

# **The Sacred Words**

**I AM**

**by the Ascended Masters**

**This booklet contains Ascended Master Teaching;  
therefore, it belongs to the Great White Brotherhood.**

**It is offered to be USED AND SHARED  
without altering this Teaching Purity  
– with Love, Gratitude and Reverence  
in Service to the Great I AM, in His Name.**

**“The Sacred Words I AM by the Ascended Masters”**

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**Year 64 of the Age of Freedom**



This book is dedicated in eternal love and gratitude  
to all Beings, Ascended and non-Ascended,  
who made it possible that this Sacred  
and Transcendent Knowledge is available today  
for the use and redemption of all mankind

**Grupo Vida Libre**

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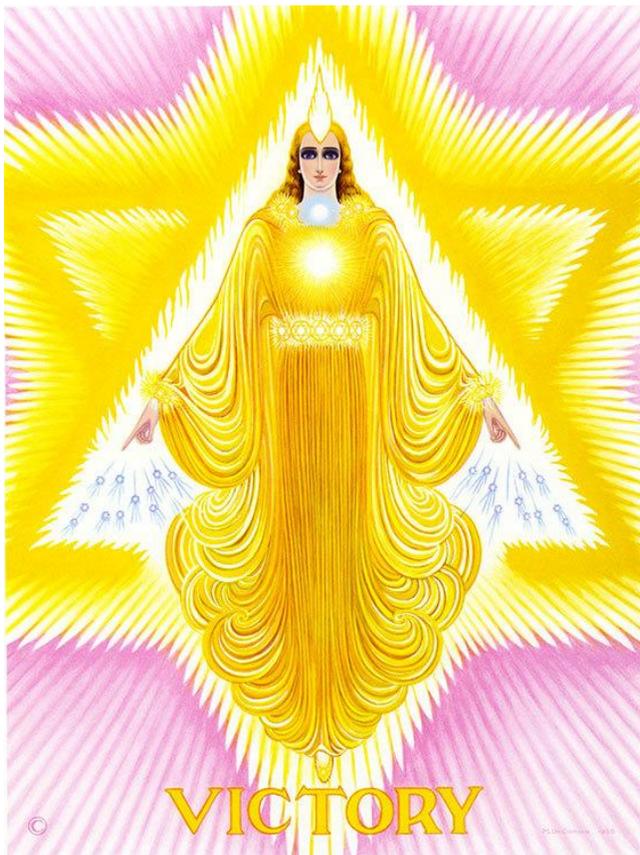
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Love, Gratitude and Blessings, **Maribel Palazzolo**, for the gift of your beautiful pictures (pages 3, 20, 36, 51 & 55)

## **POWER OF TWO WORDS**

**“The “I AM” Discourses by the Great Cosmic Being,  
Beloved Mighty Victory” Discourse XII. Page 275**

**“The World is returning, beloved ones, to the  
Glory of God, and in that Glory has found Its  
Scepter, the Words "I AM." No wonder individuals  
now and then sought the world over for the  
explanation of those Two Words; but when they  
did attain that Explanation, they were no longer of  
the world, and mankind soon saw them no more!**



Notice, your beloved Messengers came to know the Power of those Words and chose to remain here and assist you. Do you not think it is time for them to no longer battle with mankind to carry to them the Truth? Do you not think it is time that is finished? I think so, and if you will observe, you will see with Me that is quite right!

**“Now, if you really understand that an "I AM" Decree issued by an individual or a great Group, is an Activity in the mental and feeling world of all mankind, which is ONE — therefore, its very individualization must feel some portion of that Mighty Decree throughout the Land!”**

**Lord Victory “The “I AM” Discourses by the Great Cosmic Being, Beloved Mighty Victory” Discourse Page 126**



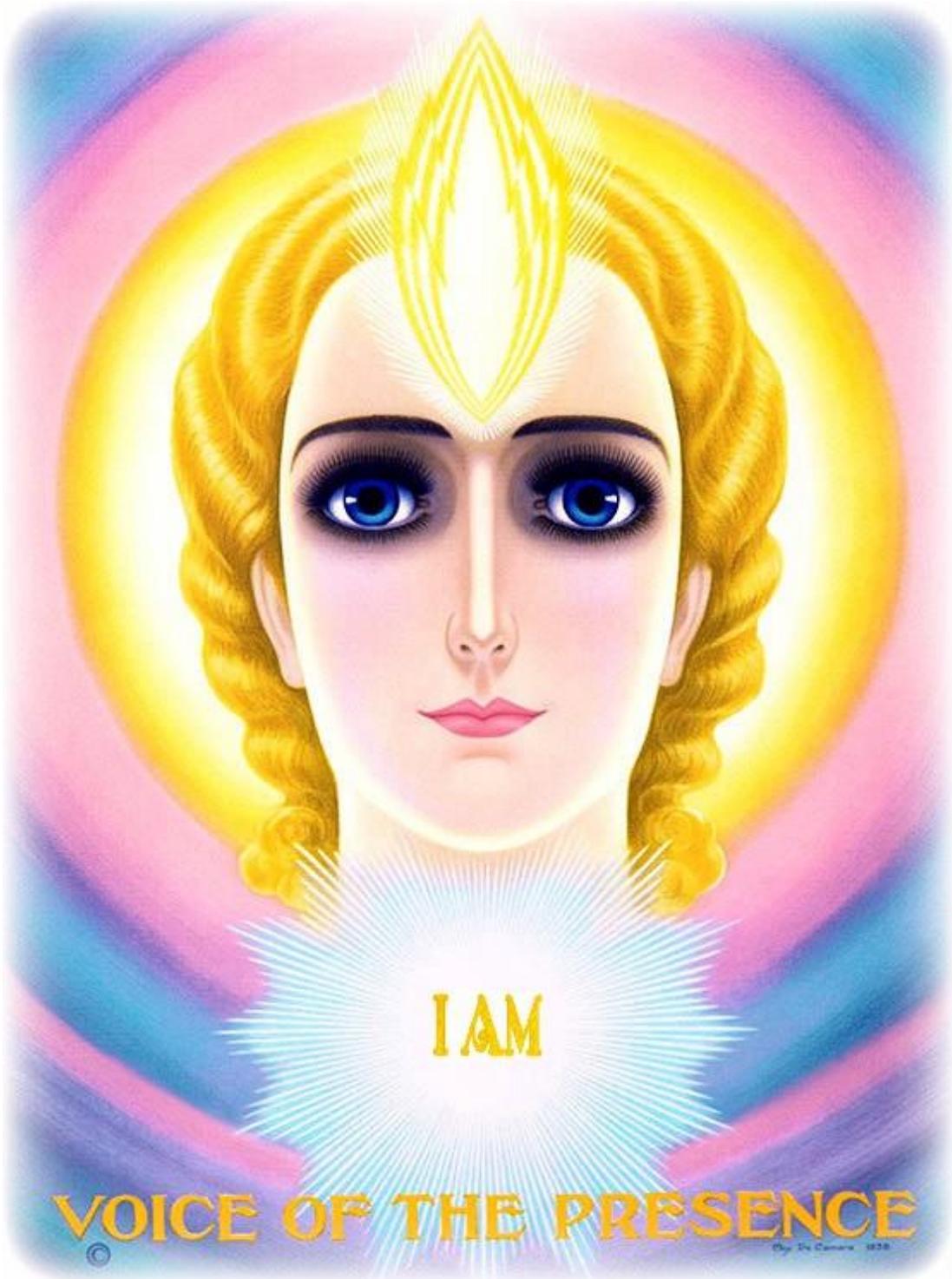
“Think of your Power of Qualification in the words that you use by the hour; and be very careful, beloved ones, that you do not joke with the Law! It might choose to joke with you! It is not quite safe! You see, you are responsible for every vibratory action which you send forth in your world of action. You do not quite understand that, but you cannot speak a word, you cannot feel a feeling, that you do not send forth a vibratory action into your world of action.

**If you understood and would send forth the Ascended Masters' Words of Power, which are in those Books, in your Mighty "I AM" Decrees, and stand by them - soon you would see the outpicturing of the Perfection of Their Qualities, which is in Their Words!**

Oh, please won't you remember to not ever say, "I can't, I am broke, I am a failure." Oh, please do not ever say those words again! You are being false to Life when you use those terms! I Am very serious just now, Beloved Ones. You are untrue to Life when you let your lips or your feelings utter those words —"I am sick, I am unhappy, I am broke, I am helpless, I am the victim of circumstances.". **Oh, My dear people, what makes a discordant circumstance? Your denial of the "I AM" Powers of Life!**

**Beloved Ones, I plead with you, be careful of your words and the vibratory action which goes out from your feeling world!** When you see or realize that your feeling is the Powerhouse of you and your worlds, if you charge that feeling with discord and limitation, how can you hope to have Harmony, Happiness, and the Victory of Life? Since this Service has been rendered, tonight **I Am prompting you on these things; and won't you be kind enough, please, to stand guard and be alert to your words and feelings?**

**Lord Victory "The "I AM" Discourses by the Great Cosmic Being, Beloved Mighty Victory" Discourse VIII. Page 179**



**Discourse XI. Great Divine Director**  
**“The I AM Discourses by the Great Divine Director”**  
**Seattle, Washington. August 11, 1937**

**“Do any of you think for one moment, Our Words are idle talk? I trust not! It is a mighty real thing, dear hearts!** You may not quite realize it yet; but We, the Ascended Beings, are the Reality! You - yet in the limited state, are the unreality; because only in unreality does imperfection exist” (...)

