

# The HeartBeat

...Pulse of The Hearts Center

December 2006

## Upbeat

### We Are The HeartBeat

Day by day you enter into the eternal cyclings of God's heartbeat. Day by day you are becoming more divine.

Beloved Great Divine Director, April 25, 2006 through David C. Lewis

*The HeartBeat* is your newsletter—written by you, written for you. We want heartfriends communicating with one another, and we welcome new friends to experiment with the rhythms of our community.

So let's hear from you. Even though section coordinators will be in touch with you, don't wait to hear from them. Send in your articles, no more than 300 words, to [hearts.center@gmail.com](mailto:hearts.center@gmail.com). Include your email address, name and hometown in your byline. Your articles will then be forwarded to the section coordinators:

### "Youth Beat" ~ Gwendolyn Kletter and Anthony Rogers

Articles written by the youth for the youth regarding the spiritual path and its practical applications in their lives, personal witnesses as youth members of The Hearts Center, reviews of movies and books with a message (p. 1)

### "UpBeat" ~ Carol Wells

Upcoming events, local Hearts Center news, team project updates, updates from our president and council (p. 1)

### "International Pulse" ~ Arny Hjaltadottir

News from heartfriends around the world, articles that help us to feel the culture and flavor of their part of the world

(p. 2)

(cont'd on p. 2)

## Youth Beat

### If You Could Ask God

You're sitting cross-legged on the floor, filled with anticipation. Your heart quickens. Yet a sense of calm equipoise fills your being, and you can feel the soft glow of love expanding within you. Seated around you are friends, souls that you are sure you have known for a long time, like a family, a net of strength and comradery that goes deeper and farther back than blood lines.

Quietly joking with your friends in the casual and peaceful atmosphere, your voices fall still as the music begins to play. Your heart is lifted and carried by the melody, and for a moment your surroundings fall away in your meditation. Quietly you realize that a presence of strength and love has filled the room. You are in a darshan, the master has arrived, and we can begin.

### An Awesome Opportunity

Youth darshans are amazing events in which an ascended master actually comes and answers questions that the youth have. This is, in my opinion, one of the most awesome opportunities that The Hearts Center has to offer. It was initiated in 2005 by Gautama Buddha who wished to give assistance to the youth. The idea of ascended masters, cosmic beings and even Elohim—the creators of the universe—coming

(cont'd on p. 2)



Gwendolyn Kletter

**"We Are The HeartBeat"** (cont'd from p. 1)

**Inner Rhythms" ~ Donna Korth**

Teachings from our messengers and servitors based on HeartStreams, darshans, Quips, Luminaries and Musings; Meru classes; and related teachings from other sources sponsored by the Universal Brotherhood (p. 2)

**"Reverbs" ~ Ronaldo Dubrawsky**

The sharing of personal witness to the intercession of Divinity in our everyday living (p. 4)

**"Off Beat" ~ Carol Wells**

Experiences along the spiritual path that have taken a humorous turn, fun-filled one-liners like El Morya's Quips, Lanello's Luminaries or Maitreya's Musings that have been inspired upon *you!* (No cheating. You can't use theirs.) Brief, humorous poetry that teaches a spiritual lesson (p. 5)

**"Sacred Science and Health" ~ Pamela Gembica**

Articles on health tips, nutrition, natural remedies, spiritual healing modalities free from the advertising of specific products or services; articles on alchemy, sacred astrology, visualization, heartstreaming, meditation, treasure mapping, yoga, studies in Kabbalah, etc. (p.8)

**"Meru Pulse: Meru University and Meru Learning Center" ~ Celeste Miller**

**MU:** Articles on upcoming classes, articles from students regarding courses taken, suggested readings by students or instructors (p.10)

**MLC:** Articles on children's spiritual training, mini-stories for children that teach a divine lesson, lesson plan ideas for teaching children about their Presence, suggested reading for parents and teachers on spiritual training for children, articles from our children about their spiritual experiences, songs, poetry, stories by our children (p.11)

Know that *The HeartBeat* is a work-in-progress which we want to pulsate with your communications and ideas.

We are at your service as we keep the Divine pace, sharing the joy of our fellowship and the joy of entering "into the eternal cycles of God's heartbeat" with you.

With love,  
The newsletter staff

**"If You Could Ask God"** (cont'd from p.1)

to personally answer the questions that the youth have about their lives touches my heart.

