



**B**ELOVED ones everywhere, it is Saint Germain's Request that all orchestral music in this Ascended Master Activity be always held to the purely symphony orchestra instrumentation.

The strings and woodwinds are qualities that are particularly adapted to assist in the healing of the mind and body. It does not mean that the other instruments do not give happiness and blessing to the individual who plays them, but for the service rendered by the Ascended Masters in the Study Groups and large classes, the symphony orchestral instruments provide the quality of tone through which the Ascended Masters can assist the people best at this time.

We always bless and thank all who have offered their services in musical assistance in any way, but the Ascended Masters require certain qualities which are best provided by symphony instrumentation.

*The Goddess of Light has said:*

**AT THE FIRST INTIMATION OF A COLD OR CONGESTION OF ANY KIND SAY:**

*"Mighty I AM Presence"! dissolve cause, effect and record of this! Sweep it out forever! (Be firm about it.)*