

AN INTERNATIONAL CONFERENCE  
FOR SPIRITUAL FREEDOM

# THE CALL OF HELIOS

Unite With Your Sun Presence—  
Light Up the World!

## Essentials of the Teachings of the Ascended Masters Program

Link to Register: <https://bit.ly/EssentialsFreedom24>



Saturday, June 29, 2024

2:00 pm

**Welcome**

Presenters: Carla Healy and Paula Kehoe

2:15 pm

**Presentation:**

**Advancing on the Path of Self-Transformation: Becoming One with Your Sun Presence**

Presenter – Carla Healy

*Do you feel the inner calling to a higher way? We all want solutions to life's challenges in our personal lives and for the world as whole. The Ascended Masters and the Messengers demonstrate a dynamic spiritual path that brings us into Oneness with our very own Individualized Presence of God. This Presence is known as the Magic Presence and the I AM Presence. It is also known as our own Sun Presence. Imagine the higher power of the spiritual sun focused within our*

hearts. Now comes true spiritual transformation. Learn more about the different stages of the path so you can know where you are as you climb higher. Experience a new vision of your True Self, and a powerful spiritual practice that will propel you to a new level of Oneness with your Higher Self.

3:10 pm Break

3:20 pm **Darshan with the Messenger Elizabeth Clare Prophet**

**Freedom is a Flame: Fulfilling our Cosmic Destiny**

Delivered at Mount Shasta, California, July 3, 1975

*Have you ever thought about what it means to be truly free? Freedom begins within the soul as the living potential of Spirit that demands the opportunity to go forth and manifest an identity. You are that soul, manifesting your unique, special Individuality. As we choose to resonate with the inner blueprint, we free ourselves from negative karma, limitations in relationships, and the misuses of power in our personal lives. Enjoy the magnificent story of our ancient spiritual lineage and the first Keepers of the Flame. Learn how you too can change the world with the flame of freedom.*

3:55 pm **Darshan with the Messenger Elizabeth Clare Prophet**

**The Violet Flame: The Formula for Soul Freedom from the Master Alchemist Saint Germain**

Delivered in San Diego, California, February 23, 1988

*Imagine an Ascended Master offering you a special spiritual energy that will change your life. Saint Germain is the master of freedom and alchemy - the science of miraculous change. Now it is your turn to learn and experiment with the energy of the violet transmuting flame. The negative karma of this life and many past lives and previous ages is burdening our bodies and Planet Earth. Saint Germain, foreseeing the difficulties we would face as we transition to the new age of Aquarius, brought us the gift of the violet flame. Discover how the energy of the violet flame transmutes our negative karma, removes blocks to accessing the positive karma and spiritual light stored in the treasure house of our being. Saint Germain and the violet flame free us to Light up a World.*

4:25 pm Break

4:35 pm **Special Teachings of the Ascended Masters**

**A Dictation by Beloved Lord Lanto**

**Bring in the Children!**

***A Great Sphere of Golden Illumination's Flame***

Delivered through the Messenger Elizabeth Clare Prophet, July 4, 1991

*Pearls of Wisdom*®, Vol. 34, No. 35, July 3, 1991

**A Dictation by Beloved Theosophia, the Goddess of Wisdom**

**Educate the Children!**

***The Key of Self-Knowledge***  
***“Ye Are God’s in Manifestation”***

Delivered through the Messenger Elizabeth Clare Prophet, July 4, 1991  
Pearls of Wisdom®, Vol. 34, No. 36, July 21, 1991

5:30 pm Dinner Break

7:00 pm **A Special Solstice Ritual: Writing a Personal Letter to the Karmic Board**  
*Each year during the two Solstices, the great Karmic Board of Spiritual Masters for the planet meet at the Royal Teton Retreat. They offer souls of light an opportunity to contact them directly by writing them a letter about your personal and worldly concerns. These letters are consecrated on the last day of the seminar and burned and are taken by angels to the Lords of Karma for their consideration of your requests. This is a great opportunity to connect personally to the Masters about your concerns and to help serve the cause of the Masters in the coming six months.*