Being in the presence and sitting at the feet of an ascended master is an unforgettable experience and blessing. The holiness and rarified atmosphere in the room can almost be touched. I am continually awed by the glory of the ascended realm. The intimacy of the interaction between the master and the soul is deeply moving. I have seen Saint Germain take a child on his lap as did Jesus long ago. And I saw El Morya shed a tear. I have heard first hand from the Virgin Mary what her garden is like and from Saint Germain what one must do in order to become a cosmic being.

**Heaven Is So Near**

Each answer is molded to fit the understanding of the child who is asking and is often profound in its simplicity. Sometimes I carry a question in my own heart; sometimes I listen to the questions of others as they lay their young ponderings at the master's feet.

Heaven is so near. And it is especially during darshans that the windows to heaven are opened. The masters sit with us, and we receive their teaching, the love-wisdom manna, that our young souls need.

These are truly cosmic interchanges between heaven and earth happening now, today. If you thought that miracles and one-on-ones with God are strictly happenings recorded in the Old Testament, think again. It's time to accept that God is really with us, tangibly present, now, in the 21<sup>st</sup> century. And if you think about it, would he really have it any other way?

—Gwendolyn Kletter, 18 yrs. old  
Stelle, Illinois

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## *Inner Rhythms*

### **Missive from the Messenger: My Definition of The Hearts Center**

The Hearts Center movement is composed of many heartfriends whose mission is to sustain the balance of light upon the earth by first realizing personal enlightenment through their own God-source or Presence. With the ascended masters as our elder brothers and sisters on the path and as godly examples of selfless living, each of us has an opportunity to advance in personal discipleship toward the goal of the ascension through advanced studies of the wisdom teachings and in



service to life through loving acts of mercy and compassion.

We are a dynamic movement. We meditate and pray. We breathe spiritual fire. We dance and sing. We gaze at the morning sun and feel its radiance. We live for the light. Our services, prayer sessions and Meru University classes are never staid or wanting of inspiration. Everyone contributes in some way. We are a worldwide community of heartfriends tied together by our love for God and the God-flame within each one.

As a messenger, I have a job to do, and that is to bring up-to-the-minute teaching, directives and inspiration from the masters to their students—supercharged with their cosmic energy which is always impelling us higher. Although the masters have a plan, they never seem to reveal too much in advance. This is to keep us on our toes but also because, by free will, we may choose to fulfill their assignments and projects or we may not, based on our availability, resources and desire.

Although we accept truth as found in the mystic paths of all religions, we are not bound by doctrine and dogma. We accept and love people where they are. We do not judge them based on paradigms of the past. We maintain an ear to heaven even while we listen to the hearts of those in need of assistance upon earth. Our lives are never dull, for we have supreme opportunities given to us to serve. And this is our great joy.

We are unique from previous ascended master movements although we accept the great blessings and the foundations laid by each one that has gone before. We have received dictations from over two dozen new masters from whom we had never heard before—masters such as the Buddha from out the Pleiades and the Buddhas of the Golden-Pink Glow Ray, the Crystal Ray, the Golden Ray and the Emerald-Teal Ray. We have reveled in the radiance and teaching from Amaryllia, Jasmine, Gladalot (Guy Hudson), Mary W. (Wrobleski), Maryon, the Voice of Stillness, Saint Gemma, Sita, Paracletus, Suryaji (Ramakrishna), the Silent One, Joviel, the Spirit of Grace, John Paul II, Virtue, the Spirit of China, Guru Nanak, Lady Elisabeth (Caspari), Alice Boscow, Valiant (Herbert Beigel), Omraam (Mikhaël Aïvanhov), Dr. James Burns, Jar-El-Um and the Spirit of Christmas.

Each of these masters had a profound message to deliver and a radiance to bestow. Many have ties to our hearts, for we have known them personally. We have witnessed the light expanding within them until one day they disappeared to re-emerge in their ascended light body, now ready to assist us in our mission.

We are the mystics. Sometimes misunderstood, we continue to love all people and to do our work. Often our work is out of sight, out of mind—although we are not out of *our* minds! Yes, we are mindful, caring and insightful. We have

taken the teachings to heart and are living them day after day. We strive, make mistakes and fall; get up, brush ourselves off and move forward. We are carrying on the work of the Brotherhood, come what may.

To each and every one who has supported this movement, I say, thank you. I am grateful to know you, to serve you and to love you. May God bless you and your families and loved ones abundantly during this Christmas season. And may you have a prosperous and victorious New Year in 2007.

