



THE STUDENT'S HANDBOOK



THE STUDENT'S HANDBOOK

PREPARATION,
COOPERATION AND
SPECIFIC ACTIVITIES.

BY

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DEDICATION

The entire congregation in the New Era must be illumined and consciously working with the Director or officiating Leader.

SAINT GERMAIN

The words in this handbook have been most lovingly compiled from the Ascended Masters' Own Instruction as given through THE BRIDGE TO FREEDOM ACTIVITY concerning what every student should know.

This handbook is lovingly dedicated to the earnest Students who sincerely desire to prepare themselves for an ever widening service in this redemptive process already in action in transforming this Sweet Earth into Freedom's Holy Star. It is also dedicated to the blessed Sanctuary Directors and Group Leaders, who require the illumined and conscious cooperation of the student body.

To this end and purpose and its fulfillment, We herewith call into sustained action the full gathered Cosmic Momentum of The Great White Brotherhood to bless and expand to, and through, each gentle reader and user, the Ascended Master Feeling of the Truth, Faith, and Strength in each word unto Victorious accomplishment now made manifest, eternally sustained, all powerfully active, ever expanding, and world encompassing until all are wholly ascended and free.

THOMAS PRINTZ, Editor



BELOVED AEOLUS
Cosmic Holy Spirit

CODE OF CONDUCT FOR A DISCIPLE
OF THE HOLY SPIRIT

by The Cosmic Holy Spirit

1.--Be conscious ever that thou aspirest to the full expression of God, and devote all thy being and thy service to that end, as expressed so ably in the First Commandment.

2.--Learn the lesson of harmlessness; neither by word nor thought nor feeling inflict evil upon any part of life. Know that action and physical violence are but the lesser part of the sin of harmful expression.

3.--Stir not a brother's sea of emotion, thoughtlessly or deliberately. Know that the storm in which thou placest his spirit will sooner or later flow upon the banks of thine own lifestream; rather bring tranquility to life, and be as the Psalmist so ably puts it, "oil on the troubled waters."

4.--Disassociate thyself from the personal delusion. Let self-justification never reveal that thou dost love the self more than the harmony of the Universe. If thou art right, there is no need to acclaim it, if thou art wrong, pray for forgiveness. Watching the self thou wilt find the rising tides of indignation among the more subtle shadows on the path of Right, called "Self-righteousness."

5.--Walk gently through the Universe, knowing that the body is a temple in which dwelleth the Holy Spirit that bringeth peace and illumination to life everywhere. Keep thy temple always in a respectful and cleanly manner as befitting the habitation of the Spirit of Truth. Respect and honor in gentle dignity all other temples, knowing that oft-times within a crude exterior burns a great Light.

6.--In the presence of nature, absorb the beauties and gifts of Her Kingdom in gentle gratitude. Do not desecrate Her by vile thoughts or emotions, or by physical acts that despoil Her virgin beauty.

7.--Do not form nor offer opinions unless invited to do so, and then only after prayer and silent invocation for guidance.

8.--Speak when God chooseth to say something through thee. At other times remain peacefully silent.

9.--Make the ritual of thy living the observance of God's rules so unobtrusive that no man shall know that thou aspirest to Godliness, lest the force of his outer will might be pitted against thee, or lest thy service become impinged with pride.

10.--Let thy heart be a song of gratitude that the Most High has given unto thy keeping the Spirit of Life, which through thee chooses to widen the borders of His Kingdom.

11.--Be alert always to use thy faculties and the gifts loaned unto thee by the Father of all Life, in a manner to extend His Kingdom.

12.--Claim nothing for thyself, neither powers nor principalities, any more than thou claimest the air thou breathest or the Sun; using them freely but knowing the God ownership of all.

13.--In speech and action be gentle, but with the dignity that always accompanies the Presence of the Living God that is within the Temple.

14.--Constantly place all the faculties of thy being, and all the inner unfoldment of thy nature, at the Feet of the God-power especially when endeavoring to manifest perfection through one in distress.

