

Gold Like Dust

Michael Morain



Alchemy, adventure and conversations with Saint Germain.

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by

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Dedication:

To Nina Merrington, with love.

Introduction.

The writing of this book has taken a long time, but it has been done with love. Similar to "Jonathan Livingston Seagull" and the Celestine Prophecy", it is written in story form using alchemy as an illustration to show how change can come about in life.

You can read it as an entertaining story that makes you think, or you can see it as the setting out of a way of life, based as it is on my own life.

That aside, you may find that this story is different from anything you have ever read.

I am offering this book, because I believe that we should help each other through sharing of experiences, ideas thoughts. Putting this as a story does it very well I believe.

If you are inspired or helped by what you read here, pass it on by helping someone else through the sharing of your own knowledge, abilities, experience freely.

In setting out the final form of this book I have excluded some of the material I might have included. I might release some of that later.

May this book be of value to you.

My best wishes for you on your path.

The Author.

4 March 1996



Chapter 1: The Story Begins.

The unusual events told in this story, seem almost unreal when I look back on them now with the passing of the years.

It is difficult sometimes to believe that I went through them and for me that is an admission. In my life I have experienced many extraordinary things. This you will gather from my background , if I tell you that I have been a part of many secret organisations, studied many religions, creeds and travelled far and wide throughout the world in search of the miraculous.

The events of this story stand out.

It all began on the 23rd June 1980.

I was staying at a hotel in San Jose, California. I had come to attend a two week summer course of the Rosicrucian University.

It was the morning of my second day in California.

As I stood outside the hotel, I drank in the very pleasing sight of lush green lawns and verges - the hotel was situated in a residential area.

From this very normal beginning, was to come a day I was to remember for the rest of my life.

I asked directions to the University from the lobby of the hotel and found it to be only a few blocks away. So I walked.

The most striking feature of the University, as one approached it, was the Egyptian style the buildings had been built in. On the corner nearest me, as I approached, was a Moorish style building. It was covered in ivy and a peaceful garden

containing a bench which overlooked a fountain, fronted it. Next to it was a massive Egyptian style building that looked as though it were the portals to a town. Beside this was a paved walkway, leading onto a square. Over all this, casting a shadow on the square was the three storied University building having a motif of a bird with a pharaohs crown.

In all everything seemed to say that one had stepped back in time.

I walked to the registration tables that had been set up outside the University building. Registration in itself was not very memorable. New faces of people from all over the world. Listening to snatches of conversation:

" I decided to take this course because I heard that colour is a very real influence in one's life..."

"I heard that the professor really knows what he is talking about.."

I could not find the Hermetics course I was interested in - so much related to alchemy, so I enrolled for one in "The History and Mystery of Initiation" and a course in tapping the creativity within.

We were invited to attend a small welcoming party by the University later that afternoon and that was where the important event happened.

The party was held under a covered walkway between the Administration building and the University building.

Faculty and students were all there, everyone talking seemingly at once.

I did not really feel a part of all this and was turning to go back to the hotel, when he approached me.

How do I describe my first impression? The stranger who approached me was tall, aristocratic in his bearing. His nose and face reinforced this. His dark hair was cut

short, yet was thick and fuller at the top than below. He wore a plain grey suit.

What immediately grabbed your attention was his eyes. They were dark and as they looked at you they seemed to pierce you, seeing to your very soul.

"You are restless in this atmosphere" was his opening remark.

I admitted, that the socialising aspect was not my sort of scene. I was interested in much more serious things.

"But one can learn so much from people!" he said and without waiting for a reply, he pointed to a stout lady on my left.

She appeared to be middle aged, wore glasses over a beak-like nose, her red hair drawn up into a bun. A floral dress covered her ample figure, her heels straining against flat shoes. A bag clutched under her right arm and a drink in the left completed the picture.

"Tell me your impression of her?" he said.

I mumbled something about should we be discussing people?

He retorted: "We are not going to gossip about her or say anything bad. In life one finds one often has to size people up. It is good for relationships and for discrimination. I am curious about how you see it so please, tell me your impression of her."

Hesitatingly I said that I thought her to be a middle-aged American housewife, dissatisfied with life, very prim and proper.

He laughed, "I think you could not be more incorrect. You are looking at the general outer appearance and saying what first comes to your mind. A closer look will reveal that she is an accountant, is younger than she looks due to certain hardships in her life and that she lead a pretty fast existence, which she is not too

proud of at present, but she is seeking newness and hopes to find it here.

One needs to look for more essential things."

I asked whether he could tell me how he did that.

He nodded: " It is a skill like any other and something that is useful if one wants to learn the secrets life has to offer. Sherlock Homes, the fictional character of Conan Doyle, illustrated some of the observation powers needed. This however is not all, it goes beyond that. For deeper aspects, one has to use intuition, knowledge and other senses than the eyes. "

My ears had become more receptive at mention of the secrets of life and I asked him if he could explain further.

"From observation of life, people and from the development of self, one can become aware of many things which you

could not conceivably have seen before. In many cases merely getting rid of self-centeredness, is an illuminating step, because one can see in a clearer fashion.

The Masters of this and many other things know precisely how to do this. It would be interesting for you to meet them.

Speaking of that, before I get too involved in all this and forget, I have to talk to you about the reason for my approaching you. You might be surprised to learn that there are those who have observed your progress and who knew that you were in need of some assistance, long before you even got here.

In fact I came to invite you, on behalf of one whom you know by reputation only in this life, but who knows all about you. He lives in France and would very much like to see you. "

So saying he drew an envelope from his jacket pocket.

" Read this when you are alone. I must be off now, another pressing appointment, but perhaps we will have time to resume this conversation at a later date."

Before I could say anything more, he turned and left me, my mouth open, speechless. In all one of the strangest conversations in my life.

As I had nothing left to do at the party, I hurried back to my hotel to open the envelope.



The envelope appeared to be an ordinary American envelope, with a wide flap. It was not bulky and was very light in weight.

I opened it and a curious scent came out. Rather like wet grass after the rain, combined with the dry smell of the air at altitudes. It reminded me of a particular

place in France that I had visited a few years ago. I found one slip of paper in the envelope.

I pulled it out.

It was folded once and opened contained two lines of writing, a signature and a symbol. It said:

"The answers you seek are to be found in the mountains, go to them and you will not regret to remember the days we spend together."

The symbol was a circle divided into four, with four strange letters that looked like Hebrew in the corner. At the very bottom of the letter was an address .

It was signed S G.

From my knowledge of these things, I realised immediately that this could be none other than Saint Germain.

I need not tell you the result of that realisation. Within a few days - because visa and aeroplane tickets take time- I was on a plane to Paris, France and from there it was but a short trip to the address of my host: Saint Germain.

You may think me rash to do such a thing, but my life has been filled with such adventures and time did not prove me wrong as you shall see.





Chapter 2 : A meeting with Saint Germain.

The wind was causing pine trees to sway, as I walked up a mountain path towards the place I had been directed to. It was just around the corner. The wonder of the scenery was breathtaking.

Turning the corner, in a crook of the mountain, lay a lodge, small, almost Chinese like in its defiance of the heights. It was solidly settled into the ground.

My host was waiting at the doorway of the lodge.

