

Saint Germain
ON
Advanced Alchemy

HeartStreaming
in the
Aquarian Age

Volume 1

David Christopher Lewis

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Saint Germain on Advanced Alchemy

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Email: info@MeruPress.org

Library of Congress Control Number: 2015933029

ISBN: 978-0-9818863-5-0

10 9 8 7 6 5 4 3 2 1

Cover art by The Hearts Center Creative Arts Team

Cover and book design by Nancy Badten

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Foreword

by David Christopher Lewis

I first heard of the master Saint Germain and saw an image of him in the early 1970s when a friend showed me the book *The Magic Presence*, by Godfre Ray King. Although I did not read the book at that time, the image made a deep impression on my soul. In the spring of 1974, I found the teachings of the master as presented through The Summit Lighthouse activity. After attending my first conference in Spokane in early July of that year and hearing my first live dictation of the master through Elizabeth Clare Prophet, I immediately pursued earning the money to attend Summit University to immerse myself in the teachings of the ascended masters.

I attended Summit University from January through March of 1975 and then helped found the first official regional teaching center of the Summit in the Twin Cities of Minnesota. The following year, on April 8, 1976, I joined the headquarters staff in Colorado Springs. I moved with the organization as it moved, serving as a staff member for over twenty-two years. During many of those years, I served initially as the membership secretary and later as the director of the Keepers of the Flame Fraternity, a non-denominational and non-religious organization co-chaired by the Maha Chohan in the office of Keeper of the Flame and Saint Germain as the Knight Commander. I was responsible to maintain accurate membership records, send out dues reminders, and handle much of the correspondence related to the fraternity.

Little did I know during those years that my life would take a dramatic turn nearly thirty years later, by which I would commune with and serve the master in a much more direct manner. Looking back, I realize that while my years of humble service to the ascended masters through an outer organization were very important, the inner work on myself and the spiritual strides I was making during those years to expand the light within my heart and auric field were even more crucial for the fulfillment of my greater life mission and service to humanity.

On June 6, 2004, during a Sunday service in Livingston, Montana, at St. Mark's Church, a local branch of Church Universal and Triumphant, I had a mystical experience and what I now describe as a great awakening. I was taken up in spirit to a new and much higher level of awareness and there was a quickening within that resulted in the bestowal of a sacred gift that some term *locution* and others *clairaudience*. Although I did not fully understand at the time what had happened, in subsequent days it became clear that I now had the ability to commune more directly with the ascended masters through this gift as long as I would use it selflessly for the greater good of all.

The next day at my home in Paradise Valley, just after sunrise and following my morning prayers and devotions to God, I sat down to write a "journal of life" to document my numerous spiritual experiences so that I would never forget them. We had been encouraged by the masters to keep a journal in order that we would have the remembrance of these sacred times of transcendent communion with God if and when challenges would come in our lives.

As I put pen to paper and reflected on what I would write, a powerful presence and energy filled the room and the Master Jesus began telepathically dictating directly to my heart and mind my first *HeartStream*, a term the masters later gave these messages. This heavenly missive was personal to me, very beautiful, and was definitely not something that came from my own mind. Jesus asked me to continue to receive a message daily after a time of early morning meditation in silence, and said that more direction would come to me through other ascended masters.

Three days later, just after dawn on June 10, 2004, over seven months before the outer formation of The Hearts Center movement, beloved Saint Germain came to me for the first time. It was an electrifying experience during which my entire body was supercharged with light and I felt all aglow with his and my love for God. He gave me the following teaching:

The radiance of the heart is the alchemical key in all experiments of the spirit. When you fully realize the intensity of this flame, nothing shall be impossible unto you. Your life will take on a miraculous aura of peace and divine ecstasy, which is almost indescribable. Your inner knowing and growth will be

most tangible to you and also to those around you. Ever has it been our cause to raise men out of mediocrity into the fullness of their divine potential. Yet most would have it not, having borne the hurts of past failures rather than looking forward to the glory of new and cosmic achievements.

