

# I AM University

Q U A R T E R L Y e z i n e j a n 2 0 0 7 i s s u e 2



## Table of contents

- ◆ Knowledge without wisdom results in separation! - Universal Mind! By Dr Joshua David Stone
- ◆ How the mind sabotages a person's life if not properly mastered at any level of ascension, initiation and light body integration, and often does By Dr Joshua David Stone
- ◆ Every spiritual test and lesson a person overcomes, no matter how difficult, if mastered, they gain the full strength of that lesson spiritually By Dr Joshua David Stone
- ◆ How to sing the praise of God every moment of your life in song, thought, word and deed! By Dr Joshua David Stone
- ◆ Channeled message from Archangels Jophiel & Christine By Diane Addison
- ◆ Channeled message from Lord & Lady Sirius By Joanita Molina
- ◆ Lessons learned at work in '06 By G.R. Stafford
- ◆ We are always meditating! By Gaylin Read
- ◆ List Of I AM University Branches Around The World

### I AM University

• Dr Joshua David Stone & Gloria Excelsias • Postfach 13 • 4866 Unterach am Attersee • Austria-Europe • Toll Free Voicemail USA: 1-866-369-0976 • Voicemail Austria: (011)+43-7665-60276 / Fax: (011)+43-7665-60277 • Phone UK Office: (011)+44-121-288-5807 • Web Site: [www.iamuniversity.org](http://www.iamuniversity.org) • Email: [info@iamuniversity.org](mailto:info@iamuniversity.org)

## Knowledge Without Wisdom Results In Separation! - Universal Mind!

By Dr Joshua David Stone



In gaining wisdom from spiritual study and channeling, it is worthless if not integrated, spiritually and psychologically digested, applied, demonstrated, practiced and embodied!

As the universal mind said through Edgar Cayce, "It doesn't count what one knows but what one does about what they know. In the present, then, let not faults or failures raise questions. It is not what one once did that counts, but what one will do about that which it knows to do today."

"Do not gain knowledge only to thine undoing. Remember Adam. Do not obtain that which ye cannot

make constructive in thine own experience and in the experience of those whom ye contact day by day. Knowledge without the practical ability to apply same may be-

come sin. For, it is knowledge misapplied that was the fall - or the confusion - in Eve. - The Universal Mind!"

So the first understanding of this quote is that knowledge becomes wisdom only when it is integrated, spiritually and psychologically digested, applied and embodied in one's daily life! Otherwise one is filled with information that is useless and as the Universal Mind said, results in separation, fragmentation and disintegration! This is the first



meaning of this quote of the Universal Mind!

The second meaning is that very often in the New Age Movement and other places as well, people speak as if they were Masters, but in truth they do not know what they are talking about. We have all heard the saying “a little knowledge is a dangerous thing!” In this day and age a person goes to a workshop or reads a book and they think they are a Master! Nothing could be farther from the truth! They recite all kinds of “pat answers”, and statements from books and workshops, at people that have absolutely no bearing in truth on their reality. It is because they speak from knowledge rather than true wisdom. They self righteously think they are correct, but in truth they are just being run by their negative ego. We have also heard

the saying, “the path to hell is paved with good intentions!” They lay their trips on people in the vein of being helpful, psychic, spiritual teaching or channeling, and they think they are doing fantastic work, but because they speak from knowledge and not wisdom, they have completed missed the mark. This is rampant in the New Age Movement, and it is for this purpose that this lesson/chapter has been given!

The same thing is true with Spiritual ideals! What use is a Spiritual ideal if it is not lived, practiced, demonstrated and embodied with absolute integrity and impeccability!

For as the Universal Mind has said through Edgar Cayce, “Know Thy Ideal, And Live To That. For, Each Soul Must Give Account For Its Own Self!”

The Universal Mind went on to say, “That All Would Realize, Come To The Consciousness That What We Are – In Any Given Experience, Or Time – Is The Combined Result Of What We Have Done About The Ideals That We Have Set!”

The first step is understanding what your spiritual ideals are and the second step is then applying them spiritually, mentally, emotionally, energetically, physically, on the earth plane, in all of one’s relationships and in the marketplace of life! For it is only then that “knowledge can become wisdom and oneness, integration, consistency and proper alignment of all one’s bodies, chakras, and all aspects of consciousness be properly integrated and aligned! So let it be written! So let it be done! Amen!



*We Would Love To Hear From You!*

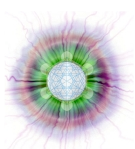
Dear Friends & Students of the I AM University,

Since you are a vital part of the I AM University, we would like to invite you to partake in our quarterly newsletter by sharing your personal experiences, revelations and growth attained through the study, application and realization of the work of Joshua and the I AM University. For each issue we will select a letter from the global community for publication. The author of the chosen letter will be gifted with an email book of their choice. Submission deadline is one month before publication. Publication dates are January 1st, April 1st, July 1st and October 1st. So to qualify for the upcoming issue in April, please send your submission by March 1st. We would love to hear from you! Thank you!

Love & Light

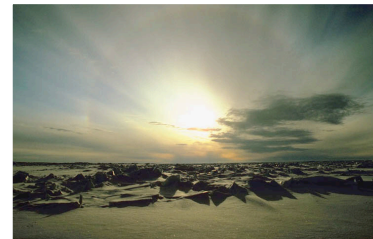
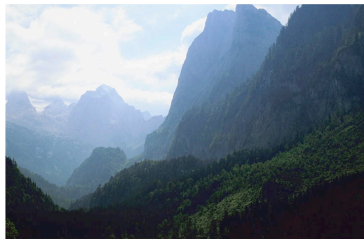
I AM University

P.S. please send all letters by email to Shamala - [shamala@iamusingapore.com](mailto:shamala@iamusingapore.com)



# How The Mind Can Sabotage A Person's Life If Not Properly Mastered At Any Level Of Ascension, Initiation And Light Body Integration, And Often Does!

By Dr Joshua David Stone

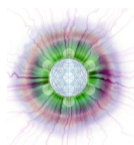


My Beloved Readers, this may be one of the most important chapters you ever read. Due to my work and focus in this field of study and the many friendships and acquaintances I have made with around the world over the years, a very important insight has come to my attention. This insight can be most simply stated as: The mind can sabotage a person's life if not properly mastered at "any level" of Ascension, initiation and light body integration, and often does! There are, in truth, many ways this can manifest! To be perfectly honest, this whole subject has been a little shocking at times for me to see and watch, for I have seen this occur with a great many Spiritual Leaders, high level Spiritual Teachers, Channels, Psychics, Spiritual Scientists, Healers, and even Friends.

Spirit and the inner plane Ascended Masters are asking me now to speak of this so that people and lightworkers can be very spiritually vigilant against this process occurring within self and so you may be able to help your students and friends with this lesson as well!

There are a great many very sincere and devoted Spiritual people in the world who are taking very high levels of Spiritual Initiation, Ascension, and Higher Light Body Integration. They are very Spiritually focused and have very highly developed Spiritual bodies. Many are stepping into Spiritual leadership, public success, and have a large number of students and clients. The problem is that their Spiritual training and focus is a little more than their training in Spiritual Psychology, which is an extremely complex and in-depth study which is not really taught in the full understanding of all it entails in too many places in this world. High level Spiritual training is actually much more accessible than high level

training in Spiritual Psychology. One example is the study of the difference between negative ego/fear-based/separative/lower-self thinking versus Spiritual/Christ/Buddha/God Consciousness. This is, in truth, a lifelong study. The negative ego is unbelievably tricky and the negative ego mind, although insane in its premise, as the book A Course in Miracles states, uses the full creativity of your God mind to try and delude you into thinking that its way of thinking is the right one for you. The problem is that in this world 99% of the people are thinking with the negative ego mind and through limited lens seeing. This is the second great blind spot of the world after negative ego thinking. People, even if transcending negative ego thinking, are often stuck in certain lenses and do not see life from a full spectrum prism consciousness. Examples of such lenses are: our childhood upbringings, past life programming, race, patriotism, type of education, parental training, cultural training, gender training, type of psychology you practice, traditional psychology, Spiritual training, religious training, country you grew up in, city and state you grew up in, mass consciousness, socioeconomic status, language you speak, traveling or lack thereof, types of friends, reading you have done, mass media, level of Spiritual development, over- or under-focus in the Seven Rays, the Seven Major Chakras, any given Astrological sign, one of the 12 Major Archetypes or Tarot Cards, any given Sephiroth of the Tree of Life, over-focus on any given body, on one of the three minds, feelings or thinking, Heaven or Earth, God or Goddess, national focus, Planetary focus, Solar focus, Galactic Focus, Universal focus, Multiuniversal Focus, God and/or Cosmic Focus. Also, what Spiritual lineage you are focused through, your Ray configuration, Numerology.



Who your Spiritual Teachers, Guru, favorite books, Teachings, Mystery schools are. Social Status, whether you follow a singular or more eclectic synthesis type of path! How integrated and balanced you are Spiritually, Psychologically and in a Physical/Earthly sense! Whether you sanctify all Four Faces of God equally! Whether you are realizing God through all four faces. Your psychological clarity, Light Body integration, chakras you have anchored and activated, your psychoepistemology of the way your

psychology filters all other thoughts. The level of mastery of your mind, emotions and physical body. How grounded you are. Whether you are more intuitive, thinking, feeling, or sensation focus oriented. Whether you are a cause or an effect of your reality by how you are thinking. How you parent your inner child. How masterful you are in the process of self-

inquiry, which is the daily process of all the content of consciousness flowing into your consciousness from within and without. How developed your consciousness is. The level of attunement and grid from which you channel. How much subconscious interference, negative ego, and personal agenda is affecting your channel. What inner senses you are utilizing! If you are more mystic or occult in nature or are balanced. If you tend to see life more through the God or Goddess, feminine or masculine, Yin or Yang. How right with self or right with God you are! If you are developed in all the Seven Rays, Astrological signs, Sephiroth of the Tree of Life, and 12 Major Archetypes. My Beloved Readers, I could honestly go on for hours and hours listing all the things that affect your consciousness, which, in truth, is perception, your vision, and is the way you interpret life. We don't just see with our physical eyes we see with our mind. The world is a projection screen for our own thinking and we are seeing our movie. We cause everything by how we think. We cause our feelings, emotions, behavior, energy, and what we attract, magnetize, or repel in our lives! My Beloved Readers, every thought you think every moment of your life is a lens!

The science of understanding the difference between negative ego and Spiritual thinking is one of the least understood sciences in this entire world. The science of understanding limited lens seeing rather than full spectrum prism consciousness is even less understood. The development of consciousness and Spiritual psychology is a much more complex science than most people realize. The average Spiritual leader and lightworker says, "I mastered this in the Spring of '72!" I very humbly tell you this is not true! This is a lifelong process of knowing thy self, self-introspection, self-study,

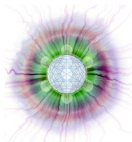


and life study. The Psychological level is, in truth, the most difficult and complex and is where more pitfalls, traps, glamours, maya and illusion lie. I can honestly say in total humbleness and humility how shocked I am at how few people as they climb the path of initiation, Ascension, Light Body Integration, Spiritual Leadership, Planetary World Service, Worldly and/or Earthly Success, do not fall down the mountain, tumble down the mountain, and/or slip down the slippery slope of the

mountain. This has been confirmed to me by Spirit and the Masters. I have seen it with a great many Spiritual Leaders, Channels, Spiritual Teachers, Spiritual Scientists, Healers, and Lightworkers. I am sobered and humbled by what I have seen and how truly difficult the Spiritual path can actually be if one truly wants to realize God at the highest level Spiritually, Psychologically, and

on a Physical/Earthly level, with Spiritual Leadership and Planetary World Service, all in a balanced and Integrated manner. There is an unbelievable number of lessons to learn. I am not saying it cannot be done for, of course, it can, and we each are incarnations of God, so God gave us the equipment on all levels to do this. It takes unbelievable dedication, focus, God Purity, Spiritual Discernment, Joyous Vigilance, Self Mastery, Unconditional Love, and Balance and Integration to make it through all the Spiritual tests and lessons. To be perfectly honest, most Spiritual leaders and lightworkers are ill-equipped and ill-prepared, especially on the Psychological level, but also somewhat in Spiritual training and Earthly mastery to meet all the tests and lessons that will come! This is shared as a warning to prepare yourself in advance, for the lessons get more complex and more advanced and greater in number the higher you go. Lightworkers often have this fantasy that once they have taken their Ascension initiation or now that they are considered an Ascended Master because they have taken this level of initiation or integrated this level of Light Body, that the lessons get easier. I am here to tell you that is not true. The tests and lessons will get more intense because the higher you go the more responsibility you have in Spiritual Leadership and Planetary World Service!

