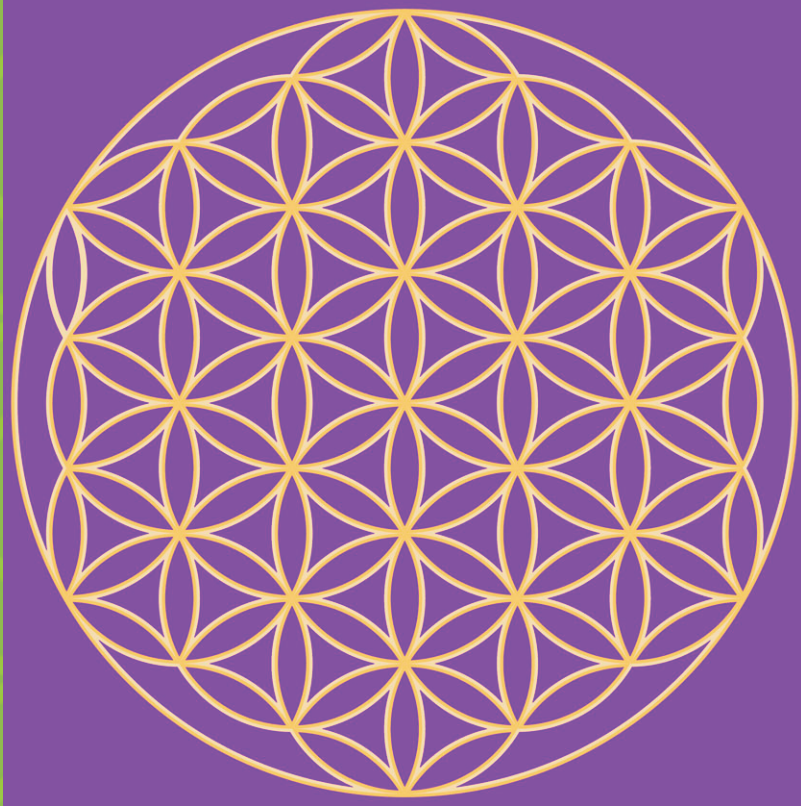


# Christ Consciousness



30 Essential Lessons and Practical Guidelines  
to Develop the Consciousness of Christ,  
Buddha, Krishna and the Mighty I AM



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# Christ Consciousness

30 Essential Lessons and Practical Guidelines  
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## 30 Essential Lessons and Practical Guidelines to Develop the Consciousness of Christ, Buddha, Krishna and the Mighty I AM

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The basic premise of these books is that there are two ways of thinking or philosophies of life and only two.

## Introduction

Around 20 years ago a woman by the name of Helen Schucman channeled a set of books called, A Course in Miracles. These books were written by Jesus Christ and then telepathically channeled to Helen much like the Alice A. Bailey books were channeled to Alice Bailey from the Master Djwhal Khul.

I can honestly say that in the last twenty years these two sets of books have had a more profound effect on me than anything else I have ever studied. A Course in Miracles is basically a course in attitudinal healing.

The basic premise of these books is that there are two ways of thinking or philosophies of life and only two. And every person in the world falls into one or the other.

There is the voice of the Spirit or of the Christ, and then there is the voice of the ego. This could also be stated as the voice of your Higher Self or the voice of your lower self; the voice of the Self or the voice of the self; the voice of the big "I", or the voice of the little "i"; the voice of the Holy Spirit or the voice of glamour, maya, and illusion; the voice of the "Self" or the voice of the "not-self"; the voice of the Holy Spirit or the voice of the negative ego.

We are conditioned as children and by society to think and interpret life from the negative ego's perspective. This is why so many people are filled with so many negative feelings, emotions, and lack of inner peace.

A Course in Miracles teaches in a very systematic way, how to change and undo the negative ego's thinking, and how to hence think with your Christ mind. Did it not say in the Bible, "Let this mind be in you that was

in Christ Jesus." Jesus, as we know, was a man and human being just like you and I, who became the embodiment of the Christ by becoming one with the Christ Consciousness.

The Christ Consciousness is not just for Christians. The Christ Consciousness, the Buddha Consciousness, the Krishna Consciousness, God Consciousness, and the consciousness of all religions are all the same thing. Many people have a lot of negative programming behind their religious upbringing. It is important here not to get caught up in the words, or semantics. It is also important to understand that whatever religion, or Spiritual path you are on, I suggest you keep it.

The new religion of the future is the one that honors and recognizes all religions and all Spiritual paths, for they all lead to the same place.

The introduction to A Course in Miracles states:

"This is a Course in Miracles. It is a required course. Only the time you take it is voluntary. Free will does not mean that you can establish the curriculum. It means only that you can elect what you want to take at a given time. The Course does not aim at teaching the meaning of love for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite."

A Course in Miracles, for most people, is a very difficult book to understand and read. One of my biggest purposes in writing this particular guide is to take the essence of the Course's teaching and make it very easy to understand. Even if you never read A Course in Miracles you will get the essence of it in this short guide.

Free will does not mean that you can establish the curriculum. It means only that you can elect what you want to take at a given time.

Nothing real can  
be threatened.  
Nothing unreal  
exists. Herein lies  
the Peace of God.

I know in my personal Spiritual path and evolution, someone explaining and summarizing the Course in simple to understand language, would have been very beneficial to me. I think you will find it extremely illuminating. I have also expounded on the Course's teachings to make them more universalistic to all religions and all Spiritual paths which a person may be exploring. I have also added many of my own ideas to give you a more complete understanding of what Christ Consciousness really means.

The introduction of A Course in Miracles closes with the following statement:

"This course can be summed up very simply in this way: Nothing real can be threatened. Nothing unreal exists. Herein lies the Peace of God."

A Course in Miracles is a "required course," the introduction says. What this means is not that everyone has to study A Course in Miracles, but rather everyone has to learn to think with their Spiritual/ Christ/ Buddha/ Krishna/ Moses/ Mohammed/ Mighty I AM Presence Mind. Sai Baba, the avatar from India, has said that the definition of God is that "God equals man minus ego."

You cannot pass your Spiritual initiations and realize God without transcending the selfish, separative, fear-based mind of your ego. The curriculum is set, and A Course in Miracles is just one form, or tool, for learning these lessons.

"The Course does not aim at teaching the meaning of love for that is beyond what can be taught. It does, however, aim at removing the blocks to the awareness of love's presence, which is your natural inheritance." This brings us to the core of A Course in Miracles



teachings, which is that God created us, and our true identity is the Christ.

In other words we are each Sons and Daughters of God, made in God's image. God is love so we are love. We don't have to become love, love is what we are. It is only the negative ego programming and conditioning that covers this in us. We are each like diamonds with mud on us. Our path on Earth is to clear away the mud so our true diamond nature can shine. Even Jesus said, in the New Testament, "Everything that I can do, you can do and more."

We are each like diamonds with mud on us.

The fundamental Christian church has misinterpreted his message. Sure Jesus was the Son of God, but so are we. In the Buddhist religion you would say that we each are the Buddha. In the Hindu religion we each are the Atma, or Eternal Self. In the Old Testament the Jewish prophets said, "Ye are Gods and know it not." They also said "Ye are Gods and children of the Most High." David, in the Psalms, said, "Be still and know, I am God."

This is why the introduction of A Course in Miracles says, "Nothing real can be threatened. Nothing unreal exists. Herein lies the Peace of God." Your true identity as the Christ or the Buddha, or Atma, or Eternal Self cannot be changed. That is how God created you. You can think you are something other than this but this does not change reality. You are the Christ, the Buddha, the Atma, the Eternal Self, whether you like it or not.

The reason you have no choice is that you didn't create yourself, God created you! The Spiritual path is really not trying to get any place; it is just the reawakening to who you are. The second step being the practice of being your "Self" in daily life.

## Where Did the Negative Ego Come From?

The negative ego did not come from God. It came from man's misuse of free choice. Man is the only creature that has the ability to think out of harmony with God. The “fall” that the Bible refers to occurred when we, as Monads, or individualized sparks of God, chose to come into matter. It wasn't the coming into matter that caused the fall; it was the over-identification with matter. It was that moment when we thought we were a physical body rather than a God being inhabiting or using this physical body.

In thinking we were  
a physical body,  
came the illusion  
of separation  
from God.

In thinking we were a physical body, came the illusion of separation from God, and separation from our brothers and sisters. Then selfishness, fear, and death appeared as real. From these faulty premises a whole thought system developed that was based on illusion, maya, and glamour.

We have spent hundreds of incarnations caught up in this illusion. The amazing thing is that what A Course in Miracles teaches is that the fall never really happened. We just think it did. The basic law of the mind is that it is your thoughts that create your reality. Your feelings, emotions, behavior, and what you attract and magnetize into your life all come from your thoughts.

Is the glass of water half empty or half full? Are you optimistic or pessimistic? Do you look at what happens in life as teachings, lessons, challenges and opportunities to grow, or do you look at things as difficulties, problems, aggravations, irritations, and upsets? It is how you think, and interpret, and perceive things that will determine how you feel in any given situation.

We have always been the Christ, the Buddha, the Atma,

the Eternal Self, and have always been one with God. All of our negative egotistical thinking has not changed this one single bit.

A good metaphor for this could be relating it to dreaming. When you have a nightmare or bad dream at night and wake up from it you are relieved that it was just a dream. When you were dreaming it, however, it seemed so real. Well, I say to you now in this "holy instant", WAKE UP!!