I remember with this, my first arrival at the Lodge, that the sun was beginning to set. He was standing in the semi-twilight, just

as he had been drawn in the book by David Anrais entitled "Through the Eyes of the Masters". There was no doubt for me that I was about to meet Saint Germain.

Similar in features to the person whom I met in California, he was tall and aristocratic in his bearing, had dark hair, piercing eyes - that were blue in colour.

How can one describe the experience of meeting someone whom you have only read about and yet who is a Master in every sense of the word?

It is the same as if someone were to meet Jesus or Buddha, such was the effect for me.

He welcomed me and I was soon in the lodge sitting beside a warm fire. After I had had something warm to drink he sat down opposite me and we talked about private things for the rest of the night.

I rested at the lodge for a few days and on the third day we sat down for a serious talk.

"We have come a long path together, you and I," he said smiling, "You may not remember, but we have met many times before in past lives.

Fate, it seems has thrown our lot together. In that light, I wanted to take up our work where we last left off, which was just before your death during the French Revolution.

You are surprised, yet your searching all these years in this life has been an unconscious knowing that you have things to find and do. I could not contact you, because you have not been ready until now. You had many things to study and relearn, so that you would be at the level where we left off previously.

Now, it is time to talk about the secrets of life as revealed by Alchemy more deeply.

What I have to tell you will remain a long time with you and even in a future lives you will remember what we are saying now, because memories will come back in the form of a dreams, vivid remembrances of our talks together.

As you know, I have released teachings, examples and exercises to the world since I was in the court of France."

He handed me a book with a dark blue cover with "Alchemy" lettered in gold on it.

"This book of mine will provide some interesting reading - a very modest effort of mine, unfortunately no longer available", he said smiling, " But I think the world is ready for more marvels than eternal youth, the production of gemstones, gold.

This book explains the process I used when I was at the court of France. Read it and enjoy it. One day humanity will be

ready for what this book contains. Perhaps you will release it again.

However, enough of that, I would like to start at the very beginning of alchemy.

I am sure you know this, but it is good to reiterate the process.

In the changing of the base elements of ones being, as the ancient alchemists knew, the material goes through a series of changes, turning various colours in the process. At each stage in the laboratory process care is needed in the handling of the materials.

A good alchemist knows the steps of this process, the stages, what will happen.

In a like manner as we go through our own alchemical transformation, we need to be aware of the process, also."

I asked whether there was a fixed process and way in which this develops.

"In general yes. One must remember that while in alchemy the materials follow a set process, people are more volatile, so there may be variations. So in an alchemical process one has to watch. People especially can get up to all sorts of mischief!"

We laughed.

"The point I wanted to make is that in an individual's alchemical transformation, there needs to be a foundation to build on and this is knowledge concerning what one is doing, as well as knowledge of the materials inside oneself that one is working with."

I said that what he was saying was that we had to know ourselves.

" Yes, that is it exactly. This is the starting point. One must know the quality of the materials you are working with. If we look at any man, what is he composed of?

Scientists will say that man is composed of minerals, water and so on. However there is so much more than the physical body. Man has emotions, thoughts, a soul.

Many ancient religions classified man in terms of fire, air, water and earth. These were considered basic elements of mans being and world.

One can use the example of the body to explain this. For instance most of it is water.

Air is essential for the body to survive and in ancient times was associated with spirit or fire. Curiously, the body needs to be at a certain temperature to survive.

The ancients also said that the soul entered the body at its first breath.

As we consider the body, in a like manner emotions, thoughts and the soul can be considered to have qualities of the elements in various proportions. Some

people are fiery, some very cool and so on.

So our characteristics can also be attributed to the elements or the combination of the elements within us and so we can go even further to the soul. "

I admitted that this seemed a strange way of putting things. Why use alchemical terms?

He laughed.

" It does seem a strange way, but you know, putting things in different terminology gives new perspectives to one's brain. People may say this really is no longer a valid way, but I would disagree. It is a symbolic way of looking at things and when we begin to change or transmute ourselves, we work with symbols. Our subconscious does so, even if we do not consciously, so it is helpful to use a symbolic language that our subconscious understands.

For many lifetimes we have been working with these sort of symbols. It links into race conscious as well, but that is another story. Read Jung for more information about this! He is an alchemist of high order."

I said what he was saying was an amazing concept.

" We can also put it another way. In terms of energies.

We have a new age dawning, new energies, so perhaps we should look at it in terms people of a new age might like.

If you accept that the human body is an amalgamation of energies, then you would agree that thoughts, emotions, the soul are really variations of energy fields. Scientists in times to come will prove this.

The ancients labelled the energies: fire, air, water and earth, but you can make it simpler and say that there are really only two major energies that sustain the

universe: fire and water, the others really are very much a part of these two.

Think about my earlier illustration. We showed with that the body (earth) was composed mainly of water and the breath (air) was very much related to fire. Again I am really simplifying, even exaggerating, but I think you get what I am aiming at.

To make it simpler, you can call these two energies: electrical and magnetic energy. In all life, in science, you will find these two energies at the base of all things. Fire is electrical and water is magnetic. Any aspect of energy will show these polarities.

If you look at the model of the human being, you will find that it demonstrates this duality in its very appearance. All creation does in fact. It manifests in the physical body in the dual nature of things: two halves of the brain, two hands, etc. It all follows universal law."

I said this was a bit much for my poor brain to grasp.

" It is simpler than one thinks. Think about it for a while and it will become clearer to you."

I asked if this meant, one did not have to try and figure why one was thinking in certain ways, the influences of childhood on character and thinking, on emotions and so on. Did one really need to get to know the in and outs of oneself as he had seemed to suggest in the beginning, in the light of the fact that everything is energy? One could really just change the energy.

" Looking at what you are referring to it is very useful to resolve trapped energy and consciousness. This should be a basic foundation that one can build on. Yet at the same time all of this is effect. We change our energies every lifetime, do we not?

If we go to the essence that we are we can change anything. So nothing is

impossible. However, I would really advise people to look deeply into themselves before going further. To just change the energies requires that you know what you want to change. Not doing this makes it so much harder at a later stage in the process.

Now, I think we have talked enough. Let me introduce you to the laboratory I sometimes use for students and for experiments in alchemy. We will use it somewhat during your stay."

So saying he rose and I followed him into a room to the side of the main lounge, which I had assumed was his study.

It was an almost empty room with cushions on the floor and a small desk with a mirror and chair. Two candles were on the desk.

"This is my meditation room, for students. The mirror reverses to become a black coated mirror for other exercises. The plain mirror is also used, as are the

candles in a very practical way. This is in scientific, alchemical exercises.

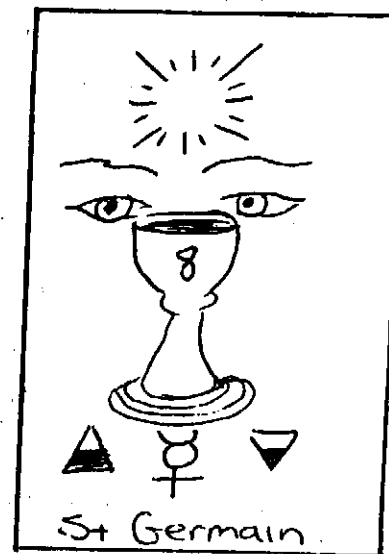
We also use sometimes laboratory apparatus- there is a cupboard with instruments in."

