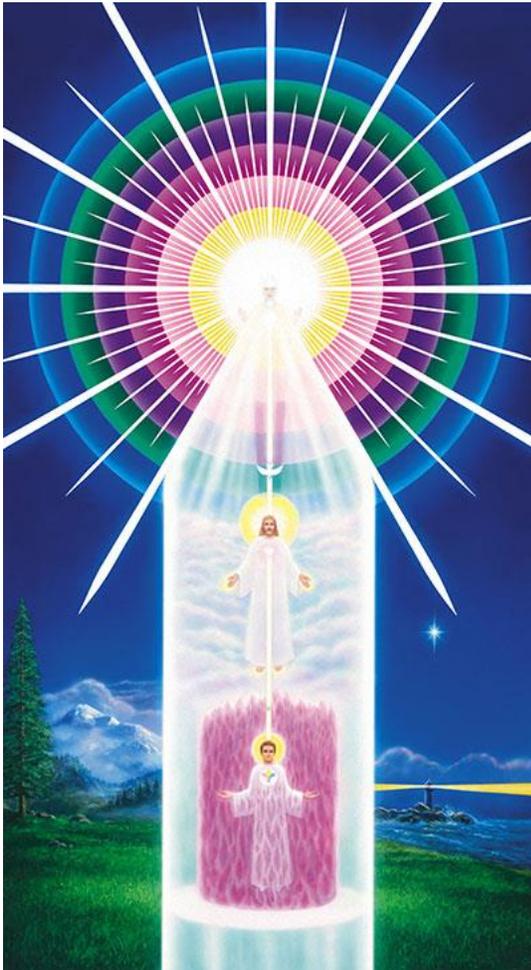


Your I Am Presence



First, there is the sphere of light called the "I AM Presence." To Hindus, it is Brahma. Buddhists call it the Dharmakaya, while Christians think of it as God the Father. It is the spirit of God individualized for each one.

Your I AM Presence is surrounded by seven concentric spheres which make up your causal body. These spheres of pulsating spiritual energy contain the record of all your good deeds.

Your causal body has spheres of cosmic consciousness—seven planes of heaven, seven spheres of awareness corresponding to the seven mighty Elohim, the seven Archangels, the seven

days of creation, and the seven color rays that are emitted from the white light that is the person and the principle of the Father, or Brahma, or I AM THAT I AM. These seven rays translate to seven paths back to the Source and the Lords of the Seven Rays are ascended masters who teach seekers on those paths.

Your I AM Presence is a part of your being right now; it is not removed, it is not separated from you in time and space. The only separation you have from the I AM THAT I AM is your own human consciousness, your sense of limitation, and the accumulation of

vibrations from this, and previous lifetimes, that are less than the highest qualities of your Real Self.

Your Higher Self

Our Higher Self is the most spiritual part of us that is our True Self. Everyone has a Higher Self, that is a conscious, omnipotent, eternal and intelligent being who acts as our direct interface to God. The Higher Self is an extension of yourself that is part of you and part of the Source—the ultimate higher power, the universal source of cosmic energy. It is the energy of our highest potential, waiting to be expressed.

This energy links us to everyone and everything. We are all interconnected through shared energy. And as this universal energy, this higher consciousness, is contained within each one of us, we can use the Higher Self to access this universal wisdom and knowledge from within.

"Between the sphere of light above and the soul evolving below is the consciousness of the mediator. The mediator is that portion of the Self that can translate to the imperfect soul something of the perfection of the I AM THAT I AM. It is that portion of your being that is real enough to stand in the holy Presence of God. We call this mediator the Higher Self, the Higher Mental Body, the Superconscious, the Real Self or the Holy Christ Self. The Christian mystics sometimes referred to the Mediator as the "inner man of the heart". It is the Self that you are in a state of becoming through our evolution, through all of your experiences in time and space. Depending on your spiritual tradition, you can think of this Mediator as your chief guardian angel, your inner guru (Higher Self or Atman), the voice of conscience—and always as your dearest friend." *ref. Summit Lighthouse*

When we are born, we all have the link with the higher consciousness of our Higher Self. This link lasts generally till about 7 or 8 years of age, but because our parents, school and society doesn't teach us about our Higher Self and how to develop it, that link gets less and less the more we are conditioned by society's laws and ways of thinking. As we actively initiate connection by communicating with our Higher Self, the stronger the relationship grows and we benefit greatly from receiving our higher guidance. It is through meditation that we learn to connect with our Higher Self and talk to them, forming a relationship, asking all the questions we want answers to. Simply ask them to "Show me what is real" and "Show me what I need to know".

As we work to expand our awareness and intuitive senses, we raise our vibration and energy levels. It is this rise in vibrational energy that builds a stronger link with your Higher Self. As this vibration continues to increase, we begin to fine-tune the alignment with our Higher Self and in so doing, the channel or the way we receive information, becomes a lot clearer and stronger.

The benefits of working with our Higher Self are endless. By communicating with our Higher Self we are able to step out of our own perspective and see the bigger picture from the Soul's perspective. It gives us a better view of things by expanding our vision before we make a decision. We are often able to see more than just one potential. By bringing the Higher Self into our physical life, we begin a journey of discovery of inner peace and balance. This is true harmony.

The only time we may have problems communicating with our Higher Self is when we are having problems communicating with ourselves. When we do not want to see something, we are limiting our perspective. It is during these times that we need to verbalize to our Higher Self an appreciation

that they are there and ask them to help us. We can say, "Even though I do not presently sense, feel or relate to you communicating with me, please help me to get through this period and open to the understanding that I need." In asking for help, we will always get it. Even when we do not clearly receive an answer, we are guaranteed that we will get the answer in some form." Ref ~ *Rhondda Stewart*

You - The Living Potential of God

Your soul is evolving on the spiritual path in time and space. It is the part of you that is mortal—but that can become immortal.

The Purpose of Your Soul's Evolution

The purpose of your soul's evolution on earth is to grow in self-mastery, balance your karma, fulfill your mission on earth and make your ascension in the Light.

The end of all your incarnations is to become your Real Self, so that you return to the spiritual dimensions that are your real home. Through attention to your spiritual path, now separate because of a limited consciousness—will one day become one. This is known as Ascension, becoming one with God.

You, too, can attain union with God.

Reference - Summit Lighthouse