Wake up from the negative hypnosis you have been living in, thinking you are unworthy, unlovable, inferior, separate from God, powerless, etc. In this holy instant wake up and realize that you are the Christ, the Buddha, the Atma, the Eternal Self. You have always been and always will be.

The great saint from India, Ramana Maharshi, said that the Spiritual path is like a person who comes to him asking for his help in finding a necklace that had been lost for the last forty years. Ramana Maharshi says, "Well, what's that you are wearing around your neck?" The woman, all of a sudden, realizes that she has been wearing the necklace all along. That is exactly how the Spiritual path is! You don't have to find God; you already "are" God and have been all the time. It is the insane voice of the ego, or separative mind that keeps us lost in glamour, maya, and illusion.

Sai Baba says, "Your mind creates bondage, or your mind creates liberation." A lot of people downplay the mind as though it were not important. As Sai Baba says, it is your mind and how you manage it that will determine if you achieve liberation or remain in bondage.

"Your mind creates bondage, or your mind creates liberation."  
- Sai Baba

The major work of the Spiritual path is clearing out all the negative egotistical beliefs from the conscious and sub-conscious mind.

Heaven and hell are states of mind. When the ego is your guide and teacher you are in hell. When the Spirit and Soul Consciousness is your teacher, you are in Heaven. Buddha, in his Four Noble Truths said that all suffering comes from wrong points of view.

How do you interpret life? Do you interpret it from the negative ego's set of glasses or from the Buddha's or Christ's set of glasses? It is important to understand that you don't just see with your eyes, you see with your mind, through your belief systems.

The major work of the Spiritual path is clearing out all the negative egotistical beliefs from the conscious and subconscious mind, and replacing them with the Christ and Buddhist and Spiritual pattern. The rest of this guide will get into more specific detail as how to do this.

## The Authority Problem

The authority problem has to do with the core issue of who is the ultimate authority in life. The Course teaches that the ultimate authority is God, and it is God that created us. The ego tells us, however, that God doesn't exist because we can't see Him with our physical eyes, and so it (the ego) is the ultimate authority. And the ego hence tells us that we are just a physical body, not the Christ living in a physical body.

The ludicrousness of the ego is quite obvious, because God created us, and we created the ego, however we have been letting the ego be the ultimate authority.

It is time for us to recognize and own our personal power and authority over our selves. It is time for us to gain

mastery over our mind, our emotions, our physical body, and our ego.

It is not God's job to get rid of our ego, it is our job! We created it, so we can get rid of it. God could do it but this would be like giving birth to a child and doing everything for the child and adolescent. If we did this then the child and future adolescent would grow up to be completely incapable.

If God did it for us then we would be incapable, and there would be no reason to incarnate into this school called Earth. God doesn't need to learn these lessons, we do! One of the lessons of A Course in Miracles is that "my salvation is up to me".

God has already given us everything. It is we who have separated ourselves from God, by listening to the voice of the ego. In reality we have never been separated, however in our consciousness, or perception of reality we are. This can be easily changed by just changing our thoughts.

The Bible says, "Be ye transformed by the renewal of your mind." "As a man thinketh so is he." Lincoln said, "A man is as happy as he makes up his mind to be." I think it was Emerson who said, "A man is what he thinks about all day long."

It is time for us to wake up and snap out of this self created hell of our own negative thinking. It is time to get in control of our subconscious mind and stop letting it push us around. It is meant to be our servant, not our master!

But how is this accomplished?

"As a man  
thinketh, so is he."  
- Abraham Lincoln



## LESSON 1

### Spiritual Vigilance

The process of accomplishing this attitudinal healing is, in actuality, very simple. What I would recommend is that you imagine that you are surrounded by a golden bubble which protects you from the outside world and other people, and also protects you from your own subconscious mind.

In other words, I would like you to imagine that all of your thoughts, feelings, impulses, desires, images, are all outside of your golden bubble. So all of what is termed the “content of consciousness” is outside of the bubble.

The idea then, is that every time a thought, feeling, or impulse arises from your subconscious mind, that you make it stop at the gate of the bubble, almost as if there is a guard there checking its passport. If the thought or feeling or impulse is positive, loving, Spiritual, balanced, Christ-like, of God, then let it through the bubble and into your mind.

If the thought, feeling, impulse, or desire is negative, egotistical, separative, selfish, fear based, imbalanced, and not of God, then push it out of your mind. A Course in Miracles states, “Deny any thought that is not of God to enter your mind.”

You must understand that the mind works like the physical body. If you want to be physically healthy you must eat good food. If you eat bad food or spoiled food you will get physically sick. The same thing applies to your mind. If you want to be mentally and emotionally, and Spiritually healthy, you must let only positive God-like thoughts into your mind. If you let negative, ego-

Every time a thought, feeling, or impulse arises from your subconscious mind, you make it stop at the gate of the bubble.

When you push a thought out of your mind, it can be likened to a plant that is not being watered.

tistical thoughts into your mind you will become mentally, emotionally, and Spiritually sick.

It is not God or the Ascended Master's job to control your mind; it is your job! One of the most important principles of A Course in Miracles is to be "vigilant for God and His Kingdom." Most people are not vigilant enough over their mental and emotional diet. They live on what I call automatic pilot. They are not conscious, aware, alert over the thoughts or feelings they allow into their mind from the subconscious mind and from the outside world. Most people do not have enough detachment, Spiritual discernment, or Spiritual discrimination.

When you push a thought out of your mind, it can be likened to a plant that is not being watered. It withers and dies from lack of attention. After pushing the negative thought out of your mind the idea is to then switch your mind like a TV station to the opposite positive Spiritual or Christ-like thought, feeling, and image. This is like a new seed that sinks into the soil of the subconscious mind and sprouts.

The law of the mind is that it takes 21 days to cement any new habit into the subconscious mind. After 21 days it will be automatic to think with your Christ mind. It will not even be difficult. It will be a "habit". A lot of people think that habits are always bad. They are not necessarily. The idea is to fill your subconscious mind with positive Christ-like habits and get rid of the egoistical ones.

Jesus, in the New Testament, applied these principles when he was walking with his disciples and one of his disciples started to complain. Jesus whirled around and exclaimed, "Get thee behind me, Satan!" He was saying



“no” to the ego, which the fundamentalist church refers to as the Satan or the devil.

I cannot emphasize enough the importance of being vigilant. When people in the outside world are negative, the idea is to keep your golden bubble up and let their energy slide off you like water off a duck's back, or let it bounce off like a rubber pillow.

### ACTION STEP

To help you get into the routine of being Spiritually vigilant over your thinking, feeling, speaking and acting, and to help you make it into a habit, work with a 21-day log. The idea is to put this log someplace you can see it that reminds you all day long to be vigilant over your consciousness. And at the end of each day - if you have actually made a conscious effort to be vigilant over your thinking to the best of your ability – make a check into the pertinent box below. Do this exercise religiously for 21 days straight. If you miss a day, start over again from day one. It is important to do everything you want to make into a habit for 21 days non-stop. This is the key to build positive habits that serve you!

To take it a step further, at the end of each day, write down in your journal how you are doing and improving being Spiritually vigilant. Are there certain people or certain situations in your life where it is harder for you to be Spiritually vigilant than others? Are there certain times of the day where it is easier to be joyously vigilant over your thinking and feeling than at others? Write down whatever comes to mind. Journaling is a very powerful practice to help you grow conscious and aware of your thinking, feeling and acting habits and patterns. You cannot change something if you are not aware of it!

DAY		
1	2	3
4	5	6
7	8	9
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13	14	15
16	17	18
19	20	21



## LESSON 2

### Are You a Master or a Victim?

Spirit guides you to be a master - the ego guides you to be a victim! When you are in your master consciousness you fully recognize that you cause and create your own reality. You create everything. You create your thoughts, feelings, emotions, behavior, physical health, what you attract and magnetize into your life. This is based on the Hermetic law, "As within, so without; as above, so below."

That which you think and image within your conscious and subconscious mind will manifest its mirror likeness in your external circumstances. The outer world is a mirror of your inner world. Remember, we are co-creators with God, made in His image. God is not a victim and neither are we! The microcosm is like the macrocosm.

As you learn to get into control of your mind, you then learn to get in control of your feelings and emotions. Feelings and emotions do not just happen to you; they are created by how you think!

There are certain beliefs that cause certain feelings and emotions. When you learn to think with your Christ mind all of your negative feelings and emotions begin to disappear.

Nothing outside of yourself causes you to think or feel anything. It is your interpretation, your belief, your perception of the situation that causes you to feel the way you do.

For example, in the 1929 stock market crash, one person jumps out the window of a building and commits

The outer world  
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inner world.

You never do  
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antecedent as some  
thought or feeling in  
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or subconscious  
mind.

suicide. Another person loses a million dollars and says, "Easy come, easy go!"

Two people come to work and the elevator is broken and they have to walk up ten flights of stairs. One person curses and swears and the other says, "Oh great, an opportunity to get some physical exercise."

When you walk down the street do you see other people as just meaningless other physical bodies, or as brothers and sisters in a much larger Spiritual family. As I said previously, you see with your mind, not just your physical eyes.

Your behavior is also caused by your thoughts and feelings. You never do anything that does not have an antecedent as some thought or feeling in either your conscious or subconscious mind. The idea is to completely clean out the subconscious mind of all negative programming. The idea is to consciously program the subconscious with only positive, Christ-like thoughts which attract to you only positive things from the outside world.

