ONLINE COURSE

**WEEK ONE**

**Ascended Master’s Teachings on The “I AM”**

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

**NEW ZOOM LINK WILL BE SENT EVERY WEEK** (see link below)

**MEETING TIME:** **South African time: 7pm - 8.15pm**

<https://www.timeanddate.com/worldclock/converter-classic.html>

*If your time differs, the link to a time converter is above*

**Please try and be on time, as we will start promptly – many thanks ☺**

***NOTE: There will be a recording for those unable to attend.***

**NOTES FOR WEEK ONE Wednesday 14th September 2022**

***Greetings to you all and welcome!***

**TOPICS**: ALL SESSIONS ARE DONE VIA A POWERPOINT

**Introduction**

* 1. Using Zoom – *please make a note of questions for the end of the session. We keep our videos and mics off during the session and then at the end people may put on their videos and unmute to chat etc.*
  2. The intention of the Course
  3. Who are the Ascended Masters, How the Teachings came in, the essence of the Teachings, the 2 Major Dispensations, what happened to the Earth – Sanat Kumara and how He saved the Earth. Why we are in such a mess, the solutions available!

*After the meeting, for those that are keen, we can open our mics, put on our videos and introduce ourselves! This is OPTIONAL! ☺*

**Suggested study material for WEEK ONE:**

THE MORE TIME WE CAN DEVOTE TO STUDYING THE MATERIAL, THE QUICKER WE PROGRESS, AND MORE USEFUL WE ARE! *So please study as much as you can from the website*. The <https://iamfree.co.za/> website has not been mixed with any human teachings, the material on there is purely from the trusted sources of Ascended Master Teachings – **Don’t be overwhelmed, go slowly, and get the guidance from WITHIN as to what to read and listen to ☺ You don’t need to all this in one week, but try to make it a major focus over the 12 weeks.**

1 WHAT HAPPENED TO THE EARTH?

<https://iamfree.co.za/the-i-am-presence-ascension-1>

2 DIVINE BEINGS - More about Beloved Saint Germain, Sanat Kumara & The Ascended Masters

<https://iamfree.co.za/the-i-am-presence-ascension>

I look forward to seeing you all online later (WEDNESDAY 14th September 2022)

If you have any queries please email me: [iam@iamfree.co.za](mailto:iam@iamfree.co.za)

Blessings and Love

Anthea

*NOTE: This information from the Ascended Masters regarding the “I AM Presence” within each and every one of us, is not affiliated in any way to any particular religion, culture, nationality, organization, ideology, teaching or philosophy. It just relates to the simple truth of who we are, the immutable Universal Laws that govern our lives, and the next step on our evolutionary path, The Ascension, and how to achieve it, by those that are Ascended.*

**ZOOM LINK for Wednesday 14th September 2022:**

Anthea is inviting you to a scheduled Zoom meeting.

Topic: "I AM" ONLINE WORKSHOP - Week 1

Time: Sep 14, 2022 07:00 PM Johannesburg

Join Zoom Meeting

https://us06web.zoom.us/j/83183979909?pwd=NjNEYlI3aDNsVytjd1lCSDZhT0ZXZz09

Meeting ID: 831 8397 9909

Passcode: 628361

One tap mobile

+13126266799,,83183979909#,,,,\*628361# US (Chicago)

+13462487799,,83183979909#,,,,\*628361# US (Houston)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 386 347 5053 US

+1 564 217 2000 US

+1 646 876 9923 US (New York)

+1 646 931 3860 US

+1 669 444 9171 US

+1 669 900 6833 US (San Jose)

+1 719 359 4580 US

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

+1 309 205 3325 US

Meeting ID: 831 8397 9909

Passcode: 628361

Find your local number: https://us06web.zoom.us/u/keyzfWVhpV