You have earned the privilege to receive tangible love from our hearts through your daily constancy, striving, and deep reverence for life. Now you must journey beyond the limitations of your finite self through new experiments in cosmic consciousness far beyond this world. When you meditate upon the stars, the nova, and the Hub of the known universe, you draw unto you those cosmic currents that will literally change the essence of your cellular structure through a new and glorious brilliance of Christic patterns and a matrix through which we can pour more love to humanity. Pray for true humility, for in the light of Alpha and his great humaneness of simple devotion to the One Purpose is found the key to the All.

I was in awe after I placed my pen down, and I sat for quite some time contemplating his words and their charge of light to my soul. I kept these messages secret from all except my wife and one other trusted friend, for I considered them too sacred to share with others who would not understand what was now transpiring in my life and my inner walk with the Spirit Most Holy. My days working in my Paradise Artworks gallery in downtown Livingston were now suffused with a new radiance and purpose. It was as if I now breathed in the air of a different and more transcendent universe.

Saint Germain came again to my living room shortly after sunrise nine days later, on June 19, 2004. After reverently acknowledging his presence and sensing that he was ready to answer a question, I asked him what was the most important work that I could accomplish in this life. He replied:

Beloved David, you are working my works daily—primarily in your inner spiritual work through decrees, prayers, and rosaries, and in constantly thinking about and meditating on God, the spiritual path, love, light, and community. Building a community of hearts united in my work of advancing my Aquarian ideals is the greatest work you can accomplish for me. Diligently strive to

bring people together to glean divine wisdom, gnosis, and the raising of the Mother Light from the base to the crown through Buddhist devotion. A community of hearts is being woven together through the Holy Spirit's work.

Then, on the morning of June 26, 2004, Saint Germain came with this message:

When you abide in love, I abide in you, for I am the embodiment of God-love as your Aquarian master. Portia and I anchor within the Earth the golden-age consciousness of the Father-Mother God, which they would have you also be. For when the many choose to become this love, Earth shall truly be Freedom's Star!

We come to deliver to you vials of love to counteract the vials of the seven last plagues.¹ Contained within these vials are components of each of the seven rays as elixirs, distilled down to the very essence and intensity of those rays. We are cosmic homeopaths, alchemists of the spirit, who bring to you the ascended-master antidotes to the perils within the Earth. These vials of love as concentrated quintessences of the rays will literally charge and change your beings in the twinkling of an eye when you imbibe them and allow a spiritual chemicalization to occur within you while maintaining your harmony, stability, and equipoise.

I didn't hear from Saint Germain again for some time, until suddenly I was awakened by him at nearly midnight on November 8, 2004. After I arose and had paper and pen in hand, he gazed intensely yet lovingly at me with those deep violet-colored eyes and said:

David, the time has come for you to determine if you will be our amanuensis, for certain cycles of Aquarius are here and we are determined to make a mark within this Earth and initiate new spirals of victory! We fully understand your current situation, and yet we need you now to pen our words almost without ceasing, for the lightbearers need our current word to them for the ongoing and timely work at hand. The resources have been provided....

You must go forth to carry our words and our message to the world. There is no time to dally or delay.... You are being called to come up higher and be fully trained by us. This will require your all, your very life blood and all the fruit that you have garnered over many lives. You must put behind you all concerns for business, abundance, and other personal and family matters, and take the next step. This will require a greater discipline, both internally and externally.

Of course this message shook my world to the core, and I realized that something dramatic and life-altering was occurring. I felt the urgency of Saint Germain's message and decided that, come what may, I would be obedient to the master and serve with everything within me. His words proved to be prophetic, because I had to surrender much of my life—who I was in others' minds—and be refashioned in a spiritual way to accommodate what the master intended to do with me in order that I could be the best servitor and amanuensis I could.

It was months later, in the autumn of 2005, that I realized that in 1994 I had written a letter to the Karmic Board* and offered to serve to fulfill the role of a certain individual who had decided to abandon his holy office within the Summit organization.

