

# Transcript

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0:03 [Music]

0:19 meditation in resonance with the word was derived from the teachings of the guides

0:25 channeled by paul selig in his i am the word book series

0:33 the meditation was inspired by the work of j.j flowers led by sarita sol all rights are

0:41 reserved by the copyright owners the style and where possible the exact

0:47 words of the guides are used certain sections in this

0:53 meditation may release flows of energy through you

- 0:58 you are safe and  
protected allow these  
energies to flow and  
be
- 1:04 released as necessary  
for your vibration to  
rise and be mended at  
the end of the guided
- 1:13 meditation the music  
will continue and you  
are invited to rest
- 1:18 in the upper room if  
you wish
- 1:25 the intention of this  
meditation is to guide  
students into a higher  
octave of
- 1:31 frequency the upper  
room and in that  
octave to experience  
the wonder of unity  
with
- 1:38 the creator the all that  
is
- 1:44 as we proceed you are  
being worked with to

facilitate the growth of  
being within you

1:50 the guides have a  
small brigade whose  
job it is to shift you as  
you need to be shifted  
they promise

1:58 to work with you align  
with you and rework as  
required for your  
highest

2:03 good they come with  
love direction and an  
encouraging word

2:12 if you wish you can  
ask the guides for help  
in your vibrational shift

2:17 by repeating these  
words

2:23 i am now calling on  
those who work

2:29 in the frequency of the  
word from the divine  
light

2:35 to come to me and to  
support me in my

transformation

2:43 and i ask to know them  
in my frequency

2:49 through their feelings  
of love for me

2:55 i am word through this  
intention word i am  
word

3:09 our destination today  
the upper room is a  
higher octave a higher  
series of

3:15 notes or tones than the  
octave we are in now it  
is the christ mind the  
true

3:23 self's habitation in the  
upper room separation  
from god

3:30 or one another has no  
expression it is a place  
of peace where  
vibrations

3:37 of fear and  
unforgiveness do not  
exist so we need to

release our  
attachments to

3:45 those vibrations in  
order to rise please  
say this now

3:54 today i choose to  
release any fear that is  
controlling me that i  
have agreed to

4:06 today i choose to  
release myself from  
any attachments born  
in unforgiveness

4:17 i release my small  
self's need to be right  
and make another  
wrong

4:27 and as i say these  
words i allow this  
release in perfect ways

4:36 i am word through this  
intention word i am  
word

4:47 and now the  
comprehensive decree  
of freedom to release

attachments to all of  
your history

4:53 to all of the darkness  
that you have denied  
in yourself ignored or  
even used against  
others

5:01 you may say this now  
[Music] i am free

5:09 i am free i am free

5:19 now bring your  
attention inside  
yourself

5:28 follow your in-breath  
follow your out breath

5:40 focusing all of your  
attention as you follow  
the breath into your  
body

5:54 focusing all of your  
attention as you follow  
the breath leaving

6:00 your body

6:07 breath flowing in  
breath flowing out

6:20 let the breath relax you  
more and more

6:33 let the breath allow  
you to focus

6:39 more and more

6:48 breath in breath out

7:07 if you understand at  
this moment that you  
are a frequency body

7:12 and that your body is  
shifting in frequency as  
the guides work with  
you

7:20 you will begin to feel  
the energies come  
through to clear the  
channels for those  
energies

7:26 to flow repeat the  
following to align your  
chakras

7:32 with the frequency of  
the word

7:42 i am word through my  
crown chakra to

connect to the divine

7:55 i am word through the  
chakra of my third eye  
to activate my spiritual

8:02 senses

8:10 i am word through my  
throat chakra to speak  
the truth

8:20 i am word through my  
heart chakra to light  
the flame of the christ  
within

8:35 i am word through my  
solar plexus chakra to  
receive the knowing  
that i am loved