Another great lens is that have we have a personality, soul and monad, and the question is whether you have really transcended personality level consciousness. The entire world—most people, all forms of psychology, social work, psychiatry, religion, television, radio, books, music, magazines, newspapers, and mass consciousness—is totally immersed in it. So, unless you are unbelievably clear and unbelievably centered in your



soul and Spiritual ideal, you will 99.99% of the time be constantly confronted with personality level, negative ego level, mass consciousness, and limited lens seeing. The key question is, "Do you let this pull you back into what I call an inefficient perception of reality?"



So, what I am also pointing out here is that even if you have been able to build your Light quotient, Initiation level, Ascension process, Light Body integration process, chakra anchoring process, 12 strands of DNA, Spiritual Leadership, Planetary World Service, and worldly success all to a very high level, even to the 7<sup>th</sup> or 12<sup>th</sup> level or higher, this has absolutely no effect, did you hear what I said, "absolutely no effect" on the mind's ability to cause negative ego thinking, limited lens seeing, personality level consciousness, mass consciousness, negative ego selfishness, impure motives, or the mind turning "Gold into Garbage," getting stuck in ray, chakra, astrological sign, archetype or lens or small number of lenses, to attract entities, to become disintegrated or to be fragmented in your ascension process. Spirit and the Masters have guided me to write this chapter for this is more the norm in religion and the New Age Movement than the occasional bad apple to watch out for. The pitfalls, traps, ways to get stuck, ways to get disintegrated, fragmented, pulled into false teachings, false prophets, disintegrated teachings, psychologies, philosophies, limited lenses, negative ego contamination, personality level consciousness, glamour, maya and illusion is rampant in this world. This has been shared to motivate you to be Spiritually vigilant and Spiritually discerning at all times and to never allow yourself to go into automatic pilot, for "after pride cometh the fall"! Sai Baba has said that "The mind creates bondage and the mind creates liberation"! This is a very profound statement. Many in the Spiritual Movement like to think the mind is negative. Nothing could be more untrue. It is a tool with which you create your reality. It is the tool that creates your consciousness. It is the tool from which you see from. It is the tool that

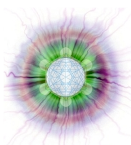
will determine how you filter your Spiritual Gifts such as channeling, clairvoyance, and other psychic abilities. All of these are filtered through your consciousness.

However, joy and love must be balanced with Spiritual vigilance and Spiritual discernment. So, let us create the new concept of joyous Spiritual vigilance and joyous Spiritual discernment! This is the ticket. Spiritual leaders and lightworkers are very joyous in their Spiritual achievements as they should be, however, be sure to never let go of your Spiritual vigilance and discernment, for the negative ego mind and limited lens seeing is fully capable of sabotaging you at any moment if you are not careful!

I cannot tell you how many people I know who suffer from the syndrome I like to call "turning gold into garbage!" They have wonderful Spiritual gifts, often have ideal Spiritual

partners, friends, and life circumstances, however, these people do not have a full grip and handle on how to control the negative ego even though they are highly Spiritually advanced, and are often channels, or highly psychic and so on. They allow the negative ego mind and limited lens seeing to destroy everything. I cannot tell you how often I see this taking place, even to good friends I have known and know. In truth, God and the Masters have given them everything, and everything they want has literally been handed to them on a silver platter and they allow their negative ego minds to destroy it. For every person lives in their own self-created hell or self-created heaven within their own thought process.

Whatever you think will seem 100% real to you even if it is not true in God's eyes! I cannot stress this point enough! The problem is really that they are not right with themselves, however, they do not see this and blame it on others. For they are seeing through a lens of "projection"! They are absolutely 100% convinced their perception is accurate. This is the most amazing thing about life, that so many think and are 100% convinced their perception is accurate because it "feels" so real. I am here to tell you, my friends, that whatever you think, even if it comes from the negative ego mind or limited lens seeing, will always seem 100% real! This is the nature of how the mind works. When you sleep at night and dream it also seems 100% real, however, when you wake up you realize it is not. This is how consciousness in waking life works as well. Everyone thinks they have mastered all their lessons, are clear of negative ego, do not have limited lens seeing, are interpreting their life from Spiritual/Christ/Buddha/God Consciousness, and are perfectly balanced and integrated. If you ask almost anyone, this is what they will



tell you. The truth is they do not even understand these concepts, with no judgment intended. They are not doing anything wrong per se; they have just not been Spiritually trained in this more in-depth understanding. So, they are not lying, it is just from their limited level of understanding they think what they are saying is true. So, the great lesson of life is to be willing to have the courage to develop your consciousness and keep transcending



greater and greater levels of negative ego, limited lens seeing, personality consciousness, mass consciousness, glamour, illusion and maya and be willing to try and uncover your blind spots! To strive for the highest possible Christed ideal, highest level transcendence of negative ego, God purity, integrity, and full spectrum prism consciousness seeing. Avoid this syndrome of allowing the negative ego to turn gold into garbage!

The next thing to watch out for is to not allow your self to become a “portal” for negative entities. This has been another sobering wake-up call to me, to see how many advanced lightworkers have entities attached to their auras. These are often extremely Spiritually advanced, dedicated lightworkers, who very often have a large degree of Spiritual leadership, Spiritual maturity, understanding, and are extremely dedicated. I am actually shocked at how often this occurs. So, the key question is, “What is the cause of this?” The answer is: Psychological Uncertainty and the Negative Ego mind. It occurs in different ways for different people. Let me explain. For some, it may be a fascination with the dark side, negative Extraterrestrials, and/or reading about black magic. Even though they are not following this path, just the studying about it or conversing with beings on the left hand path causes negative entities to be attracted to your aura and your portal. They end up following this type of person around, without the person even realizing it. People often think they are smart enough to not let this happen, however, as the law states, where you put your attention is what you manifest in life! One should never ever put one’s focus or attention on the dark side. Keep it only on God, the Masters, the Light and Love, and that is what protects you. Keep your mind steady in the Light!

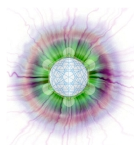
Another reason entities attach to Spiritual leaders’ and lightworkers’ auras are because they are highly Spiritual, but they are overly emotional. They are emotional victims. They let their feelings and emotions run them, which causes the negative ego to be the programmer. They do not see their thoughts are creating their feelings and emotions. They do not choose their feelings and emotions. Once you open to the Spiritual Realm, this is a sure-fire state of consciousness to attract negative entities, and I cannot tell you how many people I know who this is occurring to, and many of them have been my friends and are my friends! Until they get a greater handle on how to master their mind and emotions, there is not a lot even the Masters can do. Life is a co-creation, and Spirit and the Masters can help somewhat, but the person who has an emotional body running rampant and is being controlled by the negative ego, even though they think they are totally cleared and Christed, is the one causing this. They could be 12<sup>th</sup> level initiates and this won’t stop this from happening in the slightest. If people knew how many Spiritual leaders and high level lightworkers had entities, they would be shocked. This is nothing to be concerned about in yourself as long as you keep your own mind, emotions, behavior, and negative ego in check and under control! They can only enter if some kind of victim consciousness is in effect!

Other reasons Spiritual leaders and lightworkers in great numbers, no matter how advanced, are attracting negative entities is just too many negative thoughts. Your thoughts create your reality. When you tune into Spiritual levels but you have too many negative thoughts, this automatically can attract negative entities to one’s aura. Now most of the time the Spiritual leader and lightworker is totally unaware this has taken place! They would be equally shocked if they knew. More often than not, this does not occur from conscious negative thinking but from subconscious negative thinking. The person is not, in truth, in control of the subconscious mind. They have not made the subconscious mind their servant. So,



they may channel all day, or do psychic work all day, or do lightwork, or be a Spiritual teacher, and their lack of control in this area causes the negative entities to latch on to their channel, portal and energy field, so to speak. Again, they are not aware this has taken place. So, the

biggest reason all this occurs is “psychological uncertainty”! Most Spiritual leaders and lightworkers think they are totally 100% psychologically clear. The truth is, within their paradigm and understanding, maybe they are. However, the problem is they are not seeing that their consciousness, understanding, and paradigm is not the



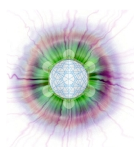
highest ideal that God, Spirit, the Masters, the Holy Spirit, and the Mighty I Am Presence would, in truth, have them ascribe to. This is caused by negative ego thinking, limited lens seeing, personality level understanding, mass consciousness infiltration, and glamour, illusion and maya on the mental, emotional and etheric levels that is operating as blind spots or unconscious spots in their consciousness development. Again, one of the reasons it is very hard to change this world is that the negative ego is telling the person in almost "all" cases that they are masters and totally clear on these levels. So, one of the key lessons of life is integrity and consistency of levels. Spirit and the Masters are now asking you to have the courage to move to a higher level Integrative Spiritual Ideal to which you will strive for and try to maintain. The problem is in the Spiritual and psychological training. These Spiritual leaders do not see that there is a higher level mastery, ideal and training that is needed. If the person is not in control of the negative ego, the negative ego instead of seeking truth will read a chapter like this and think that "this doesn't apply to me, I am already doing this." Or will never allow the person to ever read another Spiritual leader's books for they are beyond this. Or will think that they are beyond the need to study, grow, or learn. Or they think their model is the highest level model and it is not. Or their model is very high on a Spiritual level but not as high on a Psychological level, Physical/Earthly level, and Integrative and Balanced level! The person thinks they are a master so they do not need to study or learn. Their Spiritual Body may be highly developed, but their consciousness is not as developed as they think. Or they have never been trained in an in-depth manner as to the difference in negative ego versus Spiritual thinking and limited lens seeing versus full spectrum prism consciousness thinking. This is usually the case. It is just a matter of training. Once the person perceives themselves as a Spiritual Master and Spiritual leader, the danger is that the negative ego mind will influence them to not be as open to learning through this set of books or any others, for these are not the only books that can help teach these lessons, although they may be the most integrated and easy to understand ones. This you will have to decide for yourself. It does not matter to Spirit, the Masters or I where you learn these lessons from, as long as you learn them, for all is God!

Another very big reason Spiritual leaders and lightworkers of very advanced Spiritual levels have negative entities is that they have too many negative feelings and emotions. Even though they are extremely advanced in initiations, Ascension, Light Body

integration, Chakra anchoring, and strands of DNA, they do not understand that all negative feelings and emotions are created by the negative ego mind. So, wherever there are negative feelings and emotions there is a potential in some cases that this could attract entities. For example, if a person has a lot of anger, frustration, impatience, and attachment, there is a very good chance this will take place. It can also take place with a lack of self-mastery, unconditional love, balance, and integration! What is also interesting here is that often the Spiritual leader and lightworker knows that negative feelings and emotions need to be Spiritualized and tries to do so consciously. Then you ask them if they have achieved this and they will tell you they have. However, the truth is they do not have full consistency of levels, and negative feelings and emotions are operating on a subconscious level below their level of self-mastery and understanding and this is what is causing the negative entity to be attracted. The