15.--Let thy watchwords be gentleness, humility and loving service, but do not allow the impression of humility to be mistaken for lethargy. The servant of the Lord, like the Sun in the Heavens, is eternally vigilant and constantly outpouring the gifts which are in his particular keeping.

PREPARATION OF THE STUDENT

1. THE STUDENT IS PREPARED BEFORE HE COMES TO THE CLASS.

I do not think you realize how long before you come to a class, even where there is not an actual Ascended Master Address given, how long before you come that you are prepared emotionally, mentally, etherically and physically, IF you are in a state of Grace and desirous of that preparation, by some Being Who has been given the definite charge to purify your atmosphere and bring you into a state of comparative Peace. If either the feelings or the mind are in turmoil there is very little that registers in the outer consciousness. As Lord Divino, The Buddha, said to you some time ago - that it is the outer consciousness and the SOUL that We must speak to - the Divine Self of you is already Free! So it is the persuasion of this outer self, the coaxing of this outer self to a continued endeavor that requires all the energies that We can devote from Our side and requires on your side all of your energy, love and light to sustain an interest in the people to the Cosmic Law.

EL MORYA

2. WHAT A SANCTUARY OR GROUP IS

These simple little foci of the student are the HOPE OF THE WORLD! Many fine movements are drawing the attention and consciousness of good men and women to the Truth of Life, to the Presence of the Ascended Masters, but the actual, imper-

sonal, rhythmic constant service in the providing of foci of the Sacred Fire - CONDUCTORS OF THE GIFTS OF THE GODHEAD TO MANKIND - is the service of the Ceremonial Ray and THROUGH THE FEW who have signified interest in My Endeavors, I look to externalize a balanced, dignified and beautiful way and means by which the Angelic Host, the mankind of Earth and the Elemental Kingdom may join together consciously in both service and worship.

If the many good Shepherds in the world today took as much time to call for the protection and preparation of their flock as they do in the preparation of their sermons, so much more could be accomplished toward blessing the race as a whole.

SAINT GERMAIN

3. HOW THE SILENT WATCHER HELPS THE STUDENT

The Silent Watcher of each group activity, or the Deva or Angel of Ceremonial, having access to the spiritual currents that are flowing at every Cosmic Moment, and also having access to the consciousness of the Director of the group activities, endeavors to reach - through members of the Angelic Host Who are in training to become Angels of Ceremonial at a later time - each potential member of the congregation and raise the vibratory action of that individual to his own highest possible potential as a channel and conductor of the blessings to be released through the group activities.

SAINT GERMAIN

4. THE THOUGHT-FORM OF THE SANCTUARY OR GROUP

The Silent Watcher, together with the Visiting Master and the Angels of Ceremonial, the Builders of Form, Angels and Elementals and now the Guardian Spirit of the Group activities - all prepare the actual matrix into which the Powers invoked will be drawn and held until at the proper moment in the Ceremony, they are dismissed. At that moment the canopy of charged substance in whatever form it has been drawn, is opened on all four sides and the concentrated energies and power of the Sacred Fire flow forth as the congregation join their energies to the released powers and the Celestial Guest in a song of Triumph! It is a marvelous activity when seen at Inner levels!

The creation of the form which enfolds the Sanctuary or Temple is as real as the building of the Temple with stone or marble. Within that form is held the BLESSINGS drawn forth and all participants are saturated with the concentrated energies, because as the sea itself is held within the confines of its ocean bed by Divine Will, so is the qualified energy of both Ascended and unascended beings held within the form created by the Angels of Ceremonial and the Builders of Form and the Guardians in the Sanctuary - until the moment of dismissal releases the Four Beings Who hold the doors of the Form closed at the north, east, south and west.

