

*Ascended
Master
Yoga*

Thursdays 7-8pm

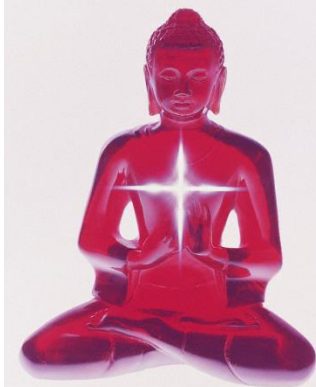
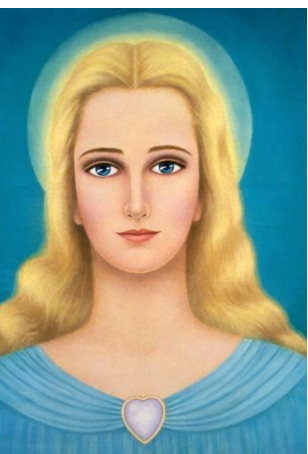
May 28 June 25

July 27 August 27



What is an Ascended Master?

One who, through Christ, has reunited with their Higher Self, mastered time and space and gained the mastery of the etheric, mental, emotional and physical universe.



These Masters have given their students exceptional spiritual instruction since at least the 1800's.





Why Yoga?



Yoga, the timeless science behind all true religions, consists of systematic and definite steps to realization of the soul's oneness with Spirit.

- from www.yogananda-srf.org "The Eightfold Path."



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Ascended Master Yoga

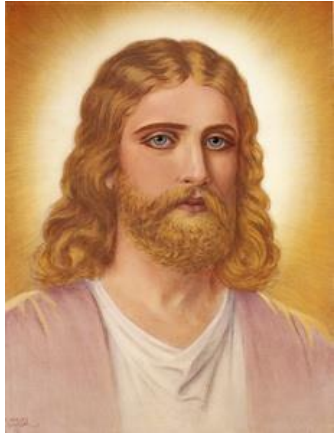
Ascended Master Yoga will be a journey of discovery through the Ascended Master Teachings to practice and discuss the “systematic and definite steps to realization” of our “soul’s oneness with Spirit”.



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The First Step

The Great Commandment



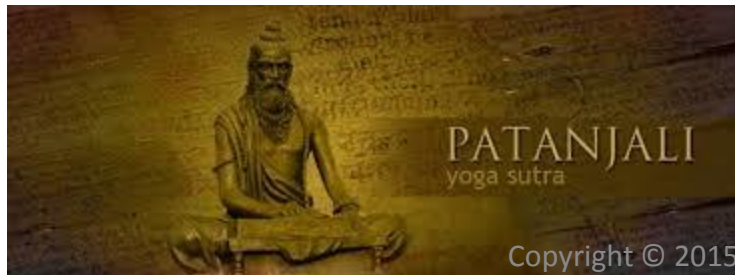
The Lord our God is one Lord. Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength.

And thou shalt love thy neighbor as thyself.

See “The Great Commandment” lecture by Elizabeth Clare Prophet Palm Sunday April 15, 1984, Book 1 Pearls volume 27.

The Yoga Sutras

- **Yama** (moral conduct): noninjury to others, truthfulness, nonstealing, continence, and noncovetousness
- **Niyama** (religious observances): purity of body and mind, contentment in all circumstances, self-discipline, self-study (contemplation), and devotion to God and guru
- **Asana**: right posture
- **Pranayama**: control of *prana*, the subtle life currents in the body
- **Pratyahara**: interiorization through withdrawal of the senses from external objects
- **Dharana**: focused concentration; holding the mind to one thought or object
- **Dhyana**: meditation, absorption in the vast perception of God in one of His infinite aspects — Bliss, Peace, Cosmic Light, Cosmic Sound, Love, Wisdom, etc. — all-pervading throughout the whole universe
- **Samadhi**: superconscious experience of the oneness of the individualized soul with Cosmic Spirit



- from www.yogananda-srf.org "The Eightfold Path."

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Where did the Yoga Sutras come from?

Yoga Masters.

Who taught yoga to mankind?

Lord Shíva: a God free being who is one with the body of God that includes the Ascended Masters, Cosmic Beings and the Angelic Hosts and unascended mankind.

Ascended Master Yoga

Yoga means “union”

*Through the Ascended Masters Teachings
we can take the most direct route to our
soul's union with our higher self.*



Let's begin...

