

# How to Balance and Expand Your Threefold Flame

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(A partial list of resources as at 2019-03-09, compiled by Bro. Craig Nicholson. All dictation and lecture excerpts below are Copyright © Summit Publications, Inc. All rights reserved.)

## **Why Balance Your Threefold Flame?**

1. Mother Mary (POW Vol. 46 No. 31 '03): "I desire, beloved, that you understand that nothing is more important than the balancing of the threefold flame."
2. Sanat Kumara (POW Vol. 42 No. 10): "We have spoken to you during this conference of the balancing of the threefold flame in the heart and of increasing that threefold flame when it is balanced. It is necessary that you do this. It is necessary that you understand that your salvation lies in balancing that flame and in fanning that fire. No matter what else you do in each twenty-four-hour cycle, see to it that you work with the plume that is the weakest."
3. At the beginning of Saint Germain's Heart Meditation #2 (8 mins into it), Mother says: "It is so important to seek balance, for the following reason. And here is the bad news that we ought to remember: Whatever is the lowest of the three, which we call the lowest common denominator of the three plumes, the other two will reduce to that level. You will lose the momentum of your power if you don't have enough love."
4. Lanello on December 24, 1975 (Vol. 19 No. 50 '76): "Do you know that if you would meditate and concentrate on the heart as I have taught you to do, <5> you could increase that fire a hundredth of an inch? And do you know what one-

hundredth of an inch increase in the fire in your heart would bring to you? If each one of you would determine this to be your calling and your all, you would find that thousands would be drawn to the teachings just by the increase in the nucleus of the staff and the students and the Keepers of the Flame. ... And then what do you suppose will happen when you increase that flame another one-hundredth of an inch? You will see science and invention increase! You will see peace flourishing upon earth! You will see war consumed! You will see the dark ones exposed!" <5> See Cosmic Consciousness, pp. 159-165. (The snowball meditation.)

5. It is a requirement for the Ascension. In *The Foundations of the Path*, pp. 61-62 there is a list of the eight requirements, and the first on the list is: Balance your threefold flame.
6. Portia on March 4, 1988 (Vol. 31 No. 41 '88): "When the threefold flame is balanced and when it does increase, lo, there is the Christ born and there in that Christ is the golden age of Aquarius."

### **How to Balance Your Threefold Flame**

1. One of the biggest keys is what is quoted in #3 above by Mother: "Whatever is the lowest of the three, which we call the lowest common denominator of the three plumes, the other two will reduce to that level." She also includes in that lecture practical examples to help to determine and to expand the plume that is weakest.
  - a. So a priority is to find out which is your weakest plume and how best to strengthen it.
2. Suggestions to determine which plume is weakest:

- a. Engage in meditation and whatever you find most helpful for an inner attunement with your Holy Christ Self. Try to master objective self-observation, and be mindful of feedback from others.
  - b. Look at a Cosmic Clock diagram of the God-qualities (colored with pink, yellow and blue) and perversions of the Cosmic Clock. Mark your strong and weak lines. See if all your weak lines relate to a particular plume.
  - c. Look at the four quadrants of the Cosmic Clock and see which quadrants seem weakest. Each quadrant relates to a plume and the Mother flame.
  - d. There is a Threefold Flame Self-Assessment exercise in Chapter 7 of the Sacred Adventure series Book 2. You answer questions and get a value for each plume, but it is quite subjective and is only a guide. Still use your discernment and inner attunement.
3. Jesus gave a great teaching on working on the weakest plume on July 8, 1990 (Peral Vol. 33 No. 33 '90): "How can you pass the test of the two-thirds level [of the pyramid] if you have not balanced a threefold flame and thereby established within yourself a co-measurement of resurrection's fire?"
- i. It is not possible, beloved. And though you serve and work and meditate and invoke Light for this purpose, the balancing of the threefold flame does also involve the balancing of karma that has caused it to be out of kilter. You cannot suddenly raise up the blue plume in proper proportion to the other two if you have not balanced the karma of the abuse of power and of the will of God and if you have not understood the causes of your misuse of the First Ray. And you can only gain an understanding of those causes if you will pursue the study of your psychology.

