

*Ascended
Master
Yoga*

*November 19
The Path of the Ascension*

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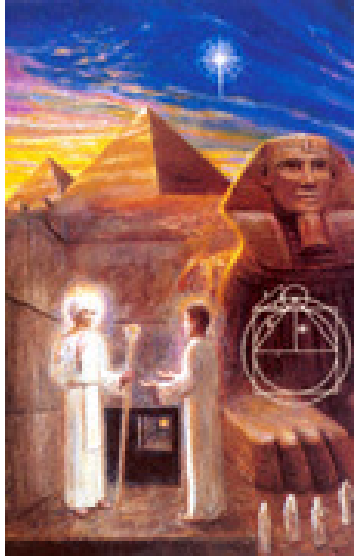


*We are all meant to ascend,
like Jesus did.*

*Serapis Bey, the Hierarch of
the Fourth Ray oversees the
initiation of the ascension.*

*His retreat is over Luxor,
Egypt.*

The Path of the Ascension



As is to be expected, the grand prize of the ascension is not awarded without significant effort and striving on the part of the soul.

The ascended masters have stated a number of requirements that need to be met for a soul to be ready to ascend.

They are preparatory steps that help purify the soul and get her ready for this major transformation.

5 Requirements for the Ascension

1. Balancing the Threefold Flame

Because the threefold flame is the link to the heart of the I AM Presence, it is a major key to spiritual progress. Balancing the threefold flame means that all the plumes are equally developed in size and capacity. It indicates that the love of one's heart is equal to the wisdom of his mind, and that both of these are equal to the determination of the divine will within.

The threefold flame is like the soul's motor—through it comes the spiritual drive for the chakras and four lower bodies. A motor will not work if it's not in balance. The motor in the heart also needs balance in order to work correctly. If the threefold flame is not balanced, some innate qualities become stronger than others and the aspirant gets lopsided in his spiritual evolution. When the threefold flame is in a state of imbalance, a sort of giantism can occur where one or two of the plumes is out of proportion to the others. This state can hinder the quest for individual Christ-mastery. Balance is the key.

5 Requirements for the Ascension

1. Balancing the Threefold Flame (cont.)

Take the hypothetical example of a professor who is very much into his books and theoretical knowledge. His yellow plume will be quite well developed because he is good at studying. But because he is so wrapped up in intellectual pursuits, he may become unconcerned with the practical world of people and their needs. It does not occur to him to ask how to help them. He just does his work and may think: “Well, I’m excellent in my field. I don’t have to do anything else. Things are fine for me right now, so why should I change?” The problem is that he is not actively discovering the balancing factors of love and power. Without these balanced elements in his life, he will not progress spiritually.

5 Requirements for the Ascension

1. Balancing the Threefold Flame (cont.)

“When men fail to progress, it is always because there is imbalance in the threefold flame of life. (...) The will of God is a predominant third of the whole, but lacking the wisdom of God, the golden illumination of his supreme knowledge, even power is stifled of action. And without love, power and wisdom become but the brittleness of self-preservation. The balance of the threefold flame creates a pattern of the ascension for all.”

Serapis Bey in the “Dossier on the Ascension” page 24

5 Requirements for the Ascension

2. Fulfilling Your Divine Plan

Another important requirement for the ascension is fulfilling the soul's divine plan, or inner blueprint. Everyone came forth from God with a special mission, a unique purpose to be accomplished on earth. That mission could be the calling to be a scientist, an artist, a minister or a saint. Whatever it is, the calling is a mandate to fulfill. Buddhists call this inner purpose one's dharma.

5 Requirements for the Ascension

2. Fulfilling Your Divine Plan (cont.)

One way to relate to your dharma, or mission, is to recognize where you have a passion in a certain area. This passion usually identifies itself as a burning desire within your being to do something that gives you special satisfaction. When you are living your passion, you are always thinking about it—from the time you wake up in the morning to the time you go to sleep at night. It is a passion that inspires you to do a job that you know is going to be for the betterment of your loved ones, the community or civilization.

5 Requirements for the Ascension

3. Balancing 51% of Your Karma

A large part of the quest for the ascension is to clean up the trail of misqualified energy we may have left in our wake in the course of many embodiments. Misqualified substance needs to be transmuted and liberated so that we balance our karmic debt to life.

The masters point out three options for the transmutation of our karma:

1. Bearing and enduring it. Bearing our karma—whether physically, financially, etc.—is a natural cleansing action, as well as a teacher. Suffering one's karma is the option that the majority of people on earth are engaged in.