He pointed to a cupboard opposite the desk and lining the whole wall.

He then turned to leave saying that he had some pressing matters to attend to, but he invited me to remain, get the feel of the room and said I could spend time reading the book he gave me or any book in his library.

" I will see you on the morrow, when our alchemical experiments will continue. You have a background and a good knowledge of self, so we are prepared for alchemical change."

So I retired, looking forward to our next session, which as it happened, started with a startling revelation.





Chapter 3: Reality Changing.

I was sitting on the veranda of the Lodge, looking out over the valley and eating breakfast, when Saint Germain joined me.

I invited him to eat with me.

" I have not eaten for a long time " he said
" It is something I do not really miss. The way you are looking at me I can see you are wondering how it is possible.

Consider, if we are energy and food is a form of energy, might it not be possible to tap into the source and side-step some of the more cumbersome everyday routines?

When you think about it, it has to do with a state of consciousness. One realises as one transforms in the alchemical process, that the desires and appetites of the past no longer hold sway over one. They dissipate and fade away.

As to the physical process - how one is provided with nutrients- this is based on breath and with what is called the throat chakra in the east. Do you remember the biblical phrase about man not living on bread alone. Well there is a clue in that."

I said I was fascinated.

" There are saints in the West who do not require anything to eat, just a simple wafer or communion wafer as it is called. An appropriate name! Likewise in the East. Paramahansa Yogananda mentions this in recounting of his life story through his book 'Autobiography of a Yogi.' He also talks about other things that may be regarded as miraculous, but really are workings of natural law if understood correctly.

It is an interesting subject, but us look at something more important.

The power of thought! Through an understanding of the laws underlying thought, everything will become clear and the miracles of alchemy will become easy to do."

I was listening fascinated, my spoon suspended half-way to my mouth. So indicating it with a smile, he said that I should first finish my breakfast and then we would take a walk, talking about this matter, while we did so.

So I enjoyed the rest of my breakfast and when finished we stood up and strolled along the pathways hedged with flowers that surrounded the Lodge.

After we had been walking for a while Saint Germain continued:

"There has been much written concerning the power of thought. Unfortunately,

many of the books that have been written, while laudable and somewhat effective are too general and miss the most important aspects.

It is true that the thoughts we hold influence everything that we are and do. However, many of these books or courses do not look at the influences of all thoughts and emotions that exist in the subconscious, the structured complexes of thoughts of a lifetime, all of which often hinder success and are an extremely strong influence on the personality. Most people's houses are quite divided and their attempts at new patterns of thought are often cancelled by these habits and thoughts. One may wish to do something, but how often is the opposite a result, no matter how hard one wishes, thinks or applies what one has been told?

This simplification of the matter by the experts of the thought books, as well as their incomplete exercises leads to

disappointment, loss of faith, whereas a proper understanding will be of help.

The attainment of anything through the power of thought depends on our ability to release old patterns, to relax and be in tune with the universe and on our understanding of ourselves. If one does not know oneself, how can one change yourself? Thought, emotions and many things can be mastered through a better approach.

There is a process of understanding involved here.

Think about a baby learning to walk: its muscles have to develop to a stage where it is ready for walking and even then it has to practise walking, crawling, until it gets it right.

Likewise, when one is learning to play a game, while one can grasp the principles instantly, one has to practice until one is able to play it.

The same rules apply to the process of thought."

I asked him then what would be simple rules one could follow that will help one to master this process.

" Let me give you an example. The average mans' thoughts are very chaotic. They mill around and go all over the place. In some aspects they are also very consistent. A man will think about a number of things over and over again during the course of a day. It might be a worry, a prejudice, a belief system, a new girlfriend. But these things are not properly focused.

It is really pretty dull and boring! We need to escape from this process and learn to think as we wish, if we are to make any progress.

I would like to show you some exercises that will show you how to begin to change

consciousness and cause miracles to happen in your life.

We will start from where you are. Knowledge is an essential prerequisite. Use the following exercises as a test, a process to watch your thoughts.

I could give you many of the practices that are in vogue - meditation, yoga and so on. Some are quite complex, however you will find the end result is the same. The ones I have chosen are simple and will serve very well. They are partly based on a regimen, developed by a friend of mine by the name of Franz Bardon, who wrote about them in his book called 'Initiation into Hermetics.'

As a start take time during a day, whenever you remember, to simply look at your train of thinking. Observe thoughts that arise and follow them in your mind. Observe the impulses that arise in you. Why do you want to do something? What are the reasons? Where

does it come from? Do this for a few days.

You will find that there are a lot of negative thoughts, fears, beliefs in your consciousness that if you examine them closely, just do not make sense. If you examine yourself, your background, you will find that you have come to accept and still accept many things without question and that you are conditioned to approach life in a certain way.

On top of that your thoughts are not always very clear and the brain is not utilised properly.

Here we start with the first alchemical key:

We need to look at our thoughts, our past and see what we can learn from this.

Examine the past. Look at both negative experiences and positive experiences. See them as a learning experience. Affirm that

learning, forgive people from the past and relaxing, release the images.

In releasing surround those circumstances with love. Replace all negative thoughts in your mind as they arise with positive and include love in all of it: love for self, others.

Old habit patterns die hard, so keep doing this. If any negative thought, fear, worry comes up, try putting in it in positive way, imagine a positive solution and release it in love, knowing that positive will result.

This trust is the start of reaching into the universal mind or God, into higher states of consciousness.

What this develops is a greater power in life. It develops proper concentration. It may sound like a strange thing to say, but concentration is the important process here.

When a person is in love, his or her thoughts are constantly of the beloved. This is a form of concentration.

In concentrating on positives you can develop the same process. It guides our life as ideals do, it fills our consciousness.

To evolve as a person to the consciousness that the masters have, you just need one step further: to be able to concentrate at will.

This is to be able to concentrate for definite periods. An example that Cyril Scott gives in "The Initiate " books is of a train journey.

A man who steps on a train knows his destination. He knows the time period it will take, he knows the goal he has to reach and he travels. During that journey the man may read a book and set himself a period for doing this, this is part of what

concentration is all about. After the journey the book may be forgotten, because it is no longer important. This is concentration.

The consciousness thus described is the ability to concentrate or hold certain thoughts at will, not forever, but for as long as you wish and then be able to drop them for others."

I said this was a bit confusing for me.

" True power of thought lies in ones ability to concentrate when and how one wants to, to eliminate those thoughts one does not want and to be free to do whatever one wants. Proper concentration means freedom. You are above thoughts and use them to fulfil what you want. You do not suppress anything, but you say, this is what I am going to do because I am in charge. So you rule your brain, your brain does not rule you.

In life you may have certain goals, some long term, some short. You can utilise your brain in the above way to achieve them, much as per the example of the train journey.

The problem at present is that there are still very few adults. Most are children with their anger, their likes and dislikes, their desire for revenge and so on. We become adult when we learn to work correctly with thought.

In all of this I must say do not become too fanatical about this process. Also don't push too hard. Have a sense of humour. When learning to master a game or a new tool, we work with it. Take your time, enjoy it, get accustomed to it. Any learning takes time. One day you will be a master and it will work automatically.

The mind can really be a tool to take one where one wants to go.

