



*Fear Not to  
Experience the  
Pain of Love*

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# Love Is the Only Medicine

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## The Heart's Deepest Wound

Every soul knows the ache of separation—the sorrow of a bond broken, the quiet burden of feeling unworthy of love, the heaviness of grief when what we cherished seems lost. These wounds cannot be mended by intellect or by time alone. They are woven into the fabric of the heart itself.

Lady Nada teaches that there is only one remedy for these wounds: Love. Not the conditional affection of the human personality, but Love as a divine current, a living flame. She tells us plainly, “Love is the only medicine that can reach the wound of separation. Minister it freely, without asking who deserves it.”

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## Love as Ministering Service

The Sixth Ray is the ray of peace, devotional service, and ministering love. Its power does not lie in grand gestures but in the quiet, steadfast offering of compassion without condition. This ray teaches us that Love is not a transaction; it is a flow. When we stop calculating who “deserves” Love, we enter the true current of divine compassion.

Ministering Love is the art of becoming a channel. It does not ask whether the soil is fertile or barren, whether the recipient will recognize or even appreciate the gift. It gives because Love itself is the law of life, and in giving, it heals both the one who offers and the one who receives.

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## The Path Through Pain

When grief or heartbreak is raw, we often recoil, closing our hearts to protect ourselves. Yet [Lady Nada's instruction](#) is to allow Love to flow even there. Pain is not a sign that Love has failed—it is the very evidence of how deeply Love is woven into our being. To bring Love into the heart's broken places is to let the Divine touch what the human cannot repair.

This is why Nada's message of the Ovoid of Love is so powerful. She reveals how Love itself surrounds us, draws close, and presses upon the very places where the pain of separation hides. In this contact, what was buried surfaces, and the sacred fire can transmute it. The ovoid becomes a living image of Love as medicine: surrounding, intensifying, and finally dissolving sorrow into compassion.

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## From Wound to Virtue

The wounds of separation, once healed, do not vanish into nothingness. They are transmuted into virtues. The broken heart becomes the compassionate heart. The one who has felt unworthy becomes the minister who assures others of their worth. The grieving one becomes the bearer of peace.

Forgiveness, inner harmony, and compassionate service are born from this process. Forgiveness springs from knowing one's own healing. Inner harmony comes as the fragments of self are gathered back into wholeness. Compassionate service flows naturally, because the heart that has been healed longs to heal others.

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## The Sixth Ray in Daily Life

To live the Sixth Ray is to carry this medicine wherever we go. It is to sit with the grieving and simply radiate presence. It is to forgive when the mind would rather tally wrongs. It is to bless and to love in situations where no one appears to “deserve” it. In such moments, we stand with Lady Nada herself, as ministers of Love.

This is not weakness; it is strength. For the Love that heals the wound of separation is also the Love that establishes peace, builds community, and anchors the soul in God. It is the ray of service that turns pain into blessing and draws all hearts homeward.

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## The Lesson

Lady Nada's teaching is simple, yet it penetrates to the deepest levels of being: **Only Love heals. Only Love restores. Only Love transforms grief into peace and unworthiness into divine worth.** The medicine of Love is ours to minister—freely, unconditionally, and without hesitation. When we allow it to flow through us, we not only heal ourselves but become instruments of healing for the world.

# Guided Practice: The Ovoid of Love

*A Healing Exercise with Lady Nada, Chohan of the Sixth Ray*

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## Intention

This practice invites the living presence of Lady Nada and the angels of the Sixth Ray to surround you with an ovoid of Love. Within its soft embrace, old wounds, forgotten sorrows, and deep karmic knots are brought into the light so they may be gently transmuted. The exercise allows you to face the memory of separation without fear, to allow Love itself to surface and dissolve the pain, and to return to the wholeness of your Divine Self.

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## Preparation (10 minutes)

### 1. Create Sacred Space

Choose a quiet place where you will not be disturbed. Light a candle if you can—pink or white is ideal. Have water beside you and a journal nearby to record what comes.

### 2. Protective Sealing

Begin with a short protective decree:

- Visualize a brilliant tube of white light descending around your body, shielding and strengthening your aura.
- Call to Archangel Michael to wield his sword of blue flame around you.
- Invoke Astrea's circle and sword of blue to cut away all subtle attachments that are not of the Light.
- Give a brief violet flame decree to purify the atmosphere around you and within you.

This places you firmly within a circle of protection, ensuring that only Love may approach you.

### 3. Breath and Stillness

Sit upright, shoulders soft, feet grounded. Inhale to the count of four, hold for four, exhale for six. Repeat three times. Let your awareness descend into your heart.

### 4. Invocation

Whisper or declare:

*“Beloved I AM Presence, Beloved Lady Nada, enfold me now in the ovoid of Love. Let this be for my healing, my wholeness, and my service to Life.”*

## **The Practice (20–35 minutes)**

### **1. Invitation of the Ovoid**

Sense a delicate radiance forming around you in the shape of an egg. It hovers at a safe distance, about three feet from your heart. It glows with rose light, shimmering with tenderness. Allow yourself to simply notice its presence, like the faint touch of a harp string resonating in the air.

### **2. The Gradual Approach**

Gently give permission for the ovoid to come closer, very slowly. It moves inwards by degrees, then pauses to allow your consciousness to adjust. With each breath, you feel more surrounded by Love.

### **3. Meeting the Pain of Love**

As the ovoid draws nearer, old feelings may arise—heartbreak, grief, betrayal, guilt, or the ache of separation. Do not resist or run away. Simply breathe through the discomfort. Imagine the sacred fire within each breath softening and dissolving the pain. Tell yourself: *“This is not here to harm me. This is Love revealing what is ready to be healed.”*

### **4. The Picture on the Screen of the Mind**

Often one clear memory, image, or moment will appear. See it as if projected on a screen before you. Perhaps it is a past relationship, a lost opportunity, or an unhealed wound of the soul. Observe without judgment. Then, in the radiant embrace of the ovoid, allow violet light to wash through the scene. Let Love’s garment of protection enfold it.

