

I AM University

Q U A R T E R L Y e z i n e o c t 2 0 0 7 i s s u e 5



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How To Create A Consciousness And Lifestyle Of Resting In God!

By Dr Joshua David Stone

An enlightened being and Integrated Spiritual Master by definition is one with God and knows how to

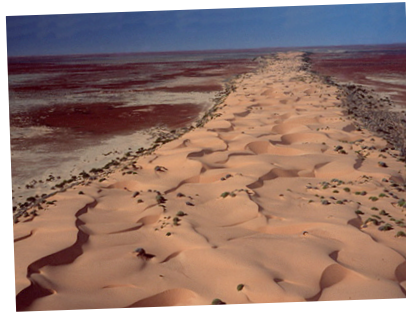
rest in God! This Planet Earth being a very difficult school, given the amount of Spiritual lessons and tests it presents, makes the need or desire to rest in God even more important. So in this lesson and chapter I am going to try and explain the mechanics of how one can develop their consciousness and lifestyle to be able to rest in God all day long with help from Spirit and the Masters.

To begin this exploration it really starts with getting



your consciousness attuned to God. The first step is to learn to think with your Spiritual/ Christ/ Buddha/

God Mind and not your negative ego/fear based/separative mind. So this allows your mind to rest in God! By doing this as well, you only create Spiritual and positive feelings and emotions so your emotional body is always resting in God! In this state of consciousness you become the cause of your reality and not a victim of people or outside situations and this allows your consciousness to rest in God! Then also as a part of this consciousness you look at everything that



happens in life as Spiritual tests, lessons, blessings, gifts, opportunities to grow so your consciousness is working with God, not fighting God. Said another way, you are working with the universe instead of fighting the universe, which allows you to rest in God!

The next step in learning to rest in God is to own that you are a Soul, Apprentice God, and in the heavenly ideal sense, the Eternal Self/Christ/Buddha/God living in your physical body and so are all others. You and others are one with each other and one with God so this consciousness allows you to rest in God!

Then the enlightened being and Integrated Spiritual Master is constantly praying and asking for help from God and the Masters that brings great peace and comfort. For as the Universal Mind through Edgar Cayce said, "Why worry when you can pray!" This state of consciousness leads to faith, trust, and patience in God and God's Laws that allows you to rest in God even more

The enlightened being and Integrated Spiritual Master recognizes the illusion of separation and realizes they and everyone else are one with God and always have been, and always will be. The negative ego/separative mind does not really exist, so this allows one to rest in God even more!

The enlightened being and Integrated Spiritual Master meditates religiously and after meditating sits in the silence and rests in God!

The enlightened being and Integrated Spiritual Master prays to God and the Masters for help in healing their physical body and energy is constantly poured down and work is constantly being done to heal and tune up the etheric and physical body and the act of bathing in the downpouring of energy of God throughout the day when this is needed allows one to rest in God!

The enlightened being and Integrated Spiritual Master also is constantly receiving Spiritual activations and Spiritual downloading of the Light, Love, Wisdom, and Power of God and the constant experience of feeling these light and love showers allows one to rest in God!

The enlightened being and Integrated Spiritual Master also uses the mantras and power names of God in their meditations and daily life, which allows them to rest in God!

The enlightened being and Integrated Spiritual Master also makes a daily practice before bed of asking that their room and house be cleared of imbalanced energies and makes a request for extra protection that allows that person to rest in God's protection and love!

The enlightened being and Integrated Spiritual Master

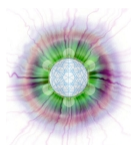
experiences resting in God in every Spiritual practice they do, be it Soul travel, bilocation, chanting, toning, journal writing, physical fitness, eating, affirmations, creative visualization, and on and on!

The enlightened being and Integrated Spiritual Master also before bed asks to be trained by God and the Masters on the inner plane while they sleep, so even in sleep time one is resting in God!

The enlightened being and Integrated Spiritual Master has learned how to transcend fear and worry and calls on God and the Masters for every challenge so this allows this Master to rest in God!

The enlightened being and Integrated Spiritual Master sees everything in life as a manifestation of God. This includes people, animals, plants, minerals, trees, flowers, a sunset, the air, the stars, the devas, the nature spirits, the Earth Mother, and the entire infinite material universe. Seeing God in everything, and knowing there is nothing in life inwardly or outwardly that is not an expression or incarnation of God allows this Master to rest in God, for this state of consciousness brings great comfort.

The enlightened being and Integrated Spiritual Master calls on the Holy Spirit for help for inner guidance and help in all things and the Holy Spirit always responds which is why it





is called “The Comforter!” This allows one to always rest in God!

The enlightened being and Integrated Spiritual Master always lives in the TAO. The TAO is the perfect balance, integration, and merging of the yin and yang in life. So the Master never goes too fast or too slow but always stays within the consciousness of the TAO. This allows one to rest in God!

The enlightened being and Integrated Spiritual Master basically rests in God 24 hours a day, 7 days a week, 365 days a year. Every moment of their life whatever Spiritual activity they are doing they are resting in God in a different kind of a way.