The clearer each channel is through which the Higher Forces may be conducted, the more of the vital essence which has up to this time been utilized by the invisible Helpers to PREPARE the Ceremonial Form, to purify the Sanctuary and to harmonize the congregation, can be saved for the actual outpouring of qualified Sacred

Fire in response to the invocations, visualizations and decrees. THE MORE UNASCENDED BEINGS DO IN THE WAY OF THIS GROUNDWORK, the less vital energies We must spend and Our energies can then be directed through the Three-fold Flame into answering the heart calls. For instance, if, any great opera singer had to go down to the Metropolitan Opera House and sweep the stage, put up the settings, arrange the lighting etc. there would be little energy left to put into his performance! In like manner, WE ARE ALLOWED JUST SO MUCH ENERGY to pour through each ceremonial, and it can ALL be used to harmonize the students, to purify the building, to build up the form, to pacify the Director - or - if certain individuals who choose to bless life, can be the Guardian Group, then when the invocations are given, that tremendous release can ALL be the blessed gift of each participant in the service, and at the close of the ceremony become the enfolding blessing of the planet as well.

SAINT GERMAIN

5. HOW TO BE A PREPARATORY GUARDIAN

Those who offer to be the Preparatory Guardians for the Group activities must be impressed as to the honor vested in them and that they are actually accepting the "duties" of the Angels of Ceremonial, and in performing these duties, they allow the Angels of Ceremonial to conserve Their Forces for the release in the service itself. To each such Guardian, an Angel will be assigned Who will assist that one in the service.

By kindly but constant explanation of the opportunity that lies within the individual's consciousness in helping to prepare for the class

SILENCE AND REVERENCE - before the service can become an UNWRITTEN RULE that will bless all. Let no Guardian become "officious" in methods of outer will, but through illumined understanding the students can be drawn to a conscious cooperation with the endeavor to prepare the most sanctified aura for the coming of the Christ Powers, which once seen will bring every heart to new heights of adoration and delight.

EL MORYA

6. BE READY AT A MOMENT'S NOTICE

You do not know WHEN you will be called or to what position, and I'll tell you this as a matter of Law, you will always be put in the position that you criticized another individual for holding, so it is a wise thing to stop the criticism of another lifestream, for when you find yourself there, you may not find it as comfortable nor yourself as efficacious as you were when you watched with folded arms and it seemed so obviously the error of your predecessor!

Be ready at a moment's notice for a summons! Are you ready? Financially, physically, emotionally, mentally, etherically? Are your affairs in order? Are you so elastic and pliable that you can go in perfect happiness, just in the garments that you are wearing and live in all sorts of privation? Think about it! You may be called upon to lead a group and without a book, without a songbook, and in the midst of a lot of people who never heard a decree! What have you got in your head that you can draw forth on a moment's notice?

SAINT GERMAIN

COOPERATION OF THE STUDENT

7. COLLECTIVE PREPARATION

I would like to point out that the preparation of the Director and the students who are to participate in the group activities should begin the actual hour at which the ceremony is about to take place. In this manner much vital force that must otherwise be expanded by the Angelic Host and Builders of Form in preparing the ground-work for the outpouring of the particular activity of the day, can be utilized in drawing forth more of the Sacred Fire of Healing, Supply, Purification, Protection, or whatever the case may be.

In the early ages where individuals dedicated their lives to becoming the officiating priest or priestess who magnetized the currents and blessings from the Higher Realms, the entire lifetime was spent in prayer and dedication to this one service and the priests and priestesses lived almost perpetually in a state of spiritual sanctity, purity and one-pointedness of mind, body and spirit. It was comparatively simple then to invoke the Angels of Ceremonials and the Builders of Form and to sanctify the building and Sanctuary long before the worshipping congregation gathered. Then too, the natural atmosphere and aura of the Temples were never subject to the various vibrations that play through the buildings which presently house not only spiritual but commercial interests as well.

SAINT GERMAIN

8. THE TRAINING OF THE STUDENT

The wise Director begins the preparation of his Sanctuary and the invocation of the protecting and purifying Angels for the members of his congregation long before the hour of the ceremony. This can be done through directed thought force when the home of the Director is at a distance from the Sanctuary, and wherever it is possible to do so, a small group of students can be trained to take the responsibility of entering the Sanctuary and providing through their own energies the magnetic power to draw the purifying currents and set into motion the ground-work for the pattern of the class work before the congregation en masse arrive. The congregation must be trained in an understanding that Angelic and Elemental Beings, together with the Silent Watcher of the Temple focus and the Guardian Spirits, have builded an actual form made out of the substance of qualified and sanctified life, which is truly a Grail which is to hold the outpouring of the class benediction, and the congregation must step reverently within this holy atmosphere, and during the time of contemplative music add the strength of their own individual visualizations and invocations for the greatest outpouring possible to come to the Earth, and through the group activities for the blessings and mankind.