### **5. Sorting and Releasing**

Now make a choice. If reconciliation or resolution is possible, extend forgiveness and compassion. If the other soul is not ready, release them to God’s keeping. Whisper: *“I let go. I set you free. I am free.”* Remember, Love respects free will. Not all ties can be healed in the outer. Some must be surrendered to the higher law.

### **6. Deeper Closing-In**

Allow the ovoid to come only as close as you are ready for. It may feel intense; that is natural. Ask Lady Nada to regulate the distance so the healing is perfect for you today. Even if it closes in by only a quarter of its power, trust that profound transmutation is happening.

### **7. Completion and Dissolving**

When you sense the cycle is complete, sound the sacred OM three times, slowly. The ovoid expands back outward to three feet and begins to dissolve into light. The aura feels clear, light, and free, as though a burden has been lifted from the heart.

### Aftercare (5–10 minutes)

- **Journal:** Write down the images or feelings that surfaced, what you learned, and how you felt when you released them.
  - **Grounding:** Drink water, stretch, touch the earth or your body gently to anchor the new light.
  - **Gratitude:** Place your hand over your heart and give thanks to Lady Nada. Affirm softly: *“I AM Love. I AM whole. I AM free.”*
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### Guidance

This practice can be repeated as needed, especially during times of inner turmoil or when deep healing is required. It is most effective when accompanied by decree work, since the rhythm of the spoken Word creates a forcefield that protects and amplifies the work of Love.

Go slowly. If the experience becomes too intense, pause and invite Lady Nada to hold the ovoid at a distance until you are ready to continue another time. Always surround yourself in protection and violet flame before beginning.

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### Benediction

Beloved Lady Nada, I thank you. You have surrounded me in your ovoid of Love. You have shown me how to embrace the pain of separation until it dissolves into compassion. I accept this healing, and I choose now to be a sending-and-receiving station of Love for all life. May the light of the Sixth Ray—Peace, Ministering Love, and Devotion—shine through me always.

# Calls and Decrees

## 1. Tube of Light Decree

*(Establishes a protective pillar of white light around your body and aura.)*

*\*“Beloved I AM Presence bright,  
Round me seal your Tube of Light  
From Ascended Master flame  
Called forth now in God’s own name.  
Let it keep my temple free  
From all discord sent to me.  
I AM calling forth violet fire  
To blaze and transmute all desire,  
Keeping on in Freedom’s name  
Till I AM one with the violet flame.”*

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## 2. Call to Archangel Michael

*(Sword of Blue Flame protection – ideally spoken with strength 3x, 9x, or 36x.)*

*\*“Lord Michael before! Lord Michael behind!  
Lord Michael to the right! Lord Michael to the left!  
Lord Michael above! Lord Michael below!  
Lord Michael, Lord Michael, wherever I go!  
I AM his Love protecting here!  
I AM his Love protecting here!  
I AM his Love protecting here!”*

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## 3. Call to Astrea

*(Circle and Sword of Blue Flame, to cut away astral/psychic entanglement.)*

*\*“Astrea, circle us round!  
Let thy blue-flame sword surround!  
Cut us free, O sword of blue,  
From all that is not of the Light and true!  
Cut us free! Cut us free! Cut us free!”*

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#### 4. Violet Flame Decree (Short Form)

*(For transmutation and purification; spoken with love and rhythm, 9x–36x.)*

*\*“I AM a being of violet fire,  
I AM the purity God desires!”*

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#### Practice Tip

Give these in sequence: **Tube of Light** → **Archangel Michael** → **Astrea** → **Violet Flame**. Even a short round (1x Tube of Light, 3x Michael, 3x Astrea, 9x Violet Flame) creates a protective field strong enough for Lady Nada’s ovoid exercise.

# The Keeper's Daily Prayer

*by Lady Master Nada*

A Flame is Active —

A Flame is Vital —

A Flame is Eternal.

*(Give slowly, with deliberation)*

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I AM a God Flame of radiant Love,  
from the very Heart of God  
in the Great Central Sun,  
descending from the Master of Life!

I AM charged now  
with beloved Helios and Vesta's  
supreme God Consciousness  
and Solar Awareness.

Pilgrim upon earth,  
I AM walking daily the way  
of the Ascended Masters' Victory  
that leads to my eternal Freedom.

By the power of the sacred fire,  
this day and always,  
continually made manifest  
in my thoughts, feelings, and awareness,  
transcending and transmuting  
all the elements of earth  
within my four lower bodies,  
I AM freeing myself by the sacred fire  
from every misqualified focus of energy.

I AM set free right now from all that binds—  
by and through the currents of the Divine Flame  
whose ascending action makes me:  
God in manifestation,  
God in action,  
God by direction,  
and God in consciousness!

I AM an active Flame!  
I AM a vital Flame!  
I AM an eternal Flame!

I AM an expanding fire spark  
from the Great Central Sun,  
drawing to me now every ray  
of divine energy which I need,  
and which can never be requalified by the human.

Flooding me with the Light  
and God-illumination of a thousand suns,  
I take dominion and rule supreme, forever,  
everywhere I AM!

Where I AM, there God is also.  
Unseparated, forever I remain,  
increasing my Light  
by the smile of His radiance,  
the fullness of His Love,  
the omniscience of His Wisdom,  
and the power of His Life eternal.

This automatically raises me  
on ascension's wings of Victory,  
returning me to the Heart of God  
from whence, in Truth,  
I AM come to do God's Will  
and to manifest abundant Life to all!

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