

Teachings from the Mystery School
The Maitreya Discourses
Chapter 19: “The Vessel of Kindness”
Given by Kuthumi on May 5, 1991

Welcome to Section 4

We are now ready to begin our study of the final chapters of *The Maitreya Discourses*. In Section 4 we shift from studying dictations that were given in the 1980s to dictations that were released in the 1990s. As you complete your study of *The Maitreya Discourses*, consider how these final chapters address the issues of the decade in which they were released while also conveying timeless spiritual truths.

Dictation Summary

In this chapter, Kuthumi teaches on what it means to be “the vessel of kindness” and why it is important to be one in today’s world. He also shares a deeper understanding of the spiritual path, including keys for the transmutation of desire and the overcoming of one’s psychology. Towards the end of the chapter, Kuthumi reiterates and expounds on the dispensation from Lord Maitreya to assist us in the resolution of our psychology that he spoke about in Chapter 6.

Core Concept

A core concept in this chapter is that if we are not yet a vessel of the Holy Spirit there may be things that are holding us back from achieving this level of mastery, such as untransmuted desires and unresolved psychology. Kuthumi states, “And if you put all of the energy that God has given to you in one direction, to be the vessel of the Holy Spirit and the vessel of kindness, I tell you, you will do it! You will do it! And if you do not do it inside a fortnight or a year, a twelvemonth, beloved, you will know one thing of a certain—that you had other desires greater than to be the love of the Holy Spirit.” (p. 284)

3. We have learned something about the importance of kindness in other chapters in this book. But in this chapter titled “The Vessel of Kindness” Kuthumi deepens our understanding of this special quality, saying,

May you know the one great quality that is sought after that comes from the auric rings of Maitreya and his true bodhisattvas. It is the quality of kindness, almost overlooked in this hurried world, almost thought of as unnecessary.

Yet what do you remember most about anyone? A kindness, a gesture, a sincere concern, a practical helpfulness, a perception of your need before you yourself know it.

Kindness, beloved, is an aura of strength. Until you encounter someone who has that full-bodied flame, which surely relates to Maitreya, you may not even know just what the fullness of the cup of kindness can be.

(p. 280)

- a. Paint a word picture of what your group or community would look and feel like if everyone embodied “the fullness of the cup of kindness.” How would individuals interact with each other? How would your group or community receive newcomers?
- b. Reflect on how much your group is already embodying “the fullness of the cup of kindness.” What are some practical actions you could take as a group to express a greater amount of kindness? Base your answers on the keys that Kuthumi teaches about kindness in this chapter. As a group, choose and commit to practicing at least one of these actions in the coming week.

Personal Reflection Exercise

In this chapter Kuthumi reiterates the dispensation he announced in Chapter 6 (see pp. 62-63) to help us resolve our psychology. Review the summary of “Kuthumi’s Dispensations for Healing” on the following pages of this study guide. Then reflect on how you can make the most of this dispensation at this time. You may wish to journal about this in the space below.

Kuthumi's Dispensations for Healing

1. Dispensation to Heal Your Physical Health and Psychology

Part of Kuthumi's mission is to assist chelas in the resolution of their psychology. On January 27, 1985, the Master Psychologist announced a dispensation from Lord Maitreya. He said:

[T]his assignment...is my assignment to work with each one of you individually for your physical health and for the healing of your psychology that we might very swiftly get to the cause and core of physical as well as spiritual and emotional conditions that there be no more setbacks or indulges and surely not two steps forward and one step back. Thus, from this hour, if you will call to me and make a determination in your heart to transcend the former self, I will tutor you both through your own heart and any messenger I may send your way.

This a wonderful opportunity to receive assistance from the masters for the healing of both our physical health and our psychology. You can give the following call aloud followed by decree 7.10A, "I AM Light," by Kuthumi.

Kuthumi's Call to Heal Your Physical Health and Psychology

In the name of my Mighty I AM Presence and Holy Christ Self I call to beloved Kuthumi for the healing of my physical health and my psychology that I might swiftly get to the very cause and core of physical as well as spiritual and emotional conditions within my four lower bodies. Let there be no more setbacks and indulgences on my path. I send forth my gratitude for this dispensation and I ask that you tutor me through my heart and through any messenger you may send my way.

In the name of the Christ I invoke the flame of God determination to transcend my former self! (3xs)

[Source: Beloved Kuthumi, "Remember the Ancient Encounter—On Discipleship under Lord Maitreya." *Pearls of Wisdom* Vol. 28, No 9 – March 3, 1985.]

2. Dispensation for Changing Your Karma and Your Psychology

Kuthumi gave us a marvelous dispensation in a dictation called "The Vessel of Kindness," which he gave in Seattle in on May 5, 1991. He said:

If you use the I AM Light decree, with all of its visualizations and mantric force, if you will take the teachings the messenger has given and the call to the I AM Presence and Holy Christ Self to enter the superconscious, the conscious, the subconscious and the unconscious mind you will find yourself, day by day, more in

control of these four lower bodies who are your servants, each one a vessel for the fulfillment of your mission....

Take the "I AM Light" decree as a mantra. Give it nine or thirty-three times for nine or thirty-three days. See how I can help you in your circumstance. Circumstance is but a grid of consciousness consisting of your karma and your psychology. If you change these, you will change your circumstance. I will show you how but it is not lawful for me to provide the energy. By giving the mantra, you give me the energy.

Then, beloved, study the books on psychology recommended by the Messenger and know that the violet flame will heal and transmute. The Healing Thoughtform and the Emerald Matrix will seal the pattern of perfection, will bring about change for the better, will heal and restore to wholeness.

[Source: Beloved Kuthumi, "The Vessel of Kindness." *Pearls of Wisdom* Vol. 34, No 33 – July 1, 1991.]

**I AM LIGHT
by Kuthumi
(Decree 7.10A)**

I AM Light, glowing Light,
Radiating Light, intensified Light.
God consumes my darkness,
Transmuting it into Light.

This day I AM a focus of the Central Sun.
Flowing through me is a crystal river,
A living fountain of Light
That can never be qualified
By human thought and feeling.
I AM an outpost of the Divine.
Such darkness as has used me is swallowed up
By the mighty river of Light which I AM.

I AM, I AM, I AM Light;
I live, I live, I live in Light.
I AM Lights fullest dimension;
I AM Lights purest intention.
I AM Light, Light, Light
Flooding the world everywhere I move,
Blessing, strengthening, and conveying
The purpose of the kingdom of heaven.