(*Note: Please see glossary for terms, such as Karmic Board, that may be unfamiliar to you.)

We had been told that that individual had Buddhic attainment and was destined to do great things for the Earth. In my letter I had pledged to sacrifice, to work on myself, and to step up to the plate to become a vessel for the greater work. I also wrote at that time that my goal in life was to become a Buddha. I studied all I could about Buddhism during the limited hours I had available and I began to have amazing experiences in which I felt an inner shift into a more enlightened state of being.

From January 2005 until January 2008, Saint Germain came to me, on average, once or twice a month to provide instruction on all manner of spiritual topics. He was always tangibly present, with an intense aura of violet-joy radiance coupled with a beautiful aroma that I would describe as violet-rose-honeysuckle, as he conveyed to me profound and poetic

concepts about divine love, heart-centeredness, higher alchemy, and the joys of conscious living.

During February and March of 2008, Saint Germain and his beloved twin flame Portia* alternately dictated a series of beautiful teachings that they titled *A Spiral of Divine Alchemy for Solar Beingness*. These are included in Part Three of this book. In the summer of that same year, the master allowed a small circle of disciples to ask thirty-three darshan questions, which he generously answered; and these are included in Part Two of the book. (*Note: See glossary for more on Portia.)

In the spring of 2009, Saint Germain asked me to conduct a seminar in Mount Shasta, a small city formed at the base of a sacred inactive volcano in northern California and the home of numerous new-age activities. Among these is the Saint Germain Foundation, which has published many transcendent teachings by the master as dictated in the 1930s and beyond through the messengers Guy and Edna Ballard, also known as Godfre Ray King and Lotus Ray King. And so on August 22, 2009, in a packed auditorium in Mount Shasta's Masonic Lodge, Saint Germain shared his teachings on advanced alchemy. Later, from May 1 to June 5, 2011, the master conducted a six-week Meru University² course in which he elucidated further on advanced alchemy. These transcendent messages are included in Part One of this work.

It has been my divine pleasure and privilege to receive both the teachings and the loving radiation from the master Saint Germain's mind and heart. These I now present to you for your spiritual edification and blessing.

The master intends that we publish volume two of this series within the next eighteen months. It will contain many of his additional teachings given over a ten-year period in over one hundred and sixty *HeartStreams* and will also include his new alchemical formulas for spiritual success, presented during a special event broadcast from Livingston, Montana, and simulcast to Mount Shasta, California, on May 1–4, 2014. All of these teachings are truly rich in the flavor of Aquarian love, prompting us all to heartstream to the world our own spiritual gifts, talents, and boons.

May the master's message raise you ever in the Light of God That Always Prevails!

David Christopher Lewis
January 7, 2015

Preface

My Sacred Formula for World Transmutation: Love, the Alchemical Key, Conquers All

by Saint Germain

Dearest Hearts,

My sacred formula for world transmutation begins with love, it ends with love, and within its very center is the flame of eternal love. Therefore you must begin every experiment that you desire to be successful on your knees before God, in love with your Presence, whereby you submit all to that eternal science of the spirit through which there is the ennoblement of the soul through integrity, through that which you offer in service.

It is only when there is the supreme understanding of your Source that each and every avenue will be open for you and the success of your alchemy may manifest. Truly, the grace of God is in the eye of the beholder who sees clearly that which may manifest through a heart apprised of this formula and beating in unison with the Creator.

Would you be co-creators with me? I ask. If you so choose, it will mean that from this day forward your every thought, your every emotion, your every movement will be seen as one that is in unison with the holy purposes of God; and that which you emanate—if you would be gods³—will be clear and true and sure of its effects upon life, of its cause, and of all that flows through the model that you represent as the one through whom the science of being occurs.

Many have studied the ancient mysteries and they can recite formulae here and there as to what could occur if they were to engage as co-creators. Yet how many have actually set their hands, their minds, their hearts to the task of employing God within the sacred space of light upon the altar, where there is the alteration of substance with the science of higher

alchemy? This is where light, as the alchemical key, is always garnered and suffused into that which transpires so that the very glory of God may be seen and felt and known within the holy ritual at hand.