The enlightened being and Integrated Spiritual Master surrenders to God’s Will and has died to the negative ego will so in this sense every choice allows the

Master to rest in God.

The enlightened being and Integrated Spiritual Master turns every situation over to God and places the outcome in God’s Hands and Heart, which allows the Master to rest in God!

The enlightened being and Integrated Spiritual Master lives in unconditional love in all situations and with all relationships, which allows the Master to rest in God!

The enlightened being and Integrated Spiritual Master puts one’s entire security in God and the Masters so if everything is stripped away outwardly, the Master can still have total inner peace and rest in God!

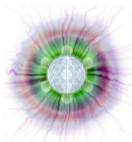
The enlightened being and Integrated Spiritual Master transcends negative ego duality which means they remain even-minded no matter what happens

in life be it profit or loss, pleasure or pain, sickness or health, victory or defeat, praise or criticism, which allows one to totally rest in God!

The enlightened being and Integrated Spiritual Master lets go of all attachments and only has preferences which allows one to rest in God!

The enlightened being and Integrated Spiritual Master gives love to oneself and allows one to receive love from God and so wants love, approval, acceptance, worth from others but does not need it. This allows one to rest in God!

The enlightened being and Integrated Spiritual Master keeps one’s mind and attention held steady in the light and stays busy on activities of God, which allows one to rest in God!



The enlightened being and Integrated Spiritual Master maintains a right understanding and right perception of reality that allows one to stay attuned to God in all situations which allows the Master to rest in God!

The enlightened being and Integrated Spiritual Master having achieved the Realization of union with God on a planetary level feels this oneness, which allows them to rest in God!

The enlightened being and Integrated Spiritual Master has attained high levels of initiation, chakra anchoring and activation, and Light Body anchor-



ing and activation, which allows them to rest in God any time they attune to these energies!

The enlightened being and Integrated Spiritual Master

is always studying and channeling which allows them to constantly gain new Spiritual information, which allows them to rest in God!

The enlightened being and Integrated Spiritual Master practices the Holy Encounter, which is seeing every person you meet as an incarnation of God that allows the Master and reminds the Master of his ability to rest in God in every relationship meeting!

The enlightened being and Integrated Spiritual Master lives a life of service and sees this

as God helping God to Realize GOD. Having this state of consciousness and perception allows one to rest in God the entire time one is serving! The enlightened being and Inte-

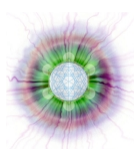
grated Spiritual Master having Realized Spirit/Christ/Buddha/God on a planetary level recognizes himself or herself as being and having everything, for once

you have Realized Self and God what else do you need? One has no desires except to Realize even



higher cosmic unity with God. This state of desirelessness except for greater God Realization allows one to greatly rest in God!

So when you achieve Self and God Realization one's entire Spiritual path becomes an unceasing continuing process of resting in God, in different ways as I have described above. This can be achieved by any evolving Soul and Apprentice God, by just adjusting your consciousness to see life in this manner and the more you evolve the even greater your resting in God will become. However, the majority of this resting in God state of consciousness can be achieved prior to achieving full enlightenment and Integrated Spirituality! So let it be Written! So let it be Done!





You Don't Have To Be Perfect To Achieve Enlightenment, However, You Do Have To Be Very Relentless In Your Efforts!

By Dr Joshua David Stone

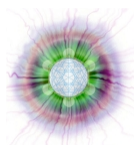
It must be understood that to achieve enlightenment and Integrated Ascension one does not have to be perfect. Masters on the inner plane who have graduated from Earth life still make mistakes. The idea is to learn from them and as the Master Jesus said, "You are forgiven, but sin no more!" David in the Bible killed basically the husband of the woman he wanted and was forgiven by God and favored by God! Righteousness in the eyes of God is not being perfect, it is trying to the best of your ability!

The Spiritual path to become the king or queen of Israel in a symbolic sense has been esoterically described as a wrestling match with God! It is not really God you are wrestling with but your own

negative ego thoughts, imbalanced thoughts and feelings, lower self desire, appetites, sensuality, carnality, indolence, automatic pilot, and so on. It is a wrestling match to overcome mass consciousness, glamour, maya, and illusion within oneself!

Paramhansa Yogananda has described the Spiritual path as a battlefield. His exact quote was, "Life is a battlefield!" Christianity describes it the same way in describing it as Armageddon. The forces of light battling the forces of darkness. In a metaphysical sense you are battling illusion!

Krishna saw life as a battlefield as well when he scolded Arjuna for crying and giving up on the battlefield. He said to Arjuna, "Get up and give up



your unmanliness, and get up and fight! This self-pity and self-indulgence is unbecoming of the great soul you are!”

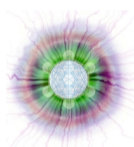
The key word or theme for our universe is courage! Without courage one cannot make it in this lifetime. Others call this integrating the Spiritual warrior archetype! Yogananda may have described it best when he said, “If you want to realize God you must want Him like a drowning man wants air!” If you want Him that much you will find Him!

