

## Praise for Living a Soulful Life

### *Afra's New Teaching on Love, Brotherhood, and Freedom*

“If you have ever wondered what true brotherhood is, read this book! For in the sacred space of your reading you will feel its essence in new and profound ways. You will see it as a fundamental principle inherent in the harmony of nature and the rhythm of the universe, and not some lofty ideal beyond our reach to be attained in some distant future. Afra’s loving soulfulness, saturating each letter of each word, will set the cosmic record straight as it sets your heart, mind, and soul on a journey toward embodying the light of true brotherhood now.”

—Kevin D. Raphael Fitch, author of *Celestial Configurations of Africa and the Caribbean*

“Through this landmark book Afra shares a ray of hope for Africa and the Earth—how we can embrace who we really are and recapture the great civilization we once had. He urges us to see beyond our exterior cover and look to our essence and interconnectedness, affirming we are one in God. His words touch every fiber of my soul! I stand proclaiming my commitment to live a soulful life this day and every day.”

—Deborah Ellis Timberlake, Esq., GPHR, CPP

“With the wine of love and words like music, David Lewis’s new book leads us to the fountain of Divine Light. It is like entering into the freshness of an enchanted dream. The breath of life sparkles in the splendor of the dewy dawn. We are filled with hope and excitement, with the premonition that some great discovery may emerge from the depth of our soul.”

—Mamade Kadreebux, poet and author of *Destiny, Life in the Shadows, Book of Journeys, and Journey to Ancient Arabia*

“Master Afra is sacred to Africans throughout the world. I was born in

Lusaka, Zambia, and have held great love for the African continent in my deepest soul. The mighty mother flame that once was sacred to Lemuria even now calls for rebirth on this vast continent. This book has been long awaited to rekindle that flame through Master Afra's heart, to bring us back to the African Spiritual Sun. May this book awaken Master Afra's love in African hearts and herald the renaissance of the African Solar Spirit Age once more."

—Ralph Douwe Raaths, Steiner Teacher Trainer and Spiritual Science  
Lecturer

"The wisdom of the Master Afra contained in *Living a Soulful Life* will, no doubt, resonate as Truth in your heart and mind, as it does in mine."

—Thomas Burns, author of *Breaking Through the Mist: A Field Guide to  
Higher Consciousness*

# Living a Soulful Life

Afra's New Teaching  
on Love, Brotherhood,  
and Freedom

Volume 1

David Christopher Lewis

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## **Dedication**

*Dedicated to the victory of the light in Africa and its people, and to  
Brothers and Sisters of Afra of all races and cultures throughout the world.*



## Foreword

**I**t is one thing to read about the life of a master or read the words that he has spoken; it is altogether more awe inspiring and emotionally moving to be in the presence of a master who is communicating heart to heart with his students. It has been my privilege and joy to be witness to the reality and shining effulgence of such a one—a true adept known simply and affectionately as beloved Afra.

The Master Afra is a divine being who commands the power of love, who soulfully emanates the light of brotherhood, and who embodies the flame of freedom with great acumen. It is impossible not to be lovingly stunned and utterly transformed in and by his Presence. The eloquence of his words—spoken with a deep, resonant voice and reverential tone—obviously originate from a sacred place of cosmic consciousness and uniquely highlight his oneness with the Divine One. His messages quicken the mind unto a new awakening and pierce the heart to create a new and more expressive opening and expansiveness.

It is by special dispensation that an ascended master is allowed to reveal his name so that unascended mankind may call to him. For by keying into his name, we have access to the matrix of light and the causal body of attainment of that master's Presence. Through the use of his name, healings and other miraculous manifestations may occur, so long as the devotee has faith that by calling upon the name of the Lord through this master, he has access to all goods and graces the master may bestow—for the master is one with God's eternal Spirit.

This understanding of the science of invocative prayer is now coming to the fore of mankind's outer awareness. Thus, many are now using the names of various divine personages, including angelic and cosmic beings, while giving their daily devotions, mantras, or prayers and while sitting in silent meditation. This brings them great spiritual benefits and uplifts mankind and the planetary body in the process. Although an individual may

seem alone, through the intercession of the saints and sages of heaven, he is never truly bereft of the Presence of God around him when he utilizes the science of intentional and spoken prayer. This process goes well beyond the archaic approach of beseeching God to fulfill one's human needs.

