

## GEMS OF LIGHT

### SAINT GERMAIN

*One who has not been attuned thru years cannot possibly comprehend what it means to receive Our Ascended Master Higher Vibratory Actions thru the atomic structure of the body. A thing may not be wholly uncomfortable and yet be destructive; but when a thing gives you joy, enthusiasm and great uplift, then you can be sure that whatever position you are in, at the time that vibratory action takes place and when It acts upon the atomic structure, you will have Perfect Results!*

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### SAINT GERMAIN

*Now notice! When an Harmonious Force is denied action, then the inharmonious force will find an opportunity for action, because something must act! Life is perpetual motion! Therefore, a force must act, and if it is not an Harmonious Force, then it is very apt to be an inharmonious one acting.*

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### SAINT GERMAIN

*If you understand that the Light Pattern of the body can never be changed, and that for instance the spine which gets out of order, comes not from abnormal physical positions, so much as an Inner activity in the feeling world that causes the abnormal position or condition. For instance one can sit in a chair slumped—well that is not from an outer thing. That activity comes from within the feeling world that causes the body to slump.*

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### SAINT GERMAIN

*If the vibratory action thru the feeling world was acting normally at all times, the spine would stay straight and in perfect condition; even when you are lying in bed, you would not curl up. It is the abnormal conditions in the feeling world that produce these outer effects. You would find that an individual with a normal action in the feeling world, would lie perfectly straight in bed, either on the side or on the back, and there would not be the inclination to curl up in an abnormal position.*