

I AM University

Q U A R T E R L Y e z i n e n o v 2 0 0 6 i s s u e 1



Table of contents

- ◆ Making adjustments when other people are unable or incapable of doing so By Dr Joshua David Stone
- ◆ Why Prayer, Affirmations, and Visualization Do Not Always Get the Results People Want By Dr Joshua David Stone
- ◆ An In-depth Study Of The Spiritual Science Of Inner/Outer Spiritual Parenting From The Soul's Perspective By Dr Joshua David Stone
- ◆ Living Your Life As An Ascended Master! By Sananda Channeled By Diane Addison
- ◆ Message From Lord Sirius Channeled By Joanita Molina
- ◆ Establishing A Firm Foundation For Our Meditation Practice Part 2 By Toby Ouvry
- ◆ List Of I AM University Branches Around The World

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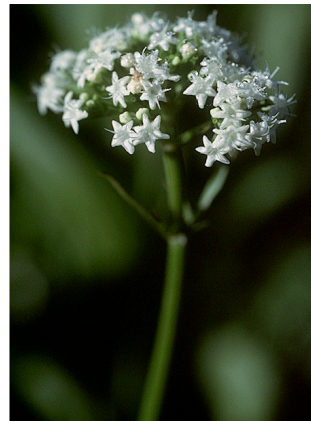
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Making Adjustments When Other People Are Unable Or Incapable of Doing So

By Dr Joshua David Stone

This, my Beloved Readers, may be one of the most important, practical and useful chapters you will ever read for it is one of the great secrets to a successful life, marriage, relationships, and success in business! It must be understood that the world we live

in, in truth, is not a very advanced Spiritual and Psychological world. It has the potential to become one but we are not quite there yet. Actually, our world is more advanced Spiritually than it is Psychologically! Most people in this world are not properly trained in Spiritual Psychology and do not have full mastery over their thoughts, feelings, emotions, negative ego/



fear-based/ separative mind, lower-self desire, inner child, subconscious mind, and so on! This being the case, a great many people are very stuck in their ways, run by their emotional body, run by their

mind, not balanced in the masculine and feminine, opinionated, confused, unclear, not balanced in their three-fold flame, not balanced and integrated in the Seven Rays, stuck in a great many subconscious patterns, operating out of victim consciousness, and run by the subconscious mind to a great extent. I do not say this with any judgment but rather with total unconditional



love in my heart. What I share here is, of course, not news to anyone, for everyone knows this and experiences this all the time with people and even with the people you are closest to in your life. We even see these patterns in ourselves at times, so we have great compassion for others. Learning to be an “Integrated Spiritual Master” is not an easy thing! What I would like to share in this chapter is an insight that will save you untold suffering in this lifetime if you will understand and take to heart the secret I am about to share. Since you who are reading this chapter are



more conscious than most around you, it is your job as an “Integrated Spiritual Master” to make adjustments in all your relationships where other people can’t! Do not expect others to live up to your ideals when, in truth, most people can’t, even if they wanted to. If, for example, a person is run by their emotional body too much, all the attacking, criticizing or sharing in their world is not going to help for the most part. Most people are very stuck in their ways and are not going to change too much. Instead of fighting with them, or instead of trying to teach them even in a loving way something they are not open to learning, or cannot learn,

the true lesson is for you to make the adjustment, not them. If, for example, they are too run by their emotional body, make the adjustment to not let it bother you. If they have a habit of blowing off steam, you make the adjustment to let their negative energy slide off you like water off a duck’s back, and just recognize that this is the only way they know how to be or can be! If the person you are dealing with is

very ego sensitive, hypersensitive and can’t take criticism, then be sensitive and avoid giving them any. You make the adjustment, for they are incapable of doing it. You can take a horse to

water but you can’t make it drink. Why create fights or disharmony? Why get bent out of shape or lose your inner peace? Why give advice if the person is incapable of understanding it or applying it? If you make the adjustment, even though it is their lesson to learn, both of your lives will have much more harmony.

If someone around you is very run by the subconscious mind, scattered, forgetful, and prone to mistakes, then prepare yourself each day that this is the way they are and they are crippled psychologically and incapable of changing, so just accept this in your

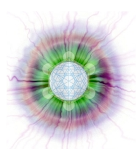
mind and allow them to be this way and don’t let it bother you, for you recognize they are incapable of anything else.

If they are prone to be ego sensitive, defensive, to react instead of respond, to get frustrated, angry, not admit mistakes; instead of trying to change them, you make the change to not engage them and just look at it as a lesson in forgiveness and unconditional love.

If the person you are dealing is weak in certain areas, instead of trying to make them learn something they are incapable of learning, you make the adjustment and do that thing for them. In this regard, my friends, you have the ability to make all relationships work, for you are willing to make the adjustment to achieve peace and harmony in the relationship even if they are not necessarily learning their lessons. This is the true



attitude, perspective and behavior of an “Integrated Spiritual Master! They know when to talk and when to be silent! They know when discussion is helpful and when it is not! They know when feedback to





another person is appropriate and when the real lesson is making adjustments in self to keep harmony and peace! We have all heard the saying "If you do not have anything nice to say do not say anything at all." We have all heard the saying "There are sins of omission and commission." This ability to make adjustments in your own self in your relationships when you realize other people are incapable of, or too defended to learn, is the key to making your marriage work, relationships work, and all business relationships work. When one becomes an "Integrated Spiritual Master," one has the ability to transcend any situation within their own consciousness by making attitudinal and emotional adjustments to maintain harmony and inner peace! Very few people in this world practice this, which is one of the reasons why there are so many divorces and fights between people. Try to communicate and give feedback; however, if that does not work then let go and make the needed adjustment in your own consciousness to keep the peace instead of running into the same

roadblocks, fights, and loss of inner peace over the same patterns in relationships.