The illustrious Ascended Master Afra revealed his name over thirty years ago to a modern visionary mystic. Afra, who embodied upon Africa hundreds of millennia ago, was the first among many lifestreams to ascend from this continent. He now sponsors many of those who have continued to reembody upon that soil, and elsewhere upon Earth, to fulfill their souls' evolution. Afra, whose name is derived from the same root as the word *fraternity*, meaning brotherhood, is truly a brother to many on the return path to God's heart through the ascension—the merging of the soul with the Spirit in a permanent divine union.

Afra models the essence of soulfulness, born of compassion and kindness, which he wraps into a gracious offering of his Selfhood on the altar of humanity. He is beyond reproach. His every word elicits a desire to be fully present in eternal love through the heightened sensitivity that can be accessed within the amazing light-energy field that he wields. Listening with rapt attention to his orations, we feel the consequences of our every thought, feeling, and word, and we are compelled to strive to be more godlike and virtuous.

Inspirational speeches, religious sermons, and wannabe-guru discourses are a dime a dozen. Rarely does a true adept who has conquered self and reunited with Spirit appear in the midst of human beings. Rarer still are those who have the ability to help us overcome our lower nature with words that are aglow with the fire and grace of living love.

If, as Marshall McLuhan says, “the medium is the message,” beloved Afra's therapeutic HeartStreams are both cathartic and convincing. His ability to cut to the core of our unresolved issues, hidden in the shadows of our subconscious beings, stuns the egoic mind and incites us to finish our greater inner work of knowing our Selves. Through some sort of divine magic, he intuits our thoughts and answers our life riddles in such a sublime yet sanguine way that we instantly feel the inner shift in our souls. We are emboldened to act until we too have secured our eternal freedom in the light.

As a master who often refers to himself simply as a “holy brother,” Afra

embodies everything we could desire in a true friend—a caring benefactor and a learned teacher. Being in his presence and communing with him is fellowship of a higher order—a union of hearts, minds, and souls in intimate moments as we experience in his aura the magnitude of peace and the power of brotherhood on a planetary scale. As many true masters do, Afra works behind the scenes so as not to draw into his sphere of awareness the outer attention of the untrustworthy, the fanatical, or the profane. Only those who practice honesty, integrity, and kindness will magnetize his heart to theirs, and theirs to his.

In the mystical traditions of the Great White Brotherhood (*white* referring to divine light and not to race), Afra stands alongside the Master Alchemist Saint Germain as another holy brother—their missions indissolubly linked, their universal minds one, and their fiery hearts forever yoked in a sacred union of brotherhood, enlightenment, freedom, and love. In fact, the ascension dates of both of these two great beings are in exact polarity—Saint Germain’s is the first of May and Afra’s is the first of November, which is also All Saints’ Day in the Catholic calendar of holy days. Having witnessed firsthand the blazing Solar auras of both ascended masters, I can attest to the fact that both wield tremendous divine light and both are divine magicians and planetary arhats of the highest order.

Afra has communed with his students by releasing ongoing revelation through me as an amanuensis since the third of April 2005, when he came to Detroit and first called his own to rise up and fulfill their reason for being. It was befitting that he would anchor his light there, since Detroit has a great concentration of African-Americans and, as the spiritual solar plexus of the United States, has been a key city in the expansion of business and commerce, especially through the automotive industry, from the heartland to the Eastern Seaboard. Afra’s great and tender caring for his own race has been evident; and yet, he counts us all as brothers and sisters. He has said that at one time or another, everyone upon the Earth has embodied upon the African continent.

This book is the first in a series containing inspirational discourses of beloved Afra that I was privileged to hear with my own spiritual ears and to deliver in as accurate a rendition as is humanly possible. As a result of a request made by the Elohim Arcturus in the autumn of 2006 during a Hearts Center pilgrimage to Egypt, a group of spiritual devotees has been



gathering by conference call on a weekly basis each Sunday evening to meditate, pray, and chant for the reuniting of all peoples in brotherhood and love. These individuals have focused their work on behalf of all nations upon the African continent and the peoples of these nations who are now spread or reembodyed throughout the world. All are considered a part of Afra's sacred brotherhood/sisterhood of the Spirit.

In this volume, Afra answers thirty-three interesting and poignant questions posed to the Master from these students, whom he refers to as holy brothers and sisters. The questions were compiled by this devoted body of heartfriends, and now it is time for this instruction to be shared worldwide.

I am heartened by the release of this book of Afra's messages, complemented by various prayers, songs, inspirations, and testimonies of his tangible reality in the lives of his brothers and sisters. For those of us who have witnessed his eternal longing and his great work on the inner planes to raise mankind into higher consciousness, he stands as a pillar of light and a supreme example of selfless service and brotherly love. For those of us who can carry on his mission through our prayer vigils and through tangible works of sacrifice and service, Afra lives, moves, and has his being through us even now.

