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The Power of Humility, Obedience and Listening



Shambhala



Sanat Kumara Our Lord of Love



**Sanat Kumara, we now praise your name
For bringing Earth your light and vict'ry
flame.**

**Now in your honor let all souls arise,
Singing our gratitude to the skies.
For courage so complete, steadfast and true,
We send our deep, rev'rent love to you.
Our noble Regent Lord, compassion's call
Brought you to Earth to raise the flame in all.
When darkness threatened life on Terra's
sphere
Your mission kept love's vict'ry flame here.
Let song and legend praise your mighty
pow'r—
The power of love to heal Earth this hour.**

**Dear Lady Venus, Mother Flame, we send
From our hearts ruby roses without end.
For keeping Hesperus' home fires
burning bright,
A jewel constant through Terra's plight,
Holding a balance real with our dear Lord,
We sing your praise now in sacred word.
Sanat Kumara, to your mission true
We consecrate our lives and strength
anew,
To see a golden age of vict'ry won,
Raising our Terra unto the Sun.
O Lord of Love, your journey from afar
Lighted Earth's way to be Freedom's Star.**

The Legendary Shambhala



Spiritual Warrior and Basic Goodness

- **Humility**
- **Basic goodness**
- **The simple life**
- **Humor**
- **Love of oneself and others**
- **Synchronizing mind / body**
- **Open our eyes**
- **The rising sun mentality**
- **Keeping our balance**
- **Slip and bounce back**



Joseph of Arimathea



King Arthur and Camelot





King Arthur & The Round Table

Bodhidharma



Power of Humility



The Wisdom of Humility, part 1

by Tim Burkett , 2017

- Humility comes from the root word humus, which means earth, soil. The dictionary defines humus as the dark organic material in soils, produced by the decomposition of vegetable or animal matter and essential to the fertility of the earth.
- Naturally and organically we are creatures of the earth; Alan Watts used to say that the earth is peopling. We came from the saltwater of the oceans and from the richness of the soil, which includes everything. It is aerated and moist because it's not separate from the air and clouds.



The Wisdom of Humility, part 2

- Humility allows you to go all the way to the fertile ground, not stick up like you're some big deal because you've got something that others don't have.
- When you sink all the way to the ground you actually are a Big Deal—not because you are you but because you are not you.
- You've sunk down to the fertile ground of all being, which is not a solid ground. It is aerated with all sentient beings, so aerated that there's no solidity at all.
- It is completely groundless.



HeartsCenter.org

The Wisdom of Humility, part 3

- With humility we may even experience the groundless ground from which all of reality arises and takes a particular shape and function for a little while in the conventional world.
- Then it returns to the groundless ground of interdependence and interpenetration. Humility is realizing in a visceral way that we are not separate from anything else. It allows us to sink down into the rich soil, all the way to the bottom.
- The more naturally humble you are the more confident you are. It's not a childish, arrogant confidence that is based on some accomplishment that you are proud of. Relaxed confidence doesn't depend on accomplishment because it is the parent of accomplishment not the child of it.



The Wisdom of Humility part 4

- You don't have to be right all the time. If you worry about being right then you have a very fragile confidence.
- **With humility your confidence is steady**, it can withstand turbulent times when things don't go the way you thought they would. When you fall down you just get up. Falling down is no problem. Asking for help is no problem.
- **Confidence without humility is heavy**, so heavy that it's hard to get up when you've fallen. It tells you that failure means you can't do it. You're embarrassed and even ashamed to ask for help because that means you're not good enough. Confidence without humility is rigid. It breaks easily because it is clinging to something specific.



Zen practice is about sinking down into the humus, where humility and confidence come together naturally to create a humble feeling of being at home in your body, wherever it is, whatever is happening. **In the soil, we discover a way of being that allows us to experience the world as alive and part of who we are.**

Meister Eckhart (1260-1328)

On Humility

part 1



“All things must necessarily be accomplished in the truly humble man. He does not require to ask God, he can command God, because the height of divinity is nothing less than the depth of humility”

“The humble man and God are one; the humble man is master of God as well as himself, and everything possessed by angels is in the nature of the humble man; what God does, the humble man does also, and what God is he is: one life and one being; that is why our Lord has said: ‘Learn from me that I am gentle and humble in spirit.’ ”

Meister Eckhart “On Humility”

part 2



“God’s divinity comes of my humility, and this may be demonstrated as follows.”

“It is God’s peculiar property to give; but he cannot give unless something is prepared to receive his gifts.”