7:05 pm **Presentation:**  
**The Art of Raising up the Light: The Mystical Union with the Divine Mother**  
Presenter – Valerie McBride  
*Each one of us has the light of the sacred fire in our chakras and body temples. The light of Divine Mother resides in the base of the spine chakra and the light of the Father resides in the crown chakra. We are called to raise up this Light known in the East as the kundalini. As it rises, it nourishes and balances the chakras, and unites the divine masculine and feminine polarity of our being for the birth of the Christ Consciousness in our hearts. Learn how to be an Aquarian alchemist and experience the bliss of the raising up of the Light in your being.*

7:45 pm Break

7:55 pm **Special Teaching of the Ascended Masters**  
**A Dictation by The Nameless One from out the Great Central Sun**  
**The Dilemma of Being**  
***Become the Fullness of God!***  
***A Seed of Light Placed in the Crown Chakra***  
Delivered through the Messenger Elizabeth Clare Prophet, July 4, 1991  
Pearls of Wisdom®, Vol. 34, No. 37, July 28, 1991

8:25 pm **Reflection on the Day**  
The Nameless One, a cosmic master, invites us to choose a divine quality to focus upon and become. Let’s meditate on a single virtue or quality.

8:30 pm **Prayer to Travel in Your Etheric Body to the Royal Teton Retreat of Lord Lanto and the Sealing of the Daily Session**

## Sunday, June 30, 2024

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- 9:30 am     **Dynamic Decrees and Mantras for the Clearing of the Heart**  
**Preparation for the Dictation by Helios**  
Presenters: Mary Anne Drew and Steven Eggert
- 9:55 am     Break
- 10:00       **Presentation:**  
**A Meditation on the Sun Presence of Helios and Vesta**  
Presenter – Deborah Lynch  
*Enter the Flame of Spiritual Transcendence. From the Egyptian days of the Pharaoh Ikhnoton to the Tibetan instruction of Padma Sambhava, learn how these Masters have focused upon the spiritual sun and used sunlight in their daily lives. You too can be enlightened by solar radiance! Engage in a beautiful meditation lead by the Messenger on the Sun of Helios and Vesta the Father-Mother God of our solar system. This ritual is uplifting, fortifying, and you can give it daily.*
- 11:20 am     **Break**
- 11:30 am     **Special Teaching of the Ascended Masters**  
**A Dictation by Beloved Helios**  
**The Happiness of the Sun**  
**“Unto You Is the Cup of Victory”**  
**The Judgment of the Power Elite**  
**A Mighty Scepter of the Trinity in the Hand of the Holy Christ Self**  
Delivered through the Messenger Elizabeth Clare Prophet, July 4, 1991  
*Pearls of Wisdom®*, Vol. 34, No. 40, August 18, 1991
- Celebration of Holy Communion**  
*Jesus instituted the sacrament of Holy Communion at the Last Supper 2000 years ago when he celebrated the feast of the unleavened bread, or Passover with his apostles. This ritual did not originate then. It was practiced by Melchizedek who served Abraham communion when he returned from battle and in the secret mystery schools. In Holy Communion, the consecrated bread and wine (grape juice), become the vehicles for the master to transfer his spirit and matter essence to us. When we take part in Holy Communion there is an alchemical change and bit by bit we are transformed. Everyone is welcome to receive communion.*
- 12:30 pm     Lunch Break



12:45 pm

**Tea and Talk on Zoom Bridget Hansard**

2:00 pm

**Darshan with the Messenger Mark L. Prophet**

**“The Valley of Decision: How Victory is Won Step-By-Step”**

Delivered in Santa Barbara, California, July 4, 1971

Commentator - Carla Healy

*Each day, to be victorious in all we do, we are faced with important decisions about our consciousness. We always have decisions to make - where do we focus our time, energy and attention. Some decisions are core to our advancement in life and on the path of the spiritual adept. With heart and humor, Mark Prophet describes these decisions and their implications. He demonstrates how they build on each other to bring the ultimate reward: to become one with God. He gives us practical and profound advice on how to govern our energies for a specific purpose. We will unpack these in a discussion after the lecture.*

