

## The Handbook for Spiritual Ascension

**By the unction  
Of the Holy Spirit**

**“The Heart of God”**

**By Paul Esch**

### **Forward**

A few weeks ago an honored guest arrived at my home in Warrenton, Virginia. I hadn't seen Paul Esch for some time although we had been doing business for almost thirty years. Paul and I are engaged in the business of healing the sick. We are currently working on “Good Vibrations”. God is Good and the vibrations we use are a gift from God. We have happy music for the cells. When you look good you feel good and when you feel good you get happy. Happy ‘n’ Healthy is Wealthy! When you realize that sound is light, this is the reason fiber optics work so well, you understand that we are light beings. Matter is compressed light. Sound is compressed light. Frequencies are sound which are compressed light also. We have been diligently working toward our goal of delivering these new products by the first of the year so Paul is a guest in my home. One evening he left a manuscript of the following premise on the dining room table. When I got up the next morning I picked up the manuscript thinking he wanted me to look it over. I couldn't put it down. It captured my attention completely. It was absolutely amazing! It was so good that I had my children ages seven and nine listen to me read it to them before bed. When Paul came out of his room that morning I asked him about his thesis. He was surprised and asked me if I had read it. How could I not read it? I said, “Yes it's fantastic. What are you going to do with it?” He had no plan, but his dream was to publish it! I have four books published, so I insisted he make it available to everyone immediately. I was willing to help. Paul first conceived these thoughts in 1966 at age sixteen while living in Pennsylvania. It has been written and rewritten many times over the years and has already blessed hundreds of people. We edited six pages of notes into what you are going to be reading now. Share this with your loved ones and create a circle of likeminded people to encourage one another. Become at one with the God of Abraham, the God of Isaac and the God of Jacob!

## **BIOGRAPHY PAUL ESCH**

Paul Esch was born in Lebanon, Pennsylvania and raised in a town called Ephrata. His parents were Mennonites. At the age of eight, His Family changed from the Mennonite Church to a Charismatic type Pentecostal church. At that church they did laying on of hands and healing.

When Paul was nine years old, he had an experience during church service when he felt the Presence of the light energy flowing from the heart of Jesus Christ into his own body. He cannot describe it human words, the power, the glory and the love is an experience within himself. In fact, the people who have never met Jesus cannot comprehend this. If anyone could feel the peace of His Presence they would forever be in awe.

When Paul was eighteen, a healing evangelist came to his church and prayed for healing of people's teeth. He would line people up, touch them on their mouth and cheeks and say, “In the name of Jesus, be made whole.” He went through the line quickly and after he prayed for everyone, he would get out his flashlight and check their teeth. Some people had cavities filled with a white substance, crooked teeth straightened, or fillings turned to gold. His name was Willard Fuller. During this Paul had another spiritual experience of feeling the presence of Christ at that time.

Paul had traveled with Willard Fuller for several months. After this he went out and conducted his own dental healing meetings and other healing also, by laying on of hands and prayer.

After conducting his own meetings and so forth, he got involved with prevention of illness. He realized that prevention was better than cures because, if people would only take care of themselves, they would not need healing later. Paul got into homeopathic, herbal medicine, German acupuncture, nutrients, and machines that help to maintain health in the body. We know that using micro current in the body will even take care of any imbalance and certain essential oils will bring mankind back into perfect health. You've heard the statement, "there are no such things as incurable diseases, just only incurable people."

Paul had realize the human body is the mirror of the mind and the emotions. Anything going on inside oneself is the reflection of the environment outside oneself. When things are out of balance you have to go within to see what is upside down and correct it. When the inner feelings and emotions are in balance, the outer environment will balance.

Great men of the past, like Enoch, Moses, Elisha, they all had their days. One thing that has not been clear to mankind is what Jesus has done for humanity. He took on their illnesses, diseases, distress and burdens. He said "Come unto me or call upon me and I will give you peace. Not as the world gives it, but my peace I give unto you". Jesus already has paid the supreme price, paid the karmic debt for mankind. Paid for our illnesses and diseases. To really walk in it and have it a part of your life, you have to claim it. If you do not know what is in your contract with Jesus you could still be dealing with your sickness and illness. Once you realize that has all been taken care of, you can walk in the light of perfection.