5 Requirements for the Ascension

3. Balancing 51% of Your Karma (cont.)

2. Serving life. Serving others means placing other's needs before one's own. Service is a wonderful tool for the strengthening right habits as well as developing the sensitivity and compassion of the heart. Souls advancing in spiritual disciplines often feel a profound need to engage in serving others; the soul knows that this accelerates the transmutation of her own karma.

3. Using the violet flame. The light of the seventh ray—the violet ray—carries the quality of transmutation and liberation. Invoking the violet ray in decrees and prayers, as taught by the ascended masters, and directing it to persons and places in need, is the ascended masters' fasttrack dispensation for transmuting our karmic burden.

5 Requirements for the Ascension

3. Balancing 51% of Your Karma (cont.)

As said before, in earlier ages we were required to balance 100 percent of our karma before we could return to the heart of God. Every jot and tittle of the law had to be fulfilled; every erg of energy misqualified throughout all our incarnations had to be purified before we could ascend. Perfection was the requirement of the law.

Now, thanks to the mercy of God and the Lords of Karma, the old law has been set aside and those who have balanced only 51 percent of their debts to life can be given the gift of the ascension. They can then balance the remaining 49 percent from the ascended realm through service to earth and her evolutions.

5 Requirements for the Ascension

4. Aligning Your Four Lower Bodies

Mark Prophet taught that the easiest way for us to visualize this is to think of the four lower bodies as interpenetrating colanders. When the "holes" are lined up, your four bodies are in sync and thus the light can flow through the chakras without obstruction. However, most of us don't have our holes lined up and so we are out of alignment with our Real Self, our Christ Self. Thus the requirement for the ascension is that our four lower bodies be aligned and functioning as receptacles for God's light.

5 Requirements for the Ascension

4. Aligning Your Four Lower Bodies (cont.)

From the earlier dispensation of Theosophy we may gain an added understanding of what it means to balance the four lower bodies—hidden in teaching on “planes within planes.” Each body has a number of nuanced layers or subplanes. To align the four lower bodies, we must attain mastery of the same subplane, say the third or fourth or fifth layer, in each of the bodies, so that they may vibrate in harmony with each other.

5 Requirements for the Ascension

5. Raising the Sacred Fire

The raising of the light from the base of the spine to the crown of the head, called the raising of the Kundalini in the East, is another requirement for the ascension. It involves the lifting of the energy lying dormant in the base-of-the-spine chakra up the spinal altar and through the chakras to the crown. This is a very important process that can be dangerous if the light rises before the chakras are purified by the violet flame.

The masters do not recommend the practice of Kundalini yoga to raise this energy prematurely. Serious physical consequences can result, even insanity. The practice of giving the violet flame daily will allow the Kundalini energy to rise gently and safely.

Annice Booth in The Path to the Ascension

5 Requirements for the Ascension

5. Raising the Sacred Fire (cont.)

Another method for gently raising the Mother light is through devotion to the Divine Mother. This can be done through mantras such as the *bija* (seed syllable) mantras given in the East, or through adoration of the mother as practiced in various religions.

5 Requirements for the Ascension

5. Raising the Sacred Fire (cont.)

Djwal Kul recommends the recitation of the Hail Mary—the name “Mary” meaning “Ma Ray” or “Mother Ray.” He says: When you give the salutation to the Mother ray in the recitation of the Hail Mary, you are giving praise to the energies of the Mother locked within the flame in the hidden chamber of the heart and sealed in the base-of-the-spine chakra. In this gentle yet powerful salutation, you are day by day drawing the energies of the white-fire core and the base of the spine—yes, even the serpentine fires of the Goddess Kundalini—up the spinal altar for the nourishment and the wholeness of life in all of its centers.

5 Requirements for the Ascension

5. Raising the Sacred Fire (cont.)

This ritual can be actualized in this very life here on earth without forcing the chakras and without disturbing the delicate balance of karmic cycles. On a parallel with this experience is the transmutation by the fires of the Holy Spirit of the energy layers of the electronic belt, which is comprised of the records, held in the subconscious strata of the mind, of individual causation and the memory of the soul's previous incarnations since the descent into Matter.

