

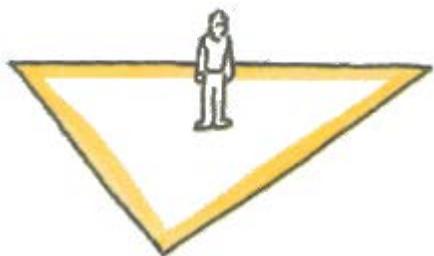
## *A Clean White Robe Purifying Our Bodies*

*Many people wish to wear the white robe of initiation and purity. In fact we all have white robes, much more beautiful than any material robe you can ever wear. The point is to keep this white robe spotless.*

*When the present-day personality reaches a state of balance, the three bodies are in harmony, the etheric doubles are filled with vitality, and the energy centres are luminous; then the light of the Spirit-Soul shines through and our form gleams in a white robe.*

*Time and place experiences inevitably stain our robes. When we act out of the impure emotions of jealousy, malice, envy, or fixed-ideas and wayward principles, we bring injury to our material, psychical, and noetical bodies. When counter-positive energy passes through our centres, our bodies become ill, and our white robes soiled. As the centres are the gates through which energy enters the bodies, they are also the doors from which it passes out of the body.*

*In this exercise we work on several levels. After shaping our body into the form of an upright triangle, we will visualise golden flames clearing out any problem. We can even become the flame and use the triangle - a symbol of the Holy Trinity- to become unified with our higher states of being.*



### *A Clean White Robe*

*Begin with the Preliminary Meditation, page 27, and continue. . .*

Look down with your etheric eyes and see a white floor. You are dressed in white light . . . your luminous etheric double is shining like a white robe.

Breathe deeply. With your etheric hands together and out-stretched before you, mark a point on the floor. From this point use your left hand to slowly draw a straight line of golden light along your left side to a point behind you. See, feel, and hear the light pour from your hand. Now, with your right hand construct an identical line along your

right side. Breathe deeply and visualise the golden light forming a third line, connecting the two points behind you. You are now standing in the centre of an equal-sided triangle, each side measuring about 10 feet in length. It is radiating pure golden light... yet the floor remains white.

Place your legs apart. Bring your hands to your chest . . . your left hand over your right lung, and your right hand over your heart. Your entire body forms a large standing triangle, extending from above your head down to your feet.

See yourself dressed in a white robe. Breathe deeply and see golden flames rise from the triangle on which you stand . . . from the right side . . . from the left side . . . and from behind you. They slowly rise . . . caressing your feet . . . and continuing upwards. As the flames rise they fill your body with fire and light, which are not burning, but cleansing. You are within a blazing triangle.

If any dark spots remain on your robe work with yourself, use the light to clean your thoughts with reason . . . and the fire to make your heart pure with love. Turn within and find peace. Work until you feel completely calm . . . work until your white robe is shining without blemish.

The triangle around your head is brilliant . . . study what is happening to you. The light from below purifies your bodies . . . and now, from above your head, comes light . . . a golden stream of light pulling you up . . . hear Joshua's promise, "*I will draw all men unto me*" (John 12:32). Can you hear Him? Can you see Him? Can you feel Him? *Observe everything around you.* . . .and everything in you. What kind of work is now possible? Ask Joshua . . . and be still and listen.

In the place of your heart there is golden light. Breathe deeply and see it glowing. . . "*I promise to myself to make good use of the Divine Gifts of thought and word at all times, in all places and under all circumstances.*" Keep a quiet mind . . . and a pure heart. Remember what your mission is on this planet . . . and what it may be in other dimensions.

Dissolve the triangle on the floor . . . and keep your robe pure, brilliant, and shining in white light. Breathe deeply and feel your material body again: feel your head . . . your chest . . . your solar plexus . . . your thighs . . . *and from your knees down to your feet.*



**In the golden Christ-light we purify our emotions, desires, and thoughts.**