Did you know that you perform alchemy each time you sit in meditation upon your Presence and utter the sacred formulas of your prayers and songs? This is a higher form of alchemy; when understood, you intuit it as causative of the transformation that you seek—to be gods upon Earth. Often your minds are wandering and there is not the concentrated focus of the stream of your attention whereby the higher adepts can add to the equation and balance the forces of light and darkness within your own being and whereby the effects that you seek can be fully manifest.

When you engage, when your heart is full of the fire of the Supreme One and you are in awe of that which God has offered to you as opportunity to live a life of meaning, of service, and of support to the divine purposes, then that which is exhibited upon your altar is highlighted by cosmic energies, solar frequencies; and no matter what anyone else says, you may be that master alchemist through whom miracles ensue. Through your belief, your faith, and the laser light of seventh-ray joy, your victory is assured.

What is love? Many have spoken of it; few have penetrated its core or sustained within their hearts its momentum to transmute and transform in order to become God. The transformative power of the violet light and ray is love. The very frequency that wraps itself around that which occurs when you invoke my sacred formula is the light of change by the power of love.

When you know your Self, you will know love. When you feel the Presence of God blazing within your aura, then you can sustain love. When the surety of your wisdom, growing by experiencing the Divine within the laboratory of your soul, is manifest, then love becomes active, animated, kinetic in its force and power to recreate a world as you would like it to be.

The true recreation, or re-creation, of this coming age may be known through the joy of the use of the rays of God, especially the seventh, in all sciences, in all religious experiences, in daily life as a whole rather than separated into “my time for work,” “my time for play,” “my time at home,” or “recreation.” All life may be experienced within the universal understanding of the seventh age of holy reason, whereby the only reason for all that you do is to express love, kindness, holy friendship, and grace.

Every word that flows from your lips has a motive to support, uphold, and nurture. Every feeling that flows through your heart encompasses the very nature of God's essence through the movement of energy and light and sound. And everything that is studied from the book of the Law, both in the physical plane and in higher dimensions, may be grasped by the power of the Holy Spirit, who illumines that word and makes it vital, energetic, and real in your life experience personally.

Jesus said that all the law hangs on these two: to love God with all your heart, your mind, and your soul; and to love your neighbor as your Self.⁴ This is true, and thus you can see how love, as the alchemical key, conquers all. There is simply no space for fear, no place for anxiety, no place for rebellion or ignominy in your life. The darkness flees from you because you emit the solar radiance of your Source; and there is no shadow and no night where you stand, because the supernal Christic light flows and glows from your being, one with mine.

I hear the questions of your mind before the frequencies of its emanations reach the higher octaves, and I answer each query with my ray of love, through which you may discern for yourselves the answer. The Socratic method, whereby the master elicits from you your own true inner wisdom, is the way of Aquarius. We will draw out of you your inner genius, for it must be forthcoming in this age. We will magnetize and, where necessary, sterilize that which flows through your aura for the highest purpose of your soul: to know and experience God.

I have been waiting for you to become who you are for a long time. Isn't it time that you listen and obey the inner voice once and for all, and know your Self and awaken fully to your Buddha nature?

I am increasing the heat of transmutation within your heart now to a new pulsation of cosmic love if you will have it burning there for the duration of your time upon this Earth. Yes, I say, let it burn! Let it be enflamed! Let it be exemplified in the lives of the fiery ones who are called Keepers of the Lightning because they dare to touch the very sky and know the light of God. Let Prometheus be your middle name, for we would have fire-bearers in our midst.

Zarathustra, come and touch the fiery coals of love upon the lips, the hearts, the minds of these your sons and daughters. And let every alchemy

be fulfilled within the landscape of love, the lighthouse of love, the lea, the glade, the holy glen of love through which we will walk together, hand in hand, in silence, knowing that the breath of God is present in the air and that the angels witness the sacred space of love that we create and recreate each moment.