In a way this is a hard lesson to explain, however, I know that you, my Beloved Readers, know exactly what I am talking about. What you must understand is that 99.99% of the people you meet in life will not have the "Integrated Spiritual Mastery" to do this. This is why you must be the one to do this! If not, conflict and loss of inner peace will

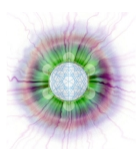


prevail. You have the self-mastery and consciousness to do this. It is one of the great secrets of the ages to make all relationships work regardless of the psychodynamics that are going on. Use whatever the other person is doing as a Spiritual test to teach you certain Spiritual/ Christ/Buddha qualities you need

to learn. Maybe keeping your bubble up, maybe turning the other cheek, maybe Spiritual discernment, how to remain silent, forgiveness, nonattachment to changing others, having inner peace regardless of what other people do, how not to be a victim, how to choose your own emotions, how not to react, how to create harmony out of a potential explosive situation, how to remain centered and calm in all situations, just to name a few! I

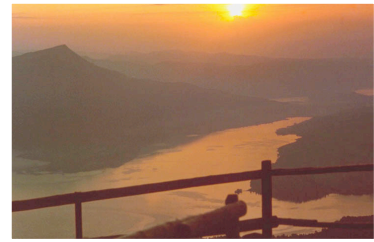
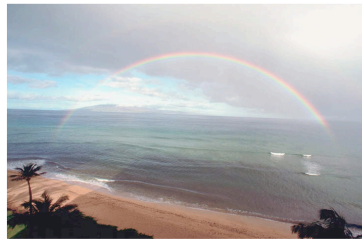
think you get the point. Experiment with this and see how effective it is and how much more harmony in your relationships you will have. It is a relationship technique that traditional psychology cannot see for it is based on Spiritual transcendence and the ability to be totally detached as

well as not being a victim in life! Given how stuck in their ways most people are, with no judgment intended, this is an absolutely essential skill and psychospiritual ability to develop in your relationships if you want them to be successful and harmonious at all times!



Why Prayer, Affirmations, And Visualization Do Not Always Get The Results People Want

By Dr Joshua David Stone



My Beloved Readers, this is a most interesting subject and one that has baffled many a lightworker and consciousness seeker. How come if they are doing these Spiritual practices are they not getting the results they seek! Spirit, the Masters, and I will attempt to explain!

Let us begin with affirmations and prayers! It must be understood, my friends, that every thought you think, feeling you feel, word you speak, and action you take is an affirmation. So the first answer to this question is that everyone on planet earth and anywhere else for that matter are doing affirmations and visualizations every moment of their lives!

Second, most people are not fully aware of all the programming that currently exists in their subconscious mind from this lifetime and all their past lives, which is functioning as an affirmation and visualization already programmed into the subconscious from the past!

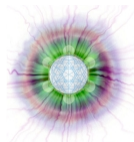
Third, most people do not have 100% mastery of their thoughts, emotions, negative ego mind, lower-self desire, and inner child, and are not thinking and feeling with their Spiritual/Christ/Buddha mind at all times.

So, are you beginning to see what happens? Lightworkers and consciousness seekers use positive affirmations and visualizations, which is good, however, they are having to counteract an enormous amount of programming that is already functioning all the time as an affirmation and visualization. Plus all the new stuff that is coming in through what is called the daily process of self-inquiry, or what I like to call positive or negative daily self-talk. This, of course, is the inner daily dialogue that goes on all day in our consciousness. So the positive affirmations and visualizations definitely help, but until you clean out your subconscious mind and conscious thinking, and until you gain full mastery of your daily thinking, feeling, speaking, negative ego, inner child,

lower-self desire and so on, at times it can seem to be an up hill battle. Then you ask, “How can I achieve this?” Well, my friends, Spirit, the Masters, and I have developed a Spiritual and Psychological training course for doing this. This is part of what the I AM University, Integrated Ascended Master University, is all about—teaching people to do this in a very easy to understand and practical manner. If you will read and study the following books, it will teach you how to do this in the easiest, most efficient way on you will find on planet Earth. The books you need to study are my following books: Soul Psychology, How to Release Fear-Based Thinking and Feeling, How to Clear the Negative Ego, Integrated Ascension, and The Golden Book of Melchizedek. These books are only available from the I AM University: <http://www.iamuniversity.org>.

These books, in combination with my 15 audiocassette Ascension Activation Meditation tapes used in the comfort of your own home, will teach you this level of total “Integrated Spiritual and Psychological Mastery”! This is exactly why I wrote them. Being a Spiritual Teacher, Channel and Spiritual Psychologist, I have a unique training and background in how to help people and lightworkers achieve this in the quickest and easiest way possible. Once you read one of these books you will find them so helpful and engrossing you will instantly want to read and study them all. They will be the best self-help books you have ever read. This information is the most cutting-edge, easy to understand and apply information you will find on this planet to achieve the quickest and most efficient results. That is a promise! Read just one book and this will be obvious to you!