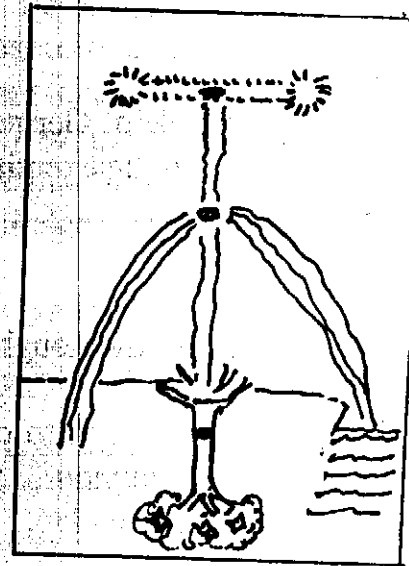
These exercises are a beginning. There are higher aspects of the mind and these

reside in our universal self I will demonstrate to you how to do this once you have tried the exercises I have recommended.

I don't want to make matters too complex at this stage, we will go step by step. The books on the power of thought we talked about earlier, talk about achieving goals through positive thought and visualisation. This is great, but you must know how to do it properly. At a later stage it will be easy to bypass thought totally and make achievement effortless. When you realise more about your awareness, your potential, anything is possible."

He indicated that he thought (a smile as he said this) that this was enough for the day.

He said I should take a few days to practice before we would work further. With that we walked back to the Lodge, me to practice, he to his work.





Chapter 4: Of Chinese Alchemy.

I had received a note from Saint Germain after a few days of practising the exercises he recommended.

I must say I was frustrated with the inability of myself to control my thought.

So I was glad that he had decided to call me. With his sense of humour, the message fell from the air onto my lap.

(Remember the days of the Theosophical movement?)

He asked me to meet him at a certain time in the meditation room.

So at the appointed time I accordingly went down.

We made ourselves comfortable on the cushions in the room.

" I see you have had a hard time with the exercises. It is not easy to do these exercises, because to consciously control these process is difficult. It is good to realise how one's mind and emotions can hinder one in so many ways. I am going to start to give you another step in this process.

The exercises already given are a first stage and realisation of deeper aspects of the mind help make the process much easier.

Today I am going to show you some things that you might have never seen before. They will reveal more of the inner workings of the human mind in a very practical way. You may remember we were talking about the focusing of thoughts in everyday life.

These were preliminary practices to a new awareness. But first let me show you something"

He pointed at the far wall, where I could see nothing and then suddenly it began to glow and a picture appeared. It was of an individual dressed in black from head to toe. Even his face was covered, only his eyes and a portion of his nose were apparent.

As I watched, the picture began to move and I saw that the man was making various ritual gestures with his hands. He was saying something, but I could not hear as the picture was silent.

Saint Germain froze the picture.

"What you are seeing here is a picture of a Ninja. The ritual exercises he is involved in are preparatory work before going on his assignment. Now look at this."

The other picture faded away and in its place appeared a beautiful landscape showing wonderfully tall mountains with forests clinging to their sides. In the centre of the picture was what appeared to be a monastery and the picture zoomed in to show a person in what appeared to be Chinese dress, instructing young men in the science of breath.

I could hear words with this picture. He was telling them how to circulate energy in the body through the energy lines in various ways, so that an alchemy of new birth could start in them. Saint Germain also froze this picture.

It then faded away.

" This was a picture of one of the alchemical schools in China. You may wonder how you can understand the words. You were actually seeing a thought picture projected by me."

I was amazed at this. I asked what the process was.

" It is one of the powers of the mind, not hypnosis, although you could utilise that and some do. I don't see any use for it. What I am doing is a process of condensing thought. I was condensing memories that I had. This is something you could learn to do."

I was eager to learn the process.

"To do that you have to develop the powers of the mind. Once you are in tune with the universe, it is easy to utilise that energy to condense or evaporate substance. One of the keys to this is called 'The creation of the cloud', which you will be able to study later. I have something interesting for you on that.

However, before I can even explain this we have to start with understanding of the way the mind works at various levels.

If you want to use these powers for flamboyant purposes, this is not recommended. I have used it to

demonstrate something practical: the power within.

You need to understand more about consciousness itself and that was what these two pictures were used to demonstrate.

What do these two have in common do you think?"

I confessed that I could not see much in common between Chinese Alchemists and Ninjutsu.

Saint Germain laughed.

" Yes it is not very apparent at first. Whilst their aims are different, they do share a few things in common. One is in their understanding that awareness is required for new consciousness to occur and an understanding that the four elements are involved in this process.

At the centre of both practices is the same starting point. There is the idea that men

and women are in a dual universe which comes out of a whole.

In Ninjutsu they believe that out of ku comes the four elements and that the temperament of the human being is governed by these elements.

In Ninjutsu training, at least in some schools, there is the notion that you can train a person to see everything in a new way. This is done through the training of the mind to observe the thoughts by means of the essence in the person.

We all have an aspect that we call 'ourselves' that seems to be above and be able to observe thoughts, emotions. This the Ninja called the essence. It seems to separate itself from thoughts, emotions and be able to analyse them.

The Ninja are trained to use this to look at everything without thought, just to see things and be able to react. Through this process the Ninja are able to react immediately to all things. Ninjutsu in

addition trains the Ninja to understand the elements in all things and how the elements effect all things - including the personality or character of individuals.

The Ninja are trained to go beyond personality and be able to use circumstances to advantage."

I said that it sounded great to me.

" What you are missing here though, is that it points to a new aspect of consciousness and how one can train the senses. But before I tell you more, let us look at the Chinese Alchemists.

From the same philosophical starting point of the Ninja, they have developed a different way of looking at energy. They work with energy which they call chi - an energy force that follows energy lines in the body.

In their ancient schools they show pupils how to circulate the energy around the body in a circular movement from point to

point. There is also a storing of energy just below the navel for the alchemical change and to bring to birth of a new awareness.

How is this related to the Ninjas?

The Chinese Alchemists are learning to work with the chi force in a similar way to the Ninjas. Through working with energy they change their conscious awareness. In the martial arts, aspects of Chinese Alchemy - Tai Chi, you will find quite similar practices to the Ninja.

Looking at any of them or any system: we can see a vital clue.

One can alter conscious awareness, by training oneself to see in a new way, freeing oneself to react outside of thoughts, emotions.

This leads to the development of many other facilities. Through exercise one can train the mind to use the senses so that one

visualises images, smells, touch, texture outside of thinking processes.

One does it with all of oneself. This does not mean shutting out reality, but using reality.

The importance of this is that we already condition how we see our world by our thoughts. We can change our outlook, by aligning ourselves to our essential and true nature.

What is this essential nature all about?

All that we are, comes from the universe. We are part of the cosmos. We are not separate from the universe. This is our essential nature. Does it seem impossible?

We can unite with the universe simply by accepting this and letting go of the past, the future, our characters - not being so attached to them.

The universe acts only in the present. The past really is only our memory of things.

The universe just is, it cannot be uncreated and no amount of emotion or thought can do that.

Thoughts and emotions are based on our perspectives. Are they always true?

Think about how perception of an incident differs so much from person to person. Who is right? We need to learn to release and become who we really are.

It seems difficult to grasp what I am saying here, even though you may read it over and over again. I would like to recommend you try the following books from my library which will clarify this more:

'Initiation' by Elizabeth Haich and 'The Higher power you can use' by Murdo Macdonald-Bane.

