



My Beloved Students of the Light,

I charge and fill your feeling world with Ascended Master Strength! Strength that you can call upon at any hour of the day! The Brotherhood stands with you. We are ready to do battle, ready to come forth with the Stronghold of our Strength, of that overpowering Ascended Master Radiation which you need to meet and defeat the world's chaos. Much Courage can be summoned, along with determination and will, but what if there is not sufficient Strength for the battle? Your personal Strength beloved ones, stands with that of the entire Brotherhood. We are ready to move forward with you, to give you the understanding, the guidance and the Teachings you need and to buoy you up when you feel that you cannot move forward another step.

True Strength, beloved ones, is a singular commodity. Today especially, many think it has to do with muscles, with the strength of mere flesh and blood. I tell you nay. *Ascended Master Strength is the Fortitude of the Light!* Contact with that Light, sustained firmly through your God will and God determination, is the true measure of your Strength.

In times of old doctors would draw the life's blood from the body, thinking to rid it of demons and discarnates, and thereby restore healing and Strength. Even today blood transfusions are oftentimes more detrimental than helpful. Note I said oftentimes, though not in all cases. For along with the serum, there is the inadvisable commingling of personal magnetism and life force of unknown individuals with your own. Beloved ones, the constantly flowing stream of Liquid Light from your own **Mighty I AM Presence** is the supreme nourishment that your body needs for Strength. It can repair even the physical chalice where it is broken.

If ever there is a weakness in your forcefield, if ever you allow the breakdown of the physical temple, those astral forces that would not like you to accomplish your Mission move into action. They say "Aha! She is in a weakened state. Now we can have our way." They look for that unguarded moment when you neglect your prayer or decree momentum and thus allow the flow of Light from your **Presence** to diminish. The Light is your ultimate protection! Therefore it is absolutely necessary for you to maintain your personal forcefield as a Stronghold of Strength through your decrees.

You ask, “How do I keep on keeping on in the face of such worldly pressures?” It is very simple beloved ones. Where your thoughts are, there your energy goes. Do you understand? If your thoughts are scattered throughout the chaos and confusion of the battle, you will not forge the necessary Divine contact to draw support from your Source. You cannot allow such chaos or confusion to enter into your personal world. You cannot permit your thoughts to waver from the Heart of your own **I AM Presence**. If you have difficulty accepting that the Stronghold of your **Electronic Body** is stationed in the atmosphere above you and that It is a very real and immediate part of your world, then put your thought and attention on one of the Ascended Masters. Put your hand in their hand. Meditate on their Heart.

Do not be alarmed when I remind you that there are indeed astral hordes pitted against you individually and collectively to keep you from your Victory, from winning your Ascension. The only way to have the full Strength to battle these forces is to maintain your unbroken contact with the Light. Sustaining this attunement is not always easy. It takes summoning all the Strength within you to hold fast to the Heights of God Consciousness, to make your calls, and then to accept those returning Waves of Light from your **Presence** to bear you forward to Victory.

Beloved ones, **I AM** not without Compassion. I know many of you have emotional scars in your past that can easily produce fear and trepidation in your world. And many times you feel you have not the Strength for yet one more battle. This is only a state of mind. Or to be more precise – a state of your mental body. Too much importance cannot be placed on understanding the critical importance of maintaining the *quality* of *all* your thoughts as the foundation to mastering your mind. My Son, El Morya speaks much on this subject. You would do well to study his teaching on the thoughts.

Many times when a feeling of inertia or fear of lack enters your world for whatever reason, you must go immediately into your Heart. The Heart is the true barometer and connecting point with higher Octaves. Allow the flow of your attention to carry you into the Heart, into the Secret Chamber, and there to make the full Connection with the Light of your own God Identity. Once you have achieved this, remain in this attunement as long as necessary to infuse your world with the God determination to move forward, knowing you are protected with the Shield of Light, the Shield of your **Presence**.

I would like to speak of another form of the desecration of your lifestream that may not be readily apparent to you but nevertheless causes great fatigue in your world. Oftentimes we overlook the small offenses against the Holy Spirit, thinking that only the great battles merit the full intensity of our efforts towards self mastery. Beloved ones, I’m referring to the minor irritations that you indulge yourselves. Something so simple and apparently insignificant is easily overlooked, but if you do not arrest these irritations as they present themselves and immediately introduce Harmony and Peace back into your world, you will find that in the crucial hour when your greatest Strength is needed, your reserves of Light will have been depleted. The precious Life of your **God Presence**, intended to be accumulated and held in reserve in your emotional body, will instead have been lost and you will find yourself wanting.

Throughout your day, this or that little pinpoint of irritation enters in, each one puncturing your aura and draining away its thimbleful of Light. The forces of opposition know only too well the ultimate consequence to your lifestream and take great delight when they succeed in catching you off guard. The sooner you realize that “Eternal Vigilance” is *de rigueur* for disciples of the Ascended Masters, the sooner you will have done with irritation and any number of other lamentable traits unworthy of your grand and glorious **God Self**! Such Vigilance requires maintaining a certain degree of spiritual tension, which simply means training your attention to hold fast to the Light even midst the most trying circumstances.