3:15 pm

**Break**

3:25 pm

**Presentation:**

**The Special World Mission of Jesus Through the Ages**

Presenters – Joseph and Stephen Macchio

*The depth and breadth of the life experience and soul journey of Jesus through the ages is a well-kept secret. Many are just now discovering these truths. We will travel that journey from lost Atlantis to his final incarnation as Jesus the Christ in Palestine. Discover the lessons learned and the progression of Jesus' special mission over his lifetimes. His unique calling from the Father is very personal and empowering for each one on the spiritual path. Find out what the mission of Jesus and his soul journey means for you.*

4:20 pm

Break

4:30 pm

**Special Teaching of the Ascended Masters**

**A Dictation by Beloved Jesus Christ**

**I Love You!**

**My Heart/Thy Heart**

**“Jesus, I bid you enter my whole temple now!”**

Delivered through the Messenger Elizabeth Clare Prophet, July 5, 1991

Pearls of Wisdom®, Vol. 34, No. 41, August 25, 1991

5:30 pm

Dinner Break

7:00 pm

**Presentation:**

**The Secret Teachings on the Sons of God**

Presenter – David Brewer

*Contrary to what some may think, there is no record in the Bible of Jesus saying he was the only Son of God. In fact, the references to many “sons of God”*

greatly outnumber those of a single son of God. The Ascended Masters teach that it is our high and holy calling to accept our birthright as sons and daughters of God. Discover the many ways and places in the Bible and in the Teachings of the Ascended Masters, from this seminar, that refer to the many sons and daughters of God. Ye are the Sons of God. Enjoy the mystery of your birthright.

7:50 pm Break

7:55 pm Presentation:

**A Meditation on the Heart of Jesus and Mother Mary:  
The Science of the Sacred Heart**

Presenter - Carla Healy

*Living in the presence of the Sacred Heart will lift you into the realms of heaven and help you live each day on earth. In their meditation on the sacred heart of Mary and Jesus, saints and mystics have entered into mystical union with Christ and with the Divine Mother. This communion with their sacred hearts is not limited to those of any specific religion. In their dictations, Jesus and Mother Mary encourage all students to seek this communion with their hearts. The Messenger teaches the science of energy flow that transforms our consciousness when we engage in this meditation. Learn this science and experience the bliss of union with the heart of Jesus and Mother Mary.*

8:40 pm **Prayer to Travel in Your Etheric Body to the Retreat of Jesus the Christ and Sealing of the Daily Session**

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**Monday, July 1, 2023**

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10:00 am **Dynamic Decrees for Personal and World Freedom**

10:40 am Break

10:45 am **An Introduction to the Cosmic Clock: Charting Your Cycles of Your Life**

Presenters: Deborah Lynch and Michael Raal

*The Cosmic Clock is an invaluable tool to chart the positive and negative patterns in your life based on your birth time. The Cosmic Clock can help you prepare for the challenges and the opportunities that come to us each day, month and year. You are unique and so are your starry cycles.*

- 11:30 am **Darshan with the Messenger Elizabeth Clare Prophet**  
**The Ritual of the Atom:**  
**A Meditation on God Increasing his Awareness of Himself in You**  
 Delivered October 3, 1973  
*Enjoy this deep meditation on the inner center of being. In our quest for Reality, we desire to return to the center of Oneness from whence we came. The center of that Oneness is the nucleus of being and is represented by the dot in the center circle of our Cosmic Clock. The Ritual of the Atom is a profound meditation on expanding God's awareness of himself in us. Experience that expansion of consciousness in a meditation that takes you from the dot in the center to the circumference of our being represented by the twelve lines of the Cosmic Clock. You are in the center of a cosmic cycle.*
- 12:30 pm Lunch Break
- 2:00 pm **Summit University Forum:**  
**Answering the Call of the Masters to Educate the Children of the World**  
 Presenters - Mary Ellen Maunz (EdM), Randall Klein (BA), Joye Bennett (PsD), and Anneli Boston Ranttalo (EdM)  
*The Masters and the Messengers stress the importance of the proper and enlightened education of the child. Discover how The Summit Lighthouse answered this call which continues to champion the right and opportunity for children to be God-taught and respect for the inner teacher.*
- 3:00 pm Break
- 3:10 pm **Darshan with the Messenger Elizabeth Clare Prophet**  
**Readings from *The Masters and the Path*, Chapter 1: The Path of Adeptship**  
 Delivered October 29, 1996, at King Arthur's Court, Royal Teton Ranch, Montana  
 Commentator: Paula Kehoe  
*"The Masters and the Path" is a spiritual classic by C.W. Leadbeater, an Episcopal clergyman who discovered the Masters and their teachings. This book was published by the Theosophical Society in 1925. This work gives an awareness of how the Masters work with their students in the world. Elizabeth Clare Prophet reads and expounds on chapter 1 which discusses the existence of "Perfected Men", the Mahatmas or Masters. Leadbeater tells us that these Adepts are forerunners on the spiritual path. We follow in their footsteps. This book reveals the existence of the Masters and that "We can do what they have done." The messenger invites comments from the audience. Enjoy testimonies from students today who have been walking the path of adeptship in The Summit Lighthouse.*
- 4:20 pm Break