*Djwal Kul, Intermediate Studies of the Human Aura
(Chapter 13)*

5 Requirements for the Ascension

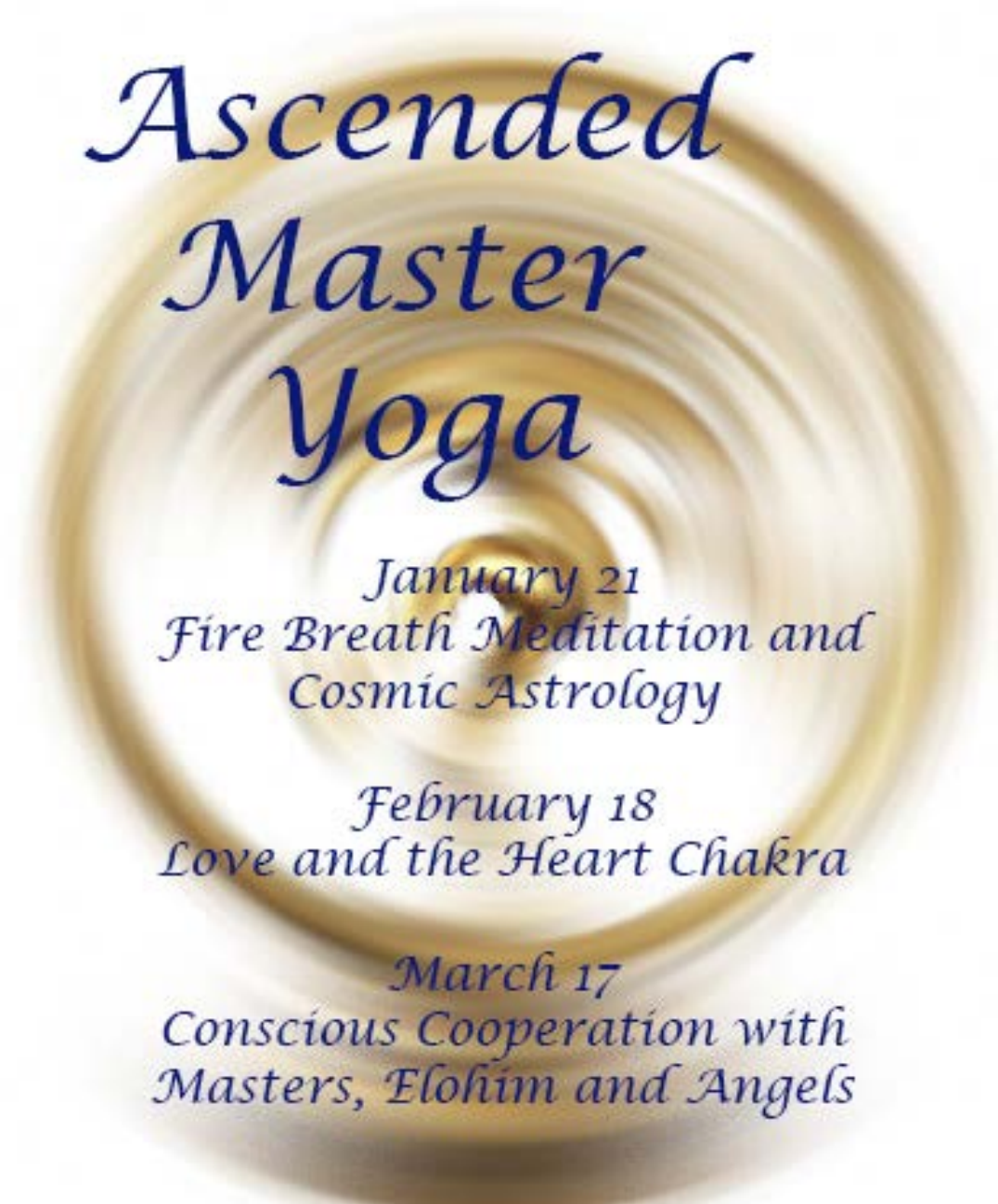
5. Raising the Sacred Fire (cont.)

The Ascended Lady Master Mother Mary herself released a new age rosary for this purpose, including an adaptation of the traditional Hail Mary that better fits the consciousness of the mature, striving Son and Daughter of God. The student of the light is invited to give this prayer to the Mother aspect of God:

Hail Mary, full of Grace, the Lord is with thee.

Blessed art thou among women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us, Sons and Daughters of God, now and at the hour of our victory over sin, disease and death.



Ascended Master Yoga

*January 21
Fire Breath Meditation and
Cosmic Astrology*

*February 18
Love and the Heart Chakra*

*March 17
Conscious Cooperation with
Masters, Elohim and Angels*