

***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 ministrations 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 Bliss<sup>1</sup> 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.

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



