



## ESSENTIALS OF THE TEACHINGS of the ASCENDED MASTERS Program

Wednesday, April 5, 2023

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| 2:00 pm | <b>Welcome</b><br>Presenters: Carla Healy and Paula Kehoe  |
| 2:15 pm | <b>Presentation:</b><br><b>The Restoration of our Inner Reality through the Empowerment of Elohim</b><br>Presenter – Carla Healy<br><i>The Elohim carry the greatest concentration of spiritual power and light that we can comprehend. Acting as the instruments of God, they created us in the beginning with our twin flame. They return in this cycle, for the recreation and restoration of our true inner Reality. Discover how to call forth the tremendous power of the Elohim to change your life and the world. Now is the time.</i> |
| 3:00 pm | Break  |

- 3:10 pm      **Darshan with the Messenger Elizabeth Clare Prophet**  
**Teachings on the Elohim Cyclopea and Virginia** given April 12, 1995  
*Cyclopea and his divine complement Virginia are the Elohim of the fifth ray of science, truth, abundance, and healing. Elohim are the Father-Mother to us on the seven rays who created us in the beginning. In this lecture Elizabeth Clare Prophet gives an understanding of the gifts and practical teachings that Cyclopea and Virginia have brought to us over the years in their dictations.*
- 4:10 pm      Break
- 4:20 pm      **Mantras and Decrees to Prepare for Elohim Cyclopea and Virginia**
- 4:40 pm      **Special Teaching of the Ascended Masters**  
**A Dictation by Cyclopea and Virginia**  
**In His Footprints, Walk Ye!**  
**Seven Elohim Prepare You for Right Decision**  
 Delivered by the Messenger Elizabeth Clare Prophet on April 7, 1993  
*Pearls of Wisdom®*, vol. 36, no. 20, May 16, 1993
- 5:30 pm      Dinner Break
- 7:00 pm      **Sharing about the Afternoon Events**
- 7:15 pm      **Presentation:**  
**Healing the Soul and Your Inner Child**  
 Presenter: Dr. Patricia Parham  
*The inner child is another name for your soul. And psychology is the study of the soul. The Ascended Masters stress the importance of resolving our psychology and released many spiritual tools to help us. Explore how your psychology and karma are intimately intertwined and contribute to your current life circumstances. Learn to practice techniques from the ascended master Kuthumi and Lord Krishna to change your circumstances and to heal your inner child.*
- 8:15 pm      **Presentation:**  
**The Inner Meaning of the Ritual of Holy Communion**  
 Presenter: Kate Gordon  
*Discover the ancient and mystical origins of the spiritual ritual of Holy Communion that Jesus enacted at the Last Supper. Learn how to prepare to receive Holy Communion in your own home.*
- 8:30 pm      **Evening Prayer to Attend the Etheric Retreats of the Masters and Closing of the Session**

- 2:00 pm      **Mark Prophet's Laughing Bag**
- 2:10 pm      **The Practice of the Science of the Spoken Word**  
Presenter: Frank Sarlo
- 2:40 pm      **Darshan with the Messenger Mark L. Prophet**  
**"The Lightning and the Stone,"** given April 1, 1972  
*On Easter Sunday the angel rolled away the stone from the tomb where Jesus lay, and he stepped forth in his resurrected body. In this beautiful lecture, Mark Prophet explains how the lightning of the spiritual fire strikes the stone of mortal density that is around our physical body and begins the activation of our spiritual senses.*
- 3:10 pm      Break
- 3:20 pm      **Darshan with the Messenger Elizabeth Clare Prophet**  
**How to Keep the Peace,** given April 13, 1995  
*Elohim Peace and Aloha focus the purple and gold ray of peace, brotherhood, ministration and service and the energies of the solar plexus chakra. They teach us how to shield ourselves from discordant and harmful energies from many sources that would keep us from being heart-centered. Learn special decrees, mantras, and a mudra to seal your world in peace. Discover the ten tips of Elohim Peace and Aloha to help you keep the peace.*
- 4:20 pm      Break
- 4:30 pm      **Special Teaching of the Ascended Masters**  
**A Dictation by the Elohim Peace and Aloha**  
**The Path of True Love**  
**Legions of Peace March against the Astral Hordes of War**  
**The Empowerment of Peace**  
Delivered by the Messenger Elizabeth Clare Prophet, April 8, 1993  
*Pearls of Wisdom®*, vol. 36, no. 21, May 23, 1993
- The Ritual of Holy Communion**
- 5:30 pm      Dinner Break
- 5:45 pm      **Tea and Talk on Zoom**