Future volumes in this series will provide teachings shared through over a hundred additional discourses by both Afra and other ascended masters who appeared in the midst of pilgrims during their travels to Egypt (autumn 2006), South Africa (spring 2009), New York (autumn 2010), and Ghana (autumn 2011).

Afra's powerful messages continue today, and the work of promoting the resolution of conflict by spiritual means and enlightened dialogue is ongoing among those who humbly serve this great master and his cause of light through modeling divine love in their daily lives. With the serious challenges we see across the Earth in the outplaying of ancient karmas between peoples and nations, it is imperative that we hold to the awareness of the Christic/Buddhic light—the God-flame—that burns within each of us. As we uphold the reality of each one's divinity through acceptance and understanding, a new era of true brotherhood may appear upon Earth. And it is certain that the beloved ascended master Afra will play a key role in bringing this about. My hope and prayer is that you too will be anointed and

emboldened by Afra's calls to action to consecrate your life's energies to your highest path of light in the spirit of brotherhood.

Toward a new day of each soul's freedom in oneness with God's eternal purpose, I am,

*David Christopher Lewis,*

Co-Founder and Spiritual Director of The Hearts Center

## Introduction

**S**eventy-thousand years ago, a golden-age civilization of the blue and violet races lived harmoniously on the continent that we now know as Africa. They were dedicated to the will of God and devoted to his principles of mercy and justice. Through their practice of divine rituals, they were able to maintain their connection with higher realms of light.

This civilization thrived during the time of Lemuria, when the culture of the Mother had reached its zenith. Yet at a certain point, souls who had turned to darkness sought to drive a wedge into the established culture of unity and harmony. Peace was disrupted and the stage was set for the downward spiraling of the civilization. Divisiveness, caused by a false sense of duality, took root during this time, and the basic sanities and civilities of life were eventually lost as brother warred against brother.

A great soul in the realms of spirit saw the plight of the blue and violet races and sought permission from the Karmic Board to descend to Earth to help them. With permission granted, this divine being took embodiment on the continent of Africa to show the people how to dissolve their differences through the sacred fires of brotherhood. As Jesus and other avatars have done, he traveled extensively to spread his message, depositing into the ethers of every locale the memory-traces of unity. He was the living spirit of brotherhood in embodiment at that time, whose mission was to save the African peoples from self-destruction. His message, “We are brethren,” hallowed the space through which he passed and charged each atom of man and nature with soulfulness.

Delivering his message was not without its dangers, yet this did not stop him—his love for mankind was greater than the fear of death. He lived his message everywhere he went. His every gesture was the song of brotherhood; his every look was through the “eyes of the heart,” aflame and alive with kindness, compassion, and brotherly love. The eloquence of his speech resembled the music of the spheres. This was Afra, the epitome of

the spirit of brotherhood. He ultimately fulfilled his purpose in raising souls out of mediocrity and ascended over thirty-five thousand years ago.

Fast forward to April 2005. The ascended master Afra is speaking to a small group of spiritual seekers in Detroit through his amenuensis David Christopher Lewis about the urgent need to resolve conflict in both their city and among the nations through embracing the spirit of brotherhood. His message suggested that the descendants of the blue and violet races (many of whom are among the black race today) have special gifts to share with other races that could aid in this resolution.

In October of 2006, a group of pilgrims from The Hearts Center gathered in Luxor, Egypt, where Afra and other ascended masters called for a more active effort on the part of their students in offering violet-fire prayers on behalf of the African continent. They spoke again of the struggle of the African people and requested that those who resonated with these souls commit to coming together regularly to pray for the transmutation of the akashic records of their tumultuous history, as well as for a new infusion of divine light and love into these nations, her peoples, and all those of African descent around the world.

Following that trip, a group of students began holding weekly prayer vigils for the healing of Africa. Through the vigils, they have been dedicating their energy to assist the ascended masters and the angels in dispelling the darkness that hovers over that beloved continent.

The group also met by phone for several weeks to formulate thirty-three questions to ask Afra in a series of six *darshan* sessions. In Sanskrit, *darshan* literally means “seeing,” “viewing,” or “perceiving.” Through *darshan*, a spiritual master or ascended being may commune with his or her students. When in the presence of such a holy one, the disciple may experience the master’s spiritual essence and the light of truth that he or she bears. In this instance, the group of devotees felt the expansion of that light within their hearts and minds as Afra released, through these discourses, the fullness of his love and wisdom, charged with his spirit of brotherhood. In Part One, you will read the questions that they asked Afra and his responses.