The Spiritual path is often seen like climbing a mountain, up three steps, down two. Up five steps, down four. Up seven, down five! This is how most people learn and grow. The most important thing is you are making progress. A lot of people want fireworks to go off every day to show them their progress but that is not the way it works. Spiritual growth is earned in very small increments. It reminds me of the story of the Tortoise and the Hare. A great many lightworkers storm out of the race like the hare but in the end the tortoise ends up winning. Better to be like the tortoise for life is a marathon, not a fifty-yard dash!

This is why I have entitled this chapter about the importance of being relentless in your efforts. Every day meditate a little, do your service work, pray, read your Spiritual books, listen to your Spiritual tapes, have Spiritual fellowship, do your Spiritual practices, stay organized, do your journal work, and day by day, week by week, year by year, without even realizing it you will be growing on all levels. You will be increasing your love, wisdom, and power in service of God. Keep climbing your Spiritual mountains until one day you will be finding yourself climbing the final mountain of planetary ascension which I call the Mt Everest Initiation and Mountain. The key is to follow the admonition of the Master Jesus when he said, “Be ye faithful unto death and I will give thee a Crown of Life!”

Everyone has a dharma in life as they say in Eastern religion. Your dharma is your Spiritual path. The problem or the lesson is that life is filled with

temptations and life is filled with false gods, idol worship, alternative lovers, and life is filled with detours that take you off your path. In the twinkling of an eye this can happen. It takes a great soul and in truth an enlightened being and Integrated Spiritual Master to not get pulled off their path. The Spiritual path is filled with pitfalls and traps. It is filled with temptations of power, fame, money, vanity, sexuality, just to name a few. There are infinite numbers of glamour, maya, and illusion one can fall into. It often seems like even though we are making our best effort that we are not growing. This is not true. Spiritual, consciousness, and physical healing and growth are very subtle. In truth you could be making astronomical progress and not even realize it. Most people are not even aware when they take their seven levels of initiation. If you are not aware of when you take a major initiation why would you be aware of the subtle, incremental growth on a day by day basis. Every day if you keep your nose to the grind stone you will be building light into your Light Bodies, increasing your initiations, slowly but surely anchoring your chakras, changing your consciousness, increasing your prosperity, increasing your health, and increasing your overall mastery and love on all levels. The most important thing is to love God with all your heart and soul and mind and might and love your neighbor as you love yourself. If you truly put God first and let go of false lovers and keep your mind, attention, and focus on God in every thought, word, and deed in due time you will become the enlightened being and Integrated Spiritual Master it is your destiny to become! It is for this reason you have incarnated into this world. You would have not come if you did not have the consciousness and God equipment built into you to do this! All you needed was a Spiritual map and the understanding and tools which this course and these books provide. All that is needed from you is a good faith effort and the decision that you truly do want God like a drowning man/woman wants air. Again I say, if you want God that much you will find Him! So I leave you with the words of the Master Jesus from A Course in Miracles where he said, “Be vigilant for God and His Kingdom!” So let it be Written! So let it be Done!



The Secrets Of The Merkabah

By Dr Joshua David Stone

My Beloved Readers, it is my great honor this day to channel and uncover for you the mysteries and secrets of the Merkabah. There is an incredible amount of misinformation floating around the New Age Movement of Spiritual leaders and teachers claiming to understand the nature of the Merkabah and saying that all Merkbahs for every person look exactly alike.

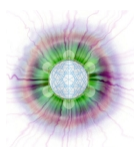
With no judgment intended, this is all illusion and negative ego distortion.

The Merkabah is like a body that surrounds the auric field of every person. It is nothing that has to be consciously built by the person for it is automatically built in the process of evolution! The Merkabah is used for a number of things. One is greater protection of the energy fields. Another is as a means to travel in. It is a vehicle of light that operates automatically even if one is never trained consciously how to use it.

One thing that is interesting is that it changes shape after each initiation you take. There are Spiritual teachers telling people that every person's Merkabah is in a particular geometric shape and this is ludicrous and is just the negative ego trying to control others in an unconscious power trip. Every person's Merkabah is different, for its shape is created at initiation according to the development of your consciousness.

I was very interested in my Merkabah and asked the Masters if there were Merkabahs at different levels. They said there was only one Merkabah. I asked if I need to spin it or anything like that and they said "no," for it happens automatically when it needs to. I asked them what a Merkabah looked like, for I was hearing all these reports of unclear Spiritual teachers

giving misinformation to people and I wanted to get this information straight from the Masters. To my surprise, when I asked them about my Merkabah in 2001 after I had taken my 16th initiation, they said it was actually oval in shape. I got a kick out of this because it was completely contrary to everything these Spiritual teachers were teaching on the subject. I asked what else it looked like. They said it was violet, gold, white, and filled with rainbow colors. The second they said this I knew this was true. For I had just had a dream of a new violet-colored body I had just anchored, and that body was being reflected in the energy field as a violet color. The Gold and White are the Ascension energies. In my case, being a Master of Synthesis and having been given Spiritual Leadership of the Synthesis Ashram on Earth, I had the rainbow of colors because part of my Spiritual job and mission is to help disciples, initiates, and Masters balance and integrate the Seven Rays among all the other things that





need to be balanced in life!