“If, then, I prepare my humility to receive what he gives, by my humility I make God a giver.”

“Since it is his nature to give, I am merely giving God what is already his own. It is like a rich man who wants to be a giver but must first find a taker, since without a taker he cannot be a giver.”

Meister Eckhart “On Humility”

part 3



Similarly, if God is to be a giver, he must first find a taker, but no one may be a taker of God’s gifts except by his humility.

Therefore, if God is to exercise his divine property by his gifts, he well may need my humility; for apart from humility he can give me nothing--without it I am not prepared to receive his gift.

That is why it is true that by humility I give divinity to God.

A Map of the Mind

- Higher Power - Creator
- Higher Self – Christ, Buddha Nature
- True Self - Heart, Soul, Child Within
- Ego - false self

“Choosing Peace over Conflict in Relationships” by Whitfield, Park and Prevatt presents a message that conflict in the world can be avoided by a change in perception and attitude.

From the book *The Power of Humility*
by Whitfield, Whitfield, Park & Prevatt



12 CHARACTERISTICS OF HUMILITY



- Openness
- “Beginners” attitude
- Curiosity
- Innocence
- A childlike nature
- Spontaneity
- Spirituality
- Tolerance
- Patience
- Integrity
- Detachment
- *The Four Noble Truths*

Eightfold Path



- Right Understanding
- Right Aspiration
- Right Speech
- Right Action
- Right Livelihood
- Right Effort
- Right Mindfulness
- Right Concentration



8

VIDEO

“The Most Humble Man I have ever Met” Oprah Interview
*Followed by a reading of a **Madiba** Heart Stream excerpt
titled “Madiba Speaks on our Higher Walk to Freedom
through Reconciliation” Delivered 12/05/15*

Power of Obedience



Clare de Lis

Quips On Guru Chela Relationship (1)



We work with the humble. We discharge our duties through those who have listening ears, warm hearts and who find themselves able to say yes to our requests.

Did you know that when you say yes, there is an instantaneous current of sacred fire that comes from on high, that descends from your Presence through your crystal cord unto your heart to give you the impetus for its fulfillment?

That is the gift of God and of angels to allow you to be victorious, if you would receive it and then utilize it.

Clare De Lis

Quips On Guru Chela Relationship (2)

Speak to me of anything and everything. Tell me your troubles. Invite me to this activity, to that event, to your prayer sessions, your time of meditation.

Any true Guru is directly involved in the lives of his/her chelas in the most intimate of ways when that connection is made through **obedience** and harmony, through understanding and acceptance.

And the connection is maintained so long as you live in the integrity of who you are within that relationship.



Mother Teresa



“Mother Teresa of Calcutta talked about hearing a distinct call from God at the start of her mission.

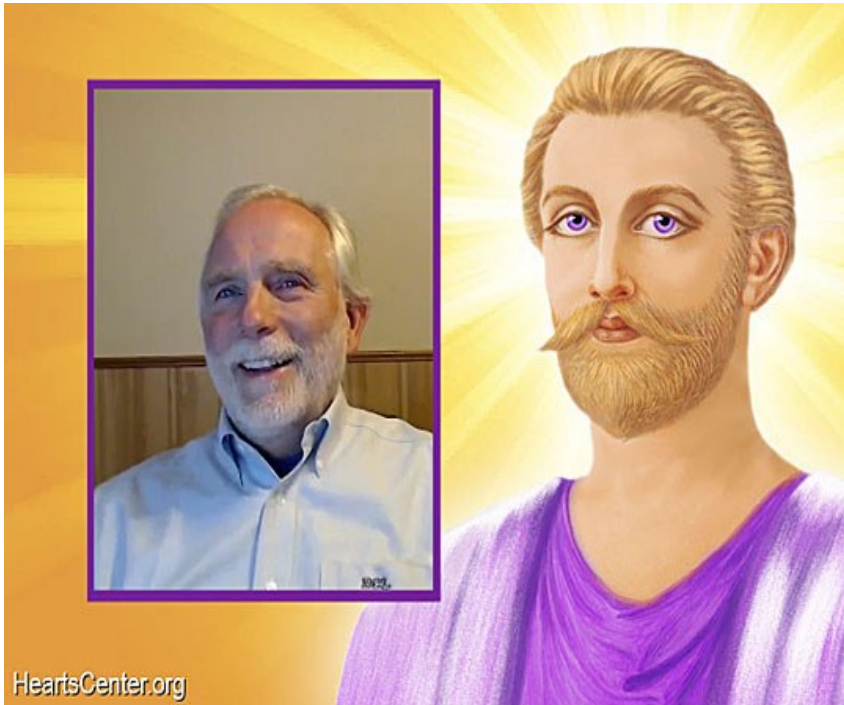
It happened while she was in quiet, intimate prayer as she was traveling on a train to Darjeeling, India.

