



*Ascended
Master
Yoga*

Thursdays 7:30-9pm

May 28 June 25

July 23 August 27

Ascended Master Yoga

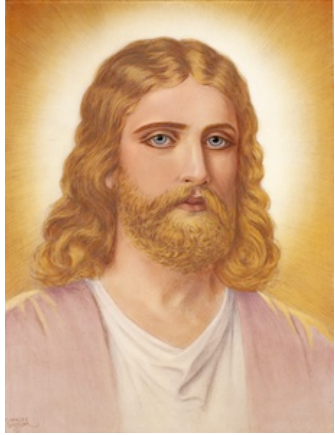
Ascended Master Yoga will be a journey of discovery through the Ascended Master Teachings to practice and discuss the “systematic and definite steps to realization” of our “soul’s oneness with Spirit”.



Copyright © 2015 Summit Publications, Inc.
All rights reserved.

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 Second Step

Love Yourself



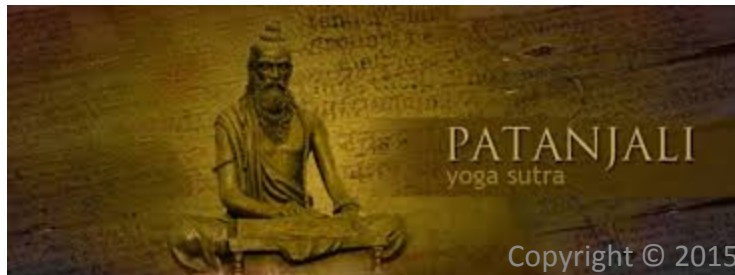
One must love oneself not only as the handiwork of God but also as one's own handiwork. And if you do not love what you see or what you have made of yourself, you know that Love is the power to consume all that is unreal.

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"

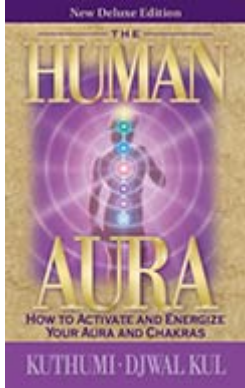
The Yoga Sutras

- **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."

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)

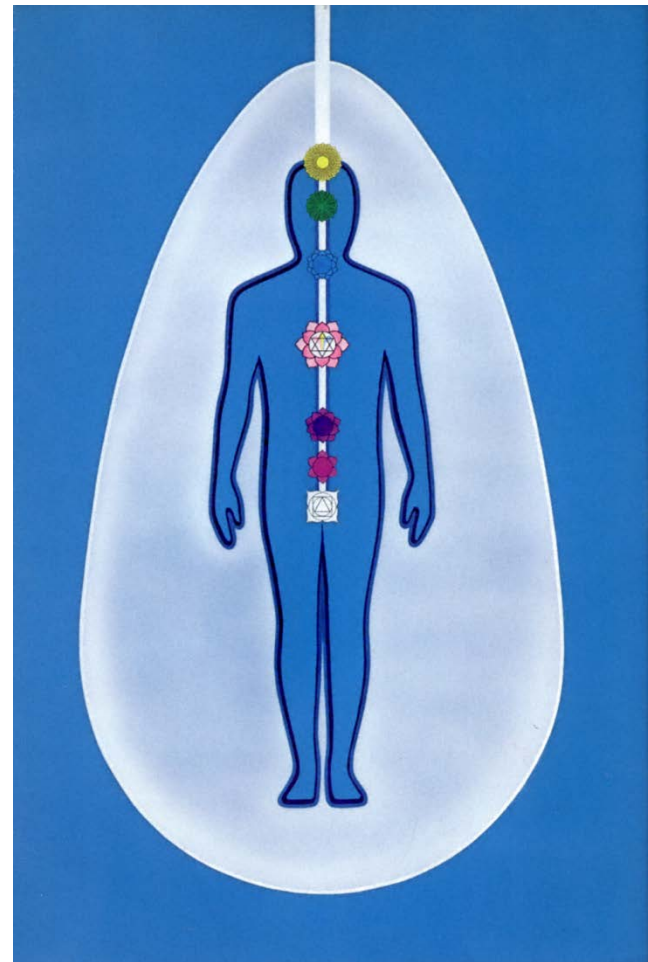
Ascended Master Yoga

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.*



Ascended Master Yoga

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.