4:30 pm **Special Teaching of the Ascended Masters**  
**A Dictation by Beloved Brahma-Vishnu-Shiva**  
**“The Garment of the Lord”**  
**Christ, the Only Begotten Son of God**  
**Spiritual Suicide through the Denial of Self-Worth**  
**“I Offer the Open Door”**  
Delivered through the Messenger Elizabeth Clare Prophet, July 5, 1991  
Pearls of Wisdom®, Vol. 34, No. 43, September 8, 1991

**Celebration of Holy Communion and Love Offering**

5:30 pm Dinner Break

5:45 pm **Tea and Talk on Zoom Bridget Hansard**

7:00 pm **Presentation:**  
**How to Work with and Elevate the Four Types of Nature Spirits**  
Presenter- Patricia Parham  
*We have a problem with our planet. The imbalance in our ecosystem is significant and serious. We also have nature spirits - the beings of the elements - to help us create balance. These elemental beings of earth, air, fire and water, are created to uphold the light in matter. Today, they are burdened by the weight of world karma and the high levels of pollution and ecological imbalances. Present measures to restore harmony and balance do not seem to be achieving the desired results as we continue to experience extremes in nature and major cataclysms. Discover how you as a son or daughter of God can work with the nature spirits and invoke the violet flame to mitigate karma and relieve the burden of the nature spirits. Let’s hold the beings of the elements in the Light of the I AM Presence that never fails.*

7:45 pm **Special Teaching of the Ascended Masters**  
**A Dictation by Beloved Virgo and Pelleur**  
**A Desperate Plea: Invoke the Violet Flame on Behalf of the Elementals**  
**The Earth Body Is Burdened by the Karma of the Dark Cycle**  
**A Gnome Assistant Assigned to Each Keeper of the Flame**  
Delivered through the Messenger Elizabeth Clare Prophet, July 6, 1991  
Pearls of Wisdom®, Vol. 34, No. 42, September 1, 1991

8:25pm **Call to Go in Your Etheric Body to the Retreat of the Divine Mother and Sealing of the Daily Session**

8:30 pm **A Nature Walk: Communing with the Nature Spirits**



Tuesday, July 2, 2023

10:00 am **Dynamic Decrees and Inner Teachings by the Messenger Elizabeth Clare Prophet on How to Counteract the Forces of Darkness Abroad in Our World**

We live in challenging times. The Masters foresaw our need and brought the key spiritual tools for our victory. Today you can learn two special calls that address the work of the sinister force. The Messenger tells us that “there is Absolute Good in this cosmos, and it is God and every emanation of himself that is in us. And there is Absolute Evil in those who made war against God and his offspring.” Discover the origin of this Evil and how to protect yourself and your loved ones from these malignant forces. Learn how to give the “judgment call” and the “dweller on the threshold” call by Jesus the Christ to challenge and consume the darkness hiding within and without us, that attempts to stop our spiritual growth and freedom.