—David C. Lewis  
Emigrant, Montana



## A Deeper Understanding of the Violet Flame

### Elixir for the New Millenium

When contemplating the violet flame, we first acknowledge it as Saint Germain's elixir for the new millennium. This spiritual fire uses the quality of freedom inherent in violet light to transform the negatives that tend to sit in our thoughts and feelings and in our subconscious. When we visualize this spiritual flame while affirming its power to transform, it becomes active in us, sweeping into those areas and acting like a solvent, transforming our negatives into their original purity. For, it is cosmic law that God's energy is neither created nor destroyed—it can only be changed.

This light, which is beyond all human understanding, is composed of particles of magnetic energy preconditioned to remove the magnetism of other particles of energy. It demagnetizes negative energy patterns that have accumulated in us. This violet flame is composed of blue and ruby—the blue being the original blueprint and ruby being the most intense love we can know on earth.

### Light Obeys!

Together these aspects of violet light coalesce around negative particles and transform them. The power of love's forgiveness acts through the ruby while the blue reestablishes the divine blueprint. The original blueprint is aligned with the will of God, which is always positive in the sense that it responds to the highest call given to it. So, love washes away the

negative intent and the blue repolarizes it to the divine blue-print, thus freeing the light particles to once again go forth to do the will of the sender.

Light does obey! Light is intelligent energy that obeys commands whether the command comes through a thought or a word or an action or an emotion. Yes, light obeys. And the violet flame, when called in the name I AM, transforms imperfections, as well as the sense of limitation and memories that cause us pain, into their original purity and divine intent.

--Paul Haugen  
Bozeman, Montana



## Reverbs

### The Capstone to a Wonderful Egyptian Pilgrimage

The date was October 17, 2006. The Egyptian conference had ended and all ninety-nine of us were crowded into the Cairo Airport waiting to board EgyptAir back to the states. As I was seated in the midst of our familiar throng, I quickly became very still and relaxed. I couldn't help noticing a middle-aged couple not of our group who appeared to be from India.

To me the couple had a very special quality of "royalty". The woman seemed to be distressed by all the people. She kept shuffling in her seat moving closer and closer to her husband as she nervously scanned the crowd. Seeing her discomfort activated my heart chakra and suddenly an enormous charge of love energy emitted from my heart to her being. To me it appeared that the Ascended Masters were bestowing a blessing to her through my heart. As she looked in my direction, I slowly look away.

This impersonal spiritual experience was the capstone to a wonderfully fulfilling pilgrimage to Egypt and made the return flight across the Atlantic one of memorable bliss.

—Ronaldo Dubrawsky  
Eugene, Oregon



## Expressions of Gratitude from the Thanksgiving Service Wellspring Retreat, Montana November 23, 2006

### A Culmination of Lifetimes

Sometimes I have the sense that I have literally waited for thousands of years to have the opportunities that I have now in this embodiment, in this day, with this dispensation, with these role models surrounding me, with this community supporting my path. I feel that this is the culmination of many, many frustrated lifetimes when I didn't have all these elements working so positively for my soul development. And I'm grateful for the sponsorship of the masters, many miracles that they have brought into my life to bring me to this moment, this hour. I am just overflowing with joy, tearful joy."

—K. M.

### All That I See

I give my gratitude daily, because there is so much to be grateful for. I just look around my home and out of my window and everything that I see I'm grateful for. Gratitude gives you a wonderful feeling. It lets you feel the flow of the Spirit. And I am especially grateful today because it is Thanksgiving. And all of our wonderful lightbearer friends are here. It is such a joy to see them and be around them. And I'm looking forward very much to hearing Jesus' dictation today which I'm very grateful for. And God bless you all."

—M. G.

### Ongoing Teachings

I am grateful for everything God has given me since I came on this earth in this embodiment. I am grateful very much for finding the teachings of Guru Ma and now ongoing here with David and Rebecca. I am very grateful. I wonder where I'd be if it weren't for all of these wonderful blessings. I'm grateful for the gift of music which I hope to contribute to, more so, to The Hearts Center. I'm grateful to be at this particular place here in Montana at The Hearts Center. God bless you all. God bless David and Rebecca.

—C. B.