“That is the far-reaching Power and Understanding of your Presence! It is why the Messengers have said to you and why We say to you: "It cannot fail in any manner." As the Messenger has said to you so often, if you will do but one thing in an emergency; still yourself and say: "I AM," "I AM," "I AM," you would release the Power of your Presence into action! Then and there, **when you utter Those Words firmly like that, It is Divinity announcing Its Power and Action at your point in the Universe, where It is expressed. There are no words in the vocabulary of any language which touch one thousandth part the Power of Those Two Words - "I AM."**

**“That is why We ask all, please, in all reference to your God-head or to Divinity, use the Words "I AM" - or "Mighty I AM Presence"! Do not go on using your old terminology or the things which you have known. They do not carry the same power as the Words "I AM"—your Mighty I AM Presence.** Think of what It means, in the vibratory action, to say: "My Mighty I AM Presence." Its Power is released into and thru your body, every time you say that; and if you say It with Great Firmness and Determination, then the

Intensification of your Presence and Its Energy which beats your Heart, is released into and thru your body into action!”

## **DISCOURSE XIII. Great Divine Director**

**"The I AM Discourses by the Great Divine Director"**

**New Bedford, Massachusetts. September 18, 1937**

“Beloved students of America!  
Great is your Privilege!  
Imperative is the need of your  
Call to God - your Mighty I AM  
Presence - to release Its Power  
into the activity of the physical  
world, to give the Assistance to  
mankind which is necessary  
today.”

The world, as you commonly  
use the term, is "on the spot" -  
before the Great Cosmic Light! It  
will not tolerate longer mankind's  
tardiness, let us call it, in giving  
forth the assistance which is  
required today. (...)

“Dear ones, please use the  
Terminology which We have given you. The Words "I AM," as  
written in English today, have come down from the Beginning of  
mankind's appearance upon the Earth. In the Royal Teton - on  
your map known as the Grand Teton - there are the Records of  
these civilizations, every one which has ever been on Earth. In  
every language which was used during those many civilizations

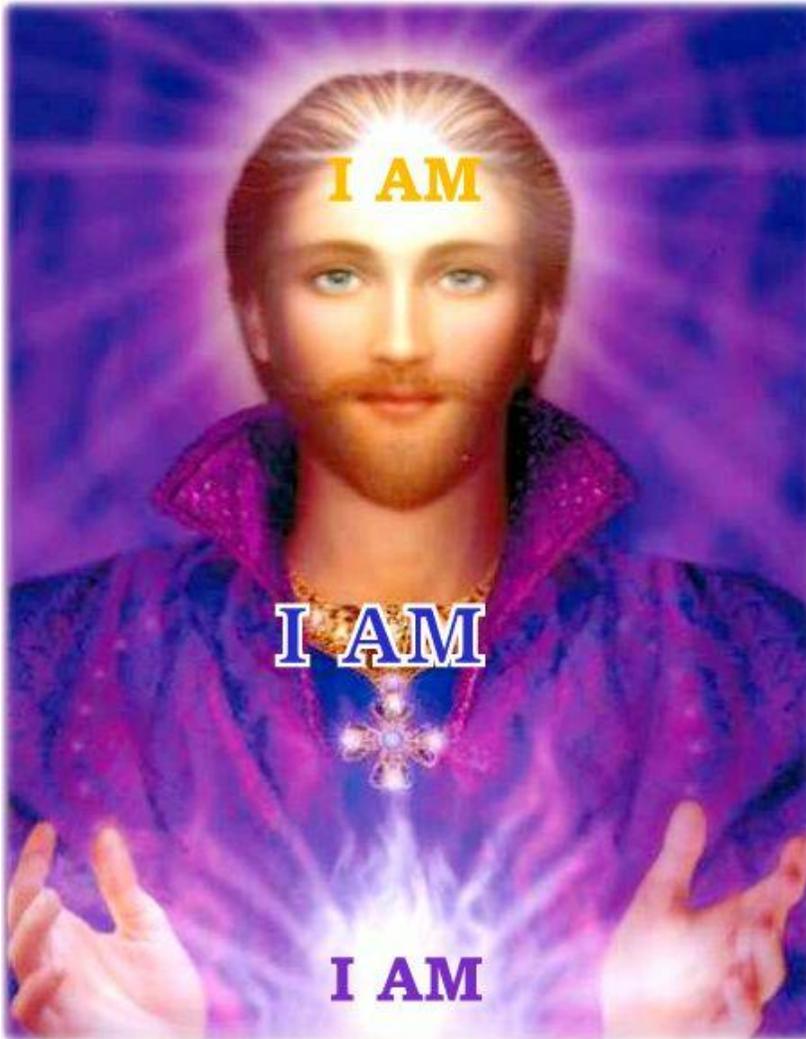


the Words, "I AM"- as written in English today - are there; showing Those Two Words are the Power of God.

**Mankind needs to learn to use Those Words, as We do. In any crisis, if the individual did not think of anything else just for the moment, and would say: "I AM," "I AM," "I AM," It would release the Powers of the Presence into action!** Of times it would perform a so-called Miracle for him or her, then and there! That is the Power of those Two Words; and there are no two words in the vocabulary of human experience, which release the Power Those Two Words do. The Words, "God," "Divine Mind," "Divinity" and all other Terminology used to express the Godhead, do not contain the Power the Words "I AM" do. That is the Reason why Beloved Saint Germain has brought This Use of the "I AM" forth to mankind at this time. It is the Power which sets the people Free! Why? Because It is their own Life!

Your Mighty I AM Presence, your Individualized Presence of God which beats your Heart, is your Life; and your Life contains everything which is for your Perfection!"

## The Vibratory Action of the Word 'I AM'



“Through his consciousness, every human being can release the Limitless Power of the Beloved Mighty I AM Presence. When one disciplines his outer faculties and makes them obedient to his Conscious Command of Perfection, he is then able to let

this Tremendous Power flow through him unobstructed and to use It constructively. Within each of you is the same Mighty Power I am using! You can use It as I do when you acknowledge, accept, and admit at all times that the Beloved Mighty I AM Presence is always in action. **This is the Cosmic Christ, and the only Consciousness in the Universe which can say 'I AM.'**

The Thinking Flame of God is the only Activity of Life anywhere in manifestation which can acknowledge Its own Individualization, **use the 'Creative Word of God,' and send It forth into the Universe to cause manifestation.** Only the Son of God, which means the individual with Free Will, **can decree as God decrees and say 'I AM.'** Whatever quality follows that sound spoken into the ethers becomes a manifestation in the world of substance, and thus becomes a form.

When the individual says 'I AM,' he is using the Creative Attribute of the Godhead and announcing Creation at his particular point in the Universe. The vibratory action of the Word 'I AM,' either in thought or spoken word, is the Release of the Power of Creation; and whatever quality follows that Decree is instantly imposed upon the electronic substance in the ethers.”

**Ascended Master Saint Germain. “The Magic Presence” Chap. 2**

## **Get the True Meaning of those Two Words!**

“Life, in all Its Activities everywhere manifest, is God in Action.

**I AM is the Activity of That Life. How strange it is that students with sincere interest do not seem to get the True Meaning of those Two Words!**

When you say and feel "I AM," you release the spring of Eternal, Everlasting Life to flow on Its way unmolested. In other words, you open wide the door to Its natural flow. "I AM" is the Full Activity of God.

Having placed before you so often the Truth of God in Action, I wish you to understand Its first expression in individualization. The first expression of every individual, everywhere in the Universe - either in spoken word, silent thought or feeling - is "I AM," recognizing Its Own Conquering Divinity.”

**“The I AM Discourses by the Ascended Master Saint Germain”. Discourse I**

**Get the True Meaning of those Two Words!  
Life, in all Its Activities  
everywhere manifest, is God in Action.  
I AM is the Activity of That Life**



**How strange it is that students  
with sincere interest do not seem  
to get the True Meaning  
of those Two Words!**

**Ascended Master Saint Germain  
“The I AM Discourses”. Discourse I**

“This always happens whenever you use the word "I," for that is the release of the Universal Power.

**Knowing that the "I AM" is you, then when you say, "My head aches, my stomach is out of order, my intestinal tract is disturbed," you are throwing the energy into those parts to act according to the thing you have decreed; for when you say "MY," it is the same energy acting, because there is only one person who can say "I" or "MY," and that is you, decreeing for your world. Any expression which can only be used for yourself is including the energy and activity of the "I AM Presence."**

**The Oriental phrase for "I AM" is "OM." That means the same thing that "I AM" is beginning to mean to the Western World. For Myself, I like very much the use of the "I AM" because Its very expression indicates "God in Action in the individual." "OM," as understood by the Orientals, is a Universal Presence, and not nearly so apt to give the student the consciousness of the "I AM Presence" acting in the individual, as the use of "I AM." This largely explains the reason for the condition in India today. Hundreds of thousands in India, through the confusion of many castes, have fallen into the error that the intonation of "OM" was all that was required in their lives. While this brings a certain activity in hundreds of thousands of cases, it does not bring the energy of that activity into the individual's action, and so is of little benefit.**

The method of the Ascended Masters throughout the ages from time immemorial has been the conscious use of the "I AM Presence," the recognition and full acceptance of God in Action in

the individual, which more and more brings into the individual the Full Intelligent Activity of the God Presence—the Godhead.

Those Orientals who have reached great attainment, which many of them have, have become aware of this True Activity through their sincere meditation.

**Perhaps the simplest, most powerful single thing that the individual can keep himself reminded of is that when he says "I AM," he is knowingly or unknowingly, setting into action within himself the Full, Unadulterated Energy of God.**

**Energy becomes power through conscious use.** The fact that individuals are in human embodiment is the command to raise the world of the individual into Perfect Activity. When the consciousness of the individual is raised, everything in the world of that individual is raised into the Inner Activity.