I asked the Masters if I should spin the Merkabah to clean my fields. They said “no,” that calling in the Platinum Net worked much better. However, they said once in a while it was a good idea to ask for an alignment and clearing of the Merkabah, which I thought was interesting! I was also told that my Merkabah would soon be changing shape again! For again, at each initiation it changes to reflect the growth in your consciousness.

When each person soul travels at night, or even consciously soul travels, they are in their Merkabah. It is not anything one has to consciously do for it happens automatically! There are a lot of Spiritual teachers telling you that you have to do all these visualizations, mudras, breaths and so on to make the Merkabah work and this is not true, with no judgment intended. Now I want to add here that there is nothing wrong with working with these visualizations, breathing techniques, mudras, and spinning the Merkabah and so on, and they can be helpful tools, however, it is important to understand how the Merkabah looks and works regardless of all these tools and techniques! It has all been created by God to work for you automatically! You can just enjoy

the ride. You can see the development in your consciousness by how your Merkabah looks after each initiation! I was quite pleased that mine was oval and/or semi-circular in shape, for that is the nature of God. You can see this if you notice how all the galaxies are spiral or oval in their physical look and rotation and how the planets are circular!

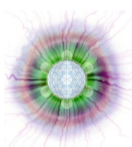
Spirit and the Masters also told me some other interesting things about the

Merkabah as it relates to the Light Body. Part of the building of the light body is the anchoring of higher light bodies one by one into the energy fields and the entire system! The Masters told me that each time a higher light body is anchored and activated, the Merkabah in a sense in causes it. The Merkabah being the outermost body that surrounds one’s energy fields.



Now I asked Spirit and the Masters, “When one is sitting and not thinking, how far does the Merkabah field extend outward?” Spirit and the Masters said 10 to 50 feet, which I thought was quite interesting. Even more interesting is that depending on what you are thinking it extends out much farther. Potentially, as one expands in Spiritual evolution, the Merkabah field can extend infinitely. However, at the

level of evolution of those on Planet Earth, if one is an extremely highly advanced Master who is what I like to call an “Integrated Spiritual Master” and totally in integrity and transcending the negative ego to a very high degree, then it is possible for this Earthly Master to extend their Merkabah to a Universal level! This is all governed by one’s thinking process and the level and degree of one’s Spiritual Leadership and Planetary World Service work!



Spirit and the Masters also told me that the Merkabah was semi-permeable in nature and allowed one's other light bodies to extend out as far as they were able while simultaneously still providing total protection. The Merkabah is indestructible and is created by God. Where the other light bodies can potentially get out of balance, the Merkabah does not. It also helps to channel the energies of the light bodies and is automatically programmed by God to function with all the codes, frequencies, functions, and wisdom of all the different light bodies at all 352 levels of God! For those who are integrated and balanced as Spiritual Masters in total service of God and the Masters and pure of heart, the Merkabah can allow service work and lightwork to be done beyond one's level of light body integration at the discretion of God and the Masters; however, this can only take place if the person is truly operating as an "Integrated Spiritual Master"!

I found this all to be quite fascinating and I just wanted to share this information with all of you, my Beloved Readers, for I knew that you would all find this of interest as well!



We would love to hear from you!

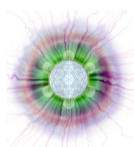
Dear Friends & Students of the I AM University,

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 Jan 2008, please send your submission by December 1st. We would love to hear from you! Thank you!

Love & Light

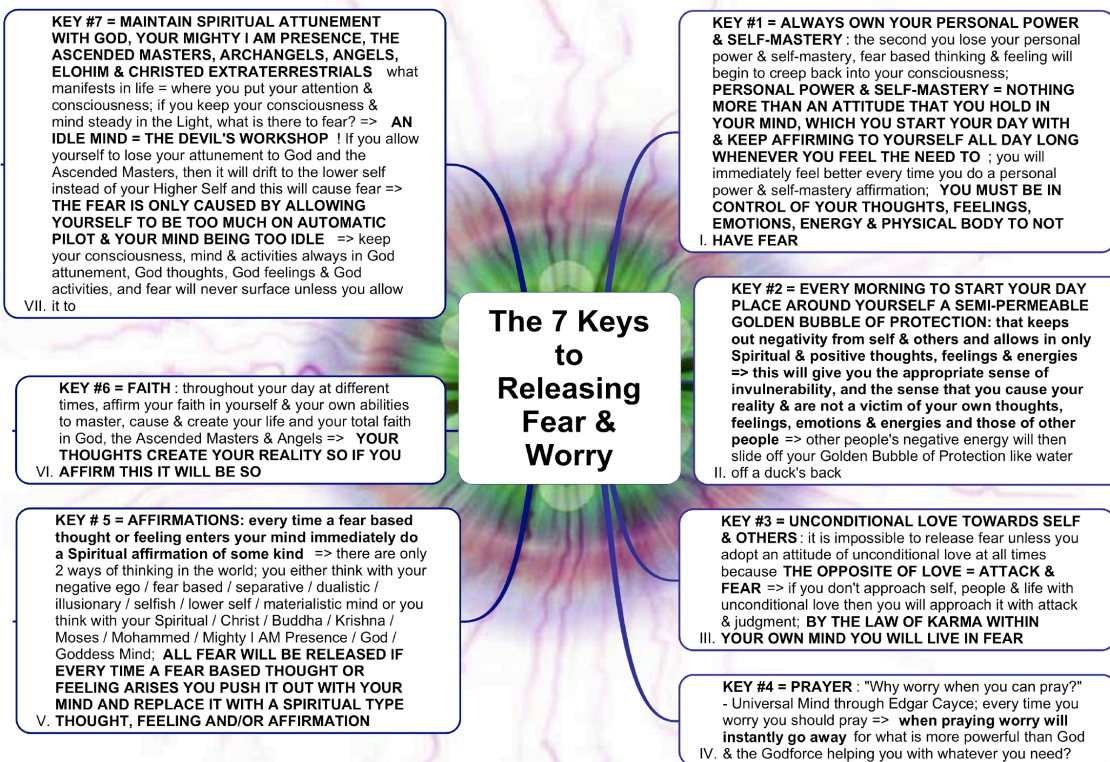
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P.S. please send all letters by email to Shamala - shamala@iamusingapore.com



