

TRANSFORMATION RITUAL 7

SACRED RELEASE FROM THE HEART OF LORD LING

THE COSMIC FLAME OF GOD-HAPPINESS



"I know that there is nothing better for people than to be happy and to do good while they live."

- Ecclesiastes 3:12

Our Love and Gratitude extend to Lord Ling, God of Happiness!

All the gentle readers who choose to accept His qualified Momentum of Joy and Happiness will feel that same Buoyancy and Happiness which is His Gift to life! The world today with all its restless people requires Joy and Happiness so much. Accept the Opportunity of being a Radiating Center from whence that Happiness flows into the emotional, mental, etheric and physical strata in which mankind abides.

God Ling who in one embodiment was Ananda, the disciple of Lord Gautama, and in another was the famous Moses, deliverer of the Jewish race from bondage, had many experiences wherein He learned that service without Love is not enough. Based upon His own experiences, He has dedicated His Life to helping all those who desire to serve Life in a Happy, Joyous, Buoyant Consciousness. We are extremely Grateful for His Presence and we know you too will enjoy His Radiation and uplifting Power as you tune into this Presence of Happiness.

We Decree that all who read and apply the instructions contained herein will feel for themselves that Happiness and Joy in Service, Spiritual as well as mundane, which Lord Ling, Fun Wey and all Celestial Beings feel at all times. Open yourselves, dear readers, to the Radiation of Happiness. Let that Happiness through you fill your homes, worlds and affairs. Then on a larger scale that Happiness will truly add to the Joy of the world! So be it!

Morya - The Bridge to Freedom 1957



In her first public discourse on August 20, 1944 through Edna Ballard and the I AM Activity, beloved Rose of Light explained the importance of maintaining the feeling of happiness in our four lower bodies:

" . . . Every limitation in your bodies, every limitation in your feeling world, every limitation in your affairs, is the condemning of some of the substance and energy of this Universe, to live within human qualities. Now let Us help you let go of that this morning! No matter what your own problems are, BE a Blazing Sun of Happiness to everybody and everything that crosses your path. Make it your business to be a Sun of

the Cosmic Flame of Cosmic Love and Illumination to everybody else; and if you will do that, you will find your own problems and limitations have been removed from you by the time you turn around, when you think you have to take care of them.

"Do you know what your obligation to Life is? Your obligation to every particle of Life in this Universe is to pour Happiness to all the other parts of Life. It is your duty to pour Happiness and the Joy of just living for the Happiness and expanding Illumination, Love and Kindness to everybody and to everything, even to the atomic structure of your bodies. Just live in the Great Joy of Blessing and charging Happiness into everybody and everything that comes in contact with you or your Life Stream.

"Happiness is the Law of this Universe and, My dear ones, if the Ascended Masters, every time mankind disappointed them, were to sit down and mope about it, you would not have much help in this world; because mankind has disappointed the Ascended Masters for a good many thousands of years. If the Ascended Masters don't become discouraged about anything, there is no reason for unascended beings to be discouraged.

"The Ascended Ones have tried to raise mankind out of this distress longer than mankind has tried to raise themselves; so there is no place in this Activity for discouragement! The only difference between unascended and Ascended Beings is, that unascended beings quit and the Ascended Ones never do; and if We could only get that stopping, that quitting, on the right side of Life, your Freedom is here.

"Please feel from now on, My precious ones, your obligation to pour Happiness to every Life Stream that comes to your attention, and it does not make any difference whether you like other Life Streams personally or not, that is not your concern. Everyone is Life and all Life is entitled to Happiness from you; and if you do not pour out Happiness, you will never have It! Each individual has received back just exactly what each one has given to Life.

"Don't you see that the obligation of your Life Stream is to blaze Happiness, no matter what seems to be? You are not concerned with that which has already occurred. That which is manifesting now is the result of former causes. You, today, are setting into action causes to produce Happiness and Perfection for the future! Therefore, if something of the past come forward, if after you have sent forth all your Love, Blessings, and Happiness, then some discordant result comes forth to be handled, instead of feeling, well it did not work; just take that thing and say: 'All right, I shall take that substance and energy and purify it, with the Violet Consuming Flame and the Blue Lightning of Cosmic Purity from the Great Central Sun; and now I command that to become my Eternal Happiness.' You can take every event of Life and command the energy within it to yield you Cosmic Illumination and Eternal Happiness, if you will. Your Free Will is paramount and always will be!