- ii. Therefore, in addition to the courses already set forth for the summer and the fall, we must emphasize the study of one's psyche, or soul, in ever-increasing depths of intensity. Therefore, let those come to Summit University who are fed up with the schisms and wish to cut right through and reach that point of Christ realization.
  - iii. Seeing the causes, beloved, is the most of the victory. [First is] seeing the causes. Second is the desiring to be rid of them and their effects. And third is the will, the absolute God-will in you that says, "I will do it! And I will do it now! For nothing is impossible to me in God."
  - iv. (Note the 3-fold flame in the paragraph above: "First is seeing the causes" (yellow), "desiring" (pink) and "third is the will" (blue). I think it would be good to start replaying some of the lectures and dictations concerning our psychology. Even though most of us "did" our psychology work at that time, it's never really "done" as a one-time thing. It is ongoing. And many newer people have not heard them at all.)
4. Another great teaching by Mother on the above subject is in her lecture on Heroism, given 10/13/97. The whole of Part 1 is about the balancing of the Threefold Flame.
  5. Give specific decrees and sing songs to balance your Threefold Flame:
    - a. Decree ideas: 20.03 (Balance the Threefold Flame in Me), 0.06 (O Mighty Threefold Flame of Life), 30.02 (Introit to the Holy Christ Self), 1.30 (Heart, Head and Hand) and many more. Zarathustra says about decree 0.06 O Mighty Threefold Flame of Life: "This mantra, beloved, will call my Electronic Presence around you. It is not short, because through your giving of the mantra, whilst you are giving it, I am realigning your chakras, assisting you to balance the threefold flame at all costs and to bring God-control to every aspect of your life." - Pearls of Wisdom, vol. 35, no. 36, September 6, 1992.)

- b. Sings songs to balance your Threefold Flame, like songs 29, 30, 31, 32, 33, 34, 35, 36, 37.
6. Give the love-ray decrees and devotions. Saint Germain said on March 10, 1996 (Vol. 39 No. 21 '96): "For every chela who walks the Path and seeks to balance the threefold flame by the action of the love ray and the love-ray decrees and devotions, <2> I shall receive merit from the Lords of Karma. ... And if I do sponsor you, it will be because you have succeeded in some measure in balancing your threefold flame as you have focused on the love-ray decrees and devotions."
  7. Give violet flame, including decree 7.30 - The Living Flame Of Cosmic Freedom.
    - i. Saint Germain said on August 11, 1991 (Pearl 34/49 '91): "I am in your heart the living flame of cosmic freedom, and each time you invoke the flame of cosmic freedom as the living flame, I am there expanding the violet flame in your heart, which does bring about the balancing of that threefold flame and a multiplication factor that is beyond your reckoning."
  8. Put attention on and visualize your plumes when you come across the trinity in decrees. For example: "I AM the Kingdom (yellow), I AM the power (blue), and I AM the glory (pink) ... " at the end of the I AM Lord's Prayer.
  9. Meditate.
    - i. For example, give Lanello's 'Snowball meditation' as mentioned above, from *Cosmic Consciousness*, pg. 159-165. An updated version of this mediation is on pg. 85 of the 1998 version of *Quietly Comes the Buddha*. There are several other meditations in that book, including the Meditation for Expanding the Light of Your Heart on pg. 22.
  10. Do Saint Germain's Heart meditations.