Paul has an experimental shop and is doing a lot of research in micro- current therapy, multiwave oscillators, frequency generators, static field devices, and biofeedback devices for measuring soul energies. He has worked with a lot of therapists in this country and other countries.

Since 1968 in the dental healing field he never had any documentation on the healings. He went to Virginia Beach and conducted a sing-a-long dental healing meeting. A lady walked up to him and said, "I saw you in Texas ten years ago and I got this Gold tooth. He again looked at it and said, "What about this other gold crown over here? She said, "I only had this one gold." Now she had two of them. So that night she received another one in Virginia. She received a gold crown in Texas and another in Virginia. But Paul never had anyone go to the dentist and have them documented. Jesus never documented his healing work so Paul didn't either. Now in other countries they are wanting proof of documentation before and after miracles. Paul have seen thousands of people who had silver amalgams turn into what looks like gold. It has a bright shiny inlay that was not there before. There again, he never asked them to go to a dentist and get documentation. He did have dentists come into the meeting and check people's teeth before he had the sing-a-long. Even some of the dentists got some gold fillings, but they would not put it down on paper because they feared losing their practice. So far, Paul has gotten some letters of testimony but no actual documentation.

That may be in the future, God willing, but Paul don't think we should have to prove God. God knows what happens. Other people have had it happen to them and they know.

Paul's greatest joy is doing presentations on the updated equipment, the advanced electronics for healing. But after doing a presentation with hands on experience and so forth, then Paul like to share with people how to go beyond the equipment.

People can do everything inside themselves, like the micro-current generators, the multiwave oscillators and the frequency generators and the violet ray tube. People can even get into absentee evaluation and absentee healing. So everything can be accomplished, even more so without the equipment. Now, if you

have an office and a clinical atmosphere, then it might be best to have the equipment. But, for home use, Paul has charts and diagrams and information which will be included in his book on how you can do color therapy, sound therapy, vitamins, nutrients, homeopathic, without the instruments and how you can do absentee healing with the herbs and vitamins and nutrients. So that is Paul's greatest joy is hands on experience with the equipment and then going beyond the equipment. You can do everything inside of yourself. All instruments are a reflection of what you can do inside yourself. Even a telephone is a reflection of what you can do telepathically with each other.

Multiwave oscillators and frequency generators are within you. You can generate those frequencies for maintaining health within the body. Paul's book will give you the charts and diagrams for going beyond the equipment.

Paul is a musician, a minister, an inventor and teaches people how to heal themselves physically, emotionally, mentally and spiritually. He likes to share with and teach people to energize into motion for themselves. It is a way of life for him. When Paul was sixteen the inner voice said that it was imperative to clothe yourself in light and weave a cocoon of light around yourself. Not only for himself but for everyone. The light energy is getting more intense on the planet and those hidden, negative and deep-seated emotions will have to come to the surface, face the light and be transformed. That is a daily process and has to be worked with constantly, demanding the soul to come forth and help deal with this and face those emotions. That the God-power within (The Great I AM) should have mastery over the thoughts, feelings and actions. What came to Paul when he was sixteen was something like this, the inspiration that flowed through him.

"By and through the magnetic power of the Sacred Fire, now flowing through your own heart chalice and the Immortal Light that never fails to produce perfection within your mind, your physical body and within the world of form. Why do I say the world of form, because you do realize that there is the invisible realm, the formless realm from out of which the world of form was formed. You are not here upon this planet, in the world of form, this earth plane, by chance or by some happenstance, but you have chosen to be here at this time to usher in the greater light on this planet, for the ascension of this planet and the ascension of your own self. You are here to be the Master over your own thoughts, feelings, actions and spoken words. You are here to be Master over the elements of your surroundings. You are here to take dominion over the earth and every creeping thing upon it. Primarily you are here to immortalize the physical body so you may carry out the greater works of God upon the earth plane."