She says, ‘The message was quite clear: I was to leave the convent and help the poor while living among them,’ she said. ‘It was an order,’

Mother Teresa said when we are alone with God in silence we accumulate the inward power which we distribute in action.”

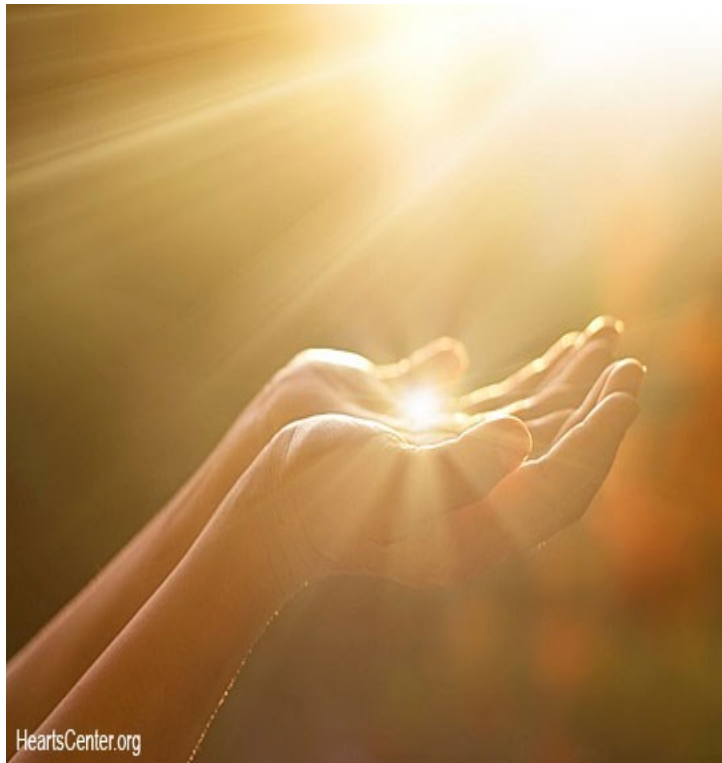
Obey Your inner Voice

Saint Germain's Formula # 4



1. Resistance to Providence, the Divine Inspirer, arises from the basest regions of nonbeing as the advanced alchemist seeks to complete his work to finalize his opus grande. The inner voice **compels the obedient to action** lest the work of the ages recede into oblivion through the denial of Self, one with the Divine. The impertinent reach for any excuse to execute perfection. The intrepid press on through the daring of an initiate's resolve to surrender the ego fully.

Obey Your inner Voice Saint Germain



- 2. Obedience** is not the denial of individualism as co-creativity and authentic audacity. Compliance to the inner voice is not surrender to an unconscious collective within the mass consciousness. Discerning one's truth, the advanced alchemist accesses real insight in responding to higher hunches and in heeding the hints of the Mother's muses.
- 3. The gifts of the Spirit** are not elusive to the masterful ones who, with boldness, reach for the stars within, which light is born anew. When the Divine speaks from within your heart, let your outer mind, quickened by its genius and motivated by its brilliance, act. To deny one's angel is perilous on the path, for it leads to a passive-aggressive state of nihilism that births Satanic delusion rather than sainthood. Wax hot as you employ your inner fire to dissolve the dross of the ages, curdled in the karmic knots of idleness and the torpor of the dullards.

Obey Your inner Voice Saint Germain



4. One's conscience contains the cosmic clue of beingness and the helpful hints to develop an **indigo aura** of the **seventh magnitude**. Be not passé in my new age of love, in my resolution of joy. I will refresh you in the **azure pools of awareness** and in the bliss of blessedness, born of *amour*. To realize your Selfhood is to relish authentic spontaneity, deriving your happiness by listening to your higher herald and, with affection for God, opening the door to a new life in Spirit.

Obey Your inner Voice Saint Germain

5. Every alchemist is an artisan of virtue, an architect of divine reason. The spiritual scientist is a virtuoso in wedding logic to love and in welding wisdom and charity. Heartstreaming instead of brainstorming, he frequents the internal space of love, where the inventive Mother of the new era and the avant-garde sire an enlightened humanity. Advancing in your alchemical self-mastery requires constant reflection on your purpose by assessing motive, modality and momentum. A balanced approach necessitates a humble mien and standing sure in the light of your Solar Presence, trued to the polestar of being, the source of divine magic.



