



### *"Working on our Psychology using the Teachings of the Ascended Masters: Part 1"*

*by Stewart Anderson*

Elizabeth Clare Prophet said: "The acceleration of the quality of the heart" is what it is all about; that "there is no other reason for living." She said that we all "work at our present capacity" – and of course, our goal is to expand that capacity.

If we want to feel better, live better, be better then we need to start with our heart chakra, develop it, expand it and with that Light clean up our negative karma and in so doing we climb the ladder of attainment, of joy, and of effectiveness.

If we want to be productive, happy, useful to life we are talking about being the Christ. That is where we are happy, that is where we are most useful, and loving.

It is devotion and adoration that expands anything in our being. If you have been devoted and adored chocolate, or any other addiction, you know that adoring it and exercising it expanded that addiction. This is just the science of energy.

Mark Prophet used to remind people of these principles, and he would tell us that it is impossible for most people to become God, the Christ, the Son of God, the Divine Mother, or whatever aspect of God they desire to be because they have never been given the picture of it, the concept for it. And he would remind us that you cannot become what you cannot imagine, what you cannot conceive of within your mind.



# The Golden Pathway

The path that leads to personal and planetary transformation  
[www.thegoldenpathway.org](http://www.thegoldenpathway.org)

---