



## HARMONY IS A MAGNET (May 1952)

THE BRIDGE TO FREEDOM JOURNAL BOOK 1

Ascended Master Teaching Foundation Mount Shasta, CA 96067

“Acquaint now thyself with Him, and be at peace: thereby good shall come unto you.” —Job 22:21

Visualize your individual consciousness held up to receive the God-ideas and direction from the mind and heart of the Creator, pictured in your consciousness as a sun, every member of the human race connected with that sun—through a directed and individual ray of light anchored within the personal consciousness. See, over this ray of light, God-impressions riding freely into the creative world of the personal self. See the receptive consciousness accepting the ideas, molding them in to form—through the concentrated power of the mental body, breathing life into them—through the life of the consciously-energized feeling nature, and precipitating the idea into the world of form. All accomplished through the beautiful harmony of cosmic vibrations, which is the natural emanation of creative endeavors, when manifested in perfect accord with God-will.

From this consciousness, say, Through the harmony of my true being, I perceive and externalize, every minute, PERFECT HEALTH in every cell and organ of my bodies. Through the harmony of my true being, I receive and externalize, every minute, GOD SUPPLY in limitless abundance, filling my every need. Through the harmony of my true being, I create and externalize, every minute, AN AURA OF PERFECT PEACE AND HARMONY, which acts as a natural conductor of God-will to all life, wherever I AM. Through the harmony of my true being, I perceive and externalize, every minute, THE WILL OF THE FATHER in understanding, illumination, and freedom.

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## PEACE (II)

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The whole world is seeking peace, individuals and nations. Peace means surcease from pain of mind and body. Peace seems to have fled the earth and, yet, until it returns, neither individual nor nation will find rest. The favorite salutation of the Master Jesus was, "Peace be unto you." On the night of the Last Supper, he gave them his last heritage in the words, "Peace I leave with you, my peace I give unto you; not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." Knowing what they were to go through, he bestowed upon them a measure of his peace, which he knew would enable them to bear the pain and disappointment which was to come upon them. He gives the same cheering message today to all those who are burdened for one reason or another. Peace is a vital force, a substance that can be felt by the human body as a radiation of well-being, and which can be seen by the inner eye as an exquisite, palpable ephemeral substance, having both sound and color. Its color is an exquisite pale gold and its sound is like the softest music which intermingles with the feelings, soothing and healing them. Jesus is recognized in heaven and earth as the Prince of Peace. Through the centuries he has generated a vast aura of this heavenly substance, which is instantly available to anyone seeking its soothing influence. In this modern day of invention and genius, it is an easy matter for us to accept the possibility of thought projection or thought transference. We know that thoughts of all kinds are continually floating in the atmosphere all around us, waiting to be picked up by people who tune into their vibration, but a specially-directed thought, with intense feeling behind it, goes straight to its mark, especially when it is consciously projected at the waiting and receptive mind of the Master Jesus, carrying a request for peace, healing or whatever is the need of the hour. This service of the Master may be impersonal, although we have his personal invitation to partake of his great gift in the words, "Come unto me, all ye who are burdened and heavy laden, and I will give you rest (peace)."

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## HOW TO ACT IN A CRISIS

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"He shall cover thee with his feathers, and under his wings shall thou trust." Psalms 91:4

In the ordinary course of daily living, crises do arise—individual crises that affect only one person, a family or a localized group of related beings, and—less often, thank God—great national and international crises that affect millions. The important thing for each one to remember is that any group, no matter how small or how large, is made up of the individual unit, multiplied. The calm, poised, reasoning individual becomes the pivotal point for the greater number who are unable to intelligently cope with sudden shock, surprise, fear, or whatever the appearance may be. We have all heard of how great audiences have safely been removed from burning buildings through the quick thinking and masterful control of either an entertainer or a member of the audience itself, who directed the thought pattern of the crowd and maintained order and balance in the entire group. Emotional hysteria and all mass feeling are highly contagious, and run—like a forest fire—through the feeling world of mankind. There is no individual who is proof against sudden, unexpected disturbance, unless such an one has carefully and constantly trained himself to remain poised and balanced in the face of emergencies, and built a momentum of controlled energy into his own world. The practice ground for such training is our daily environment. Kipling said, "It is well if you can keep

your head, when all about you are losing theirs and blaming it on you." The matter of keeping your head (mind) receptive to the directions of the Higher Intelligence, and your feelings calm and unruffled, in the face of unpleasant daily experiences, may make all the difference between safety and disaster when emergencies arise.

We have all had the experience of contacting a calm, poised individual when we, ourselves, have been distressed, and have witnessed the effect of the transference of that calm, poised, assured feeling stilling our own distressed emotions. Thus, although hysteria, fear and uncontrolled emotions are instantly transferable, so, too, are the higher spiritual qualities of peace, poise, and balance.

Over and above the human race, there stand great guardian beings, whose responsibility and voluntary service is to protect the lifestreams on the planet, when need arises. They do this through connecting their own feelings of peace, poise, safety, calmness and healing, with some individual in a physical body, who can maintain harmonious control of his emotional and mental energies at a time when the great masses are distressed. Such an individual is singled out, and through his very body flows the substance of God's love, like a blanket of healing, protection, peace and supply.

Thus do the "wings of the Almighty" spread over the face of the land. In the same manner, individuals who are by nature, and cultivation, selfcontrolled and balanced in times of crises, become the natural recipients and dispensers of supernatural substance, "the manna from heaven," which is sometimes required by the people to sustain the body's life during cataclysmic action, famine, war, pestilence, or other crises of a like nature. Witness Moses feeding the Israelites in the wilderness, and Jesus multiplying the loaves and fishes. Let us then, individually, begin to train ourselves to remain the peace-commanding presence in the face of the small, trifling experiences of daily life, that, when, and if, the occasion should ever arise, we may abide under the wings of the Almighty and, further, become those very wings to the children of Earth who might require our presence, comfort, assistance and counsel.

Wherever I am, the Father is present,  
 Wherever I am, is infinite peace.  
 Wherever I am, is God's protection.  
 Wherever I am, man's troubles cease.  
 Wherever I am, nature is kindly`  
 Before me her lavish board is spread.  
 Her elements form a mantle around me.  
 In paths of security, I am led.  
 Wherever I Am, the light of His presence,  
 Healing and raising, ever abides.  
 His sweet benediction constantly flowing,  
 His will victorious, whatever betide.  
 Wherever I Am, the wings of the Almighty  
 Over my brothers, in love, are spread.  
 No evil thing shall ever befall them.  
 Into His presence, they are gently led.

