

DISCOURSE BY

BELOVED SAINT GERMAIN

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Mrs. G. W. Ballard: As our Beloved Master Saint Germain speaks His Heart to us tonight, we ask our “Mighty I AM Presence” to bless Him, and to pour forth through us whatever will give Him the greatest assistance. And may we at all times fulfill every Desire of His Heart while yet unascended.

BELOVED MASTER SAINT GERMAIN



y Beloved Family of Eternal Freedom, you who have sought the Light, you who love the Light, you who love the Sacred Fire, you who are the Violet Flame Legions of Assistance to Life, I come to give you tonight something that I trust—it will make your way much easier; and I am sure you will enjoy using it. And that is: When disturbing conditions of the outer world seek to hammer back at you their constant suggestions of discord, break the very first attack upon you, so to speak, because these suggestions are everywhere in the outer world; and if they affect you, or they are concerned with your world, you can easily insulate yourselves from them; and you can disconnect the attention as well as disconnect the feeling from connecting with them by turning your attention, first to your “Beloved I AM Presence” and offering It your love and adoration; and then begin to sing—or whistle if you’re by yourselves and don’t annoy someone else. You can begin to disconnect—there is no quicker way to disconnect your attention from destructive conditions than by music.

I have not spoken of this before, but I am sure you will appreciate It as soon as you begin to experiment with using any of the “I AM” Music of the Spheres to set up a

Vibratory Action in your feeling that makes the disturbing condition let go of you. The moment you begin to sing any of the “I AM” Songs, you immediately change the vibratory action of the emotional body. It automatically begins to establish Harmony, and therefore it forces the thing that is disturbing you to let go so you can forget it. Then it will be easier to turn your attention to your “Beloved I AM Presence” and to Us, and then move into action to make your Calls for the annihilation of the condition—or the solution of the problem—and therefore keep your world clear of much that otherwise would cause confusion or strain or stress or problems.

There are several other ways that will help you. The Messenger has mentioned some of them once in awhile. The beginning of the pronouncing of an Ascended Masters’ Name will do a similar thing, but the advantage of the Music is that it is happy. It’s harmonious; therefore it is harmonized energy, and It keeps the attention away from the disturbance because It enables you to turn your attention back upon the “Presence” and hold it there until the “Presence” sends forth the Light Rays that take Command of the situation and set into action the solution of the problem.

It’s very helpful, when you do this and make your Calls to your “Presence,” if you will hold the Picture of the Hand of your “Presence” sending forth the Violet Consuming Flame, or the Light Rays that go into the condition and hold Control of it. But the benefit and the Blessing of your turning from it and beginning to sing is that it is the easiest, quickest way to control your attention and it immediately stills the feeling and enables the Harmony in the feeling to return to the “Presence”—the flow of energy from your feeling world—and it lets the Higher Mental

Body have Command of the outer self without strain and without struggle; and there is no sense of fight or resistance or irritation about your controlling the situation.

This is a very helpful Way and Means of enabling you to stay free from keeping the attention on problems or conditions that are destructive that otherwise tie you to them, or will draw them into you and your world. So We have had a very much more powerful Purpose in bringing forth this “I AM” Ascended Master Miracle Music of the Spheres than just to give you entertainment or just to use in the Class Work. There isn’t a moment of your waking consciousness that you cannot use this. And many times, if you are among other people and cannot sing aloud, you can always, within yourselves, remember the Melody within. It will do the same thing within to still the feeling as It does in the atmosphere when you sing It audibly.

So I hope you will have very much greater ease in the controlling of conditions around you—or your problems—so that everything will move along more harmoniously with less strain and struggle to you; and therefore will bring you the Answer to your Calls very much more quickly. This will bring wonderful relief to the emotional body. It avoids strain. It avoids stress. It avoids discord, and certainly, It is not an unpleasant remedy. I am sure of that, and I think you’ll be sure of it!

And I’d like to have you experiment with this between now and the time the Christmas Class begins. If you are alone, well—sing. And if others are around, do not annoy them, but rather, train yourselves to hear the Music from within. And while your attention is upon the Melody Within, it cannot go to the problem or the disturbance; and you will be able to shut yourselves off from—almost

completely—any of the outer world’s pressure of discord that might have a detrimental effect upon your affairs.

So I hope you’ll use this. It’s not a discipline. It’s a Miracle and a Joy to happily control your attention to circumvent destructive forces from connecting with you. And It will give you a relaxation in the nervous system that will keep your feelings much more relaxed, and your health will automatically be benefited. So I’m here tonight—not as a physician—but just to give you a great secret of Life that you can so easily use: that you can train yourselves to listen inside; and wherever you move, it is always right at hand.

