

**I AM 101**  
**as presented by Athena Demetrios**  
• June 21, 2020 Recap •

**THANK YOU** for participating in our I AM Group 101. What a privilege it is to have these Ascended Master Teachings, enabling us to anchor more fully to our Individualized I AM Presence. Remember that the Masters have walked the very same path and they give us the understanding of these laws for our freedom.

We discussed the repetitive nature of thoughts. We find ourselves in a loop of negative thoughts. Why can't I change my thoughts overnight?

We have built a momentum and a pattern. In order to transcend these limitations, we must re-pattern our thoughts by aligning with our God Presence, thus building a new thought pattern.

**AFFIRMATION**

*I AM the Presence that controls my thought process as I wish it to be.*

A thought cannot become a thing until it passes through the world of feeling.

**EMOTION** = Energy in *motion, motion, motion*

We were given the gift of free will. God only acts through our invitation. Your Presence will not act in your life against your will. You must decree it into action. Remember that we turned away consciously and we must turn back consciously.

There are two forces at work—the outer (human self) and the inner (I AM Presence). When we use the words, I or I AM, we stir this Presence into action. This energy then becomes directed through our *thoughts* and *feeling*.

**ETERNAL LAW OF LIFE**

*What you think and feel you bring into form.*

What you meditate upon, there you are and that you become, for you are your consciousness. *Spiritual practice* reveals the true divine nature of consciousness within. The goal is not *spiritual experiences*, which are fleeting. The goal is *spiritual growth*.

## SELF STUDY

*The nature of Divinity is divine, eternal, limitless, illumination  
—untouched by worldly affliction. Let your light shine!*

From UNVEILED MYSTERIES Volume 1, read from page 11, through page 125.

Write the words ABUNDANCE, and OPULENCE. What does each mean to you?

Each day, choose a few from the following words, look up their definition, and reflect on their meaning.

CHOICE • LUMINOUS • MATRIX  
EXPAND • EMOTION  
SELF • FOREVER • PATTERN • SUSTAINED

Beloved I AM,  
That which you are, I AM.  
All that I have ever been. . . I have been you.  
Oh God within, I salute you.  
Come forth the knowingness,  
Come forth the Christ.  
So be it!  
—*Ramtha*

**NEXT CLASS: Sunday, July 19**

Be gentle on yourself. Step by step we climb!  
—*Athena*