### For My Family and the Greater Family

I am grateful, O God, for each one who has continued in their devotion and recognized your Word, your love for them. I am grateful, beloved El Morya, Lanello and Mother and all the sponsoring masters of this movement of light, for your sponsorship, for the radiation that you pour out ceaselessly, so long as our hearts are receptive and willing to receive that radiation. I'm grateful for my personal family and the greater family of lightbearers throughout the planet. Even those who may at times send barbs or do not fully understand who we are or what we're doing, I'm still grateful for you. Because every time something like this happens, I learn. And it's a point of self-mastery to continue loving, no matter what. I'm grateful to God for life, for my wonderful parents who had ten children

and passed the test of the ten thereby! And I surely was one of those tests! —D. L.

--Our thanks to Marsha Guyette Hammon for compiling these testimonials.



### It's Time to Publish!

Here's how you, too, can be involved in the publishing process. We are developing a foundational book on The Hearts Center and would like your help in compiling the many special quotes, Quips, Luminaries and Musings from the masters. Send us your favorites and be sure to include the name of the master and date of the message.

To organize this process, choose one (or a few) of the topics below that you feel each of your quotes, Quips, etc. are about. Send your material to [jhaugen@theheartcenter.org](mailto:jhaugen@theheartcenter.org).

There is much to do, but many hands, hearts and minds in one accord make our work Light! Light! Light!

Ascension	Elementals/Nature Spirits
I AM THAT I AM	Joy
Law of Attraction	Living in the Present
Meditation	Music of the Spheres
Solar Presence	Children/Youth
Abundance/Supply	Heartbeat
Gratitude/Appreciation	Violet Flame

## OFF BEAT



### In-House Humor

To those of you reading our newsletter who may be new to The Hearts Center and the world of ascended master teachings, we do apologize for this section of in-house chuckles that you had to "be there" to understand. But the temptation was too great to share our delight along the way, the twinkle in the Eye of God that makes the challenging times doable and the victorious times unbridled joy within our community.

Delight is God's way. Do you know that we have met an ascended master most recently whose momentum is joviality. His name? You'll never guess... "Joviel"! No kidding. Here are a few words of explanation from the God of Joy himself:

... [I]t is time for all of you to lighten up a little bit—to

not be so concerned about even making your ascension but simply living a carefree life of love, delight and glorying in the beauty of this world that God has created for you, blessed ones.

You see, in heaven all is light, and we joke very often with each other—masters and angels. And even the Elohim have some very wonderful and profound jokes that they share with their chelas, sometimes quite a delight for those who think the Elohim are so serious! For you see, even God himself is quite a jester, and he tests many ascended masters to make sure that they are full of the Holy Spirit which ever comes to lighten their hearts...

...Therefore, I take you up in my balloon this day, multicolored, for you to rise above the earth and see in all its glory how this planet can be raised in violet joy, which is the solution to all problems....



...So, you have hit upon another key recently in discerning how, through violet joy all shall be transmuted, all shall be expanded, resolved. And the solution in which you may dwell as that crystal-fire, misty-water substance shall truly gain for you as the elixir of life that you drink, a newfound spirit of holy joy....

--Beloved Joviel, God of Joy, May 16, 2006

Ready or not...

### A "Moving" Experience

During a dictation by John the Beloved on the seventh floor of the Cibeles Hotel in Mexico City, pilgrimage of August 2005, Patricia Carlson and Debra LeMore, with eyes reverently closed and giving profound attention to the message of the master, began to experience movement, a swaying action that they had never experienced during a dictation before. Both had felt the radiation of a master's presence and other sensations in the past, but this was different. Never had they felt this swaying motion—back and forth, back and forth.

They later learned that they hadn't been the only ones swaying. So had everyone else in the room...and so had the entire building. In fact, so had much of Mexico City! On that noteworthy evening, Mexico City had been shaken by an earth tremor, registering 4.6 on the Richter Scale.

But the masters had the last laugh and a great victory that night. To Patricia and Debra's joy, as well as all who had been a part of the pilgrimage, the light that had been anchored in Mexico City had prevented that tremor from becoming a major quake measuring 7.0! Now that's a moving experience!

### Making the Grade

It doesn't seem to matter how many times you check

your copy, as soon as you print it out, there it is—a typo.

Here’s one typo that was almost included in our prayer book that might make you smile: “My Holy/Christ Buddha *Elf*!”

Our definition? An elemental that has graduated!



### A Tab You Might Want to Run Up

Tom Miller’s adaptation of a famous credit card ad line: “Master *Charge!* Don’t leave home without it!”



### Favorite Food



Question: What is the Buddha of the Ruby Ray’s favorite sandwich?

Answer: A “maya melt”! (Email Cathleen Alexander. She’ll explain it.)