When once you have forged the conscious connection with the Light of your own **Holy Christ Self** and Beloved **I AM Presence**, all of Heaven stands at your beck and call. Rest in the confidence that Peace, Harmony and the release of Ascended Master Light will continue to flood your world, knowing that you can produce lasting results for good, knowing that you can be that masterful **Presence** whom you choose to be. Standing in this Light, you will feel the full measure of Courage and Strength of which I speak.

You must also guard against certain other outer conditions that would knowingly or unknowingly drain your energy. Oftentimes a blessed one close to you has come to live entirely on your externalized efforts and your life currents to the exclusion of their own. Truly they know not what they do. But you must recognize it and deal with it in a harmonious manner, demanding Divine Order and Divine Justice to reorder the circumstances of your life, setting you free of all unlawful associations or dependencies.

Finally, – if you are truly serious about your Path – you must not suffer associations with any individual who practices abuse of any kind, physical, emotional or verbal. Mere words, so called, are enough to bring fatigue when there is anger or belittlement charged into them. When that fatigue sets in you do not always recognize why you are tired, or why you simply wish to escape. Dear ones! Again I say, “Go into the Heart.” Your Heart is the greatest barometer for detecting and identifying whatever form of discordant energy that might assail you. The feeling world does not always tell you. The mental world certainly does not tell you. But the Heart will. Listen to the Heart. Once having attuned with the Heart, be courageous enough to recognize these conditions for what they are, then draw forth the Light through your Heart to dissolve the discord.

I the Maha Chohan breathe forth into your world now the Breath of Life, together with that magnificent Stream of qualified Sacred Fire known to Us at inner levels as **The Entire Spirit of the Great White Brotherhood**! Allow Us to help you meet every challenge on your Pathway back to the Heart of God. Nothing brings Us more joy than to be of assistance to each and every one of you.

I bid you good day in the full Strength and Light of my Heart.

The Maha Chohan

We have a saying, “In Unity there is Strength.” There is a beautiful cosmic meaning behind this statement. From the “One Cosmic Heart” flows the Light which is the motivating power of all future Service and of all the varied activities of Life. This action holds true down to the level of the physical heartbeat. For the energy which moves the body flows from the One Source and the resulting action is forever dependent upon that flow of living Light as are all higher actions of the Law.

When any Lifestream chooses to dedicate the flow of his Life-energy to a given Cosmic Service, a stream of Divine Light and Life begins to flow from the Great Central Sun into his Heart and from thence out of that Heart like a river unto the fulfillment of that specific goal or objective.

This stream of Divine Light is made up of countless billions of electrons, the pressure and intensity of their flow determined by the single minded tenacity of the Being engaged upon that particular activity. If the Lifestream chooses a Cosmic Service such as healing or Freedom, and remains faithful through the course of many hundreds of centuries to his freely elected purpose, a tremendous, virtually infinite, river of Electronic Light proceeds out from his Heart to be anchored in the earth at one or more locations. Such places become over time ‘hallowed ground’ associated with His specific momentum gained over countless lifetimes in Service to that Cause. The anchor points of these consciously drawn currents constitute veritable **Temples of Light**.

Like the action of the **Secret Love Star** projected into the atmosphere by the Holy Kumaras, all such great Foci have been deliberately established and sustained by the Individual Intelligences who elect to ensoul them. The magnetic ‘updraft’ of these currents arouses the interest of every phase of Life and inspires volunteers who contribute their own streams of energy thereby adding greater Strength and Power to the original Ray.

No one has a more powerful momentum of “Strength in Unity” than the Master Saint Germain, Beloved Jesus and the many Cosmic Beings who represent the Godhead to a struggling humanity. Since time immemorial the Ascended Hierarchy have gathered around Themselves numberless Legions of Angelic Hosts and many volunteers from the human race. As the Cosmic Ages roll, their Transcendent Service gains Strength and Power and efficacy through the combined momentum of countless Ascended Hearts beating as one. We in the Hierarchy call this collective momentum of Good accumulated over millions of years **The Entire Spirit of the Great White Brotherhood**”

My Children — requiring Strength to fulfill your holy purpose — should you determine to contribute to this momentum, should you by your own Heart’s desire choose to become a sympathetic co-worker with the Master in His Work, then are you free to draw on the FULL POWER of that combined momentum to help in His Cause at any time or place. For the Cause is One. The Cosmic Momentum is One. **The Entire Spirit of the Great White Brotherhood** is at the disposal of all wherever the One Cause is served! Be ye Ascended Master or unascended disciple, whosoever desires to render the impetus of their Life to Our Cause shall not lack Strength! Let Your Cry ring out, “Strength In Unity! Strength In Unity! Strength In Unity!”

Steadfast I remain your,
Maha Chohan