So this immortal light of God is expanding upon the earth, so that you can move into this realm and fulfill Jesus Christ's prayer when he says, "Father, make them one even as we are one." I am in you and you are in me and we are in them. This oneness of consciousness, oneness of mind, that we may be as Jesus is in heaven so are we here on this earth. So we are moving into the crystal consciousness of Christ, to be the manifestors on the earth plane. Jesus said, "The works the miracles that I perform, you can do and greater than these you can do, because I go to the Father. By and through the magnetic power of the Sacred Fire that is now ablaze within your own heart chalice and by and through the Immortal Light of God, you can achieve perfection here in this world of form. We are here to be the masters over our environment, over our own thoughts, words and actions. It is through the divine light within. Like Jesus said, "of myself I can do no thing, but it is the Father within (the light energy "I AM") that does the work." So the light energy manifests the miracles.

The following information is to clear out the negative emotions so we can be the Light of Christ in manifestation.

When you first wake up in the morning, claim your birthright, that divine health is the truth of your physical body. Claim your birthright, that you are the Christ of God in manifestation. Claim that you are a positive person, positive feelings. . As life responds to the universal energy of this whole creation, the substance of

life corresponds to what you think, feel and say. That is why we are taught that if you want a certain manifestation in your life, the scripture says, “call things that are not as if they were, saying things that are not as if they were.” Capture the feelings of that thing as if it were already in existence and it will bring it into creation. Jesus said to ask for something as if you had already received it. This is manifestation in essence.

I saw gold manifest in people’s teeth so many times. I told God I wanted to see it manifest in my hand. So I said, thank you God, that gold is already there. I began to capture the feeling as though the gold was in my hand and envisioned gold coins falling into my hands. I did this for thirty days and suddenly a man in Texas sent me several hundred dollars in gold coins because he felt inspired to do that. I called him on the telephone and asked why he did that. He said he really didn’t know, he just felt inspired to do it. I told him how I had been practicing feeling gold coins in my hands so God worked out the details. This is the law of creation, to capture the feeling of a thing and maintain those feelings and the details will be worked out. This will work on anything, material things, relationships, anything. Just capture the feeling, don’t doubt and it will have to appear in your life. That’s what this book is about, to clear out the emotions so you can ascend into your rightful place.

### **The Handbook for Ascension**

**By the unction of the Holy Spirit.**

#### *“The Heart of God”*

We pray that this will be your year of blessings as you become at one with “I AM” the God of Abraham, the God of Isaac and the God of Jacob.

Let’ s get started:

**Step #1:** Take a blank sheet of paper and print your name in the center of it. Above your name print the words “I AM that I AM”. Now draw a heart around the “I AM that I AM” ” and your name.

This is the fulfillment of Jesus prayer: “That they all may be one; as thou Father art in me, and I in thee, that they also may be one in us: that the world may believe that thou sent me. And the glory which thou gavest me I have given them; that they may be one, even as we are one: I in them, and thou in me, that they may be perfect in one; and the world may know that thou has sent me, and hast loved them, as thou hast loved me” .

John 17: 21-23

Do you recall the story of Moses on the mountain? He was talking to the burning bush. During his conversation he was questioning God. God answered and said, “I am the God of thy fathers, the God of Abraham, the God of Isaac and the God of Jacob.”

Exodus 3:6

**“And Moses said unto God, “Behold, when I come unto the children of Israel, and shall say unto them, the God of your fathers hath sent me unto you; and they shall say unto me, ‘What is His name?’ What**

**shall I say unto them? And God said unto Moses, 'I AM that I AM': and He said, 'Thus shalt thou say unto the children of Israel, "I AM" hath sent me unto you'. And God said moreover unto Moses, 'The Lord of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, hath sent me unto you: this is my name forever, and is a memorial unto all generations'.**

Exodus 3: 13-15

Understand that "I AM that I AM" is the God of Abraham, the God of Isaac and the God of Jacob. He said, "Thou shalt have no other Gods before me" .

Exodus 20: 3

Be still and know that "I AM" God. God by any other name is not the God of our fathers.

"Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be like crimson, they shall be as wool."

Jesus said, "Believest thou not that I am in the Father, and the Father in me? The words that I speak unto you I speak not of myself: but the Father that dwelleth in me, He doeth the works" . Jesus not only spoke the words of the Father, he spoke the Father' s name in many of his conversations.