Obey Your inner Voice Saint Germain



6. The advanced alchemist follows the magnificent magus, whose only desire is to magnify the Lord through works of holiness, bringing all to wholeness. The possibilities for attainment of divine riches are infinite, so long as these are consecrated to the Source and mindfully used to beatify the brethren and beautify the world. At the hearth of the heart, the alchemist breathes in the fire of life and exhales enriching essences into his examinations and experiments.

Obey Your inner Voice Saint Germain



7. The cultured ones create upon Earth the aesthetics of heavenly delight as angel ministrants employ their handiwork with grace and aplomb. Shepherd a new Earth with loving care for the meek and with tender regard for the lowly. Raise the downtrodden by your example of altruism and your giving spirit. Use alchemy to better our world and raise all through the sunshine of your love. The resplendent share their blessings in benevolent acts of kindness, patiently weaving a newer testament of truth for today through compassion toward all and judgment of none. The determined use their inner drive to deliver the weak and the disillusioned from samsara.

Obey Your inner Voice Saint Germain



Have I now clarified for you
the **importance of obedience**
to the voice of God within you?

From the innermost recesses
of your heart, hear me singing
my song of love to your soul.

I AM Saint Germain.

Obedience in the Life of the Initiate

1



- When the soul has understood the role of obedience on her path, she will further develop the qualities of listening and humility.
- Obedience is an inherent part of our nature we are all born with and hopefully it is facilitated to blossom in our upbringing, and if not, then it must come from our own volition.
- Obedience is based on virtues of respect, faith and devotion. In order to practice dynamic obedience, there must be a source in our life to inspire these qualities within us, obedience then comes naturally and is highly expedient to our spiritual growth.

Obedience in the Life of the Initiate

2



- The ego and intellect are stilled and transmuted by clearing ignorance and negative patterns of our psychology, as well as using the violet flame and study. As we are attuned to our Holy Christ/Buddha Self, our Mighty I AM Presence, or an ascended master, inspiring and guiding us, respect, faith and devotion grow within us.
- To obey is a privilege, an honor and becomes an immediate joyous experience.

Obedience in the life of the Initiate

3



- Through obedience the realization comes that you are not the doer, God is doing everything through you, therefore nothing is impossible. His love, wisdom and power will flow through us and the will of God is done. When we experience this, our faith and devotion become deep and unwavering. All doubts and uncertainties are dissolved. The disciple approaches the master with an attitude of humility and obedience.

Obedience in the life of the Initiate

4

- Through **obedience** the disciple forms a **bond** with the guru/master and nothing can be withheld from either.
- The very life of both flows one into the other. Through obedience the disciple removes all barriers, so the guru can raise her.
- When the practice of obedience becomes internalized the soul is raised up and able to express the divine will through her Higher Self.



Power of Listening



Power of Listening

El Morya 1

- Scripting our day for God becomes easier and easier when it is a daily affair, because we have processed a lot, mastered certain things, become more adept at the nuances of life and the initiations on the path.
- And when we have been utilized by the Divine One as a scribe, we become used to that voice; we can hear it more clearly.
- We get used to the details of what God is conveying through our own conscience and the inner voice.
- And the more we listen, the more we are able to discern.



• Power of Listening El Morya 2

• The more we are reverent in that listening, through listening grace, the easier it is to pick up on all of the aspects of what is being conveyed and shared, just as a secretary working for her employer gets used to that voice and even the little idiosyncrasies of what is being dictated.

• Over time, listening to God's voice becomes second nature, and we may even enter into an amazing alchemy whereby we sometimes even know what to write just a moment before the words are spoken.

• Many of you have had this experience, even in HeartStreams, where you knew the words that were coming because they were already released in the etheric plane and I was capturing them on behalf of the master.

• And those of you who are raised up in a very high level of awareness have also sometimes been able to attune to the message in a divinely visual or audible inner way. You have been, through your sensitivity, able to access that.



Saints on Listening



Brother Lawrence, a 17th century monk, made the art of listening, the centerpiece of his spiritual path.

He called it the practice of the presence of God.

Brother Lawrence said he liked to keep a “simple attentiveness and a loving gaze upon God,” even midst the noise and clutter of the kitchen where he worked.

He described this practice as a “habitual, silent and secret conversation of the soul with God”.