The Second Step

Love Yourself

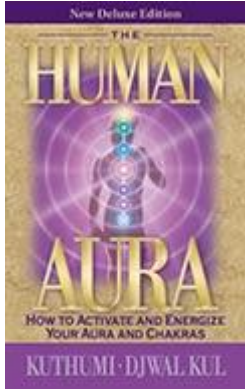


One must love oneself not only as the handiwork of God but also as one's own handiwork. And if you do not love what you see or what you have made of yourself, you know that Love is the power to consume all that is unreal.

Personally I like people who get along well with themselves, who are happy with themselves, are self-entertained, can laugh at themselves and their own mistakes and even their own jokes. I like people who don't take themselves so seriously and thus dive into a spiral of self-condemnation when they make an error on the way.

Lady Master Nada, "The Lords of the Seven Rays" Book Two Chapter 6 "The Psychology of Love"

Ascended Master Yoga



Studies of the Human Aura
A book by Kuthumi and Djwal Kul

Includes an exercise for
“Strengthening the Aura”

(book 1, chapter 6)

And a “Sacred Fire Breath” exercise
(book 2, chapter 8 also described in “Prayers, Meditations
and Dynamic Decrees for Personal and World
Transformation” 40.09)

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“Strengthening the Aura”

Visualize the threefold flame expanding from within the secret chamber of the heart.



Seal your entire consciousness in a globe of white fire.

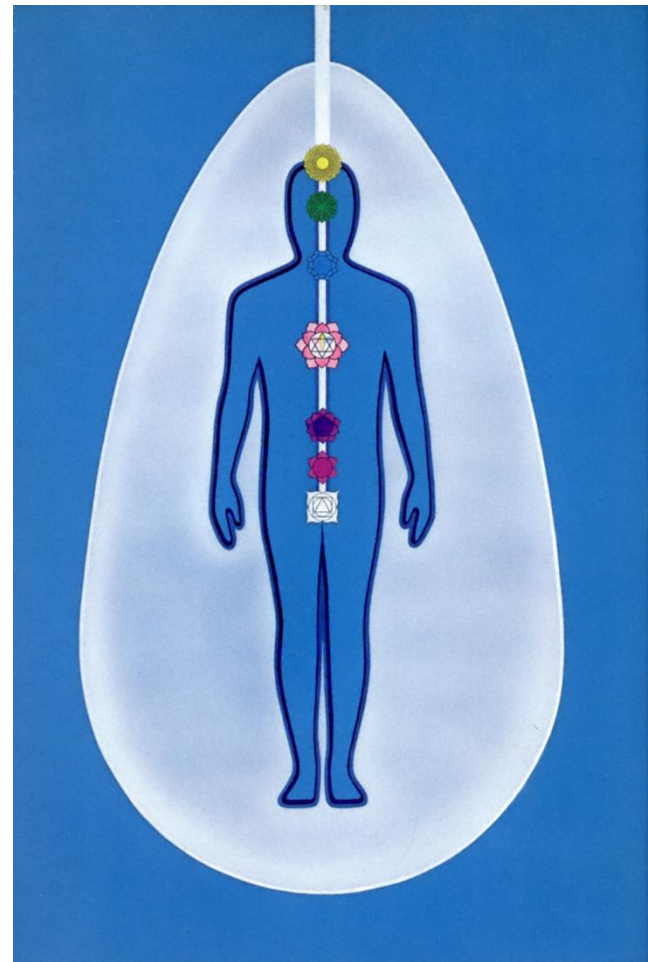
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With humility and devotion recite the following:

*I AM Light, glowing Light,
Radiating Light, intensified Light.
God consumes my darkness,
Transmuting it into Light.*

*This day I AM a focus of the Central Sun.
Flowing through me is a crystal river,
A living fountain of Light
That can never be qualified
By human thought and feeling.
I AM and outpost of the Divine.
Such darkness as has used me is swallowed up
By the mighty river of Light which I AM.*

*I AM, I AM, I AM, Light;
I live, I live, I live in Light.
I AM Light's fullest dimension;
I AM Light's purest intention.
I AM Light, Light, Light
Flooding the world everywhere I move,
Blessing, strengthening and conveying
The purpose of the Kingdom of Heaven.*



