

META 0410: Ascension— The Goal of Life Course Topics

Unit 1: Introduction to Your Course and Your Online Environment

- How to navigate your online environment
- Course overview
- Course topics
- How to study this course
- Getting the most out of your online experience
- Glossary
- What is personal transformative learning?
- Understanding your spiritual anatomy
- Who are the ascended masters?
- The messengers for the ascended masters
- What is a dictation
- The Science of the Spoken Word®

Unit 2: The Ascension Process

- Biography on Serapis Bey and the Seraphic Hosts
- Insight into Jesus' ascension is recorded in the akashic records
- Chelaship and the path of initiation
- Keys to overcome your human ego and to sustain contact with your Higher Self
- What is a messenger, a mantle and a dictation from an ascended master?
- A dictation by Serapis Bey and an assignment and dispensation
- How to direct the violet transmuted flame for forgiveness
- How to soul-travel at night to the temples of light on the etheric plane

Unit 3: The Path of Initiation

- Teaching on chapter one from the book *Dossier on the Ascension*, by Serapis Bey
- What is hatred of the Mother?
- The Science of the Cosmic Clock
- Sanat Kumara as the Ancient of Days
- The threefold flame as a key to passing your initiations

- Teaching on how to weave your Deathless Solar Light Body
- Visualization and teaching on entering the temples of the Solar Hierarchies
- How to know right from wrong in the hour of initiation
- Questions and answers with students and the messenger

Unit 4: Virtues and Pitfalls on the Path

- Your ascension is an attainable goal
- Requirements for your ascension
- How to sustain your level of attainment when challenged
- Ways to spin our Deathless Solar Body for the victory
- False teachers and how they refuse their initiations
- The two initiations of love under Serapis Bey
- Your attainment—the only thing you can take with you
- Why it is important to keep a diary of our experiences with God
- The magic of believing

Unit 5: Energies of Light and Darkness

- Chapter two of the book, *Dossier on the Ascension*
- Teaching on the coil of energy, your electronic belt
- How self-imposed laws of limitation function at subconscious levels and how remove these limitations
- Maitreya's teaching on how to cut through the coil of human habit
- Jesus' miracles and what it took to accomplish them
- Our attunement and how it affects the light we receive
- Keys to balancing 51% of your karma in this life
- How to handle projections of jealousy and hatred

Unit 6: Raising the Light of the Divine Mother

- How your threefold flame relates to the purification of consciousness
- The soul, soul awareness and how the soul relates to your Christ Self
- Defining your Christhood by objectively assessing yourself
- The Archangels Jophiel and Christine help you define Christhood
- Keys to how chelaship is earned
- Teaching on idolatry of the teacher and human perfection
- Teaching on the seven chakras in relation to the Cosmic Clock
- The importance of the threefold flame, the chakras and the ascension

- The challenge of holding the immaculate concept
- How to become a chela of an ascended master

Unit 7: Balancing Your Threefold Flame

- Teaching on chapter three of *Dossier on the Ascension*
- Constancy as a key attribute to making your ascension
- Techniques for the stabilization of consciousness
- Saint Germain's teaching on how to determine which plume of your threefold flame is out of balance
- Your desire body and how to make it a magnet to help fulfill your divine plan
- How to anticipate tests and temptations on the path
- Teaching on psychological problems and the karma of rebellion
- Friendship with the ascended masters through absolute trust