Let me give you one further example, that may help clarify further what I am saying.

In radionics you can create a simple machine by drawing a circle in pencil on a piece of paper that has a radius of 12 cm. Divide that circle into 30 degree angles so that you have twelve divisions. Join up the divisions on the outer part of the circle so you have a twelve sided figure, which you can draw in pen.

Now on the centre of the circle place a piece of paper with a word. Over that word place any object only after 12 seconds has elapsed (use a glass of water, sugar, stone, etc). After 30 minutes the object will be charged with the vibration of word.

Try it and see how effective it is.

Why does it work?

It is based on universal laws.

The universe in it's concrete manifestation is like the twelve sided figure, a cell through which the energy of the universe can flow. The word in the radionic

machine, is like our personality with its thoughts and emotions, which charge the object or ourselves with particular energies. We sound ourselves daily in a similar way to the example in the bible where it says God sounded "Let there be light".

We often become stuck in a particular energy pattern, but if we align to the universe, we can become free. The Ninja and the Chinese Alchemists understand this.

Practice to see reality without the constant labelling. This becomes easier as you accept who you really are. You can then to utilise new awareness to create through proper concentration."

With that he set me working on this as a meditation, gave me some additional practical exercises (which I cannot reveal at this stage) and left me there, practising into the night.





Chapter 5: Energy Fields.

I was sitting in the afternoon sun, reading a book, when Saint Germain approached me.

"The author of that book, certainly knew what he was talking about" he said, opening the conversation.

"One of the things he taught was that you could refine your abilities through proper training. His exercises not only improve awareness, but train the mind anew."

I was reading "Personal magnetism" by Theron Q. Dumont.

I asked how that related to my previous training.

"We are talking about feeling energy and fields of energy here. It is very much related to the previous subject matter.

It is good to be able to sense ones aura or electromagnetic field as the Chinese alchemists did and be able to utilise it. At the same time to utilise this knowledge to influence ones surroundings as the Ninja do.

It heightens ones awareness of the inner self and the energy that is around and flowing through one.

We will do some exercises in aura sensing, but we will also do exercises at a later stage in developing intuition and higher senses.

Come with me and we will go to a forest clearing near here and utilise that setting for these experiments in consciousness."

As we were walking along the paths moving towards the clearing, I had the opportunity to clarify a bit more

in my thought the process of developing the powers latent within the minds- I asked him to explain it a bit more.

"I am glad that you asked me about this, as it may be confusing for some who read these memories of yours in the future.

Look at that bird over there"

He was pointing to a swallow that was swooping and diving in wonderful circles in the air.

" What sort of mind do you think motivates that swallow to enable it to fly with such freedom and beauty through the air?"

I said that I had always thought animals had small minds, that nothing much could be motivating the swallow except its instinct.

" It is necessary to realise that creation is not always as one thinks it is. Behind all

creation is the universal mind, the life essence.

Consciousness has and does evolves from this. The universal consciousness or energy behind creation is something that we need to be aware of and to cultivate.

It is operative in a bird all the time. We talked about this energy earlier in talking about the essence of the Ninja and the Chinese Alchemists.

Individuals emerged from universal consciousness as individual aspects of the creative energy emerged into the vibration sent out in the beginning: call it the word, the cosmic music.

Consciousness evolved and for man the conscious, rational mind was a recent development. In the early days, humankind was conscious on many levels and had access to all facilities of mind: intuition, instantaneous knowledge and so on.

Eventually the conscious mind came into being, to dominance and we forgot our other aspects.

In the bird, this process has not yet happened, it has not evolved that far and therefore its conscious intelligence is limited. You see this in varying degree in all animals. There is really in reality not much difference between various beings, except in consciousness.

The exercises I have given you are a process to help you to use areas of your brain that you are not presently using. In order to use these abilities, you do so through the awareness of the greater portions of yourself that are beyond all thoughts and feelings.

Thus you come closer to your essential self, which is one with the universal energy.

At this time the subconscious is a way to this consciousness or energy, but as you bring this process more into conscious

awareness, you become more fully aware, more alive and more able to use it. Abilities on many levels, then begin to open up for you and that is what we are striving for here.

The exercise we are about to do with energies, makes you more aware of the universal flow in you and is another step in this whole process."

I was marvelling at this process and almost tripped over some tree roots in the pathway.

Saint Germain smiled and said:

" I can see your consciousness is still centred in the rational mind, as you try to comprehend this, otherwise you would have seen the root."

Then he gestured.

"We are at our destination"

We had arrived at an open clearing in the wood lined pathway. It was at least 12 feet across and wide, ringed with pine trees, forming almost a perfect circular setting.

"In nature," continued Saint Germain, "we may find it easier to recognise the aura and the fields of energy surrounding ourselves, because the interference of man made structures or energy is limited.

Let us sit down on this open patch of grass, breathing in the fresh air and I will tell you a little bit more about the energy fields that surround our bodies, not to be confused with nature's fields." He smiled.

"From your reading of 'Personal Magnetism' by Dumont, you have seen that a dual process exists in all things. We have discussed some of this before in our very first talks on alchemy, but what he is saying is that for a person to be truly magnetic there needs to be a combination of the mental and physical, energies.

Thus duality on another level is confirmed again.

This is accomplished through simply willing that this happen. For example, you think about love and in thinking, feel it also as radiating strongly in your body and through it.

The thought you have, you feel very strongly in your body. You will find as you do this that your aura automatically becomes stronger.

You will also become more conscious of your energy field and that of others.

Let us find this process through a number of experiments.

We have been breathing deeply for a while. Stand in the centre of the clearing and try to sense the energy of the trees."

I did so but could feel nothing.

"Go and stand with your back to that tree over there."

He pointed out a thick oak tree a few yards distant. I walked over, feeling slightly stupid and stood there.

"Tell me what you are feeling" said Saint Germain after about ten minutes.

I said that I felt energy flowing from the tree to me.

" Okay, now move away from the tree to the centre of the clearing and see if you can sense the energy of the particular tree even there."

I did so and found that I could still sense the energy of that particular tree very strongly.

" What you did was establish contact and distance does not matter once that has been done. You do not need to even do that to start the process, merely project your energy field.

In Dumont's book they show you how to project energy through thought commands and feeling the energy flowing out to envelop others.

It is a similar process to what happened here, when you tried to sense the trees, but initially you did not know what you were trying to do, so I asked you to learn against a tree to feel energy flowing.

Once you could do that, it was easy for you to sense the energies.

One does not have to be familiar with vibrations of a person or object to do this, as we have done, but it does help in attunement if you know what you are tuning into.

The sharper your image, impression or knowledge of vibration of the person, place or thing, the easier it is.

What the experiment we have done also shows is that energy is around all things and you have an energy field.

You can do a similar experiment with people where you walk up to them and they with closed eyes tell you when they can sense you.

Then you stand at a distance and project the aura and they tell you again when they can sense.

You can reverse this process to allow yourself and them to experience the other side of the experiment.

This is a dynamic process and you become aware of your energy and its effect.

Having said that let us talk more about what the energy surrounding us is.

Known as an aura it surrounds us in an egg shape. Underneath it is a violet in colour and also there are various energies

and colours mixed above this depending on emotions, etc.

The energy is moving all the time, much like you see heat radiating in a desert.

