

I AM 101

“I feel, therefore I AM” —Danielle LaPorte

Developing your relationship with your individualized I AM Presence is the core of these teachings and the goal of this class. We spoke about techniques that can aid in mediation, helping you get into that “good feeling” place. What are you grateful for? When you feel gratitude, send your love (adoration) to your Presence. This strengthens your relationship.

Meditation, on page 11 of the *Unveiled Mysteries*. It becomes easier with time. Find what works for you. Sometimes I visualize myself standing in the middle of the sun, or beneath a waterfall of brilliant white light, visualizing and feeling it flowing through every cell of my body. Visualize breathing in a violet colored fog. *Every breath I breathe is God in action, in me. I AM the peaceful, balancing, rhythmic breath of God.*

Affirmations and decrees are the same. The difference between a prayer and a decree is with prayer, you are praying to something outside of self. Once you know where your Presence is, you are going directly to the source of all life. There is only God in action. Every decree and affirmation releases a wave of light. You gain a permanent step for infinity. When repeated, they build momentum—you cannot backslide.

The Masters tell us the most imperative need for our freedom is using the tube of white light and the violet flame. The tube of white light insulates us from the human suggestions and discord of the world in which we have to move. It becomes easier to maintain harmony, and we are more receptive to the finer impulses from our Presence.

VIOLET CONSUMING FLAME

Mighty I AM Presence; I AM the law of forgiveness. I AM the all-consuming violet flame that consumes cause, effect, past, present and future, and the record in my mental and feeling world of every mistake that I have ever made, towards every person, place, condition or thing from every embodiment that I have ever lived since the moment I left the great central sun, and to that which I return.

EXTRA PROTECTION

Beloved Mighty I AM Presence and Great Sanat Kumara, keep me and every person, place, condition, and thing under the radiation of the Ascended Master Saint Germain—surrounded with the invincible wall of blue flame outside the tube of white light, as added protection, until all are free in the ascension. We thank you for answering every call.

SELF STUDY

DEFINE: IMPOSSIBLE • FORGIVE • INTENTION • RESOLVE

AFFIRMATIONS

Mighty I AM Presence and Great Ascended Host; go forth before me today and see that I act in divine order. Enfold each and every one I come into contact with in your divine light and love. Bless all life everywhere manifest. Forever self-sustained, self-luminous, self-expanding.

Mighty I AM Presence; see that I maintain harmony in my feeling world.

I AM the Presence that always knows the right thing to do, at the right time and in the right way.

Mighty I AM Presence reveal to me your true solution to this situation in which I seem to be concerned. Come forth in your wisdom and strength and solve this in Divine order without another moment's delay. I recognize that you do not need time, place nor space, but that your all-knowing powerful activity is now! I accept this fact.

I AM the determination that there is nothing too great for my attainment! I hold steadfast to this great truth and I open wide the door for all marvelous activities to appear and occur!

I AM a magnet of all supply and opulence of every wonderful thing I can possibly think of. I AM clothed in a flame of immortal love from the heart of the great central sun and I AM a magnet of that Love which I command to flood forth as a blessing to all life everywhere manifest.

I AM the Power of my complete self-control.

I AM the full revelation and comprehension of the Mighty I AM Presence as the giver, doer and the sustaining Power of all life.

Mighty I AM Presence, produce your perfection and hold your dominion.

I AM the Presence on guard here which consumes all that seeks to disturb.

Step by step we climb!

—Athena

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“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” —Nikola Tesla