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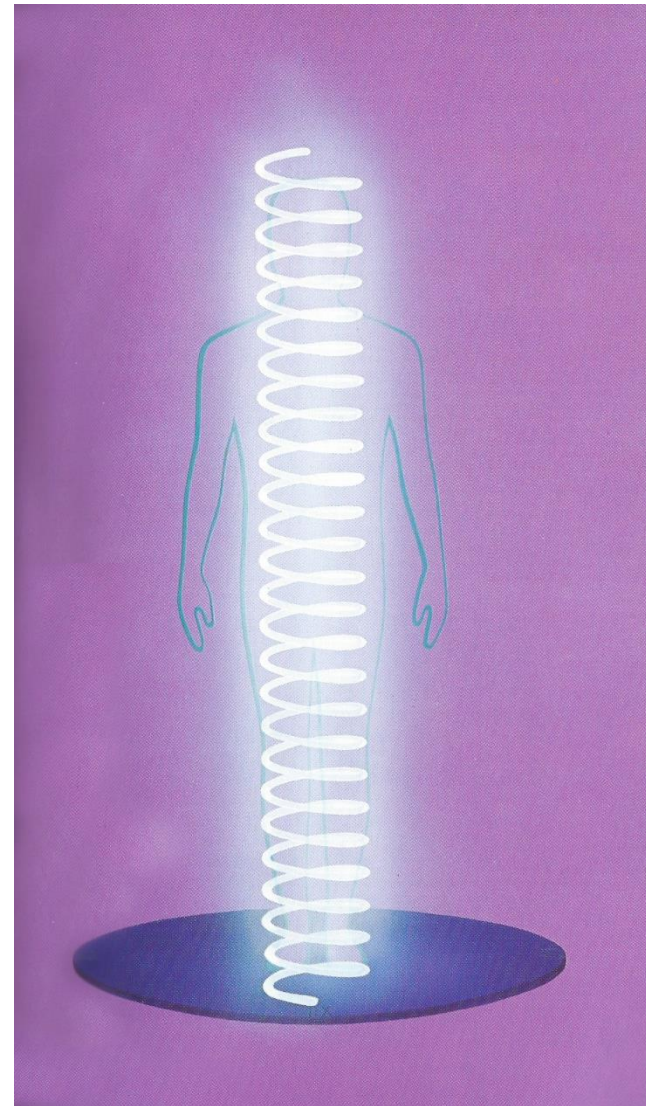
Djwal Kul's' Breathing Exercise

...there is being builded within your aura a fiery coil of life...approximately ten inches in diameter...visualize rising from the base of an imaginary sundial upon which you stand.

...at your feet, the coil proceeds from what would be the twelve o'clock line. The coil is an electrode that winds in a clockwise direction, being spaced three inches apart.

...From beneath your feet to the top of your head, this coil is a pulsating white fire...it can be focused as the action of the sacred fire of the Holy Spirit only in the aura of those who have the devotion to the Christ and the commitment to the I AM THAT I AM.

...Retaining the awareness of this coil, consider the two most important functions of the chakras: first, to be the vortex of the outbreath that is the giving-forth of God's energy as the action of the seven rays of the Holy Spirit; and second, to be the vortex of the inbreath, the drawing-in of the sacred fire breath as the universal essence, the passive energy of the Holy Spirit.



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Call to the Fire Breath

*I AM, I AM, I AM the fire breath of God
From the heart of beloved Alpha and Omega.
This day I AM the immaculate concept
In expression everywhere I move.
Now I AM full of joy,
For now I AM the full expression
Of divine love.

My beloved I AM Presence,
Seal me now
Within the very heart of
The expanding fire breath of God.
Let its purity, wholeness, and love
Manifest everywhere I AM today and forever!
(recite three times)*

I accept this done right now with full power!
I AM this done right now with full power!
I AM, I AM, I AM God-Life expressing perfection
All ways at all times.
This which I call forth for myself,
I call forth for every man, woman, and child
On this planet.