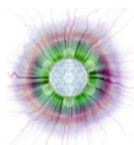
truth is, very few Spiritual leaders truly have self-mastery over all their thoughts, feelings and emotions, subconscious mind, subpersonality, inner child, motives and so on. The great lesson here is that what you believe and what is actually happening, in truth, in a great many Spiritual leaders and lightworkers is not synchronous or not in integrity and harmony. The negative ego always wants to feel good about itself and it will always take the point of view and opinion that will make you feel best about your self. The great lesson of life is: Do you want "Truth" or do you want your "negative ego"? If you really want God realization, you must be willing to face a little bit of negative ego discomfort. There is really no negative ego discomfort at all if the negative ego is transcended, for the discomfort is only really if you listen to the negative ego's misinterpretations of the process. For from God's perspective everything is just lessons and Spiritual tests. Mistakes are fine and part of the process for everyone and we just need to learn from them. It is the negative ego who judges and tells us we must be perfect or we are not okay, or that if we are not superior to everyone else we are inferior to everyone else. This is





the great illusion of the negative ego and the negative ego thought system. This way of thinking must be laughed off the stage and replaced within the understanding that everyone is an incarnation of God and is the Eternal Self and we are all just in a process of realizing this great truth. All mistakes are just illusion and dreaming, and God does not hold any of them against us in the same way that we do not hold nighttime dreams of a negative nature against ourselves when we wake up. When we wake up, we just say thank God that it was just a dream. We need to do the same in our conscious lives. We just need to forgive ourselves for being unconscious and falling asleep in a certain area and just be glad that in this Holy Instant we have awakened! As A Course in Miracles says in its introduction, “Nothing real can be threatened and nothing unreal exists. Herein lies the Peace of God”! In truth, the negative ego mind does not really even exist, for God did not create it. We created it with the misuse of free choice. It is a mind based on the belief in separation, fear, selfishness, negativity, or lack of Love, which, in truth, does not exist. So, there is no need to defend one’s ego, for you are an incarnation of God and nothing you have ever thought or done in the past, present or future will ever change this. The Spiritual Path is just the process of realizing this and letting go of the negative ego. For “God equals man minus ego”! It is just the process of remembering and fully realizing that you are an incarnation of God and practicing, demonstrating and embodying this on Earth in an integrated and balanced way so you can evolve back through the 352 levels and return to God at the highest level in full self-consciousness and full realization! So, there is no reason to defend the negative ego or even listen to the negative ego for you are

perfectly safe and protected and cannot be harmed in any way if you let go of it. It is just the illusion of negative ego thinking that makes you think you can be and that is why it tries to defend itself and why you at times listen. The only way out is to transcend the whole system. You cannot get out of the underdog by being a top dog. This keeps you locked in the system. The only way out is transcendence. You must transcend negative ego and transcend negative ego duality. This way if you have profit or loss, pleasure or pain, sickness or health, victory or defeat, praise or criticism, you remain even-minded. This is the same thing as having preferences and not attachments. Then whatever happens in life you are happy. Whatever dualities occur you are happy and have inner peace. Whatever mistakes are made, you are not inferior or superior. You are just an incarnation of God as is your Brother and Sister and we are just incarnations of God, in different states of realization of this process all returning to GOD the Creator! So, what is there to be concerned about in terms of defending the negative ego if we are all just God communicating with God and God helping God so we can all return to GOD! There is certainly no threat in this. If you are an incarnation, which you are, then your self-worth, loveableness, and self-concept are certainly intact, for what could be more worthy of self-love than being an incarnation of God! All others share our same identity as the Eternal Self, as Sons and Daughters of God, and fellow incarnations of God, so there is, in truth, no danger there. GOD the Creator always welcomes his prodigal Sons and Daughters home any time they wish to come, so there is no danger there. So, my Beloved Readers, do you see the profundity of this concept and an understanding of “Transcendence”?





You must transcend the entire negative ego thought system of superior/inferior, top dog/underdog, duality, anger/depression, attack/fear versus Unconditional Love. One other key to this whole process is always looking at everything in life as a Spiritual test and lesson. This is the other thing that Spiritual leaders and lightworkers do that can cause negative entities to be attracted to their channels, portals and auras. If a person is at the highest level of initiation, Ascension, Light Body integration, chakra anchoring, ascension activation, and strands of DNA development, it is extraordinarily common for Spiritual leaders and lightworkers to forget to look at everything that happens as a Spiritual test and lesson. This is unbelievably common. When you do not look at everything as a Spiritual test and lesson you build anger, depression, and upset! Things are perceived as negative and are cursed at, instead of being seen as teachings, blessings, opportunities, and stepping stones for soul growth. Lightworkers do not even realize that often things that happen in life that do not go according to their preferences are often actually causes of, and set up to go wrong by, our Higher Self, Mighty I Am Presence, the Holy Spirit, God, and the Masters, to Spiritually test you to see how you will respond. These may be tests to see if you are ready to pass a certain level of initiation. These are tests to see if you may be ready for a certain level of Light Body Integration or Chakra Grid anchoring and activation. These may be Spiritual tests to see if you are ready to take on a certain Spiritual Assignment the Masters have in mind for you. It may be a Spiritual test to see if you are ready for a particular Spiritual leadership assignment or even position in the Spiritual Government. However, more often than not, over time, Spiritual leaders and lightworkers forget to look at things as Spiritual tests and lessons and instead of saying, "Not my will but thine, thank you for the lesson" and blessing the situation and thanking God for it, they get angry, depressed, upset, irritated, impatient, disappointed, curse it, feel sorry for themselves, give up, and/or let it take away their joy, happiness and inner peace. Every situation in life is just a Spiritual test and lesson to practice Spiritual/Christ/Buddha/God Consciousness in an integrated and balanced way! So, thank God for whatever comes, for God is helping you to grow in God Realization by doing so. Every Spiritual test and lesson you overcome you gain the strength, wisdom, and love of that Spiritual test and lesson and grow in Spiritual realization, stature, Spiritual grandeur, humbleness and humility! When you don't look at things as Spiritual tests and lessons, this causes a lot of negativity that can attract entities even if you are an Ascended Master and highly developed in your Spiritual body!

One other way negative entities are attracted to Spiritual leaders and lightworkers at very high levels of Spiritual development is because these people allow themselves to be run by lower-self desire. There is nothing wrong with desire as long as it is focused on Spiritual desire. Spiritual desire is a desire to realize God, to achieve integrated ascension, to be a good and

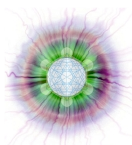
unconditionally loving person. A desire to live up to your highest Spiritual ideals! This is Spiritual desire and this is good and wonderful! Lower-self desire is extremely common in Spiritual leaders and lightworkers. It comes as a byproduct of being too run by the emotional body or astral body. The desire function is connected to this body. So, people who are too run by the emotional body also tend to be run by the desire body as well. This manifests as desire in conjunction with the physical senses. They often have terrible diets and eat too much sugar or too much starch or the wrong foods. They have an over-craving for sex. They are not in control of their appetites. In sexual matters it can manifest in the carnal influence, pornography, and so on. We have heard of the book about women who love too much! A desire for love! It can manifest as a type of hedonism! A desire to overly feed the appetites of the five physical senses. To allow oneself to be run by lower-self desire is a sure-fire way to attract



entities, no matter what level you are at Spiritually! So, we see here, my Beloved Readers, the dichotomy or paradox of energies that often occurs in Spiritual leaders and lightworkers. This is why Spirit and the Masters teach this in these books and why there is such an emphasis on integration, balance, integrity, and consistency of levels at the highest possible ideal!

It is my sincere hope and prayer that this explanation here of why and how entities can be attracted to even the highest and most advanced Spiritual leaders and lightworkers has been eye-opening and helpful!

The next syndrome I would like to make you aware of in terms of how the mind often sabotages the highest level lightworkers is one I have not spoken of before and one that has just recently and more clearly come to my attention. It is the lightworker that is seeking Spiritual Gifts and knowledge, or understanding, over being integrated and whole! This is actually fascinating to watch and see. As a professional Spiritual psychologist, Spiritual teacher, and channel, sometimes I watch and Spiritually observe these patterns with great Spiritual interest for the purpose of Spiritual training, teachings, writing and study. This particular process, from a clinical point of view, is quite interesting. The lightworker is so



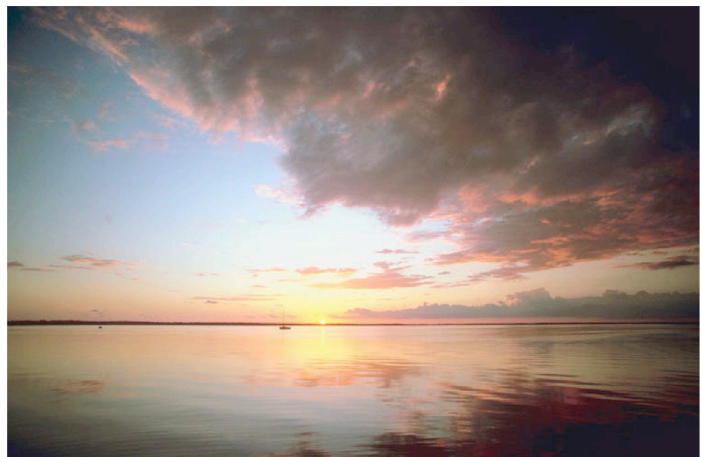
obsessed with achieving their Ascension and leaving, or obtaining a particular Spiritual gift like channeling, being able to talk more to the Masters, greater clairvoyance, greater knowledge, psychic abilities, and so on, that they have no inner peace, and become totally imbalanced and disintegrated within the ongoing process. So, the Spiritual gifts and the end result have become more important



than being integrated and whole through the process of doing it. They do not and cannot have inner peace until these Spiritual gifts and “Full Knowledge” is revealed to them. This can cause disintegration and fragmentation in the Ascension process and can make it physically harder. Another way this manifests is that the person has to understand every single point of what is happening to them, which, of course, is impossible. Some understanding is possible, however, God is, in truth, “Unfathomable,” and as we all know, “God sometimes works in mysterious ways”! We also know that faith, trust, and patience are also important. Often answers can be gotten; however, sometimes we need to delay the mind from having them this very instant! So, in this syndrome, the lightworker no matter how advanced, thinks that having this demand for Spiritual gifts and knowledge is forcing Spirit and the Masters and the process to accelerate, while they are actually sabotaging themselves by making these Spiritual gifts and immediate answers an attachment rather than a preference. They have lost their happiness and inner peace in striving to realize God. They have stopped smelling the roses and have made the goal more important than the process. Both are important, my friends. They have made understanding every single aspect of the process immediately a prerequisite for thinking of themselves as having achieved anything, or having inner peace in the process of going through their Ascension. This is being shared in unconditional love and with no judgment, to illustrate a pitfall and trap not to fall into! Remain integrated, balanced, and whole while going through your Ascension and Light Body integration process and make these things preferences and not attachments!

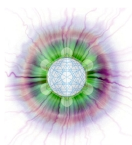
So, my Beloved Readers, the completion of your Seven, 12, or 22 levels of initiation, Light Body integration, chakra grid anchoring, Spiritual activation,

and 12 strands of DNA are very important lessons in the process of Self Realization, however, it is of the highest importance to see that they are not the only lessons of your Spiritual path. For all these things that have been mentioned are on the Spiritual level. Not only are there millions of other lessons on the Spiritual level, there are millions of lessons to learn on the Psychological level, millions of lessons to learn on the Physical/Earthly level and millions of lessons to learn in Spiritual Leadership and Planetary World Service, and millions of lessons to learn in mastering the 15 levels of developing right relationships with others. It is important to see that this is all one “integrative process”! In truth, you will not be allowed to continue to realize your initiations, Light Body integration, higher light quotient, chakra grids, Spiritual activation, and 12 strands of DNA, to name some of the most important aspects of the “Spiritual Level” of God Realization, unless you demonstrate your integrated Godliness on all those levels. Spirit, the Masters, and I emphasized “Spiritual Level,” for lightworkers must understand that there are four distinct levels to Realizing God at your highest level. It must be understood that each level is a unique level unto itself, and has its own set of laws, teachings and rules and understandings that must be mastered at its own level, to achieve God realization. Spiritual practices cannot replace Psychological practices, just as Psychological ones cannot replace Spiritual ones. Neither of these two can replace Physical/Earthly practices. Each level must be mastered on its own level with its own set of teachings and practices. So, these three levels are the Spiritual level, the Psychological level and the Physical/Earthly level. The fourth level of mastery, which is unique unto itself and has its own set of Spiritual teachings and practices, is how to not only master each of these levels distinctly in their own right at each level, you must also balance and



integrate all three! It is only when all four of these levels —Spiritual, Psychological, Physical/Earthly, and Integration and Balance of all three—are realized that true God Realization can take place!