Ascended Master Yoga

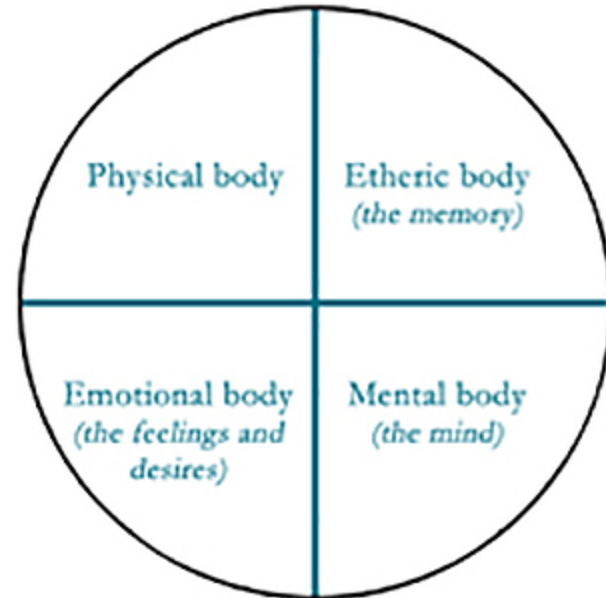
4 Part Breath

Inhale - Etheric

Hold - Mental

Exhale - Emotional

Hold - Physical

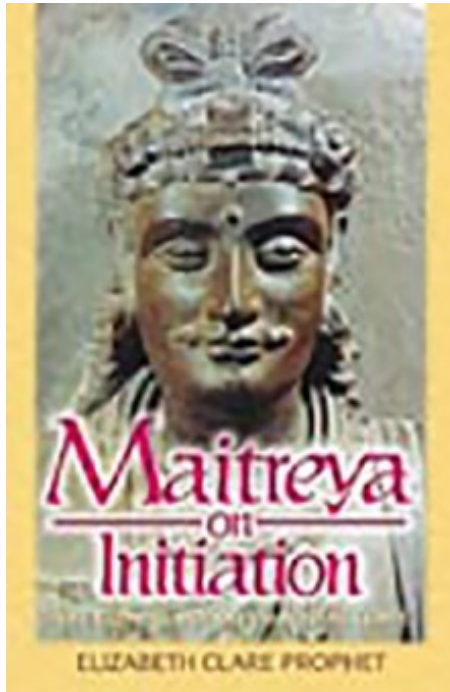


© 2011 www.TSL.org

*8 counts each for the
Eighth Ray*

I AM Alpha and Omega

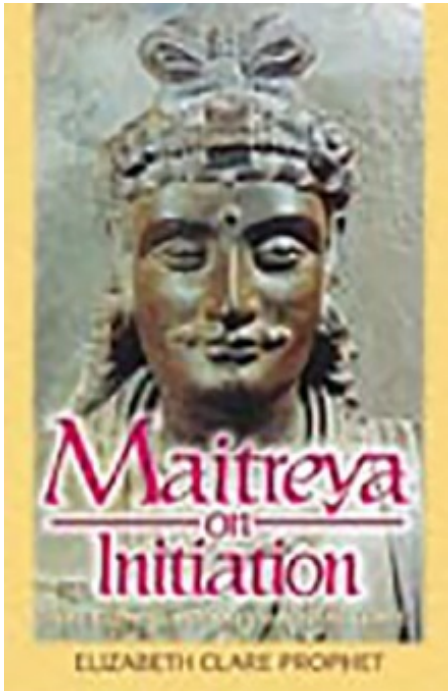
Ascended Master Yoga



Energy

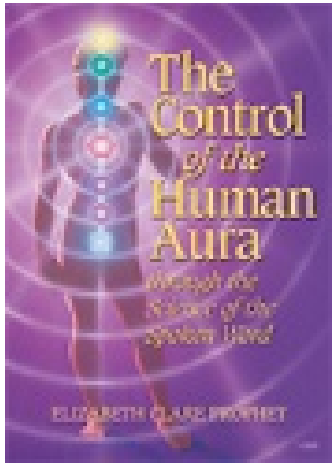
Energy is God.
How gloriously we find him in all life!
Organized, systematized,
Random yet rhythmic motion.
Energy is God
Confined yet not confined to Mater.
Energy is God
Bound to Mater in the fiery nucleus of life,
Yet free to bound from atom to atom—
Free in the flow of the Holy Spirit,
Hallowing space,
Crowning time with the majesty of the Mother.
Each moment in time a cup of her consciousness,
Each cup filled with the Spirit
The fulfillment of her love.
Her habitation is the allness of space.
Her penetration of the allness
Is the vapor of etheric consciousness,
Penetrating as the incense of the Magi,
The fragrance of violets and lilies of the valley,
And the distillations of the will of God.

Ascended Master Yoga



The Cosmic Mother moves
In the currents of God's energy.
Through her blessed hands
Flows the abundance of God's grace.
She is healing, she is joy!
She is the climax of creation.
She is the sun, the moon, and the stars!
She is the light reflected in light.
Crystalline fragments of her sunlit hope
Illumine the dark night of the soul
With the laughter of a little child—
Sparkling, dancing eyes and the perfume
Of a baby's skin and angel hair,
Petaled cheeks and dark brown eyes
That span the centuries of the Ancient of Days,
Orbs opening unto the soul's cycling in infinity.

Ascended Master Yoga



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 *Heart*





*Ascended
Master
Yoga*

Thursdays 7:30-9pm

May 28 June 25

July 23 August 27