

A decorative border in a light purple color frames the right side of the page. It features a repeating pattern of stylized leaves and flowers, with a larger floral motif at the top center.

*ESSENCE  
OF THE  
HOLY SPIRIT*

*Holy AEolus*



### INVOCATION TO THE COSMIC HOLY SPIRIT

Come, Holy Spirit, Come!  
Grant us Thy Peace.  
Keep us in holiness,  
Thy Light release.  
May Angels e'er attend  
Each thought and every deed;  
That by our Love all Life  
On Earth be freed!

Hear, Holy Spirit, hear!  
Our prayers to Thee,  
That all Earth's children now  
Thy Light may see.  
Ascension is the Goal  
Of mankind;  
May all know that to seek  
So shall they always find!



## ESSENCE OF THE HOLY SPIRIT

*Discourse of Holy AEolus*

A PUBLICATION OF  
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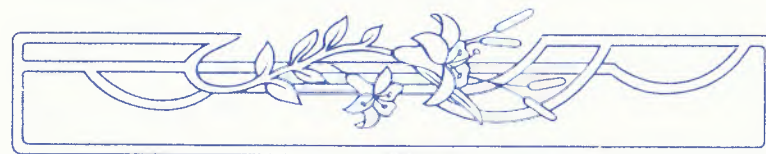
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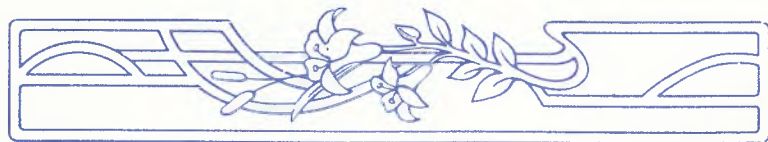
## 1 - HOW TO BE A CHANNEL TO THE HOLY SPIRIT

Much has been written about the Holy Spirit, and yet a full understanding of the "Essence of the Holy Spirit" has not yet been set forth. The HOLY SPIRIT is a radiation of the Power of Divine Love; the highest vibratory action that can be achieved by any lifestream in any system of worlds. It is the Natural expansion of the Godhead and every Perfected Being who dwells within the Heart of Eternal Life. To be imbued with the HOLY SPIRIT is not to receive a foreign power into one's life, but to raise the vibratory action of one's lifestream to a point where the Life Principle of that Lifestream exudes the Essence which has been qualified as the Power of the HOLY SPIRIT.

The HOLY SPIRIT is as impersonal as breath which flows through the lips of one as song, another as prose, etc., but, unlike breath, the HOLY SPIRIT cannot be contaminated nor forced into unnatural expression. *It therefore*



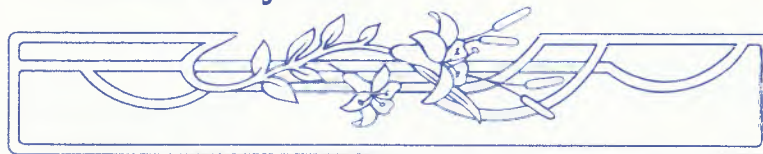
*flows through the lifestream automatically, when the lifestream is qualified with the vibratory action which is a channel for Its flow - HARMONY. It is automatically disconnected from the lifestream whenever such an one breaks the Law of Harmony and Love.*



## 2 - THE GOAL IS TO RETAIN THE CONNECTION WITH THE HOLY SPIRIT

When any lifestream achieves the point of mastery over the energy of one's world -- until every electron passing through his body vibrates to the tones of harmony and balance -- he or she automatically tunes into and becomes one with the constant outpouring of the Cosmic Holy Spirit which I represent to the earth plane.

Individuals from time to time tuned into and became one with the Cosmic Holy Spirit for a temporary period of time. Those who retained the connection with the Cosmic Holy Spirit by abiding in the Law of Harmony became the Ascended Host of Light and it is to this goal of achievement that I would point you all now, *remembering* that the channel through which the Holy Spirit flows is HARMONY. The chelas can do much on a cosmic scale to open the door to My Outpouring through yourselves and through mankind everywhere.

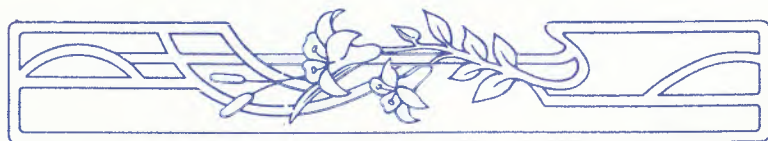




### 3 - HOW TO BECOME THE EMBODIMENT OF THE HOLY SPIRIT

The Law of Life requires that every individual must become a Holy Spirit incarnate. Until each lifestream raises the vibratory action of his own energy, until his every activity expresses the Grace and Love of the Holy Spirit, such an one falls short of his divine destiny, responsibility, and pre-ordained perfection.

It has been said that an individual must become the embodiment of Love to heal. This is a scientific truth. The only rate of vibratory action that will carry the cosmic essence of the Holy Spirit is absolute, unconditional uninterrupted HARMONY, and when such a vibratory action is held around a lifestream undisturbed, the cosmic powers of creation come through that lifestream and go to enrich the universe by the waves provided through an individual still a part of the evolutionary scheme.