In this new Dispensation of Ascension as of the year 2001, the Aquarian Age and the Seventh Golden Age that we have now entered into, all these levels must be mastered and integrated to be allowed from now on to gain these higher level initiations, ascension acceleration,

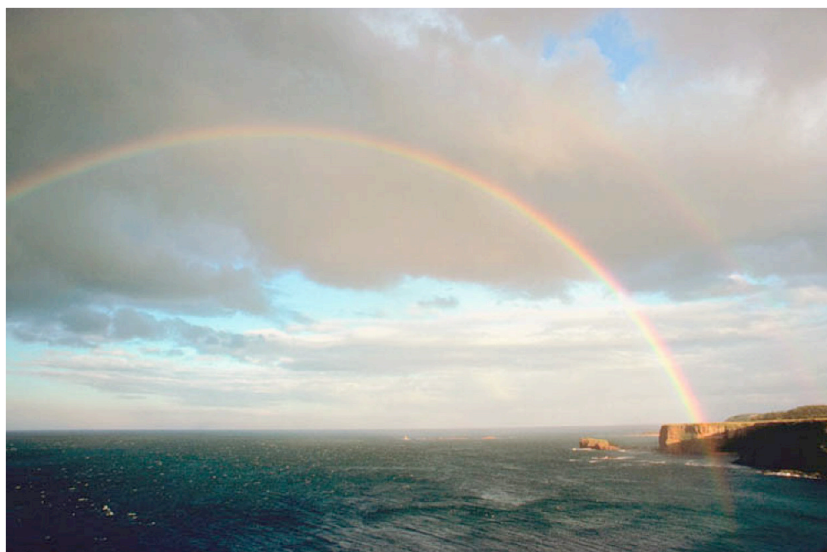


Higher Light Body Activation, higher chakra anchoring, Higher Ascension Activation, and 12 strands of DNA development! The great lesson of this chapter is that this all is “One integrated process” that all must be worked on simultaneously. The time of fragmentation or lack of integration is over! Some leeway was given in the past in this regard; however, God and the Masters wish you to know that this phase of history is now over. We have now entered a more Spiritually mature phase of Earth’s history, which is the phase of Integration and Balance. I know this is a breath of fresh air to all Spiritual leaders and lightworkers, for we all know this is what we want as well.

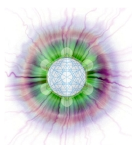
So, in terms of the key lesson and focus of this chapter; be joyous, blissful and Spiritually ecstatic in your Spiritual master status, Spiritual development and in your life. However, also be ever Spiritually vigilant and Spiritually discerning because “After pride cometh the fall”! After automatic pilot cometh the fall as well! Be joyously vigilant and joyously Spiritually discerning and seek to clear all negative ego thinking and feeling from your consciousness at every level of your being. Seek to expand your consciousness and evolve your consciousness to achieve the highest level full spectrum prism seeing so you can transcend all limited lens seeing! Try to see from all lenses of God simultaneously. I know this is a tall order or ideal, but remember we are incarnations of God and it is within our capabilities to do so. Did not the Master Jesus say, “Everything I can do, you can do and more”! Have the courage to see and uncover all your negative ego, limited lens seeing, blind spots, unconscious spots, inconsistency of levels, dark spots, gray spots, or places of lack of integrity and God purity, and with total forgiveness and unconditional love and not making a big deal about them, just seek to adjust and correct them! For righteousness in the eyes of God is not in being perfect, but in trying! Be relentless in your search for “truth” and do not be satisfied with the paltry illusion, glamour, and maya of the negative ego and limited lens seeing! Never forget that your mind creates bondage and your mind creates liberation regardless of how evolved you are spiritually, and do not let the negative ego turn “gold into garbage,” for it is fully capable of doing this and will strive to do this for that is the only thing it knows how to do. It will either strive to turn gold into garbage or it will try to tempt you with self-aggrandizement, power, fame, greed, materialism, false pride, and delusions of

grandeur. Do not buy into either of these syndromes for this is unbecoming of the great soul that you are. Transcend the entire negative ego thought system! Transcend superiority/inferiority, top dog/underdog thinking, and see yourself as an incarnation of God and all others as well in the process of realizing this great truth! Transcend negative ego duality so you remain even-minded and not attached to anything; only having preferences, happiness, and inner peace no matter what happens outside of self. Everyone is looking for happiness and the great answer is that it is a state of mind, an attitude, a perspective, and a proper way of interpreting life that allows you to always cause your feelings, emotions, behavior, energy, and what you attract, magnetize and repel in your life. Do these things and you will never attract negative entities into your field. Help others to learn these lessons as well! Most of all, my

Beloved Readers, regardless of what Spiritual level you have attained in your Initiation, Ascension, Light Body Integration, Chakra Anchoring, Spiritual activation, and 12 Strands of DNA development, your soul must continue to practice and demonstrate the Spiritual/Christ/Buddha/God Consciousness in an integrated and



balanced way at all times. It may be hard to believe but many Spiritual leaders and souls who are highly developed in the Initiation, Ascension, Light Body integration, Chakra Anchoring and activation, and 12 strands of DNA development are very advanced in these areas and in the Spiritual Body as a whole, but do not clearly understand how to manifest this Spiritual/Christ/Buddha/God Consciousness in an integrated and balanced way at all times. They do not always have a total grip and understanding of how the negative mind and the Spiritual mind are opposite philosophies and ways of thinking in life. Because of this, they are often fooled by the negative ego, causing many of the things that Spirit, the Masters, and I have talked about in this chapter. There is often great negative ego contamination, corruption, lack of personality level integration, glamour, illusion, maya, lack of consistency, integrity, limited lens seeing, competitiveness, jealousy, anger, separateness, negative ego selfishness, impure motives, misuse of power, greed, sexual misuse, lower-self desire, judgmentalness, lack of cooperation, lack of God Purity, and unconditional love to name just a few of the more common character flaws! So, the great lesson of this chapter is do not become over-confident and overly enamored with initiations, light quotient, higher light



body integration, chakra anchorings and activations, strands of DNA, and achieving Ascended Master status, for although these are most wonderful things and maybe are the things we strive for the most and hold the most interest for us, it must be seen that these cannot and will not be achieved in this New Dispensation of Earth's history if this process is not achieved and realized in an integrated and balanced way—mastering all four levels of God in an equal, balanced and integrated manner—Spiritually, psychologically and on a physical/ Earthly level. I personally strive for my initiations, Higher Light Body integration, physical ascension realization, higher chakra anchoring and activation, full



Spiritual activation on all levels, full realization of the 12 Strands of DNA, and all the rest as much as you, my friends, and by the grace of God and the Masters I have achieved some excellent results in this area. The great lesson I have learned in this process, however, is that if this process is not done in an integrated and balanced way on all four of the levels I have spoken of, enormous negative ego contamination, corruption, limited lens seeing, disintegration, fragmentation, subconscious interference, inconsistencies of levels, breeches in

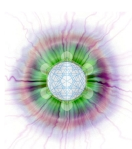
integrity, blind spots, improper personality level integration, psychological unclarity, misuse of Spiritual gifts, corruption of Spiritual gifts, and a slowing down of the Ascension, Initiation and Light Body Integration process can and will take place.

My Beloved Readers, this chapter has been

channeled and written by Spirit, the Masters, and myself in a co-creative fashion to help bring clarity and understanding to this most important aspect of the path of God Realization and to be used as a preventive medicine of sorts to help avoid some of the pitfalls and traps of more advanced levels of the Spiritual path, and to also help lightworkers have greater joyous Spiritual vigilance

and Spiritual discernment in their dealings with other Spiritual leaders and lightworkers. For if you cannot see these things operating within self, my friends, you will not be able to see them in others either. This chapter has been channeled and written to help in the process of rectifying this. It is Spirit's, the Masters' and my sincere hope and prayer that it has humbly helped in this capacity!

So let it be Written! So Let it be Done!



# Every Spiritual Test And Lesson A Person Overcomes, No Matter How Difficult, If Mastered, They Gain Full Strength Of That Lesson Spiritually

By Dr Joshua David Stone



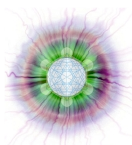
The title of this chapter presents a great esoteric, metaphysical and psychological law that is one of the great keys to success both Spiritually and in a worldly sense! As we all know, everything in life is a Spiritual test, lesson, challenge, opportunity to grow, and stepping stone for soul growth. Some of the lessons that come are attracted to you by your present state of consciousness, some from past lives, some are a product of incarnating into a world with 6 billion other souls and hence is a product of collective group karma and planetary karma! What is also very interesting, which a great many people do not fully realize, is that a great many things that occur in life are a product of actual lessons that have been set up for you by your own Higher Self, Monad, Mighty I Am Presence, your own Soul, the Holy Spirit, and the inner plane Ascended Masters and Angels! Once you step on the path of probation, initiation, Ascension, and Higher Light Body Integration, there are certain lessons that need to be learned to achieve these higher levels of Spiritual development! At certain times these higher Spiritual aspects of Self and Celestial beings actually purposely set up Spiritual

tests and lessons to see if you have passed these tests and lessons and to see if you are eligible and responsible enough to take higher levels of initiation, Ascension, Light Body Anchoring and activations, greater Spiritual leadership assignments, and advanced positions in the inner plane Spiritual government! So the negative ego on Earth is thinking, "What a bummer, how come this negative thing is happening to me?" when, in truth, it is one of the greatest blessings that has ever happened to you. The Celestial Hierarchy is Spiritually testing you for greater advancement. The proper attitude is to say, "Not my will but thine, thank you for the lesson!" The proper attitude is to thank God for everything that happens in life and I mean everything! I am not saying you should not have preferences for things to go the way you want, for you should, however, you still need to bless everything that happens and

look at it as a Spiritual test and lesson. There are no accidents in the universe and everything happens for a reason! There is no such thing as luck either! Everything that happens is a result of cause and effect, and the Law of Karma, from this life or past lives! It does

not matter if what happens is attracted and magnetized to you by your consciousness or by the Celestial Hierarchy, for God looks at it all equally. It is still a Spiritual test and lesson. One of the easiest ways to see if you are learning your lesson is to see if you respond in anger, impatience, frustration, cursing, depression, upset and fear, as to what happens in relationship to life and all interactions with people, or if you respond with centeredness, acceptance, blessing, surrender, gratitude, transcendence of duality, evenmindedness, equanimity, unchanging happiness and calmness! You either respond to the Spiritual tests in life as a top dog, underdog, or in your Centered Spiritual Self!

In truth, you should want these Spiritual tests and lessons for this is what is allowing you to grow Spiritually! If you don't pass these Spiritual tests and lessons, your



higher light bodies and initiations will not be allowed to be given forth. So, "Welcome Adversity," my friends, as Sai Baba likes to say! Everything that happens in life is a Spiritual test to practice "Spiritual/Christ/Buddha/God Consciousness and to stay integrated and balanced"! So it is kind of like a Spiritual game in a way! You are seeing if you can pass your Spiritual tests and lessons each day! The best way to know if you are passing your Spiritual tests and lessons is if you are remaining in unconditional love at all times, in inner peace, happiness, joyous vigilance, Spiritual discernment without judgment, forgiveness, and you are keeping a perfect balance of your Three-Fold Flame of Love, Wisdom and Power, and a perfect balance of your Seven Rays! Everything is a Spiritual test to see if you can keep your feminine and masculine balanced, four bodies balanced, three minds balanced, inner child properly parented, God/Goddess balanced, remain the cause of your reality, have preferences and not attachments, remain happy regardless of what happens outside of self, and have compassion but not empathy where you would take on the problems and suffering of people and the world! The other main way to know if you are passing your Spiritual tests and lessons is to respond appropriately to all situations of life as God would have you respond! This can be one of the most difficult Spiritual lessons, for each situation and Spiritual test of life is different and there are sins of omission and commission and it takes great Spiritual discernment and attunement to know how to respond appropriately in every situation! If you stay attuned to the "still, small voice within" and your conscience,

you will be guided every step of the way! Some of the tests will be Spiritual, some psychological and some more on the physical/Earthly level and all three levels must be Spiritually mastered in equal balance and integration!

Now, my Beloved Readers, Earth is a very tough school, or Planetary Mystery School as I like to call it. Earth is one of the more difficult schools for Spiritual evolution. So is this particular universe we live in for this is a universe based on the theme of "Courage"! One needs courage to



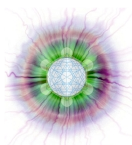
master all the Spiritual tests and lessons that this universe offers! Because it is such a difficult school and because so many people on this Earth are not learning their lessons and still operating at a very low state of consciousness, it makes it even more difficult, for mass consciousness and the world we incarnate into does not really support us fully, but rather brings us down. We are not prepared and trained properly Spiritually, psychologically or on a physical/Earthly level to meet all the Spiritual tests and lessons of life. Our educational system is a travesty and is "soulless"! It teaches useless intellectual facts or mostly useless facts based on short term cramming, which, to a large extent, we will never use. It does hold some value for we learn to read, write, and so on. However, it does not prepare us Spiritually,

psychologically, emotionally, relationship-wise, Spiritual leadership-wise, or in morals, ethics, how to think properly, or in a physical body or Earthly sense for all the Spiritual tests and lessons that come and will come.

