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Beloved Children:

It is with pleasure that I present for your enjoyment the words of love and instruction embodied in the address of our Beloved Archangel Michael to the unascended portion of mankind both in and out of physical bodies, at His Retreat at Banff, recently, which, if sincerely meditated upon should be a tremendous stimulus to the spiritual understanding.

We cannot lay too much stress on the point that the mental and feeling bodies must be brought into a state of perfect alignment, one with the other, if one is to attain any spiritual progress. The evolving ego must see to it that perfect harmony exists between these two bodies. If one inadvertently slips, it must be immediately restored to its proper position by the watching intelligence, for only in this way can peace and harmony be maintained.

In the meantime, the alert ego should take full advantage of the Sacred Fire of Purification in order to transmute cause, effect record and memory of old hatreds, old resentments, old frustrations and other discordant karmic links that lie for the most part dormant in the etheric body, but which flare into resusitated life and action when the lifestreams connected with them meet.

As certain tests in the physical world are required to determine an individual's fitness for a particular position, so do initiations on the spiritual path determine whether a lifestream has risen above reactions to conditions, proneness to which may prove to be a stumbling block to his spiritual progress in ages yet to come.

May I say for your comfort, dear ones, that these initiations are continually taking place on the pathway of life and more especially in the experience of those under direct instruction of the Ascended Masters. As most of the experiences of life are of this karmic nature, calling on the Law of Forgiveness and the use of the Violet Fire will remove them from your paths.

Blessings and Love.

MAHA CHOHAN.

(Excerpts from Archangel Michael's address at Banff, January 21st. 1956.)

It is not difficult, beloved ones, when you have passed through the veil of so-called death, when your inner sight is cleared and you can look with unscaled eyes upon the creations of the psychic and astral realms that bind souls round in darkness, to be fired with enthusiasm and, in the fuller freedom of your etheric vehicles, go into action to set souls free. But, when you must rely upon Our words and upon Our honor and upon your own faith in tasks undertaken and accomplished by yourselves, then great indeed is the benefaction to the soul who does so stand and, boldly facing the unseen -- utilizing both the powers of invocation and visualization -- set into motion cosmic activities of mercy and purification which have, in a short span of time, freed souls who have been impounded for long ages, slept through aeons of time or had been earthbound and by this very self-imprisonment had not been willing or able to find out the Will of their own "I AM" Presence, or even if they knew that Will, could not fulfill it and complete their destiny.

Beloved friends, sometime, some place, somewhere, either on this or some other planet of the system or any of the inner spheres, each created intelligence must come to a point where there is surrender of the <u>intellect</u>, of the <u>feelings</u> and of the <u>senses</u> to the God-Self.

Beloved Friends, it is the service of Those Who serve with Me --the Defenders of the Faith -- to keep alive the faith in God within the hearts and souls of men; the faith in their own divine destiny, which knowledge should raise them above the limitations in which they are now submerged. It is to intensify and expand that faith that the Legions of My Kingdom constantly breathe upon the soul-light of men and in that breathing give something of Ourselves, something of Our nature, which service enables men to "keep on keeping on".

This beautiful Sanctuary at Banff, was prepared for Our use by the Beloved Builders of Form, assisted by menbers of the Angelic Host, at the time of the descent of the First Root Race, accompanied by the Lord Manu and Myself. It was hewn out of the

rocks and adorned with the most exquisite diamonds and sapphires drawn from the heart of the mountains with the cooperation of the Beloved Virgo. I remember the occasion of My first visit here and the feeling of love, the deep love, that surged through Me for the dear planet and the blessed Beings, Who, in loving harmony and beauty, fashioned such a magnificent, such a holy and completely beautiful gift, for Our visitation and Our use.

All during the first Golden Ages this Temple was used. From all over the landed surface of the Earth where the race had spread people who wished to be revitalized came. In the Flame on the Altar they found nourishment for the particular project or idea they wished to externalize. Those standing within It found the primal seed of their idea growing and developing in a magic, mystic way and very often, before they had descended the steps of the Temple, the ephemeral concept of the picture they had in mind had been clothed in a clear, concise, mental image in the feelings and often precipitated, if it were a small object, in their hands.

This is the activity of Faith, beloved ones, It is giving life and substance to that which is ephemeral -- to that which lives in the realm of ideation -- and which dies so often for the lack of clothing it in the substance of the <u>feeling world</u> through faith before it is lowered into the more dense substance of the physical world.

After the Fall of Man, when he had withdrawn his attention from His Presence and became absorbed in the creations of the outer world, this Temple was closed to the material mind and has remained vibrating in the etheric realm during the long centuries in between, to the present day.

Many of the Temples used in Atlantis and Lemuria have been raised into the etheric realms. Some day they will be lowered again when man is spiritually ready to receive them. It has happened that one or more of the precious stones used in the construction of these Temples have been put in the hands of a High Priest or the Head of a Spiritual Order, where they form a connection with the Celestial Hierarchy. There are several dozens of the stones from My own Temple in the possession of individuals at various points on the Earth's surface today. Lifestreams in whose possession they happen to be are not always aware of their origin or whence they came, but they do sense the mystic quality that radiates from them and treasure them accordingly.

Do you know, beloved ones, that the very substance of your own homes, the furniture within them and all your personal possessions are charged with the vibratory action of your own lifestreams and everything that you think and feel and speak is registered within them at all times?

The Temples that were drawn forth in the early days were all protected by the Priests and Priestesses and guarded so that no discord could charge into their substance. Therefore, when lifestreams came for help and assistance, there was a <u>consciousness and a quality within them</u> which was absorbed by the applicant and suppliant for grace. This I know you are endeavoring to do today through your blessings to the Spirits of the Homes and to your Sanctuaries and Focuses where the various Flames are located. Where you have a <u>concentrate of the Sacred Fire</u> there is an <u>essential requirement of remembrance for protection</u> and for the <u>maintenance</u> of <u>harmonious energies</u> in <u>order to hold It in the physical world</u>.

MICHAEL.

Groups & individuals

(Additional excerpts from Beloved Michael's address will go to you in future Bulletins)..

Thank you, dear friends for your love and light and encouragement and help contained in your precious letters, which makes us all ONE in Service.

Please address all communications re: Bulletin to P.O.Box 5, Flourtown, Pa, U.S.A.