8:51 i am word through my  
sacral chakra to  
activate the divine  
creativity

9:06 i am word through my  
root chakra to ground  
myself in gaia and the  
god

9:13 that is

9:22 now visualize receiving  
divine golden white  
energy through the  
crown

9:28 chakra at the top of  
your head

9:33 allow this energy to go  
through your body to  
align each center each

9:40 chakra and each  
energy vortex perfectly  
in preparation

9:48 for the journey to come

9:58 there is no separation  
between us and our  
creator

10:03 that is on this plane is  
a manifestation of the  
frequency of creation

10:12 that is the word the  
word is the vibration  
of god

10:19 in action it is creation

10:26 when you decree i am  
word you declare

yourself as the  
creator in

- 10:34 action an aspect of  
god being brought  
forth into light
- 10:43 when you decree i am  
word you summon  
your own anchoring
- 10:51 as the christ itself and  
begin to manifest it in  
form
- 10:58 and as you are aware  
of this on your journey  
you become christed  
in consciousness
- 11:07 when you become  
christed in  
consciousness you  
ascend
- 11:15 and now you are  
invited to ascend by  
aligning to the  
frequency of the word
- 11:25 if you wish you may  
say this now
- 11:31 i am word i am word i

- 11:38 am word word i am  
word
- 11:49 the decree i am word  
through my body  
brings the body into  
alignment with the
- 11:55 vibration of the word  
you may say this now
- 12:04 i am word through my  
body
- 12:10 i am word through my  
body
- 12:17 i am word through my  
body
- 12:23 word i am word
- 12:30 the decree i am word  
through my vibration  
brings the auric field  
and the frequency
- 12:37 of the consciousness  
into alignment with  
the vibration
- 12:42 of the word you may  
say this now

12:49 i am word through my vibration

12:56 i am word through my vibration

13:03 i am word through my vibration

13:09 word i am word

13:17 the decree i am word through knowing myself as word

13:23 is the reclamation of identity beyond the choice of the small self

13:29 to claim itself upon everything you may say this now

13:39 i am word through knowing myself as word

13:48 i am word through knowing myself as word

13:58 i am word through knowing myself as

word

14:07 word i am word

14:18 the transposition from  
one octave to the  
higher from where  
you are to the upper  
room

14:26 is a process of re-  
knowing the self

14:32 when the self is  
reknown in  
completeness an  
individual has moved  
from selfish

14:40 to the self less the  
one who thinks he is  
separate

14:47 to the one who knows  
she is whole and  
interconnected with  
something vast

14:54 and wonderful when  
you know who you  
are in truth

14:59 and understand your  
worth and your

inheritance the song  
you sing lifts this  
plane of

15:07 existence to a new  
level of incarnation

15:15 when you claim i  
know who i am it  
means i know who i

15:22 am as a manifestation  
of god in man i know  
who i

15:29 am as a divine  
creation i know who i  
am as the christ

15:35 in manifestation i  
know who i am as a  
soul who knows

15:43 his own song who  
sings his own song  
who knows

15:50 her own worth who  
expresses her own  
worth

15:59 as you set your  
intention to know and

align your true self the  
guides

16:06 support you and you  
may say this now

16:15 i know who i am in  
truth

16:21 i know who i am in  
truth

16:27 i know who i am in  
truth

16:40 when you say i know  
what i am you claim  
the manifestation that  
you

16:47 stand in and that will  
always be true

16:52 you know what you  
have and you know  
what you create  
because it is  
expressed

16:59 by you in this material  
form you may say this  
now

17:09 i know what i am in

truth

17:14 i know what i am in  
truth i know what i am  
in truth

17:26 how you serve is who  
you are expressing  
through what you are

17:35 and every one of you  
is singing your song  
of expression every  
moment of every

17:42 waking day your  
vibration is your song  
and your vibration is

17:49 reflected as your  
consciousness you  
may say this now

18:01 i know how i serve in  
truth

18:08 i know how i serve in  
truth

18:15 i know how i serve in  
truth

18:26 now take some easy  
relaxed breaths and

consider

18:33 that we are on the  
threshold of the upper  
room

18:38 we have released our  
fear and  
unforgiveness

18:44 we have aligned to  
the word we have  
declared our identity

18:51 in truth now at the  
sound of the bell

18:59 visualize yourself  
taking a step over a  
threshold and  
entering

19:07 the upper room

19:12 [Music]