Even if we as adults train ourselves in all these areas, life is still tough. For there are enormous numbers of Spiritual tests and lessons that come on the path of accelerated initiation, ascension, Higher Light Body Integration, Spiritual leadership and Planetary World Service! As Melchizedek, the

Universal Logos, called it, the higher you climb on the Spiritual Mountain, the more "slippery the slope"! The tests of power, fame, money, sexuality, false pride, negative ego, glamour, maya, illusion, self-delusion, balance and integration! There are an enormous number of pitfalls and traps! Incredible Spiritual vigilance and Spiritual

discernment are needed. One never knows how one will respond until one moves into a position of power, Spiritual leadership, fame, wealth, authority over others, advanced initiation and Ascension. To be honest, even if a person makes it through the preliminary stages, this is when the negative ego really needs to be watched. With no judgment intended, Spirit, the Masters, and I can honestly say that most do not pass this Spiritual test. Usually it is because of lack of proper training in Spiritual psychology. Sometimes lack of Spiritual training and sometimes lack of proper Earthly training as well. Sometimes all three or any combination! The main cause is always the negative ego mind, for it is much like the AIDS virus. It keeps changing form, so even if you catch it in one area it changes to try and sneak in and sabotage in another



area. Every person must become a Master Spiritual Psychologist within self to make sure the negative ego is not slipping in unnoticed and there is no self-delusion taking place!

Now a lot of times very good, well-intentioned Spiritual leaders and lightworkers are a little beaten



down by the Spiritual tests and lesson of life. Spirit, the Masters, and I want to tell you that this is okay for it is understood and well-documented what a difficult Spiritual, Psychological and Earthly school this is. There is a great understanding and compassion in this regard from Celestial Realms, and they are there to help you every step of the way! All you have to do

is ask and pray!

What God, Spirit, the Masters, and Archangels wish you to know is that even though a great many of the Spiritual tests that come can be extraordinarily difficult—if you persevere, own your personal power and self-mastery, keep your faith, do

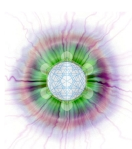
not give up, and overcome and become victorious over that Spiritual test and lesson; the more severe it is and the harder it is, the greater is the amount of strength and virtue you will gain from it. So with each Spiritual test and lesson you overcome, no matter how long it takes or what you had to overcome to master it, you gain all that power and strength within you

from that Spiritual test and lesson! So, over time, my Beloved Readers, as you keep mastering these Spiritual tests and lessons, you gain in Spiritual, psychological and physical/Earthly strength, love and wisdom!

You will have been tested by the fires of life and become a man and woman, and Son and Daughter of God made of Spiritual steel, unconditional love and of great wisdom because of how you have persevered and mastered your Spiritual tests and lessons! So be of good cheer, and know and feel the strength and power, unconditional love and great wisdom you have achieved from all the past Spiritual tests and lessons you have mastered and overcome and know that in the future whatever Spiritual tests and lessons that come, no matter how difficult, you will master them as well and gain the strength, power, unconditional love, and wisdom of those lessons! In this way you will realize God, day by day, to your full potential as God would have it be!

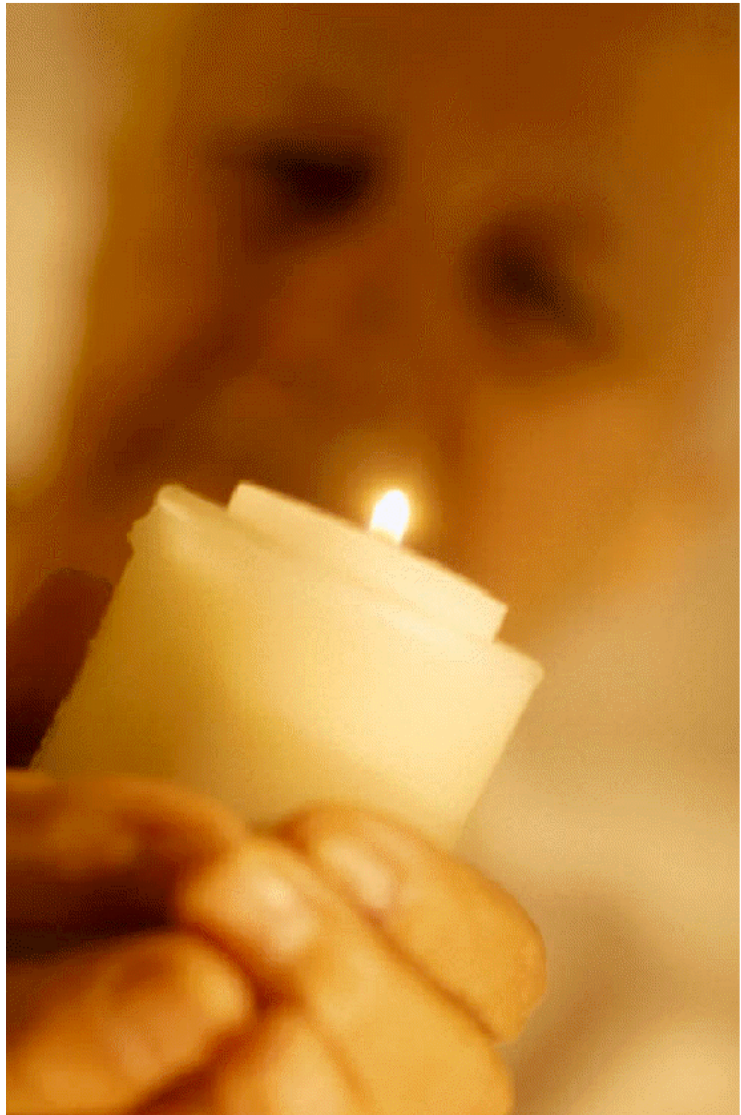
So Spirit, the Masters, and I end this chapter with the great biblical quote of the Master Jesus, who said, “Be ye faithful unto Death, and I will give thee a Crown of Life”!

So let it be Written! So let it be Done!



# How To Sing The Praise of God Every Moment Of Your Life In Song, Thought, Word And Deed!

By Dr Joshua David Stone



My Beloved Readers, the idea for this lesson actually came to me in a dream and I felt this was a very profound insight! Most people when they think of "singing the praise of God," do so in the sense of actually singing a devotional song or just in words as in singing metaphorically the praise of God!

However in truth it is important to "sing the praise of God" every moment of your life in all that you think, feel, speak, radiate and do! For example, if a person indulges in negative thinking or daydreaming they are stopping the process of singing the praise to God in the mind!

If a person overindulges in eating food and gives into the overindulging the appetites or gluttony, they are stopping the process of singing their praise to God, and this lowers their vibration!

If one gives into temptations in life one is stopping the process of singing their praise to God!

If one indulges in sexuality in some form, and uses all one's energy through the second chakra and does not raise the energy to higher chakras as well, they are stopping the process of singing their praise to God!

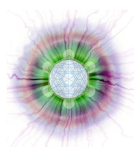
So what we are speaking of here is learning to sing one's praise to God, in an Integrated Full Spectrum Prism Consciousness manner, not just in words or song!

For in truth every thought you think, feeling and emotion you create, piece of energy you emanate, and action you take is either glorifying God or glorifying the lower self/negative ego/lower self desire/fear based/separative mind!

When you give into the negative ego and create negative emotions such as anger, judgment, fear, worry, doubt, guilt, sadness, depression, and upset, you are stopping again the process of singing your praise to God!

When you take actions that are not of your highest self, you are stopping the process of singing your praise to God!

When you emanate an energy from your being that is not of the highest, you are stopping the process of singing your praise to God!





In the ideal state of becoming the Christ, all your energies on all levels should be constantly singing the praise of God! As the Universal Mind said, through Edgar Cayce, "If you Glorify God on Earth God will Glorify thee in Heaven!"

What happens to many light workers and people on earth is there is inconsistency or lack of alignment between all levels in singing their praise to God! It is like going to Church on Sunday and singing praise to God, but not living this completely in their lives! Or living it on a few levels, but not on all levels!

I think we would also agree that the best feeling in the world is to live in a constant state of "singing the praise of



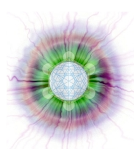
God" in an Integrated Full Spectrum Prism consciousness manner on all levels of one's being in a consistent manner! This is part of what becoming a Christ means! The Christ is always singing the praise of God! As the

saying goes, talk is cheap! Or as Sai Baba said, "Hands that help are holier than lips that pray!" Actions speak louder than words!

Life is a process of making infinite number of choices! Strive to stay in self mastery and self discipline for you are doing this not to be acetic, but rather you are doing this because if you don't and you give into overindulgence on any level you are losing your attunement with the Tao and with God, and your "Song of Praise" will be interrupted! Strive to make your entire life an uninterrupted "song of praise to God!" Ask yourself whether the pleasures of the flesh, and overindulgence is really as good as "singing the praises of God"? When you live a life singing the praises of God, you can still enjoy earth

life, however, you do it in a way that is balanced, moderate, not overindulgent, not run by lower self desire, not run by the carnal force, not run by the five senses, hedonism, attachment to pleasure seeking or appetites gone wild! Enjoy earth life for the Spiritual Path is the path of integration and balance, however, remain in balance, remain in the Tao, transcend lower self desire so you can enjoy the Earth and the fruits there of from a consciousness of self mastery and being a Christ, which allows you to have the best of both worlds and yet sing the praise of God on all levels of your being in an uninterrupted manner to your highest potential! The Integrated Christ continuously sings the Praise of God, while totally being involved in relationship and Earth life! This is the sign of a true Inte-

grated Ascended Master, Integrated Spiritual Master, I Am Master and "Integrated Christed Being!" So let it be written! So let it be done! Amen!



# Channeled Message From Archangels Jophiel & Christine

By Diane Addison  
(I AM U Branch Leader - England)

Beloved Sons and Daughters of the Light! We greet you with the Archangelic Blessings of Divine Love. For we are the 2<sup>nd</sup> Ray Archangels of Divine Love and Wisdom which is inherent within all of you and so it is that we speak to you from the heart of this energy, this essence which you have within your make-up. We want to speak with you about the use of Divine wisdom and love in your everyday lives.

For that which you are is given forth through the use of Divine wisdom and love, they are not separate from one another just as you are not separate from your Brothers and Sisters in GOD. In these times of turmoil and discordance upon the Earthly plane, we see the devoted ones who walk the spiritual path using their Divinity through the Love aspect which guilds the lily of wisdom. You all have these qualities within which can be tapped into and disseminated through all you do in each and every moment. These gifts from the Creator have much more within them than you can imagine, and each one of you is able to delve into the depths of self to draw forth their own wisdom and love to infuse it into the very fabric of the Earth. This is something which will bring about the greatest changes and re-write the Divine plan for Earth and her Ascension.

We would like to speak with you also of the glammers that are being used on the planet particularly the glammers of the second ray of love and wisdom. These are limiting the very effect that you are endeavouring to bring about in your daily lives. Some of you walk the path of integration but deny the spiritual qualities which should be developed and drawn upon to carry out your part in the plan for Earth.

Fear is still very much guiding so many students on the path and we see that some are held back from their potential abilities of using the Love and wisdom aspects. They hold in their cellular make-up the fear patterns which they still carry and use in this incarnation, we say let go of old patterning, let go of fear and invoke the

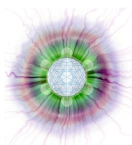
light, the love and wisdom of God throughout all aspects of your lives and work.

Fear is not of God, it will hold you down in the depths of the negative ego and you will not see the beauty of the light shining above you if you are still walking the path of fear, instead your consciousness will be focused downwards and you will be unable to look above you into the Divine glory of God and his/ her Creation.



The second ray of Love and wisdom is also the teaching ray, it teaches many on the path to self and God realisation what life, what love, what wisdom is about and how to use it, how to demonstrate it within all things. It teaches you about selflessness, service to others in the unity and universality of all things. It is the ray of radiance and expansion, to expand all that you are, to have universal love and faith in God and what God has planned for the Earth and in deed for all of Creation.

Mastering the second ray qualities is one of your assignments for this incarnation, because these Divine aspects of Love and Wisdom resound through all of creation, and by doing so, you will be of enormous benefit to all species in other Solar systems, Galaxies and Universes. Developing the Love and Wisdom aspects within self will enable that resonance to permeate throughout all of the heavens to bring about the changes and designated co-creative plans that are needed in these transforming moments.





We of the Archangelic realms of the 2<sup>nd</sup> Ray attributes, ask you to particularly work on the 2<sup>nd</sup> ray Love and Wisdom qualities over the coming months and over what will be a time of “wise” actions upon the Planet Earth! For the wise actions of many will give the greatest planetary assistance in her transformation and only through the Love aspect will this have the most profound effect!

