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

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

YOUTUBE CHANNEL: <https://www.youtube.com/channel/UCoWIqDA6jimykgCpav4HToA/videos>

BITSHUTE CHANNEL:

<https://www.bitchute.com/channel/DbP5956cvnD3/>

This knowledge from the Ascended Masters, in particular one known as Saint Germain, differs from other teachings in that it is from a PURELY DIVINE SOURCE, and in the Ascended Realm there are no mistakes. As explained in the workshop, the information is free from human teachings, concepts, ideas, ideologies, opinions & theories. The information came through a VISIBLE LIGHT & SOUND RAY through which the Ascended Masters spoke, and the Dictations were transcribed.

The information given to us, explains THE METHODS & TECHNIQUES TO SET OURSELVES ETERNALLY FREE this lifetime. They turn us towards our individualized God-Presence “I AM”, explain the immutable Universal Laws that govern our Lives, the use of The Sacred Fire to Transmute our mis-use of life, so we can achieve our next step on the evolutionary ladder, our ASCENSION. Which ALL have to do one day!

When we call (Decree) in the Name & Authority of our “I AM” Presence for the Sacred Fire (Qualified Light), it is instantly released through our 4 lower bodies, our world and affairs. This is how we can redeem the karma of lifetimes and set ourselves, and all life we have ever harmed FREE. We can also assist others, until they learn to do it for themselves. However, ultimately no one can permanently free another, as no one can think, feel, say or do for another, but we can lessen their karma though the use of Light Rays.

**Reading and applying the knowledge is the KEY to our ultimate Freedom.**

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

*— The Great Divine Director –*

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 and simple way, in order to reach as many as possible during these times of the COSMIC IN-BREATH which will Cause THE GREAT AWAKENING and bring great changes to our Earth. The Cosmic In-Breath will bring greater and greater COSMIC LIGHT to the Earth as we transition into the permanent Golden Age now dawning. ALL life is required to vibrate at much higher frequency in order to be compatible with the planetary evolution, the choice is ours to make.

**FREE E-BOOKS:** [**https://iamfree.co.za/free-e-books**](https://iamfree.co.za/free-e-books)

**FREE AUDIO BOOKS:** [**https://iamfree.co.za/the-laws-of-life-self-mastery-lgb85**](https://iamfree.co.za/the-laws-of-life-self-mastery-lgb85)

 **“I AM” FREE ONLINE WORKSHOP 12 x 1-hour sessions – PLAYLIST LINK**

*(please share it with anyone that you think may be interested – the Ascended Masters need us to do this here on Earth):*

[**https://www.youtube.com/playlist?list=PLV9ohXRiT1\_pMqHsDJTAf7iOaDfe9VS69**](https://www.youtube.com/playlist?list=PLV9ohXRiT1_pMqHsDJTAf7iOaDfe9VS69)

**LINK TO THE POWER POINT PRESENTATIONS:**

DAY ONE:

<https://mega.nz/file/tgd2xRTI#DQZHHBnTy1DLZo-HLEyKIarAMeixH9C43HTGD66gLMs>

DAY TWO:

<https://mega.nz/file/k5twlAAb#zZXruBVZWpxEUEaUmEf8CSWV3KkFGYbD3xVpEHnyRKg>

**IMPORTANT HEALING MEDITATION AS GIVEN TO NORMAN BY THE GREAT DIVINE DIRECTOR**

<https://www.youtube.com/watch?v=XLWvbuocQwA&list=PLV9ohXRiT1_qPrFCIdCiwNAwMEno0yeKS&index=2>

**IMPORTANT INFORMATION ON SAINT GERMAIN & SANAT KUMARA:**

**SAINT GERMAIN- A TRIBUTE & HISTORY**

<https://www.youtube.com/watch?v=IIs98Gb5M1o>

**WHO IS SANAT KUMARA?**

<https://www.youtube.com/watch?v=GNE_d5NcUV4>

**DAILY GRATITUDE MEDIATION**

<https://www.youtube.com/watch?v=o1yUbx3JsYM&list=PLV9ohXRiT1_qPrFCIdCiwNAwMEno0yeKS&index=7>

**WONDERFUL DAILY PEACE INVOCATION**

<https://www.youtube.com/watch?v=RyLFA2aDbKs&t=18s>

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**WORKSHOP - DAY ONE** (*unfortunately some of the YouTubes have suddenly got ads – you can go to the Bitshute Channel if you prefer no ads.* [*https://www.bitchute.com/channel/DbP5956cvnD3/*](https://www.bitchute.com/channel/DbP5956cvnD3/)*)*

1 THE ETERNAL LAW OF LIFE

<https://www.youtube.com/watch?v=Ex687Fjbk6E>

2 THE COSMIC URGENCY OF THE HOUR & THE RHYTHMIC BREATH

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

3 THE LIMITLESS POWER OF YOUR “I AM” PRESENCE

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

4 THE GREAT DIVINE DIRECTOR

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

5 DESCRIPTION OF THE CHART

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

6 THE “I AM” PRESENCE

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

**THE VIOLET FLAME (VERY IMPORTANT)**

**WESBITE LINK:** [**https://iamfree.co.za/divine-beings-1**](https://iamfree.co.za/divine-beings-1)

7 INSTRUCTION ON THE VIOLET TRANSMUTING FLAME By SAINT GERMAIN

<https://www.youtube.com/watch?v=jDyvBrVo3yQ&t=11s>

UNDERSTANDING THE ACTION OF THE VIOLET FLAME BY ADK LUK

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

VIOLET FLAME DECREES

<https://www.youtube.com/watch?v=lMkTpNG7h8Q&t=26s>

VIOLET FLAME MEDITATION

<https://www.youtube.com/watch?v=pqrdNS8iUYg&t=296s>

VIOLET FLAME HEALING MEDITATION

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

8 WORDS OF WISDOM By SAINT GERMAIN

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

9 THE ETERNAL LAW OF LIFE

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

**PROTECTION (VERY IMPORTANT)**

**WEBSITE LINK:**

[**https://iamfree.co.za/creation-the-new-cycle**](https://iamfree.co.za/creation-the-new-cycle)

