall not come between me and my God!
My God is happiness this day.
My God is holiness.
My God is the divine wholeness of the Living One.
I and my Father Morya are one!

3. Decrees to the Will of God

10.03, “I AM God's Will” (El Morya tape 1)

I AM God's Will

In the name of the beloved mighty victorious Presence of God, I AM in me, and my own beloved Holy Christ Self, I call to the heart of the Will of God in the Great Central Sun, beloved Archangel Michael, beloved El Morya, beloved Mighty Hercules, all the legions of blue lightning, and the Brothers of the Diamond Heart, beloved Lanello, the entire Spirit of the Great White Brotherhood and the World Mother, elemental life—fire, air, water, and earth! to fan the flame of the Will of God throughout my four lower bodies and answer this my call infinitely, presently, and forever:

1. I AM God's Will manifest everywhere,
I AM God's Will perfect beyond compare,
I AM God's Will so beautiful and fair,
I AM God's willing bounty everywhere.

**Refrain: Come, come, come, O blue-flame Will so true,
Make and keep me ever radiant like you.
Blue-flame Will of living Truth,
Good Will flame of eternal youth,
Manifest, manifest, manifest in me now!**

2. I AM God's Will now taking full command,
I AM God's Will making all to understand,
I AM God's Will whose power is supreme,
I AM God's Will fulfilling heaven's dream.
3. I AM God's Will protecting, blessing here,
I AM God's Will now casting out all fear,
I AM God's Will in action here well done,
I AM God's Will with Victory for each one.
4. I AM blue lightning flashing Freedom's love,
I AM blue-lightning power from above,
I AM blue lightning setting all men free,
I AM blue-flame power flowing good through me.

Alternate every other day with:

Decree 10.09, “El Morya, Thou Chohan of Power”
(El Morya tape 1)

El Morya, Thou Chohan of Power

**El Morya, thou Chohan of Power,
Seal us in thy flame each hour--
Guide our way, perfect our zeal--
O Morya, all chaos heal!**

**El Morya, we now command
All of heav'n to take thy stand
For Perfection, Order, too,
In all we think and say and do!**

**El Morya, thou God of Truth,
In thy flame come seal our youth!
Perfect our way, make straight their paths--
Blue-flame Pow'r both sure and fast!**

**El Morya, invoke thy Pow'r
Help us work and serve each hour;
Help us plan each day aright--
By thy Love make all things right!**

**El Morya, we look to thee,
Help us gain Self-Mastery;
The golden age is drawing nigh--
Lift our thoughts to God on high!**

**El Morya, thy flame expand
Throughout each one in this fair land--
Establish order, ritual, too,
Till each one knows just what to do!**

**El Morya, thou Chohan of Power,
Come be with us every hour;
The plan of Life to all unfold--
Christ-Victory in all do mold! (sing 3x)**

*(If you prefer, these decrees may be given without the tape 40 times
each or as many times as you like.)*

4. Mantra:

**I AM, I AM, I AM
the resurrection and the life of my finances (3x)
now made manifest in my hands and use today!**
(Give for 5 minutes.)

5. Song to Lanello (optional):

“To Our Beloved Lanello,” song 514 (El Morya tape 2)
“Hail to Thee, Lanello!” song 516 (El Morya tape 2)

6. A Kuan Yin mantra (See Kuan Yin's Crystal Rosary.)

*Note: Because decree 10.09 takes less time to give than decree 10.03,
you may wish to fill in the extra time on the days you give 10.09 by also
giving decree 6.02, “Summit Lighthouse Success and Expansion,” with
verse 9.* Or you may choose to give decree 50.05, “Beloved Cyclopea,
Beholder of Perfection” (El Morya tape 3)*

Novena to Beloved El Morya in Mother Mary, August 15, 1990, 1990
Pearls of Wisdom, vol. 33, pp. 469-70.

* The decrees not included in this booklet can be found in *Prayers,
Meditations, Dynamic Decrees for the Coming Revolution in Higher
Consciousness*, available through Summit University Press.

A Daily Ritual Facing the Sun of Your I AM Presence

On New Year's Eve 1994, Gautama Buddha reminded us how important it is to make a daily ritual of facing the Sun of our I AM Presence and the sun of Helios and Vesta.

