



Grow More Beautiful As You Grow Older

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HOW YOU MAY BECOME MORE BEAUTIFUL

“Before man can come to the place where he may join the Ascended Masters, he must master the vibrations of his bodies, to a point where they do not create dissonance in their own world, or in the world of another. “IF YOU WILL THINK BEFORE YOU SPEAK AND ACT, AND ALSO BEFORE YOU FEEL, IT WILL ENABLE THE ELEMENTS OF YOUR BODIES TO RETURN TO THEIR ORIGINAL BEAUTY, HARMONY AND PEACE. As soon as the pressure of discord is consciously controlled, the lifestream’s natural state of being begins to establish itself, as the Holy Christ Self returns the electrons to their natural orbits. That is why individuals who have come to the place of mastery and peace, attain great beauty, and why all the Gods and Goddesses (the Ascended Masters) are expressions of majesty, dignity, beauty, glory and harmony.”

OLD AGE AND DISINTEGRATION NOT NATURAL

“ THE APPEARANCE OF YOUR PHYSICAL BODY IS DETER- MINED BY THE AMOUNT OF LIGHT THAT IS USED WITHIN THE FOUR LOWER VEHICLES – THE EMOTIONAL, MENTAL, ETHERIC, AND PHYSICAL BODIES. “The natural emanation of light, through these lower bodies, forms the protecting wall referred to, in your instruction, as the Tube, or Pillar of Light. When the electrons move more slowly in their particular organs and cells, they draw less light from the Holy Christ Self and the natural resistance of the lifestream grows weaker. “ WHEN THE RACE BECOMES HARMONIOUS, AND THE EN-ERGY RELEASED THROUGH THEIR BODIES IS NEVER QUALIFIED DISCORDANTLY, THERE WILL BE NO SUCH THING AS OLD AGE AND DISEASE, and the vehicles, when abandoned at the close of that phase of life’s experience, will be in as perfect a condition, as when they were designed by the builders of form and the Higher Self.

GROW MORE BEAUTIFUL AS YOU GROW OLDER

“The bodies of the Ascended Masters, the angelic host, as well as the cherubic and seraphic guards, are ever growing finer and more beautiful, as the energy through the electrons is ever charged with more light, love and balance. Thus, the Master Jesus, who ascended many centuries ago, is a far more majestic figure today, than at that time! “As above, so should it be here below! The lifestream who has attained maturity, should be more beautiful and exquisite, in face and form, as the years go on! It would be a glorious experience and manifestation, if a few individuals, who have a knowledge of this law, would choose to experiment with the law of harmony, and allow us freedom to help create bodies such as have never before been seen on this earth!

“The Holy Christ Self of each individual is as beautiful as the most perfect angelic being that you could conceive of, and the individual Holy Christ Self WILL DUPLICATE that beauty, through any flesh form THAT DESIRES IT , with some cooperation and conscious study, by the personal self. I am willing to assist in this experiment, with any or all who choose to make the necessary effort at self-control. “You would then be a marvelous example, which Saint Germain could set before the entire world. This would ‘SELL’ the kingdom of heaven far more rapidly than the precipitation of gold. “You have full authority to build this same perfection into the children and young people you see around you. The Elohim of Peace, the powers of harmony and purity, and the builders of form will join you in this, and it will be a very great privilege for your lifestreams to render such service.”

HOW TO DRAW LIGHT TO YOUR BODIES

“You have learned how essential it is to draw, from the Presence, LIGHT , which is THE FOOD of the inner bodies and the only means by which their vibratory action can be accelerated. “How do you draw LIGHT? You draw it by the magnetic law of attraction. YOUR ATTENTION IS A FUNNEL. WHERE YOU DIRECT IT, THERE IMMEDIATELY BEGINS TO FLOW THE SUBSTANCE UPON WHICH YOU DIRECTED YOUR ATTENTION, INTO YOUR WORLD. THROUGH THIS FUNNEL COMES THE ASCENDED MASTER CONSCIOUSNESS AND THE LIGHT OF GOD THAT NEVER FAILS, or the human accumulation of the lifestream, upon which you fixed the beam of your attention, instead.

“In order to intensify, or to increase, the vibratory action of your lower bodies, YOU HAVE BUT TO PUT YOUR ATTENTION UPON ANY MASTER, OR YOUR OWN I AM PRESENCE, and while it is there, you will naturally charge that substance of light into your four lower bodies, as mechanically as the battery of the car is charged by the charger. “Even to lie flat on your bed and visualize that LIGHT pouring through your four lower bodies, for five minutes, three times a day, would greatly accelerate the vibratory action of your vehicles.