The aura itself has various centre points of energy called chakras, which one can work with. Many people seem to be stuck in the solar plexus where emotions are seated and in the lower chakras.

In general, you have the energy of the aura which has various components: a mental field intermixed with emotions and the physical intermixed with emotions. The chakras are situated herein and work at various levels in these fields.

They are specialised or focal points, much as we have functions such as eyesight, smell, etc. Being a focal point does not mean that the qualities are not also in the whole aura. The aura is one whole.

You do not really need to differentiate fields and energies into bodies such as

mental, emotional, physical, as many systems seem to do. It really confuses the matter when the operation of energy is really a simple process. My explanation so far is obvious when you look at it.

It is difficult to describe these energies, that is why so many models have been used in the past. How do we describe these fields further?

The mental seems to be more at right angles to the physical i.e. is if you were to look at a person sideways instead of front on, that sort of configuration. I obviously do not mean you can only see the mental sideways but that energy is flowing more in that sort of manner within. The mental is connected more to the head chakras- although consciousness is distributed throughout the body- and it concentrates down to the heart and solar plexus chakras.

If you look at the way it runs, you can see that this must be so.

Most blockages in the aura, as I have said occur in the solar plexus, but also at the base of the neck.

If you look at the physical body, this process is duplicated in that you will see a large number of nerves, etc. pass through the neck.

To show you how this works and to relieve congestion I would suggest a few exercises, that were developed by Nina Merrington :

Place the hands above and below the solar plexus parallel to each other.

Hold there for a few minutes and you will feel the energy building, circling between the hands.

After a while turn them so that the hands are on the right and left side of the solar plexus, the hands pointing out with the fingers facing away from the body, the base of the hands resting on the body.

You will find a great relief and flow of energy.

Next we go to the third eye or brow centre.

Here there is often congestion from too much concentration and imaging. Take the second finger from the thumb and circulate it in a circular direction around the brow centre and then trail it out from the head into the aura. You will find this releases tension here and even relieves headaches.

For the general aura and the neck get someone to try this exercise with you, or you can mentally visualise yourself doing it, as this is just as effective. The person does the following (or you mentally imagine it):

Place the tips of the fingers on the outer areas of the shoulders and slide them inwards and then down the centre of the back on each side of the spine, completing

the sweep to the outer side just above the buttocks.

So you have two C's back to back.

Do several times until you feel relief.

These are a few exercises to show you how you can influence the aura positively and how energy flows in it.

There are additional exercises that one can do such as a breathing exercises to relieve and enhance the chakras and there are also ancient sounds as well as colours for the chakras which help heal and stimulate various capacities such as improving memory, observation, the ability to sense things and so on.

I will give you my book later detailing these exercises and other exercises which I discovered and which you can practice as you wish.

The exercises are not compulsory. Utilise them, see what works and even go beyond

them until you are one with universal energy, for that is what all this is about.

What all this shows us is that we have a dynamic field around us which we can influence in whatever way we wish and that it can be utilised to change ourselves and even to effect our surroundings.

As you project the aura to objects, people and other things, this should more than convince you of your possibilities.

Merely with thought and intent we can use the aura and we can even block others energies from entering."

I asked how this relates to the universal in particular, besides what he had already said.

" We are part of the universal energy, the mind in us both conscious and unconscious works on universal energy and is not separate from it, except in it's thoughts.

We came from the universe: we are a part of it, we cannot be separate- try to stop breathing!

That being the case, we utilise the energy of the universe unconsciously, now we can learn to consciously do so by becoming aware of it and it also is a key to becoming one with the universe.

For some, to attain this state may be more difficult than for others because we all have different voltages or vibrations- some are dynamos, some very small engines.

The yoga breathing exercises, the mantras, all the meditations are really created for this purpose. It all leads back to becoming aware of our consciousness, our energy.

The masters go beyond all this, to the universe. That's all you need to be aware of.

When you think beyond systems you become able to utilise anything for your development, because you know the why and what the effect will be.

Many people follow systems blindly, instead of looking at the why, the cause and what will help them become all they can be."

I said that this was a most marvellous lesson, one that I would never forget.

"Never forget that the greatest truths and methods are the most simple. Strip away the complexities and see the essence.

Now I think I will obtain that book for you and then leave you for the rest of the day."

I walked back in silence with him, thinking of the knowledge I had just received. It revealed endless possibilities.



The book he gave me was a vellum covered book, with a pale off-white cover and the gold seal of Saint Germain on the bottom right hand corner.

As I looked at it I had a shock of realisation. Could it really be so?





Chapter 6: The Book.

The book I was holding was a diary written by Saint Germain.

Inside it was a note from him saying:

"You may be surprised that I am letting you read a diary of mine or that I would even keep a diary, but this diary is one of several which records results of my work.

I do not really need a record, but it is useful for my students and for me to have a record so that, when other issues press me, I can refer them to this.

I only ask that you not reveal the contents to any person, except when I give you leave to do so. Many people are not yet ready for the information that is here.

Enjoy what you read here, especially the sections on the chakra exercises which you give to people individually, but not generally release. You will find them on page 54."

I did not turn immediately to page 54 but looked through the book to see what was in it.

It contained descriptions of areas Saint Germain had visited and events surrounding his practice of particular methods. The areas varied widely from America, to places in Europe, Russia and the Far East, including India.

The book was divided into three sections.

The first was headed: "Experiments in Alchemy" and contained references to the changing of oneself through very specific methods. The chakra exercises were included here.

The Second Section dealt with " Changing magnetic fields" and how one could utilise these for ones benefit.

What was particularly interesting and caught my eye, was the use of forces from within the earth for motion, travel and effecting objects. One of the sections concerning this explained how the electric and magnetic fields within the earth function and how this could be used to produce levitation of objects, weightlessness, all described in a very simple manner.

I almost got caught up in these descriptions to the detriment of the chakra exercises.

The third section dealt with a mysterious alchemical process called: "The Creation of the Cloud". It described how an element exists in all creation which can be utilised to produce a cloud of energy, that can be manipulated into various forms and put to various uses such as demagnetisation of

objects, healing, to create invisibility and so on.

It was fascinating especially the exercises to manifest this cloud of energy and it explained many things that had remained hidden from me before. There was a note to the effect that the Rosicrucian Order had some of the secrets of its use, but Saint Germain indicated that he had refined this process and the cloud could also be utilised over a distance, could be made stronger with less effort and could be used for materialisation exercises.

In all the book was absorbing and I found before I knew it that I had read through the day and right through the night. It was dawn as I closed the book with a sigh.

My eyes grew heavy and I fell asleep in the chair with the book in my arms.



I was stiff the next day when I woke.

I moved through the lodge, to get myself a cup of coffee. As I was drinking it, Saint Germain entered the room.

" I see you have had a rough night, " he said smiling. " You must have really enjoyed the book I lent you."

I agreed with him. I said I found it fascinating and extremely interesting, as well as practical. I indicated how thankful I was for the knowledge.

He brushed this aside with a wave of his hand.

"You have not received anything which you are not ready for. I am glad that I was able to play a part in your receiving this knowledge.

That aside, let me get to the matter I came to discuss with you.

You might be interested to know that I was away the whole night and a portion of today, visiting a friend of mine not too far from here.