"Recognize," said Gautama, "that all sons and daughters of God...have the possibility of meditating upon the Great Central Sun through the Sun of their I AM Presence and the sun of Helios and Vesta. This meditation can produce in you a feeling of intense heat or a glow over the third-eye chakra and surrounding the head as a halo.

"With concentrated visualization daily, you can establish such a strong tie to the Great Central Sun as to make you almost oblivious to the darkness of the earth. You must always put this darkness behind you, and when you invoke your tube of light, visualize the rays of the Great Central Sun streaming down upon you within and without."

Meditation upon the Great Central Sun

First of all, center in your heart. In your mind's eye face the Sun of your I AM Presence above you—your own personal energy source. See the brilliant, intense white light of your I AM Presence, surrounded by the magnificent, pulsating spheres of your causal body.

Receive the light of the Sun behind the sun in all of its glory, all of its tempered manifestation on behalf of those who dwell on this planetary home. See the circling, many-colored spheres of your causal body around the scintillating white light of your I AM Presence.

In the name of Almighty God, we call for the spheres of the five secret rays and the seven colored rays. We call for this action of the sacred fire to pulsate within us for our purification. In the name of the Father, the Son, the Holy Spirit and the Divine Mother, we accept this done this hour in full power, Amen.

Now extend that visualization to Helios and Vesta, our Father-Mother God in the spiritual sun behind our physical sun. See and feel the rays of intense energy from this life-giving source pouring down upon you and making contact with your heart.

Place two fingers of your right hand on your heart. Hold those fingers there and feel the energy regenerating your heart. Let your heart be a receptacle for the action of the sacred fire. Let it be a receptacle for divine love. Let it be a receptacle for forgiveness, for all things that must come into balance, for all that we may know or not know about ourselves and our brothers and our sisters and the millions upon the planet who need these light rays from Helios and Vesta.

Now extend that visualization to the Great Central Sun, the supreme energy source in the center of the cosmos. And as you invoke your tube of light, visualize the rays of that Central Sun streaming down upon you, contacting the deepest levels of your being.

Next give the following decree.

Violet Fire and Tube of Light Decree 0.01 by the Ascended Master Saint Germain

O my constant, loving I AM Presence, thou Light of God above me whose radiance forms a circle of fire before me to light my way:

I AM faithfully calling to thee to place a great pillar of Light from my own mighty I AM God Presence all around me right now today! Keep it intact through every passing moment, manifesting as a shimmering shower of God's beautiful Light through which nothing human can ever pass. Into this beautiful electric circle of divinely charged energy direct a swift upsurge of the violet fire of Freedom's forgiving, transmuting flame!

Cause the ever expanding energy of this flame projected downward into the forcefield of my human energies to completely change every negative condition into the positive polarity of my own Great God Self! Let the magic of its mercy so purify my world with Light that all whom I contact shall always be blessed with the fragrance of violets from God's own heart in memory of the blessed dawning day when all discord--cause, effect, record and memory--is forever changed into the Victory of Light and the peace of the ascended Jesus Christ.

I AM now constantly accepting the full power and manifestation of this fiat of Light and calling it into instantaneous action by my own God-given free will and the power to accelerate without limit this sacred release of assistance from God's own heart until all men are ascended and God-free in the Light that never, never, never fails!

The next exercise is taken in part from instruction Padma Sambhava gave us in 1995. This exercise is a cosmic interchange whereby you give yourself to Helios and Vesta and they give themselves to you on the return current of their love.

Padma Sambhava encouraged us not to go a day without engaging in this ritual. "In a sense," he said, "you become Helios and Vesta and they become you." So this is like the figure-eight flow; there is a cosmic interchange of energies between you and God.

When I told you that we had an unparalleled opportunity to engraft our heart to the heart of God, I was thinking of this meditation as one of the ways we could do it and keep on doing it. The exercise we are going to do involves extending the light of our heart in a filigree thread that makes a direct line of contact from our heart to the heart of Helios and Vesta.

