

Transcript



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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