Now moving to the second issue of why prayers are not always as quick and successful as people and lightworkers like! This is also a multi-faceted issue. Let me explain! First off, it must be understood that all prayers



are heard by God and answered. The key point here is that they are answered in God's way, not necessarily the way the personality or lower will wants them answered. Let me explain. First off, what must be understood is that we live in a third-dimensional world governed by the laws of time and space. This being the case, things work slower on this plane than in the Spiritual world. In the Spiritual world people travel with the speed of thought. In this world, because we live and move and have our being in a physical body and material world, there is an issue of patience that is necessary in prayer!

Second, there is the issue of Faith and Trust! Many lightworkers pray but then give in to self-doubt, worry, and fear. God still hears the prayer, but the doubts, fears, and overall negativity tends to sabotage the prayer on a subconscious level. For on a subconscious and conscious level, often without realizing it, the person is affirming and visualizing the opposite of that which is being asked for!

Third, the person is often attached to what they are praying for which tends to push it away. Prayers should always be what I like to call "prayer preferences not prayer attachments"!

Fourth, people do not pray enough and ask for help enough! It is also helpful to pray not only to God but also to the inner plane Ascended Masters, Archangels and Angels, Elohim Masters, and the Christed Extraterrestrials for help! People need to be like Jacob in the Bible who grabbed hold of the leg of the Angel and said I will not let go of you until you bless me!

Fifth, often people's prayers are not specific enough and they get a general response. God and the Masters are only allowed to give you what you ask for! This is why I recommend that people write down their prayers on a piece of paper and read them three times out loud!

Sixth, prayer sometimes doesn't work because it is not integrated. By this I mean that people are not doing their physical part to help the prayer. We have all heard the adage "God helps those who help themselves." We also know that life is a co-creation! Let me give an example. Let's say someone prays to meet their Spiritual mate, yet they stay home and never go out of their house. This makes it harder for God and the Masters to meet this prayer request!

Seventh, sometimes prayers are answered and people do not even realize it. In the example above, the person may have prayed to meet their Spiritual mate and three weeks later they are in the laundromat and God and the Masters have set it up to meet this person and the person talks to you, however, you are too shy to talk back, or not in the mood to talk, or fearful to talk, or whatever! You get the point. You did not make the connection that this was the answer to your prayer!

Eighth, is that God works in mysterious ways.

The personality and negative ego often try to control God and tell God how the prayer should be answered! God and the Masters are much wiser. You may pray for abundance to occur, however, God may give it to you in his time in a way that is totally unexpected!

Ninth, now sometimes people ask for things that

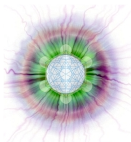
are not meant to be and God will not answer a prayer that will hurt your soul growth or is not meant to be. A person may ask to be the President of the United States. It is fine to ask, but that may not be that person's true puzzle piece!



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Tenth, since life is a co-creation, lightworkers often are not integratively doing all they need to do to manifest their prayer. They are not keeping faith, having trust and patience, or doing positive affirmations and visualizations to help it along. They are not doing their conscious personal power level work and action to make the prayer manifest. For example, the prayer might be to be successful in their business. However, the person is not staying organized, returning phone calls, doing errands, or taking care of business. This tenth reason points to the fact that all prayer is "integrated prayer," which means each level of self conscious, subconscious, feelings, physical body, and so one must do its part to make the prayer work! It is only when all levels and aspects of self work to help manifest the prayer is the prayer most effective. So do you see, my friends, that most people just pray and expect God and the Masters to do it and that is not how prayer really works. Prayer is a co-creation, for you are God as well! Occasionally God just answers a prayer without you having to do anything, however, most of the time prayer is an integrated and a co-creative process. Prayer is most effective when there is consistency on all levels in terms of what has been asked for!

It is my sincere hope and prayer that this chapter has opened your eyes a little more to the integrated and holistic nature of affirmation, visualization and prayer, and helps you to see what the focus of Spirit, the Masters, and I try to teach people is how to be "Integrated Spiritual Masters." This, my friends, is the key to being successful in these issues we have discussed in this chapter and, in truth, in all aspects of life, both in a Spiritual sense of success and in Material success as well! I end this chapter with a quote from the Bible, "Seek ye the Kingdom of God and all things shall be added unto thee"! So let it be Written! So let it Be Done!



An In-depth Study Of The Spiritual Science Of Inner/Outer Spiritual Parenting From The Soul's Perspective

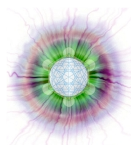
By Dr Joshua David Stone

My Beloved Readers, I must tell you that I am extremely excited about writing this chapter! There are certain chapters that are classically important in understanding Spiritual Psychology! One of the most important in developing a healthy Spiritual Psychology is learning how to parent your inner child! My Beloved Readers, listen very closely to what I am about to say here! We each have a real living inner child within us, and it is impossible to develop an over-all healthy "Spiritual Psychology" without understanding this incredibly important Spiritual Science of how to Spiritually Parent the inner child from the Soul and/or Spirit's perspective! Understanding how to properly Spiritually Parent oneself is equally as important as understanding the Three Minds, Four Bodies, Feminine/Masculine Balance, Heaven/Earthly Balance, Three-Fold Flame, Seven Rays, Seven Chakras and balancing the God/Goddess within! It is amazing to me how little has been written on this subject from the perspective of Soul and Spirit! Understanding how to Spiritually parent your inner child is as crucial in Psychological Development as is learning to own your personal power, develop self-love, transcend negative ego fear based thinking and feeling and changing it to Spiritual/Christ/Buddha thinking! Spiritual parenting is really one of the key Spiritual Structures that make-up our psyche. It is literally impossible to develop a healthy Spiritual Psychology, and transcend negative ego/fear based thinking and feeling and change it to Spiritual/Christ/Buddha thinking and feeling

without understanding this and being able to demonstrate it!