### Put Your “Petal” to the “Mettle”.



After giving a brief explanation of David’s recent teaching on the specific count of secret ray chakra petals in our hands, feet and thymus area, Richard Lorenz guided us back into our prayer work by this clever comment: “Alright, let’s start *petalling!*” ...Love it!

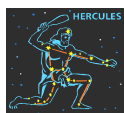


### I’ve Got the Blues.



Another gem from Richard: During a recent prayer vigil after giving a section of prayers to Archangel Michael and Hercules, Richard zinged, “Now, these are the kind of *blues* I like.”

### Hercules! He Delivers.



After praying for a pregnant heartfriend about to de-

liver her first child, a friend of the family told the prospective grandmother of the soon-to-be newborn, “Most of my calls have been to Hercules. He knows all about labors.”

### Stroke of Genius



During our recent pilgrimage to Egypt, Tom observed the varied and clever ways Egyptian street crews and construction workers used their shovels in the absence of the modern machinery so familiar to us in the U.S. His comment: “They use their shovels the way I use my paint brush.”



### Straight is the Path and Narrow is the Way

If you have ever had the opportunity to explore the Great Pyramid and visited the Queen’s Chamber deep within its bowels, you would agree with those of us who did it last October that it gives new meaning to being “between a rock and a hard place.”



### The Middle Way?

Driving in Cairo during the Egypt Pilgrimage was definitely a motivating factor for giving, with total enthusiasm if not sheer panic, one’s protection calls. To the Egyptian driver, the median line is merely a suggestion. And passing another vehicle is a challenge to drag race. “Lord Michael before, Lord Michael behind...”



## International Pulse



### From Arny Hjaltadottir: Our International Section Coordinator

Originally from Iceland, I have lived in Canada for 36 years. Presently I live in South Korea where I have been teaching English at a University just outside of Seoul.

An ascended master student for over twenty years, I attended a Hearts Center conference at Banff last year and decided to join The Hearts Center then and there. Being so far away from home, it has been a lifesaver to be able to join in on the Internet broadcasts every day, to participate in giving the rosary and the prayer services.

I am doing the rosary in the evenings and the services in the mornings since Korea is fifteen hours ahead of Montana time. I have also taken some of the courses offered by Meru University which has been a great learning experience for me.



### Canada Sends Her Love

Since becoming part of The Hearts Center, my life has been truly enriched. Feasting daily on the abundance that the masters have so lovingly brought to us in instruction, guidance and blessing has been a great boost to my soul. Sharing this path both with friends and the masters who are so close has brought heaven to earth for me.

I am grateful for the opportunity of taking pilgrimages where great blessing and light are not only anchored but received by each participant. I give gratitude to the masters, our faithful messengers and all who are a part of this movement.

--Doreen Pochirowski  
Edmonton, Alberta



### Greetings from Buenos Aires!

(Marina Salgado, our international representative to the ombuds committee on behalf of the Latino community worldwide, sent us an email on November 6th. Excerpts from it below percolate with her spirit of enthusiasm and love for the ascended masters. Meet Marina!)

Hello! So good to hear from you! I'm so sorry I did not tell you about me before. I'm 36 years old. My birthday is December 11. I'm married to Jorge since 1992, and I have two children—Lourdes, eleven years old and Augusto, eight years old. I live in Buenos Aires.

...I prayed a few months ago about any new organization where the ascended masters are working. ...I found in Internet "The Hearts Center", but, sincerely, I don't remember exactly how... So, I did contact with Lydia Pisani. She lives in Miami. And I understood about The Hearts Center. Now I'm very, very, very grateful to work with you.

I'm very grateful to God, to the beloved Masters, to beloved Master Morya, Saint Germain, Hércules Divine Elohim, The Great Divine Director, Mother Mary, Gurú Ma and Lanello and all the Ascended Masters. And specially now, I'm very grateful to each one of you and each one of ombuds committee's members! ...I would like that you know that I feel so, so good in this organization!

My Love for each one of you. Sorry for my English! :-)

My Love, Marina



### The Brotherhood Moves Forward in Europe.

From February 2<sup>nd</sup> through the 4<sup>th</sup>, The Hearts Center will have its first seminar in Europe. The seminar will conclude with a dictation from Elohim Apollo and Lumina establishing a pillar of cosmic illumination for all of Europe. Marita and Rune, heartfriends from Sweden, send us all a personal invitation:

We attended our first Hearts Center event when we joined the pilgrimage to Egypt in October. After the pilgrimage we invited David Lewis to come to Sweden. The Snow King and the Snow Queen responded to our request in a council darshan October 24<sup>th</sup>.