If we could find enough individuals willing to provide these channels of force, we should soon transform the consciousness of the people of earth, and the finer currents of the Holy Spirit interpenetrate the earthplane and bring each lifestream into harmony.



#### 4 - HOW TO DIRECT THE POWER OF THE HOLY SPIRIT

If you will invoke the Power of the Holy Spirit to be released through The Mighty "I AM" Presence and Higher Mental Bodies of all mankind into the consciousness of the personal self, it will enable Me to qualify such Energy with My Loving Consciousness BEFORE it descends into the earth plane.

This Energy flowing through the inner bodies of mankind will be naturally harmonious and balanced, as it cannot be requalified by human will, it will flow forth almost independently through the personal selves and form a pattern for the lifestream which the flow of energy into the lifestream will follow --- sort of cosmic lead-elephant.



#### 5 - ROOT OUT FEAR AND DOUBT -- OPEN YOUR MIND TO CONSTRUCTIVE IDEAS

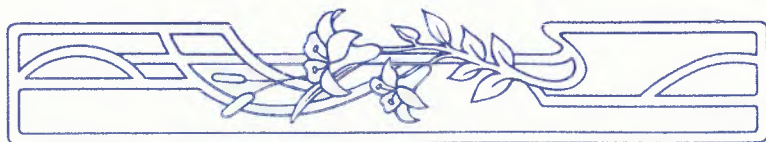
Whatever is most frightening to your inner nature attracts a host of malefic forms who present themselves to your inner vision with the firm conviction that your energy being, thrown at them will give them almost immortal life. To root out fear and doubt is to render these creatures harmless and thus stripped of the sustaining power of energy which keeps them alive they will desintegrate into their native nothingness.

On the other hand, the best idea in the universe never became as manifestation until some unascended being took the energy of his own lifestream and voluntarily clothed that idea with some substance of the physical world, and thus gave it form and outline.



## 6 - TO ENERGIZE THOUGHT FORMS OF OF IMPERFECTION IS A SIN.

For any student under this radiation to energize thought forms of imperfection is a SIN, and for any student under this radiation to give these thought forms the substance of their own lifestream whereby they might take physical incarnation is a responsibility which such an one must face before the Cosmic Law. The only activity that any conscious student of the Light should be engaged in is to create physical forms for expressions of beauty and perfection.



## 7 - HOW TO TUNE INTO THE PROCESS OF PRECIPITATION

We are studying consciousness this week and we know that we can create in our thought and feeling any picture, design or desire that is good and beautiful and then by pouring our life energy upon such a picture in love, we tune into the natural processes of precipitation which will bring into physical form that which we created at inner levels.

As we do this you will begin to find manifestations of beauty which your heart has sought through this embodiment. Such beauty will give great peace and happiness to your spirit and will be a great incentive to the spirits of those watching every student who is seeking to manifest the Law of Perfection's Flame in Action.



## 8 - RAISE THE VIBRATORY ACTION OF OF YOUR INNER BODIES

People incarnated upon the earth plane have the privilege and opportunity of raising the vibratory action of their inner bodies to a point where the light waves constantly emanating from the lower bodies become a natural invitation to these cosmic currents and when such an one is found the entire Host of Heaven utilize this conductor and over the light waves representing the aura of that lifestream there flows every Ascended Master quality, gift and power which the light Ray of the individual can sustain.

## 9 - HOW TO QUALIFY YOUR ENERGY HARMONIOUSLY

We are studying the Law of Harmony once more because every lifestream in this universe must not only recognize that the duty of such an one is to qualify all the energy in his being and world in a harmonious manner, but every lifestream is required by cosmic fiat to set about the task of re-educating the energy of his particular world into a pattern of harmonious expression.

You can never by effort or will change the habits of centuries, but invoking the Sacred Love of the Sacred Fire through all momentum of human accumulation those currents can be changed into harmonious emanations and the lifestream's energy will flow through those harmonious radiations with even greater speed than that energized by the imperfect ones.





**10 - USE YOUR HOLY CHRIST SELF TO QUALIFY  
THE ENERGY OF THE LIFESTREAM BEFORE  
IT ENTERS YOUR BODY**

Every habit generated by the lifestream through centuries of living has become a groove or channel through which the energy allotted the individual flows almost automatically, just as water passing through a river bed already worn away by countless centuries of flowing water more easily than it would flow through a flat unbroken surface.

To cultivate even one quality of kindness, of tolerance, of gentleness of speech is to begin to draw some of the energy from the old river bed and divert it into the new; and as more and more of this energy is trained to pass through these new channels of force, you will find soon the old way of living becomes less and less powerfully manifest in your world and this new way easier and more perfect.

Your Holy Christ Self is of tremendous



assistance during this period, because It will, when requested, qualify the energy of your lifestream before it enters your body with perfection, and that energy receiving those directions from above will not flow through discordant accumulation nor will it obey the request of the human self, but it will abide in the direction of the Holy Christ Self and go forth harmoniously.

