Teachings from the Mystery School The Maitreya Discourses Chapter 2: "Continuity of Life: Keep the Flame" Given by Lord Maitreya on February 14, 1988

Dictation Summary

In this dictation, Lord Maitreya, the guru of beloved Jesus the Christ, shares a short but poignant message regarding the interconnectedness of life and the importance of the thread of contact to our source. He also calls us to "Come and find me, beloved..."

Core Concept

Lord Maitreya urges us to keep the flame of life for an important purpose: that we might be able to minister to souls in need of the path and the connection to the stream of life through us.

Group Discussion Questions

1. On page 8, Lord Maitreya speaks about the "thread of contact." What is this thread of contact and why is it important to the continuity of life? What actions can we take to reinforce our own thread of contact?

2. Lord Maitreya asks us to "keep the flame" in this dictation (see page 8). What is his reason for asking us to do this? What does it mean to "keep the flame" and what does keeping the flame look like in daily life?

3. In this dictation, Lord Maitreya states:

Note well, beloved, that life deserves your ministering and it is only just that you give it in this hour. Remember, you minister unto a soul becoming the fullness of that light who by your ministration may even exceed your glory, for which you should give a shout of gratitude to the cosmos.

Remember, then, that you serve not the human lesser self but a soul that is entrapped by that human lesser self. Take care, then, in time-wasting upon the bottomless pit of human desire and appetite that will take not only your wares and teaching and light but yourself if it could.

Seek the devotee who is in straits dire and wield the sword of Maitreya to cut him free. But do not become entangled with those who have no intention of rising but only of keeping you tied in argumentation—and distractions and byways which take you from the cries of the little ones who need you now and not tomorrow.

(pp. 8-9)

Discuss Lord Maitreya's instructions to us to minister to life. Who does he ask us to minister to and serve? Who should we not serve and why? What could the service to life that Maitreya speaks of look like in daily life? What are some ways that communities can support individuals in this service to life?

Personal Reflection Exercise

1. At the beginning of the dictation, Lord Maitreya says:

Come then, beloved, and know that in the Body of Bliss¹ we tarry for assimilation of the power of love. And in the conclusion of our meditation as I am releasing to you the fragrance, the essence of my highest being, you will contain the power of love that you may direct—according to your free will enlightened by your Christhood—into conditions that must be alleviated, that must be allayed for the establishment of a basic continuity of life.

(p. 7)

Take some time to re-listen to and/or re-read the dictation. Before you begin, ask Lord Maitreya to release to you "the power of love" that he released in this dictation. Feel that power of love flowing through you and reflect on how this gift from Lord Maitreya can assist you on your path of personal Christhood. You may wish to journal about your experience in the space below.

¹ The *Sambhogakaya* [Sanskrit] or Glorious Body; the second of the three bodies of the Buddha.

2. At the end of his dictation, Lord Maitreya calls us to seek and find him:

I AM Maitreya, always in the heart of Jesus—always the Buddha within his crown, always the Buddha within his heart.

I AM Maitreya in the earth body, conversing with your soul. Know me, then, in kindness first expressed by you. Then the return current of that kindness expressed by another will reveal to you one of my million smiles through the friend, through the kind ones on earth, the wise ones who know that true kindness is found in the act of one who has cared enough to earn the key to open the door to successive chambers of my retreat.

Come and find me, beloved, for now I retreat to the Himalayas where I hold class continuing. May you experience me in your own discipleship of realizing the One, the Ineffable, the All, the Love—of Aquarius.

(p. 9)

In this passage, Lord Maitreya challenges us to come and find him. He explains how we can know him by expressing kindness to others and then experiencing the return current of his kindness, cycling back to us via the kind deeds of others.

a. Think about some recent acts of kindness you committed, and about kindnesses you may have received recently from others. Can you trace the circular flow Lord Maitreya is speaking about?

b. It is startling to realize that the kindness coming back to us from others is a direct expression of Lord Maitreya working through them. Pondering this mystery, what does it inspire you to do? And how can you use this realization to get to know Lord Maitreya better? The master also alludes to a different meaning of "come and find me" when he mentions he is retreating to the Himalayas where he holds class. He implies that in order to find him, we should follow him there and be with him.

a. How can we do this? What would be the magnet that draws us to his retreat?

b. And what does his final statement, "May you experience me in your own discipleship of realizing the One," have to do with this? What does it mean that when we realize the One, we experience Lord Maitreya?