- 7:00 pm      **Introduction to Our Spiritual Lineage:  
Walking in the Footsteps of the Hierarchy of Light**  
Presenter: Carla Healy
- 7:10 pm      **Darshan with the Messenger Elizabeth Clare Prophet**  
**How to Develop Your Heart Chakra**, given May 4, 1991  
*The heart chakra is the seat of our Christ consciousness. Yet hardness of heart can form around the heart and keep us from being able to send and receive love. Learn how to use the violet flame to extend mercy and forgiveness to yourself and those who have wronged you. Practice the healing and the opening of the petals of your heart chakra. Enter into spiritual communion with your own threefold flame with a special decree by Zarathustra, a great mystic and prophet who came to deliver the message of the sacred fire.*
- 7:50 pm      **Special Teaching of the Ascended Masters**  
**A Dictation by the Elohim Heros and Amora**  
**A Heart of Undefined Love**  
**Compel the Demons to Withdraw**  
**Love Is the Empowerment You Seek Lest You Forget**  
Delivered by the Messenger Elizabeth Clare Prophet April 8, 1993  
*Pearls of Wisdom®*, vol. 36, no. 22, May 30, 1993
- 8:30 pm      **Evening Prayer to Attend the Etheric Retreats of the Masters and  
Closing of the Session**

### Friday, April 7, 2023

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- 11:00 am      **Practice of the Science of the Spoken Word**  
Presenter: David Brewer  
*Begin your day with decrees and mantras for protection and transmutation. Learn the Heart, Head and Hand decrees by El Morya which commemorate all the steps on the path of the ascension.*
- 11:40 am      **Presentation:**  
**The True Spiritual Meaning of the Fourteen Stations of the Cross**  
Presenter – Janet Nordemann  
*Discover the powerful symbolism of the cross and the inner meaning of the fourteen stations that Jesus walked. You can see these “stations” or focus points of Jesus’s path depicted in Catholic churches. The messengers and the masters teach that they represent stages of initiation on the path of personal adeptship for all sons and daughters of God. Jesus set the example. He never*

*intended that he would be the only one would ever pass through them. Elohim Cyclopea in his dictation calls them a means of self-transcendence. Learn how you can embrace these initiations with confidence, joy, and overcoming victory. The path of initiation sets us free for greater love and higher service.*

12:30 pm      Lunch Break

12:45 pm      **Tea and Talk on Zoom**

2:00 pm      **Darshan with the Messenger Elizabeth Clare Prophet**

**The Transfiguration – Step on the Path of Attainment**, given April 15, 1976

Commentator: Carla Healy

*In this lecture, Elizabeth Clare Prophet explains why we need a teacher to be initiated and how to find one and why it is the opportunity of many lifetimes. Learn about the higher initiations on the path of adeptship. The initiation of the transfiguration takes place prior to the crucifixion. Jesus demonstrated it when he went up the mountain and his body was filled with light, so he shone like lightning. The messenger explains how we can prepare for this initiation through meditation and service to the Christ and by following Gautama Buddha's path of the Ten Perfections. The Light sets us free!*

3:00 pm      Break

3:10 pm      **Presentation:**

**How To Win All the Way on the Spiritual Path**

**The Initiation of the Resurrection and the Ascension in the Light**

Presenter- Steven Webb

*The ascension is the victorious return to God from whence we came. It is the goal of all life on earth, whether or not individuals are outwardly aware of it. The resurrection proceeds the ascension. Discover the requirements for the resurrection and ascension. The good news is that we don't pass these initiations all at once but rise day by day. Your life can be the ascension spiral.*

4:00 pm      Break

4:10 pm      **Mantras to Prepare for Elohim Astrea and Purity**

Presenter: Patricia Parham

4:25 pm      **Special Teaching of the Ascended Masters**

**A Dictation by the Elohim Astrea and Purity**

**The Sweetness of the Light**

**The Way of Self-Indulgence**

**Take on the Challenge of the Selfish Self**

**"Take it or Leave It!"**

Delivered by the Messenger Elizabeth Clare Prophet on April 9, 1993

*Pearls of Wisdom®*, vol. 36, no. 23, June 6, 1993,

5:30 pm Dinner Break

5:45 pm **Tea and Talk on Zoom**

7:00 pm **Sharing about the Afternoon Events**

7:10 pm **Presentation:**

**The Story of the Goddess of Mercy Kuan Yin and Her Crystal Rosary**

Presenter- Valerie McBride

*Kuan Yin is the compassionate Saviouress of the East and representative of the Divine Mother. Find out how she overcame the challenges and initiations to become the Goddess of Mercy. Kuan Yin's name means "one who notices or hears the cry or prayer of the world." She is so very close and has promised to help turn around difficult situations in our lives. Discover how she assists us to walk the path of initiation of balancing our karma on the fourteen stations of the cross of Divine Woman and her seed through her Crystal Rosary.*