- i. The Maha Chohan said on May 26, 1996 (Pearl Vol. 46 No. 21 2003): "First and foremost, beloved, balance the threefold flame. Do Saint Germain's Heart Meditations.<8> See how the heart will grow and how you will understand that in your lifetime, even as in the messenger's lifetimes, there has been step-by-step growth. Hold on to the light. Intensify and increase the size of your threefold flame. All of this is within your power, your reach, your grasp."
  - ii. <8> Saint Germain's Heart Meditations I and II, delivered by the messenger at Saint Germain's request, are for the clearing, strengthening and initiation of the heart chakra and the balancing of the threefold flame.
11. Do the Threefold Flame Clearance given by Mother on Apr 11, 1984.
  12. Give the OM MANI PADME HUM mantra.
    - i. Kuan Yin said on Jan 12, 1984 (Pearl 27/27 '84): Thus, the fundamental mantra of the OM MANI PADME HUM <5> is a mantra for the visualization of the crystal jewel in the heart of each lotus of the seven chakras. My assignment to you this day is to take up the visualization of the crystal in the heart of the third-ray chakra, your own heart center. Beloved ones, by focusing the attention, the flame of Mercy, and the meditation on the heart—by expanding that flame, by carrying the focus of beloved Alpha's crystal <6> (which it is important for you to have and to hold as cherishment, for he has indeed endowed it with a special secret light)—this visualization as well as focus will become the prism for the amplification of the threefold flame and its balance. And the increase of the light of the heart, overflowing the boundaries of the heart, will transmute rings of fear and doubt, records of death, hatred and hardness of heart, which is the anti-Mercy quality that must be consumed.
    - ii. Note <5>: OM MANI PADME HUM: "O thou jewel in the heart of the lotus! ..."

13. Call to your Holy Christ Self to come into your temple every hour and balance and expand your threefold flame.
  - i. Lanello said on Oct 5, 1989 (Vol. 32 No. 49 '89): "[You must be ready] to keep the flame of your Holy Christ Self and to begin by being comfortable in the walk with your Holy Christ Self by calling once an hour for [your] Holy Christ Self to come into your temple [and] to balance and expand the threefold flame; [and then you must] feel that love and feel that joy [in order] to sustain it, maintain it and increase it."
  
14. Do Djwal Kul's Breathing Exercise (Decree 40.09)
  - i. Djwal Kul said in reference to pranayama (Pearl 48/6 '05): "In order [for your 3-Fold Flames] to grow, beloved, they need the sacred breath of the Holy Spirit, the breath of the Holy Spirit, beloved. Thus, it is the sacred fire breath ..."
  
15. A reference book outside of our teachings that can help us to balance our threefold flame, and that children can identify with, is *From Confucius to Oz* by Vernon Crawford - "Because proper exercise of Wisdom, Benevolence and Courage – the three Confucian virtues that the Scarecrow, the Tin Woodman and the Cowardly Lion were seeking in *The Wizard of Oz* – can make you a more successful person."
  - i. The Scarecrow: "If I only had a brain." (Yellow)
  - ii. Tin Woodman: "If I only had a heart." (Pink)
  - iii. Cowardly Lion: "If I only had the nerve." (Blue)
  
16. Sing song 662 - "Jaya Guru Omkara," a bhajan to Brahma, Vishnu and Shiva.
  - i. Lord Brahma on July 1, 1993 (Vol. 36 No. 46, Oct 6, 1993): "This bhajan you have given <1> is a mantra for the balancing of the threefold flame in the Trinity. Give it, then, for by that balanced threefold flame you will know more and more of your God Self." Note <1>: In preparation for the dictation, the Messenger led the congregation in singing "Jaya Guru Omkara," a bhajan to Brahma, Vishnu and Shiva.