Adding to this, it is impossible to truly understand others fully without understanding this. This is another one of the many absolute keys I have written about in this book to understand Spiritual Psychology! There are a few books written on this subject, however, none of them are written from the full 100% perspective of the Soul and Mighty I Am Presence! So I humbly state this is very cutting-edge work we are exploring here which I feel very excited about delving into. I also have a unique background and training not only as a Spiritual Teacher, Channel, Psychologist, and Minister, I am also a Licensed Marriage Family Child Counselor! One of my real Spiritual Passions in life is not only the cutting-edge Ascension work and Ascended Master Teachings that Spirit and the Masters have asked me to bring forth, but also my Spiritual passion to show people how Spirituality translates into one's relationship to self, relationship to others, romantic relationships, families, physical health, and Earth life! In other words, how does Spirituality relate to Psychology, Relationships, Physical health, and all aspects of Earth life! This issue of inner and outer Spiritual Parenting is crucial to having a full understanding of Spiritual Psychology in self and others!

Now, the second reason this subject of inner and outer Spiritual Parenting is so important is that by understanding this process it is going to give you an incredible understanding of how you get



programmed as you did by your parents! This will be extremely helpful in understanding your present conscious and subconscious programming, and will also be extremely helpful in undoing it!

The third reason this chapter is so important is that having an in-depth Spiritual understanding of this subject will also help you to understand other people in a more insightful and compassionate way. You will see the dynamics which have caused a great many of the psychological wounds and problems they are having!

My Beloved Readers, do understand the effect your parents have had on your life and the effect parents have on other people's lives! It actually may be the single biggest programming factor of every person's life!

My Beloved Readers, if this were all not enough as to the importance of this chapter, this chapter will also make you much more aware of your own inner child and be more sensitive to taking care of the inner child within other people; for most people do not know how to properly care for their inner child so it ends up running them or being abused. This chapter will help you not only open your psychological vision to this issue of the inner child, and help you to better parent your own, but also help others to parent theirs better! It is another one of these Spiritual Psychological concepts that is very easy to understand once it is all fully explained, but it is not something that most people will ever figure out on their own. Again, no reason to reinvent the wheel, that is why I am humbly writing this chapter!

Then last but not least, if this all were not enough, many of us have raised physical children, are raising them, or will raise them in the future. Even if this is not the case, you will have occasion to baby sit them, take care of them, work with them, and spend time with them. This chapter will give you an unbelievable insight from the unique perspective of the Soul, Monad, and the Ascended Masters,

as to how they see this issue! So this chapter will also help you to understand how you raised your children, how you are raising them, how you will raise them, and how to help all of them in the future, even if they are grown. For we each still have an inner child which needs to be respected and cared for, and this chapter will give you the understanding and perspective of their inner child and how to be helpful in helping others in parenting their own inner child. I guarantee this will be very different from the perspective of other books written from the perspective of the personality, so hold on to your seatbelts! Then to add to this discussion, you must remember that most people on this Earthly Plane may have had as many as 200 incarnations or lifetimes on Earth. So, you have had 200 sets of Parents! Therefore this chapter will also give you an insight into understanding your programming from a past life perspective as well!

So, I am taking on a very large Spiritual Assignment in writing this chapter. This is to explain not only how to Parent your inner child but also how to parent real children. It is not possible to have a "Full Spectrum Prism Understanding" of this most important subject without understanding both! I will also help you put into proper perspective the issue of the inner child and proper Spiritual Parenting, so it is not underestimated or overestimated as to its importance. I just want to show how this most important issue fits in with all the other important subjects I have been exploring in this book! So, on this note, now that I have laid the foundation out for this discussion, we will begin!

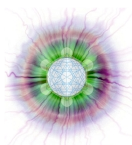
Parenting From A Spiritual Perspective

To begin this most interesting discussion we first must understand that from a Spiritual perspective there is no such thing as children! There are only adult souls who incarnate into children's bodies! There is no such thing as a child soul. The soul may think they are a child, but, in truth, they are not! They have usually had hundreds of

past lives. They have had hundreds of sets of parents!

Secondly, each person chooses their parents. This is a fact! A person's karma does dictate this to a certain extent, and of course, the availability of parents on Earth, which are always in high demand; however, you do have a choice in the matter!

Thirdly, contrary to popular opinion, the soul does not live in the womb. This is illusion. It has a very profound and deep connection to the fetus, however the soul does not incarnate into the physical body until just right before birth or just after birth! The people in the religious right think the soul is the body and this is not true! I am not advocating abortion, however if one chooses to have one you are not killing a soul no matter what the time frame. You are ending the life of a physical body that, in truth, cannot even exist unless a soul chooses to incarnate into it. The phenomena of crib death is where a soul changes its mind after coming in and leaves and the child's body



which dies because it cannot exist without a soul in it!