Since 2005, Afra has also been releasing HeartStreams through David Christopher Lewis, which David receives through the grace and power of the Holy Spirit. Part Two includes these addresses, delivered during

services, pilgrimages, and special events. They provide much wisdom, inspiration, and guidance for the work that must be done to bring God-government, peace, and healing to the millions of souls that populate the cradle of civilization that is Africa. In Part Two, you will also find answers to several additional questions posed by students to beloved Afra. The answers are relayed in David's words as he was overshadowed and inspired by the Master. Part Three includes prayers, invocations and affirmations for invoking personal and planetary brotherhood and freedom. By engaging in these rituals, you become an advocate for Afra and a nexus of divine light, which he inspires us to embody fully.

# PART ONE

## Answers to 33 Questions from Disciples



# 1

## Beloved Afra, please define your spirit of brotherhood.

**B**eloved ones, the spirit of brotherhood that I bear is an eternal flame, a divine radiance that is effused through all membranes of consciousness of all lifestreams throughout the cosmos. It is that which links all into a commonality of holy purpose and divine unity, sanctifying and raising, through a field of cosmic activity, the work of all.

The spirit of brotherhood is effused through the soul in a collective solar consciousness and is at the core of each one's identity in God. The Divine One placed within the beingness of all created life an aspect of himself as that spirit-spark, and it is from this point of reference that the experiential nature of light is manifest. The spirit of brotherhood, as the spirit of Afra, is what blends the soul-realities of all into a kaleidoscopic, harmonic representation that is beautiful to behold, to feel, and to know.

When you experience this state of awareness within your soul, there is a divine comprehension of the essence of every other soul that is connected to you. You feel at a deep level of beingness the essence of others as a part of yourself—and your essence as part of the greater soul awareness of all sons and daughters of God. Though there is specificity and differentiation in each one's evolutionary path and experience, at this level of awareness there is a profound glory that may be known by each one, which is the glory of God through this *antahkarana*\* of the eternal brotherhood of the Spirit. At your core is God, and God's flow is the effusion of brotherhood through the essence of Godhood, which is good; of Spirit, which inspires; and of the Divine, which directs your course, your life itself.

There could be no Universal Great White Brotherhood<sup>1</sup> without this interconnectedness, which is a manifestation of God's respect and honor for

each created being as a part of himself. There could be no world and the interplay of life upon each world without the linking of all life together as one. It simply is, because this isness, this suchness, is God.

Therefore, to feel the spirit of brotherhood of Afra, blend your voices together as one voice; blend your soul awareness together as one great soul; blend your heart fires together with a new radiance of divine love that will suffuse itself throughout the world in divine joy to bring about the true brotherhood of the Spirit, which is beyond all barriers, all borders, all biases. The spirit of brotherhood transcends all countries, races, and sexes and allows a new libertarian ideal to manifest through government, whereby those in leadership exercise God-awareness as they represent the people, whose worlds are thereby blessed by this divine authority.



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\*. See the [Glossary](#) for terms you are unfamiliar with.

1. See [Glossary](#) entry for Universal Great White Brotherhood.

## 2

### **Beloved Afra, why are there different races on the planet, and does each race represent a specific cosmic energy?**

**A**s children, many of you had Crayola crayons and colored upon your paper something that spoke to you of your world. God speaks through all of his created sons and daughters. God experiences the creation through his creatures. Would you have only one color in your Crayola box or would you have many in order to convey, through a beautiful rendering, something from your heart that you may show your teacher, your friend, your parents?

In a childlike spirit, return to an understanding that race is not important. Is one color within your Crayola box better than another, smarter, more noble? No, of course not. Each can lend itself to delivering to your creation something of beauty.

God is a great artisan of the Spirit, and written across the cosmos and painted through all substance is the glory of divinity—God. The various races that have evolved upon Earth are evolutions that have embodied in domains and time periods that allow them to evolve, experience the creation, grow, learn, master life, and move on to higher worlds of understanding and beauty. There is a frequency and a specificity within each race that is an essence of godly intent. This energy manifests through those within that culture and race who resonate with that frequency of light. All are ennobled by the strain of light of which they are composed and the harmonic stream through which they evolve.

Through objectivity, rise above the Earth to see the planet as one whole, one teeming orb of light and life. From this viewpoint, which is a Solar viewpoint, you may see how all are necessary, all are a part of the turning of this world in light. It is only through duality that you diversify your