This (re)programming of the subconscious mind is achieved through the process of "denial and affirmation". The idea is to deny all negative thoughts and to be constantly affirming positive Spiritual thoughts.

**ACTION STEP**

Again, to help you get into the routine of thinking only positive, Spiritual thoughts, work with a 21-day log. So your assignment is to make an all-out effort to **ONLY** think positive, uplifting, Spiritual thoughts for the next 21 days and to not allow even one single negative, ego-tistical, lower self thought to enter your mind (to the best of your ability). So keep affirming positive thoughts, and should a negative thought come up, just replace it with a positive one! Don't try to be perfect! You will inevitably have some negative thoughts come up. Just ignore them. The idea here is simply to make an effort. That is all that is asked of you. Do this exercise with discipline and you will be a completely different person in 21 days from today!

DAY		
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13	14	15
16	17	18
19	20	21

Sickness is a defense  
against the truth  
because the truth is  
that we are the  
Christ and can't  
be sick.

## LESSON 3

### Sickness is a Defense Against the Truth

You cause the health or lack thereof in your physical body. Your subconscious mind runs your physical body. This can be clearly proven through the use of hypnosis.

If our true identity is the Christ, then how can we get sick? God isn't sick, so in reality we can't be sick either!

We get sick because of our belief in it and our indulgence in negative egotistical thoughts. Sickness is a defense against the truth because the truth is that we are the Christ and can't be sick. If we held this thought then the subconscious mind, which does whatever we order it to do, would keep us healthy.

This applies to the aging process also. If we didn't believe we had to age we wouldn't. Ascended Masters proved this in the fact that they could live in the same physical body indefinitely. Saint Germain did it for 350 years in Europe. Thoth did it for 2000 years in Atlantis and Egypt. Physical immortality is totally achievable because, remember, we are God.

Now, it is still important to physically eat well, and exercise, and follow God's physical, emotional and mental laws until we reach that ascended state of consciousness. The Spiritual path is a process. It does not happen in one instant. In one holy instant you can fully realize that you are the Christ, and you are God, however, this illumination must be demonstrated and grounded on the Earthly plane and shared with others.

The Spiritual path is not going straight up to God; it is rather attuning upwards, and then bringing that consciousness downwards back to Earth. God's Divine Plan is to create Heaven on Earth. We are here as a bridge between Spirit and matter. We are here to spiritualize the material plane.

### ACTION STEP

Again, to help you make it into a habit to think in terms of “Sickness is a defense against the truth,” make a conscious effort to affirm this truth for 21 days. So let this thought be your mantra for the next three weeks! If done with discipline, enthusiasm, excitement, joy and will power, this simple exercise will completely rewire your nervous system and consciousness!

DAY		
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7	8	9
10	11	12
13	14	15
16	17	18
19	20	21





## LESSON 4

### The Holy Encounter

The holy encounter is a most exquisite idea that is presented in A Course in Miracles. The holy encounter is the understanding that every time we meet another person in the world, it is a holy encounter. Each encounter with another person is, in reality, Christ meeting Christ, Buddha meeting Buddha, God meeting God. Every person you meet, whether you know them or not is God visiting you in physical form.

In reality this concept applies to animals, plants, and the mineral kingdom also. Don't you see that there is only one Being in the infinite universe and that is God?! God has incarnated into infinite numbers of forms. He is incarnated as you and as me, as the animals, plants, minerals, as everything. Everything has a Soul!

Sai Baba has said that the fastest way to realize God is to see Him in everything and everyone. He has also said that if you want to find him, (Sai Baba), then see him in your brother and sister because he "is" your brother and your sister.

This can be clearly demonstrated in our language. When we speak we are always saying, "I feel this way", or "I am going to the market." Have you ever thought about what the "I" is? The "I" is the Godself, or the Christ or the Buddha or the Atma, the Eternal Self. No matter what words we speak in any given sentence, the "I" is the same for everybody. The "I" underlies the mental, emotional, and physical vehicles, or bodies. God is incarnated as the "Eternal I" in everything and everyone.

When you see a person on the street as just a stranger, you are seeing him or her from your "negative ego's

God has  
incarnated  
into infinite  
numbers  
of forms.

By seeing your  
brother as a stranger  
you have lost God in  
yourself in that  
moment.

eyes". The truth is, whether you believe this or not, they are the Christ. If you don't see them that way you are removing the possibility of finding God for yourself.

You are not just doing them a service by seeing them in their true form; you are doing yourself the greatest service, for the world is a mirror of your own state of consciousness. By seeing your brother as a stranger you have lost God in yourself in that moment.

Lord Maitreya has called this having right human relations. Jesus Christ said the whole law could be summed up in the statement, "Love the Lord thy God with all thy heart and soul and mind and might, and love thy neighbor as thyself." I would go so far as to say your neighbor "is" yourself. For God only has one Son/Daughter, and we all share in this one Sonship/Daughtership. We all share the same "I". How we see our brothers and sisters is literally how we are treating God and ourselves.

To see if you have got this straight in your mind, I would like you to imagine that you are walking down the street and there before you is your favorite Spiritual Master. It could be Jesus Christ, Sai Baba, Djwhal Khul, Lord Maitreya, Saint Germain, Kuthumi, El Morya, the Virgin Mary, Moses, the Buddha, Kuan Yin, whoever. How would you treat them when you approach them on the street if you were walking towards them?

Well, if you treat any person you meet in your life, be it the beggar, or street person, grocery clerk, the gas station attendant, your mother-in-law, or your husband or wife, any differently than you would your favourite Ascended Master, then you are missing the mark and have more focusing and refining of your consciousness to do. There is absolutely no difference between these

Masters, the people you meet in your everyday life and yourself.

Jesus said it when he said, "Everything I can do, you can do and more." Our identity is exactly the same. The only difference is that the Ascended Masters are doing a little better than we are at demonstrating it.

Never give up, for as the great Paramahansa Yogananda said, "A saint is a sinner that never gave up!" The Ascended Masters had to battle through exactly the same battles and lessons we are struggling with now. But they did not give up, and that's why they became Masters!

A Course in Miracles calls this type of perception "innocent perception."

### ACTION STEP

Again, to help you get into the routine of regarding every encounter with another person as a holy encounter, work with a 21-day log. Make an all-out conscious effort to regard everyone you meet (and that includes also the mineral, plant and animal kingdoms) as God visiting you in physical form, as your favourite Ascended Master visiting you in physical form, as Christ meeting Christ, Buddha meeting Buddha, God meeting God. Do this religiously for 21 days, and it will be a habit to think and see this way.

DAY		
1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21

The outcome for all  
Souls in this journey  
is inevitably a return  
back to the  
Godhead.

## LESSON 5

### The Outcome is Inevitable

The outcome is inevitable that all of God's Sons and Daughters will eventually return Home. Can God and the Christ lose against illusion and maya? If ever you get discouraged you should ask yourself this question. Can God and the Christ lose this battle? The answer is NO. It is impossible!

Never forget the ego doesn't even really exist. It is even ridiculous to get angry at it for, in reality, it is not even there. It is nothing more than a bad dream, which you can wake up from any time you like. Remember, "Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God."

The outcome for all Souls in this journey is inevitably a return back to the Godhead. It is just a matter of time. Even Hitler will eventually return Home. He will have to balance his karma first, but he will return Home also. The purpose of A Course in Miracles and the purpose of this guide is to shorten the need for time.

We are living in a period of history where what formerly took fourteen years can be done in fourteen months. Never, in the history of this planet, has there been a greater opportunity for Spiritual growth. The key is to commit yourself 100% to your Spiritual path with all your personal power, focus, and concentration, and you will be amazed at the transformation that will take place. Why delay for a future incarnation that which you can do now?

## ACTION STEP

For 21 days, make your Spiritual path the most important thing in your life! Commit yourself 100% to your Spiritual path giving it 100% of your personal power, focus, energy and concentration! Make a 100% decisive decision to 100% commit to your Spiritual path! And if you should ever catch yourself getting discouraged and falling into old patterns of thinking and worrying, ask yourself, "Can God and the Christ lose this battle?" And then tell yourself with total conviction, "NO! I will win this battle because the outcome is inevitable. Sooner or later all Souls will return Home. And I am determined to go home NOW!" And then choose Christ consciousness over negative ego consciousness, and be at peace!

Also, write out a letter to Spirit and the Ascended Masters of your choice, and tell them why you are ready to make that commitment, what you will do to follow through, and ask them for their help and support.

Dear ...

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## LESSON 6

### Sin Versus Mistakes

There are no such things as sins, only mistakes. The true definition of sin is, "missing the mark". Please understand that mistakes are positive, not negative! You don't go out of your way to make them, but when they happen you learn from them. When you make a mistake, stop and gain the golden nuggets of wisdom. Learn the lesson. Forgive yourself and go forward.

The Spiritual path is like climbing a mountain. It is up four steps down three, up seven down six, up five down four. This type of progress is the way we all grow. Some religions look at sin as some stain on our character, or attribute some kind of original sin to us. This is ludicrous. We have no sin for we each are the Christ, the Eternal Self.

All mistakes are forgiven. A Course in Miracles states that, "Forgiveness is the key to happiness." God has already forgiven everything. It is we who need to learn to forgive ourselves and our brothers and sisters. Remember, no one has ever done anything to you, you have allowed it to be done to you, and if it happened, you attracted it or needed it for Soul growth.

A Course in Miracles states that, "Forgiveness is the key to happiness".

