**COURSE OUTLINE**

**“I AM” The Bridge to Spiritual Freedom**

**Connecting with our Divine Source**

**VENUE**

[**http://iamfree.co.za/**](http://iamfree.co.za/)

**FREE WORKSHOP**

*Donations may requested to cover cost of venue*

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**“THE SOLUTION TO EVERY PROBLEM IS ALWAYS RIGHT AT HAND, BECAUSE THE**

**“I AM PRESENCE” ALWAYS HOLDS EVERYTHING WITHIN IT!”**

*Discourse XXVI – Ascended Master Saint Germain*

The essence of the Ascended Master Teachings is to get everyone to understand that we are God’s and Goddess’s in embryo and create our individual worlds with every thought, feeling, word and action. We are vested with the greatest gift of life, Freewill, and we have created our own world individually and collectively, over many, many lifetimes. The Name of God is “I AM” and when we say those Holy Words we create. The Light of the Great "I AM" is within each and every one of us, anchored in our Heart, and above us, as shown in the Chart.

Therefore, being individualized God-Beings, with the Power to create, where did we go wrong? In the realm of The God-Beings and The Ascended Masters, there is no discord - no fear, doubt, aging, disease, decay, death, poverty, selfishness, greed, sadness, anger, blame, arguments, misunderstandings or ANYTHING that is not blazing Light and GO(O)D!

Millions of years ago, we consciously turned away from ‘The Ways of Light’ and our “I AM” Presence, from where the Light comes that gives us life, and became ‘sense conscious’ and this is where the majority of mankind still are today. We continually give our attention and power to the outside world of people, places, conditions and things, instead of the Great Light of the “I AM” within us, which if followed through the ‘feelings’ in our hearts, would leads us on a glorious path of Happiness, Health, Abundance, Love, Eternal Peace, and the Victory of our next step on the evolutionary path, The Ascension! Which ALL have to reach one day!

We are at the beginning of a New Golden Age, when the 7th Ray will be predominant for the next 2000 years. It is the Violet Ray of Mercy, Forgiveness, Transmutation, Ceremony and Freedom. The Ascended Master Saint Germain is Chohan of the 7th Ray.

We are also at a cross-road, after millions of years of Grace, The Great Cosmic Law is demanding that humanity make a final choice and individually and collectively, determine our destiny. The old adage ‘we cannot serve two masters” is true. We must decide to either serve the Light and co-create with our “I AM” Presence the perfection that was always meant to be on our sweet Earth, or at the close of this earth-life, continue in our self-created lives of limitation and misery. Never again, and never before, has there been so much help from the Higher Realms of Light as we are receiving now, so it behoves each one of us to take advantage of this. No longer will humanity be allowed to mis-use the Pure Light from our “I AM” Presence. There is a Glorious Divine Plan unfolding as we now enter the permanent Golden Age, to set our Earth, and those who choose to obey the immutable Laws that govern our lives, free from discord forever.

The Ascended Hosts, especially The Ascended Master Saint Germain, released this ancient knowledge during the last century, in a simple format, so all may understand and apply the Universal Laws of Life. The breaking of these Laws is the CAUSE of ALL our misery. We may choose to come again to our “I AM” Presence, learn the use of Light Rays and set ourselves, and all life, eternally free from the wheel of birth and re-birth. However, like anything in life, discipline, dedication, study and application are essential for the required results.

A POWERFUL LIFE-ALTERING WORKSHOP – THAT WILL ONLY OPEN THE DOOR SLIGHTLY, AS CONTINUED STUDY & APPLICATION OF THE KNOWLEDGE GIVEN IN THE ASCENDED MASTER’S BOOKS IS ESSENTIAL TO ACHIEVE RESULTS!