I am your Knight Commander. I command you to love with a cosmic fiery heart, through which you may know your Self as gods and goddesses.

Saint Germain

PART ONE

Instruction in Advanced Alchemy

by Saint Germain

with Commentary

by David Christopher Lewis

1

Establish the Platform for Your Advanced Alchemical Works

Saint Germain

Students of Higher Alchemy,

The transcendence that appears in your domain when you are tethered to the reality of life that is God will win for you a new consciousness. I come to give you the next step in the process of Solar development which, when applied, will bring to you untold graces, cosmic abundance, and all that you require to be a full-fledged son or daughter of God, one with the creative spirit of all life.

Alchemy, as the all-chemistry of God,⁵ is meant to allow every creative spirit the means and the opportunity to enter into the creative process of life. Therefore, those who practice true alchemy, which always sets the evolutionary process of all life ahead of the gain of the ego-center, will understand the necessity to sublimate personal glory, outer development, and inner development to the spiritual upliftment of the world and its peoples.

One is blessed when one blesses others. The natural law of flow states that when that flow is fully operative within the domain of a soul, then the pure radiance of God's light may continue unabated so long as the aperture of self is wholly pure. Therefore the true alchemist is completely unselfish, and the current that is established within his being becomes a conduit for greater and greater energies of the Godhead.

Testing occurs by the masters of wisdom to determine what quantity of light can be channeled through a lifestream and also the quality of that light as it descends from the God Presence and contacts the auric flowfield of the practitioner of truth.⁶ A certain stability, a certain polarity of positivity must

be maintained for the flow to continue unabated. This requires balance of body, mind, and spirit; of love, wisdom, and power; of the constancy of right motive, right thought, and right action.

Ongoing education and training are prerequisites for every alchemist of the higher order. This process begins in earnest when the student has surrendered a certain portion of his or her human consciousness to accept and become a greater portion of his or her Divine Self. Once the student has sufficiently mastered the emotions (energy in motion within the chalice of being), stilled the mind, and purified the body, then the science of alchemy will become more easily understood and actualized.

Those who think that they can precipitate anything and everything out of thin air when they have major unresolved issues within or with others are fooling no one. Those who seek to take heaven by storm,⁷ demanding of the universe the mastery of *siddhis*,⁸ or spiritual powers, before they are activated gradually through the spiritualization of consciousness, will only lose at every turn.

Thus, it is paramount that one hitch oneself to the star of an ascended-master sponsor, who can moderate for that one every level of advancement and monitor the use of energies, the acceleration of light, and the resulting internal realignment that occurs as one progresses toward immortal perfection.

The expansion of the heart through devotional practices of prayer and meditation and the emphasizing of purity and grace are the first steps which will ultimately lead toward developing true spiritual prowess and a victorious sense of God-wellbeing. Therefore, establish first and foremost the platform, the altar, upon which all your alchemical work will proceed. When the Bible and other ancient Scriptures speak of various prophets establishing an altar upon which sacrifice occurred, it was often simply the preparation and invocation of a holy flowfield around those beings.

Once the space is hallowed and the lower self is sacrificed, or surrendered, then the scientific practice of alchemy may ensue. If you have not fully looked after certain details in setting about you the necessary circle of fire, then there may be intrusions, delays, or outright interference with your work that will require calling forth extraordinary cosmic energies to neutralize and overcome.

How often have you experienced the fact that some friends or acquaintances with the best of intentions couldn't perceive the intensity of your spiritual path and therefore, through doubt and human questioning, they set you up to fail so that they could prove to you that your path doesn't work? How often have inquisitive minds penetrated your aura and temporarily rendered your alchemical work null and void until you could establish such a positive and blazing aura of protection and develop so great an inner sanctuary of fiery love around your heart as to ward off these intrusions?