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### ACTION STEP

Since the proof is in the pudding, make a conscious effort to forgive yourself for every little mistake you make in the next 21 days. The moment you “miss the mark,” forgive yourself, correct yourself and move on. God does not hold your mistakes against you. Neither must you! Always remember, “Forgiveness is the key to happiness.”

For your enjoyment, we have also enclosed some space for you to note down your daily mistakes and attitudinal corrections. By reading over these corrections on a regular basis, this will help you to not make the same mistakes again because you will be much more conscious and aware. Mistakes are positive as long as we learn from them. Mistakes only become a problem if we make them, know we have made a mistake, and don't correct them.



Mistake	Attitudinal Correction
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This exercise will help you to not make the same mistakes again because you will be much more conscious and aware.



## LESSON 7

### Unconditional Love versus Conditional Love

God would have us always practice unconditional love. The rational for this is that each person, in reality, is the Christ even if their thoughts, feelings and behavior are not demonstrating this. Jesus said, in the New Testament, "Love your enemies". This is one of the true tests and initiations of the Spiritual path. It is our lesson to be bigger than, to practice innocent perception, and to practice forgiveness, for what we give is what we get back. If we want God, we must give God; otherwise we will not realize Him.

Everyone is God; however, we are all not realizing God in our thoughts, feelings and actions. Earth is a school to practice realizing God in our daily life. So much of the Spiritual path is the small things, like how you treat your neighbor when you walk outside to start your day. Conditional love places some condition on that person that they must meet to deserve your love. The ego tells you that you are hurting that person and helping yourself by doing this. In reality you are hurting both the other person and yourself.

One of the basic principles of A Course in Miracles is to give up your attack thoughts. You are either loving or attacking. There are no neutral thoughts, the Course states. When you are demonstrating conditional love you are unconsciously being attacking, and the other person, on an energetic level is experiencing that attack.

It is like a negative arrow that is piercing their aura. If they are weak or a victim this can affect them quite adversely, for remember, all minds are joined. Your

If we want God,  
we must give God;  
otherwise we  
will not realize  
Him.

thoughts are not contained in your physical body like a fence. In reality it is quite the opposite. The second you think about another person whether in a positive or negative way, that thought or feeling hits their energy field.

Your conditional love has also separated yourself from God. You are not separated in reality. You are separated within your own state of consciousness. Always remember that in every situation of life there is an appropriate response and an inappropriate response. By how you respond you will realize God, or not realize God in that moment. If you make a mistake, then stop, gain the golden nugget of wisdom, learn the lesson, forgive yourself and then "choose once again".

By staying vigilant and focused, over time, you will begin to develop a habit of being unconditionally loving. In every situation of life you can ask yourself, "Do I want God or my ego in this situation?" If you sincerely ask yourself this question, then who could choose the ego?

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**ACTION STEP**

Practice makes perfect! So practice this Spiritual exercise for 21 days. Make a conscious effort to love without condition and to give your love to everyone without exception. For remember, whatever you hold back from another you are in truth holding back from yourself.

In the extra space, note down if there are certain people you have a hard time loving unconditionally, and make the necessary attitudinal correction and adjustment.

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Make a conscious effort to love without condition and to give your love to everyone without exception.

The "I" in you is  
the same as the "I"  
in me.

## LESSON 8

### Top Dog/ Under Dog versus Equality

The ego will tell you that you are superior to everyone else or you are inferior to everyone else, or both. This is truly a hellish state of mind to live in and it is amazing how many people are unconsciously trapped in the ego's game. Most of humanity is!

Spirit tells us that we are all equals because we all are the Christ, in truth. People may be at different levels of demonstrating this truth, however, the "I" in you is the same as the "I" in me.

Whenever you find yourself comparing yourself with any person, the ego has a grip on you. You never want to compare with other people. You only want to compare yourself with yourself. If you look at the progress you have made within yourself only and not compare it against others I am sure you will feel good about yourself.

Whenever the top dog, or under dog dynamic comes up within your mind do what Fritz Perls, who coined these terms, said to do, "Laugh it off the stage." The Course calls this owning your grandeur, but not your grandiosity.

**ACTION STEP**

Spend 21 days putting forth a conscious effort to transcend the top dog and underdog philosophy in your consciousness. Stop being better or being worse than everyone else, and consciously strive to look at everyone including yourself as equals, as Christs, Buddhas, Krishnas, Eternal Selves, and Gods.

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## LESSON 9

### The Meaning of the Crucifixion

In A Course in Miracles Jesus gives a fascinating account of the true meaning of the crucifixion. What he says is that the crucifixion was nothing more than an extreme lesson of love and forgiveness. He was not dying for our sins, because we do not have any sins!

In even the most extreme of lessons, where a person can imagine being whipped, beaten, tortured, crucified, and killed, one could remain loving and forgiving.

What he was demonstrating was that in even the most extreme of lessons, where a person can imagine being whipped, beaten, tortured, crucified, and killed, one could remain loving and forgiving. Didn't he say, "Forgive them, Father, for they know not what they do."

He went through this most extreme lesson so no one could say that their lessons are worse than Jesus'.

He went through this most extreme challenge to prove to us that forgiveness is possible even under these most extreme circumstances. If Jesus, the Christ, could do it under these circumstances, then certainly we can forgive our mother-in-law, or boss, or parent, or friend, or business partner.



ACTION STEP

For 21 days, model the Master Jesus! Whenever you feel you are being crucified psychologically, forgive them and yourself and say, “Forgive them, Father, for they know not what they do.”

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## LESSON 10

### Love Finder versus Fault Finder

Spirit would have us see the positive and the good, and the innocence in people. The ego as our guide and teacher has us seek and see the negative. The ego does this to put other people down in order to make itself feel good.

Spirit's philosophy is rather a win/win philosophy, not a win/lose philosophy. Why can't we all win? Isn't this a better way to live, where we are all winners?

You will see what you look for, and you will see an out-picturing of where you put your attention. See fault and judgment, and you are, in reality, giving that to yourself, for what you see in another is just a mirror of your own state of mind. See God and only love and blessings, and that is what you give to yourself.

Whether you see it or not, that is what is there, for that is what God created!

Your faulty perception doesn't create truth; it just creates the reality you will live in. See the glory of what God would have you see. If you see fault, then you are creating separation from your self, God and your brother/sister. Spirit would guide us to remain in a state of oneness at all times, for all is God.

In the New Testament Jesus said, "Judge not that ye be not judged." "He that hath no sin, cast the first stone". "Don't try to take the speck out of your brother's eye when you have a log in your own eye." The log that Jesus speaks of is the log of ego and the lower self.

You will see what  
you look for, and  
you will see an out-  
picturing of where  
you put your  
attention.

**ACTION STEP**

For 21 days, be the Spiritual Sherlock Holmes and make an all-out effort to be a love finder. Look for the good in people, for the love and Divinity! And as you find love, love will surely find you! That is the law of the mind.

For a second exercise, think of the person you criticize the most or consider your greatest enemy or competition. Then brainstorm a list of 10 things you love about them!

Ten things I love about my “greatest enemy:”

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## LESSON 11

### Teachings and Lessons, versus Difficulties and Problems

It is important to realize that everything that happens in life is a teaching, lesson, challenge, and opportunity to grow. Edgar Cayce referred to this when he said that everything that happens is a stepping stone for Soul growth.

Paul Solomon has said that the proper attitude towards everything that happens in life is "Not my will, but thine, oh Lord; thank you for the lesson." Everything that happens in life is a gift. It wouldn't be coming to us if we didn't have something to learn. Everything that comes to us is our own personal karma and is something that we have set in motion either in this lifetime or a past one. Our lesson is to welcome it, own our personal power and deal with it appropriately.

#### ACTION STEP

To help you make this theory in Practice Unconditional Love to practice, for 21 days make an all-out effort to look at everything that happens in life as a Spiritual teaching, lesson and stepping stone for Soul growth. So actually look forward to so-called difficulties and problems and embrace them as tools to speed up your Spiritual growth! Making this small adjustment in your thinking will completely change your life 360 degrees! Guaranteed!

In the extra space note down the biggest lesson of the day and how you turned it around by choosing to look at it differently – as a teaching lesson and stepping stone for Soul growth instead of a problem and difficulty.

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Problem	Attitudinal Correction: Stepping Stone for Spiritual Growth
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Note down the biggest lesson of the day and how you turned it around by choosing to look at it differently.



## LESSON 12

### Personal Power versus Powerlessness

A Spiritual Master and God realized being remains in a state of personal power all the time. Most people own their power only in an emergency, or when they have to go to work. If you don't own your personal power it becomes projected. You give it to other people or your subconscious mind.

In my personal opinion there are two keys to psychological health. One is to own your personal power, and the second is to have self love. If you don't own your power you can be run by almost anything in the universe. This includes disincarnate spirits, other people, weather, biorhythms, the Dark Brotherhood, your ego, thoughts, feelings, emotions, desires, impulses, your physical body, past life karma and mass consciousness.

So I hope you can see the danger of not owning your personal power. Edgar Cayce has said that your will or power is the strongest force in this universe. You have heard the saying, "An idle mind is the devil's workshop." Most people have consciousness but don't have personal power. The extended use of personal power is self discipline which a lot of people don't have, either. You will never progress on the Spiritual path without personal power and self discipline.

Your power is an attitude or state of mind that you need to cultivate every morning to start your day. This enforces your ideals. Part of owning your power is being decisive in whatever you do, even if you make the wrong decision. At least then you are not stuck in indecision.

