**“I AM” Workshop links and readings:**

<https://iamfree.co.za/>

This knowledge from the Ascended Masters, in particular one known as Saint Germain, differs from other teachings in that it explains our individualized God Presence “I AM”, through which we call for the Light (Decrees) to set ourselves and others free (until they learn to do it for themselves). Ultimately no one can free another, as no one can think, feel, say or do for another. Reading and applying the knowledge is the key.

*“Throughout the universe manifestation is brought about through decrees or fiats!”*

*— The Great Divine Director –*

*St. John, Chap. 1:1- “In the beginning was THE WORD... and without THE WORD, NOTHING WAS MADE.”*

*The WORD is “I AM” the ‘LOST WORD’*

**PLEASE NOTE**: This information from the Ascended Masters regarding the God-Presence “I AM” within and above each one of us, is NOT in any way affiliated to any one specific religion, culture, nationality, organization, ideology, teachings or philosophy. It is just relates to the simple truth of who you are, and the immutable Universal Laws that govern our lives.

This Sacred knowledge is not new, it is as old as the beginning of life on this planet, it is just presented in a new way in order to reach as many as possible during these times of ‘great change’ on our Earth.

**DAY ONE**

1 THE LIMITLESS POWER OF YOUR “I AM” PRESENCE

<https://www.youtube.com/watch?v=rSliiQGrQvM>

2 THE GREAT DIVINE DIRECTOR

<https://www.youtube.com/watch?v=xGEEemiR0-8>

3 DESCRIPTION OF THE CHART

<https://www.youtube.com/watch?v=OxpwnzviP-Y&t=403s>

4 THE “I AM” PRESENCE

<https://www.youtube.com/watch?v=gXqFc3GH-A8&t=5s>

5 INSTRUCTION ON THE VIOLET TRANSMUTING FLAME By SAINT GERMAIN

<https://www.youtube.com/watch?v=fFAPZUUQNB0>

<https://www.youtube.com/watch?v=lMkTpNG7h8Q>

6 WORDS OF WISDOM By SAINT GERMAIN

<https://www.youtube.com/watch?v=acnfU3EC4Yc&t=24s>

7 THE ETERNAL LAW OF LIFE

<https://www.youtube.com/watch?v=Za7oVR-Q0sg&t=31s>

8 DEVELOPING A PILLAR OF PROTECTIVE LIGHT

<https://www.youtube.com/watch?v=W6Vt5Ymis5A&t=195s>

9 THE USE OF LIGHT RAYS AND CREATION

<https://www.youtube.com/watch?v=oApYBfNyTBc&t=3s>

<https://www.youtube.com/watch?v=EReMu1-0ccE>

<https://www.youtube.com/watch?v=rrq3Q08nvNU>

**WEBSITE LINK:**

THE “I AM” PRESENCE, THE 3-FOLD FLAME & ASCENSION

<https://iamfree.co.za/ascension-topics-1>

**DECREEING**

[**https://iamfree.co.za/decreeing**](https://iamfree.co.za/decreeing)

**DAY TWO**

1. **ASCENSION**

<https://www.youtube.com/watch?v=Eh5TinHpnWA>

**WEBSITE LINK: CO-CREATING WITH THE ANGELIC AND ELEMENTAL KINGDOMS**

<https://iamfree.co.za/the-laws-of-life-self-mastery-xy69a>

**THE ELEMENTAL KINGDOM**

1. THE SEVEN STEPS TO CREATION BY THE GREAT ELOHIM OF PEACE

<https://www.youtube.com/watch?v=cdpX-fJYJ4M&t=15s>

1. AN ELEMENTAL VISITS THE KARMIC BOARD

<https://www.youtube.com/watch?v=1XgwRZ0NJcY&t=7s>

4 YOU CAN BECOME MORE BEAUTIFUL

<https://www.youtube.com/watch?v=FnlszIY2NRE>

5 YOU ARE CONSTANLY RADIATING

<https://www.youtube.com/watch?v=JWtklOSOJIQ>

6 THE CENTRAL SUN, THE DISTRIBUTING CENTER

<https://www.youtube.com/watch?v=AuqUczvsWFc&t=3s>

7 ENERGY & VIBRATION

<https://www.youtube.com/watch?v=8ebsLrTEoro&t=7s>

**WEBSITE LINK:**

<https://iamfree.co.za/the-laws-of-life-self-mastery-a4kjy>

**THE ANGELIC KINGDOM**

8 HOW WE CAN HELP THE ANGELS

<https://www.youtube.com/watch?v=6R5xjKFSwE8&t=345s>

9 HOW THE ANGELS HELP US

<https://www.youtube.com/watch?v=4fdobGG48qY>

**WEBSITE LINK:**

<https://iamfree.co.za/peace-cooperation>

**THE RHYTHMIC BREATH**

1. INSTRUCTION OF THE RHYTHMIC BREATH

<https://www.youtube.com/watch?v=pWzW2xDL5Kw&t=19s>

1. EXPANDING CONSCIOUSNESS THROUGH RHYTHMIC BREATH

<https://www.youtube.com/watch?v=9LrUh4gdHMs>

1. THE COSMIC URGENCY OF THE HOUR & THE RHYTHMIC BREATH

<https://www.youtube.com/watch?v=OQ5RyZEaxS0>

**WEBSITE LINK: THE RYTHMIC BREATH**

<https://iamfree.co.za/becoming-a-conductor-of-great-light>

**FREE E-BOOKS**

[**https://iamfree.co.za/free-books**](https://iamfree.co.za/free-books)