Wisdom must be applied and demonstrated to be of any real purpose, and with the addition of Love, this will ensure that all you seek to demonstrate will be used in the most appropriate Spiritual way. Use the highest wisdom whenever possible, learn how to apply the 2<sup>nd</sup> ray attributes and strive to be a Master of the 2<sup>nd</sup> ray Love and Wisdom qualities.

We leave you all with our deepest Blessings!



# Channeled Message From Lord & Lady Sirius

By Joanita Molina  
(I AM U Branch Leader - Brazil)

“Greetings, beloved ones.

It is with great joy that we connect to your essence today.

And we thank you all for the great job you have done for the planet in this wonderful year 2006.

We call this “The Revelation Year”, because it is the time for those who serve the light to stand up and really start the changes in the world.

And you have done it, beloved souls of divine light.

It is a glorious time on the planet today, the days shine brightly, while you bring the waves of transition into 2007.

So we have come to deliver the following words to those who want to anchor love, joy and peace on Earth for the New Year and to provide you with further knowledge regarding the work that is yet to come.

Go deep into your hearts, merge with the divine essence that shines inside you, be the genuine light of love that is the real matrix of all, as this will assist you to embrace and comprehend what we share with you today.

We come to share the knowledge of gratitude, as it is one of the most important foundations to build a world of peace, love and understanding.

Gratitude is an important virtue to cultivate, because it will be the vehicle to bring higher consciousness to humanity.

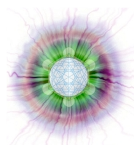
Gratitude means knowing and recognizing that everything has a purpose and being thankful for them.

Humanity needs to learn to celebrate gratitude because gratitude unlocks the fullness of life. It turns what we have into even more!

Gratitude has the power of creation and transmutation and it can turn denial into acceptance,

chaos to order, confusion to clarity.

Gratitude encourages a positive cycle of reciprocal kindness among people and



from that humanity will be able to walk in unity and oneness.

The exercise of daily gratitude results in higher levels of consciousness because it creates a healthy space to hold the lessons you need and anchor the teachings you already know.

We come to you at this moment to help you to co create the foundation of gratitude because it will teach you that all you have is all you need to accomplish your divine mission on earth, it will teach you that all you need is the awareness of how much you already have.

Now beloved ones, fulfill your hearts with love and give thanks.

Thanks for everything!

Because just having the opportunity to be here on earth at this moment is motivation enough to give thanks for!

Let the virtue of gratitude be a part of your daily life and just be grateful.

Be grateful for everything!

Be grateful for creation, for life, for existing.

Be grateful for God's righteousness and holiness.

Be grateful for the happy and difficult times. Be grateful for guidance and instruction.

Be grateful every time you grow. Be grateful for the opportunities for improvement. Be grateful for every new challenge, and for all your valuable lessons.

Be grateful for all of those who help you and also for those you are blessed to help.

Be grateful for every breath, be grateful for every path.

Be grateful for all the blessings, and through gratitude allow yourself to turn negatives into positives, darkness into light, death into immortality.

If you focus on finding everything that is good in every single situation, you will realize that your life will



suddenly be filled with gratitude, and gratitude will nourish your soul and consolidate your divine service on earth.

We guarantee that you simply will not be the same after consciously giving thanks each day for the blessing that is your whole life.

And know that each time you expand gratitude you are co-creating with God. You serve the light as a co creator of love and life and allow creation to flow through you in appreciation for all that exist!

And the more you are grateful for, the more you create love and light around you, the more you serve the

purpose of light on earth.

Every time you are grateful you bring nothing less than heaven on earth. And nothing could be more honorable than that.

Command the gratitude to flood your bodies each morning, upon arising.

Breathe and feel this divine virtue connecting yourself to God's creation.

Then, keep the focus on finding the good in every situation, filling with gratitude in all the precious moments of your day. In gratitude, the Light from within will infuse your soul expanding this knowledge to others.

Then in gratitude you will co create a time where love, peace and understanding will be the foundation of physical life on earth.

Among the many things we feel incredibly grateful for, we just want to acknowledge how grateful we are, to be a part

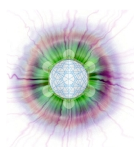
of this most excellent community of love, serving the light on this planet.

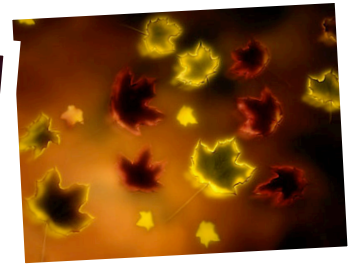
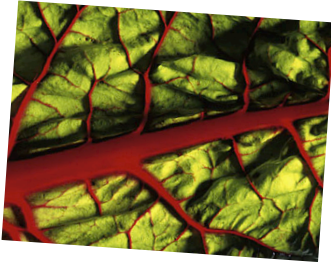
We truly believe that each one of you who read this message today is able to play a part in implementing gratitude as a foundation in your daily life and to co create the new consciousness that will lead the path for year 2007.

To everyone who in gratitude choose to implement this request, our most sincere appreciation and best wishes for a wonderful and very grateful New Year.

In love, Light and deep gratitude, we bless you all.

Lord and Lady Sirius.





# Lessons Learned At Work In '06

By G. R. Stafford

(I AM U Branch Leader In Training - Illinois)

If I had to summarize everything I've learned from my involvement with the I AM University this year, I'd say "friends, build your foundation, and build it well." Focus on the basics and master them.

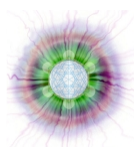
## *Build your Foundation, and Build it Well*

My grandpa was a carpenter and built great houses. He built the house I grew up in. I really love that place! Recently while visiting my parents, I had a chance to stop and admire once again the home which my grandpa built, with particular attention to its sensible design and fine, sturdy construction. The house doesn't shake and move or sway one bit when the wind is blowing strong. If the youngsters are jumping around inside, the floor holds steady - no creaking and bending. No one worries that the floor will collapse. It's really a lovely home and an example of how sturdy construction and wise design choices can keep paying off well over fifty years later. Similarly, spending time now to build a sturdy foundation in your own "inner house" of consciousness, in your psychology, will pay off for many years to come.

Those of us who have interests in things spiritual (basically, anyone and everyone who is reading this ezine!) have, more than once, made the mistake of skipping over the more mundane kinds of work that are required to build, form and firmly establish a strong, integrated psychology. I have made this mistake many times in my life and have of course paid the price for it. Working on the psychological level is generally not perceived as "fun". However if we try to skip over the lessons and work required at this level, we'll severely hold ourselves back from the higher levels of God and Self Realization and Integrated Ascension. The psychological work is not the most fun thing on the path of becoming an integrated spiritual master, but this work is so very necessary to our sustained growth — and the rewards are well worth the time invested! Let me share some lessons I learned this year which relate to developing an integrated psychology and a refined character.

## *Making mistakes is part of life – get used to it!*

We all make mistakes, hundreds of them in a given day. Some are more significant. Others are smaller, and we might think of them as adjustments. But the fact is we do make mistakes and we do so on an almost-continuous basis. Joshua has written about this a great deal. I've found that part of having a healthy psychology is accepting the basic facts of life which include the fact that you're making mistakes, lots of them. And you'll continue to do so. And this is fine, acceptable and all right—we simply need to learn our lessons and vow not to repeat those mistakes. Well that is not so simple for some of us. But that is the way to properly process our more significant mistakes. Smaller mistakes or adjustments don't require a major vow afterwards! But when you make a big mistake, the way to properly process it is to gain the golden nugget of wisdom and the lesson learned, and vow to never repeat that mistake again. Friends, do you see the level of discipline required here? Taking a vow is the first step, and it is somewhat easy compared to the challenge of upholding the commitment you made with the vow. Again you may make more mistakes and have to re-take a similar vow again. Keep in mind that if you are making the same mistakes over and over, there is some golden nugget of wisdom or lesson learned that you may be overlooking—and that could be why you keep repeating the same mistakes. For example, let's say each time you get tired, you eat sugar to try increasing your energy level. And after eating a bunch of sugar, later in the day your energy gets very low. You process this and identify your lesson learned is to prevent low energy in the first place by getting an adequate amount of sleep at night. But a week later your energy gets low, and you reach for sugar again. Your energy goes up for a bit but again crashes. This time you review the mistake and see that your lesson learned may be to keep healthy snacks like fruits and yogurt around. So this is a simple example of how we can make the same mistakes several times, but each time we can gain new golden nuggets of wisdom.



*Love and forgive self—at the same time, set limits and hold them*

It's important to love and forgive yourself totally for all your mistakes; and equally important to be lovingly firm with yourself and your inner child. We need limits, discipline and structure in life, but not too much. Being overly firm with one's inner child can stifle creativity, fun and joy in life. Take time each day to laugh and do not take yourself too seriously. A former coworker of mine always used to say "Take your work seriously and yourself lightly." I don't know who came up with this expression but I like it quite a bit.

*"High stress" can become "high humor" and "high joy"*

I work in what some would call a "high-stress environment". Our department runs information technology systems that serve tens of thousands of people; if there's a system failure, it causes a really major life disruption for our customers. Some of them use and rely on our systems



all day long. Any short outage can really disrupt things! So friends believe me when I say I take my work seriously! And I love my work with all my heart! But I don't take myself so seriously. I like to joke around with my family when I get home and laugh about the day. And at work too I make sure to laugh with my manager and coworkers, and we see the humor in things. Even when

there is a major system failure, once we solve the problem, we are usually laughing about it and enjoying the relief that always comes after handling an emergency situation. Similarly, you can handle stressful crisis situations in life with seriousness. But once the crisis is solved, why not find humor in it and laugh about it? And of course the crisis itself is a great opportunity to practice holding evenmindedness in the face of adversity and hardship. We don't need to "freak out" and freeze up during a crisis—instead we can choose a response that is graceful yet highly efficient. We can move and think swiftly without getting agitated and tense. This sort of graceful response can be developed through practice and rehearsal—do what you can to keep building and demonstrating positive qualities like evenmindedness, peacefulness, kindness and compassion, resilience, mental toughness, spiritual toughness, and joy.

*Give thanks for what you've got*

Many of us involved with the I AM University have learned about keeping a gratitude log. This is a place in a notebook or on your computer where you keep lists of things you're grateful for. It is a wonderful practice. Adding to it is a joy. Reviewing your list later on is a joy. Talk about a good use of time! Giving thanks helps to build a positive healthy psychology.

*Give compliments as often as you can*

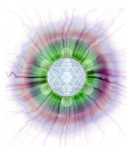
Another wonderful practice is to get in the habit of giving compliments to others whenever you can. This too builds a refined character and more firmly establishes a healthy psychology. At work I have often stopped in the hall to compliment someone on the nice color shirt or sweater they chose. If something catches my eye in a good way, I do my best to stop and mention it. People love it. Or if someone gets a sharp new haircut, I like to acknowledge that. Some people have nice offices with windows and on my first visit to a person's office, I usually stop to admire, and articulate what I like about their office.

*"Give back" through a letter of appreciation*

Another practice that goes beyond giving everyday compliments is that of "letters of appreciation." This is a wonderful practice where you step back from your life for a bit, and write a special letter of appreciation to someone who has really touched your life in a positive way. Whenever I do this, I get a wonderful feeling in my heart. My whole being is physically warmed up and I feel so calm and happy after this. It is a joy to "give back" to these special people in our lives who have given us so much already. Giving back through a letter of appreciation is a wonderful way of refining your character and more firmly establishing a healthy psychology.

*Be someone that people can count on*

One last thing I've learned this year is how important it is to be "someone that people can count on." Believe me I've made my fair share of mistakes in this area. So I know very well the consequences of overlooking this vital quality that is present in all people of refined character.



Your reputation is what people say about you when you're not around. It's important in any social environment (work, home, school) to demonstrate qualities of reliability. Be someone that people can trust. Be consistent.

If you make a commitment to be somewhere at a given time, do everything in your power to make it on time. Get a calendar and keep it with you or make sure you can access it from anywhere. I use a computer based calendar that has some nice features. You can generate email reminders from it – or send a reminder to your cell phone. A couple times this year I missed a few ap-

pointments because I either didn't put it on my calendar or I didn't get the reminder since I wasn't sitting at my computer. So I journaled about this and realized my lesson learned was to start sending all reminders for all appointments to my cell phone. Since doing that I really don't think I've missed a single appointment!

Of all the lessons this year, I think "being someone that people can count on" has been the biggest and most rewarding lesson to learn. I switched to a new specialization in my profession this year and it has been quite a challenging transition. Switching to a new department means people don't know if they can trust you at first, so you have to earn their trust. You have to put in the hours and follow through on your commitments. It takes perseverance and patience to earn trust. Fortunately I've taken time and put a great deal of attention on demonstrating that I can be counted on to show up on time, fix problems, get things done, work extra hours when needed, work weekends and evenings when needed, and be an overall good person to work with. People like this! Bosses like this! No, I would say they love this!