If you don't own your power you can be run by almost anything in the universe.

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Cayce occasionally referred to personal power as positive anger. Anger is ego; however, there is enormous power in anger which – if it comes up – should be channeled into positive anger, or positive personal power. Earth is a difficult school, and we must be very tough in life or we can easily get overwhelmed. We must be like Spiritual warriors. The proper attitude to have in life is tough love.

In the Bhagavad Gita, which is the story of Krishna (Lord Maitreya). Arjuna, Krishna's disciple, is on the battlefield about to fight the evil enemy's army, when he completely loses it psychologically and falls into his lower self and ego. Arjuna is the head of the righteous army of men, and they are all depending on him.

So Krishna, Arjuna's charioteer and Spiritual master, begins to lecture Arjuna on the folly of his ways in giving into his ego and losing his power and control over his consciousness. Krishna illuminates Arjuna into the Spiritual mysteries much as I am attempting to do in this guide, when he makes my favorite statement in the entire Bhagavad Gita, which is, "Get up now, and give up your unmanliness, and get up and fight. This self pity and self indulgence is unbecoming of the great Soul that you are!"

Arjuna was awakened by Krishna's Spiritual discourse and this statement, and reclaimed his personal power and led his men victoriously into battle. Krishna's statement applies to each and every one of us in our daily lives!



## ACTION STEP

Again, you will go nowhere in life if you do not own your personal power! So make a conscious effort for 21 days to start your day with personal power, to spend the day with personal power, and to end the day with personal power! To whatever degree you do not own your personal power, you will be a victim in life! For your enjoyment, we have enclosed here some personal power affirmations for you to work with:

### Personal Power Affirmations

- I am the power, the master, and the cause of my attitudes, feelings, emotions, and behavior.
- I am 100% powerful, loving, and balanced at all times.
- I am powerful, whole, and complete within myself. I have preferences but not attachments.
- I am powerful and centered at all times, and I will allow nothing in this external universe to knock me off-balance or center.
- I have 100% personal power and I vow never to give it to my subconscious mind or other people ever again.

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## LESSON 13

### To Have, Give All to All

“To have, give all to all” is a message from A Course in Miracles. What you have, in reality, is what you give. What you are holding back from your brothers and sisters is what you are holding back from God and yourself. To have all you must give all, for, in reality, you are and have everything already. You have always been this and always will be this. It is only your belief in your ego as your guide and teacher that has made you believe anything different.

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#### ACTION STEP

For 21 days, foster the philosophy that whatever you want in life, you have to give it to others in order to have it for yourself.

To take it a step further, brainstorm ten things you really would like to have in your life:

As a final step, whatever you put on your list besides, give it to others! If you want more abundance, help others become abundant! If you want more friends, show yourself friendly. If you want more joy, share happiness and joy with the world!

Ten things I would like to have:

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- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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Whatever you  
put on your  
list, give it  
to others!

My ten goals:

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The Course teaches  
that an attack is a  
call for love.

## LESSON 14

### Only Two Emotions

The Course teaches that there are only two emotions, love and fear. All other emotions return to this basic core. Fear is of the ego, and love is of the Spirit. When a person indulges in attack thoughts this causes them, by the law of karma operating within their own mind, to live in fear. If you attack you will be fearful because you will expect other people to attack you, which will cause you to be afraid. If you live in love, then by the law of karma you will expect love in return.

The Course teaches that an attack is a call for love. We need to see beyond, or through the attack to the fact that the person who is attacking is really living in fear. Fear is an indicator of lack of love, lack of self love, lack of allowing oneself to experience God's love. Doesn't the Bible say, that "Perfect love casteth out fear?!"

**ACTION STEP**

For 21 days, put forth a conscious effort to spend all day in love and to not give into fear. So every time you start feeling afraid, you will know that you have lost awareness of love's presence. When that happens, just remind yourself that "Perfect love casteth out fear" and choose to love instead of fear.

Also, remind yourself that whenever someone attacks you, what they really want is love – and then give it to them!

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All that really  
exists is  
the now.

## LESSON 15

### The Past and Future versus the Eternal Now

One of the profound realizations I had in studying A Course in Miracles was gaining an understanding about what the past and future really are. If you think about the past, what is it? It is a memory. What is a memory? A memory is an image in our mind. What is an image? An image is a thought. So what this means is that the past is totally under our control for it is nothing more than images or thoughts in our mind, and our thoughts and images are totally under our control.

The same applies for the future. The future is nothing more than thoughts and images in our mind that are of a positive or negative nature. This determines whether we are worried or excited about it. This means that our future is totally under our control.

All that really exists is the now. We no longer have to be victimized by our past or by a worrisome future because it is all within our own mind. The proper attitude towards the past is to gain the golden nuggets of wisdom from the mistakes and from what we have done well, and then bring forth the positive memories we choose to keep and get rid of the rest.

In terms of the future, the proper perspective is to plan for the future in a creative way that serves us and then leave the rest to God. Edgar Cayce said, "Why worry when we can pray." I would add to this and say, "Why worry when we can pray, own our personal power, and do affirmations and visualizations to attract and magnetize everything we need?!"

In this holy instant, I am the Christ, you are the Christ. We are one with each other and we are one with God. The fall never really happened, we just thought it did. We have and are everything, for we are God. The prodigal son and daughter has returned Home, for God never took anything away. We are and always have been as God created us, perfect Christs. He has just been waiting for us to reclaim our inheritance, which has always been our own.

ACTION STEP

For 21 days, try to consciously live in the present now moment. It is okay to put time aside to think about the past or design the future, but all in all try to really live in the now moment and don't worry about the past or the future. Don't skip this exercise! Most Lightworkers know theoretically that the ideal is to live in the present now moment; however, hardly anybody actually practices it. Give yourself the gift of practicing living in the now for 21 days. You deserve it!

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## LESSON 16

### The Two Most Important Relationships

The two most important relationships in your life are the relationship to yourself and your relationship to God. In actuality, your relationship to self is even more important than your relationship to God. If you are wrong with yourself and allow yourself to be run by your negative ego, then you will project this wrong relationship to self onto everything in your life including your relationship to God.

If you are wrong with yourself and allow yourself to be run by your negative ego, then you will project this wrong relationship to self onto everything in your life.

This is the cause of the angry Old Testament God in the Jewish religion. It is also the cause of concepts like original sin, the idea that we are lowly sinful worms, and the judgmentalness and self righteousness of the fundamentalist religions. This has also occurred in the Islamic religions to a certain extent.

This is what happens when the ego is allowed to interpret Scripture. It is the game of telephone over 2000 years. The Masters like Jesus, Mohammed, and Moses said one thing and the disciples who were not at their level, over 2000 years made what they actually said completely distorted. There is no judgment in this; it is just a simple statement of fact.

#### ACTION STEP

For 21 days, make a conscious effort to develop a right relationship to yourself.

A good way to get started is to brainstorm 100 reasons why you have self-worth and deserve self-love. Do this right now in the space provided on the next pages:



For more detailed information on what it means to get right with self and how to accomplish this, please read the I AM University's Primer #1, "Getting Right with Self, the Issue of Parenting, and Understanding the Concept and Dynamic of the Inner Child from an Inter-Incarnational Perspective!"

It is available at [www.IAMUniversity.org](http://www.IAMUniversity.org)

Another wonderful way to get started developing a right relationship to self is to affirm it! For your enjoyment, we have enclosed self-love and self-worth affirmations for you to work with. Say them every morning and every evening for 21 days straight.

#### Self-love and Self-worth Affirmations:

- I love and forgive myself totally for all my mistakes, for I now recognize that mistakes are positive, not negative.
- I now fully recognize that I have worth because God created me, and I do not have to do any thing to earn it.
- I now recognize that I am a diamond, not the mud on the diamond.
- My worth is unchangingly positive because it is a Spiritual inheritance. It is not increased by my success nor decreased by my mistakes.
- I hereby choose to approve of myself, so I do not have to go around seeking approval from others.
- I choose to love me as God loves me – unconditionally.
- I choose to recognize that I deserve love and so do other people.

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**100 REASONS WHY I DESERVE SELF-LOVE**

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## 100 REASONS WHY I DESERVE SELF-LOVE

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**100 REASONS WHY I DESERVE SELF-LOVE**

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## 100 REASONS WHY I DESERVE SELF-LOVE

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## LESSON 17

### Attachment versus Preference

The ego has us become attached to everything. As Buddha said, "All suffering comes from our attachments." This is quite a profound statement by Buddha, for what he is saying is that if we give up all our attachments we no longer have to experience suffering at all. Again it isn't the outside thing that causes the suffering. It is our attachment and addiction to outside things that causes our suffering.

Spirit guides us to  
have preferences  
rather than  
attachments.

Spirit guides us to have preferences rather than attachments. An attachment is an attitude that causes us to get depressed or angry or upset if what we want doesn't come about. A preference is an attitude in which you are happy either way. You prefer to go to the movies but if it doesn't work out you will be happy either way.

This is a profound concept I am sharing with you. If you would let go of all your attachments you would find instantaneous peace of mind. Some Spiritual people believe that they are not allowed to have preferences and I would say that this is a faulty belief on their part.

It is very important in life that we have our preferences and that we go after our preferences with all our heart and Soul and mind and might. However, if they don't come about it is important to set it up in advance in our mind that we will be happy either way. By doing this, happiness becomes a state of mind rather than a condition outside of self.

