

## ***What We Teach and Where to Find It***



### **Your Buddha Nature**

Did you know you have a Buddha nature? Sound appealing? If so, would you like to know how to embody more of this joyous consciousness? Along with meditating on our painting of your Buddha nature, we invite you to read the accompanying information explaining this chart. Find both under “Teachings and Blogs” on our menu bar. Scroll to “Foundational Teachings.”

### **Dictionary of Ascended Master Terms**




Also see under “Teachings and Blogs” > “Foundational Teachings,” our dictionary of over 100 definitions of esoteric terms and brief bios of ascended masters, archangels, and founders of ascended master organizations.

### **Who Are the Ascended Masters?**

Under “Teachings and Blogs” > “Ascended Masters,” enjoy articles and HeartStreams that will help you get to know some of the masters more intimately. The love of every ascended master for you is beyond human expression, and their desire is to be your dearest friend and dependable guide on your evolutionary path.



### **The Lords of the Seven Rays**



Counted among the numberless ascended masters are seven adepts who are directly involved with our Earth and those of us embodied here. Go to “Teachings and Blogs” > “Ascended Masters” > “Lords of the Seven Rays” to be taken to a brief biography of each one.



## The Violet Light and the Violet Laser Light

God is light. One of the facets of God's diamond radiance emanates in what we see as violet. Under "Teachings and Blogs" > "Foundational Teachings" > "Violet Laser Light," find an article on this heavenly ray of mercy, forgiveness and soul freedom.

## The Seven Chakras

"Chakras have been described as flower-like or lotus-like in shape, projecting out somewhat like a trumpet or a lily. And they whirl! Possessing varying numbers of petals, chakras are both receivers and transformers of God's light..." To read more, find this article under "Foundational Teachings." Guess what? You have many more chakras than seven!



## What Is a HeartStream?

"In The Hearts Center, a *HeartStream* is the title given to a dictation, discourse or darshan delivered by an ascended master, angel or cosmic being through his amanuensis by the agency of the Holy Spirit..." Find out more about these messages from the ascended realm under "Foundational Teachings" > "More."



## Surya Yoga and Sungazing

Surya Yoga, or sun yoga, is the highest yoga and the fastest path to union with our Source. Omraam Mikhaël Aïvanhov wrote, "Surya yoga includes them all: adoration, wisdom, power, as well as purity, activity and dedication, light and the sacred fire of Divine Love... By the practice of Surya Yoga you establish a link between yourself and the power that governs and gives life to the whole Universe, the sun." By "sun" Omraam is referring to the spiritual sun of which the physical sun is but a reflection. Find more under "Teachings and Blogs" > "Our Spiritual Practices."

For more information call **630-894-4410** or email [friends@heartcenter.org](mailto:friends@heartcenter.org)

[www.TheHeartsCenter.org](http://www.TheHeartsCenter.org)   [www.MeruUniversity.org](http://www.MeruUniversity.org)   [www.MeruPress.org](http://www.MeruPress.org)

PO Box 277 Livingston, MT 59047