John 14: 10

God wants to be at one with us, He wants an open dialog with us. He said, "Let us reason together..."

Jesus said, "But when you pray, go into your closet, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you" .

**Matthew 6: 6**

We ask Jesus to intercede for us. "It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us" .

Romans 8: 34

"I AM the Way, I AM the Truth, I AM the Life, and I AM the Light of the World, always giving recognition to the great "I AM", the Father within him.

**NOW!** The heart that you have drawn with the "I AM that I AM" and your name inside, is indicating that you are **NOW** at one with the great "I AM that I AM".

Before Jesus went to the cross he asked the Father, "I AM that I AM" to send the Comforter, the Holy Ghost (Holy Spirit). The Holy Spirit is here with us today to guide and empower us. Ask God to amerce you in the "Baptism of the Holy Spirit" and in His Power. He will communicate with you as often as you allow Him to.

“But the Comforter, which is the Holy Ghost, whom the Father will send in my name, He shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.”

John 14:26

“But ye shall receive Power after that the Holy Ghost has come upon you: Acts 1: 8

We pray to the Father through the Son, Jesus Christ, by the power of the Comforter, the Holy Spirit.

**Step #2:** Somewhere within the “I AM that I AM” Heart mark a small dot, (perhaps just below your printed name) indicating a point of contact.

With your fingertip, pen or pencil, touch the top of the dot and while holding the point there. Ask the Great “I AM” to hold, hold, hold your focus, your attention upon the great “I AM that I AM” without wavering.

Jesus said, “Believest thou not that I am in the Father and the Father in me? The words that I speak unto you I speak not of myself: but the Father that dwelleth in me, He doeth the works.”

John 14: 10

Note: If you find your attention wandering, then say something like this, “I withdraw my attention from all persons, places, conditions, activities and all outside appearances. I give my full attention, my thoughts, and my energy back to the great “I AM that I AM” I ask the “I AM” to do it for me.

If you find your attention wandering again, do your best to train yourself to be aware of your breathing, knowing that your breath is the breath of Life, the breath of God.

As you focus on your breathing with awareness, silently say to yourself the following statements of Jesus, especially, “I AM the resurrection and the life” .

Some statements you might use are:

I  
I AM  
I AM the life  
I AM the way...  
I AM the truth...  
I AM one with the Father  
I AM the light of the world  
I AM the resurrection and the life  
I AM the pure love of God at all times  
I AM the Christ of God here on the earth plane

I AM the ascension in the light now made manifest  
I AM the ascended servant that I am created me to be  
I AM the open door into the light of God who never fails

**Step #3:** Contemplate and meditate upon the "I AM that I AM" as though you are sitting in the sunlight and just basking in the warmth of the sun's warmth. Imagine a golden glow surrounding you. You're not thinking in the future or the past.

You are aware of the present in the very presence of God the Father Himself. "I AM"

Note: There is a promise. If your eye is single to the glories of God then your whole body shall be filled with light and overflowing with the Healing Power of God.

**"The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light". Matthew 6: 22**

The promise is, if you hold your attention long enough without wavering on the "I AM Presence" the healing energies (GOD Substance) will rush in, to fulfill your slightest wish. But what happens so often is that persons, places, conditions, activities and outside appearances have such a magnetic pull on our attention, that very little thought energy goes to the great "I AM that I AM".

The longer you can hold your attention the greater the result. Just ask the "I AM Presence" to help you to hold your attention upon the highest light (the glories of God) long enough to get the greater result you're looking for.

**Step #4:** If your attention is too often pulled to persons, places and conditions (some physical problem or any other problem), on the outside of your Heart Drawing, name the problem and draw a circle around it. Draw a line from the Heart to the circle you have just drawn with the problem stated within it.

Half way between the Heart and the circle make a small contact point (a small dot). Put your fingertip or your pen or pencil on top of that contact point and ask the Great "I AM" to intercede between you and the problem. Ask God to clear all blockages and all interferences and bring forth resolution Right Now. At this point, I suggest you to read the following prayer while holding your fingertip, pen or pencil on the contact point:

"Beloved Mighty I AM Presence, or Dear Jesus, Son of the Most High God, please locate the origin of this (name the illness, problem and/or negative feeling) \_\_\_\_\_.

