

## **Lanello's Call to Descend the Spiral Staircase**

### **Teaching and Call from *Walking with the Master***

#### **Be Willing to Descend into Your Own Unconscious and Subconscious**

As part of our preparation for the initiation of the descent into hell, Jesus asks us to descend the "spiral staircase" that leads to our own subconscious and unconscious. These layers of our own being must be cleaned out so that there is no point of vulnerability, no magnet within us of like vibration to these levels where we must accompany Jesus.

Lanello speaks of this process of descending the spiral staircase of our own being to do this inner work:

"The Holy Spirit is the great multiplier, beloved. Therefore, understand that when your heart is a well of living fire, the multiplication of that fire is also infinite. But if there be lurking somewhere in the folds of the garment of the unconscious, indeed, a force of anti-love neglected, left there long ago, which you have since sought to transmute but you have not—if this be the case, beloved, there is also a multiplication, by your tie to the Great White Brotherhood, of that substance.

"Thus, I must warn you, before you make your first mark on the journal of 1993, that you are in a karma-making situation when you fail to pursue the inner resolution of that original ancient point of anger (and all the other Martian manifestations) that divided you from your God. It is one thing to recite these conditions of consciousness that they might be bound through your decrees, but it is another to truly desire it—to go after them and to exorcise them.

"Yes, be the deep-sea diver! Go down to those levels and ask to be taken this night not to retreats but to the caverns and canyons of your own subconscious and astral body and the unconscious, beloved. For this is the place that you must now revisit, the place where you who have remained here in the community have the strength to go.

"Yes, you have the strength to descend with accompanying seraphim and members of the bands of seven archangels and to call for the exorcism of those points of darkness, neglected, long-forgotten, that still weigh you down as though you were yet carrying a burden on your back that you carried ten thousand years ago. And indeed you are, but you have forgotten that you yet carry that burden.

"Well, I wish to quicken the memory. And I wish you to offer the prayer and use this call, beloved." (See Spiritual Exercises for the prayer given by Lanello.)

## **SPIRITUAL EXERCISES**

### **Give Lanello's Prayer to Descend the Spiral Staircase**

Lanello has given us a prayer to help us transmute the records of anti-love buried deep within our own subconscious/unconscious. He asked us to give this prayer for thirty-three consecutive days and to call for his assistance in doing this inner work, so important to our Path.

#### **Prayer to Descend the Spiral Staircase**

I call now to my beloved Lanello, my mentor of the Spirit. I call to El Morya, Archangel Michael and the Lords of Karma, my own Holy Christ Self and I AM Presence and all who assist me on my way.

Take me now, O holy ones of God, down the spiral staircase into the depths of the subconscious, the electronic belt, the astral plane and the unconscious. Take me there, O God! With covering cherubim guide my feet, guide my heart and mind.

Therefore, I ask for the armour of seraphim and Archangel Michael and the helmet and shield of the Lord and the sword of blue flame. And I ask to be guided by the Maha Chohan as to what I may be delivered of, and I would perform that exorcism under the living Christ Jesus, my Lord.

I call, then, that day by day for thirty-three days I shall achieve the undoing of those substances that dwell within me that will not speed me on my way to a glorious God-freedom that I seek but will only hold me back.

And therefore, O God, I surrender that portion of myself that helps neither you nor me. I ask that I might be cut free from all individuals that I have ever been a part of where the will of God dictates that I ought to be cut free. I ask to help those I may help and to remain tied to those with whom I should remain tied according to the will of God. And I call for the balancing of all karma by the violet flame.

It is my deep desire, O mighty I AM Presence, that I might be delivered of excess baggage now, that I might become a better servant of the Lord Sanat Kumara and that I might be free to help others—free of the schisms in my own psyche, free of all encumbrances of the human consciousness, so that I need not withhold the perfect gift to anyone, friend or foe or stranger, who does knock at my door.

I commend this prayer to the heart of God for adjudication. And I pray for the dividing of the way of the Real and the unreal within myself that Victory might have his day through me.

As a humble pilgrim on life's way, I seal my prayer this day, O God. God, help me! God, help me! God, help me!

*Walking with the Master* Chapter 16

Beloved Lanello, "Points of Darkness," *Pearls of Wisdom*, vol. 36, no. 2, January 10, 1993