The belief that some people have that children are a blank slate and it is only the parents and environment that cause it to have the personality it has is ludicrous! I believe they call this the Tabula Rasa. This is illusion. Each soul coming in has had hundreds of past lives so they have totally formed personalities, however this is not to say that parents and environment do not affect the child, for it has an unbelievably profound affect.

Every child comes in also with a Ray configuration, given to it by the Mighty I Am Presence of a Specific Ray for their Monad, Soul, personality, mind, feelings and physical body. This also has an enormous impact on the personality of the soul. Adding to this a person's Astrological Horoscope has an enormous impact! Adding to this the name they are given and the Science of Numerology has an



impact as well!

Now in the Bible there is a statement that we need to be like children! This is inaccurate as well, or a misquote and/or misunderstanding! We need to certainly integrate the fact as adults that we have an inner child, and that this inner child needs to be parented properly and integrated into the overall personality, which most people do not do. However, it is not our purpose to be a child. It is our purpose to be a Spiritual Master who integrates our inner child. There is a big difference. I know plenty of Spiritual people who are run by the inner child, and they are some of the most disturbed people I have ever met. To be run by the inner child is to let your life be run by the emotional body and the negative ego as well, along with lower-self desire! Each person must learn to parent their child. This applies inwardly and outwardly! The proper way to parent a child is with Firmness and Love! If we are too firm, that will become criticalness, and the inner or outer child will develop low self-esteem! If we are too spoiled as parents the inner or outer child will act out, be spoiled and rebellious. Both are products of negative ego and imbalanced thinking!

The inner child is the part of us that is playful, likes to have fun and enjoyment. It is the part that is innocent! It is essential that we totally protect, unconditionally love, and care for both our outer children and inner child!

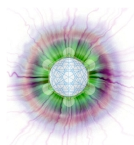
Now, a lot of people have a Spiritual Fantasy about children that they are God Realized when they are young and society screws them up. Well it is true that society screws them up, however they are not God Realized when they are young. Anyone who has been a parent knows this. They go through their terrible twos, and so on, and this is well documented as to the stages of emotional development children go through! In truth, children when they are born are total victims. In truth, they remain victims most of their childhood. Children do not know how to cause

their reality by how they think! They do not know how to cause their feelings and emotions by how they think! They do not know how to protect and shield themselves from the negative thoughts, words, and behaviors of other children or adults for that matter. In truth they are at the mercy of their parents, extended family, teachers, peers and so on. This is why a child will cry, get upset, and get angry so easily!

Now if Spirituality and Psychology were taught in school at the age of kindergarten this could change. However, our education is completely devoid of any Psychological and/or Spiritual Education! So their parents, extended family, school, peers, television, movies, and society program children! They are programmed into personality level thinking, not soul thinking. They are taught to think with their negative ego mind and a little bit of Spiritual Mind, which is called normal! In truth, it is not. It is abnormal from the perspective of the Soul!

As a child grows, its past life development and Ray structure in combination with the parental programming, school programming, peer programming, and media programming will determine the direction the child moves into. This is why those blessed with good parents are really helped out. As a child slowly but surely grows into adulthood, they will have to overcome and undo all this mass consciousness programming to become God Realized! The world gives personality level training, not soul or monadic training! This unfortunately, must be done in adulthood. In the future this will change, for Soul Education will eventually be part of our educational system, however this will not be occurring for awhile!

Children as they are growing up need parents to be in control and to provide Parenting, structure, guidance, and direction. In truth, the parents should be the child's Spiritual Teachers! Some parents have this cockeyed idea that children should be allowed to do what they want. This is called



spoiling, in truth, and will teach the child not to have self-control and self-mastery with self. It is only by the Parent demonstrating Firmness and Love that the Child learns to be firm and loving with their inner child or inner self!

In truth, children are completely run by the emotional body, their own inner child, their desire body, their mind, their subconscious, their personality level thinking and their negative ego to a great extent. It is the job of the parents and the educational system to change this. The problem is the same thing runs most parents; and the educational system only teaches reading, writing, and arithmetic, and is soulless!

In truth, parents are the conscious minds that children don't have! By proper parenting with firmness, and love and the parents being in charge the child begins to develop and learns how to achieve a healthy conscious mind. A conscious mind which knows how to have some degree of self-mastery over their thoughts, feelings, emotions, subconscious, inner child, desire body and negative ego. This, of course, is only achieved if the parents do a good job and the educational system does its job on a personality level of self-actualization. Most parents do not have Soul Realization or Monadic (Spiritual) Level Realization to teach those lessons to the growing child or adolescent. Is it any wonder so many people have so many problems and so many people are not happy, don't have inner peace, aren't successful and why there are so many divorces?

Then there are some parents who believe children and parents should be equals! This is one of the worst ideas a parent could possibly come up with! This would be poisonous to the child! Children need parents to guide them, teach them! To let the child be an equal is to let the negative ego, emotional body, nonreasoning subconscious mind, personality, and desire body run the child's life! A child needs Spiritual, and Psychological and Physical/Earthly training and

education! It is the job of the parents to give it, for the School will only give them the Earthly training and not even all of that in truth! So under no circumstance ever make children and parents equal. Parents are in charge and love and respect the child, but when push comes to shove the parents make the final decisions!