*Handling criticism – make the adjustment if needed, but keep up your protection!*

One thing I've learned this year how important it is to show that you are responsive to feedback and that you seek out people's feedback, positive and negative. And if

someone has a criticism for you, take whatever helpful information is contained in that criticism and leave the person's negativity behind. Don't take it personally. Many people have bad habits of criticizing others almost constantly; they are "fault finders" and not "love finders". You can do 95% of a job right and maybe just 5% could have been done a bit better. They will mention nothing about the 95% done right and quickly point out the 5% done wrong. So keep up your protection and guard your mind and emotions from their negative influences. No one can make you feel unhappy without your permission!

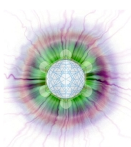


### *What People Really Care About*

At the end of the day, people don't care too much about what sort of spiritual gifts you have, how psychic you are, what a great channel you are, what a great musician or writer you are. What people care more about is knowing that you're someone they can count on—someone they can trust. So keep that always in mind that, to be effective in this world, you must cultivate those relationships and be someone that others can count on. It is not easy and not always fun. And often the rewards may not be apparent for a period of months or even years. Friends, we have to do what is right and not worry about the rewards!

In short, building and firmly establishing a healthy psychology and refined character is a lifelong process with many rewards. You have the immediate reward of knowing you did the right thing each time you handle a situation or a relationship by demonstrating qualities of refined character. And, though you are not attached to it, you often receive a worldly reward for handling things the right way as well. However this is not the point of developing a healthy, integrated psychology and cultivating a refined character. We do this for the benefit of experiencing more God Consciousness in all levels of our being. We do it for the simple joy and satisfaction that comes from doing the right thing in all situations at all times!

So let it be written! So let it be done!



# We Are Always Meditating!

By Gaylin Read (I AM U Branch Leader In Training - Missouri)

What is meditation? Most people equate meditating with sitting down at an official time, in a particular spot and performing a prescribed mediation of some kind. These meditations can be on a symbol of sorts, an Ascended Master, Lord of Light, a mantra or a guided visualization amongst many other kinds to choose from. If performed correctly and conscientiously these types of formal meditations can bring us into heightened states of awareness and Soul growth. Formal meditation is valid to our Spiritual walk, and should be integrated into our daily lives; however, these formal meditations are only part of the sum total of what mediation really is. The preconceived notion of what most people understand about mediation prevents them from seeing the whole. When meditation is perceived rightly then we can see and understand that we are always meditating, and our meditation in life affects everything and is continuously molding and shaping our experience.

By understanding that we are always meditating we can begin to use our contemplative powers more effectively to bring our experiences more into harmony with the Most High in whom we live, move and have our being. It is important to understand that true meditation is focusing our attention upon a definite point of interest. In formal meditation we choose the object of our intention and focus our concentration there. Informally, we do this everyday by focusing our attention using our thinking and feeling patterns as objects of intention. We meditate perfectly when we are in love, and we are meditating perfectly when we are angry with someone. We meditate perfectly when we are troubled by something. We are single focused upon the object of our desire. Desire has to be present for any type of meditation whether it is formal or informal. For some, they get up everyday and meditate upon the fact of how frustrating their days are. The subconscious mind takes these perfectly meditated thinking and feeling image patterns, and gives back the experience of frustration to the conscious mind confirming the lower self patterns of negative thinking only to go around the wheel once more until a person is ready to surrender their self-image and self-meditated ideas to the Higher Self.

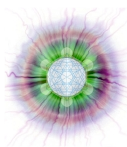
When we realize that every moment of our lives we are meditating then we are in a position to analyze our thinking and feeling patterns that we have so focused on, and really begin the work of coming into alignment with God and the Higher Self. We have to begin the process of tearing down all of the false images, beliefs and lower-self desires in all areas of our lives. We do not have to be afraid to do this because we know that like the *Bible* says, "The truth shall set us free!" At some point we will come into the realization that we are co-creating our experience with God and the Hierar-

chy. Our formal and informal meditations become an instrument for us to use to benefit and aid us in realizing how we are using our powers

of concentration in every area of our lives. This realization will assist us in more positive ways to use our powers of meditation. Our chakras will be more balanced, and our subconscious mind will be imbued with more of a harmonious quality which will enable us to co-create more positive states of thinking and feeling. We will not have to wrestle so much with the constant churning of the negative ego programs of the subconscious mind because we are consciously bringing the entire being into alignment with the Godhead. Formal meditation is a tool to enable us to meditate more perfectly in our informal meditations, which is really our relationship with ourselves, other people, life and most importantly – God.

Our union with Father/Mother God is dependant upon these relationships. As we consciously meditate upon our thoughts and feelings in these relationships we come to understand that we are truly co-orchestrating our lives with the One and the entire Godforce. We will come to realize that our attention is always concentrated on some specific point of importance to us, and is always producing some kind of effect whether it is a positive one or a negative one. As we come into the truth of meditation we will become aware of the fact that our meditation formally and informally brings us into the aspects of relational meditation, which is our union with God because the Godhead is relational. Once we understand that our union with the Divine is based on relationships then we are ready to branch out and utilize other ways of clearing the negative ego from our being.

Part of the work of the I AM University is to facilitate effective methods of clearing the negative ego from the Multi-body system and consciousness. The purpose of these techniques are to move us from the negative ego / lower self / selfish / materialistic states of thinking and feeling mind to the Spiritual / Christ / Buddha / Higher Self / Mighty I AM Presence think and feeling mind. The realization that we are always meditating brings us into deeper levels of awareness, and this requires more effective methods of clearing the negative ego from our consciousness. The I AM University curriculum is filled with many effective techniques to accomplish this clearing on our path to God Realization. In the next issue we will explore some of these as they relate to our relationship with the Godhead, all life and ourselves.







# Branching Out Into The World: List Of Current Branches Of The I AM University Tree!

## North American Branches

### New York

Don Labarre  
PO box 5731  
Endicott, NY 13763-5731  
Phone: 607 748 1369  
E-mail: dl1369lb@u2ecom.com  
Website: www.Nybranch.com

### Branch Leader In Training

Pierre Dubois  
231 West 25th Street #5A  
New York NY 10001  
Phone: 212-727-0685  
Email: pierre@iammonad.com  
Website: www.iammonad.com

### Maryland

Branch Leader In Training  
Susanne Talley  
24415 Hollywood Road  
Hollywood, MD 20636  
(50 miles south of Washington DC)  
Phone: 301-373-8401  
E-mail:  
susanne.marie.talley@verizon.net

### Branch Leader In Training

Lin Wheaton  
3036 Brownstone Court  
Burtonsville, MD 20866  
(near Laurel, MD) USA  
Home phone: (301)879-8502  
Mobile phone: (301) 466-1997  
E-mail: LinWheaton@aol.com

### Branch Leader In Training

Felicia Ransome-Stoute  
1338 Eastern Blvd. #103  
Baltimore, Maryland 21221-3423  
Phone: 888-820-7221  
Voice Mail: 206-312-3544  
Email: Fstoute613@cs.com

### Montana

Branch Leader In Training  
Brandon Hawk  
2427 38th St SE  
Havre, Montana 59501  
Phone: 406-945-4438  
Email: ReikiMasterviii@yahoo.com

### Branch Leader In Training

Mary A. Mills  
P O Box 2257  
Livingston, Montana 59047  
Phone: 406-222-7933

E-mail: pinetreespirit@yahoo.com

### Missouri

### Branch Leader In Training

Gaylin Read  
11744 200th St. Coffey, MO 64636.  
Phone: (660) 533-2838.  
Email: kingskid@grundyec.net

### New Mexico

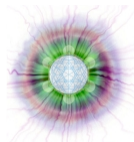
### Branch Leader In Training

George Harris  
4906 Southern S.E.,  
Albuquerque, NM 87108  
Phone: 505-266-0264  
E-Mail: famlivsys@spinn.net

### Washington

### Branch Leader In Training Official I AM University Branch For The Awakening Deaf Community

Dimitri Kasarda  
2801 Western Ave, #227  
Seattle, WA. 98121  
Voice Relay: (800)-833-6384  
TTY: (206)-728-5774  
E-mail: DimitriKasarda@aol.com



## Illinois

### Branch Leader In Training

G R Stafford  
I AM University Illinois Branch  
P.O. Box 95  
Urbana, IL 61803  
Website: iamgale.com  
E-mail: contact@iamgale.com

## Wisconsin

### Branch Leaders In Training

Patrick and Amy  
834 1/2 Day st  
Green Bay, WI 54302  
Phone: 920-432-1203  
E-mail:  
ethericconnection@yahoo.com

## Tennessee

### Branch Leader In Training

Brenda Star  
4515 Harding Rd. Suite 107  
Nashville, Tn. 37205  
Phone: 615-463-7510  
Email: brendastar22@comcast.net

## North Carolina

### Branch Leader In Training

Cheryl Jones  
3623 LaTrobe Dr. Office-Suite 211,  
Charlotte, NC 28211  
Office/Mobile Phone: (704) 606-9882  
Email:  
shadesofarainbow@Carolina.rr.Com

## Oregon

### Branch Leader In Training

Gerald 'Glen' Miller  
1359 Emmons Dr. NE  
Salem, Oregon 97301  
Phone: 503-488-5676  
E-mail: neolmiller@netscape.net

## Minnesota

### Branch Leader In Training

Andre' Vorasane  
501 Kassel Dr.  
Chaska, MN 55318  
Phone: 612-205-0113  
Email: telkhin1@gmail.com

### Branch Leader In Training

Vetrichelvan Jayaprakasan  
4141 Parklawn Ave, Apt-101  
Edina, MN-55435  
Phone: 952-835-6638  
Cell: 952-220-2679  
E-mail: vetri@iamuashram.com  
Website: www.iamuashram.com

## Canada

### Branch Leader In Training

Romuald Bylinski  
Email: panromek@hotmail.com

### Branch Leader In Training

Lucia Vecchio (Luna)  
21-1975 Rosefield Rd.  
Pickering, Ontario L1V 3E3  
Canada  
Phone: 905-409-1076  
Fax: 905-839-2796  
Email: lunasangelcafe@hotmail.com

## Central American Branches

## Mexico

### Branch Leader In Training

Margarita Salzillo Meyer  
(Mariannectarah)  
Guty Cardenas 121/ 202  
Guadalupe Inn  
Del. Alvaro Obregon  
Mexico City Cp 01020  
Mexico  
Phone: (55)-56-61-35-46  
Cell: (55)-10-80-62-94  
E-mail: Bluemooncicle@yahoo.com

## Jamaica

### Branch Leaders In Training

Solange Cools-Lartigue  
& Janice Wint  
P.O. Box 45, Kingston 8, Jamaica. W.I.  
Phone: 876- 927- 7749  
Cellular Phone: 876- 999- 3193  
Email Solange:  
sunangel@cwjamaica.com  
Janice: jbwint@yahoo.com

## El Salvador

### Branch Leader In Training

Arturo Lara Llerena  
Santa Tecla  
El Salvador  
Phone: (503) 78741145  
Email: nigua22@yahoo.com

## European Branches

## United Kingdom

### I AM University Christed Extraterrestrials Branch

Diane Addison  
3, The Hawthorns Danbury

Chelmsford

Essex CM3 4RW  
England  
Phone: 01245 225370 (01144 1245  
225370)  
E-mail: Diane@iamuniversity.co.uk  
Website: www.iamuniversity.co.uk

### Branch Leader In Training Official I Am University Promotional Gifts Branch

Christina Anakotta  
Waterside  
Frog lane  
Mapledurwell  
Hampshire  
England  
RG25 2JR  
mobile phone: 078 8181 77 98  
e-mail:  
iamchristina.anakotta@virgin.net

### Branch Leader In Training

June Theresa Edwards  
3 Eastleigh Road  
Benfleet  
Essex  
SS7 1NH  
England  
Phone: 01268 565548  
(+44 1268 565548)  
Email: arjune@blueyonder.co.uk

### Branch Leader In Training

Elizabeth Dickinson  
"The Coach House"  
3d, Winton Drive,  
Glasgow, G443YS.  
Scotland  
Phone: +44 141 357 5171  
Mobile phone: +44 7921550141  
Email: ejdickinson@gmail.com

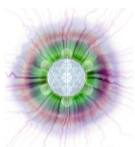
### Branch Leader In Training

Gordon Mitchell  
Flat 1/1  
12 Trainard Avenue  
Tollcross  
Lanarkshire  
Glasgow G32 7QN  
Scotland  
tel:+44 (0) 141 573 5053 /  
Mob:+44 (0) 77 666 54950  
E-mail: gordon@rigr.co.uk

## Ireland

### Branch Leader In Training

Gillian Riordan  
67, College Park,  
Terenure.  
Dublin 6w.