**COURSE MATERIAL OVER TWO DAYS**

**BOTH DAYS START WITH INVOCATION TO THE LIGHT AND SHORT MEDITATION**

***(****Power Point Presentation is used)*

**INTRODUCTION**

* BRIEF DISCUSSION: The ‘Fall of Man’, the incoming New Permanent Golden Age and the plan for the next 2000 years PLEASE READ: <https://iamfree.co.za/where-to-begin>
* Explanation and description of the Chart of the Mighty “I AM” Presence - Knowledge of our own individualized “I AM” Presence, understanding the 7 bodies of mankind. - The four lower bodies, (and the essential need to purify these lower bodies) & The Three Higher Bodies
* Please watch: <https://www.youtube.com/watch?time_continue=91&v=QXNcSno-awc>
* THE DIVINE PLAN OF SAINT GERMAIN & THE ASCENDED HOSTS WHEREBY WE MAY FREE OURLSEVES
* Understanding The Laws of Life – Karma (cause & effect).
* Watch a video by Peter Mt Shasta on his personal encounters with Saint Germain and other Ascended Masters.
* The importance of making the daily Calls (DECREES coupled with VISUALIZATION) for the LIGHT, through the Power, Love and authority of our individualized “I AM” Presence. Daily invoking the **TUBE OF PROTECTIVE LIGHT & THE VIOLET FLAME OF TRANSMUTATION** from our “I AM” Presence is essential. We are here to PURIFY & EXPAND the Light in the electrons in every cell of our four lower bodies, and that of ALL mankind (we do for others until they know to do for themselves).
* MEDITATION is the essential process that allows us to receive the direction being given to us from our “I AM” Presence and the Ascended Masters - “BE STILL AND KNOW THAT “I AM” GOD”! We need to be constantly alert to the HINTS given! These may come in many forms of ‘inner feelings’ – the ‘still small voice within,’ - external signs, a clear voice, a dream and other means by which we may receive direction, and it is up to us to be alert, discerning and through the ‘feelings’ in our heart, follow the correct path.
* **THE RYTHMIC BREATH** - knowledge and application
* **THE THREE KINGDOMS – MANKIND, ANGELS & ELEMENTALS**
* Learning about, and cooperating with the Elementals and Angels to co-create Perfection!

**Lady Nada***: “KNOWLEDGE UNUSED IS MORE DANGEROUS THAN IGNORANCE, because with knowledge comes karma and obligation to weave out of the individual’s energy a blessing to life commensurate with the knowledge received.”*

*INFORMATION FOR THE COURSE*

1. Further recommended reading prior to the course can be found on the website – Where to begin:

<https://iamfree.co.za/where-to-begin>

1. Please, if possible wear white or light colours – try to avoid black and bright red. Many thanks.
2. The majority of the books are available on line to download without any charge for those that are happy to read on the computer/kindle or the chapters may be printed from here: <https://iamfree.co.za/free-books>
3. For those that prefer physical books, a few are available to purchase at cost. (This is not a commercial endeavor)
4. IF POSSIBLE, PLEASE BRING A **16GB** **FLASH-DRIVE** TO THE COURSE, SO AUDIO BOOKS AND OTHER WONDERFUL THINGS CAN BE TRANSFERRED.
5. LUNCH AND TEAS -Please bring to share, vegetarian or vegan, without garlic or onion. Thank you!

**Dates: ………………………….2020**

**Saturday** 8.45 Registration

9:00am till 15:30 Workshop

**Sunday** 09:00am till 13.30 Workshop

**Venue:**

**Host:**

**Presenter: Anthea +27 (0) 83 227 0269 – WhatsApp/SMS** [**antheaiamlight@gmail.com**](mailto:antheaiamlight@gmail.com)

WEBSITE: [www.iamfree.co.za](http://www.iamfree.co.za)

Free e-Books: <https://iamfree.co.za/free-books>

*Limited Hard copy books will be for sale at cost*

***Donations for venue requested please***

**FURTHER NOTES:**

We are on Earth to reach our Ascension, it is the culmination of every human life-stream, and also to serve and expand the ‘Kingdom of God’. This is done through our own individualized “I AM Presence” - The God-Presence in each one of us**. The Laws of Life, that apply to all life, need to be learned, understood and applied, in order for this to happen**. The daily use of ‘The Violet Transmuting Flame’, ‘The Tube of Protective Light’, and other essential tools need to be understood and applied.

Very few of us know anything about Ascension, or how to achieve it, and yet it is our NEXT STEP on the evolutionary ladder and so ALL must one day reach the Ascended State. During the last century, accredited messengers, such as Guy & Edna Ballard (1930’s) and Geraldine Innocente, and others of the “Philadelphia Group” (1950’s – and on), were trained and chosen by the Ascended Masters, and were given essential information to share with the world. Never before has this information been given to the people of Earth in such volume, clarity or in such a simple and easy-to-understand way and means to apply. Before now, it was only for the Priests and Priestesses in the Mystery Schools or avid seekers of the Truth that managed to access this information. Now ALL mankind needs to know this, and come into the ‘Ways of Light’ and learn the ‘Laws of Life’, as we are in the ‘end times’ of this vibrational frequency on this planet. We have been warned of this in the Old Testament, The New Testament, Washington’s Vision and many other Sacred Texts and Prophets through the centuries.

There have been other accredited messengers in the recent past such as Alice Bailey, Madam Blavatsky, Baird T Spalding, Peter Mt Shasta, Norman Blyth, some Saints and Sages in India, and a few others, however it is a very rare thing – usually one every 100 years. People are trained for this service over many lifetimes.