"O Mani Padme Hum" really means God in Action in the individual. **Use the "I AM" instead of OM at all times, because many of you have been embodied in an Indian embodiment. At one time you knew that use, and to prevent it calling forth a lesser use, use the "I AM" now to take you to the Full Height.**

**Whenever you say "I AM," you are setting the Pure Energy of God into motion, uncolored by human concepts.** This is the only way of keeping the pure energy of God uncontaminated by human qualification. Enormous results can be had in a short time by the determined use of these affirmations:  
"I AM this Pure Inspiration."  
"I AM this Pure Light right here in action." (Visualize this through the body now.)

“I AM this Pure Revelation of everything I want to know.”

Hold the reins of power forever within yourself. People are afraid of just embracing the Great God Power and letting It operate. What is there to fear in God? Its operation is Pure and Perfect, and if you do not reach out to embrace the Great Pure God Power, how can you expect to use It and have Perfection? You must claim It for your own. To say: "I AM the Ascended Being I wish to be now" immediately enfolds the outer in That Raising Presence. “I AM my Eternal Liberation now from all human imperfection.” **Realize who "I AM" is.**

You have to use terms of explanation up to a certain point. Know: "This body is the Temple of the Living God and is ascended now." The human side is such a doubting, criticizing Thomas. **All instruction is but to give the individual student a chance to prove it within himself by applying and using the explanation of the "Law" given.** Say often: "I AM the Governing Power of this activity, and therefore it is always normal." There is no human being in the Universe who can recognize this I AM Presence for another. In your recognition of this I AM Presence as who you are, every step you gain is a permanent accomplishment, and there can be no retrogression.”

**“The I AM Discourses by the Ascended Master Saint Germain.  
Discourse VII. Page 81”**

**You will realize the Power that the utterance  
of those Words means to you  
ARCHANGEL MICHAEL'S DISCOURSE  
Philadelphia. Nov. 15, 1938**

“Just a little further along, you will begin to see such evidence of these mighty calls that have gone forth. Think of it, they are reaching to the very Heart of the Powers of Light which govern this system!”

(...)”Please feel, as you have been told numbers of times, that, in issuing these Mighty Decrees, you get the full force into them. I say to your beloved Frances, please do not take your Decrees quite so fast. Take them fast enough to gain the energy, but do not take them so fast that you do not get the full force into them. Just a trifle slower and you will get the full power and force that she is calling forth into them. It is very important. **When you strike a certain intonation on the Words, "I AM," as the Washington Class did at least twelve times in succession; then you will realize the Power that the utterance of those Words means to you, who are an**



**individualized Focus of God at your point in the Universe.**

**The Words, "I AM," are the Mightiest Words in any language that ever has come forth in the use of mankind in four and a half million years. They are the Power of Light! They are the Signal to all the Forces of Light, when you utter Those Words, to come into action at your point in the Universe. They are an acknowledgement that you are God Beings and that the Power of Light in you is the Power of God, the "Mighty I AM."**

As you come to understand this more fully and feel more deeply Its Power and Action in and through you, then will you gain your Mastery. You will see the outer manifestation so quickly, your heart will rejoice that you were strong enough to stand until the momentum gained its full power in action at your call."

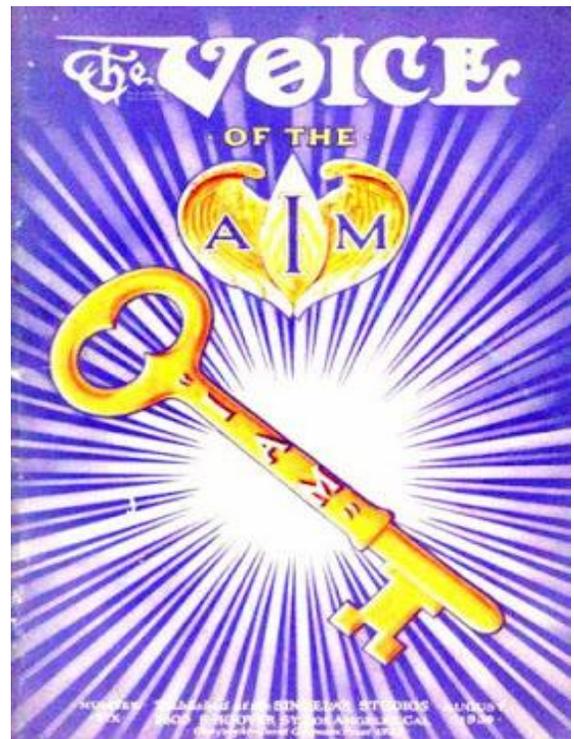
**Archangel Michael. "The Voice of the I AM". January, 1939**

## **MIGHTY CUZCO'S DISCOURSE**

**"I AM" Sanctuary, San Diego, California. July 25, 1939**

“Remember as I leave you these parting remarks, may their power and understanding burn itself into your being and never be forgotten for one hour! **In every civilization that has ever been on this earth, the Words “I AM” have been used as written in English today. That is the Secret of Life! That is the Secret of all application, all understanding and you have it today!**

Only because your Beloved Saint Germain is the Law of the Seventh Ray, which is the Violet Ray to this Earth, has this come forth today; for your Great Benefactor is far Greater than you yet know. **Therefore, will you remember it in all that confronts you?”**



**Ascended Master Cuzco. "The Voice of the I AM". September, 1940**

**“To know, to dare, to do and to be silent is the Law of Life!** Dear ones, if you will stop talking to your fellow-students or anyone else about your application and just saw wood, you will get there!” (...)

**“Now, dear ones, remember - the greatest motto of Truth ever uttered is: "To know, to dare, to do and be silent.” Then you hold your energy within your feeling world and as you gain that momentum, it enables you to send the charge forth quickly. It goes like a rocket to the objective and the Victory is won then and there!”**

**Ascended Master Cuzco. " The Voice of the I AM". September, 1940**

**QUAN YIN'S (GODESS OF MERCY) - DISCOURSE -  
Oakland Class August 27, 1939  
The Words "I AM,"  
as you have written them today in English**

“Some day, I trust to add to the great information of which you have some record. There are some paintings in China which at the right time will be brought or transported to America, that you may see exactly the Truth of what I am saying today. At that time, our people knew something of the "I AM Presence" - not by being taught but by lifting themselves into certain vibratory action where they were able to observe the Presence - but It was not taught generally in our land. Only those who saw It, held It as an Eternal Sacred Memory and secretly worshipped It. I shall show you sometime, that there was a very similar Chart or painting to that which you have today. It existed in that long forgotten period of which your present civilization does not know.

That is why, if I may be of some assistance in making you more alert and aware of that which you confront today and how you may avoid it, then I will feel very grateful - for the Goal of mankind is Freedom from this Earth and Freedom does not come thru so-called death.

You know our people never fear death but many have, thru subtle misunderstanding which was intentionally spread among our people, become ancestor worshippers; but not those who once knew and had seen that "Great I AM Presence" of Life. **I could show you in our land, in our secret archives, the Words, "I AM," as you**

have written them today in English. I know that your Great Benefactor and the Messengers have told you the Truth, for recently I was invited to visit the Royal Teton and spent many days going thru certain records which are there.”

“The Voice of the I AM”. August 1941, pages 9-10



## **The Conscious Understanding and Use of the Words "I AM"**

**"At the present time the attention of mankind is being drawn to the conscious understanding and use of the Words "I AM" by the Ascended Masters, Beloved Saint Germain, Beloved Jesus, and others of the Ascended Host - who are pouring out ceaselessly the Great Light to release Freedom, Peace, and Perfection. The Cosmic Command for the permanent Golden Age has been**



**given and must now manifest on this planet.**

**These Great Ones have always been the Custodians of the Eternal Inner Understanding concerning the use of the Great Creative Word, "I AM." They, and They alone, have been able to give **the complete****

**understanding concerning what occurs when those two Words, "I AM," are used. (...)**

**This earth and its humanity are entering into **the "I AM" Age**, and therefore **the full use of this "I AM" Knowledge must be understood and utilized** by the individuals who live here in the present and near future.**

**To all individuals who will call unto Them in the Name of the "Mighty I AM Presence," keep their feelings harmonized, and pour out intense Love continually to their own "Mighty I AM Presence," will be given Assistance without limit.**

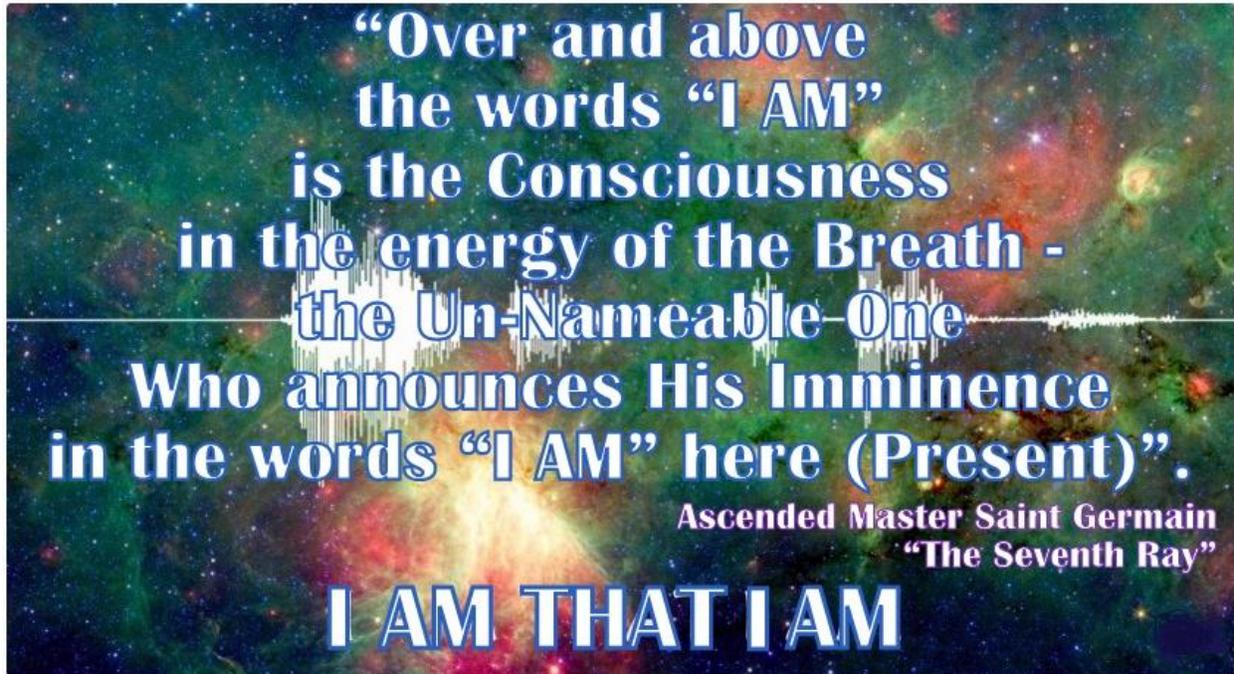
Never before, except in the Retreats of the Great White Brotherhood, has such intensified, transcendent Instruction concerning the "I AM" been given to individuals.