Ireland.  
Phone: 003531 4906216  
E-mail: gillianriordan@eircom.net

## Croatia

**Gordana Kazija**  
B. Magovca 9, 10020 Zagreb  
Croatia  
Phone: + 385-1-6678627  
E-mail: gordana.kazija@globalnet.hr

## Sasa Jancic

Vladka Maceka 2B  
44250 Petrinja Croatia  
Phone: +385 /044/ 816-258 /  
Cel: 091/56-96-189  
E-mail: sasa.jancic@vip.hr

## Kristina and Zeljko Raya

Grabostani 8, 44 430  
Hrvatska Kostajnica  
Croatia  
Phone: mobile number inside Croatia :  
091 571 7983  
For outside Croatia: 00385 91 571  
7983  
E-mail: karanovicrada@yahoo.com

## Branch Leader In Training

**Kreso Lusicic**  
Kombolova 25  
10 010 Zagreb  
Croatia  
Mobile phone: +385 99 36 919 63  
E-mail: kreso.lusicic@zgt-com.hr

## Branch Leader In Training

**Sana Šikic (Sikic)**  
Odra, II lijevi odvojak 21  
44000 Sisak  
Croatia  
Phone: +385 /44/720-446  
Mobile phone: 098/591-146  
e-mail : sana.sikic@sk.t-com.hr

## Germany

**Rudolf and Renate Lippert**  
Hartgass 9  
D- 88639 Wald  
Germany  
Phone: 011-49-7578-2229  
Fax: 011-49-7578-933194  
Website: www.lippert-verlag.de  
E-mail: webmaster@lippert-verlag.de

## Branch Leader In Training

**Thomas Dachsel**  
Fritz-Bockius-Str. 6  
D-55122 Mainz  
Germany

Phone: 011-49-6131-3049968  
Fax: 011-49-89-1488209133  
Mobile: 011-49-178-4478968  
Website: www.iamuniversity.de  
E-mail: info@iamuniversity.de

## Branch Leader In Training

**Ralf A. Fritzinger**  
Altenwoogstrasse 38-40  
67655 Kaiserslautern/Pfalz  
Germany  
E-mail: Lichtwasser@gmx.com

## Branch Leader In Training

**Arthur "RA" Rambo**  
64283 Darmstadt GERMANY  
Phone: 011-49-162-2673708  
Website: www.solarana.de  
Email: Arthur@solarana.de /  
kunallah@yahoo.com

## Austria

**I AM University Abuse Recovery  
Branch**  
**Rhiannon Augenthaler**  
Ars Vivendi  
Altgasse 23 a  
Wien Hietzing  
Austria  
Phone: 0043 2247 49987  
Email:  
Rhiannonaugenthaler@yahoo.com

## Switzerland

**Branch Leader In Training**  
**Vincent Bersier**  
Rathausgasse 12  
3280 Morat  
Switzerland (French)  
Email: vbiersier@2voyageurs.ch

## The Netherlands

**Branch Leader In Training**  
**Richard Hereijgers**  
Hoogstraat 183A, 5615 PD Eindhoven,  
The Netherlands  
Phone: +31 6 51202215 /  
+31 40 2526060  
Websites: www.iamu.nl  
www.divinevitality.nl  
E-mail: richard@iamu.nl

## Branch Leader In Training

**Willem Kneepkens**  
Duiven (Arnhem), The Netherlands  
Phone: +31 316 267656 / +31 6  
12476352  
Website: www.iamuniversity.nl  
E-mail: contact@iamuniversity.nl

## Branch Leader In Training

**Dorita Heck-Sleur**  
Anthony Fokkersingel 44  
2497 BG Den Haag  
The Netherlands  
Phone: +31(0)70 393 1392  
Mobile: +31 (0)6 2878 0791  
Email: dorita@wanadoo.nl

## Spain

**Benjamin Dorta**  
calle sanchez barcaiztegui  
41.Octavo B /escalera centro  
28007 Madrid Spain  
Phone: 660 704 346 (cell phone)  
E-mail: benjamindorta@hotmail.com

## Branch Leader In Training

**Victoria Agualeles Serra**  
C/ Sancho Ramirez n° 29  
31008 Pamplona (Navarra) España  
Website: www.iamvictoria.org  
E-mail: victoria@iamvictoria.org

## Portugal

**Joanita and Silvio Molina**  
PO Box /Caixa Postal, 142  
Campos de Jordao  
SP Brazil  
Phone: 55-12-3662-6065 /97039718  
E-mail: adonai@iamuniversity.com.br  
Website: www.iamuniversity.com.br or  
www.adonai-iam.com.br

## Branch Leader In Training

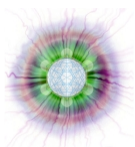
**Guilherme Botelho**  
Av. Almirante Reis n°250, 2°Esq.  
1000-057 Lisboa  
Phone: 96 187 89 93  
E-mail: amoreluz@gmail.com

## Belgium

**Branch Leader In Training**  
**Peter Waterschoot**  
Zwaluwenlaan 16 A  
9100 Sint-Niklaas  
Tel: 03/2964360  
GSM: 0473/594914  
E-mail:  
ikbenpeterwaterschoot@telenet.be

## Branch Leader In Training

**Inge Soetens**  
Weverstraat 24  
9250 Waasmunster  
Belgium  
Phone: + 32 3 766 05 37  
Email: ingesoetens@skynet.be



## France

### Branch Leader In Training

Yoel Shuffar-exclis

4,hameau beranger  
75016 paris,France  
Phone: 33-6-17-48-07-92  
Email: yoelshuffar@yahoo.com

## Hungary

### Branch Leader In Training

Szilvia Forgács

Budapest 1074 Munkás u. 16.,  
Hungary,  
Mobile: +36 06 20 36 14 987  
Email: benvin@mail.externet.hu

## Denmark

### Branch Leader In Training

Morten Bonnet

Kanalens kvt 134 II th  
2620 Albertslund  
Denmark  
Phone: 004527381800  
E-mail: m\_garbrecht@yahoo.dk  
Website: Morten's Spiritual Store  
<http://mortenbonnet2620.tripod.com>  
[/iamuniversitydenmarkbranch](http://iamuniversitydenmarkbranch.com)

## Latin American Branches

### Brazil

Joanita and Silvio Molina

PO Box /Caixa Postal, 142  
Campos de Jordao  
SP Brazil  
Phone: 55-12-3662-6065 /97039718  
E-mail: adonai@iamuniversity.com.br  
Website: [www.iamuniversity.com.br](http://www.iamuniversity.com.br) or  
[www.adonai-iam.com.br](http://www.adonai-iam.com.br)

### Branch Leader In Training

Estêvão Xavier

Av. Dr. Carlos Fulgêncio, 580  
CEP (PO BOX) – 38950-000  
Ibiá- MG Brazil  
Phone: (55) (34) 9986-1361  
Email: [estevao\\_ahimsa@hotmail.com](mailto:estevao_ahimsa@hotmail.com)  
[/ estevaox@yahoo.com.br](mailto:estevaox@yahoo.com.br)

### Branch Leader In Training

Fabiana Sarti

Rua Constante Ramos, 93/1202  
Copacabana  
Rio de Janeiro cep-22051-010  
Brazil  
Phone: 55-21-22579169  
email: [fabianasarti@gmail.com](mailto:fabianasarti@gmail.com)

### Branch Leader In Training

Vida Vidmar

I AM University Branch Bahia Brasil  
PO.box / caixa postal 7  
UNA - cep.45690 000 BAHIA  
BRASIL  
phone : 55 73 3236 6054  
mobil 55 73 9983 7031  
E-mail: [fazvida@uol.com.br](mailto:fazvida@uol.com.br)  
Website: [www.fazvida.com](http://www.fazvida.com)

## Branches In Australia

### New South Wales

Robert Skappel

Flat 2 # 31  
Captain Pipers Rd  
Vaucluse, Sydney, NSW 2030  
Australia  
61-0411-053324  
E-mail: [Robertskappel@yahoo.com.au](mailto:Robertskappel@yahoo.com.au)

### Branch Leader In Training

Virginia Rounds Griffiths

29 Kareela Road,  
Baulkham Hills, Sydney,  
NSW, 2153, Australia.  
Phone no is 61-2-963-999-69  
Mobile is 043308290605  
Fax 61-2-9614-6926  
Email: [virginia.rounds@hotmail.com](mailto:virginia.rounds@hotmail.com)

### Illawarra

### Branch Leader In Training

Julie Bauer

42 Timbs Road  
Oak Flats  
New South Wales 2529,  
Australia  
Phone: 61 2 4256 4682 /  
Fax: 61 2 4256 4680  
Email:[jbauer@westnet.com.au](mailto:jbauer@westnet.com.au)

### Victoria

### Branch Leader In Training

Michael O'Brien

Unit 9, 20 Ross Street  
Northcote  
Victoria  
Australia 3070  
(Melbourne inner city)  
Phone: 613-9481-4266  
Email [mobrien@austethical.com.au](mailto:mobrien@austethical.com.au)

## Western Australia

### Branch Leader In Training

Joan van Lawick

7 Mario Way  
Craigie, (Perth) WA 6025  
Australia  
Phone: 61 8 94019148  
Email: [joanvl@iinet.net.au](mailto:joanvl@iinet.net.au)

## Queensland

### Branch Leader In Training

Szilvia Szileczki

12/20 Smith St.  
Southport 4215  
QLD Australia  
Phone: 0421 812 528  
E-mail: [rholbrow@bigpond.net.au](mailto:rholbrow@bigpond.net.au)

### Branch Leader In Training

Helen Stapleton

18 Campion Avenue  
Bardon Qld 4065  
Australia  
Tel: 0061-7-32176853  
Mobile: 0400262582  
E-mail: [hstapleton@bigpond.com](mailto:hstapleton@bigpond.com)

## Branches In Asia

### Singapore

Shamala & Toby Ouvry

Block 22 Woking Road,  
#01-01 Lucknow Court  
Singapore 138700  
Shamala's voicemail: 65-97364300  
Toby's mobile: 65-94390552  
Fax: 65-64713241  
E-mail: [shamala@iamusingapore.com](mailto:shamala@iamusingapore.com)  
E-mail: [toby@iamusingapore.com](mailto:toby@iamusingapore.com)  
Website: [www.iamusingapore.com](http://www.iamusingapore.com)

### Branch Leader In Training

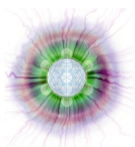
Celine Tan

8 Namly Rise  
Singapore 267116  
Email address: [sccel02@yahoo.com](mailto:sccel02@yahoo.com)

## Philippines

Ruel Ruiz

I AM University / Magick Grove  
42-A1 K6th West Kamias  
Quezon City Philippines  
1102  
Phone: 0263 4350821  
Mobile: 09279756728  
Email [razuli88@yahoo.com](mailto:razuli88@yahoo.com)



## Japan

Branch Leaders In Training

Yasuko & Akira

Crystalspace

2-16-8-2303, Konan

Minato-ku, Tokyo, Japan 108-0075

Phone: 090-3141-0917

Email: [info@crystalspace.jp](mailto:info@crystalspace.jp)

Web site: [www.crystalspace.jp](http://www.crystalspace.jp)

## Macua, China

Branch Leader In Training

Mary Lee

E-mail: [marye\\_lee@hotmail.com](mailto:marye_lee@hotmail.com)

## Branches In Africa

### South Africa

Branch Leader In Training

Sandy Soekoe

Gating

South Africa

E-mail:

[iamuniversityafrica@absamail.co.za](mailto:iamuniversityafrica@absamail.co.za)



I AM University • Dr Joshua David Stone & Gloria Excelsias • Postfach 13 • 4866 Unterach am Attersee  
• Austria-Europe • Toll Free Voicemail USA: 1-866-369-0976 • Voicemail Austria: (011)+43-7665-60276 / Fax: (011)+43-7665-60277 • Phone UK Office: (011)+44-121-288-5807 • Web Site: [www.iamuniversity.org](http://www.iamuniversity.org) • Email: [info@iamuniversity.org](mailto:info@iamuniversity.org)