*"Blessed ones, we would be most grateful to welcome the messenger, David, to Sweden.... Though you may not think that we of the North would be comfortable in the environs where you were in Egypt, yet we witnessed the ascension light. For serving on the white ray ourselves, could we not be there with beloved Serapis to see this great event from inner levels?"*

*And so we would also draw that same fire northward. So if you would, make ready! For souls here are eager to receive the light carried on wings of celestial love that will soon grace this homeland from where we speak. From the North we will sprinkle light over all of Europe in preparation for a later pilgrimage of the many."*

The program includes dictations from the Queen of Light, Mother Mary, Jesus, Saint Germain, Sanat Kumara and Lady Master Venus, The Snow King and The Snow Queen and Elohim Apollo and Lumina.

In Sweden there are Ascended Master students who have followed The Hearts Center from the Internet. They now have an opportunity to have a direct experience with The Hearts Center and at the same time be electrodes for the Brotherhood in this very special and important event for Europe.

Many here are looking forward to the seminar with great expectations. One attendee told us, "For some time I have had an inner knowing that there was an event that I was meant to be a part of in February. Now I know what event it is."

Of course you don't have to be from Scandinavia and Europe in order to participate. We are happy to help anyone who has a desire to come. You will find the contact information and more on The Hearts Center web site.

-- Rune and Marita Hagen  
Söderhamn, Sweden

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## Sacred Science and Health

### Alchemy!

#### Bibbity...Boppity...Boo?

Alchemy, according to Webster's dictionary, is 1. "A medieval chemical philosophy concerned primarily with the transmutation of base metals into gold", 2. "A seemingly magical power."

We all love magic and stories about wizards, sorcerers, and heroes don't we? Think about characters like Merlin, the famous wizard at the court of King Arthur in Camelot. Legend has it that Merlin raised the young Arthur who would become the youth able to pull the sword from the stone and later aspire to the throne, uniting all of England.

Merlin, Arthur and the good Queen Guinevere were antagonized by the likes of the sorceress, Vivian, who tricked Merlin into losing his powers. Others of malintent infiltrated the court and brought down the utopian rule of King Arthur and Camelot.

Who was Merlin, this prophet, teacher and faithful friend of Arthur? He is none other than our beloved Saint Germain, ascended master, cosmic being and master alchemist. He was also Count Saint Germain, Wonderman of Europe, in the eighteenth century who could manifest gold and diamonds in his hand. As Roger Bacon in the thirteenth century, Saint



Germain cultivated the scientific method.

An observer of natural law, Saint Germain tells us that magic is nothing more than the accurate employment of universal laws and principles. We, too, can become the master alchemist, the wizard of our own lives. What could be better than that?

### How Do We Begin?

Let's start with the principle of, "What you see is what you get", a little eye-magic. See and actually feel what you desire. Saint Germain says that we should create a blueprint, a recipe or a picture. A blueprint is complete with all the details. Recipes must be followed exactly for perfection. Next, make sure what you want to create meets the standards of enhancing the highest good for all concerned. Employ the power of concentration and faith. Give prayers for protection. Finally, learn how to use the violet flame. (See in *Inner Rhythms* section, the article: "A Deeper Understanding of the Violet Flame".)

Jesus taught that when we pray, we should know that what we ask of our Father is already answered. However, sometimes God says, "No, this is not my will for you at this time." This response brings us to surrender. The alchemist must be in a state of surrendering the ego, the limited consciousness of the human will that does not know the mind of God. To be a wizard like Merlin, one must learn wise use of will, not human will, but God's will.

In Matthew 26:39, Jesus agonizes in Gethsemane prior to his crucifixion, "O my Father, if it be possible, let this cup pass from me. Nevertheless not as I will, but as thou wilt." This demonstrates the ultimate surrender of the human ego to the Divine purposes of our Father in heaven. Once you surrender to God, continue to pray for the will of God to be revealed to you and through your alchemical experiment.

-- Pamela M. Gembica  
Livingston, MT



### Solar-Ray Meditation

#### The Sky Changes. The Clouds Move. I Am Watching the Sky.

It is said, what goes into the eyes goes to the mind; what goes into the mind goes to the heart; what goes into the heart stays for a while; and whatever stays for a while gets etched into our cells, bones and subconscious DNA. The eyes are cameras for the soul, sending and receiving impressions of outer realms into inner realms and vice-versa. This is why

sky-watching as the dawn comes in is one way to immerse ourselves in the whole spectrum of divine attributes from the morning rays from the heart of the Solar Presence. This is a healing practice that many cultures have done since antiquity.