The information explains how we can raise ourselves out of our self-created misery into the Ascended Realms of Freedom and Joy. Nobody can do this for another, although we can help others, until they come into this knowledge. We created our worlds, and we must now undo the imperfection, through the Law of Forgiveness and the use of The Violet Transmuting Flame, and re-do the perfection! However, without the knowledge of HOW to do this, and the use of the Sacred Fire, it is a virtually impossible task! When we start to LIVE ACCORDING TO THE WAY-SHOWERS, as they have asked us to do, instead of just worshiping them, and when we start to TAKE RESPONSIBILITY for the way we behave every minute – following the LAWS OF LIFE - applicable to all life everywhere, not just here on Earth – our lives WILL change – they have to, it is an accurate, unalterable, impersonal LAW of LIFE. ‘As we sow – so we reap’ or the Law of Karma, Cause & Effect (energy and vibration) is an unavoidable Law.

This information on the “I AM” Presence, the Tube of Light, the Violet Transmuting Fire, the Laws of Life, and much more, was released in a **last attempt** to free mankind of the bondages that keep us in our current state of ill-health, aging, poverty, fear, selfishness, greed, wars etc. and which we see written across the face of our planet. None of which is our Divine Plan and only came into being after the ‘Fall of Man’ millions of years ago. We consciously turned away from God, our “I AM” Presence and became ‘sense conscious’ and give power to the ‘outside world’. During the time of the ‘Garden of Eden’ we experienced this Perfection and we ARE going back to that state of Perfection, it has been decreed so, by Cosmic Fiat! We have had 1000’s of lifetimes to ‘wake up’ and no longer will the Earth be allowed to delay the process of the Universal Cosmic In-breath, which we are now experiencing, which is bringing unprecedented Cosmic Light to Earth.

This workshop will only open the door very slightly to the path of ASCENSION, as to achieve this, requires CONSTANT STUDY, KNOWLEDGE, APPLICATION, DISCIPLINE, COURAGE, DETERMINATION AND A DEFINITE CHANGE IN OUR LIVES. We need to leave old conditionings and ways that have separated us, have not served us, and are not applicable for the next 2000 years, and accept the knowledge given to us from the Ascended Hosts, which may seem new & uncertain in the beginning but are infact is common sense. We need to be discerning and dedicated with a whole-hearted desire to expand the LIGHT, through The 3-Fold Flame in our Hearts, the anchorage of our Mighty “I AM” Presence in our physical body!

Furthermore, we need to surrender and consciously work with our ‘I AM Presence’ and the Great White (Light) Brotherhood – The Ascended Hosts - as they have walked the Earth as we are now doing, and so KNOW the ways to achieve Mastery, and permanent Peace, Health and Joy, and our Ascension!

Like anything in life, we learn from those that have mastered the skill we want to acquire. We need to practice and practice until we Master the way we behave and our use life – always with PEACE, HARMONY, SELFLESSNESS LOVE, HUMILITY, DISCERNMENT AND GRACE - no matter what the outer world is presenting to us to overcome, so we may become the Ascended Master which is our destiny!

I can only speak for myself, and while the possibility of ‘Ascension’ and ‘Immortality’ were in my consciousness for many, many years, and I traversed down many avenues seeking the Truth, going only as far as the literature or teaching of the ‘un-ascended’ one.

These Teachings are not human they are Divine, designed in the ‘Inner Levels’ by The Ascended Beings, and applicable for the next 2000 years.  They explain the **Laws of Life**, which are unavoidable, impersonal, immutable and mathematically accurate – and apply to all life everywhere in this and all Universes. These Teachings are based simply on the Laws of Energy and Vibration, and are untainted by human differences and opinions. If followed, we will achieve our Ascension, the next step on the evolutionary ladder. *It is a personal journey of awakening & self-discovery.*

IT IS THE MOST MYSTICAL AND WONDER-FILLED SPIRITUAL JOURNEY WE CAN EVER EMBARK ON, AS WE DRAW CLOSER AND CLOSER TO OUR OWN PRESENCE OF GOD “I AM”, AND THE ASCENDED HOSTS, AND MORE LIGHT IS RELEASED FOR OUR USE AS WE BECOME MORE RESPONSIBLE AND TRUSTWORTHY WITH THE LIGHT, through our own self-discipline. Out of mercy, our Mighty “I AM” Presence will only release the Light, when it knows we are responsible enough to receive it and use it correctly. So this depends on our own self-control of our minds and emotions and **consciously** keeping Love, Peace and Harmony in our feelings, words, and actions continually! WE WILL BE TESTED, as how do we know if we have mastered something unless we are tested?

So if ‘ASCENSION’ is knocking on your door, and you feel the time is right, come and learn a little to get you started!

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**THE BELOVED ASCENDED MASTER SAINT GERMAIN**