19:18 now say this please

19:25 i am in the upper  
room

19:33 when you claim this  
feel your energetic

field oscillate feel its  
vibrational

19:41 lifting notice if you feel  
the third eye opening

19:48 or the crown chakra  
pulling say it again  
now please

19:57 i am in the upper  
room

20:03 i am in the upper  
room

20:09 i am in the upper  
room

20:20 now anchor yourself  
by confirming your  
agreement to unity in  
your expression

20:28 say this please i have  
come i have come

20:35 i have come

20:43 this decree claims all  
things in agreement  
to itself it's as if you  
have struck the

- 20:50 match that will burn  
the dross that will  
clean the field
- 20:55 that will operate in its  
own way to serve true  
expression
- 21:03 now say this please  
behold i make all  
things new
- 21:14 behold i make all  
things new
- 21:20 behold i make all  
things new
- 21:28 when you announce  
this you are  
reclaiming reality in  
agreement to source
- 21:36 this is the claim of  
resurrected self who  
has come to liberate  
the old
- 21:44 to claim the new and  
to sing the one note  
that is god you are  
lifting
- 21:52 what is encountered

through the broadcast  
of your energetic field

22:00 you are not fixing you  
are reclaiming

22:07 finally the claim that  
supersedes all other  
claims to know god  
now which is  
realization

22:17 is to become  
reclaimed within god

22:22 say this now please

22:28 god is god is

22:36 god is

22:42 this announces the  
vibrational field of all  
of which you are a  
conduit on this plane

22:50 a world is made new  
not through your acts  
but through the  
expression of your

22:57 truth and the  
fundamental truth that  
you are

23:02 an anchor of the divine and each creation you emit

23:09 each thing you see before you may be reknown from the upper room

23:16 because the divine sees itself in all of its creations

23:25 now while we are in the upper room we are connected to all things

23:35 let's visualize that connection to the sea of energetic consciousness

23:42 that is the creator

23:48 visualize in your mind that you are sitting in a place of beauty and peace

23:56 as you rest in the upper room you are sitting at the exact

24:04 center of the base of  
a huge translucent  
pyramid

24:13 and as you continue  
to meditate you  
express your love and  
gratitude to

24:20 god as a stream of  
energy that exits your  
crown chakra and

24:28 is captured by the  
capstone of the  
pyramid

24:33 and then sent on to  
connect to billions of  
other pyramids

24:42 the beams link to  
create a grid a matrix  
of consciousness

24:50 that is an energetic  
system a christ  
vibration that will work

24:58 through inhabit and  
recreate itself

25:04 through the  
personages energy

systems beings of  
those who would  
welcome

25:11 and embrace it yours  
is one pyramid

25:18 and there are many  
many many being  
built in the conscious

25:26 intentions of the  
seekers of this plane  
at this time

25:33 every being  
everything every  
fragment of energy is  
part

25:40 of the god that is and  
you are connected to  
each

25:47 through the loving  
consciousness and  
energy that is our  
creator

25:55 and father

26:02 now while you are of  
and in the christ  
consciousness

26:08 let its love and energy  
flow through you as  
you are moved

26:16 perhaps word through  
your loved ones for  
their requirements

26:23 or listen to hear your  
guides whisperings  
and directions

26:31 maybe lift someone to  
the upper room who  
has been unloving to  
you

26:40 or maybe simply be in  
resonance with the  
word

26:49 the all that is

27:04 namaste

27:15 [Music]

27:36 [Music]

27:56 [Music] foreign

28:06 [Music]

29:38 [Music]

29:46 [Music]

29:56 [Music]

30:06 [Music]

30:17 [Music]

30:54 [Music]

31:01 [Music]

31:16 uh

31:27 [Music]

31:49 [Music]

32:10 [Music] me

32:30 [Music]

32:40 [Music]

34:04 foreign

38:44 oh

42:42 so

44:34 foreign

47:36 so

51:06 um

51:48 so

58:48 so

1:03:56 um

1:04:24 so

1:07:54 so

1:09:18 you

1:11:11 you

English (auto-generated)

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