Therefore, learn and use the science of invoking the crystal-diamond tube of light as well as a solar sphere of fire and a triple ruby dome of light around you.⁹ (See "Crystal-Diamond Tube of Light," "Opening Invocation for Prayer Services," and "Solar-Sphere Invocation," in Part Two, *Affirmations, Prayers, Fiats, and Chants*.) Seal your aura and being in the cloak of invisibility so that no one may interfere with your sacred work and time in communion with your ascended gurus. Develop a plan whereby you set aside quiet time when you will not be disturbed and you will be free to work for at least one-half hour or longer in deepest concentration on your goals.

With practice, the establishment of your spiritual flowfield will become second nature to you and you will know, believe, and act with a spirit of indomitable victory at all levels, dear hearts. This, in and of itself, will be key to your work in higher alchemy.

Therefore, no matter what your religious or spiritual background may be, use the tools we have given to first create a chrysalis of spiritual fire around yourself and then practice seeing and sustaining this light at all times. When you have developed a sufficient energy pattern around yourself, then prepare for the next teaching that I will give you on developing God-power for the increase in your abilities and work with the angels to save sentient life upon Earth.

Ever yours as we move forward with chin held high and with spirits soaring, I am

Saint Germain, Knight Commander



David Christopher Lewis: It is only within the past several years that in the New Age movement we have started looking at ourselves as co-creators. Now this essential concept is permeating the world: We are co-creators with God.

The Aperture of Self

Saint Germain says that when the alchemist is unselfish, God's light can flow unabated through the aperture of self, the open portal through our attention. The aperture is the heart chakra wed to the mind, or crown chakra; and our attention is what allows us to focus. No matter what we are doing, being focused and present is the whole key. For example, if the person who checks groceries at the store is exuberant and full of love, that energy uplifts and blesses people.

If you have been praying and decreeing for some years, you may feel that you understand the science of flow through your prayers and decrees. You may be able to establish a connection almost instantaneously wherein you feel the light flowing through you. It takes a while to develop that connection. As you cleanse your aura and the light flows through you, your aura expands. And then, through this larger aperture, you can draw down greater fire and emanate it to the world and the planet. It doesn't happen all at once.

I'll share my own experience to help clarify this process. Within a week of my joining the staff of The Summit Lighthouse in Colorado Springs, I was asked to lead the staff in giving a decree we used to reverse the tide of anything negative or harmful that is occurring. I had only given that decree once before that day, and I discovered that the long-time staff had a much greater momentum of giving it than I did. I could not sustain in my being what they were invoking through theirs due to their mastery in decreeing and in giving that prayer. I felt discombobulated and that I wasn't doing anything. They were doing everything; they were doing the work of that prayer.

It was a really humbling experience and it was great that I had it. After that I didn't lead prayers again for a while, because I didn't have the

momentum the others had. That experience gave me insight into the fact that I hadn't yet developed the power that I felt flowing through the others.

Those of you who attend our events who are not used to praying or decreeing with a group may have a similar experience. Perhaps at times you can't keep up with the speed of the words. That's okay. It takes time and development to build that momentum. As you master things, you will feel the expansion of that aperture of your auric flowfield whereby you are able to deliver to the world greater and greater God-power of the frequencies of God's love and light and wisdom to bless life.

Be forgiving with yourself. Don't expect it to happen overnight. Even those of us who have been praying for twenty or thirty or more years are always learning new things about the science of the spoken word and how we can be clearer vessels through which God's light can flow.

In his book *The Tipping Point*,^{[10](#)} author Malcolm Gladwell says that it takes ten thousand hours to become a master at something, to understand it from all different facets and relationships and angles. The book gives examples of tremendously successful people, including Bill Gates and the Beatles, whom people thought were simply in the right place at the right time. They were, in some respects, and yet they also put in the time, they did the work.

Some of us have decreed ten thousand hours; if we haven't already become masters of it, we are becoming masters. Maybe things won't take as long for those who are in tune and aligned with Source and are clear channels for the light to flow through them. For most of us, though, we still have to put in the time. We may have done it in past lives as monks, as nuns, as lamas, yet when we come back we have to learn it again in a new mode.