Origen of Alexandria



Origen of Alexandria, a mystic from the 3rd century, our beloved Lanello, said:

“Do not think that God speaks to us from outside. For those holy thoughts that arise in our heart, they are the way God speaks to us.”

Listening Tips

- **Create a clean environment** – Eat clean, clear your mind through meditation, and heat up your body through exercise so it can burn off any residue blocking your inner voice.
- **Notice where the message comes from** – If it comes from fear it is not your higher Self.
- **Watch for conviction and inner peace** – Directives from your higher Self fill you with a sense of conviction and peace
- **Trust your higher Self** – If you get a message follow it!

We will now play a 4-minute video entitled:

“The Two Voices,” by Burt Harding



Inner Listening by Danna Faulds

Kripalu Center for Yoga and Health



- Listening closely to your body's request
- The heart of yoga and meditation
- Hearing self talk clearly
- Non-reactive to self judgement
- Greater access to intuition
- Trusting inner prompts
- Listening with whole being

Inspired by Yogananda's Teachings on AUM 1



- When a person has achieved a certain level of maturity, he is able to listen to others, receive what they're saying and relate it to what he already understands, as well as come up with new insights.
- The more deeply we meditate and feel God's presence in the silence within, we see all things and all people everywhere, as opportunities for communing with that Presence without.
- Listening involves a mental attitude of receptivity and the more quiet we are, the more ready we are to listen.
- Yoga helps us to eliminate the agitation in our minds and in the calmness that comes; we begin to perceive the higher realities in the world around us. Listen, first of all, to God, not with the ear only, but with our entire being.
- God has a sound, an AUM sound, the vibration of the universe. We are all a part of that sound.

AUM

2



- When we are in the quiet of the forest where there's complete silence, behind that silence we can sometimes hear a sound—a soft hum or a gentle murmur like the whisper of wind in the trees, sometimes a deep roar. The sound emerges from no discernible point in space but seems, rather, to come from everywhere.
- If you could eliminate every sound of the world around you, you would still hear that sound. It underlies everything. By closing your ears and listening quietly in deep meditation, you can begin to hear that sound.
- The most important teaching in yoga is to attune to that AUM sound. As you commune with AUM, you begin to perceive that there are many different levels of reality, of which we are all a part and we begin to understand our connection to all life.

AUM

3



- By communing more deeply with AUM, we may become conscious of God as the underlying reality of everything in existence and enter into the stream of vibration that proceeded out from Spirit.
- God's voice is silence. If you desire to commune with God, it must be done first in the silence of your own mind, and then in the silence of the Infinite. In that silence, you will hear the voice of the Infinite booming with the great power of AUM all through creation.

KALI

1



- As soon as your divine desire is stated within your heart, we are there and we provide you with the impetus and the energy to make right choices. It is all a matter of your sensitivity and your ability to **listen deeply**. And when you are attuned to your Higher Self, you will be able to hear the divine voice clearly. And when you have cleared away the cobwebs of your lower nature, then of course you will see much better.
- Negative thoughts and negative feelings are creating these cobwebs. So this day, I clear all of them from all of you with my fire, for fire truly does burn up those cobwebs, dearest ones. And spiritual fire can also dissolve illusion immediately. I give you a formula now to use every day, if you choose.

KALI

2



- You can say with me:
- “O Kali, with your fire, clear unreality now! O Kali, with your fire, clear my aura now! O Kali, with your fire, enfire my mind now. so that I may see clearly and hear clearly, so that I may feel God's Presence now within my heart, and so that I may make all right choices today and every day. O Kali, thank you for your fire in my life now!”



Christopher Columbus Discovers America



King Arthur & The Round Table

Final Song: VIDEO: YouTube: What Do The Simple Folk Do?
Richard Burton & Julie Andrews **Camelot**

<https://youtu.be/SjIVSVGMEk>

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Please respond to our short survey, 5 questions, by
clicking on the link. Thank you for your feedback

[Link to Course Survey](#) ←



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Thank You

Ronald and Dwinn Dubrawsky

Saint Germain

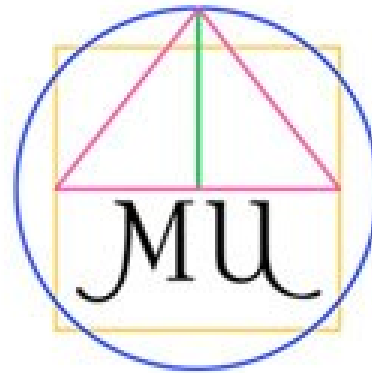
El Morya

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