



IN accordance with Saint Germain's Wish, we are asking all at the "I AM" Schools to dress in white for dinner and to make your evening meal the apex of your day's activities. It should be a time of great happiness and preparation for that day, when you will all sit down to a table at which He, Our Beloved Ascended Master, Saint Germain, shall preside as Host; and you and we as guests shall do Him the honor that belongs to Him, through the Love He has showered on us all.

Let no one sit down to a meal at the Masters' Table unless he or she is in immaculate attire and ready to receive his Ascended Host at any moment. No one knows the hour, day or moment when He might come to give you some very transcendent Blessing and Assistance. So be prepared to receive Him at any moment.

It is also another request that no one in the "I AM" School ever attempt to acquire collegiate habits. We are cultivating Ascended Master Habits, and they are always of the most refined type.

Shirts should be tucked in and kept in. Stockings and sox should be held up smooth with garters. Ties should be on and tied. The boys and

gentlemen should not sit at the table with sleeves rolled up or coats off. All should be as clean, formal and Perfect as though your Host were present; for if you provide a place for Him at the table, He will focus His Light and Power there for your blessing, or He may often ask one of the Other Ascended Masters to come in His Place and give you the Help and Blessing which They want you to have.

Preparedness is our watchword. Be it every day in every way and that means the very greatest refinement, obedience, co-operation and preparation to produce Perfection at any moment.

The dinner at the "I AM" School is an Ascended Master Ceremony of Perfection. Therefore, prepare accordingly and Be the Ascended Masters' Culture in all you do each moment.

Jesus' Words:

Three times a day: "Mighty I AM Presence" I accept the fulness of Your Perfection and Almighty Directing Intelligence, as the only acting Presence in my being and world.

Saint Germain's Words:

In the Name of the "Mighty I AM Presence"; in the name of the American people; in the name of the humanity of earth; in the Name of the Light of God that never fails, I decree that every spy in our Aerial Forces and every activity of dope that has crept within our avenues of National Defense, shall be stripped from those activities with the speed of lightning; everyone revealed and Divine Judgment descend to take its toll and clean our country forever from all interference with out Aerial Transportation.