The happiness that so many are seeking lies in a certain perspective towards life. We are born with it but the negative ego programming blocks the awareness of our natural state which is joy.

**ACTION STEP**

Make a list of the top five things you are attached to. How do you know whether you are attached or not? Very simple! Ask yourself whether you would still be happy if you lost it today. If the answer is no, then you are attached! If the answer is no, then you have to change your perspective and interpretation so it becomes a preference instead.

Use the space below to brainstorm five things you would be unhappy about losing or not working out. Then write down the attitudinal correction you will make to change the attachment into a preference

Attachment	Attitudinal Correction: Preference
1 _____	
2 _____	
3 _____	
4 _____	
5 _____	

Also, for the next 21 days, make a conscious effort to monitor your consciousness as to possible attachments you may have to transcend. As you notice any attachments, put them on the list to transcend and transform.

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The ideal is to maintain this even-mindedness.

## LESSON 18

### Transcendence of Duality

One of the basic teachings of all Eastern religions is the transcendence of duality. Duality could be another word for describing ego. The ideal is to learn to be even minded and in a state of equanimity all the time regardless of the ups and downs of life.

The ideal is to maintain this even-mindedness regardless of whether you have profit or loss, pleasure or pain, sickness or health, victory or defeat, praise or criticism, good weather or bad weather. Again, it is OK to have your preference, but if it doesn't happen, your baseline is joy and inner peace.



ACTION STEP

Talk is cheap. Walk the talk and make a conscious effort, for 21 days, to transcend duality and remain evenminded at all times, regardless of what comes your way. So whether you stub your toe, lose some money, win some money, go through a divorce, get sick, whatever it is – remain evenminded and calm.

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## LESSON 19

### The Job Initiation

The Job initiation is a test every one goes through at some point in their Spiritual journey. It is really the ultimate test of your Spiritual faith and righteousness in God. The biblical story of Job tells how Job was a righteous man of God who had a family and children, a big ranch, and material wealth.

One day Satan came to God and said, "Sure, Job is a righteous Man. You have given him everything. Take away his wealth and let's see if he remains so righteous." God said, "I have confidence in Job. Take away his wealth." Satan did so and to Satan's consternation, Job remained righteous.

Then Satan sheepishly came back to God and said, "I am impressed! However, let's take away his wife and children and see if he remains so righteous." God said, "So be it." Job's wife left him and took the kids and got a divorce. Amazingly enough Job remained righteous. Satan was really shocked now and returned to God and said, "Let me try one more test and trial and if he passes this one, I give up and I will declare you were right all along."

Satan said, "For this final test let me take away his physical health." God said, "OK, you can take away his physical health, but you can't kill him." Satan agreed and Job's health was taken away. He had terrible boils and was tired. He didn't feel well at all.

This was the straw that broke the camel's back for Job and he completely lost his righteousness. He became angry and bitter and depressed. His friends tried to cheer him up but he would have nothing of it. Job's

The Job initiation is the ultimate test of your Spiritual faith and righteousness in God.

God shared with Job  
that this had all been  
a test of character,  
virtue and righteous-  
ness in God.

attitude was that he was a righteous man of God and a good person, and look at the trials and tribulations he was going through. This state of affairs lasted for a number of years when finally one day, in a quiet moment a whirl wind of light came to Job and entered his Crown Chakra, and God spoke to Job.

God shared with Job that this had all been a test of character, virtue and righteousness in God. He explained that anyone can believe and worship God when things are going well, but how about when things are not going well and all outer supports have been stripped away?!

Job heard the truth of what God was saying, just as Arjuna had been awakened by Krishna in the Bhagavad Gita.

Then Job said one of the most moving statements in the entire Bible:

"Naked I came from my Mother's womb,  
Naked shall I leave,  
The Lord giveth and the Lord taketh away,  
Blessed be the name of the Lord!"

Job had regained his righteousness. His health returned. His wife and children returned. His wealth returned by one hundred fold. Job went on to say, "Even if I should die, I will remain righteous in the Lord."

I think the meaning of this story is quite obvious. I would venture to guess that a good many people reading this have gone through some form of the Job initiation. Never forget that what happens to you in life is a Spiritual test of your character and righteousness in the Lord.

Look at what Jesus went through. No matter what your challenge is, I challenge you to keep your faith and righteousness, be it health challenges, or money challenges, or a death, or a relationship ending, or mental or emotional challenges. Hold on to your personal power and your ideals and your faith, for did not Jesus say, "Be ye faithful unto death and I will give thee a crown of life."

### ACTION STEP

For the next 21 days, be more conscious of how everything that happens in life is God testing you to see whether you remain righteous and unconditionally loving, or whether you give into worry, anger and fear! Meet the challenge for the next 21 days and pass the Job initiation! There is a Job inside each one of us!

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Part of the purpose  
of life is to spread  
joy and happiness.

## LESSON 20

### Optimism versus Pessimism

The Spiritual attitude of life is to remain optimistic at all times. You can take a person with a good attitude and put them in the worst situation and they may be bummed out for a little while, but they are going to get happy again. On the other side of the coin you can take a person with a bad attitude and put them in the best outer situation a person can have and they will be happy for a little while, but they will get bummed out again.

Part of the purpose of life is to spread joy and happiness. Sickness can be contagious if people are victims and have low resistance. Since so many people live in victim consciousness, why not victimize them into joy and happiness? The purpose of life is to spread this joy, happiness, love, goodwill, and blessings everywhere you go so that when you leave this place the world will be a better place for your having been here.

**ACTION STEP**

For 21 days, be a living joy machine! Make a conscious effort to spread joy, happiness and optimism wherever you go! Cheer up everyone around you and laugh and smile as much as you can, no matter what may happen during these three weeks! Do it for 21 days so it becomes a habit!

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"The greatest among you is the servant of all."  
- Master Jesus

## LESSON 21

### The Ego's Purpose versus the Spirit's Purpose

The ego's purpose of life is basically hedonism, pleasure seeking, gratification of carnal desires, power in a top dog sense, material wealth, control over others rather than control over self. Spirit's answer to this is the Biblical statement, "So what that you gain the whole world but lose your own Soul."

The Spiritual purpose of life is to achieve liberation from the wheel of rebirth, and to realize God, to become an Integrated Ascended Master, to be of service to mankind. Did not Jesus say, "The greatest among you is the servant of all." The Spiritual purpose in life is also to be happy and to enjoy oneself, in a balanced relationship to Spiritual growth.

A Course in Miracles states that true pleasure is serving God. I know that this is true for myself. As long as I am serving God, I am happy. To me everything is serving God, as long as I do whatever I do with that intent.

#### ACTION STEP

Make it a habit to serve the purpose of Spirit. Make it a habit to work on your Self and God Realization, and to serve God, the Masters and humanity at all times. Make this exercise a focus for 21 days.

To help you get clear on what your purpose in life is, spend 21 days meditating on and journaling about your Spiritual purpose. Note down the essence of your brainstorming sessions here:

DAY		
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**Essence Insights**

Describe your essence insights in a few words.

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Make it a habit to work on your Self and God Realization, and to serve God, the Masters and humanity at all times.

Spirit's attitude is that a person can be the richest person in the world and the most Spiritual one simultaneously.

## LESSON 22

### Poverty Consciousness versus Prosperity Consciousness

The ego's interpretation of life is that of lack and that there is never enough. The ego teaches that money is the root of all evil, or it does a reverse and says it is the answer to all problems. The ego is quite hateful by nature, and sends a message of total lack of self worth, guilt, and undeservedness of prosperity and money. Spirit sees the universe as abundant with plenty for everybody, and no need for negative competition.

Spirit's attitude is that a person can be the richest person in the world and the most Spiritual one simultaneously. Money, in and of itself, is divine. It is how one uses it that determines whether it is good or bad. Spirit guides people to love money and to make as much as possible so that it can be used to make physical changes in the Earthly world for a Spiritual purpose.

The more money you have the more you can give to charities, or start more Spiritual centers and institutions. A person who has prosperity consciousness knows they can make money or get a job, or manifest a business and opportunities whenever and wherever it is needed.

There are many people in this world who are millionaires but have a total poverty consciousness, and will probably eventually lose the prosperity they have because of it.

Who is more prosperous, a woman living in the ghetto with seven children, who has total faith in God to provide her with everything she truly needs, or a multimillionaire who is stingy, and worries about money constantly, who back stabs clients and competitors?

Millionaires who have prosperity consciousness talk about losing all their wealth, but not worrying because they know that they could earn it all back again.

You are prosperous when you truly know that God, your personal power, and the power of your subconscious mind are your true stocks and bonds and financial security. Who cannot find a job or make money even during a recession when God, the creator of the infinite universe, is helping you, and when you, with your full personal power and the power of your subconscious mind, are helping yourself as well.

Can God and the Christ, who you are, not win every battle? As the Bible says, "If God be for you, who or what can be against you?" "I can do all things with God and Christ who strengthen me." With this power and faith you can manifest whatever it is you need. You are prosperous because your power is in God and in the application of God's laws for your benefit.

"If God be for you,  
who or what can be  
against you?"

- The Bible

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## ACTION STEPS

First, take a moment in your journal and define prosperity consciousness for yourself. What does it mean to you to have prosperity consciousness?

To me, prosperity consciousness is...

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Then, for 21 days, make a conscious effort to replace poverty consciousness with prosperity consciousness.

