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

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

**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>

**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 YOU CAN BECOME MORE BEAUTIFUL

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

8 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**

9 HOW WE CAN HELP THE ANGELS

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

 10 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)