SAINT GERMAIN

9. DEDICATION OF THE CLASS

The Director (for a particular class) consciously or unconsciously feels the prompting to dedicate the class work on that day to some specific activity of the Sacred Fire, to some Master, or to some particular current requirements, --local, national or universal. Sometimes the

Master, desiring to render a special service, will impress the Director, and sometimes the Director in earnest invocation draws the attention of a Master Who, in response to that call, will set into motion certain blessings of a particular type. When the Director does not have a specific prompting or impression, the class and the energies drawn and released, are used by the "general" Powers to further the cause of God -- GOOD!

When the class work is specifically dedicated to a certain service, there is usually a more concentrated focus of power, particularly if the congregation and the Director for that class are tying their energies for a week, a month, or a single service.

There is a sacred opportunity in joining the individual Flame to the Cosmic Flame focused within the sanctuary which gives each individual such a reverent feeling toward his own personal preparation and such a sense of responsibility to carry his own Flame in Sacred Silence into the prepared Chalice.

SAINT GERMAIN

10. EMPHASIZE ALL YOUR INVOCATIONS WITH LOVE

There is protection in the True Priesthood, the Priesthood on Atlantis and the Priesthood on Lemuria, that will come forth in the world again as you develop your own God mastery. There is always that protection when you EMPHASIZE all your invocations, whether they are songs whether they are visualizations, whether they are worded decrees -when they are EMPHASIZED with a FEELING OF LOVE and they form a perfect Triangle that rises high into the atmosphere and pierces

through any riptides of human creation, connecting with the vibratory action of the Divine Beings Whom you are invoking and drawing the assistance of those Beings into the conditions that you feel requires assistance of any kind.

ARCHANGEL ZADKIEL

11. THE INNER PREPARATION FOR A VISITATION

You do not realize in the preparation for Our coming how grateful Our hearts are when We find the vibratory action of your sanctified rooms, your individual hearts or your homes akin to Our Own! It saves for Us the vital energy that We must otherwise utilize in creating a semblance of harmony over which Our currents and gifts may nourish the environment and the race.

The courtesy of the INNER PREPARATION for a Visitation is one that I would stress at every opportunity to the earnest and sincere ladies and gentlemen who wish to partake of the spiritual communion and to enjoy even for a moment the Presence of some Brother or Sister Who has been given a Gift of Life, and Who has secured WITH NO SMALL EFFORT from the Karmic Board, permission to step through the human veil to lower the vibratory action of thought and feeling through spoken word, and to leave as a permanent part of the lifestream gathered in the Upper Chamber, those Gifts, that Quality and that Consciousness.

From outside of the veil, beloved ones, the securing of permission to impart Our vision and Our Hope, Our momentums of good and Our suggestions and counsel is NOT GIVEN LIGHTLY! For as the Great Holy AEolus has said, the investment of Our energies requires a balance from the life of the recipient! When Our energies must be

utilized in setting up a Forcefield, in harmonizing the inner or outer vehicles either of the Director or the group. We have wasted on non-essentials the allotment of Our God Gift and must curtail that Gift in like proportion as We have had to utilize it in - shall We say - the "janitor work"! Bless your dear hearts, there is so much to The Law, so much to Spiritual Courtesy which will make the students, if they can understand it, the recipients of the greater blessings.