17. Visualize the cosmic cube, also known as the City Foursquare, over your heart.
  - i. Cyclopea and Virginia said on October 13, 1974: The cube placed over the heart “will assist you in expanding the three-fold flame. ... And as that flame expands so the cube will expand also. This will provide you with a platform and a forcefield for energies of the Elohim to descend into your forms.... And therefore, a much greater action of the law will take place and all of your decrees and invocations will have this additional grace.” (The Masters and Their Retreats.)
  - b. More on the cosmic cube, also from The Masters and Their Retreats book: Cyclopea, July 5, 1970 (Pearls Vol. 21 No. 14, April 2, 1978): ... a divine matrix of the cosmic cube, that City Foursquare that is the key to each man's overcoming, the key to the ascension of the very planet itself. ... Let the all-seeing eye of God penetrate to ascertain what is occurring in the world, to ascertain the position of the evil forces. And then, let that projection of the cosmic cube be stamped upon them, sealing the place where evil dwells by the power of the Most High God.”
  - c. .... I am focusing within your consciousness this night and anchoring within your own third eye the vision of that cosmic City Foursquare. That gift of the Elohim was a dispensation of the Lords of Karma. Cyclopea said that “that focus is the most powerful image that can be brought forth for the manifestation of Christ and the kingdom of God upon this earth.”
  
18. Hold fast to your progress.
  - i. Mother Mary on March 11, 1987 (Vol. 56 No. 7 - April 1, 2013): "The greatest need is for the balance of the threefold flame. ... Understand, then, beloved, that the accompanying quality of God-mastery that is the gift of Lanello to you this year is most essential.<3> For without mastery and without challenging the old human habit patterns, you find yourself misusing again the first, second and third rays and the white light of the Mother, thus returning to the old accustomed im-

balances. The habit patterns in this life are dyed deep; so are the channels deep."

19. Love ray devotions, soul retrieval and other guidance from beloved Elohim Purity and Astrea on June 28, 1995, "*Seek the Daily Balancing of the Threefold Flame*" (Vol. 46 No. 49 '03):
  - i. "Therefore, strive for balance at all levels—balance in your life, balance in your work, balance in your service, balance in your prayers. ... Know, then, beloved, that there is little attainment that you can gain and keep unless you pursue daily devotions on the love ray—devotions to the I AM Presence and the Holy Christ Self. And after you have given your calls and dynamic decrees and devotions and mantras in the power of the love ray, you must go forth and actively dispense love—love to the level of sacrifice and surrender and selflessness and service, love that compels from within the giving of oneself again and again and again. ... To determine the balance of the threefold flame within you is quite simple. I will tell you how: When the threefold flame is balanced and the white sphere becomes, as it were, the vase for these three plumes, then you will find that there is balance in the body, in the psyche, in the brain. You will find that you have made peace with yourself, for you are in the balanced equilibrium. ... Soul retrieval also involves the retrieving of the misqualified energies of the three plumes of the threefold flame and the white sphere of the Mother."
  
20. Master the Ruby Ray.
  - i. Heros and Amora said on June 30, 1988 (Vol. 31 No. 60 '88): "If, then, the four sides of the ruby cube are already being fulfilled by you, <7> would you not care to know from the heart of Maitreya how with slightly more effort and even less pain you can enjoy merging with the very essence of Love?"
  - ii. Note <7>: Being filled in with Ruby Ray development of the heart chakra and the Eighth Ray chakra (the secret chamber of the heart) by the four cardinal precepts of sacrifice, surrender, selflessness, and service, which are the key to balancing

the threefold flame in the four quadrants, fire, air, water, earth, representing the four lower bodies: etheric, mental, emotional, physical.

21. Who are the Three Kings? El Morya, Kuthumi and Djwal Kul.
  - i. They gave a dictation as "The Three Kings" on July 9, 1998 (Vol. 41 No. 36 '98): "We are the Three Kings and we make up the threefold flame for this planetary body!" Which plumes are they? (Morya: blue, Kuthumi: yellow and Djwal Kul pink. Give devotions to them. One idea is to do this in the morning after your judgment and dweller calls. Make the call for Jesus to fill the vacuum of your being. Then say "Let the fiat of the Lord Morya El be with me!" x3 while visualizing your blue plume. (Decree 70.03). Do the same for Kuthumi (yellow) and Djwal Kul (pink).
  