"There is not as powerful a Healing Flame in this Universe as the Healing Flame of Happiness. Enough Happiness could cure every bit of disease on the planet; and it seems to Me, it is a far more comfortable method than surgery and some of the other methods by which others try to help mankind, although We always bless every kind of assistance that really helps mankind to be more harmonious.

"Happiness, as Saint Germain told you, is the Great Motor of Existence! So, if you need energy, charge yourselves with the Cosmic Flame of Cosmic Happiness! If you need money and supply, charge your business with the Cosmic Flame of Cosmic Happiness! If there are problems to be solved, dissolve them by the Cosmic Flame of Cosmic Love from My Temple of Light; and you shall know Freedom from every limitation, whether it be mind, body or affairs...."

THE RITUAL

I

IN THE BEGINNING. . .

Was the Feeling of God-happiness



Leader:

God-happiness is the feeling you had when you first came forth from the bosom of the eternal Father-Mother God and knew yourself as an individualized consciousness with the power to think, feel, speak and act. In this opening section of the ritual, we recite an encapsulation of Lord Ling's description of us from the start of our individual manifestation; helping us to resurrect the memory stored in our etheric bodies of the perfection we knew with the Father in the beginning. Together:

In the beginning of my individualized manifestation,
I AM with God and in God.
I dwell in happiness and joy!
I bask in the Father's Love and good graces!
I AM a sun of radiating Christ-virtue and
I AM endowed with the Father's gifts of life!

And within me I feel that glorious I AM intelligence,
that first stirring of life within my own mental and emotional bodies;
that first vibration of happiness in the realization
that I AM given the gift of individualization.

And with such realization comes the feeling of great joy!
Great joy in knowing that through this gift of divine love,
I AM a co-creator with the one eternal Father-Mother of the universe;
co-creator with the seven mighty Elohim of creation, and with all ascended beings
for the purpose of ever widening and expanding the perfection of God and his kingdom.

I know no disappointment nor disillusionment in the use of life,
whether it is the first sphere of faith, the second sphere of illumination and wisdom,
the third sphere of divine love, the fourth sphere of purity,
the fifth sphere of science and truth, the sixth sphere of ministration and peace,
or the seventh sphere of invocation of rhythm,
and the divine alchemy produced by the use of the violet transmuting flame of
Cosmic Christ mercy, forgiveness and compassion.

In these spheres I know naught but victorious accomplishment.
Therefore the feelings of buoyancy and joy of life are strong within me!

So in this happiness, I applied to my Source for the opportunity to embody upon this dear planet to serve the unascended humanity who dwelt here.

In loving gratitude I received this gift and came to Earth through the gates of physical birth for the express purpose of manifesting and expanding the glory of God right here.

My own beloved I AM Presence provided me with perfect and beautiful physical forms in which I am able to sustain and expand the perfection of life on the surface of this planet.

I was shown how to take a divine idea, fashion a beautiful thoughtform from it, then hold it in my mental body and nourish it with my feelings until it manifested as a lovely jewel, a flower, a song or perhaps a lovely temple of light. Whatever picture was given unto my consciousness that I wished to bring into outer manifestation, I naturally had the power to bring forth directly from the universal.

Here again I was filled with the feeling of happiness through experiencing victorious accomplishment! And in the many long ages which followed, I lived experiencing the happiness and full perfection of God's will for me.

...then...one day, I accepted the radiation of discord created by the laggards from other stars. I accepted into my world shadows and limitations from others that then manifested in my experience.

It was then and only and then, that I began to qualify my life energy with the feeling of disappointment.

For the very first time the perfection of my divine ideas became blurred by this imposition put upon me. Shadows entered into my thinking processes. My feelings, pouring into those distorted images, did not rush forward in the joy of conscious mastery to fill my thoughtforms with light.... I lost conscious connection with my great God Source.