7:55 pm **Special Teaching of the Ascended Masters**

**A Dictation by Kuan Yin**

**The Gift of Good Friday**

**To Forgive, and to Forgive Daily**

**Be Kind to One Another**

Delivered by the Messenger Elizabeth Clare Prophet on April 9, 1993

*Pearls of Wisdom®*, vol. 36, no. 24, June 13, 1993

8:30 pm **Evening Prayer to Attend the Etheric Retreats of the Masters, and Closing of the Session**

### **Saturday, April 8, 2023**

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9:00 am **"Alpha's Alarm Clock" Given by the Messenger Elizabeth Clare Prophet**

9:10 am **Practice the Science of the Spoken Word**

Presenters: Anneli Boston and Destyne Sweeney

*Get ready for the day's activities by giving decrees and mantras to invoke blue fire protection and violet flame transmutation of your karma. In this session you will also learn the basic components of a decree and how to make a call.*

10:00 am **Darshan with the Messenger Elizabeth Clare Prophet**



**The Lost Teaching of Jesus from the Gnostic Gospel of Thomas:**

**The Spiritual Process of Slaying the Human Ego**, given April 10, 1991

Commentator: Carla Healy

*The Gospel of Thomas is a controversial work from early Christianity and became so again after its rediscovery in Nag Hammadi, Egypt in 1945. Discover the true origin of this gospel and the inner meaning of the parable, Saying 98, which is symbolic of the spiritual process of transmuting the powerful negative elements of the lesser self or the human ego. Then we will explore a powerful, spiritual tool given to us by Jesus the Christ to bind this antithesis of our Real Self that the ascended masters call the dweller-on -the-threshold. This is a wonderful spiritual tool for every spiritual student in our time.*

11:00 am Break

**Darshan with the Messenger Elizabeth Clare Prophet**

**The Mysteries of the Holy Grail**, given April 20, 1984

Commentator: Paula Kehoe

*Easter is the perfect time to discover more about the Legends of the Holy Grail. Discover more about the true story of Jesus's close disciples and what happened to them after his Ascension. Who was Joseph of Arimathea and where did the true teachings of Jesus find a home? Who is the Holy Grail?*

**Question and Answer Session**

12:30 pm Lunch Break

**Tea and Talk on Zoom**

**Quarterly Ritual of Soul Retrieval Led by the Messenger Elizabeth Clare Prophet (on video).**

*Soul Retrieval is a powerful sacred ritual of songs, decrees and meditation that takes place only within the protected forcefield of our quarterly conferences. It is for the purpose of gathering the lost fragments of our soul and magnetizing those fragments to our Holy Christ Self for safekeeping. When fragments are magnetized back, the soul is able to restore herself to wholeness and can be kept intact. This is a great boon for us on the spiritual path.*

3:30 pm Break

**Presentation:**

**The Story of Maitreya's Mystery School Come Again**

Presenter: Daniel Kehoe and Peter Duffy

*What is the path of the Mystery School? We have a rare opportunity for contact with the Great White Brotherhood in our time. Learn more about Jesus' "Lost Years" and his journey to India as a teenager to find his teacher Maitreya. Jesus*

tells us that he found him, not in physical incarnation, but in many teachers and individuals along the way. In 1984, Jesus announced that Lord Maitreya was dedicating the Inner Retreat in Montana “as the Mystery School in this age.” This Eden come again is the open door of the coming of the golden age and for bodhisattvas and disciples of East and West to enter the path of the ascension. Discover how you can become an initiate in this modern-day mystery school of the Brotherhood.