Now some parents try to live through their children or try to shape their children to be totally like them. This is wrong! Children need guidance but need to be allowed to follow their soul inclinations as well! So there is a balance to be found! The best thing you can do for your child is give them the Spiritual and Psychological training they need! Teach them how to own their personal power, have self-love, develop a bubble of protection, think positively, not think with their negative ego mind and think with their spiritual mind, be the cause their reality, look at things as lessons, not be attached to things and only have preferences, to believe in GOD and the Masters and Angels. Teach your children how to pray and call on GOD and the Masters and Angels, how to meditate, how to develop Self-Mastery on a Spiritual, Psychological, and Physical/Earthly level. They should be helped on the Earthly level as well; to do well in school, develop a profession or trade, learn how to organize themselves, develop good work habits, self-discipline, eat right, exercise, structure themselves properly, time management, pursuit of excellence on all levels, treating other people right! There are hundreds of other things I could list, but you get the idea. This is the training children need!

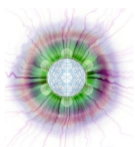
The best thing a parent can do to help a child grow up is to be happy in themselves. Parents should not live through their children. They should be right with self and right with GOD and be focused on their Spiritual Path!

Parents must also understand that they are not really the parents of the child! GOD and the Mighty I Am Presence are the true parents of the Soul! Parents are not really parents; they are caretakers! They are just one set of parents of over



200 sets of parents this Soul has had, and they may have more in the future. This is the perspective that GOD would have you have! So in a sense you are co-parenting with GOD! Parents should pray to GOD and the child's Mighty I Am Presence and Higher Self for help in raising the child! This is the true Spiritual way to parent!

In the Hawaiian Teachings the Higher Self is called the Aumakua or "utterly trustworthy parental self"! Just as our Higher Self is our "utterly trustworthy parental self",



we are meant to become the “utterly trustworthy parental self” for our real children and inner child! Our job is to teach our outer children to become the “utterly trustworthy parental self” for themselves! This is the proper integration of proper alignment of proper parenting from one’s Higher Self to the parents, to the child! This, I feel, is a profound understanding and insight into the ideal of Spiritual Parenting from GOD’s Perspective!

Now if a child or infant should die, they are not a child on the inner plane, they are an adult! They may need an adjustment period to readjust to being an adult, but they are an adult. So, we see the illusion this third dimensional reality lives in and so many levels in regards to this process!

In truth, it is amazing that we have all grown up to be as well adjusted as we are, given the massive unconsciousness of this entire process on a Spiritual and Psychological level on Earth! I think the fact that most people do as well as they do is the total Grace of GOD, the Godforce, Higher Self, and Angels. For most of our parents did not have the Spiritual or the psychological understanding to train us in all these things. We also had the disadvantage of being educated in a soulless educational system and a totally personality level world. In the Seventh Golden Age of this society, this will change! Parents will, overall, be more Spiritual and better-trained Psychologically. Our education system will bring Spirit and the Soul back into that system in a universalistic way that honors and values all religions. No one religion will be allowed to shove its views down a child’s throat, but rather a synthesis training will be given, and Universalistic principles which all religions share will be taught. There will be a focus on ethics, morals, and values! There

will be classes teaching Spiritual Psychology as a focus each day! Teachers will teach about the Masters and Prophets of all religions!

Children will be taught how to master their thoughts, feelings, emotions, and physical body. They will be taught to eat properly and exercise. They will be taught meditation everyday. They will be



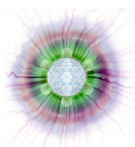
taught how to pray. They will be taught how to push the negative ego/fear-based/separative mind out of their consciousness and how to only think with their Spiritual/Christ/Buddha mind! They will be taught how to be balanced and integrated at all times. They will be taught martial arts such as Tai Chi, Aikido, and Chi Gong! Children will be taught how to get along with other children, and how to resolve conflict and be kind and unconditionally loving! They will be taught the Science of the Rays and how to develop themselves along these lines. They will practice yoga and other methods of Holistic health! This type of training will be seen, from the teacher’s perspective, as being equally important to the training in reading, writing, arithmetic, and the sciences. Children, because of this training, will absolutely “love” school in the future! Teachers will become their Spiritual Teachers, Psychological

Teachers, and Earthly Teachers! This will all be done in Universal and Synthesis manners so no one religion will get bent out of shape!

This absolutely bizarre concept of separation of church and state, that has thrown the baby out with the bath water, will be adjusted and reintegrated in the way it was meant to be in the beginning! It is almost comical that one of the main purposes of life is to overcome “separation!” So what does our government do, it creates “separation” between Church and State. This was originally done for a good reason. It was done to protect our children from fundamentalists who were proselytizing and showing their egotistical beliefs on innocent children. So, in truth, our children did need protection but the solution was almost worse than the crime. To protect our children from fundamentalist, egotistical, religious fanatics, the government went to the other extreme and removed all religion and Spirituality! This was just as egotistical. Both extremes created separation and were caught in their negative egos! The

remedy that Spirit and the Masters will put in place will be this Universalistic and synthesis plan that reintroduces Soul and Spirit in a way that is free from negative ego contamination and self-righteous fundamentalist viewpoints from all religions! This will be the amenable solution to this problem that will be agreeable to all people!

This more balanced Spiritual, Psychological, and Physical/Earthly education and training of our children will completely revolutionize our society and our world! It is my sincere hope and prayer that this chapter on the subject of “Inner and Outer Parenting from the Perspective of the Soul” has served to give you a little greater “full spectrum prism insight” into the concept of parenting from GOD’s Perspective!