As our eyes bathe in the rays of the Solar Presence,\* our inner presence is being consecrated and years and lifetimes of ingrained impressions are being transmuted. Our four lower bodies are being aligned; our inner will is being strengthened. After a while our body has surrendered to the present and our heart is now receptive to the divine attributes of the Solar Presence. We are ready to receive our due share of love, wisdom, understanding and protection.

The African mothers say, "Once you have the heart, the head, the hands and feet will follow." So they teach their children by bathing their hearts with words and actions of love. They have their children repeat these loving actions and words so the heart will impress the messages into other parts of the body. The Solar Presence is the Heart of the Presence speaking to our heart.

### From Dawn to Dusk

So the day begins before dawn by immersing ourselves in the illumination fire from the sun, purifying our intentions, desires, actions—consecrating our heart, head, hands and feet and preparing them to do the works of the Solar Presence. This morning impression can take us a long way into the day. Periodically, we should enjoy a refreshment break by taking a walk to bathe again in the air and sunlight energies.

And the day ends with watching the sunset, immersing our hearts in the illumination fire from the Heart of the Sun; consecrating our heart, hands and feet from the day's journey; releasing and transmuted many trivial impressions that might have been accumulated; and having much gratitude for all the opportunities experienced. Whatever is released, whatever is kept, whatever experiences we have had, do not put "judgment-opinions" on them. They were presented as opportunities to grow, to know, to love. For all experiences we are grateful.



Each dawn or dusk presents different rays according to what the earth environment and inhabitants need at that particular time: violet-blue fire, violet fire, ruby fire, regal-blue fire, azurite fire, aqua-teal fire, golden fire, crystal fire. Each color represents different healing, restoring love attributes presented by different cosmic beings, archangels and

ascended masters.

So, find a comfortable spot to sit and face the sun. Lower the eyelids when the sun is too bright so as not to look directly into the sun, relax the breathing, relax the body and allow each ray-color to wash over you as you say:

Wash my eyes in violet fire.  
Wash my mind in violet fire.  
Wash my ears in violet fire.  
Wash my breath in violet fire.  
Wash my heart in violet fire.  
Wash my hands in violet fire.  
Wash my feet in violet fire.



The words that are underlined change with the changing of the rays. Change it to whatever color is presented in the sky or simply use sacred fire for all of the colors.

Also, two beautiful prayers found in our prayer book that can be added or substituted are 70.01, "Raise the Earth in Sacred Fire!" and 70.02, "Wash the Earth in Violet Fire!" Being bathed and immersed in the rays from the heart of the Solar Presence is an ancient meditative, healing practice from the days of antiquity. And it is free, praise God!

At the end of the solar-ray dawn/dusk meditation, take time to sit and just be present.

One day, at the end of my solar-ray meditation, these words and tears of joy came from my heart:

Amazing grace, I Am the Word.

I Am what I Am to be.

I once was lost but now am found

Was blind and now I see.

Please share your experience.

--Mother Khoshhali

New York, New York

\* Looking directly into the sun may cause cornea damage. Gaze restfully at the sun during the first half hour after sunrise or the half hour prior to sunset. Begin this practice by only gazing a few seconds the first time and adding a few more seconds daily.

# The Meru Pulse



## Meru University 2007

### Classes

Having received such soul-transforming instruction during our wonderful eight classes in 2006, the Meru University staff is very excited about our line up of classes for 2007.

Our first class, #701 starting January 8th with Master Omraam is advertised on the website.

Our second class, #603, postponed from July 6<sup>th</sup>, will be held in Minneapolis. Registration for *One Touch of Venus with Paul the Venetian*, begins at 8:00 on Saturday morning, February 24<sup>th</sup>. The class ends on Sunday at 1:00 p.m. Tom Miller, with contributions from Lisa Delaney and Donna Drigan, will present interesting lectures with many, many visuals. For this reason, the class will not be broadcast. You will need to be there to enjoy the visuals and experience the lowering of the Temple of Venus over all assembled. One or both messengers will be present for live dictations. The program schedule and accommodations information will soon be posted on the website.

Class #702, *Soul Raising and Cosmic Abundance with the God of Gold* promises to help us with our individual and organizational alchemy. We can all use this teaching to precipitate the abundance of our Presence. This teleconference class will be taught by Jackie Fleder, Patrick Wolberd and Janice Haugen and will be offered on March 1, 8, 15, 22, 29.