He is an alchemist of high order and concentrates on producing physical results. He has studied Aruyverdic medicine, which is related distantly to alchemy.

The ancient Aruyvedic doctors made tablets that restore youth, although he has not been working on that. Rather at the moment he is working on education, to see how alchemical principles can be applied to help youth - from pre-school to up to about 12 years.

I was visiting him to see how he was going and also because education for the new age that is coming is an interest of mine.

He raised matters which I would like to share with you because it relates so well to what we have discussed previously.

In most learning students are expected to absorb a lot of information which they are tested on in a rote fashion.

In this even at school age insight and understanding seem not so important as the accumulation of facts.

A lot of learning is stressful because of this.

Now if we look at the useful skills people learn - whether they be games, music, typing, reading, etc., we can analyse the process that leads to acquiring of these skills.

The process is twofold and incorporated in this also is a third stage.

To illustrate this process, let us take reading as an example.

The first stage is where the child knows nothing at all, but the child knows about reading. He or she knows it has letters and

that these are combined into words and that these can be related to everyday speech. So he knows what has to be learnt, but he has not yet started.

The second stage is where he or she begins to learn. This is an awkward stage. It is not easy learning to read. Spelling, pronouncing may be stiff, slow to begin with and practice is essential, but eventually this is mastered and he can read and write.

Having done this for a while the child reaches the third stage.

The practice is forgotten, everything has become easy to do and individual styles of reading and writing develop. The same analysis of process can be applied to music or any field.

In using any spiritual methods, we follow a similar process.

We have a map or idea of where any practice will lead us, this is the first stage.

Then we have the methods which we practice which is the second stage and then we reach an area where we can forget them, because they work automatically.

In doing the above we become a master of that particular thing.

It is an interesting realisation.

We are masters and we are learning to master ourselves! It does not matter what you learn, any process can be a process of mastery and having done that it applies to other areas as well.

In many cases we approach it the wrong way.

We tend to make things very hard for ourselves. We struggle with our not knowing, we struggle with the awkward second stage, we are not even certain of ourselves in the third stage.

We try too hard and frustrate ourselves.

We need to learn to relax the body, ourselves.

Relaxation is an enormous aid for learning and mastering. In Eastern Europe they were using certain types of music to help relax pupils and stimulate learning.

Through relaxation one uses minimum effort to produce maximum result.

The Tao talks about this process as well. This is really the best way to do things.

Once one is relaxed, then one begins to practice. The practice stage is difficult, because one is not able react naturally.

The mind is involved in the learning process, because the actions have to be learned before they become automatic.

Movements are clumsy and slow. Actions may have to be repeated over and over again. If one can relax here, it will become

easier.

After a period it becomes more natural, unconscious and instantaneous use is possible, as well as experimentation.

Relaxation is very important here as well.

In a spiritual sense, you can see that this applies to spiritual practices and mastery.

In talking about this, we can say that what we have talked about is the first stage.

You then relax and prepare to practice what has been taught. This involves the second stage.

Each person is unique. Some may take longer, some will have greater capacity.

Over many lifetimes certain masteries and skills are developed. So some may take a longer or shorter period of practising to manifest what I have taught you.

We also need to remember that some children have hindrances in learning and we also do as souls.

So this has to be worked through, some may not even be conscious or remembered or from this life.

Finally the state of a master becomes automatic and you have arrived.

If we can learn to relax in any situation and I am repeating myself here again, if we can learn to do so even in the most strenuous act, we will find ourselves well on the road to mastery.

To do so one starts by feeling what it is to be relaxed and trying at various moments to recall or induce that feeling.

Approach everything with this in mind as well as the stages of learning we have talked about. This then is what I wanted to share with you at this time and it rounds off a lot of things very well.

And speaking of that, come with me I would like to give you something."

I placed my coffee mug down and followed Saint Germain into the drawing-room of the lodge.

On a table to the side was a brown paper wrapped parcel which he took up and handed to me.

"This is a gift for you"

I opened the parcel and found within a crystal object.

It was a pyramid. The four sides and bottom had been carved individually and sealed together with gold. In the interior was a sphere and in its middle was a twelve sided figure. A gold line went from the apex of the pyramid, through the sphere to the centre of the twelve sided figure.

"It encapsulates all we have discussed so far: that we are a cell of the universe, that we are surrounded by energies circular in nature, that we are bound by a threefold process of learning and emerged in a universal energy (represented by the open spaces within the object). The one thing we have not covered is the gold line that goes to the centre and that is the intuition.

One could call it the gold like dust, because it is everywhere present, it is universal and just needs to be focused or collected together.

As you develop through working with all I have taught you, this will automatically come into play. You will receive flashes of knowledge, insights, ideas and impressions. This is the universe working and you will come to rely on it.

One can help this along if one wishes by practising simple things such as when a phone rings, trying to guess who is calling, trying to guess the time without

looking, or to guess something about a person before they speak to you."

I thanked him for this gift.

" It will serve as a reminder of what we have discussed. I have to leave very soon to attend to some urgent business in Europe and will be away for about a week.

While I am away, you can work on your intuition and when I come back we will be ready to talk about something that you may find extremely interesting. It leads naturally from what we have covered so far.

Please feel free to use my library and facilities. Enjoy the rest, I think you need a bit of a rest and this place is ideal for that."

I thanked him again and he left about an hour after that for places unknown. I was curious, but did not ask him, as I knew

that if it was something I could help with he would tell me.





Chapter 7: The Masters

Saint Germain arrived back on a sunny afternoon about a week later.

I was resting in the shade a tree a little way from the lodge, enjoying the movement of the animals, the peaceful scene, the grandeur of the mountains.

He joined me and for a while we just rested contemplating the scenery. No words were necessary. After a while he said:

"I am glad to see that you have rested well and from your aura I can see that your intuition has sharpened"

I smiled and agreed with him, saying that I thought the surroundings and especially nature was a help.

"Nature and natural surroundings are very helpful and conducive to this process," he replied, then changed the subject abruptly, " The last week was very tiring for me and I am glad to get back to the lodge. I need to recharge some of my energies.

After supper, let us meet and we can continue our discussion and especially discuss the masters."

So much later seated before the fire in the lounge, we started talking.

" The Masters as such are a mystery to many people. Our consciousness is too and the idea of the process to become one.

I have not seen one really definitive book on the process. Many books such as the Alice Bailey ones, the Theosophical books talk about initiations, but the means to reach these states are not really fully described.

There is much talk of meditations in other books and methods, but really no clear concepts of the way are delineated.

How can one develop the consciousness of the masters?

There are many who say one must go and study with a guru and learn, but this is not always possible and who is to say that he or she will give you what you want?

We have covered some of the process in what we have done so far and I have done so in a way that will help you develop by yourself, but I would like to give some additional methods that will take you further.

In talking about this I am assuming if you pass this on to anyone and I hope you will", he said smiling, "that if they try these methods that I indicate, they will find that these work just as well for them, with minor adjustments for their individuality, their problems.

The exercises are not for a beginner, but for a person who is ready to expand or experience new consciousness and awareness.

To examine the consciousness of the Masters, I must state in the beginning that this consciousness already exists in all people, it just has to be developed. Where does it start?

In all belief systems, in all mystery schools over the ages there have been central images that all people who practice the systems follow.

Consciousness can be changed by images and this many systems have done.