Living Your Life As An Ascended Master! By Lord Sananda

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

Beloved ones! I Am Sananda Chohan of the 6th Ray of Devotion! I bring you today a message of Devotion and Love which will give you the inspiration to define yourselves as Ascended Masters. In this incarnation you have the greatest opportunities to progress and to serve God. Through the application of your very soul and Spiritual inheritance you have been given the incarnation of Love. Tuning into the Divine within your heart will activate that which you are to take action, to become an Ascended Master in this body of flesh you inhabit and develop unconditional love for all creatures of the Divine!

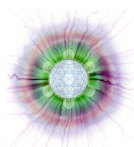
As you start to unfold your talents and gifts from beyond the veil, you will be living your life as whole and complete, joining forces with those who are working with the plan of Divine unfoldment. We have walked the very same paths as you my Friends! We have taken many different turns along that path and found ourselves in the wrong place at the wrong time. But through our perseverance and determined efforts we overcame the dark night of the soul to walk into the light once more! We found that by applying the laws of creation and obeying them, the path would get easier and be less obstructed by our own negative ego agendas and distractions. This is what walking the path of light means, never giving into the darkness for one instant and never giving up. It is your fighting spirit that will determine which path you walk.

The Ascended Master path is not an easy one that is certain, but if realising God is going to be easy, there would not be that much fun to experience along the way!! I jest a little with you there my friends, but you see that the path of an Ascended Master is not always a serious one. We are amused at how serious you all are sometimes, living your lives without the added ingredient of Fun! So the life of an Ascended Master in the making can be one

with a sprinkling of all ingredients to make a perfect recipe of an Integrated Ascended Master! You will be very pleased with the results of this particular recipe I can guarantee that Beloved Ones! LOL!

If you truly want to live the life of an Ascended Master, then become one on all levels, rejoice in the knowledge that GOD is All things and therefore you are too! Nothing is beyond your capabilities and nothing can be too difficult for you to attempt. The making of an Ascended Master is being complete with the knowledge that you can demonstrate your Divinity while still evolving and progressing back to Source. No one is asking you to be perfect at all, just to be dedicated and unconditionally loving in all you want to achieve. If you come from your heart, feel into the Divine essence of what you do, what you say and how you portray yourself, this will become your reality and your being! You will be a true master living in incarnation. For you see dear Friends this is why you have incarnated, to be true to your self, your inner and outer selves, those parts which you are. This is where mastery comes in, realise that negative ego in truth is of your own making, it is a disjointed view of reality, indeed it is nothing like reality. You have all been in "reality" and are in that each time you focus your attention on GOD. Know that all you create becomes your reality at that moment! Is this your ideal life? Do you want to be Masters walking the Earth or non graduating students forever seeking the truth!

What gives you the greatest pleasure, walking the illusionary path which is littered with suffering, misery and lack or walking the golden path back to inner essence, pure Divinity, Universal reality and Oneness? My Friends if you all seek to be the master living as the master on Earth, how different the whole world would become.



How loving and united it would be to enjoy the living of life as a Master.

We see so many students walking towards GOD and then finding a distraction along the way which pulls them back into confusion and challenges, they then ask why is this



happening to me?, when indeed the answer lies within them selves. Keep your mind steady in the light, seek only the light and walk only towards the light and you will experience only joy, happiness, abundance, pleasure and serve God entirely from the understanding that you are incarnated to serve .

Believe that anything is possible and it will be. It is only your limitations that say otherwise. Living as an Ascended Master on the Planet is easy, just allow the rules of God to unfold and obey them! Very simple isn't it? Well you may see it as not so simple but imagine that you are already that master, feel it, embody it, allow yourself to be it and then it becomes so simple!!

Truly All of you have experienced master ship and know what it really feels like, but right now you are experienc-

ing amnesia, yes perhaps I should say Spiritual amnesia. This is an illness, do you think? Well it is a simple one to remedy, place yourself in the tender loving care of the spiritual Doctor, your very own soul/ Monad! For there lies the prescription for perfect spiritual health! A simple, easy medicine that does not taste bitter yes?

Ok enough of the fun, perhaps now I get too serious with you and say why take the bitter pill when you can take the sweet one!! You have the choices for spiritual health, Divine attunement to God and living as a master in this lifetime!

You have all walked down these roads before, but have you learned the many lessons that it has given you; did you take the right or the left turn? Did you seek fullness and oneness or did you forget and catch the amnesia bug again!

This time we are urging you all to make things easier and trust in your intuitiveness, wake up to what is there to be found and go where others may be too afraid to go. You have the plan etched into your soul, you know what the right path to walk is and you can begin it here while in incarnation.

You can live as an Ascended Master, showing what can be done. Know you truly can change the World!

We love every one of you and will ever be present to support you in all you do in search of God. But beware of the amnesia bug!! LOL!

I AM Sananda Your Brother!



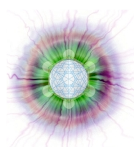
We Would Love To Hear From You!

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 October, please place your submission by September 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



Message From Lord Sirius

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

Message from Lord Sirius

“Beloved Children of Light, I send pure Sirian platinum white light to your beloved hearts to allow you to merge with the cosmic heart.

In this glorious time, I am visiting earth again, to give you a little help as you ride the waves of transition into the strength of the age of Revelation.

It is such a privilege and honor to be here right now.