“The more attention that is placed on the Light, and the more Light drawn into your vehicles, the more rapidly they will vibrate, and the easier it will be for you to hold harmony, because WHEN YOU VIBRATE BEYOND A CERTAIN RATE, DISHARMONY CAN NO MORE REGISTER UPON YOUR FLESH OR BODIES, THAN A BUMBLE BEE CAN SIT UPON THE PROPELLER OF ONE OF YOUR AIRPLANES. It then is no longer an effort of will to have self-control, for then you are so rapidly vibrating in thought and feeling, that the human vibratory action ceases to be.”

HOW TO HAVE ETERNAL YOUTH By the Ascended Master Saint Germain

“Eternal youth,” Saint Germain explained, “is the flame of God, abiding in the body of man – the father's gift of himself to His creation. Youth and beauty of both mind and body can only be kept PERMANENTLY by those individuals who are strong enough to shut out discord, and whoever does that, CAN and WILL, express perfection and maintain it.

“Where peace, love, and Light do not abide, within the thoughts and feelings of a human being, no amount of physical effort can possibly keep the outer-self expressing youth and beauty. These exist, eternally, within the God-flame, which is the divine self of every individual. Whatever discord the outer-self allows to flash through his thought and feeling world, is THAT INSTANT stamped upon the flesh of the physical body. Eternal youth and beauty are self-created, and forever self-existent, within the flame of God's life in every human being.

This is God's plan for manifesting his perfection into the world of form and maintaining it forever. “Youth, beauty, and perfection are attributes of love, which the God-Self is continually pouring forth into its creation. Within each individual is placed the power and means for maintaining, and increasing, that perfect, ever-expanding activity of creation.

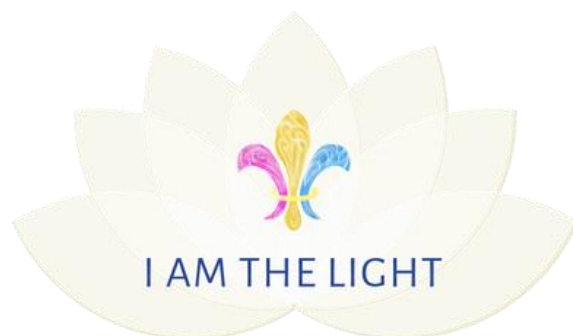
“The power of accomplishment is the energy of the God-Self in each human being born into the world. It is always active, every moment, in your mind, body, and world. There is no instant in which this mighty energy is not flowing through all individuals. You are privileged to qualify it as you please, at the command of your own free will, through consciously-directed thought and feeling.

“THOUGHT IS THE ONLY THING IN THE UNIVERSE THAT CAN CREATE VIBRATION, AND, THROUGH VIBRATION, YOU QUALIFY THIS EVER-FLOWING ENERGY WITH WHATEVER YOU DESIRE TO HAVE MANIFEST IN YOUR LIFE AND WORLD.

This limitless, intelligent, radiant energy is flowing, ceaselessly, through your nervous system, and is the eternal life and vitality in the blood stream flowing through your veins. It is an all-powerful, omnipresent, intelligent activity given you by – the Father – the God-principle of life – to be consciously directed according to your free will. Real intelligence, which uses everything constructively – comes only from within the God-principle – the flame of life, and is not merely the activity of the intellect.

“Real intelligence is wisdom, or God-knowledge, and THIS DOES NOT AND CANNOT THINK WRONG THOUGHTS. Wrong thoughts come only from impressions made upon the intellect by the world outside of the individual. If individuals would discriminate between their own thoughts, that is, thoughts from within the God flame, and the suggestions thrown off by other people's intellects, and the evidence of the senses, which consider appearances only, they would be able to avoid all discordant activities and conditions in the world of experience.

“The Light from within one's own God flame is the criterion – the standard of perfection, by which all thoughts and feelings that reach us, through the five senses, should be tested. No one can keep his thoughts and feelings qualified with perfection, unless he goes to the 'source of perfection, for that quality and activity only abide within the God flame. **“Therefore, the individual needs to BECOME STILL AND LISTEN TO THE GOD-VOICE WITHIN.”**”



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