The beautiful Devas and Angels Who are the Builders of Form, Who work in the great churches and in the spiritual sanctuaries as well, are blessed beyond limit when there is an alert GUARDIAN GROUP in such focuses who take upon themselves the drawing of the purified energies, the sanctification of the place of worship, the magnetizing through music and contemplation of spiritual currents. Those Angels and Builders of Form can then devote Their God Free energies in creating such a magnificent Forcefield which helps to magnetize and draw greater powers of healing, and greater individual gifts of buoyancy and spiritual inspiration to the group, and to create a more powerful radiating center to bless all in the vicinity. They then, in like manner, give greater freedom to the Master Presence and He comes, finding all in order, and the full power of His Gift then flows into the hearts and spirits of the people. The Ceremonial Activity of Life has concerned Me for many centuries. I was privileged in many ages to teach those interested in mastering energy, the inner significance behind all the seeming intricacies of Ceremonial Life - in church, in home, and in person.

KWAN YIN

SPECIFIC ACTIVITIES

12. OVER-LONG VISUALIZATIONS AND OVER-ZEALOUS DECREES NOT ADVISABLE

I am relying upon the various strengths of the individuals who have taken upon themselves the responsibility and obligation of service and who must follow the Path they knew best. However, for the masses and the interest of the peoples, it is required of those who stand in official positions, to develop a BALANCE and a TOLERANCE and an expanded consciousness and an UNDERSTANDING that there are seven types of men, women and children with whom they will have to deal. You can have an audience completely asleep in an over-long visualization because the mental body cannot stand it. You can have an audience at the point of tears through an over-zealous decree class! You must have the BALANCE of interest in the Masters' work, interest in the people you serve, and discrimination and a willingness to surrender a position of that which you like best for the sake of the whole! You have individuals who sing and love to join the songfest and when the songs are done, they grumble because they are not willing to allow individuals along the other rays to give of their gifts. When the selfless combinations of the Seven Rays join together and you have the Might of Morya; the Discretion and Discrimination of Confucius; the Tolerance of The Maha Chohan and Lady Rowena; the Chastity of Serapis; the Scientific exactitude in the understanding of the powers of magnetization and radiation of Hilarion; the Ministration and Love of the Light - irrespective of color, race and creed of Jesus and Lady Nada; and the Fire within your hearts

to make this planet a FREEDOM STAR - then - shall you be MYSELF in the world of form! for this I plead! For this I pray.

Twofold is your service - magnetization and radiation! Then the provision of a gentle, constructive applicable religion, interspersed with enough ENJOYMENT that you may SAVE THE YOUTH OF TODAY which is the HOPE OF TOMORROW!

SAINT GERMAIN

13. HOW THE CUP SERVICE IS A BLESSING TO THE STUDENT

During the CUP SERVICE an intensified spiritual outpouring from each one's God Presence takes place at this moment, and the nourishment, supply, strength or healing required by each individual is provided by the Holy Presence of God which is anchored within the Immortal Flame within the physical heart. No individual can participate in this portion of the Ceremony and not be increased in Grace and given those particular strengths, comforts and certainties of feeling which the personal Christ Self in Its all-seeing Wisdom knows to be the requirement of the lifestream, either presently or in the immediate future. Thus not only are present appearances dissolved harmoniously but future ones avoided by the outpouring of the added release at the moment when the Director signifies by the ELEVATION of the CUP that all are ready for the Holy Communion with their own God Self.

At this solemn moment "I AM" always present, because it is the activity of the Holy Spirit to amplify and intensify the Light of the individual's own God Presence through the uplifted

vision of the communicant. After the simple preparation of the students' consciousness by the visualization of the activity about to take place, the Director, facing the Holy Trinity Picture, elevates and silently holds the CUP ALOFT while very soft Meditative music emphasizes the mystic union of the human and Divine Consciousness in everyone present.

It is at THIS POINT of the Ceremonial that the Angelic Host, the Seraphic and Cherubic Beings are drawn by the magnetic pull of the uplifted consciousness of men, and They add to the outpouring of the Christ Self Their particular Sweet Elixirs of Love and Light. The focusing of the students' attention upon the individual's Presence - THEIR SOURCE - "from whence all blessings flow", the magnificent coloring of the auras of the Celestial Host of Light, the Presence of the Sweet Anointing of the Holy Spirit and the expansion of the Light in the Causal Body of each God Self, which is directed through the hearts of the communicants, is a sight not to be forgotten when looked upon with the Inner Eye. IT IS THE INSTANT WHEN GOD MEETS MAN FACE TO FACE and it has truly been said, "no man can look upon God and live longer in his limited state of imperfection". Each one is personally enriched by such God Communion.