It was then and only then, that I first began to experience the feeling of unhappiness....

II

PRAYER

From Lord Ling

The God-virtue of Happiness



[Lord Ling has offered to assist us; explaining that where he suffered much, we need not if we will heed his words and give him an opportunity to assist us through the power of the Spoken Word. He assures us that we will soon come to a point where rather than allowing discordant energies of the outer world to touch us, we will become the master of the radiation of our energy to all Life. To assist us with this, he explains that the recitation of these words enfolds us with his feeling of happiness; creating and sustaining an atmosphere of happiness about us at all times, helping us to remain poised and controlled—bringing us victory.]

Together:

Mighty I AM Presence and beloved Lord Ling,
Resurrect from within my etheric body those records of the memories of perfection
that I once knew and had with the Father before the world was:

***Beloved mighty victorious Presence of Almighty God, I AM,
right within my beating heart: I love your happiness!
I dedicate my life and all energies of my entire being
to drawing forth and surrounding myself
with your flame of God-happiness.
Saturate my entire being and world
with its substance and feeling,
as I enfold all life I contact this day
in its glorious radiance of golden flame
from the heart of beloved Lord Ling,
God of Happiness.* (3x)**

Keep this eternally sustained, all-powerfully active and ever-expanding
until all are wholly ascended and free!

III

PETITION

To the Heavenly Father
for the Restoration of my Original Estate



Leader: Together...

Beloved heavenly Father, that which I now decree
is that which I call into physical manifestation:

I AM the restoration of the original feeling when I first came forth
from the bosom of the eternal Father-Mother God.

And I know, that as a seed is planted in the soil of my soul
and moved upon by Your quickening life in my spirit, it must come forth.

I AM expressing Love, Wisdom, Strength, and Eternal Youth.

I realize Harmony, Happiness, and Abundant Prosperity, and

I bring forth directly from the Universal Substance

that which will satisfy every good desire.
I AM this not for self, Father, but that I may be of service
to all Your Children.

Glorify Thou me with Thine Own Self, with the Glory of that Unfed Flame
which I had with Thee in the Great Central Sun.
Qualify everything that goes out from me each day
with that immortal Cosmic Christ Love that compels ever-expanding
immortal Happiness to flood all life everywhere around me.

I thank You, Father,
and desire only that which is good for all.
I allow only Your Spirit—Wisdom, Love and Truth—
to move in my soul.
And I give thanks, Father, for bringing this forth
as a manifestation in my world. Amen.

IV

MEDITATION

Cultivating the Inner Smile

Developing the Sustained Feeling of Happiness



"SOMETIMES YOUR JOY IS THE SOURCE OF YOUR SMILE,
BUT SOMETIMES YOUR SMILE CAN BE THE SOURCE OF YOUR JOY."

-Monk Thich Nhat Hanh

Leader:

Lord Ling has explained that happiness does not just happen. It is a vibratory action which must be sought out and practiced by the outer self when that outer self has sunk below the natural vibration of the Holy Christ consciousness. Developing the sustained feeling of cosmic happiness can be accomplished by applying a technique taught by Taoist masters in ancient China. It is called the 'Inner Smile Meditation.' Living with an inner smile is to live in harmony with ourselves. And regular practice of this simple, effortless technique can dissolve stress, heal your internal organs, and transform destructive emotions into positive virtues.

Let us begin by quieting our minds and centering in our hearts.

Drawing from the universal source of energy all around us, create a cloud of "smiling energy" in front of you.

Become aware of your third eye area above the midpoint between your eyebrows. As you do, relax your forehead and allow the third eye to open.

Now slowly draw the smiling energy into your third eye, and move it to a point about three to four inches behind the third eye into the center of your brain--the space equidistant between the tips of your ears. This area is referred

to in Taoism as the Crystal Palace - home of the pineal, pituitary, thalamus and hypothalamus glands. Feel this abundant, smiling energy increasing and intensifying in this powerful place. Smile into your Crystal Palace and feel it blossom and expand.

Allow this energy to flow forward into your eyes. Feel your eyes as 'smiling eyes'—infused with the quality of loving-kindness and delight. Feel the joyful energy filling your entire head and your crown and your third eye. Then project the smiling energy back and forth through the left brain, then through the right brain, and back again, balancing the two hemispheres.

