



OUR BELOVED MAMA'S INSTRUCTION

Believe: to meditate upon and become one with.

Your first duty is to love and adore your "Presence."

Tunnel of Light: in communicating with others, speak the given name and say: " 'Mighty I AM Presence,' go there," and whatever message is conveyed will be conveyed through a tunnel of Light.

To still the intellect: "Beloved Mighty I AM Presence," take command of my mental body and make it be still until I have control of my outer body.

"I AM" the Love, the mighty motive power back of all action.

Your mental picture is the reality itself!

"Mr. Intellect, go to your 'I AM'!"

For daily use (with feeling): "Beloved Mighty I AM Presence," illumine this for me, and tell me Your Full Truth about it.

"I AM" the Ascended Masters' Eternal Divine Memory.

"I AM" the All-Knowing-Mind of God. I do know this thing and I bring it through into my brain and consciousness.

Shut your eyes and see Perfection everywhere.

Vibration: one of the creations of thought. Energy in action.

Take your stand: “I AM” what I want to be! You must have a pattern through visualization.

“Mighty I AM Presence,” come forth in that temple! command silence, Peace and Obedience.

“Mighty I AM Presence”: the individualized “Presence of God.”

Practice: (Violet Flame: Wall Steely White) – Pass this Flame through my body! Cleanse and purify everything within my body. Bring everything there into Divine Order by Divine Love.

Shut emotional body: solar plexus.

Home – Silence and Obedience to the “I AM Presence.”

“I AM” the Presence here keeping my clothes and home perfectly spotless and immaculately clean.

“I AM” the perfectly controlled breath of my body.

“I AM” the Presence of God here, consuming everything that seeks to disturb.

“MIGHTY I AM PRESENCE”! keep this permanent and see that I never let down again into that old condition!

Throw everything to the winds and give everything to that Glorious Presence and receive Its Revelations.

“I AM” the Miracle-Working Presence in everything I require to have done.

“Mighty I AM Presence”! illumine this for me and tell me your full Truth about it.

Speak a Command with authority.

Within the Light at certain points is conscious focus, and at those points it becomes illumination.

Daily think of yourself as a radio station sending forth blessings and love to the whole World.

Be conscious that your own minds are powerful centers, that you can make quick decisions by the power of Divine Mind.

Home: — Take a very definite stand that nothing comes into your home but the Mighty Christ “I AM PRESENCE,” which is permanently established there; that all who enter are bound by Divine Love to act in perfect co-operation with everything within it. Know that everyone who enters your door is caught in the Mighty Embrace of God and held there. Let it become a permanent consciousness and daily do the work for the home.

Angel of the Presence: Ask the “Mighty I AM Presence” to send an Angel of His Presence and stand guard at your door and see that nothing enters.

Mediation means: feeling the active Presence of God.

Remove from feeling and attention every undesirable thing and enter into your mediation, feeling the Presence of God.

NEVER IN THE HISTORY OF MANKIND HAS SUCH TRANSCENDENT ACTIVITY RUSHED TO YOUR ASSISTANCE!

SPEAK TO YOUR BODY, COMMANDING IT TO BE STRONG; TO BE PERFECT; TO BE RECEPTIVE ONLY TO THE ASCENDED MASTER CONSCIOUSNESS!

THERE IS BUT YOUR HUMAN CREATION THAT STANDS BETWEEN YOU AND YOUR RELEASE FROM ALL LIMITATIONS. THAT CREATION IS NO GREATER AN OBSTACLE THAN YOU ACCEPT IT TO BE! IF YOU TAKE AWAY FROM THE CREATION ALL OF ITS POWER TO LIMIT YOU IN ANY WAY, THEN YOU MAY STEP THROUGH TO YOUR FINAL FREEDOM!