Class #703, *The Ascent of the Soul with Lady Kristine*, taught by Celeste Miller and Paul Haugen, will be offered on April 23 and 30; and May 7, 21, 24 and 28. This teleconference class will be based on the text the Interior Castle by Saint Teresa of Avila and Dark Night of the Soul by Saint John of the Cross. Lady Kristine is eager to help us to identify progress markers and stages on our path upward and to prepare us for initiations yet to come.

This schedule takes us through the Alpha half of the year up to the July Conference and summer solstice. In the Omega return of the year, the masters are offering three classes entitled *Understanding Yourself with El Morya, Djwal Kul, Kuthumi and the God and Goddess Meru* as well as a class called *The Alchemy of Soul Freedom with Saint Germain*. Locations, dates and instructors will be announced later. These eight classes are all level four classes.

### Business Plan

Lord Lanto has outlined seven levels of Meru University. Our business plan for 2007 includes the development of classes at levels 1, 2 and 3 which we will begin offering in 2008. Many of these are asynchronous classes. This means that you take them to suit your schedule. The instruction is recorded on-line.

Level I classes are introductory teachings on the ascended masters for new inquirers, Level II classes are self-discovery classes focused on the teachings as they relate to personal development. Level III will develop specific spiritual tools such as developing intuition, giving mantras, meditating and alchemy, for example. You are already familiar with the Level IV darshan classes we have been offering.

Fifth level classes are initiatic. When we have prepared ourselves, we can look forward to this higher level of instruction and sacred fire. Levels VI and VII are for the highest initiates, and more will be revealed about these as we move upward.

### Recruiting Team Members

Policies and procedures for Meru University need more planning, so we invite anyone who wants to be on the Meru University team in 2007 to let Celeste Miller know. Currently we have six which comprise our team and faculty: our dean, Celeste Miller; the two Messengers; Cathleen Alexander, Director of Internet Learning; Anne Christel, Registrar; and Tom Miller, Graphics.

If your calling is to work on the yellow ray and have been waiting for someone to notice your interest, step forward and let us know. It will take many people to write and deliver all the curriculum content the masters hope we can deliver. And some day when we have a physical campus, we will need dedicated hearts to staff our various offices. As we start with a mustard seed of faith, you can be active on the ground floor and participate in MU's expansion to become a major outlet of spiritual teaching for a world eager for the truth.

### New Discount and Scholarship Policy for Teleconference Classes Effective 1/1/07

Servitor rate: Those who donate more than 100 volunteer hours to The Heart Center can attend one class of their choice with a scholarship per year by emailing our registrar.

Student and youth rate: 50% off the registration fee up to the age of 23.

These discounts do not apply to on-site classes.

A Scholarship Fund will be available as we replenish our resources. Please consider what you may donate to assist fellow heartfriends and new friends, especially our young people, in attending Meru University classes.

One scholarship application can be submitted per year, available through the registrar, Anne Christel. Please

register, at the latest, two days in advance of your class so that you will receive all e-handouts well before the first meeting.

Moving closer toward a full videoconferencing system by 2008, we expect to be offering all of our courses online, allowing us to see and hear one another in real time as well as access assignments and visuals! So please be patient a little longer with the beeps! Soon we will realize more of Lanto's New Way!

We hope this information helps you with your Meru U planning for 2007.

—Dr. Celeste Miller  
Winona, Minnesota



### **Meru Learning Center: Reading Selections for the Little Ones**

#### **Fairy Kisses**

Two delightful books for children that have recently captivated my eye are each a tiny handful of reading fun. The size of a four by six index card, one is called *Fairy Kisses* (ISBN 13:978-0-7407-3154-9) and the other *Little Birthday Wishes* 10:0-7407-3154-8). Both are illustrated by Becky Kelly and are sold by Andrews McMeel Publishing.



*Fairy Kisses* is about the ever-present companionship of the elementals. This wonderful tale would be enjoyed by preschoolers through ten-year-olds.

#### **Little Birthday Wishes**

*Little Birthday Wishes* is the perfect book to give a special child on his special day. The illustrations in both books are very sweet and definitely carry an ascended master touch.

I was excited to find them, and I think you will be, too.



Our thanks to Phillip Gabbert from Allen, Texas for making certain that our non-computer members receive a postal copy of *The HeartBeat*.



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