- 4:30 pm      Break
- 4:40 pm      ***Special Teaching of the Ascended Masters***  
**A Dictation by Lady Master Nada,**  
**Representing the Lords of Karma**  
**Be Quickened to Know the Mind of God!**  
**Know What It Means to Be a Disciple on the Path**  
**Maitreya’s Mystery School Is All-Important**  
**You Are the Called and the Sponsored**  
Delivered by the Messenger Elizabeth Clare Prophet April 11, 1993  
*Pearls of Wisdom®*, vol. 36, no. 25, June 20, 1993
- 5:30 pm      Dinner Break
- 7:00 pm      **Preparation for Elohim Arcturus and Victoria**  
Presenter: Roger Bennett
- 7:10 pm      ***Special Teaching of the Ascended Masters***  
**Dictation by the Elohim Arcturus and Victoria**  
**Rub the Violet Flame Lamp and See What Happens**  
Delivered by the Messenger Elizabeth Clare Prophet April 11, 1993  
*Pearls of Wisdom®*, vol. 36, no. 30, July 25, 1993
- 7:30 pm      **Violet Flame Vigil for World Peace and Personal Transformation**  
Presenters: Deborah Lynch and Fred Morsell
- 8:30 pm      **Evening Prayer to Attend the Etheric Retreats of the Masters and**  
**Closing of the Session**



## EASTER SUNDAY, April 9, 2023

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- 9:00 am      **Easter Morning Resurrection Ritual and Decrees**  
Presenters: David Brewer and Mary Kehoe  
*Prepare for the celebration of the resurrection of Jesus Christ on Easter Sunday and Christ's resurrection in you in a ritual of decrees and songs to the resurrection flame.*
- 9:45 am      **Ashram Ritual**  
  
**Darshan with the Messenger Elizabeth Clare Prophet**  
**The I AM Lord's Prayer, from the Lecture The Liberating Power of the Word Lecture, given September 13, 1980**  
Commentator: Deirdre Burrell  
*When Jesus gave us the Lord's Prayer, he gave one form in exoteric or outer tradition which we all know well as it is recited by all Christians. The other form, the I AM Lord's Prayer is in the esoteric or inner tradition. Jesus taught it as a means to the incarnation of the Word within us. Experience the power of the I AM Lord's Prayer as the affirmation of God in you and as a transformative power of the Word when you give it daily.*
- 10:40 am      Break
- 10:50 am      **Excelsior Choir Performance and an Easter Sunday Message**  
Presenter: Carla Healy
- 11:40 am      **Special Teaching of the Ascended Masters**  
**A Dictation by Jesus Christ**  
**It Is a Matter of Heart!**  
**I Summon My True Chelas**  
**I Can Save You Only If You and I Are One**  
Delivered by the Messenger Elizabeth Clare Prophet, April 11, 1993  
*Pearls of Wisdom®*, vol. 36, no. 26, June 27, 1993
- 12:30 pm      Lunch Break
- 2:00 pm      **Presentation:**  
**How to be in Training to be a Champion Son or Daughter of God**  
Presenter- Deirdre Burrell  
*In this seminar the Elohim call us to a mighty overcoming of the lower self and prepare us for right decision. Cyclopea tells us that only in our heart, in our I AM Presence, and in Christhood will we discover the love that will enable us to make that right decision and tap the unlimited resources within us. Discover practical*

*tools to access the power of your Higher Self, pass your tests and make of your life a competition in the highest sport of all.*

2:50 pm Break

3:00 pm **Round Table Discussion**

*Ask questions and share your reflections about what was significant for you in the Easter Essentials seminar. We look forward to hearing your experiences and thoughts.*

3:45pm Break

4:55 pm **Preparation for Elohim Hercules and Amazonia and Elohim Apollo and Lumina**

4:10 pm **Special Teaching of the Ascended Masters**  
**A Dictation by the Elohim Hercules and Amazonia**  
**Know the Law and You Shall Conquer**  
**In Defense of the Messengers of God**  
**May You Pass Every Test of the Will of God!**  
**Beware the Dweller-on-the-Threshold**

Delivered by the Messenger Elizabeth Clare Prophet April 11, 1993  
*Pearls of Wisdom®*, vol. 36, no. 28, July 11, 1993

**A Dictation by the Elohim Apollo and Lumina**  
**Let the Floodgates of Wisdom Be Opened!**  
**Wisdom's Reward Is Not Withheld**  
**How Much Do You Want El Morya's Sponsorship?**  
Delivered by the Messenger Elizabeth Clare Prophet April 11, 1993  
*Pearls of Wisdom®*, vol. 36, no. 29, July 18, 1993

5:20 pm Closing Comments

5:30 pm **Sealing of the Essentials Seminar**



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