

STANDING ERECT - WALKING AND SUPERFLUOUS FLESH

Excerpts from a Talk to the Students by
Our Beloved Messenger, Mr. G. W. Ballard



IF YOU will straighten your spine and stand ERECT, you will find little difficulty with the outer world! Do you know, when you let yourself down like this (slouchy) the effect is just the same as though you opened a door and invited things in.

People should train themselves to HOLD THE SOLAR PLEXUS IN! The Ascended Masters are as straight as an arrow! They know the Law! If you have superfluous flesh on your body and you will walk and hold the diaphragm in, the superfluous flesh will leave the body. Practice it! Try it!

Seventy-five per cent of the superfluous flesh that people have, is simply gas in the cells of the body. It is absolutely true. We have proved it time and again—sometimes generated from food that is not for your particular atomic structure, sometimes from discord, anxiety or fear. This is a simple means of bringing your body, your atomic structure, into Divine Order and obedience to the Presence.

Beloved ones, if you want to be free, you must do these things with DETERMINATION and with JOYOUS FREEDOM OF VICTORY. Don't you see, you cannot accomplish anything with an ALL-GONE FEELING? If you will straighten up your spine and draw in the diaphragm, keep your attention on your Presence, you can accomplish wonders!

There is a constant pressure on the delicate nerves of your spine when you slouch down, but straighten up your spine and WEARINESS and EXHAUSTION will be gone at once! Hold your body in a Divine Position for the Currents of Energy to flow thru.

The nerve fluid flows thru your nervous system just as the blood flows thru your veins. That is why Saint Germain is prompting you, tonight, to do this! It is so simple!

The SOLAR PLEXUS is a nerve center in the area of the stomach. Back of the spleen is the ganglionic center. Those are the two points where your body is interfered with from the outside. All discord from others, strikes you from the outside at the solar plexus. All vampire action takes place at your spleen.

You cannot feel discord of disposition above the heart! All discord comes in below the heart. Keep using the Violet Consuming Flame and you will lift everything into the heart area! The heart area has always been called the ALTAR OF THE SACRED FIRE! The moment any influence of a discordant kind strikes the heart area, it begins to take on a purification from the Causal Body or the Presence!

That which is FARTHEST FRONT indicates what is the controlling part of your body.

It may take you a couple of weeks to learn to WALK the correct way, but if you will compel your outer to do that, you will find you will be uncomfortable, if you do not carry your body that way. COMPEL YOUR BODY TO OBEY YOU! You must take command of your mind—your body and your intellect.

Mind is but a vehicle, which you, as the Individual Flame must control! Your Presence is the Controller—your intellectual consciousness is but a vehicle of contact, in which the senses are located.

FOR GAS IN THE CELLS OF YOUR BODY—
use the Violet Flame just as if your Presence radiated a
Ray upon the body—WHEREVER YOU WISH, to
take out the existing gas, which any of you can do.

Use your hands this way (as taught in the "I AM"
Discourses page 233) and then throw the substance from
the finger tips, just as if you stripped a garment off and
threw it from you! You will be amazed at the feeling of
your body in one minute! Use the Violet Flame and you
can master the body!

* *



GEMS OF LIGHT

SAINT GERMAIN

*THE TERRIFIC DESTRUCTIVE FORCES
KNOW NO REASON, they know only the destructive
element they represent, but still THEY HAVE NO
POWER TO THE ONE WHO REALLY KNOWS
THAT.*

* * * *

SAINT GERMAIN

*Blessed ones, look neither to the right nor left! Go
on and do your work, and if someone comes to you with
stories simply say: "Now excuse me, I do not care to
listen to that! I have work to do! Do not bring me any
of those tales." PAY NO ATTENTION TO ANY
REPORT, BUT GO ON WITH THE GREAT OUT-
POURING OF LOVE, DO YOUR WORK, AND SEE
THE EFFECTS!*