We have not gone into a discipline too much—of some of these Inner Activities—but once you begin to experiment with Them and see how All-powerful They are, it will be a very great joy—where you begin to practice Them. And in that practice, you automatically become the master of disturbance in the world around you. So Blessed Ones, the “Presence” has many Ways and Means of helping you to close out the connection with discord of the outer world simply due to the race consciousness of the centuries in which mankind has been functioning—and from which, many times, individuals feel they cannot extricate themselves.

So if at any time you need extra Illumination or Help about this, call to Me, and I will see that you have the Experience of hearing within yourselves the Melody that you want to sing to disconnect your feeling world from the distress or the turmoil or the destruction in the world around you. You can be absolutely silent in the outer; and yet, within yourselves—as if you sang within these Melodies—you do not yet realize how much that can bless the energy within your feeling world.

If you sit quietly and just practice a little of singing within yourselves—with no audible sound, but within—and you go through the Melody of the Violet Consuming Flame, if you will still the outer for a moment and begin to sing that within, as you hold the Picture of It blazing through you, you have no idea how It will increase the Action of the Violet Consuming Flame in Its effect within your emotional bodies, and in the ease and the comfort that It will give your nervous system, and hold a naturally balanced relaxation within you. This will bless your health. It will bless your finance. It will bless everything if you will practice this. I hope some of you will enjoy trying. (applause—audience rising) Thank you so much, Precious Ones. Won't you be seated, please, and just remain so.

Now this has another very great benefit. Those forces—that seek to disturb those who are on the Pathway of Light and are trying to hold the constructive activities in control for the Blessing of mankind—will find, as you practice this, they will find it more and more difficult to connect with the energy in your feeling world—be very much more difficult for them to touch your aura; and then later on, it will be more difficult for them to touch your affairs. So this has a continuous Blessing that ever expands and becomes in and around you a very great added Power of Self-control, of Protection, and of Help to solve your problems. So It has many, many Blessings.

And another very wonderful Blessing of It is that sometimes, when you try so hard to be free from a disturbing condition that you just come under such tension—that you do not remain relaxed, and that, to some degree, disturbs the harmony of the energy in your emotional body. But with this you become more and more

at ease; and as you sing the Melody within, the Power increases, and more and more energy can come in and around you. And as time goes on, it becomes qualified with the Melody you sing. Then that expands every time you sing It. The Light expands a little farther; and if you keep this up, My Dear Ones, you can sing your way to Freedom. Or you can play your way to Freedom because music, as We have said before, is already harmonized energy—that is if you play it correctly. And if you sing within yourselves the Melodies that have been given, They cannot possibly produce anything in you but Harmony and Love and Strength and Health and Energy that enables you to solve your problems more easily.

It is also a tremendous Healing Power, because when people become disturbed in the emotional body, if that disturbance is not settled, they grow more and more irritated and under more and more tension. But when you let music play through the energy of their feeling world, it settles the disturbance. It changes the whole vibratory action. It purifies the energy, and It holds a balanced control of the forces within your feeling world—and as time goes on, holds that control in the atmosphere about you.

That is the reason for the statement that has been used so long, “Animals and men in anger can both be calmed by a song.” That shows you the Power. When you can control the viciousness in an animal by music, surely you must realize how practical it is to train yourselves to sing, either audibly or within yourselves, these Melodies that are all an Adoration to the “Presence” or the Great Ones whose Help comes back on that energy that is already harmonized and must, of necessity, flood you with Its Blessing.

This is a Magic Wand of Power, My Dear Ones, in your own self-discipline; and that is why We've said so many times, this "I AM" Activity is not a difficult discipline. It is just the natural, more comfortable, sensible, better way to live Life—to be more comfortable, to be more successful, to be more invincible, and therefore, more illumined. And wherever you go, your Light settles the disturbance in the world around you, and your struggle is gone. Do you remember My saying to you in the early Discourses, it is your feeling of struggle that makes the struggle—that creates the struggle? Well, when you sing within, you do not struggle! Of course, I know some vocalists, when they sing audibly, do struggle! (laughter) But I am not referring to that. I'm speaking within yourselves to listen—and hear the Song Within; and when your attention is upon It, It automatically is pouring Its Blessing into your Life. It's qualifying every bit of energy in your emotional body with Its Harmony, Its Purity, and Its Perfection, and Its Adoration to either your "Presence" or an Ascended Being.

So you cannot possibly lose. There isn't one thing about it that could ever bring you any discord. And as you set the habit, you will find it will be the solution of many, many, many problems under which you have struggled and felt that you were not making progress, or from which you could not be free. This is a Magic Wand of Power; and it is the happy, harmonious way to purify yourselves and attain your Freedom more comfortably, more powerfully, and more invincibly.