This is a crucial time for planting and growing new ideas, new thoughts and new behavior.

Now is the time to make the changes you have always wanted to see in the world, because it is these changes that will nurture the collective thoughts of humanity to allow light to shine again.

Since I have been here, I see that the most frequently asked question is about your real mission in this lifetime.

There are so many who anguish, worry and are in turmoil about this.

First of all, Beloveds, to understand and find your mission in life, you have to be aware of your own connection to God. You have to realize that you are one with God and everything you do is related to your purpose in the divine plan.

In other to tune into God or Christ consciousness, one must have the discipline and will power to move beyond mass consciousness.

I observe the consciousness of humanity expanding more and more. Many light workers are opening themselves to attune to energies and light beyond the material universe. But we would like to caution you to practice discernment to that which you allow yourself to attune to. We stress the importance of developing and refining your consciousness so that

you may have the purity within your consciousness to see, perceive and understand much more clearly.

Lightworkers must be discerning in channeling their I AM Presence, or the Masters or any beings of Light. For without a developed consciousness, it is easy to be manipulated by negative energies from the astral plane or lower planes while thinking that one is channeling the masters. As such, one may unknowingly be victimized by energies that are not of the light. One's weaknesses such as pride, a need for others' recognition, a need for power or control, a need to feel important and etc allow the negative ego thought system to take control of one's consciousness and steers one further away from God's path and in turn away from one's true mission on earth.

The most important thing to develop in order to manifest your purpose here is to have a pure heart, humble intention, personal power, unconditional love as well as Christed wisdom. There is no glamour in the mission we came here to manifest; there is no glamour on the path of light, as there is no one mission that is more important or more beautiful than another.

Since everyone is an aspect of God, there is no separation, and no competition. Everyone on earth has an important mission and a purpose to fulfill. And each purpose is equally important, because we are all one and each part of the oneness is divine itself.

Indeed, the success on earth depends upon unity. It depends on each one doing their own part and becoming right with self, before all can come together in unity.

So, Beloveds, before knowing your specific mission and purpose, it is crucial that you understand that no

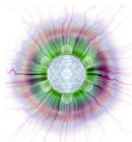
matter what your mission is, it is important to pursue it with Christ consciousness.

With a more developed and refined consciousness, your attunement to your I AM Presence and your life's mission will be much clearer. And when you express Christ consciousness on all levels of your being, you will set the better example for others to follow, allowing even greater light to be manifested.

This is the goal - letting this light and Christ consciousness lead you to fulfill your life's mission and that of Mother Earth.

I invite you to partake in the activation and anchoring of light and information packets into your energy system from the Temple of the Great White Lodge on Sirius. This will assist you to increase your light quotient as well as to fulfill your life's mission. Simply request for this in prayer and/or meditation, and you shall be given! Ask every night to be taken to the Cosmic Heart Temple at the Great White Lodge on Sirius to receive these blessings. I, and all the other Masters also encourage you to keep on developing your consciousness through spiritual psychological work to enable you to fully integrate, manifest, and be the Light. For all spiritual energies can only come into manifestation with your Christed thoughts, feelings, actions and words!

I send you pure platinum white light and all the best wishes to your path of self and God realization to completely fulfill your life's mission on beloved Mother Earth. In divine light and Christ consciousness, Adonai. Lord Sirius.”





Establishing a Firm Foundation for our Meditation Practice (Part 2)

By Toby Ouvry
(I AM U Branch Leader - Singapore)

The Present Moment: Gateway to the Inner Worlds

When a storyteller of the Bretton culture told one of his or her tales, he would traditionally begin with the following opening:

“Once upon a time there was no time, and it was then that...”

From this beginning they would then go on to tell their story. This beginning indicates that their tale is one that happens outside our normal linear concept of time, in what you might call the ‘eternal present’.

The eternal present is the gateway through which we can enter into and experience a reality that is not dominated by linear time and that becomes available to us simply by our learning to let go of our habitual grasping at the past and the future. It is the inner world that is accessed by the artist in order to find his or her inspiration. It is the one that is accessed by the shaman in his/her exploration of the parallel worlds in order to heal, contact the spiritual essences of nature and communicate with the Gods. It is the doorway through which the spiritual seeker enters in order to connect with the higher aspects of his own being, with Enlightened beings and the higher planes of

reality.

The number of inner worlds within ourselves, and within group consciousness is almost unlimited. Conscious awareness of them and systematic development of or connection to them depends on developing a stable experience of present moment awareness.

Present Moment Awareness Helps us to ‘See’

Perhaps most importantly, the development of present moment awareness helps us to begin stripping away all of the conceptual barriers within our minds that prevent us from connecting with our reality in the way that it actually exists, rather than the way that we imagine it exists.

Normally we see our lives and reality through a series of mental concepts and lenses that obstructs our ability simply to look at our circumstances and see them as they are. The more connected we are to our reality as it really is, the more peaceful we will be. Present moment awareness helps us to begin to develop a much more direct and free perception of what is happening in our lives, and to develop a response to it that is harmonious and appropriate.





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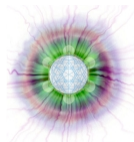
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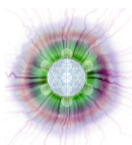
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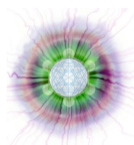
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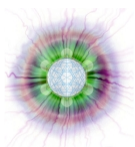
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