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4 Part Breath

Inhale - Etheric

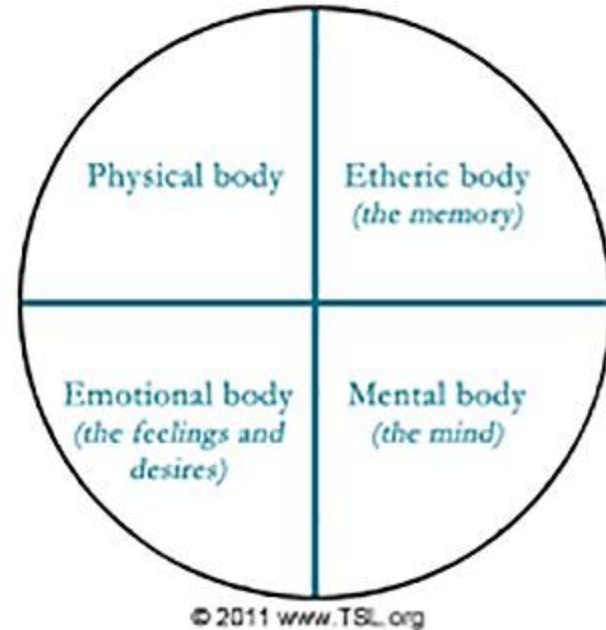
Hold - Mental

Exhale - Emotional

Hold - Physical

*8 counts each for the
Eighth Ray*

I AM Alpha and Omega



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Recap

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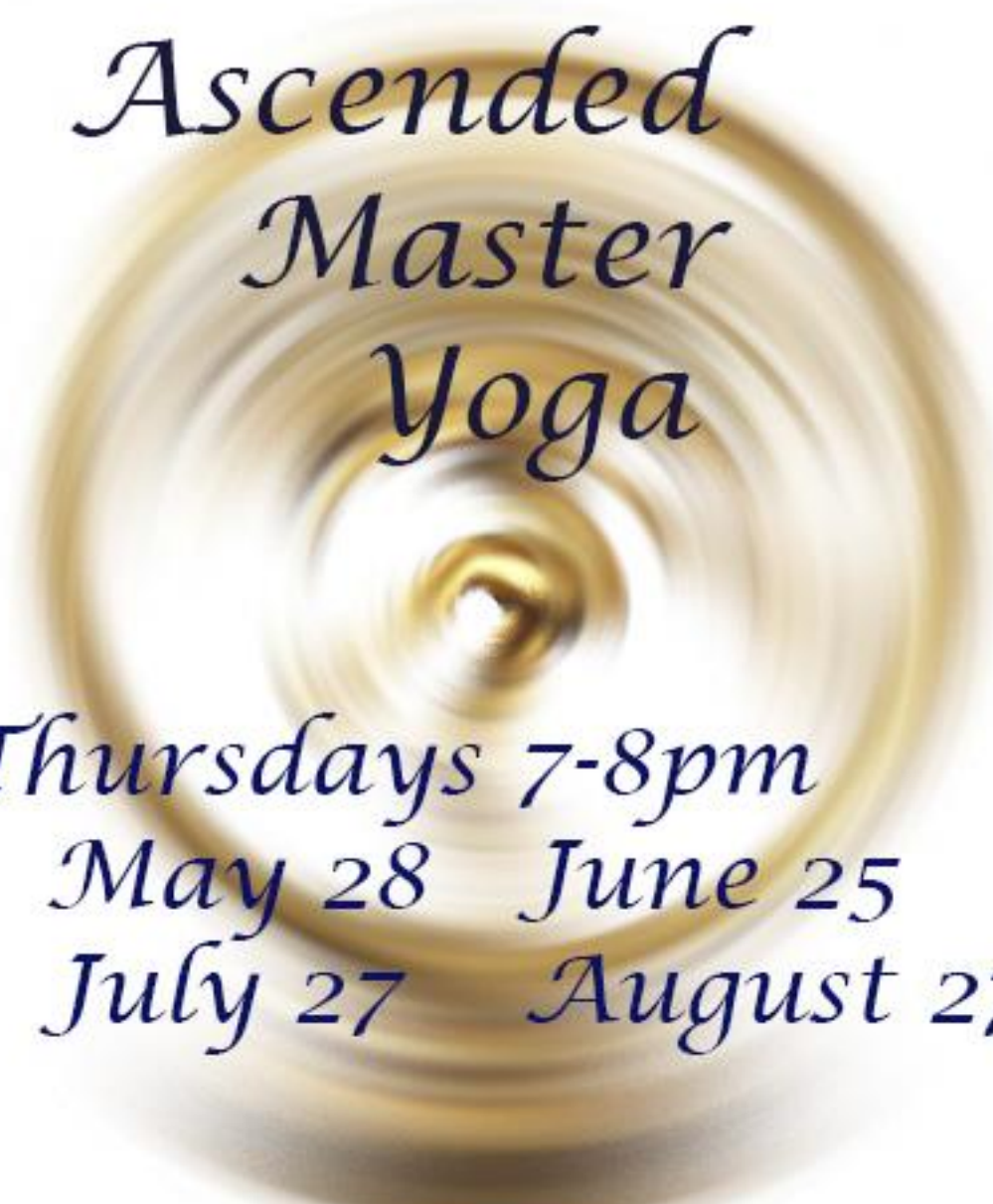
The Control of the Human Aura Through the Science of the Spoken Word

*A lecture by Elizabeth Clare
Prophet on DVD*

- *Everything is energy*
- *Merging with the Masters and working together*

Ascended Master Yoga

Next Steps



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