Only fragments of the real understanding of the "I AM Presence" have been given to the outer world until now. **The Ascended Master Saint Germain says: "It is the most important Understanding mankind can ever have, and there is no freedom or perfection for the individual, except through this conscious application." He considers it of such paramount importance that He dictated more than thirty-three Discourses in which He explains what happens in the outer Life of the individual when one says "I AM." He also says: "Nothing will bless the individual to so great a degree as the Conscious Understanding of this Creative Word."**

**Beloved Godfre Ray King. "Tribute" & "Foreword". "I AM Discourses".  
Saint Germain Series. Vol. 3**

# **“I AM THAT I AM”**

**Ascended Master Saint Germain. “The Seventh Ray”**



“I AM Present” is the announcement of the God Presence of the universe focalized at a particular point, ready to manifest the Powers and Mastery of Life for a given purpose, subject, however to the free will of the lifestream making the declaration. **Nevertheless, over and above the words “I AM” is the Consciousness in the energy of the Breath - the Un-Nameable One Who announces His Imminence in the words “I AM” here (Present).**

**The Power Whose Presence is announced through the thought, feeling or spoken utterance of the “I” is the *Qualifying Presence* of unformed life or substance.**

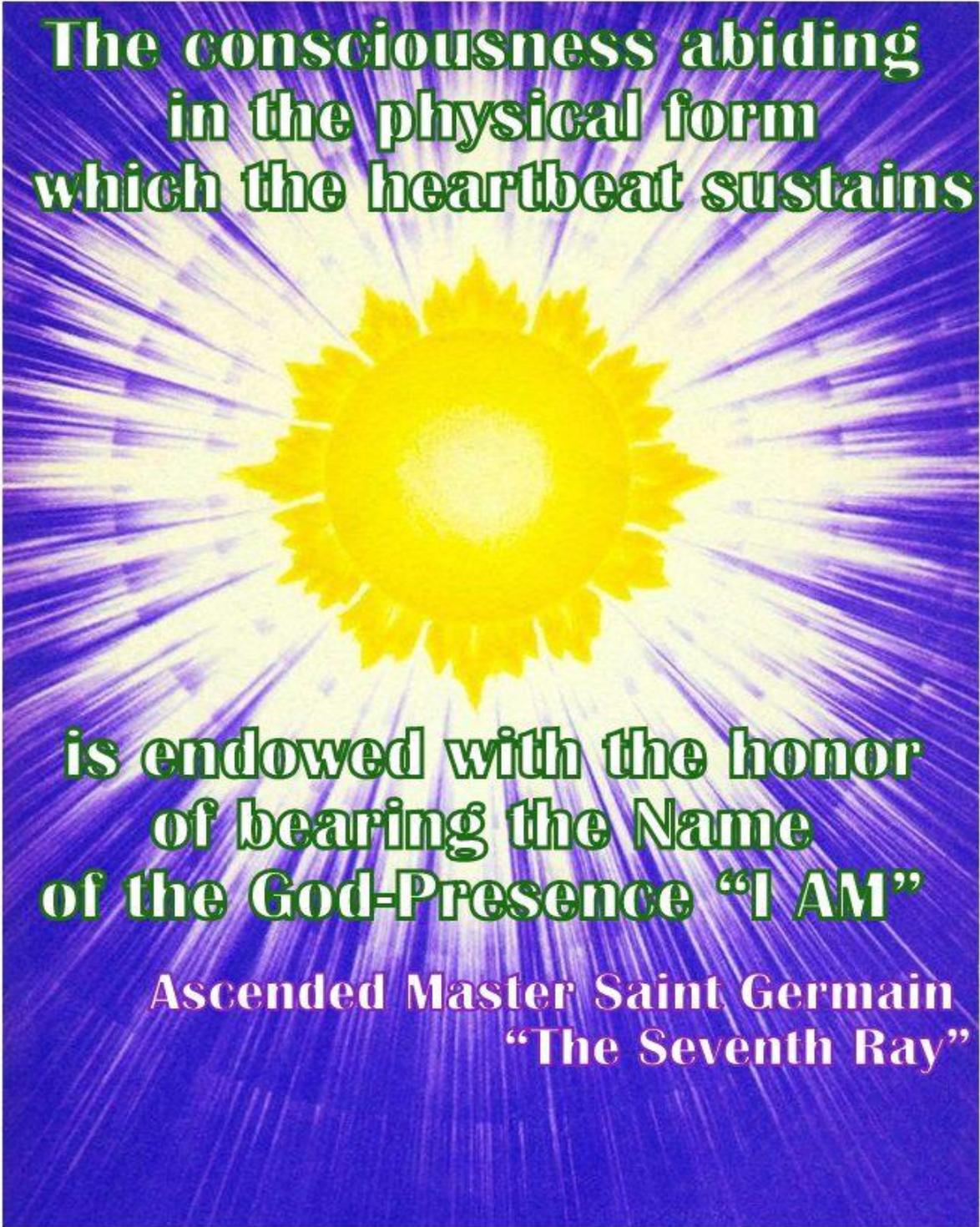
This Great God Center of Central Sun of the Universe endowed His Children with the privilege of sharing His Powers of Creation in the use of the acknowledgement “I AM Present.” Every self-conscious ego may use the “I” but the qualifying activity following

the announcement of God's Presence within him, through the feeling body, becomes the Law of his individual life.

The primal life essence that sustains the heartbeat of each individual is beautiful, harmonious, pure, intelligent, obedient and neutral in its essence. The lifestream is a constant flow of this life from the Great Central Source of Life into the God Presence which is the Divine Pattern of each individual. From the Individualized Presence, this obedient, intelligent, unqualified life flows into the physical heart. **The consciousness abiding in the physical form which the heartbeat sustains (who is endowed with the honor of bearing the Name of the God-Presence “I AM”)** then becomes the qualifying presence and the use to which he puts this qualifying activity determines the form or appearance this life substance will take for him.

Thus, every Emancipated Being who has become God-Free, adds the full power and momentum of His or Her Own Name or Nature to the “I AM” Presence and becomes a Qualifying Center of perfect God Life wherever He might be, even as every human being prefaces his qualification of life with his or her name or nature and it acts according to his individual momentum for good or evil.

It is clearly evident that, although all men share the power of qualification of life in the announcement “I AM Present,” the nature of the Qualifying Consciousness determines the amount of comfort or distress which such an announcement would bring.



**The consciousness abiding  
in the physical form  
which the heartbeat sustains**

**is endowed with the honor  
of bearing the Name  
of the God-Presence "I AM"**

**Ascended Master Saint Germain  
"The Seventh Ray"**

For instance, “I, the Ascended Jesus Christ, AM Present,” fills the heart with gladness, whereas the same announcement pronounced by an evil or degraded human consciousness has the very opposite effect.

Why does creation take place after the utterance (proceeding from the thought and feeling centers) of the “I”? **Because the Qualifying Power of God is the endowment given with His Name to man.**

Each free-will thinking unit is thus made a law unto himself. Each man is God endowed individual, qualifying life, empowering form and appearance according to his beliefs, desires, inclinations and intent, and none may say him nay. In turn, man endows his religion with the power to comfort him, and he endows his business with the power to supply him.

In the same manner man may endow his Christ Self with the power to heal him and set him free. He may endow the Powers of The Sacred Fire with the efficacy which They will manifest through him. This is Truth. “According to your endowments be it done to you.”