HOLY AEOLUS

14. ASCENDED MASTERS' RETREATS
15. FORCEFIELDS
16. TRANSMISSION FLAME CLASSES

When it was perceived that My beloved Sons, El Morya and Saint Germain were going to endeavor to again present certain Truths to interested

people upon the planet Earth, I conceived the idea of developing (outside the Ascended Masters' Retreats) certain specialized foci of harmoniously qualified energy which could be used for the expansion of the Nature of God through the emotional, mental, etheric and physical worlds of mankind.

Each Ascended Master Retreat is dedicated to the expansion of some Divine Blessing. In time, with patience, harmony, constancy and love, unascended beings will create and sustain some Divine Blessing which is a power that can be invoked at will by any and all other interested lifestreams in times of crises.

In the early Golden Ages, "forcefields" were well known to the Priests and Priestesses who officiated in the various Temples dedicated to certain specific God Qualities; i.e., protection, healing etc.

Again, as We enter the gates of the Golden Age of Freedom, We are endeavoring to stimulate the desire within the hearts of the "few" to so establish such "forcefields". Thus, each group becomes a radiating center of certain God Virtues; also learning the power of concentration and impersonal service.

The purpose of the establishment of such "Forcefields" is not to exploit the personality nor the efficacy of any individual or group but to so magnetize and sustain certain God Qualities so that they are always available for the use of all. It is so with the Ascended Host Who offer all Their momentums of Perfection to any one member, when Universal progress will result from such selfless service.

The Transmission Flame Classes were also instigated at My humble suggestion, so that the individual "Forcefields" might magnetize into their momentums the already gathered Cosmic Momentums of the Ascended Masters' Retreats. This is done, primarily, through the inbreathing of the substance of the Flame and Virtue of that Retreat! Then, the sincere and selfless students (using the magnetizing center of their force fields) expand these Virtues into their localities (through the expansion and projection of their breath). Thus, unascended beings are learning to work with and expand the service of the Ascended Masters' Retreats.

I recommend most strongly the necessity for examining the motive behind the establishment of such a "Forcefield", as well as recognizing the need for absolute unity, cooperation constancy of endeavor and true loving desire to impersonally help the race in its uphill climb back to its God Estate.

If you have not yet decided upon the type and quality of your group and individual service, I strongly recommend that you soon do so! The world and its people require health, peace, illumination, financial freedom, faith in God, liberation from the many "woes" that spring from conscious or unconscious allegiance to the "Shadow-world"! Become a forerunner of an Era and Age wherein the Temple of the Sacred Fire will again be manifest in this physical world. All large activities have a small beginning"...from the embryo to the seed idea of a Planet, a Universe or a Galaxy! - the importance is in BEGINNING NOW!

HOLY AEOLUS

E P I L O G U E

Beloved friends of Light and Love. We are engaged, the other Ascended Masters and Myself, in the building of a Bridge - a Bridge which will endure until every man and woman and child that belongs to this evolution has passed from the realm of imperfection and limitation over it into God Freedom. Into and under that Bridge We are building a foundation made of strong and valiant hand-picked, hand-chosen lifestreams who can bear the weight and strength of the energies of the masses, when they begin to cross from shadow into Sunshine; from darkness into Light; from limitations into Freedom; from disease into health and Perfection.

Some of you have builded bridges through the ages. Some of you know how very important it is to have a strong foundation, lest the weight of the individuals who use it in the future might be more that it could carry.

We are the engineers Who are endeavoring to find out the strength of the various lifestreams whom We have called to the colors. Those who choose to remain with Us shall have the great privilege and honor of becoming the Living Foundation of this Bridge of Living Light.

THOMAS PRINTZ, Editor