Take each and every level, layer, area, dimension, time frame and aspect of my being to the root cause, to the origin of this problem. I ask you to analyze it, and to expose it completely, with your Truth, Oh God. Come forward through all generations of time and eternity, healing every incident based upon the root cause, the origin, until I am filled with your light and truth, with your peace and love, I thank you for your mercy, and grace. I do forgive myself for my incorrect perceptions. I forgive every person who contributed

to this negative condition. With total forgiveness and unconditional love I release the old and let it go NOW! permanently, for I now allow every physical, mental, emotional and spiritual problem and inappropriate behavior based upon the old feelings recorded in my DNA, to speedily, and quickly disappear. For I now prophesy over this condition that this difficult situation will cause me to arise into my greater GOOD into my Greater Blessing into my Greater Mastery through the power and the love of Jesus Christ... So be it. Amen and Amen”

Now replace the old negative feelings with appropriate positive feelings and words. Example: I feel “I AM” moving forward and upward into my greater health, wealth and greater good. Thank you God. YES!

Wealth is having more than enough. We are not thinking of wealth as financial riches. Wealth is having enough of everything and a lot extra to share with others. To be a lender and not a borrower. To be the head and not the tail.

Do your best to feel and know that you are moving forward and upward into your greater health, wealth and greater good. Ask the Great I AM to help you understand the feelings of success, achievement and accomplishment and to feel good feelings.

**Step #5:** Hold your contact point for as long as it takes and repeat the prayer often, until you feel an energy shift or sense some kind of a change of feeling in your body. Even a sense of great peace, the peace Jesus promised. “My Peace I give unto you” .

John 14: 27

“Now therefore hearken unto me, O ye children: for blessed are they that keep my ways. Hear instruction, and be wise, and refuse it not. Blessed is the man that heareth me, watching daily at my gates, *waiting* at the posts of my doors. For whoso findeth me findeth life, and shall obtain favour of the Lord.”

Proverbs 8: 32-34

“They that wait upon the Lord will renew their strength.” Isaiah 40: 31

This is why it is so important to hold the contact point long enough for the I AM God to “Renew” your strength and answer your request. The I AM is the finisher of the work.

Here is an example:

My son came to me and said, “Dad, I need to have my car fixed, I need \$3000.” I said, “OK.” I printed my name in the center of the paper with the “I AM that I AM” and Hearted it.

I said to myself that there is a connection between my son and myself, so I printed my son’s name on the right side of the “I AM that I AM” heart. I circled my son’s name, and then drew a line from the heart to the circle with a contact point.

I asked the Great I AM to intercede between my son and myself. If there are any interferences or blockages, to clear them. Thank you, God. I held the contact point for less than one minute, for there seemed to be no blockages.

I put his car above his name and circled it, drawing a line between my son and his car with a contact point and asked the Great I AM that I AM to deal with my son and his car. I also wrote down \$3,000 on the right side of my son's name and asked the "I AM" to intercede in this problem for my son and \$3,000 to clear all interferences and blockages.

I held the contact point for about 15 minutes, declaring that God is the source of all money, for the Mighty "I AM that I AM" Presence is the Money I AM Presence in the behalf of my son. After 15 minutes I found a sense of peace in my spirit and in my emotions and totally surrendered it to God.

Within three weeks my son's car was fixed. God worked out the details. That's God's job, to work out the details.

Note: Jesus said, "For where two or three are gathered together in my name, there am 'I' in the midst of them."

**Matthew 18: 20**

When two or more people work the Heart and circles together for the same result, it is so much more powerful. The focus is easier to hold, for when two come together, it creates a third mind energy, which is much more powerful than the two.

The only absolute law in the universe is that thoughts are creative and since thought creates words, thought is a powerful force. We as thinkers are creators. This means our life experience is the sum total of all our thoughts and experiences up to and including this very moment.