Correspondence Courses In Mindmap Format

Correspondence Course #7 Lesson 7



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L7
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Correspondence Course #7 Lesson 8



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L8
1/3

The 7 Step Process for Releasing Anger (2)

#3 - LETTING GO OF ATTACHMENTS : all suffering comes from attachments; **WHENEVER YOU ARE ANGRY, YOU ARE ATTACHED** ; ideal = to change all attachment attitudes to preferences; a preference attitude = one where you still go after what you want with all your heart, soul, mind & might, but if you don't get it, you still are happy; whereas, with attachments you lose your happiness if you don't get what you want => **TAKE TIME TO INTROSPECT, MEDITATE AND/OR JOURNAL WRITE & CHANGE EVERY SINGLE THING IN LIFE YOU ARE ATTACHED TO INTO A PREFERENCE** => this way, if it is taken away you still have inner peace & happiness; **HAPPINESS THEN BECOMES A STATE OF MIND, RATHER THAN SOMETHING THAT IS CONTROLLED BY I. SOMETHING OUTSIDE OF SELF**

#4 - LOOKING AT EVERYTHING THAT HAPPENS IN LIFE AS A SPIRITUAL TEST & LESSON : not as some kind of bummer & problem; every time you get angry you are forgetting to look at life as a Spiritual test & lesson => **EVERYTHING THAT HAPPENS IN LIFE = HAPPENING FOR A REASON AND IS GOD TEACHING YOU SOMETHING** ; even most Lightworkers who know this forget it & fall back into getting overinvolved with Earth life; **THE REAL PURPOSE OF LIFE = NOTHING MORE THAN TO SEE IF YOU CAN RESPOND TO EVERYTHING THAT HAPPENS IN LIFE IN A CENTERED, SPIRITUAL CONSCIOUSNESS, UNCONDITIONALLY LOVING, FORGIVING AND NONJUDGMENTAL MANNER** ; in every situation of life we either respond from our negative ego / fear based mind or our Spiritual mind; we either fully realize Integrated Full Spectrum Prism Consciousness in that moment or lose God in terms of our realization by how we II. respond

#5 - REMEMBER THAT YOU CAUSE YOUR OWN REALITY : you are a Master, not a victim; you are a cause, not an effect; you cause your own feelings & emotions by how you think => **FEELINGS & EMOTIONS ARE NOT CAUSED BY OUTSIDE SITUATIONS AND THEY ARE NOT CAUSED BY OTHER PEOPLE** ; no one has ever in the history of the time ever caused you to feel anything => they have attacked you or criticized you unfairly, but that did **NOT** cause you to feel anything => that is what is called the **CATALYST; THE CAUSE = YOUR OWN CHOICES, BELIEFS & THOUGHTS** ; if you would have maintained your personal power, let it slide off your bubble, remained centered, not been attached, responded rather than reacted, and not given your power to control your feelings & emotions, you would have been fine; it would have slid off your bubble & you would just respond back in a centered, powerful, calm, rational, unconditionally loving manner, setting a better example => **TRUTH = YOU ARE INVULNERABLE PSYCHOLOGICALLY, MENTALLY & EMOTIONALLY! NO ONE CAN MAKE YOU THINK ANYTHING YOU DON'T WANT TO! NO ONE CAN MAKE YOU FEEL ANYTHING YOU DON'T WANT TO! YOU CAUSE YOUR OWN REALITY BY HOW YOU THINK! YOU CAUSE HOW YOU FEEL BY HOW YOU THINK!** It is just a matter of understanding what thoughts cause what III. feelings & emotions;

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L8
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The 7 Step Process for Releasing Anger (3)