22. When you know which plume is low, get **active!**
  - i. In Mother's lecture, "Out of the Heart are the Issues of Life" Sept 1988 (13:35 into lecture) she says that the threefold flame will not expand except by deeds. It is action that expands each of these plumes. Action, right action, nullifies wrong action of the past - karma. To have thoughts of love or write poetry of love is sweet, but to take and quaff the elixir of the Ruby Ray and to become with Lord Shiva a whirlwind action of love, this is to conquer time and space and to liberate souls. She goes on to give examples of the other two plumes of the threefold flame as well.

**Expand the threefold flame.**

1. Don't be luke-warm.

The flame in our heart needs to be exercised, just as the muscles in our physical body need to be exercised. In Soul Retrieval and on many other occasions, Mother asks us to practice releasing fire from our hearts. Sending fire from our hearts needs

effort, fervor, zeal and passion! We will not expand our threefold flame if we are luke-warm.

2. It is this fervor that will save the world and nothing less.

The Fourteen Ascended Masters Who Govern the Destiny of America, July 1, 1996, (Pearls Vol. 46 No. 10 March 9, 2003): "Your messenger has led you in the fervor and fire of her heart in giving this Judgment Call. When you give it in this manner, beloved, I tell you, worlds change, atoms are quickened, the acceleration of consciousness comes upon a people. Therefore you ought to have that decree given just prior to our remarks so that you might remember the fervor that you have poured into that matrix. It is this fervor that will save the world and nothing less. Therefore, we counsel you, when you set forth to decree, let the decree be on fire. Let it express the full dynamism of your soul. When you call for the judgment of the fallen ones or the binding of the dweller-on-the-threshold, yes, beloved, you must go after it with the vengeance of Almighty God. This is your calling as sons and daughters of God. ... As we have said before, the sons and daughters of God must rise to that level of authority and not simply mouth your decrees but understand that when you send forth the fire of God through your chakras, so you are changing this world! You are an alchemist with Saint Germain, ..."

3. Cultivate deep feelings of God and of God in manifestation.

Gautama Buddha on Dec 31, 1990 (Vol. 34 No. 6 1991): "The meditation on the fire of the heart, this, beloved, can result in a most physical, fiery sensation that can increase, that can endow words and thoughts and actions and the desires of God with a fierceness, with a warmth, with a white-hot heat such as that which endows worlds and brings forth the creation of Elohim. The fire of your heart is the key to your ascension. It is always the key, [the determining factor as to] whether or not one who applies shall be [accepted at the retreat of Luxor as] a candidate for the ascension. We do not say, "What is his qualification?" We say, "What is his fire?" Every fire has a qualification. You can qualify fire with

anger and find yourself consumed by it. You can endow your fire with the piercing ray of the mind of a Manjushri, a Maitreya. Yes, beloved, heart and soul and mind, how does one develop fire? By cultivating deep feelings of God and of God in manifestation, deep implorings and adorations and Love–love that is always a sacrificial love that will lay down a portion of the self that another might see, that another might know, that another might be more of the living fire of God."

4. Figure out how to do things.

Lecture by Mother, "Out of the heart are the Issues of Life" Sept 1988, 41:25 into audio: "I know that in my life, God has taught me and given to me opportunities whereby I could expand the threefold flame of my heart. He has taught me the necessity of doing so, led me in the paths of service that had to be done. There was no one else to do them so I did them. I had to find new and ingenious ways. I had to figure out how to do all kinds of things. All of this with one goal: the Ascended Masters have only one goal for you and me: the acceleration of the quality of the heart. And whatever they give us to do, it is always to bring up the shortest plume, because we know that the two that are highest, or the one that is highest will be reduced to the lowest common denominator of the rest. And so, welcome whatever comes into your life."

5. Command our threefold flame to leap and consume.

Mother said once that we should command our threefold flame to leap and consume any negative manifestation. (Please let me know if you find the reference for this.)

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