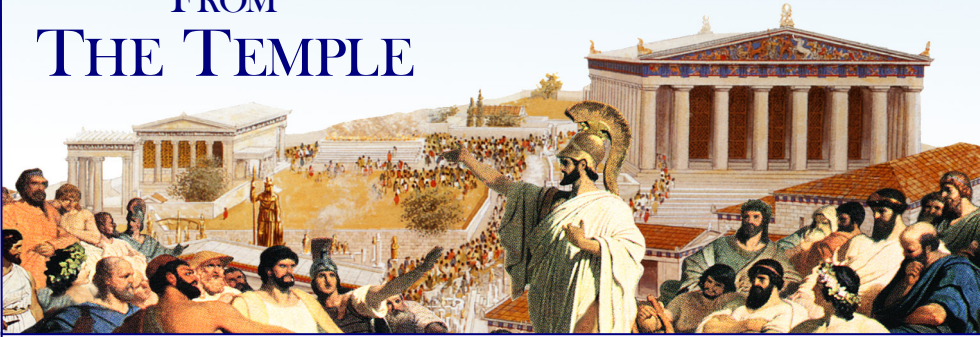


THE VOICE FROM THE TEMPLE

THE TEMPLE OF THE PRESENCE
Dictations of the Ascended Masters



June 30, 1999

Lord Gautama

Chelsea, Vermont

Know Your Heart and Anchor Its Light in the Earth

Beloved Ones,

There are those who have yet to experience the Heart — the essence of the fullness of Life, of your life. If you are to understand the God Life of an Ascended Master, you must start by discovering your own Heart.

There are those who do not know or understand the feeling that flows from your Heart — the Fire, the Vibration, and the Signal that you send to one another and to all of life. Your Heart, Beloved Ones, emanates Light twenty-four hours a day from beginning to end, and for beginnings without end throughout a lifetime. And when the physical body is no more, your Heart returns to Higher Octaves to be protected, nourished, and safeguarded until your next opportunity to embody.

Your Heart Is a Flame that Is Never Extinguished

Your Heart, Beloved Ones, is a Flame, a Flame that never burns out, as it is constantly nourished by my Heart. For I, Gautama, hold your Heart in my hand, extending the very essence of my Flame to you. To receive the full benefit of my Grace requires that you place your attention, each and every day, in a very quiet manner, upon the essence of your being, your very own Heart.

Your Heart will speak to you in Vibration. Many expect to hear an audible voice, but train your attention to become attentive to the subtleties and shifts of the vibrations that register directly upon the Heart. You will also discover through experience that there are times when it is necessary to speak through a more than ordinary pressure — through your Heart — of a particular God Quality such as Love, Patience, Wisdom, Understanding, and, as Morya says, Tolerance.

Place Your Attention upon God

There are many who are very confused about this individual Path of the Ascension. I would like to explain. There need be no confusion. It is most simple. First you place your attention upon God. Then you become God.

And then you become One with all of Life. It is most easy to manifest — you place your attention upon God, and you become God.

There are many who prefer to place their attention upon all of the trappings of the physical world. If you are unfamiliar with my teachings or my own life as Gautama, perhaps you should familiarize yourself with these teachings, for you will discover that, yes, as a young child I was shielded from the world. I knew not of sin, disease and death. I knew only the inherited desires of the flesh. They are not much different from sin, disease and death — for all are desires, whether they be for pleasure or for pain, Beloved Ones — desires that take your attention away from your Oneness with your own God Presence.

This does not mean that you cannot have the fullness of the true joys and the beauty that life affords you. This does not mean that you cannot express the Right Action that you are to manifest through your work or through your communications. Hear what I AM saying. You must place your attention upon God. God is in all of Life. God is in the beauty, in the music, in the art, in the good works. It is all a matter of your perception.

When you choose to align your perception and the energies of your being with negativity, with that which is ungodly and uncomfortable and assails the Purity of your Heart, you will discover a sense of anxiety in your world and feel separation from that Heart. For some, only a small correction will be necessary to realign yourself. For others, a complete shift of consciousness, of habit, and of desire will be required.

Those who think that worldly desires and endeavors offer the fullness of living have never tasted the Waters, the Living Waters of the Light of their own God Presence. They have not yet touched the hem of the Garment of an Ascended Being or felt the reverberation in their world of the emanation of the essence of that Ascended One. You must witness to them so they understand that there is so much more to life.

Use Discernment in Witnessing

But before doing so, await the invitation from their lifestream. It is a Zen action of the Law. You must be the one to discern if that one has reached out and sent the signal from their Heart or their lips that they desire to know more. For you see, Beloved Ones, if understanding of the Truth of life is not desired, it cannot become a part of any lifestream. Not unlike yourself, for you cannot become anything that you do not first desire. The choices are always yours. They are made daily.

The Ascended Masters would guide you to the Higher Vibrations and the Higher Octaves of Light. They alone know that you must first lower your own Wedding Garment into your world from those Higher Octaves before fulfilling all that you really desire to become at the core level of your being.

It is not enough to simply say you want your Ascension. Even though Ascended Master students hold the goal of the Ascension foremost in their consciousness, the goal is not to escape. It is not to move away from the Earth. It is to draw into the Earth every Vibration of God Reality.

Ascensions Bring Greater Light to the Earth

As more and more internalize the Fire of their own God Presence and expand the Light upon their Heart, you will discover a new world, a new vibration in which to live and move. You will discover that you have more ease in communicating with your associates and having them in your presence. There will be more comfort, for lo and behold, as there are more Ascensions and more expansion of the Light upon the Heart, there will be a higher vibration radiating throughout the Earth. For when one Son or Daughter of God reaches high and allows for the Octaves of Light to be anchored into the Earth, all in the Earth are the beneficiaries — each and every lifestream, as well as all of elemental life and all substance. But there must first be the pure desire for God.

I, the Buddha, continue to place my attention upon God and hold it fast. I have done so since my Enlightenment. I AM aware of the Heart Flames I touch, but my consciousness is so tethered to the Buddhic Level of Consciousness in the Octaves of Light that the Rays going forth from my Heart contact only the pure essence of your own Heart. For no vibration less than the God Vibration can be present as my Light moves through all worlds.

This Is the Path of Integration of the Light

Anchoring this Light into the Earth is what you have taken embodiment to master. This is the Path, and it is entirely within your grasp! Every day there arise new opportunities to integrate the Light of God into your life. Yes, I and Morya sing the same song, for the desire for the Will of God is the most important aspect in both of our lives and burns brightly in our desire for God.

Do not shun this opportunity. Do not think that you have passed your prime — the time in your life when you could still accomplish all that you came to do. Do not consider that you are too young, and that there are other things you should be placing your attention upon. For I promise that if you place the full weight of your desire upon God, God will not let you down, and you will receive the greatest reward.

That reward may not reflect the color, the density, or the substance that you anticipated, for in many cases the Reality of God is much simpler, purer and quieter than you ever thought possible. Why even this moment is a test for some to sit still. This should tell you how impatient and unruly the outer bodies have become. So it is important to learn to discipline those outer bodies that they not overrule your true being. Let your Heart take command of all of your vehicles and then observe as they perform their perfect work.

Become acquainted with your Heart. Allow your Heart to act in your life. Know that your Heart will never fail you, because the Flame upon the Altar of that Heart is the Heart of your own God Presence.

I, Gautama, seal your Heart with the fullness of the Love of my Heart for God, that you might dwell within this protective envelope while you are learning to trust your very own Heart and become more and more of God until that God Life overflows into every facet of your life.

AUM — AUM — AUM

Gautama

*Public addresses to the Students presented in The Voice From
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