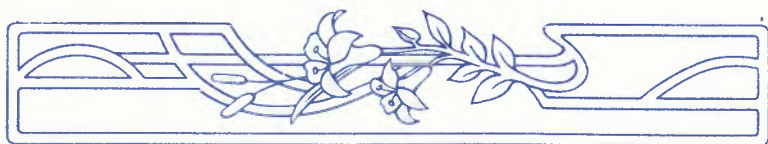
Saint Germain has said the constant use of the Holy Christ Self will impel the progress of Perfection's Flame through the individual IN SPITE OF the outer self, and as you give more and more of your energy to the Holy Christ Self to control, the less you will have to contend with through personal outer direction.

The Holy Christ Self will invite the Masters to assist in the qualifying of your God energy and They, too, will release Their power of good through It to assist in this tremendous task of creating a new and constructive channel for every electron allotted by Life to you.



## 11 - RADIATION WANTED MORE THAN WORDS

Ghandi learned through much contemplation and devotion to his spiritual source that his greatest service was as a silent conductor of the Essence of Peace, Balance, Harmony and Light to his peoples. You too are a mighty radiating center and the Light of your Being flows constantly, opening channels through the dense, heavy substance, which forms the natural atmosphere of your locality.



## 12 - HOLD THE VISION OF GOOD

We cannot stress too strongly to you the Truth that what your mind dwells upon what you think and what you feel, you force into your experience.

If you will assist us by making the call to your own Holy Christ Self and that of your family to show you their Divine Plan and to help you picturize it during their daily activities. the powers of creation allotted to you by the Godhead can be utilized to manifest in physical form the direction which is intended rather than any imperfection that you would protect them from.

The strongest and really the only protection for any individual in the Third Dimensional Plane lies in the ability of one or more lifestreams to HOLD the vision of good rather than yielding to the appearance of evil, which lends the power of your own creative ability to the appearance and allows it to limit you.



## THE SERVICE OF THE HOLY SPIRIT

Every Ascended Master has raised His Emotional and Feeling Body, into the next Octave above the physical appearance world. With the Ascension of each lifestream, a portion of the feeling nature of mankind on Earth is cut away from the possibility of contamination and forms a percentage of redeemed emotion in God's Kingdom. Every Victory, therefore is of tremendous interest to My Lifestream, Whose responsibility and duty, under Cosmic Law, is to redeem the emotional consciousness of this race, and the animal, vegetable, and mineral kingdom.

Every lifestream who has not mastered the Emotional Body is My particular and individual responsibility, and that mastery and control is achieved through the co-operation and assistance of the incarnate Spirit.

Every lifestream comes under My direct supervision during a particular period in its



evolution. This must be so because no lifestream can be overlooked in the process of purifying and harmonizing the emotional nature which all share, no more than the housewife would overlook the cleaning of one room and feel her task of keeping her home beautiful completed.

Having had some small experience within the compass of your own world as to the power of the feeling body, you can perhaps sympathize with My lot when you multiply by some ten billion the feeling bodies of the race.

As I AM more eager by far than any unascended being to gain the Mastery and Control of the emotional status of the Planet Earth, the call to Me for the anchorage of My Radiation and Substance in anyone's feeling world will give Me a great opportunity to redeem more of My Substance. It has been said that it is My principal service to bring balance to those suffering from maladjustment of the mental and emotional vehicles. You will see that, in My capacity as the Guardian of the emotional





world, it is not only an opportunity, but a necessity for My full Freedom to see that every emotional body is harmonized, clarified, purified, and ASCENDED. I shall hope for your assistance in this task.

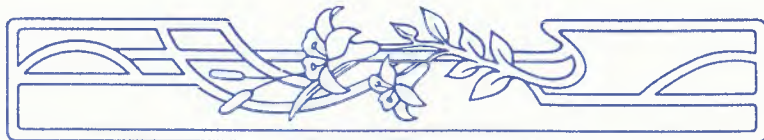
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Beloved "I AM" Presence, the God Reality of all mankind;  
Beloved Holy AEolus and Lord Maha Chohan, Paul:

I invoke a RAY OF FORCE from your Heart into the feeling world of every unascended being, in or out of embodiment. Send the pulse-beat of Your Heart, the feeling of the Holy Spirit to be released and intensified in each one, becoming the dominant radiation in the feeling nature of all people.

CHARGE! (3X) the feeling nature of all mankind with the Power and Grace of THE HOLY SPIRIT! (3 times)

See that all action is precipitated into form with the pressure of Your feeling behind and through it, ever sustaining the manifestation of LOVE, on this Earth, which is THE HOLY SPIRIT! So be it.



### INVOCATION TO THE COSMIC HOLY SPIRIT

Bless, Holy Spirit, Bless!  
Each gentle soul;  
Raise them in consciousness  
To life's great Goal.  
Send forth Thy Angels bright  
To joy and Comfort bring;  
Mankind shall to God's Truth  
Hosannas sing!

Hear, Holy Spirit, hear!  
Our prayers to Thee,  
That all Earth's children now  
Thy Light may see.  
Ascension is the Goal  
Of mankind;  
May all know that to seek  
So shall they always find!