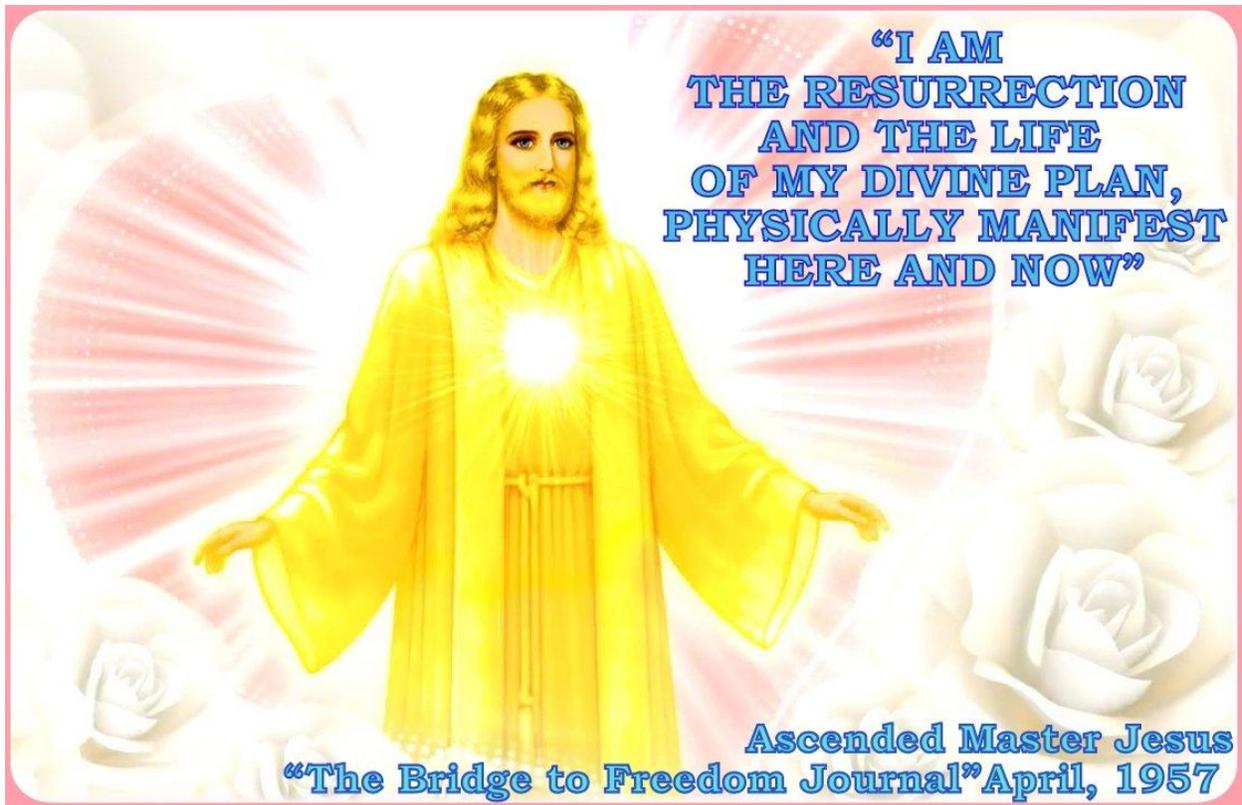
**Ascended Master Saint Germain. “The Seventh Ray”**

**The Masters of Wisdom Speak  
LIFE, ITS INTELLIGENCE, OBEDIENCE AND IMMORTALITY  
“The Bridge to Freedom Journal”. April, 1957**

**Ascended Master Jesus. “I learned the power within  
the Creative word ‘I AM’ ”**

When an individual thinks, feels, writes or speaks the words “I AM,” he immediately receives the attention of life within him as well as around him. Why? Because **the words “I AM” are the signal to intelligent life to create.** I learned this lesson at the feet of a beloved Guru in India. **I saw life come to attention when those words were used, silently or audibly.** I then saw life immediately obey the fiat or decree that followed the use of that creative statement. It was at the feet of that Guru that **I learned the power within the Creative word “I AM”** and began to utilize it myself, enjoying the buoyant, uplifting feeling of the constructive use of any statement preceded by the words “I AM.”

**I SINCERELY BELIEVE THAT THE ULTIMATE SUCCESS OF MY MINISTRY WAS THE CONSTANT AND DEEPLY FELT USE OF THE SIMPLE STATEMENT “I AM THE RESURRECTION AND THE LIFE OF MY DIVINE PLAN, PHYSICALLY MANIFEST HERE AND NOW.”**



Life will obey you? It always has! Every creation that lives in your world, constructive or otherwise, is the result of the obedience of life to your command someplace upon life's way.

**Turn to the constructive, positive, conscious use of the resurrection power of the Creative Words “I AM” and prove to yourself that intelligent life will obey you and manifest according to your decree. There is no greater teacher than one's own experience. Try it! I challenge you!**

**Ascended Master Jesus. “T.B.F.J. Book 3” Page 271. AMTF**

## **How to use the words “I AM” Ascended Master Saint Germain**

Many individuals all through the ages learned of the obedience of life to the words “I AM” and they purposefully followed these words with imperfect decrees which life proceeded to manifest. Then the masses, used to following some leader, also began to use the words “I AM” to manifest imperfection. Later, they forgot both their teachers, and the power within these words, subsequently falling into a loose and uncontrolled use of the creative word “I AM.” **It is now the opportunity of the Spiritual Brotherhood to show mankind how to use the words “I AM,” always followed by a positive and constructive statement.**

The difficulty lies in the fact that man tends to make any statement of power a mere repetition of words without feeling and conscious thought. **Thus most invocations, prayers and attempts at resurrection and redemption are not as efficacious as they might be, were the student to truly ponder the truth that the words “I AM” cause life to obey instantly and become that which the speaker indicates he wishes to manifest.**

**Let us now endeavor to use the creative word “I AM” only in a constructive manner, then witness the resurrecting Power of Perfection** which will flow through the life energy of the student body and all the evolutions using Earth as a planetary home!

**Ascended Master Saint Germain. “T.B.F.J. Book 3” Page 272. AMTF**

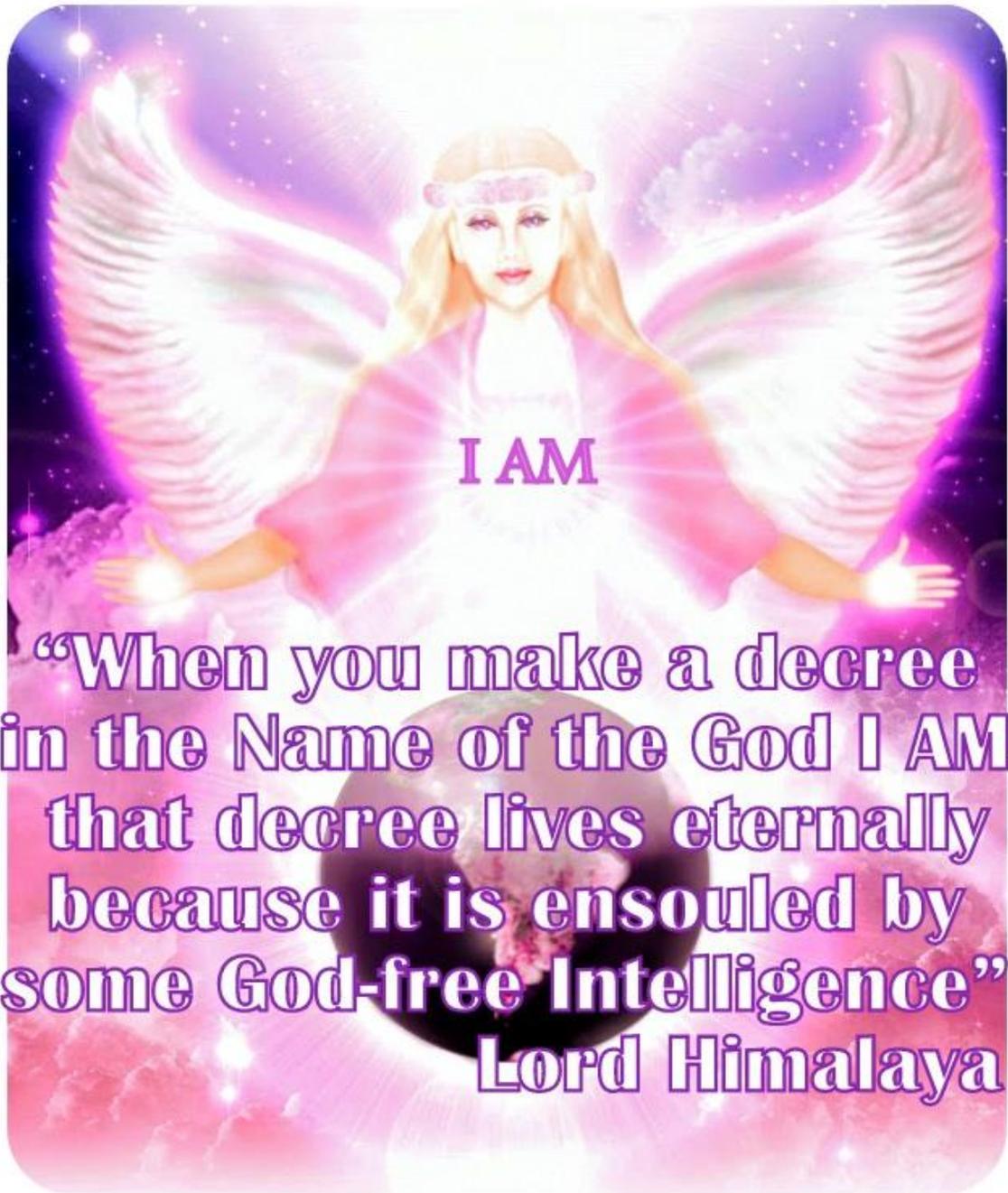
**When you make a decree in the Name of the God I AM,  
that decree lives eternally. Lord Himalaya Manu  
Transmission Flame Class of July 20, 1957**

“Know you, that those calls made at Hershey 1956\* are still vibrating through the ethers over those continents and that hourly from the tip of each continent to its very top the repeated activity of that purification goes on! **Know you, that when you make a fiat and decree in the Name of the God which made both you and me, “I AM,” that decree lives eternally because it is ensouled by some God-free intelligence, angel, deva, cherubim, seraphim or elemental, and that being uses that and keeps it in living pulsating form for the benefaction of the race.** Therefore, when you say “I AM free” one time, some intelligence belonging to the Seventh Ray utilizes that consciousness and statement and keeps it pulsating through the emotional, etheric and the physical world of all mankind!

(...) Thank you so much for the opportunity of speaking with you! **Peace be unto you!** Love and blessings, Lord Himalaya

\*Note: The activities of purifying the continents and oceans of the Earth was begun by a group of trained and dedicated chelas who traveled in consciousness the lands and seas, using the transmuting fire of the Violet Flame as they went, during the summer of 1956 at Hershey, Pennsylvania.