If this is a lesson you need to learn, to help you program your subconscious mind with prosperity consciousness, please consider working with the I AM University's prosperity affirmations, visualizations, invocations, huna prayers, and hypnoses which are available as audio download at [www.IAM-Tunes.org](http://www.IAM-Tunes.org), the Integrated Ascended Master Tunes.

For your enjoyment, we have enclosed here some prosperity affirmations for you to work with. Say them every morning and every evening, for 21 days. The development of prosperity consciousness begins with affirming it. This is the first step!

#### Prosperity Affirmations:

- I am a divine magnet for financial abundance and prosperity.
- I attract God's limitless abundance to me.
- I am a monetary powerhouse.
- I consistently and increasingly produce financial wealth.
- I easily and effortlessly manifest all the financial resources I need to realize the fullness of who I am.
- I am a master manifester.
- My subconscious, conscious and superconscious minds are perfectly aligned and in impeccable consistency.

Please consider working with the I AM University's prosperity affirmations, visualizations, invocations, huna prayers, and hypnoses which are available as audio download at [www.IAM-Tunes.org](http://www.IAM-Tunes.org), the Integrated Ascended Master Tunes.

## LESSON 23

### Anger and Depression versus Peace of Mind

There is a lot of power in anger and ideally this angry energy instead of being blocked should be channeled into personal power.

The feeling of anger stems from the ego's interpretation of life and is usually caused by one of four attitudes in my experience.

- The first faulty attitude that causes anger and depression is attachment and addiction. When your attachment isn't met this causes upset and anger.
- Secondly, anger and depression is caused by not looking at what is happening to you as a lesson, teaching, gift, and as a Spiritual test. Look at the areas in which you are feeling anger and I think you will find this to be true.
- Thirdly, I find that people get angry and depressed when they don't have their bubble of protection up and hence allow themselves to get victimized by another person's negative energy.
- The fourth cause of anger and depression is a definition of anger I learned from Paul Solomon who defined anger as a “loss of control and attempt to regain it.” Whenever you lose your personal power, mastery, and control over yourself and fall into what I call an underdog or victimized state of consciousness which has been caused by listening to the voice of your ego, then your ego will flip from the underdog back into the top dog (or anger) to get back in control. Anger is really a loss of control that feels like one is getting back in control.

As I have already mentioned there is a lot of power in

anger and ideally this angry energy instead of being blocked should be channeled into personal power and beneficial actions and activities. When this is done properly, this is called “positive anger.”

Depression is the state of consciousness of just giving up. Whenever you give up in life you will get depressed. Of all the negative attitudes of the ego, giving up is probably the worst and most dangerous. If you give into this evil game of the ego, all defenses of the conscious mind against the ego are laid down and the ego is able to gain total control.

The most important thing in life is to never give up. As the "I Ching" constantly says, "Perseverance furthers success". You must have Spiritual tenacity and what Cayce called “long-suffering,” if need be. There is no need to suffer in life, however, if you are suffering keep praying, and affirming and visualizing what you want. Keep powering it out and seeking an answer. For doesn't the Bible say, "Seek and ye shall find. Knock and the door shall be opened." God helps those who help themselves. God will do His part; however, we must do our part as well. Together God, our personal power, and the power of the subconscious mind are an unbeatable team!

ACTION STEP

For 21 days, put forth a conscious effort to stay in inner peace 24 hours a day and to not allow yourself to flip back and forth between anger and depression. Should anger come up, ask yourself which of the four reasons mentioned above caused the anger in the first place, and make the necessary attitudinal correction and adjustment.

The most important thing in life is to never give up.

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## LESSON 24

### Gratitude versus Taking Life for Granted

The ego's attitude is one of taking people and life for granted. The Spiritual attitude is one of constant gratefulness and thanksgiving. The Spiritual attitude is one of humbleness and humility. It can be summed up in the Biblical statement, "But by the grace of God go I."

The Bible also says, "After pride cometh the fall." We each have so much to be grateful for everyday. All we have to do is watch the world news and see all the terrible things that are going on around the world and see how incredibly blessed we are to be living where we are, with a healthy physical body, with family and friends.

We each have so much to be grateful for everyday.

For those of you that have handicaps and limitations for the moment, the Spiritual attitude is to focus on what you can do instead of what you can't do. I have always been moved by Saint Francis who was a past life of the Ascended Master Kuthumi. He apparently had terrible physical health problems he had to overcome and live with his whole life, and yet he became one of the most revered Christian saints.

Mother Teresa had terrible heart problems and yet she spent her life serving and helping others. Every person on the planet has a weak spot of some kind. For some it is physical, some emotional, some mental and some Spiritual, some environmental or financial in nature. We are here to valiantly try to overcome these challenges and be grateful for the grace God has bestowed upon us.



For remember, even the so-called “bad things” that happen are really gifts and Spiritual tests, blessings in disguise.

God never gives us more than we can handle. Change your attitude and welcome your lessons and challenges with a smile and with strength. When a challenge comes, make yourself bigger than it instead of allowing yourself to grow smaller. Thank God for it and pray for His help in overcoming it.

### ACTION STEP

For 21 days, make it a habit to give thanks to God for everyone and everything in your life. Make every day a Thanksgiving Day. Make a list of everything to be grateful for, and then every day add to the list so it keeps ever-growing. Read your gratitude list over every day. To help you get started, list down 100 things you are grateful for in the space provided on the next pages.

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**100 THINGS I AM GRATEFUL FOR:**

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**100 THINGS I AM GRATEFUL FOR:**

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**100 THINGS I AM GRATEFUL FOR:**

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**100 THINGS I AM GRATEFUL FOR:**

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There are no  
winners and  
losers,  
only winners.

## LESSON 25

### Rejection versus Not Meant To Be

The ego will have you interpret the end of a friendship or relationship as one person winning and one person losing, hence a rejecter and a rejected. This is not the Spiritual interpretation. As mentioned previously there are no winners and losers, only winners. If a relationship ends the Spiritual attitude is just that it is not meant to be any longer and you both leave winners. I'm OK and you're OK, hopefully in forgiveness and unconditional love.

ACTION STEP

See how you are doing in this regard. Do you ever feel rejected, or do you ever reject others? If a relationship or friendship ends, is there usually a winner and a loser? Or do you usually part in love? Monitor yourself on this front over the next 21 days and make the necessary adjustments.

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## LESSON 26

### Guilt versus Innocence

The ego tries to make you feel guilty for your mistakes or sins as it tries to call them. The Spiritual attitude is that you are instantly forgiven. There is no need to hold the past against yourself in punishment. Punishment is faulty thinking.

Just recognize you  
made a mistake and  
learn from it.

The idea is to just recognize you made a mistake and learn from it. The Spiritual attitude states that you are always innocent. The Course suggests that when you make a mistake of some consequence, pray to the Holy Spirit and/or God to undo the consequences and results of that mistake. The Holy Spirit will be happy to do this for you (as long as you do your part as well), and then you don't have to worry about it.



ACTION STEP

Guilt is a big lesson for most people in this world. If we make a mistake, we usually feel guilty! However, guilt is a concept of the negative ego. So make a conscious effort and for the next 21 days do NOT play the guilt game. If you make a mistake, just forgive yourself and try to not repeat it. But do not allow yourself to feel guilty about it.

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The Spiritual attitude is to own one's power and to surrender to God simultaneously.

# LESSON 27

## Personal Power versus Personal Power and Surrender Simultaneously

The ego's attitude is to either own the power and control and to not surrender to God, or it totally surrenders to God and has the person not take responsibility and own their power.

The Spiritual attitude is to own one's power and to surrender to God simultaneously. It is imperative to own your power for otherwise you are going to be overwhelmed by the subconscious mind and emotional body. It is also essential to surrender to God and the Soul, or Monad as your teacher.

In doing these both simultaneously, the three minds (subconscious, conscious and Superconscious) begin to function as one mind in perfect integration, balance and harmony.

### ACTION STEP

To help you make this into a habit, for the next 21 days, make a conscious effort to only use your power in service of God! And to never neither disown nor misuse it. To help you grow conscious of how you use your power, note down how you use or misuse your power during the 21 days, and make the necessary adjustments.

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Proper Use of Power in service of God	Improper Use of Power and Attitudinal Correction
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Note down how you use or misuse your power during the 21 days, and make the necessary adjustments.

## LESSON 28

### Ego Sensitivity versus Centered Spiritual Attitude

Ego sensitivity is that tendency within an individual to feel hurt, rejected, put down, or inferior, when there is no discernible reason for this to be happening. This occurs because of a person's lack of personal power, self love, lack of bubble of protection, lack of one's right relationship to self and right relationship to God.

When a person is run by their negative ego, there is that tendency to project those motives onto others that are not, in reality, even there.

When a person is run by their negative ego, there is that tendency to project those motives onto others that are not, in reality, even there.

A good example of this is the life of Jesus Christ. All he did is love and heal people, yet so many wanted to crucify and kill him. Their egos interpreted Jesus attacking them when, in reality, this was not the case. He was the embodiment of love.

Because they interpreted attack, their victim consciousness caused them to feel put down or defensive and they attacked back. We all know people like this who get defensive or hurt or feel put down even when we didn't even do anything. A person like this needs to be treated with extra love and tact until their self concept can be rebuilt to become more sturdy.

It is important to realize that when you are centered you can't be hurt because you let the other person's attack slide off your bubble. You respond instead of react. You are more detached. You don't let other people cause your emotions, just as you wouldn't drink poison if someone gave it to you physically. The same is true psychologically. You don't take the mental or emotional

poison into your system.