#6 - ALWAYS SEEK TO MAINTAIN LOVE WITHIN SELF & FROM GOD FIRST BEFORE SEEKING IT FROM OTHERS : unconditionally love yourself & your inner child; also fully allow yourself to receive God & the Ascended Masters' love for you => **THIS WAY, BEFORE YOU ENTER THE WORLD YOU ARE TOTALLY COMPLETE & WHOLE WITHIN YOURSELF** ; you go into life knowing you unconditionally love yourself, you know fully that God & the Godforce unconditionally love you as well => this way you go into life feeling filled with love; if you don't do this you are not feeling loved and hence you will seek love from others instead of finding it first within your relationship to self & God => **THIS WILL THROW YOUR PSYCHOLOGICAL I. BALANCE OFF-KILTER & THROW YOU BACK INTO A TYPE OF VICTIM CONSCIOUSNESS AGAIN**

#7 - REMEMBER THAT ANGER = A FORM OF ATTACK : to fully realize Integrated Full Spectrum Prism Consciousness you must give up all attack thoughts; attack = antithetical to unconditional love and = the opposite of love; **ANYTIME A PERSON ATTACKS, THEY ARE FEELING FEAR** ; there are only 2 emotions in life, namely love & fear => if someone attacks you & negatively criticizes you, they are feeling fearful; from God's perspective **AN ATTACK = A CALL FOR LOVE; IF YOU EVER GET ANGRY OR ARE BEGINNING TO ATTACK, WHAT YOU REALLY WANT = UNCONDITIONAL LOVE; ANGER = THE NEGATIVE EGO THOUGHT SYSTEM'S MISGUIDED & FAULTY THINKING WAY OF TRYING TO GET LOVE** ; however, the truth is that anger will have only the opposite effect because **ANGER WILL CAUSE THE OTHER TO BECOME DEFENSIVE, HURT, JUDGED AND IF THEY ARE A VICTIM, WHICH MOST ARE, THEN THEY WILL REACT AND NOT RESPOND, AND ATTACK & JUDGE BACK; this serves neither you nor the other person; ANGER WILL NOT GET YOU WHAT YOU WANT** => it will create the opposite, it will create separation which is not what you want to feel and what you want to teach; **ANGER = JUST THE NEGATIVE EGO'S FEARFUL REACTIVE RESPONSE** ; the key = to transcend both fear & anger which are the 2 sides of the negative ego philosophy & thought system, and to instead think with your Spiritual mind which only thinks from unconditional love => which transcends this negative ego faulty way of thinking; **MASTER YODA OF STAR WARS SAID, "DO NOT GIVE INTO YOUR ANGER AND FEAR AND BECOME SEDUCED BY THE DARK SIDE OF THE FORCE!"** You are invulnerable so what does it matter if other people are into their negative ego, or attack or criticize? => that is their lesson between themselves & God => **ALL THAT MATTERS = YOU WANTING TO LEARN YOUR SPIRITUAL LESSONS AND PASS YOUR SPIRITUAL TEST** => if you don't, you will have to reincarnate & do it in the next lifetime; if you learn your lesson and the other person doesn't, you are freed from the karma and the other person will have to reincarnate whereas II. you won't

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For more information on the I AM University Mindmaps, please visit: <http://www.iamuniversity.ch/-Mindmaps->

Channeled Message From Saint Germain - The MahaChohan

By Joanita Molina
(IAM University Branch Leader - Brazil)



“Beloved ones, it is true that the world, as you have known it, is transforming.

The needed changes are now taking place and I would say that we should be prepared for the unexpected.

Now is the time you must find your spiritual center as you may expect more “chaos” in all aspects of your earthly life in the coming months and years.

But, please, beloved ones, do not despair at the seeming relentless changes... or even at the changing of yourselves and your lives.

Remember that nothing remains the same for more than an instant.

So allow yourselves to look at these changes from a higher perspective.

Do not let fear step in saying that things are getting worse, or that you won't be able to handle it. Not at all. Look at it from a higher point of view and see it as all getting reborn. Always!

Without the lens that terror has taught you to wear, you would live in the joy of discovery, the joy of experiencing, the joy of co-creation.

The task, now, is to assist the transformation to happen.

For many of you, the earthly life will become increasingly difficult, unless you find a pathway through these changes. So, do not be afraid of the “chaos”, because it is an opportunity for you to heal so that you may bring heaven to earth.

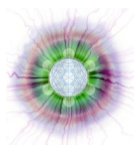
Many of you sense this. And this is because at an unconscious level, you know what is coming, and you have been waiting for that. Now it is time to focus on what you can do, on what is your contribution.

It is time to find the pathway into your transcendent being and use the knowledge that is revealed to you, to help the awakening process. You do have the power, and love, and light to affect time and space in new ways. And this is why it is important for you to understand that you are co-creators with God.

It is time to change earth's history. This is your challenge and now here is the opportunity.

Remember, what is important is not life itself, but how you live your life. It is not the events in your life that shape you, but how you deal with them.

So, look into all the earthly changes from a higher point of view and stand tall at the edges of tomorrow with courage and faith. And believe that the voice of love that called you here to this planet will not leave you in darkness.