**“Thomas Printz Private Bulletin. Book 2” Page 49. AMTF**



## **The Realization of that Sense of Being I Am Transmission Flame Class. August 17th, 1957**

Beloved Paul The Venetian Speaks:

Beloved and blessed ones, (...)

When the Godhead who created you (whether it was Alpha and Omega, Helios and Vesta, or others directing primal life essence into electronic light and creating an immortal Threefold Flame endowed with self-conscious intelligence) he at the same time directed electronic light, which is intelligence, to obey that Flame.

Thus form was created (in the image and likeness of the parents who bore it) with a White Fire Being pulsating around the immortal Threefold Flame. The first activity of this White Fire Being was a cognizance of individualization. **The realization of that sense of Being I Am, was the first activity of the individual Flame - a realization as it felt and said, "I Am."** That was the first expression of the individualized White Fire Being.

**"Thomas Printz Private Bulletin. Book 2" Page 59. AMTF**

## **The realization of that sense of Being**

**I Am**

**was the first activity of the individual Flame  
- a realization as it felt and said, "I Am."  
That was the first expression  
of the individualized White Fire Being.**

**Beloved Paul The Venetian. August 17th, 1957**

**(...) Somewhere, sometime, you did develop extraordinary powers of invocation, transmutation, and divine alchemy. I congratulate you on so doing. Let us all now, together, assist Him (Ascended Master Saint Germain) and Beloved Portia in this cosmic hour.**

**Paul The Venetian**

**"Thomas Printz Private Bulletin. Book 2" Page 60. AMTF**

## **Realizing your ONENESS with the Creative word and Power of Manifestation, I AM**

**By the Beloved Lady Master Venus (Goddess of Beauty and  
Divine Complement of Sanat Kumara) January, 1947**

“(…) Therefore, to draw about you greater beauty and perfection which you desire and which is not now manifest, is simply a matter of your speaking directly to the “light center” in every cell and atom of the substance

around you, – **always, however, speaking in the name and authority of the Creative Lord “I AM.”** Before so doing, however, still the outer self for just a moment or two and, realizing your ONENESS with that Creative Word and Power of Manifestation, “I AM” [which is God's Own Name (Exodus 3:14) and your own life!] command the substance of this physical



world to yield to you the beauty which expresses the Divine Plan.”

**“The Bridge to Freedom Journal. Book 3” Nov. 1957. Page 390. AMTF**

**The Masters of Wisdom Speak**  
**THE THREEFOLD FLAME**  
**“The Bridge to Freedom Journal”. July, 1958**

**I constantly availed Myself of the Power of Invocation  
of Divinity, through the use of the Name of God, I AM  
Ascended Master Jesus**

“As at least some of my ministry on Earth, in my final embodiment here, is so well known to many of our gentle readers, I am sure that they will cognize the fact that, **in that embodiment, I constantly availed Myself of the Power of Invocation of Divinity, through the use of the Name of God “I AM,” for the blessing and benediction of the entire human race. Herein was my safeguard, because the invocation of powers less than Divine also bring a response from the consciousness so invoked!**

Intent upon building some manifest expression of their own outer consciousness, for ages of time (and even in this present day), good people sometimes have invoked lesser powers than those of the God Presence and thus have been caught in the meshes of psychic creations.

Now, I offer to all students on the spiritual path, invincible protection from any such further mistake, conscious or unconscious. **Always calling FIRST to your own individualized I AM Presence and then using My Name, the Ascended Jesus Christ - (which Name carries all the fully gathered momentums of perfection of My Lifestream) as a preface to any and all God-in vocations made by them, will bring God-protection always.** For instance, you may say: “In the name of my own beloved I AM Presence and in the Name of the Ascended Jesus Christ, I now invoke whatever powers of the Sacred Fire are needed here and

now for the blessing of my fellowman, the dear Earth and my own being and world. Keep these blessings ever-flowing, eternally sustained, all-powerfully active and ever-expanding here!" **We can do no more than offer you our loving, willing and joyous assistance. It is yours to accept or reject, according to your use of your own free-will.** Fortunately, I am among the few of the Spiritual Hierarchy most readily accepted as an authority in spiritual matters. For this, I Am so grateful!

**"The Bridge to Freedom Journal. Book 4" Nov. 1957. Page 183. AMTF**

## **“The Light of the Body is the I AM”**

**GROUP INSTRUCTION LETTER TO TRANSMISSION FLAME CLASS.**

**July 19, 1958**

“You will recall that beloved Jesus said: “The light of the body is the eye and, if thine eye be single, thy whole body shall be full of light.” The above is the King James translation of this Bible verse, with which translation most of us are familiar. **However, our beloved Jesus has told us that the correct translation of that verse, as He gave it originally, should be: “The light of the body is the 'I AM' and if that 'I AM' be the ONE (single) authority in thy body, thy body shall be filled with light.”**

(...) “Remember always, “the call **COMPELS** the answer,” **especially when that call is made in the name and Authority of the “I AM,”** for this is God's very

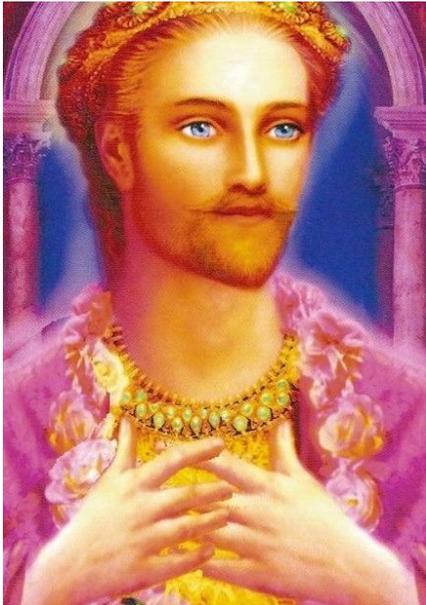


**Own MOST HOLY Name (so said God to Moses long ago) and the CREATIVE WORD of the Universe - used by all God-Beings even here for that purpose, not just on Earth! (Bible-Gospel of St. John, Chap. 1:1- “In the beginning was THE WORD... and without THE WORD WAS NOT ANYTHING MADE THAT WAS MADE.”)**

**“The Bridge to Freedom Journal. Book 4” Page 187. AMTF**

## **THE LAW OF PRECIPITATION, by Ascended Master Paul, the Venetian. "The Bridge to Freedom Journal" February, 1959**

**The correct understanding of the God-power is essential for the individual who wishes to become the Holy Spirit in action.** This fact I would like to impress upon the chela on the path. **ENERGY, IS MAN'S TO COMMAND. Energy becomes power through use,** whether in the wielding of a sledge hammer or the strengthening of the biceps of the arm, **or in using the God-power to build a momentum of Victory, in commanding the electronic light to manifest the completed form of fiat or decree.**



### **One Must Sow The Seed Of Perfection**

This Law of Balance, also referred to as "the Law of Retribution" and set forth in the old axiom "As you sow, so shall you reap," was not intended as a threat of punishment for evil doers, but as an expression of the mathematical precision of life, that one must sow the seed of perfection in concise mathematical accuracy and then the reaping will be in exact proportion to the sowing. This Law has been dulled, in its potency, by the inference that if one casts his bread upon the water, his good will be returned unto him. This is true, of course, out but it is rather a haphazard way of living, as the "bread" one throws has no definite form, continuity or precision of outline.

### **You Can Become A Master Of Energy**

He who would work with the divine plan tunes in, consciously, to the perfect etheric plan and rather than daily "casting bread" haphazardly "upon the waters," takes that great energy of life, coupled with his mental picture and drives it into the substance of the earth by the power of his feeling.

**Then issuing the Great Fiat, “I AM,” projects into the mental form of the desired manifestation, the Perfect Atom contained in the Great Command “I AM,” which is the Cohesive Power of Love. This way, instead of receiving back miscellaneous “loaves and fishes,” one becomes Master of Energy and receives back exactly that which he has ordered.**

THE RIGHT HAND IS THE DIRECT WIRING through which the energy may be catapulted into the appearance world and when you are conscious of it as the Five-Rayed Representative of the Holy Spirit, you become the authority of life when you release that energy, through the hand, in a cosmic fiat.