When we receive a thought we have two choices, accept it and act on it or we can reject the thought. Both are a choice. It is not the thought that hurts us; it is how we react to the thought that determines our reward.

How we look, how we feel, the people we are with, the money we have, our health, our happiness or misery are all a reflection of our thoughts.

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Philippians 4: 8

Interpret the love of God and become that love personified. Interpret the beauty of God's fabulous creations in your own life and become the personification of exquisite charm and beauty. Interpret the breathtaking glory of that celestial song of creation, of praise, of love and of gratitude. Become the creative power of the all-glorious, radiant, and filled with light perfection you were designed to become. Let our minds become single with the glory of God, to the splendor of God's perfection, to the breathtaking beauty of God's creation, to the love of God's sharing, to the gratitude of God's blessings, to the joy of God's existence. Think like God thinks. Hold your thoughts high. Keep your vision exalted, and rejoice evermore.

Jesus said, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light".

### **Matthew 11: 28-30**

A yoke was built to use the principle of leverage that allowed the stronger beast of burden to shoulder the heaviest amount of pressure, pulling the load. The weaker animals were closest to the tongue of the wagon. The stronger animals had leverage used against them to balance the load. Jesus carries the heaviest pressure of the load we are bearing in life.

An example of emotional healing:

A schoolteacher came to me and asked me to pray for her/ She was having conflict with another schoolteacher. I said, "OK. I will see what I can do".

I put her name in the center of the paper with the "I AM that I AM" and Hearted them. I put the other schoolteacher on the upper right side of the heart and circled her drawing a line from the circle to the heart with a contact point and I asked the I AM to intercede between the two teachers. To clear all interferences, all blockages and to bring resolution between these two women.

I held the contact point for about 45 minutes, because I felt stressed in my mind. I had choked up feelings in my throat and tied up knots in my stomach. I told myself that I would hold this contact point until I felt peace in my spirit. After 45 minutes I felt at peace and again, joy in my spirit.

The very next day the schoolteacher came to me and said, "Man, what did you do? There was such a dynamic healing that took place between me and the other schoolteacher. I could not have come up with a better plan. It unfolded so beautifully".

So I shared with her, what I did on paper and she said, "that looks like a written prayer." I said, "Yes, it is. And the circles work, when you take the time to work them, especially

holding the contact point long enough for God to do something.”

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary, they shall walk, and not faint”.

Isaiah 40: 31

Another example for outer results:

Again my name on the center of the paper with the “I AM that I AM” Hearted, and many outer circles around the heart describing a fantastic translator on my tour through Europe. People would appreciate her and love her and she would always drive safely, organizing with grace and ease and a lot of nice statements.

All the nice Things that I had written came true and even statements that I had written down back in 1991 are still in motion today.

“And the Lord answered me, and said, “Write the vision, and make it plain upon tables, that he may run that readeth it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry. Behold, his soul which is lifted up is not upright in him: but the just shall live by faith” .

#### **Habakuk 2: 2-4**

God said to you and I, “My Words never return unto me void or unfulfilled.”

Isaiah 55:12

God also said, “I watch over my Word to perform it.”

#### **Another example for outer results:**

Again my name on the center of the paper with the “I AM” and many outer circles around the I AM describing a fantastic translator on my tour through Europe. People would appreciate her and love her and she would always drive safely, organizing with grace and ease and a lot of nice statements. All the nice Things that I have

written came true and even statements that I have written down in 1991 are still in motion today. God said to you and me: If you have a wish, A desire, a dream or goal, write it down, for by reading it you can run with it and it will surely come to pass. And God said to you and me that My Words never Return unto me void or unfulfilled. For God said: I watch over my words to perform it. So when you write your circles down it is God’s

energy flowing through You, turning back to source for fulfilment and in reality it is God seeing his own plan through your circles. It is really a point of direction, seeing what Is flowing to you. By writing your circles down, you are forming your future. In my experience I have written some things down, that did not come to pass, Because, when I analysed it, I saw that it would interfere with my greater good. So what I want to share

here is, that sometimes we do write things down, that are not harmonious with the divine plan, but even that is better than not writing anything down, it will be automatically balanced by your I AM Presence on the Way, because your attention is focused there. The up most practice that I do is no outer circles, just I AM

and my name circled with a contact point in the circle And asking my presence to hold, hold the attention upon the highest light. The promise is, if you hold your attention long enough on the I AM Presence, the Whole universe and all creation will rush in, to fulfil your slightest wish.