11:25 am Break

11:35 am **Special Teaching of the Ascended Masters  
A Dictation by Beloved Archangel Uriel  
I Deliver the Purging Light to Pierce Your Rebellion Against God**

Delivered through the Messenger Elizabeth Clare Prophet, July 7, 1991  
Pearls of Wisdom®, Vol. 48, No. 12 & 13, March 20 and 27, 2005

12:30 pm Lunch Break

12:45 pm **Tea and Talk with Lois Drake**

2:00 pm **Question and Answer Session**

2:15 pm **Presentation:  
A Cosmic Story of Freedom: How the Violet Planet was Saved by Light  
Special Violet Flame Dispensations for the Lightbearers and Planet Earth**

Presenter: Kageni Starrett

The Master Omri-Tas is an Ascended Master and the ruler of the Violet Planet. He explained in a dictation in 1991 how the people of the Violet Planet faced a similar crisis to the one we face on earth today. On the Violet Planet, the representative of the Divine Mother rallied them in the face of grave problems and oncoming darkness to give intense violet flame decrees. The people of that time responded and turned the tide with the light of the violet flame. If the Violet Planet can have such a stupendous victory, can we not do the same? Discover how they did it and how to apply the generous dispensations (gifts)

from the ascended masters to multiply the action of our violet flame prayers and decrees to accomplish our own mission and bring in a Golden Age on Earth.

3:05 pm Break

3:15 pm **Presentation:**  
**The Golden Age Prince: Saint Germain and the Spiritual Destiny of America and the World**

Presenter: Murray Steinman

*Inaugurating the Aquarian Age is Saint Germain, master of the flame of freedom. He is the Golden Age Prince that lifted the entire world through science, literature, and a secret brotherhood that worked to set all humanity free. He is a key figure in the spiritual history of the planet and in the founding of a new nation, known as the New Atlantis, with special governing principles allowing mankind to manifest their higher consciousness. This is the true pursuit of happiness. Be the sparks that fly on the Fourth of July!*

4:20 pm Break

4:30 pm **Special Teaching of the Ascended Masters**  
**A Dictation by Beloved Oromasis and Diana**  
**A Mighty Plan for Transmutation**  
**The Mystery of Becoming God**  
**“In the Immaculate Heart of Mary, I Trust!”**  
***The Two-Way Street of Trust***

Delivered through the Messenger Elizabeth Clare Prophet, July 7, 1991  
*Pearls of Wisdom*®, Vol. 34, No. 44, September 15, 1991

5:10 pm **Reflection on Today’s Events**

5:30 pm Dinner Break

7:00 pm **Violet Flame Vigil for Omri-Tas Day**

*Save the World with Violet Flame in the Name of Saint Germain!*  
*Join Souls of Light in a dynamic decree service for spiritual freedom.*

7:50 pm **Prayer to Travel in your Etheric Body to the Retreat of Saint Germain.**  
**Sealing of the Day’s Session**

8:00 pm **Enjoy the Live Music of “Shiva Ram Kirtan”:** Sacred Mantras and Eastern Bhajans, Live and on the Broadcast from the Keepers of the Flame Tent. Come join us and sing!

## Wednesday, July 3, 2023

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- 10:00 am     **Decree Vigil for Personal and World Freedom**  
Presenters: Frank Sarlo and Julee Riley
- 10:50 am     Break
- 11:00 am     **Presentation:**  
**A Garment of Honor: Woven Through the Embodiments of the Ascended Master El Morya**  
Presenter: Cheryl Eckl  
*El Morya Kahn (saint, sage, priest, poet, king, emperor, statesman, military genius, and champion of our right to be divine) has captured the imagination of generations who long to meet this great soul, the Mahatma of the Himavat—our Chief and guru who calls us to come up higher. How did he rise to such heights of inspiration and achievement? El Morya’s remarkable lifetimes reveal in vivid detail how he, through heroic expression of his profound love for the souls God entrusted to him, created a spiral of attainment that still reverberates throughout cosmos.*
- Prompted by the dictation of Beloved Helios, we will explore some of El Morya’s most compelling lifetimes to observe how his selfless surrender to what he calls “the high road of inner reality” earned him his ascension. And how we, as true-blue chelas, can weave into our own consciousness threads of our master’s devotion to the will of God that he wears as a garment of honor.*
- 12:30 pm     Lunch Break
- 2:00 pm     **Quarterly Ritual of Soul Retrieval Led by the Messenger Elizabeth Clare Prophet (on video).**  
*Soul Retrieval is a powerful sacred ritual of songs, decrees and meditation that takes place only within the protected forcefield of our quarterly conferences. Its purpose is to gather the fragments of our soul that we have lost through trauma. They are magnetizing back to our Holy Christ Self for safekeeping. This restores wholeness to our soul which is a great boon on the spiritual path.*
- 4:15 pm     Break