#### Experiment In The Privacy Of Your Room

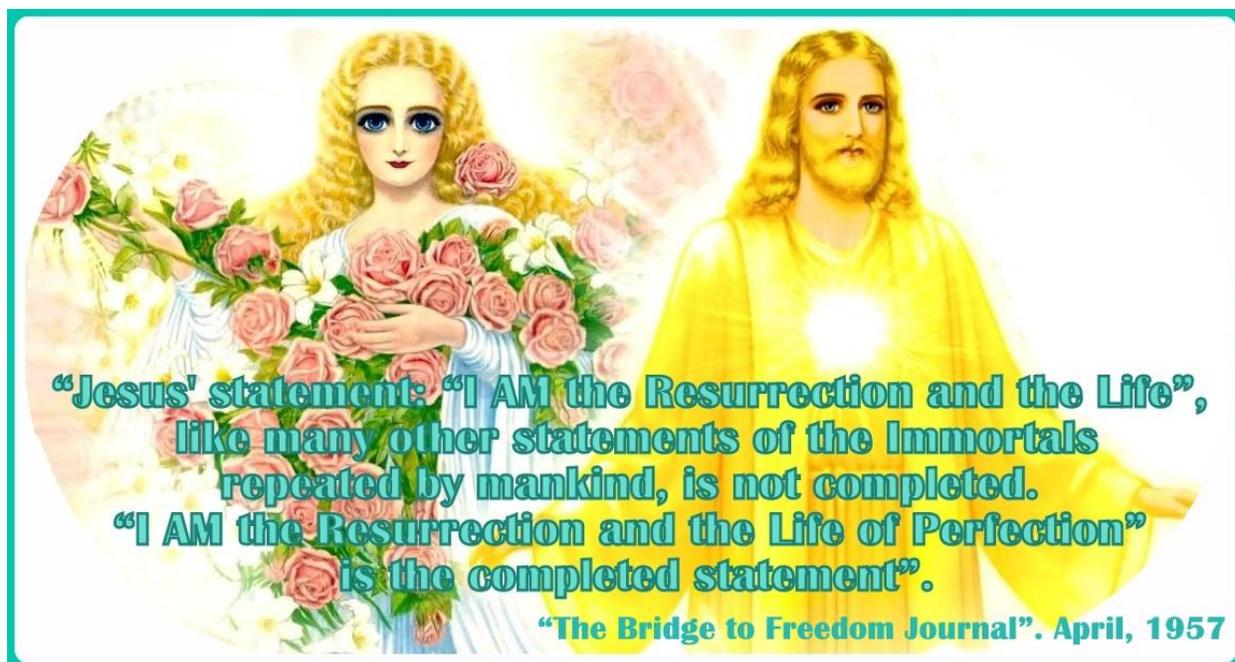
When you study Serapis' Ray, you will learn the significance of the index finger, and why it is so often dignified with the ring of authority. In the privacy of your room, draw that energy into your body with your left hand, then direct it into your-world with your right hand and let us see some definite manifestation through your conscious use of this Law of Life.

**“The Bridge to Freedom Journal. Book 4” Page 336. AMTF**

**To Speak of the Resurrection and the Life  
Preceded by the Words of Creation, I AM  
By Beloved Mother Mary. March 21, 1959**



**“When you speak of the Resurrection and the Life preceded by the Words of Creation, “I AM,” immediately you begin to accelerate the speed of the electrons which make up the atoms of whatever you choose to resurrect. It is mechanically accurate, beloved ones, as when you step upon the pedal of your automobile and give it more gas, it in turn moves forward more quickly.**



**[...] If our blessed Jesus had not used that Power of the Resurrection silently and audibly as discretion allowed, from the time that those words were received by him until Easter morning, he could not have had the necessary gathered momentum to make that triumphant resurrection and, bursting the tomb, stand forth in the physical body that had been mutilated and broken by the human creation of the masses.**

**“Thomas Printz Private Bulletin. Book 2”. Page 262. AMTF**

# **THE LANGUAGE OF THE GODS**

**Beloved Maha Chohan**

**June 21, 1959**

Beloved Friends of my Heart:

**THERE IS A ROOT LANGUAGE, YOU MIGHT SAY, WHICH REPRESENTS THE PRIMAL MEANS OF CONVEYING THOUGHT IN ITS PURE STATE.** All the earthly languages that have come forth through the various countries and civilizations **HAVE BEEN DERIVATIVES OR OFFSHOOTS FROM THIS ORIGINAL, PURE AND BEAUTIFUL FUNDAMENTAL EXPRESSION. AS THE PRESENT CIVILIZATIONS CONSIDER LATIN THE ROOT LANGUAGE FROM WHENCE SPRANG THE ENGLISH, SPANISH AND FRENCH SPEECH AND SO ON, SO IN THE KINGDOM OF ETERNAL LIFE AND LIGHT, THERE IS AN EXQUISITE, MELODIOUS AND DIVINE LANGUAGE WHICH IS “THE LANGUAGE OF THE GODS .”**

MANKIND HAS FROM TIME TO TIME THOUGHT OF THE ESTABLISHMENT OF A UNIVERSAL LANGUAGE WHICH WOULD KNOW NO BARRIER OF COUNTRY. THESE IDEAS ARE A RESULT OF THE INHERENT MEMORY IN THE HEART OF THE CONSCIOUSNESS OF THE FIRST EXQUISITE EXPRESSION. It was not until, through free will, that human appearances clothed the **BEAUTIFUL CELESTIAL EXPRESSION IN DISCORDANT, DISTRESSING WORDS THAT THE PURE FIRST LANGUAGE FELL.**

**The reason that I give this explanation is because the root of the Cosmic Name of each student of light is expressive of the nature of his or her particular Service and Quality to Life.**



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**“IN THE KINGDOM  
OF ETERNAL  
LIFE AND LIGHT,  
THERE IS AN EXQUISITE,  
MELODIOUS AND DIVINE  
LANGUAGE WHICH IS  
“THE LANGUAGE  
OF THE GODS.”**

**Beloved Holy Aeolus. June 21, 1959. “Thomas Printz Private Bulletin”**

The seraphim, for instance, are manifestations of that pure, gentle, and yet powerful love nature which is the highest aspect of divinity's expression.

The radiation of the Ascended Master Serapis Bey is a feeling activity. It has nothing to do with mental aphorisms, concepts or resolutions. It is completely feeling activity, as is the case of every being who is a complete expression of the God-nature.

Individuals who are sensitively attuned to catch feelings have a natural propensity to developing the feeling of their own God-nature, until they can distinguish between that feeling and any pressure of human feeling, whether it rises within their own self or within another.

Therefore, beloved ones, one of the greatest experiences of your life lies before you, as when you take time as occasion permits you to enter into the feeling of your own true being in awareness. It is one of the most powerful melting, molding and transmuting qualities which the planet Earth needs at this hour, and an activity to which I point you with certainty for your enjoyment and spiritual development.

Love and blessings, Maha Chohan

**“Thomas Printz Private Bulletin. Book 2”. Page 287. AMTF**

# **A NAME CARRIES THE VIBRATORY ACTION OF THE INDIVIDUAL BEING**

**Transmission Flame Class April 19, 1958**

**Shamballa Letter, May 4, 1958**

## **Beloved Kwan Yin, Goddess Of Mercy, Speaks:**

Beloved ones, it has been brought to your attention, but I have been asked again by those who are with Me to remind you **always to use the Divine adjective preceding all Ascended Masters.** THEREFORE, PLEASE USE, “THE ASCENDED MASTER SAINT GERMAIN,” “ASCENDED MASTER JESUS,” THE “ASCENDED LADY MASTER NADA,” BECAUSE **A NAME CARRIES THE VIBRATORY ACTION OF THE INDIVIDUAL BEING, WHETHER IT IS ASCENDED OR NOT.**

Now, I will give you just an instance, you have been calling to the great Magnus and Polaris and giving them blessings for their assistance in straightening the axis of the Earth. Have you thought that just recently the missile being sent up into the air in Florida is called “Polaris”? Do you want to tie into that? Or do you want to tie into the great Lord Polaris? Because the energy in that missile, the energy in all that created it, and all plans connected with it, **WILL FLOW BACK INTO YOUR WORLDS,** as sure as I speak to you this day. If you just use the name Polaris, you will get the vibratory action of Polaris which is the name of the newest attempt to get out into interplanetary space.

There are thousands of “Nada’s,” there are hundreds of thousands of “Mary’s”; in Mexico alone, there are thousands called by the name of Jesus! You can have the radiation of the unascended one or you can have that of the Ascended Lady Master Mary, the Ascended Master Jesus and the Cosmic Lord Polaris.

**Remember your words are your life and you are unascended beings and intelligent life responds to you according to the vibratory action of your own emotional, mental, etheric and physical vehicles.** Forgive me for saying it, but there is something of the missile “Polaris” in most unascended beings. Therefore, to avoid that distress, preface your magnificent decrees always not only on the written page, not only in the privacy of your rooms, but in your group work with the title of the divine God free being you are invoking, and you will save yourselves the radiation of many unascended beings named Nada, Jesus and Mary, **instead of drawing that of the Great Divinity which is your heart desire.**

Oh, yes, you say  
(you see, being  
Ascended it is easy for  
Me to read your  
minds) - “but the  
Great Ones know that  
in my heart I mean  
Ascended Jesus  
Christ.”



**Your words are your life and they are cups, and whether you mean the Ascended Jesus Christ or not, if you do not couple all of the energies of your emotions, your minds, your spoken words and your actions to form that cup you will receive exactly what you ask for; otherwise you do not receive the grace - grace of Divinity of your I AM Presence.**

Many, many good and sincere people caught in the meshes of spiritualism and mediumship have made that error, have become themselves possessed and they could have been spared all of that if the competent teaching of the Ascended Masters Kuthumi and El Morya had been listened to when they first instituted in the occidental mind a method of communication with those in the great beyond. But like most human beings, those who formed the basis of the teachings of the TS (Theosophical Society) just took the first words of the Ascended Masters Kuthumi and beloved El Morya; then they started in on their séances; **never followed the Ascended Masters' instructions, thus in their ignorance drawing all types of elementals of questionable natures.**

**Now you are in an Ascended Master activity; there is not one in this room who does not desire contact with Divinity. Please do remember your words are your life; they will not return to you void; they will come back with exactly that which you have charged into them as you sent them forth.** Some in this room can bear witness of those experiences already in this life. I pray to almighty God that no student shall have to go through those bitter experiences. Wise is the man who can be taught by the experiences of another! Foolish

is the man who must have the experiences himself! The power of the silence, that great, great silence, I give you today and always.