Your purpose here is much bigger than the imaginings of the human mind. So do not let yourself yield to fear.

And if doubt enters into the arena of your life, ask it immediately to leave. For doubt is a disguise of fear, it is one of the raging addictions on the planet. It only serves to destroy your holy memory and confuse your

heart.

Inside your heart you know exactly what you have to do, so listen to it. Nothing more is needed to be known. The purity of your heart is the main door to your soul. So trust and stand tall!

Do not be afraid to trust in what you believe is true. You know this is a blessed time for Earth.

So may you bless the changes and be the path to transformation.

May the flame of rebirth fulfill the planet.”



Protection From Negative Energies

By Shamala
(IAM University Branch Leader - Singapore)

I often receive requests for help on how to protect self from negative energies. This is a very common phenomena amongst spiritual practitioners. Often even after prayers and a healing/clearing the person is still plagued by negative energies, psychic attacks, implants, astral energies/entities. Why?

Not many people realise that there is such a thing as "psychological immune system". This is a concept that was introduced by Dr Joshua Stone in his book SOUL PSYCHOLOGY. In this book, the chapters: The Development Of Personal Power and Psychic Self Defense explore the theme of strengthening one's psychological immune system.

Essentially, the lesson that all of us must learn is to be the Creator & Master of our reality, through mastery of our thoughts. And this is not just conscious thoughts but our subconscious thoughts as well. Consciously, no one will ever ask to be attacked, however, our subconscious mind is filled with much negative ego programmings, fear based programmings, faulty programmings, illusions, blind spots, limited lens seeing, and so on (from mass consciousness, from the media, from cultures/traditions, from our upbringing etc) that the negativity within our subconscious minds magnetizes negative energies to ourselves. The laws of the universe is such that you will attract that which you have! So, how does one work on repelling negative energies? Firstly to

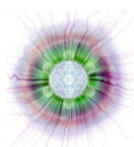
work on owning our personal power. Secondly to reprogram our subconscious mind with Spiritual/God/Christ/Buddha/Krishna/Allah consciousness every day of our lives. Thirdly, to visualize a beautiful Golden Bubble of protection around us and allowing all negative energies slide off it or bounce off it! And lastly, to practice, practice, practice!



You will find that the more 'gifted' one is, in terms of spiritual gifts like ability to channel, clairvoyance, psychic attunement etc, the more vulnerable one is if one has not learned to own their personal power and to master their subconscious mind. These 'gifts' in turn can sabotage the efforts of even the most sincere spiritual practitioners by opening them up to psychic attacks from negative energies, negative forces, astral energies/entities, implants, and even other people's negative energies.

So if one would like protection from negative energies, what is important is to learn to own one's personal power, to master one's subconscious mind, clear one's energy system/chakra/aura/physical body daily and to practice visualizing the golden bubble of protection. These are just a few things to start with.

Do visit these links for more interesting information:
<http://www.iamuniversity.ch/-Soul-Psychology-Corner->



We Are All Related!

By Gaylin Read

(IAM University Branch Leader In Training - Missouri, USA)

Greetings brothers, sisters, disciples and initiates around the world! I am so pleased to share with you once again the things of my heart and the fruit of my meditation. We live in such an awesome time on Planet Earth as we realize what it means to usher in the Seventh

Golden Age upon this Planet. As I have been meditating these last few months as to what this means I am reminded of a saying that the Native Americans have: "Mitakuye Oyas-

in!" The saying means, "We are all Related!" As I pondered the reason that these words of the Native Americans should come to me and their relationship to the Seventh Golden Age upon this Planet I asked myself the question, "If we are all related then should we not all realize what it means to be in "Right Relationship" with one another? The premise of the Heavenly City that comes down from above is that everything in this city is in right relationship. Every citizen of this Heavenly City is in right relationship one to another hence every person in this city acknowledges the truth of the words "Mitakuye Oyasin." The realization of the truth that we are all related depends upon the degree of our realization of who God and the Hierarchy is and the level of our intimacy with them. As we proceed upon the path we soon come to the understanding of the necessity to incorporate a healthy Spiritual psychology to achieve our goal of right relationship.



Right relationship and the realization that we are all related will never come into conscious awareness if we do not integrate a healthy Spiritual psychology. You may be asking the question, "What is Spiritual psychology?" Spiritual psychology as defined by the

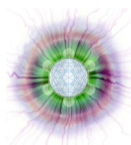
I AM University is an ability to process our relationship to others, our relationship to ourselves, our relationship to what we believe, our relationship to our experiences in life and our relationship to God and the Hierarchy in light of our understanding of who we believe God to be and who we believe ourselves to be. Dr. Stone calls Spiritual psychology "Monadic psychology or God psychology." There are many levels and layers to a healthy Spiritual psychology because in becoming right with ourselves, others and God we will have to sift through our belief systems, the way we relate to

ourselves and others, and our ability to process and organize this in our consciousness so we can realize the truths of right relationship and its importance. If we know that we are made in the Image and Like-

ness of God and have experienced even a degree our great God Self then we can no longer interpret life or ourselves from a limited personality viewpoint. By necessity we must put into practice a



Spiritual psychology that will assist us to examine our lives and come into right relationship to our greatest potential as God Beings.