10 DEVELOPING A PILLAR OF PROTECTIVE LIGHT & ARCHANGEL MICHAEL’S ARMOR OF LIGHT

<https://www.youtube.com/watch?v=i_J0DOwx9gg&t=27s>

11 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>

12 THE SCEPTER & CROWN (the importance of combining Decrees and Meditation)

<https://www.youtube.com/watch?v=-tyBQqfEvFw&t=171s>

13 SAINT GERMAIN ON THE GOLDEN AGE DAWING AND CALLS FOR OUR HELP:

<https://www.youtube.com/watch?v=TQLyRLaz7j0&t=9s>

**14 LEARNING THROUGH RELATIONSHIPS – BELOVED EL MORYA**

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

**WEBSITE LINKS:**

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)

**MEDITATION**

<https://iamfree.co.za/meditation-contemplation-1>

**WORKSHOP - DAY TWO**

1. **ASCENSION**

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

2 **‘THE SPIRITUAL CARAVAN’ BY BELOVED EL MORYA -**

<https://www.youtube.com/watch?v=jj-_pJnjbzk&t=7s>

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

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

**THE CROWN OF LIGHT FROM THE ELOHIM**

**WEBSITE LINK:** <https://iamfree.co.za/the-laws-of-life-self-mastery-7tb9b>

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

**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>

BELOVED VIRGO & PELLEUR DIRECTOR OF THE EARTH ELEMENTALS (Gnomes)

<https://www.youtube.com/watch?v=GcGWN11Hj54>

BELOVED NEPTUNE & LUNARA DIRECTORS OF THE WATER ELEMENTALS (Undines)

<https://www.youtube.com/watch?v=pNrhkKhWva8>

BELOVED THOR & ARIES DIRECTORS OF THE AIR ELEMENTALS (Sylphs)

<https://www.youtube.com/watch?v=BBOk2cF2Qfo>

BELOVED PRINCE OROMASIS & HOLY DIANA DIRECTORS OF THE FIRE ELEMENTALS (Salamanders)

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

OPULENCE & HEALTH THROUGH HARMONY

<https://www.youtube.com/watch?v=49lkm7D2NQg>

1. CREATING A MYSTICAL BOND OF FRIENDSHIP WITH THE ELEMENTAL KINGDOM

<https://www.youtube.com/watch?v=F6qRpRiMUsQ&t=10s>

1. AN ELEMENTAL VISITS THE KARMIC BOARD.

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

6 YOU CAN BECOME MORE BEAUTIFUL

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

7 YOU ARE CONSTANLY RADIATING

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

8 THE CENTRAL SUN, THE DISTRIBUTING CENTER

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

9 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**

10 OUR MINISTERING ANGEL

<https://www.youtube.com/watch?v=F6qRpRiMUsQ&t=10s>

11 HOW WE CAN HELP THE ANGELS

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

12 HOW THE ANGELS HELP US

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

13 THE SPIRIT OF HOPE AND POWER OF THE RESURRECTION FLAME – ARCHANGEL GABRIEL

<https://www.youtube.com/watch?v=-_mkKjqB_0I&t=1s>

**WEBSITE LINK:**

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

**THE RHYTHMIC BREATH**

14 THE COSMIC URGENCY OF THE HOUR & THE RHYTHMIC BREATH

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

15. BREATH THE HOLY ELIXIR OF LIFE

<https://www.youtube.com/watch?v=yQ865EQma7g>

1. EXPANDING CONSCIOUSNESS THROUGH RHYTHMIC BREATH

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

1. INSTRUCTION OF THE RHYTHMIC BREATH

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

**WEBSITE LINK: THE RHYTHMIC BREATH**

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

**GRIEF & SO-CALLED DEATH**

**WEBSITE LINK:**

[**https://iamfree.co.za/the-laws-of-life-self-mastery-5**](https://iamfree.co.za/the-laws-of-life-self-mastery-5)

**THERE IS NO DEATH -**

<https://www.youtube.com/watch?v=tNY90haD-G4&t=28s>

**CHAKRAS IN THE NEW CYCLE**

**WEBSITE LINK:**

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

**YOUTUBE CHAKRAS**

<https://www.youtube.com/watch?v=19gnDnvThCc>

**THE ANIMAL KINGDOM**

https://iamfree.co.za/the-laws-of-life-self-mastery-y9kdf

**CONNECTING THE DOTS TO UNIVERSAL INCOME FOR ALL – A personal journey of Good Hope Sanctuary chelas – a Presentation given at Monkey Valley in Feb. 2021**

[**https://www.bitchute.com/video/kfW6ZJ7M3BoM/**](https://www.bitchute.com/video/kfW6ZJ7M3BoM/)

**MUSIC OF PLANTS**

[**https://www.youtube.com/watch?v=3rlTIPiLYHo**](https://www.youtube.com/watch?v=3rlTIPiLYHo)

[**https://www.youtube.com/watch?v=8gPERvgAQTc**](https://www.youtube.com/watch?v=8gPERvgAQTc)