### **Here is your true prayer:**

Mighty I AM Presence, hold, hold, hold my focus and my attention upon thee until I AM totally ascended and free in the light of immortality that compels perfection to manifest right where I AM. I AM the ascended master that I am created to be, for my body is the temple of the Most High God and AM ascended now, for I AM the ascension in the light, now physically made manifested. I stand serene in the light of my own God Presence, undisturbed by outside appearances, persons, places and conditions, world problems for I Am the immortal light of God that never fails to produce perfection in my space.

I Am the ascension of this body right now and pass through the veil, for I Am the mature Christ of God here on the earth plane. I Am the Christ of God, here on the earth plane.

The word “I” equals “infinite power of God, the source of life, the ocean of love”. The word “AM” releases energy from the Godhead into the physical dimension. So every time you think, feel or say the word I AM, you are releasing God energy into the physical body, to perform, what follows after the word “I AM.” Your physical body is the antenna to transmit the I Am power into the physical dimension. So now you are lying in bed and you say to yourself: how do I release God energy in my body? Oh, to release God energy into my body, use the word “I AM” and hear yourself saying something like this: I AM the light of God flowing into the heart and renewing the heart, I AM the joy song of the soul flowing through my heart and all past grief’s headaches, aches and pains melt away like snow melts away in the heat of the sun. Oh, to release God energy in my body, use the word I AM. I AM the light of healing flowing into my stomach, into all my organs and glands, bringing forth perfect balance, perfect chemistry balance. Create your own I Am statements to release God energy into any part of your body. When you look in the mirror, say: hey, there that temple of God is. So you are the temple of God, so you must be the temple of health, For divine health is the truth of my body, oh yes it is. While looking in the mirror, say with feelings: I AM the beauty of your eyes, I AM the beauty of your Skin, for I AM the fountain of youth, physically made manifested, both now and forever. I AM the resurrection and the life of the health of my body NOW. The I AM statements always works when charged with feelings. I AM rich in the substance of life, for I bless the substance of life. To bless the substance of Life increases the flow of the I AM substance. The substance of life was created to correspond with your thinking, feeling and spoken words. You heard About the man, who walks around and says: Well I just can’t get a job, and so the substance of life comes together and has a conversation and it says: here’s a man, that says, he can’t get a job, he feels like he can’t and thinks like he can’t get a job, so let us move into the outer activities, set up the stage and the Condition, to see that he doesn’t get it. We sure don’t want to disappoint him, but now you and I are changing our thinking, our feelings and our speech and we Are saying: we are prosperous in every way; for prosperity is the truth of our world, oh yes it is yes. And so the substance of life gets together and has conversation and says: oh, here’s a fellow that is speaking positive words, he is thinking positive and feeling positive, so let us move into the outer activities and set up the stage and the condition for that person to experience what he has been thinking, feeling and saying, for your thinking, feeling and saying is the Creative power to create your own personal world, for it is written: life is in the power of the tough and the tough of the wise is health. Also it is written in the Ancient writings: By your words you are pulled down or by your words you are lifted up. Say often: My words heal and lift up. Your words are charged with Vital, living energy, yes. Example: Suppose

you have the I AM and your name with the contact point encircled and you are meditating doing your best to stay focused on the I AM , but your attention is drawn to your money problem , so since the money problem has your attention, then write down the word money on your paper, circle it and draw a line from the I AM circle to the money circle; then halfway between the two circles put a contact point on the line; while touching the contact point with your finger or pen, think or say something like this: Great Source of life, Father/Mother God, please sponsor this connection between myself and money, clear all interferences and all blockages or breathe the previous prayer, continue to hold the point, until you feel a great sense of peace or an energy shift in your body (feeling world).