Examining our lives as Multi-dimensional God Beings is of utmost importance to us if we are to realize the Seventh Golden Age upon this Planet. Joshua states many times throughout the curriculum of the I AM University that without doing the work of integrating all aspects of our consciousness we exist in fragmentation and in opposition to the Heavenly City. We will find ourselves exiting outside of the Gates of the Heavenly City and out of right relation to God and the Godforce. Hence we are not honoring the truth of the fact that we are all related. Joshua has called the New Age Movement “a vast wasteland of fallen Spiritual leaders” because of the lack of understanding when it comes to Spiritual psychology and its importance. As I study the correspondence courses of the I AM University I have to say that I agree with him. I have spent time looking “out there” and “in here” and I have to acknowledge the fact that we will have difficulty realizing the Heavenly City upon this Planet if we do not learn and embrace a healthy Spiritual psychology. Knowing where to go to receive an Integrated Full Spectrum Prism Consciousness model of Spiritual psychology can be very difficult because of the lack of integration in the world and the mainstream belief that we are just existing as a personality in a physical body and nothing more.

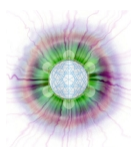
Dr. Stone states many times in his writing as a Psychologist and Family Counselor that the colleges and universities do not teach an Integrated Full Spectrum Prism Consciousness psychology. He states that the world at large teaches and perceives the human to be no more than a flesh being existing within third-

dimensional reality. The world at large does not teach that we are Multi-dimensional God Beings walking the Earth with 72+ Supersenses of God to be realized. The mass mind belief systems do not teach us that we have 22 Lightbodies to be anchored and activated. The mass mind belief system does

not teach us that we are a Soul/Spirit inhabiting a physical body. The mass mind does not teach that there is a method of psychology available to us as God Beings to realize ourselves to our highest God potential. If we could but for a moment imagine what it would mean to embrace a Spiritual psychology on Planet Earth we could get a glimpse of the full manifestation of the energies of the Seventh Golden Age upon Planet Earth.

Spiritual psychology has the goal of the Seventh Golden Age finding its expression right here on Earth. The goal of Spiritual psy-

chology is to bring us to the realization of God within and to walk as God upon the Earth. The effect of this realization as a collective has far reaching consequences. As we are brought into right relationship with our Divine Nature we would realize that we would no longer have the need to rape the Earth for gasoline because cars as we know it would be outdated! We could solve the pollution problem on Planet Earth because we would realize that we are affecting the atom by viewing it. Our justice system would change because each of us would realize that all of our thoughts and actions are recorded in every person’s personal Book of Life! We could realize the fact that we do not need telephones because we are telepathic. We would create Heaven on Earth and

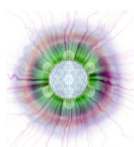


realize that we can reprogram our subconscious minds and utilize its wonderful abilities. We would not even need to have air-conditioners and heaters because we could utilize the siddhis (gifts) of the Most High to cool and heat our bodies internally. If we are to see the full manifestation of the New Age upon the Planet then we would be greatly benefited by using the tools of the I AM University that lay the foundations for understanding Spiritual psychology.

We have looked at many tools of the I AM University in the last few articles such as; the importance of personal power, the psychic realities of the inner parent and inner child, visualization, affirmations and the fact that we are always actively meditating creating either positive or negative experiences. These tools are given to us to lead us into the realization of who we are as God Beings and to bring us into right relationship with the Heavenly City that cometh down from above. They are for the purpose of bringing us to the truth of the fact that “We are All Related!” If a person worked with no other systems of thought other than the I AM University they would be led into heights of their true identity in God that would be thought unimaginable. The consciousness models of traditional psychology cannot assist us to claim our divine inheritance. Not that they are not positive for their level of understanding,

but they cannot tell you who you are as a Divine Being operating in the multi-dimensions of the Most High. They cannot lead you into the truth that you are in relation to everything around you and communicating on very discernable subtle levels. They cannot lead you into the experience that you are communicating with the plant kingdom, the mineral kingdom, the animal kingdom and the Kingdom of Souls. A limited traditional psychology cannot bring you into the awareness that you are communicating with the atom of your experience, you are communicating with yourself and everyone around you all the time. You are communicating with God and the Hierarchy.

All of these relationships that we communicate in and with, are dependent on whom we interpret ourselves to be and our level of understanding of who God is in us. Let each and everyone of us move into the truths of our relation and come into right relationship with all things and levels of our being so we can see the glorious truths of the Seventh Golden Age upon our Planet. Let us integrate a healthy Monadic / God / Spiritual psychology so we may herald the truth of Mitakuye Oyasin – We are All Related and therefore acknowledge the importance of right relation to all things!!





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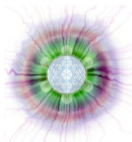
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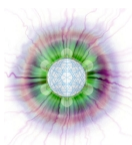
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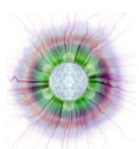
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