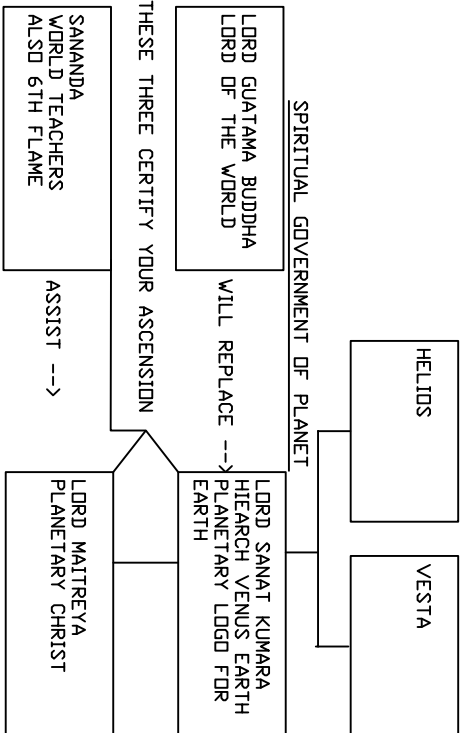


SPONSORS OF OUR SOLAR SYSTEM



NOTES ABOUT PEOPLE

ST. GERMAIN - UNIVERSAL CREATOR  
 JOSEPH, FATHER OF JESUS, HIERARCH OF THE AQUARIUS AGE, LADY PORTIA (TWIN FLAME)  
 MASTER EL MORYA - ABRAHAM, PETER-GATE KEEPER  
 LORD SANANDA - JESUS, NADA - MARY MAGDALENE  
 CELESTIA - SISTER TO ADAMA HILARION - PAUL THE APOSTLE  
 MOTHER MARY - MOTHER MARY

UNIVERSAL FEDERATION COUNCIL OF TWELVE  
 GREAT CENTRAL SUN

GALACTIC FEDERATION HEADED BY ASHTAR COMMAND AND LORD MELCHIOR COUNCIL OF TWELVE

CHANNELS  
 AURELIA LOUISE JONES  
 GERALDINE INNOCENTI  
 VICTORIA LEE - VP TELDS USA  
 AHNAMHAR - BUILT TEMPLE OF UNION  
 BETH IRIS (CELESTIA)  
 DENISE LABERGE  
 MEMBERS OF THE ELEMENTAL KINDOM

RA - SYLPHS  
 WATER - UNDIMES  
 EARTH - GNDIMES  
 FIRE - SALAMANDERS

WORKING HIGH COUNCIL OF LIGHT OF TELDS  
 6 MALE 6 FEMALE

ADAMAM HIGH PRIEST, EMANUEL

ADVISORY COMMITTEE OF THE ELDERS AHNAMHAR, CUSCO

INNER EARTH HIERARCHIES  
 AGARTHA NETWORK  
 GOVERNMENT FOR SEVERAL INNER EARTH CIVILIZATIONS AND CITIES OF LIGHT

ADAMA HIGH PRIEST, EMANUEL

PLANETARY KARMIC BOARD  
 GREAT DEVINE DIRECTOR (SPONSOR OF THE SEVENTH ROOT RACES)  
 KUAN YIN (MERCY)  
 GODDESS OF LIBERTY  
 CYCLOPEA (ELOHIM, VISTA)  
 LADY PORTIA (JUSTICE, TWIN FLAME TO ST. GERMAIN)  
 PALLAS ATHENA (TRUTH, TWIN FLAME TO PAUL THE VENETIAN)  
 LADY NADA

THE HOLY SPIRIT / FLAMES

Day of Week	Flame	Main Qualities & Actions	Color	Chakra	Master	Archangels with Divine Complement	Elohim	Ray
Sunday	Illumination and Wisdom	Illumination, Wisdom, Omniscience, Understanding through love, Perception, Comprehension, precipitation, Discrimination, Activation of the Mind of God	Yellow	Crown	Lord Lanto, Teacher of Ancient Wisdom	Jophiel and Christine	Apollo and Luminia	2 <sup>nd</sup> Ray
Monday	Flame of the Will of God	Omnipotence, Protection, Faith, Will of God through the Power of the Father	Royal Blue	Throat	Master El Morya	Michael and Faith	Hercules and Amazonia	1 <sup>st</sup> Ray
Tuesday	Flame of Cosmic Love	Unconditional love, Omnipresence, Compassion, True Brotherhood, Charity, Love In Action, Love of the Holy Spirit, Initiations of the Heart Chakra	Pink	Heart	Paul the Venetian Maha Choan Head of Flames	Channael and Charly	Heros and Amora	3 <sup>rd</sup> Ray
Wednesday	Flame of Healing and Manifestation	Healing at all levels, Truth, Constancy, Creation through Manifestation, God's Abundance through the Immaculate Heart of Mary	Green	Third Eye	Master Hilarion	Raphael and Mother Mary	Cyclopea (Vista) and Virginia	5 <sup>th</sup> Ray
Thursday	Flame of Resurrection	Ministration of the Love of Christ, Selfless Service of God and Mankind, Devotion to One's Fellowmen, Spiritual Worship through Devotion and Reverent Feelings	Gold, Purple	Solar Plexus	Lord Sananda (Jesus) and Lady Nada (Mary Magdalene)	Uriel and Aurora	Peace (Tranquility) and Aloha	6 <sup>th</sup> Ray
Friday	Ascension Flame of Purification	Purity, Wholeness, Christ Consciousness, Becoming God through the Consciousness of the Divine Mother	White	Base of the Spine	Lord Serapis Bey	Gabriel and Hope	Purity and Astrea	4 <sup>th</sup> Ray
Saturday	Flame of Transmutation	Freedom, Transmutation, Transformation, Diplomacy, Ceremony, Application of the Science of True Alchemy	Violet	Seat of the Soul	Master Saint Germain	Zadkiel and Anethlyst	Arcturus and Victoria	7 <sup>th</sup> Ray

These exercises are not meant to be done sequentially but simultaneously. After you have given one day of practice to each individually, practice them all in union throughout the ongoing days.

Step One - Learn to question yourself. Let go of all you "think" you know about yourself. Speak the question that springs from the deepest pools of your heart.

Listen with the part of you that is awake enough now to hear the answer.

Step Two - Recognize and dismantle your belief systems. Be willing to strip away all of the accumulated layers of illusion that hide "you" from the real you. Compassionately allow all of the other possibilities of creation that your human mind has not yet awakened to. Develop faith in yourself that you are a master who is capable of co-creating with the universe. All That is possible.

Step Three - Experience a sacred communion with your soul as a doorway to your God Self. Make a list of the belief systems that limit you, and reclaim your energy from them.

Make another list of what you know, in the depths of your heart, to be true about yourself. Make a list of judgments you still hold about yourself.

Step Four of this practice is three-fold. Each morning, upon rising, take some time in solitude to contemplate your state of being, honestly and without judgment. Throughout the day work regularly with the energies of love, trust, faith, compassion, grace and gratitude. Each evening recognize and embrace in profound honor all that you have given yourself that day.