- 4:25 pm **Darshan with the Messenger Elizabeth Clare Prophet**  
**How El Morya Can Help You on Your Spiritual Path of Chelaship**  
Delivered in King Arthur's Court, Royal Teton Ranch, Gardiner Montana on July 7, 1991  
*What does it mean to place yourself under El Morya as his chela? How does El Morya help us on the spiritual path? Discover what being a chela of El Morya meant for the Messenger Elizabeth Clare Prophet and what it can mean for you.*
- 4:45 pm *Break*
- 4:50 pm **Special Teaching of the Ascended Masters**  
**A Dictation by Beloved El Morya**  
**Regarding Your Chelaship: The Equation of Karma**  
***Give My Mantra to the Will of God***  
Delivered through the Messenger Elizabeth Clare Prophet, July 7, 1991  
*Pearls of Wisdom*®, Vol. 34, No. 45, September 22, 1991
- Celebration of Holy Communion and Love Offering**
- 5:30 pm *Dinner Break*
- 5:45 pm **Tea and Talk with Lois Drake**
- 7:00 pm **Questions and Answers:**  
**Opportunities to Educate Children and Teach Them to Read**  
*Mary Ellen Maunz (EdM) and Randall Klein (BA) are with us to answer your questions and share with you opportunities to educate the children as called for by the ascended masters.*
- 7:30 pm **Round Table Discussion**  
*Ask questions and share your reflections about what was significant for you in the Freedom Essentials seminar. We look forward to hearing your experiences and thoughts. Join us in a great discussion of what we are learning.*
- 8:30 pm **Call to go in our Etheric Body to the Darjeeling Retreat of El Morya.**  
**Sealing of the Session**

Thursday, July 4, 2023

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9:00 am **Decree Vigil for Personal and World Freedom**  
Presenters: David Brewer and Karen Brewer

9:50 am Break

*Joining the Conference in King Arthur's Court: In Person and Online*

10:00 am **Ashram Ritual 4: Sacred Ritual for Soul Purification**

**Blessing of the Karmic Board Letters**

10:25 am **Excelsior Choir Freedom Song Sing-Along**

10:50 am Break

11:05 am **Special Teaching of the Ascended Masters**

**A Dictation by Beloved Saint Germain**

**Freedom Is Imperiled This Day**

***Who Will Teach the Nations?***

**The Hour of the Turning Around**

Delivered through the Messenger Elizabeth Clare Prophet, July 4, 1991

*Pearls of Wisdom*<sup>®</sup>, Vol. 34, No. 38, August 4, 1991

**Special Teaching of the Ascended Masters**

**A Dictation by Beloved Portia**

**Divine Justice Is on the March**

***The Inalienable Right of Children to Be God-Taught***

**The Gift of an Angel of Justice**

Delivered through the Messenger Elizabeth Clare Prophet, July 4, 1991

*Pearls of Wisdom*<sup>®</sup>, Vol. 34, No. 39, August 11, 1991

12:30 pm Break

**The Closing Events of the Summer Essentials Class**

12:40 pm **Special Teaching of the Ascended Masters**

**A Dictation by Beloved Vesta**

**My Mothering Light**

**Multiply Jesus' Love**

***I Will Give the Increase***



Delivered through the Messenger Elizabeth Clare Prophet, July 7, 1991  
Pearls of Wisdom®, Vol. 34, No. 46, September 29, 1991

1:15 pm **Closing Comments and Sealing of the Online Essentials Program**

**Thank you for attending the Summer Essentials Program!**



**In Person Events Only at the Royal Teton Ranch**

1:30 pm **Fourth of July Picnic and Fellowship**

3:00 pm **Parade of the Nations**

7:00 pm **Violet Flame Waltz**

**Thank you for joining the Essentials Class!**



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