The following day go back to your I AM circle asking God to hold your attention on the I AM and if the money problem still has your attention, just ask God to sponsor that connection again. You may have to shake yourself a little bit and say something like this: say your name out loud, "... Yes, I withdraw all power that I have ever given to money, persons, places and conditions and I give all that power and energy back to the Mighty I AM Presence, because the Mighty I AM Presence is the Money I AM presence and the Money I AM Presence is the Mighty I AM Presence which is the source of my money supply." Yes, YES, YES. This way you give all power back to God to work out all details and bring forth resolution to your Money problem. If you have more than just one problem and it could be any problem, that has your attention, and then do the same for each connection. Each day ask, if you have to sponsor a specific connection.

Suppose you have a business, you can ask God to sponsor this connection between you and your business, then from the business circle draw a line to your distributors circle and then from your distributors circle draw a line to your customers circle asking God to sponsor each connection and here is the statement :I AM the Resurrection and the Life of my business world, yes, thank you God! Another example: Suppose, you want more brain power, and then ask God to sponsor this connection between your brain and yourself and from your brain to the vitamins, minerals and neutrons to feed and nourish your brain. Thank you GOD. YES. Here is the statement: I AM the pure mind of God, yes, I AM the shining diamond mind of God, yes I AM.

#### Goals realized

Step 1) Do the same as before, name in the middle with the I AM circled. Find goals; choose one desire of your heart for instance a great musician, healer, therapist, an automobile sales person, and then write down on your paper: "The light energy within me or God within me is a great musician, healer, etc..." Draw a line from your positive statement circles to the middle I AM circle and ask God to sponsor that connection between you and the outer circles. Now draw another circle with the statements, that the God in other people come to the God in you for getting great music, healing or therapy, or buying a car and ask God to sponsor that connection. So it is God that is the musician, therapist and it is God receiving the music, the therapies... It is all God energy in motion. Write down your wishes, your dreams, your desires and the Angels will energize that which you have written down. In the beginning was the Word and the word became flesh, meaning that the word became a physical manifestation, that's why I recommend to the people, that they write down their wishes, visions, desires of their heart. Suppose you have a desire to make a personal music CD, then draw a heart in the center of your paper, put your name in the heart, the I AM and CD. Now draw lines out of the heart with positive statements like healing music CD, high energy music CD, self empowerment CD, emotional, mental healing CD, a great meditation CD, if that is what you want from your heart. Write down other things, that describe the beauty of your CD and you can even write down that is a money making CD. Put a contact point inside your heart and ask God to sponsor all the words that you have written down. Sponsoring means, you give it over to God's hands. Each day you can ask God if you need to reinforce or sponsor your CD heart again. And you might have to ask God to sponsor it several times, but the best thing to do is to glance or read everything before going to sleep. It really takes it into the Heavens for physical materialization. Make heart papers for each desire of your heart and put it nicely in your dream notebook and read it every night before you go to sleep.

Twin flame action, your soul mate, your great Partner

Now suppose you want to have a great partner to love and hold and share your life with. Who you are really looking for is really your Higher Self, for when one seeks for a companion; you are really seeking a closer union between you and your Higher Self. And once you find that union and oneness with your Higher Self, then you magnetically draw that person to you that mirrors you.

Step 1) Draw your heart with your name and Soul Mate or write Twin Flame. Now make very strong positive statements to describe the person of your dreams. Example: the lover of my life harmonizes with me on all levels, mentally, emotionally, spiritually and physically. Circle it and draw a line from your heart to the circle. Write another positive statement that we are both free and equal and that we love and respect each other as our own self and Higher Self, that it is God acting through us both. After you have written some positive things about your soul mate, just ask God to sponsor all connections. And the fastest way to magnetically attract your soul mate is to practice that your partner is already in your space, in your environment, and practice as though your partner is with you, thanking God every day that your partner is already in your space, even as though you experience the energy flow between you and your partner. The purpose of relationship is to make quantum leaps and giant steps in our spiritual progress and growth, being the master that we are created to be, self empowerment, standing serene in the light of your God Presence, undisturbed by outside appearances, persons, places and conditions. Neutralizing lower vibrations which are jealousy, hatred, resentments, bitterness, anger, depression etc... into higher energies pure divine Christ like LOVE.