The Jesuits for instance followed the rigorous practice of visualising the life of Jesus in great detail and imagining themselves in that situation.

The Quaballists worked with the images and names of God in their Tree of Life, experiencing themselves as those forms.

The Hermetics also did similar things, absorbing and becoming the idea of God they could encompass.

We can go to the East, to the Buddhists, the Hindu religion and find identification in some similar way.

The Sufi also practice an identification with the names of God and imagine the letters as part of them.

All systems use images in some form to develop awareness, consciousness.

This gives us insight into how the consciousness of the masters can start to be developed.

Think carefully about what has been said in terms of your wider reading and experience and see how it resonates with you.

I am going to give you some exercises in the use of images, based on our images (the images of the masters). These can also be used for service to the planet, service to others besides the process of expanding consciousness.

The energies of the Masters, will also, because of the nature of our consciousness, bring to light faults, dreams, ambitions and change consciousness in so many ways, so be prepared.

As a bonus, it is said that man becomes like those whom he associates with and association with the vibrations of the Masters can help you to elevate your consciousness.

If you start to work with our images and energy, within the first two years you can expect:

* An improvement of intuition

- * a more dynamic aura
- * an increased sense of well-being and
- * an increased ability to serve.

You need to be aware that the energies you will be working with are potent and are not to be played with.

The methods are simple.

In order to practise them, first you need to obtain a copy of the book by David Anrais, called "Through the eyes of the Masters".

In this book are portraits of the Masters, which are essential for your work. They are the best available.

Take the pictures from the David Anarais book and look at them in the morning. Just look at them. Take about two minutes to do so.

After a week, when you look at the pictures, see the images reflected in your head and in your heart chakras. This is, if

one were to relate it physically, the centre of the head and the middle of the chest respectively.

Once you feel your sensitivity to vibrations increase and you can sense the Masters and other vibrations in books, objects, people, you can add on the exercise of seeing the images, also in the third eye and the throat chakras. Do not go below the heart chakra with the images.

After about three months contact with the force of the Masters, is a further step. It should be approached only if your intent is pure and your ideals are high. Before giving the method I must preface it with a few comments.

We all have our own ritual, practice or meditation, whereby we become aware of God or the highest aspect within us.

The Alice Bailey books and their lessons, as well as other methods, talk about raising our consciousness by withdrawing

attention from our physical body, then from our emotions and then from our thoughts.

This done one becomes aware we are more than these things and therefore seeks the essence of our higher self and to become at one with it. However this may be realised, whether it be a feeling of oneness with the universe, oneness with light and so on.

Whatever will bring you to that state of awareness, you associate with the highest or God within you.

You could see yourself rising up until you are at one with the light and the universe, the sea of light and energy.

Those who may not understand this process should not continue with the exercise that follows.

They will need to undertake something such as a meditation course or to go through a training program with a school

that will show them how to reach this awareness.

This process is a first step before one attempts the following meditation.

When you are in this state of oneness, raise your consciousness further, through concentration on the image of the Master you want to align with (You will have to memorise the drawings).

This is be done by visualising the image of the Master you want to align with and rising up to it, merging with and becoming one with it, so you and the Master are one.

Then request the Master to direct his energy through your body and vehicles such as the mind, emotions, which you should see in this state as receiving these forces as you request it.

You can ask for the force to go through you to help all life, to raise your

awareness to that state, to help others to do that, to enlighten you and so on.

Once you have finished become aware of yourself, as being in your body and back in the physical world.

Sometimes working with the Masters forces are stressful. I am going to describe a healing and recharging meditation, which I have used with success and which can be used for other purposes as well.

Relax and see yourself surrounded by a shower of golden light. Feel it falling around you, soothing, healing, washing away all tiredness, all age, all negativity and renewing your body, your cells. See the water as washing all this away to the sea in the distance.

The meditations you have been given, whilst working with images of the Masters only bring you into contact with their force. Actual contact may only come after much preparation and involvement

with them and may occur as a dream with specific features. "

This concluded our session for the day.





Chapter 8: A Final meeting.

A few days later, I held my last meeting with Saint Germain.

The sky had clouded over.(A note here: while writing this last chapter the sky became overcast as well!) Thunder and lightening were interspersed with the falling of rain. The lightning cast flickering shadows over the walls, but inside was cosy and warm.

I was in Saint Germain's study sitting on a chair, before his desk. He was sitting more formally behind his desk, with reams of writing paper and an open book, before him

He noticed my glance at the papers and the book and said:

" I have been reading through the book of a friend of mine: Franz Bardon called 'Key to the true Caballah'.

It deals with the cosmic language, which involves using single and combined sounds, colours and feelings. As you combine these you create different conditions, different effects from causes to physical events, to healing, to control of the elements.

It is an involved process and takes a while to master. His book is well worth reading though.

I have been working with a simpler method of achieving similar results using universal forces, thus you see my papers spread all over my desk. It is not an easy process and something that is difficult to explain, but I am working on it."

He smiled.

I said that it sounded very interesting to me.

" It is an interesting science and one that you and I will discuss in future months to come, so I would recommend that you get hold of Bardon's book and see what you think of it. In his previous books, especially 'Initiation into Hermetics', he talked about how you can control the elements, so the storm out there is something that one could easily tame."

I said I had at some stage worked with dissolving clouds and creating rain.

" Yes, that sort of experiment is an interesting one, however to stop a storm is much harder. You may have heard of the Lamas in Tibet who can call up storms by meditating on their deity of storm. That is one way of doing it and you could stop storms by the same means.

However I prefer simpler ways of working such as the cosmic language or using the elements.

Before one does this though, one should think because storms are necessary in life!"

He smiled again.

" Now if you don't mind, I would like to talk to you about a few matters to prepare you for what is to come in the coming weeks and years that we will work together. Also I would like to obtain your agreement for our further work together. "

We talked for a number of hours, the storm being quite abated by the time we had finished.

Of the details of this talk, I would like to give you a general idea, not quoting verbatim as some of the details are too personal for me to relate.

We talked about my past, the coming changes for me and how I could relate to the changes happening in the earth.

Saint Germain indicated that for the Earth, that the changes would not be as violent as people thought.

He predicted many positive discoveries including the discovery of a new space drive, the simplification of communication that would go beyond what was conceived of today in that the television phone would be surpassed by a new method of instantaneous communication that could even be used over inter-stellar distances.

He indicated that there would be easier and less timely methods to travel within the planet, far more comfortable than the current jet and motor method.

He also said that the current education system would be replaced by a new and more innovative system, that would arise out of the confusion in education. It would be more natural to inner purposes and totally different from the current classroom

situation but not quite as conceived by current minds, with their home and computer driven education.

He also mentioned a breakthrough in the field of health that would eliminate many problems that humanity was currently facing, not even conceived of because it dealt with electro-magnetic energies.

These were a few he revealed amongst a host of other wonderful things in store for humanity, which may be more revealed at a future date.

He asked me if I would be prepared to do certain work for him, which I willingly agreed to.

He then gave me the method to contact him over a distance, which I unfortunately cannot release here, but you can find clues to it in my book "Images of Immortality".

I indicated how sad I felt to leave him, but he reassured me by saying that in reality we would not be parted and that we never

had been.

As this meeting drew to a close, there
drew to a close my stay with the adept,
the master, Saint Germain.