You still may communicate your feelings to the other person, however you do it as an observation and a preference rather than being victimized by their statement and hence, lashing back in attack and anger. You don't want to let other people be the computer programmer of your emotions. You want to be the computer programmer of your own emotions.

No one can make you think, feel or behave in any way you don't choose to. You are not an effect, you are a cause. You are not a victim, you are a master and a co-creator with God. You can just choose to feel good and since our thoughts create our feelings and emotions, you immediately will feel good.

Since it is your thoughts that create your reality, why would you want to create anything but joy, happiness, unconditional love, and inner peace? When you think with your Christ mind as opposed to your ego mind this is exactly what happens.

ACTION STEP

For 21 days, make a conscious effort to stay in your Spiritual center and do not fall into the trap of ego-sensitivity either in yourself or another person.

You are not  
an effect,  
you are a cause.

DAY		
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The ego  
creates  
insecurity.

## LESSON 29

### Security versus Insecurity

The ego creates insecurity because it teaches you to find your security outside of self in people, possessions, houses, money, family and so on. The only true security that cannot be taken away from you is security that is grounded in your personal power, God, the power of your subconscious mind and God's laws.

ACTION STEP

Spend 21 days affirming your security in God, God’s laws, your personal power and the power of your subconscious mind. Use this time to completely rid yourself of the idea that outer things and people give you true security.

God helps those who help themselves. Help yourself to strengthen your inner security by coming up with ten affirmations you could say to affirm your security in Spirit, Spirit’s laws and yourself.

Personalized Inner Security Affirmations:

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## LESSON 30

### Loneliness versus Being Alone

Loneliness is a sign you have fallen into the under dog, or inferior state of consciousness and are seeking to fill this space with another person instead of with self and God.

The ego causes you to feel lonely because it has you seek your wholeness in another person instead of finding your wholeness first within yourself and in your relationship to God. We are never really lonely when we are in our Spiritual attitude because we are whole within self and one with God. We also are in our proper relationship to our inner child. The inner child is given the proper ratio of firmness and love. The inner child, hence, feels loved and protected. Loneliness is a sign you have fallen into the under dog, or inferior state of consciousness and are seeking to fill this space with another person instead of with self and God which is what is really needed.

The same thing is true of the feeling of abandonment. If you are whole within self and one with God and your inner child is taken care of before bonding with another person, then the feeling of abandonment isn't there when they leave.

Jealousy occurs when we bond out of this lack of wholeness and right relationship to self and God, and then compete for a known or unknown competitor. The Spiritual attitude is to put out your preference in your relationship and surrender it to God. If it is meant to be it will happen, if not, it is not meant to be.

Another fact is that when you bond with another person from the state of consciousness of being right with self and right with God first, issues of cheating and infidelity and commitment can not arise in the same way because of the integrity of the individuals involved. If they do, it probably means you are with the wrong individual if they don't experience the sanctity of the bond you have.



**ACTION STEP**

Spend the next 21 days getting right with yourself. Use this time to really look at your relationship to yourself, to nurture it and to “deal” with yourself. Most people are so busy being busy, or they are so afraid to look at their own “stuff,” that they don’t take the time to spend time with themselves. So make it a priority for the next 21 days to just be with yourself and to nurture your relationship with yourself.

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## ABOUT THE AUTHORS

*Dr Joshua David Stone* was one of the most influential Spiritual teachers, leaders and forerunners of our time. He had a Ph.D. in Transpersonal Psychology and was a licensed Marriage, Family and Child Counselor in California, USA.

He served as Official Spokesperson for the Planetary Ascension Movement and made his mark in the Consciousness Community as a prolific writer, authoring the 15-volume Easy to Read Encyclopedia of the Spiritual Path, published in several languages, as well as seven major Ascended Master Training Courses and several comprehensive Training Programs ranging from channeling, the psychology of astrology, the Book of Life of God, to his legendary 2,000 page Counseling Manual, and much, much more.

He also brought Wesak to the West, hosting ten Wesak Celebrations in Mount Shasta, California, for thousands of people from around the world, and he introduced inspired ideas such as striving for “integrated full spectrum prism consciousness” to become a perfect living reflection of our Creator and transcending the negative ego mind™ as a requirement to realize God.

He was a pioneer in the field of Spiritual psychology and authored the concept of integrated ascension™ as well as the noble ideal of striving to become an Integrated Ascended Master™, both terms which he coined to stress the importance of mastering and integrating the Spiritual, psychological and physical/Earthly aspects of self to follow an integrated and balanced approach to Self and God Realization.

Following his own teachings and living it at the highest

level of self-mastery, he became the first living Integrated Ascended Master of our age, in this way starting the Externalization of the Spiritual Hierarchy on Earth, an event which was prophesied by Djwhal Khul in the writings of Alice Ann Bailey that was to begin taking shape at the dawning of the Aquarian Age. This fact alone qualifies him like none other in this world to teach and train the masses to become the Integrated Ascended Masters of the future!

To facilitate this purpose, in November 2004, he founded and officially launched the I AM University, an acronym that stands for “Integrated Ascended Masters University.”

The I AM University is today a global Austrian-based educational institution with a single focus: to provide those who can grasp the noble ideal of pioneering in this world as a living Integrated Ascended Master with all the training and tools they need to fulfill this lofty call. Today, the I AM University is the one and only Integrated Ascended Master Training Facility in this world. It stands firmly on the foundation of a comprehensive and ever-expanding curriculum which Dr Stone dedicated his life to creating.

In 2005, Dr Joshua David Stone passed over to the Spirit world where he continues to Spiritually support the expansion of the I AM University the continuation of which he entrusted into the hands of Gloria Excelsias, his long-term personal assistant and protégé.

Dr Stone is one of the most widely read authors in the New Age Movement and known as the world’s most trusted source for integrated Spiritual development.

## ABOUT THE AUTHORS

*Gloria Excelsias* is the CEO and President of the I AM University, an educational institution with focus on Spiritual and psychological development that was founded by the late Dr Joshua David Stone in 2004 and handed over to her care and leadership in 2005, at Dr Stone's passing.

As Dr Stone's personal assistant, close friend and protégé, she received ongoing personal training in applied transpersonal psychology and integrated ascension which would prepare her consciousness for her later service work as the University's President.

Having moved the I AM University from California to Salzburg, Austria, her native country, she is now passionately dedicated to running and evolving the I AM University as an inspired writer, placing thematic priority on Spiritual psychology, the re-integration and updating of ancient occult teachings and the overall unfoldment of human consciousness.

In 2008, Gloria founded Planetary World Service, a service outlet of the I AM University which intends to ground into human mass consciousness the occult thought of the Seven Rays and Seven Ray Departments which ultimately shape our society and Earth life.

In 2009, she founded the I AM YOU Foundation to offer loving support as well as financial assistance to under-resourced citizens in India. And later that year she started The Externalization web presence and workshop series with the aim to create greater global awareness for the significance of this great Spiritual event of transforming humanity into an enlightened society.

In 2010, Gloria created the I AM Tunes, the World's Greatest Integrated Ascended Master Audio Library that offers over a thousand audio files all dedicated to help sincere students on the path develop the consciousness of a living Christ, Buddha and Mighty I AM.

To also offer something for newcomers on the Spiritual path, she created a web presence called Ascension for Beginners with hundreds of free articles as well as twenty-four Mini-Courses, to serve both as a platform and a source of reference for those newly awakening to the path of Self and God Realization.

A comprehensive website for kids that introduces the generations of tomorrow to the depths of Spiritual psychology and esoteric philosophy today shall complete the foundation upon which the more advanced works of the future shall be built.

Gloria has made a commitment to dedicate her life to the evolution of global consciousness and as a result, in the year 2010, was asked by the Masters to serve as Official Spokesperson for the Externalization of the Spiritual Hierarchy on Earth.

Taking her Spiritual assignment very seriously, her every thought, energy and resource, now and for the rest of this lifetime, goes into the expansion of this noble cause of training Integrated Ascended Masters in this world.

## 30 Essential Lessons and Practical Guidelines to Develop the Consciousness of Christ, Buddha, Krishna and the Mighty I AM

There is a way of thinking that will allow you to live in this world of global transition and challenge, and yet have happiness, inner peace and joy at all times regardless of what lessons Spirit may have in store for you! This way of thinking is called Spiritual/ Christ/ Buddha/ Krishna/ Moses/ Mohammed/ Mighty I AM Presence thinking.

This E-Book will explain in thirty simple and practical lessons and guidelines how to develop this elevated consciousness of the Masters of old.

### In this E-Book you will learn:

- what your true identity is and why you cannot change it whether you like it or not,
- who created the negative ego, how it was created, and how to undo it,
- whose job it is to transcend the negative ego,
- why all the negative ego thinking in the world has not changed the truth of your identity,
- how to make “attitudinal healing” work,
- why we are not victims in life,
- why feelings and emotions do not just happen to us,
- the truth about how many Sons and Daughters God really has,
- how to make mistakes work for you,
- what to do when the topdog/underdog mentality comes up in your mind,
- why Jesus did not die for our sins and what the crucifixion was really all about,
- why if you attack you will be fearful,
- and much, much more...

This E-Book is a crash course in Integrated Ascended Master Thinking. If applied in your daily life – and for the rest of your life – it will allow you to step into the footsteps of the Great Masters of Old! Includes practical action guide!