**Think! Think! Think on these things! Ponder on them! Do not be like the lethargic people of Atlantis!** Do not let this country, born of the Ascended Master Saint Germain's dream as a utopia for free men and free women suffer **because you are tired of being reminded of your responsibilities. (...)**

God bless you and good day, **Kwan Yin**

**“Thomas Printz Private Bulletin. Book 2”. Page 155. AMTF**

Beloved ones, the axis of this great Earth changes. It is straightening (...) I was on Lemuria! I was on Atlantis! I watched the White Order as they endeavored, earnestly and sincerely, to convey coming events to the people, **and I saw that after the clamor and the temporary excitement of possible changes wore off, that not only the masses but many of the priesthood slipped into a state of lethargy.**

**Be vigilant; be alert! The self-prepared chela shall be a jewel to every Cosmic Being, Ascended Master, Angelic Being and Divine expression of Deity now, and in the days that are to come!**

**Beloved Kwan Yin, Goddess Of Mercy. Shamballa Letter, April 27, 1958. “Thomas Printz Private Bulletin. Book 2”. Page 153. AMTF**

# Conscious decrees, affirmations, songs and fiats incorporating the Creative Word “I AM”

Beloved Maha Chohan

May 14, 1961

Beloved Children of My Heart:

“Know that a spark of the Fire of Creation, within which is all the potential Creative ability of the Godhead “I AM,” is ALIVE WITHIN YOU. **The Cosmic Blessings of sustained, constructive creation can be invoked by any individual through conscious decrees, affirmations of a positive nature, and songs and fiats incorporating the Creative Word “I AM.”** This Cosmic Invocation results, naturally, in COSMIC ACTION IMMEDIATELY for the blessing of all life in every sphere wherein such blessing is both required and desired.

**“Thomas Printz Private Bulletin. Book 2”. Page 473. AMTF**



## **Beloved Lord KRISHNA Speaks on "In the Beginning was the Word"**

"In the beginning was the Word, and the Word was with God and the Word was God. And the Word was made Flesh and dwelt among us (and we beheld His Glory, the Glory as of the only begotten of the Father) full of Grace and Truth." Juan 1:14

56. WHAT DOES SAINT JOHN MEAN BY "THE WORD"?

**The Father-Mother God spoke the Words "I AM", creating a focal point of individualization before this Solar System was created. Every individual, as a child of Deity endowed with the power of speech, is, in like manner, privileged to unite himself with the Father-Mother God and an entire WORLD BODY, through the positive affirmation "I AM" - followed by a constructive statement.**

57. DOES THIS STATEMENT HAVE TO BE AUDIBLE?

**No, it is the FEELING and the THOUGHT of the UNITY which this expression promulgates in the hearts of men which makes it efficacious as THE FIRE OF CREATION in any sphere where it is felt, thought, or spoken.**

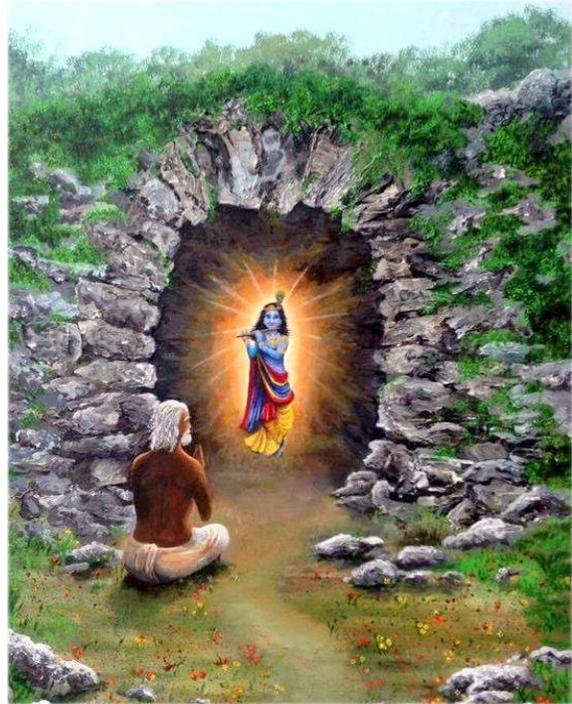


58. BELOVED KRISHA, HOW ABOUT DEAF MUTES?

Deaf mutes, having the full power and intelligence to think and feel, can of times create a more powerful and single-pointed Word in their hearts than those who speak too often - wasting valuable energies upon trivialities..

**61. IF THE WORDS "I AM" ARE THE POWER OF CREATION, WHY MUST THEY BE REPEATED SO OFTEN IN ORDER TO HAVE A MANIFESTATION?**

Because, through free will, mankind, having been endowed with the power of speech, has used the words "I AM" followed by destructive statements, energized by his feelings and thoughts, which have created the very experiences mentioned above, and must be re-educated to use these creative words **ONLY** in a constructive manner. This requires the education of the emotional, mental, and etheric vehicles as well as the physical form.



A hollow and shallow statement made by the personality without this understanding and not coupled with positive feeling and direct thought, is not efficacious. **To one with the conscious understanding of the possibilities which are within the use of this Creative Power in the Word "I AM", I say to you, even as Beloved Jesus did, wise you are to build a momentum of thinking, feeling, and expressing yourselves by using a constructive statement following "I AM".**

64. (...) **The beautiful and melodious Voice of the "I AM" Presence in both speech and song can most easily be resuscitated as the chelas ponders on this instruction and makes of it a blessing to all life.** When My Pupil, Jesus spoke, all of the elements responded happily and joyously to His slightest whisper or His greatest COMMAND.



You, too, My Beloved, are the WORD MADE FLESH! Each one is the ONLY BEGOTTEN SON - that phrase implying that your individualization was fore-ordained by the Father-Mother God as a part of the Great Divine Tapestry of the ages, and the SECOND COMING to you is determined by your response to ME. "I AM" HERE - I shall expect you to likewise be in the Upper Chamber at all times.

**"100 QUESTIONS AND ANSWERS ON THE LAW OF LIFE"  
A "Bridge to Freedom, Inc." Publication. 1973**

## **The Word or Words “I AM”. Alice Schutz**



**“I AM” is the Creative Word, the initial word that produced creation and from which all creation springs.** The words “I AM” are the cup – the two cups that carry the power into outer activity. The use of the word “I AM” denotes individualized being.

**The word “I AM” - as spoken in English - releases the energy from God, your own Individualized Presence, which is your Source.** That Presence is the fountain of energy from which you receive, every moment of your life, the energy that keeps you alive. **When you say the words “I AM”, you invoke life! To think or speak those words draws life into manifestation.**

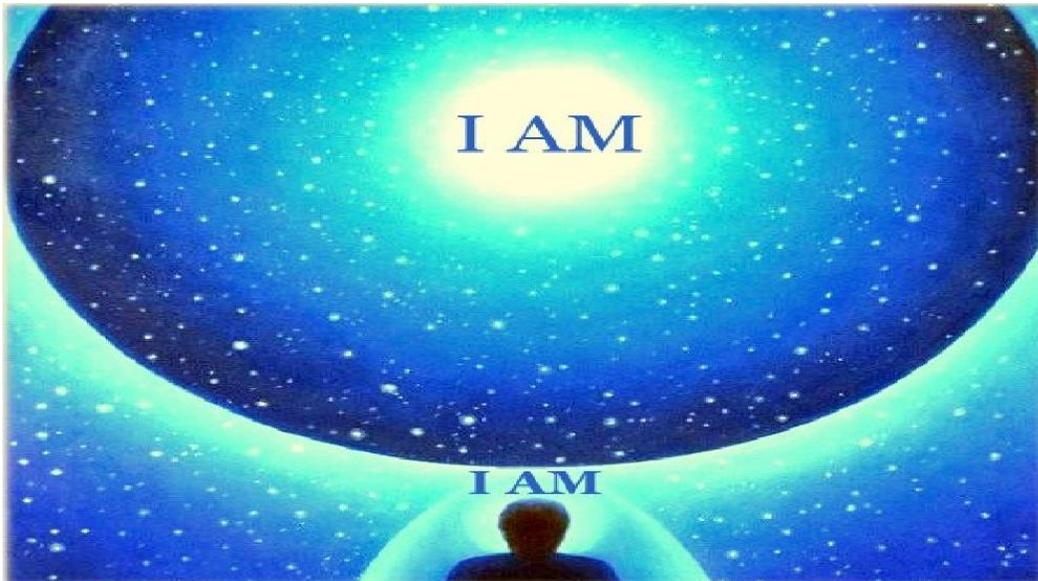
Have you ever thought that you use “I AM” preceding all you do in your daily activities, either in thought, feeling or spoken word and that no other person can say or use that expression for you? On awakening in the morning you think or say before you get up “I AM going to get up”. “I AM going to get breakfast”. “I AM going to work” and so on. **In everything you do, you use the expression “I AM”. When used, it draws forth and releases more, or added, energy into your world to perform the act you desire.**



**The expression “I AM”, as used in English, has ever been used all through the ages from the beginning of the world.** Although that secret knowledge was lost to the masses, it has always been known and used in the Retreats.

**Jesus said death and life are in the power of the tongue, meaning the use of the word “I AM”, and if you will notice, He preceded His important statements with the word “I AM”.** Most people are familiar with these statements: I AM the light of the world; I AM the light that lighteth every man; I AM the resurrection and the life; I AM the ascension in the light; I AM that I AM. These statements have lived through the centuries and remained unaltered, they could not be changed. They still carry the same meaning and potency.

**“I AM” is the so-called “lost word”. The word itself was not lost but the inner or real meaning, understanding, use and power, were lost to the consciousness of mankind.**



When you use I (or a form of it as me, my, mine) never use a negative word following it. Life is the ALL and says “I” to denote individualization.

An individual says “I”. Sight is the same frequency as “I” – eye. “I” is when light looks within itself, that is the attribute of sight – the eye, the same as “I” when it individualizes itself.

When you say “I AM” that is the first announcing. A new born baby’s first cry or sound means “I AM”, announcing its individual identity here in the physical realm.

Birds and animals do not use or say “I AM”, because they are not endowed with the power to say “I AM”.

The word “I AM” is recorded in the Grand Teton Retreat, in every language of every civilization that has been on the Earth. **The sound “I AM” is the same tone as used in the first Golden Age.**

**“Law of Life. Book I” A.D.K. Luk Publications**