Move the smiling energy down to the brainstem—to the first cervical vertebra at the base of the skull. Descend down the inside of your spinal column one vertebra at a time: down through the neck area, descending through the mid and lower back, smiling onto each vertebra until you have reached the sacrum, the base-of-the-spine chakra.

Feel the warmth, comfort and ease in each vertebra. With all the vertebrae relaxed, feel the powerful currents of light flowing up and down your spine, increasing the flow of chi circulating through your entire body.

Now feel this stream of smiling energy flow into your heart. Smile directly into your heart, filling it with loving, smiling energy that dissipates any stored tension in that area. As you smile at your heart, feel your heart smiling back at you. Thank your heart for providing the life-giving service it does every second of every day. Feel the heart relax and expand with loving energy as a flower blossoming. Fill your heart with love. Let your heart be your "sweetheart."

Feel the smiling energy expand to the other organs of your body: the liver, lungs, kidneys and stomach. See these areas glowing with vibrant health. Feel them become warm as they begin to vibrate and expand like flowers blossoming. Feel your whole body being drenched with a waterfall of smiles, joy and love. Feel your body being loved and appreciated. Thank your body and body elemental for being such marvelous servants!

Now let us end our meditation by storing the smiling energy in the seat-of-the-soul chakra located around the navel. Gather all of the smiling energy and spiral it around the seat-of-the-soul chakra, first outwardly and then inwardly into the center of the chakra. Now, focus on your navel area, about one and a half inches inside your body. Then, mentally move the energy in an outward counterclockwise spiral. Next, reverse the direction and bring it back into the navel, circling 36 times.

The energy is now stored in your seat-of-the-soul chakra, available to you whenever you need it and for whatever part of your body needs it. Now open your eyes, and SMILE....

V

BENEDICTION

For World and Universal Peace

Drawing the Power of Happiness into Mankind's Experience



*"Let my soul smile through my heart and my heart smile through my eyes,
that I may scatter rich smiles in sad hearts."*

- Paramahansa Yogananda

Leader: Together...

In the name of the Most High Living God, I AM,
in the name of beloved Lord Ling, beloved Rose of Light,

Fun Wey and the Angels of Happiness Flame;
In the Name of all Life which has ever contributed
to the cosmic happiness of creation since the beginning of time:

We call for the release of the cosmic flame of God-happiness
from the ascended masters' octave of pure spirit!
Let this flame descend into our octave,
filling all with its buoyancy, vibrant joy and happiness!
We draw its activity into the atmosphere of Earth and its
great Light into the four lower bodies of Terra.

And as this mighty energy surges through us, as a living, powerful and positive flame,
we direct the power of happiness into the outer world.

We project this sacred energy into the great masses who are still sleeping
in the lethargy of the outer self.

We project this sacred energy into imprisoned life everywhere,
and into every focus where shadows still remain.

Let it fill our family, friends, and community; the earth, the sky, the sun and moon,
the stars, and all of space, covering every erg, atom and electron
with the beaming energy of happiness; and spreading the cosmic flame of
cosmic happiness to everyone and everything!

Let the power and pressure of this flame of happiness, intensify every
instant--waking, sleeping, day or night--until it can be felt in the purified mind,
in the vitalized emotions, and in the physical form
of every lightbearer on this planet.

I know, Lord Ling, you hear our every call and
happily answer them instantly, therefore I decree:

I AM a radiating sun of God's divine love, light and happiness.
I AM a sun of radiating Christ-virtue right here while still unascended.

I accept this blessing done in full power as a
manifestation in my daily expression!

I decree it so, and it *is* so!

Amen.

*Text taken from the words and concepts of the Ascended Masters in the *Bridge to Freedom Journals* and the
Life of the Masters of the Far East.

*The "Inner Smile" practice was adapted from several of Mantak Chia's books: *Awaken Healing Energy Through
the Tao*, *Taoist Ways to Transform Stress into Vitality*, and *Awaken Healing Light of the Tao*, and from Elizabeth
Reninger's *Practice The Inner Smile*

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