Please center in your heart. Visualize yourself as your spiritual reality depicted in the Chart of Your Divine Self. See your mighty I AM Presence and causal body above you. See your tube of light around you and the violet flame burning within that tube of light. See your dancing threefold flame in the secret chamber of your heart. See that spark of fire from God's own heart.

Now extend the light of your heart in a filigree thread directly to the heart of Helios and Vesta. Visualize it and intensify it. Over this thread of light, send your love missiles to Helios and Vesta. Feel when you have made contact with the heart of the Father-Mother God in the Sun behind our sun. And feel now the return current of their love for you.

Guard the flow and keep the filigree thread intact so that the currents of the sun may continue to flow to you. As you practice this every day, you will be able to instantly establish this contact, for in reality, time and space are nothing. Now feel the sunbeams of Helios and Vesta warming the chambers of your heart.

Feel these sunbeams flooding your entire body, even your soul. Now, with your mind's eye, direct Helios and Vesta's needlelike rays from your heart into the cause and core of darkness. See those rays penetrating right into some point or many points of darkness on this earth. See them dispersing this darkness, chasing away the darkness and replacing it with radiant bursts of light, light, light.

Now, as you give decree 20.21 to "Helios and Vesta," go through the steps of this visualization again—extending the light of your heart to the heart of Helios and Vesta, making the contact, feeling the return current of their love. [You may pause here to engage in this action.]

Send the rays of light you have received from Helios and Vesta into the core of darkness. And as the light contacts the darkness, see it transformed by the alchemy of Helios and Vesta into light, all light, light, light, light, light.

Next give the following decree, 20.21, to Helios and Vesta.

Father-Mother Light Mantra

Helios and Vesta!

Helios and Vesta!

Helios and Vesta!

Let the light flow into my being!

Let the light expand in the center of my heart!

Let the light expand in the center of the earth!

And let the earth be transformed into the new day. (9x)

Now give this decree again with a different visualization. Close your eyes and see the light flowing from Helios and Vesta through your I AM Presence and Holy Christ Self down into your threefold flame.

Now visualize that beam extending down into the white-fire sun in the center of the earth that is called the sun of even pressure. As this beam of light reaches the sun of even pressure, see its rays emanating out in all directions. See millions of needlelike rays penetrating into every area of the earth, cleansing the earth and holding the balance for elemental life.

Hold this visualization of the beam of light continuously flowing from Helios and Vesta through your heart and into the center of the earth. And see those rays shoot out from the center of the earth to cleanse the whole planet.

[Give decree 20.21 again, 9 times.]

Holding contact with Helios and Vesta, sing song 587, “Adoration to the Great Central Sun.” Please sing to all elemental life. Send them tremendous love flames from your heart that they might accelerate and accelerate and win their threefold flame.

Adoration to the Great Central Sun
(hymn 587)

**Great Central Sun, thou we adore
Enfold us in thy Presence here
Thou art the Light forevermore
O Alpha and Omega dear.**

**Shine on, shine on, O lovely Light
Make all our discord melt away
Filling our worlds with great delight
As peace and happiness hold sway.**

**O Helios and Vesta dear
Draw us to thee, O Light sublime
Transmuting all the shadows here
'Til all on earth becomes divine.**

**Now once again, Great Central Sun
We sing thy praises here below
Help us to feel we have become
That oneness we desire to know.**

**O radiant holy Threefold Flame
Expanded in our grateful hearts
Belov'd I AM is thy great name
In us fulfill all thou art.**

**All glory to the Light above
All glory to the Light below
All glory to the Three-in-One
All glory from all life now flows.**

Elizabeth Clare Prophet, “Nurturing the Soul of Community: Make Heart-to-Heart Contact with Helios and Vesta,” October 11, 1998, 1998 *Pearls of Wisdom*, vol. 41, pp. 320-24.

(continued)

Recommended Meditations and Rituals

1. The Fourteenth Rosary: The Mystery of Surrender
2. A Child's Rosary to Mother Mary
3. "Watch With Me" Jesus' Vigil of the Hours
4. Ashram Rituals
5. Saint Germain's Heart Meditation I
6. Saint Germain's Heart Meditation II
7. First Friday Service to the Sacred Heart of Jesus, the Immaculate Heart of Mary, and the Sacred Hearts of El Morya, Saint Germain and Lanello