Testing Determines the Quantity and Quality of Light the Alchemist Can Receive

Saint Germain says we are tested to determine both the quantity and the quality of light that can be channeled through us. We are all tested; to think we are not observed by our sponsoring masters is folly. They observe us continuously in order to help us, and this testing is a loving unfoldment of their mindfulness to gently urge us forward. That is how our sponsoring

masters work. If we give the master permission, things can be intense, and that master may goad us to help us pluck out our human momentums. Generally, though, most of us appreciate the gentler way.

We stamp the light that flows through us with our consciousness and the purity of our being. I've had experiences of leading decrees where I felt this power flowing through me and I've also had times when I didn't have the mastery to qualify it with the highest emanations and qualities and virtues of God. Over the years I feel that I have gained a lot more mastery in that.

When you are in a prayer or decree session and there is tremendous energy and power flowing in the entire room, it's possible at times to feel carried away by it, even lightheaded. This is why exercising the physical body is so important. If you are just in your head or if you're not balanced in your four lower bodies, you can't retain that light, you don't have the mastery in the four quadrants of your being for that light to be anchored in its full intensity in the Earth.

Physical exercise is essential to anchor yourself in the physical plane and create a strong and supple chalice to contain the light of Spirit. As you master your physical body, you will know your spiritual self better. Engage in some sort of physical activity every day, if you can, or at least a few times a week, to garner energy in your physical body. I do the dishes and laundry, chop and haul firewood, mow, garden, and do all sorts of things around the house and property, because when my mind is cognizing spiritual concepts I have to anchor them in the physical plane; otherwise I could be living in some other plane and would not be as effective or practical here.

Balance the Various Aspects of Your Threefold Flame

For the flow of light to continue unabated to the alchemist, he or she must maintain a certain stability and positivity, a certain level of balance. Saint Germain mentioned three different aspects of the threefold flame that require balancing: body, mind, and spirit; love, wisdom, and power; and right motive, right thought, and right action. Here's another key: In mastering the emotions, stilling the mind, and purifying the body, we have another aspect of balancing the threefold flame. Emotions relate to the pink plume; mind relates to the yellow plume; and the physical body relates to the blue plume (structure is physical, blue).^{[11](#)}

Saint Germain cautions us to have right motive in all that we do. If we do something for personal glory, we won't receive those gifts. If we try to raise our kundalini, or sacred fire, to get these gifts, we won't be able to sustain them without purity of heart. The ascended masters help us to self-moderate and they monitor us. You may already know which master you resonate most with. Whoever it is, you can trust that master to be there for you and to help you consistently and constantly.

Providing knowledge and practical tools to help students achieve balance and to advance on their path and in their alchemical journey is what Meru University is all about—lifelong learning of wisdom from ascended-master realms.

Clear Your Flowfield, Establish Your Magic Circle

The prophets desired some symbology for establishing the flowfield for their work and they used an altar and other symbols. Clearing the flowfield is an important part of establishing the altar for the alchemy to take place. One way to set a flowfield is through establishing a “magic circle.”¹² This concept was popularized, with some Hollywood compromise, in the 2010 movie *The Sorcerer's Apprentice*.

Before any event I establish the flowfield. Sometimes I do this in my mind, through intention. At other times, especially before a class, I do it physically as a ritual. When I enter the room where the event will take place, I clear the area, in part by using a bell (*ghanta*) and thunderbolt (*dorje or vajra*) and by burning incense. We have to protect ourselves and do the work to establish our altar, the place where alteration, change and transmutation occurs.

By giving the prayers “Crystal-Diamond Tube of Light” and “Opening Invocation for Prayer Services,” you can invoke protective energies so that you are ready for the challenges of the day. With constancy, you can reach the point where within a few seconds you are still, the crystal-diamond tube of light is around you, and you are firm in your flowfield and sealed in light. If you aren't yet able to achieve this, you can get to this point. It just takes constancy, doing it day by day, every day.