So, Blessed Ones, when you're by yourselves, sing the great Song of Life that is the Adoration to the "Mighty I AM Presence." When you sing "Voice of the 'Presence,'" or when you are quiet and sing It within yourselves—let It begin

to sing within yourselves—It cannot help but make you feel better. But do not hum. That is not a good vibratory action within you. But oh—if you'll only do this! Sing or play these songs, and when things hammer back at you as a suggestion of discord, just turn your Adoration to some Great Being and sing. And My Dear Ones, We can come back to you with such Power, with such Happiness, with such Peace to your feeling that It cannot help but purify your world.

This will have an effect on your supply. It will benefit your Health. It's automatically a Purifying Activity. And after you have once seen the moving picture of the Violet Consuming Flame, and then when you are quiet, you sing that within yourselves, you can remember the Picture, and It will automatically begin to act in, through, and around you, and therefore give you Its Blessing, purify your world, hold you protected—and It is the Harmonious Way of controlling the attention so the destructive forces of the outer world cannot get your attention to steal your Life.

That's why It is your Protection. It is a Savior to you—to keep you from connecting with the discordant things of the outer world that will cause discord to you if your attention connects with them. If your attention connects with Us through the Adoration in these Songs, it can only draw Our Perfection, Our Love, and Our Life and Our Control of Manifestation into you first, and then into the conditions around you, until you can arrive at the place where your world is full of activity—but never problems nor struggle. And this is the Way to establish Peace on the Earth.

In all the Love that has been given to mankind down through the ages, yet they will not remain at Peace. So if

you would care to experiment with this from tonight, and you give Us the Opportunity to pour this Sacred Fire Power of greater Ease and Strength and Harmony and Control of conditions within your emotional bodies—within your feeling world—it will give Us more in the physical octave, more Power by which We can hold Control of conditions around you; therefore those conditions will be easier for you to live within them and to control them.

So, Blessed Ones, I hope you will experiment with this and enjoy the use of It, because It should be to you like a new toy to a child; and It should give you that same great joy because, after all, you are the Violet Flame Children of the “I AM” Activity. So you might just as well have the great enjoyment of the use of these Inner Powers of Life that, if you use Them, are at all times Master over the outer world conditions of disturbance.

Blessed Ones, I have many Gifts to give—many! This is just the beginning of one with which I wish to experiment. If you care to experiment with Me and you begin to feel the Power of Mastery over conditions around you, then We can take up others and go from greater to greater Strength and Power and Peace and Victorious Accomplishment; and all the time you remain more invincibly protected. This is one of the greatest means of protecting you and your world against disturbance of the outer world.

So It is part of the Invincible Protection for which you have called, and It is an ever-flowing Stream of greater and greater Blessings that bring to you the great Mastery of Life. And now, as you step forward into the use of these greater Powers, your joy will know no bounds, and you will be able to forget the distress of the past. Whenever anything comes to your mind that reminds you of distress of the past, turn

away from it instantly and begin to sing the “Voice of the Presence” or the “Violet Flame” or any one of the “I AM” Songs, and do not dwell upon that which has gone over the wheel of Life and should be forgiven and forgotten, dissolved, consumed—forever removed from the Universe.

So your Pathway, if you will do this, can be just as harmonious as you want it to be. And I assure you, Its Blessing to your health will be continuous and All-powerful. May you go forward and love these Activities of the Music within yourselves until you come to the time when, in outer world activities, We bring forth the greater Musical Activities that will purify and heal and bless and prosper the masses of the people—as this will bring these conditions within you as you apply them individually.

So, Blessed Ones, I bring you Ease tonight, and Comfort and Peace. I bring you Protection; and as you maintain Harmony by doing this, supply will automatically seek you. And it is a very—and the most invincible, practical way to live Life, and is the Fulfillment of the Divine Plan. And I hope with all My Heart you will love to do it as much as I will love to answer your Calls. (applause) Thank you so much, Precious Ones. And this will help, as you move among the rest of mankind, if you just get the Light expanding through this practice of Our “I AM” Music, It will repel and keep you disconnected from the turmoil and the chaos and the discord that is released into the atmosphere of Earth by so much that is destructive in outer world channels—whether it be entertainment or so-called music or whatever it is, the outer world is full of its chaos, and you will no longer even be concerned about it.

You will live in the World of your own, the Harmony of the Love to the Violet Consuming Flame and to these

Great Beings—who will return to you, for every bit of love you give to Us—We come back a thousandfold or more to fill you with the greater Love that is your Eternal Victory. Every bit of this will assist you into your Ascension much more comfortably, and in the meantime, make you a greater Blessing to the Universe around you wherever you move.

May you go forward and enjoy your greater Freedom, and with every Power of your being, live within the “I AM” Miracle Music of the Spheres and have all the Power and the Blessing which It can give. And thank you with all My Heart.

Mrs. G. W. Ballard: Thank you, Precious Saint Germain. And we thank every Power and Being in the Universe, the “Blessed I AM Presence,” for the Music that is in this world to help redeem all.
