



I AM
MEDITATIONS
A MASTER FORMULA

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I Am Presence Invocation

*Beloved I AM Presence, what you mean to me,
I call upon you to help set me Free.
To guide, protect me and please lead the way
to the promised land, to those sparkling sands,
to the waters that flow out of the One true well of
That "I AM That I AM".*

*I AM a child of THAT One true One.
I AM a particle of THAT One True Sun
I AM a song from THAT One True sound
To This Limitless light I AM Heart-fully bound.*

*I AM a traveler on the sands of time.
Born of the essence of THAT One true Mind.
Your Love is my essence and Peace is my way.
Yesterday is a memory - I AM Present today.
To build in my experience, a master's touch,
That each passing day may
Be golden as such.*

*That each mountain you send for me to climb
I will grow closer to understanding your ways and mine.
That each bridge I cross over waters so deep
I stay ever present in meditation, dreaming and sleep.
That each waking moment be real, open and ever new,
That each step I take brings me closer to you.*

*We call you the Diamond Heart because of our great love
acknowledged that this is your gift showered to us from above.*

*I AM only as you created me to be
I AM totally surrendered to thee
Oh, I AM THAT I AM
With love, for love, in love, as love.*





The White Light Tube of Protection and Presence

*Beloved Mighty I AM Presence,
light me and enfold me in my mighty, magic, electronic TUBE
of Ascended Master's Light substance.
Make it so powerful that no human creation can pass through!
Please see that it keeps me Invulnerable, Invisible and Invincible
to everything but those energies that align
with my ascension into the Light.*

(Visualize This)



The Wall of Blue Flame and Archangel Michael's Sword

*Beloved Mighty I AM Presence keep me surrounded with a wall of
Blue Flame for added protection outside my Tube of Light.
I call upon Archangel Michael and his legions of Angels that support
to cut all cords that attach to me (us) in any way.
Cut us Free - Cut us Free - Cut us Free -
Cut us Free - Cut us Free - Cut us Free -
Cut us Free - Cut us Free - Cut us Free
Protect us until we are totally free in the Ascension into Light.*

The Violet Flame of Unconditional Love and Transmutation

*Beloved I AM Presence, blaze through me now,
your mighty Violet Consuming Flame of Unconditional LOVE.*





*Let me feel and absorb this energy, which far exceeds anything of human origin.
The Blue flame of the Father and the Pink flame of the Mother
combine to give energy, life and substance to the Violet Flame,
the purifying power of Divine love, which is the most powerful
and dynamic activity presently available to humanity.*

(Feel This)

*We focus now on the power of transmutation
and we request of the Violet flame to consume cause, effect, records
and memory of those negative concepts, desires and feelings
in our beings and worlds that we are able to release at this time.*

*Replace this with as much light, love, purity and purpose
as we are able to percolate, sustain, radiate and maintain.*

*We actively invoke the Ascended Masters electronic substance of light
from the octave above, from the octave of love.*



I AM the Ascension into Light

*I AM the Presence raising the atomic structure of the body
into full Illumination and Liberation.*

Now visualize that the whole body has turned to crystalline substance.

Visualize the Star of David, the six-pointed star at the forehead and, upon establishing contact with the Star, send this down into the very center of the Earth, into the healing temple in the center of the Earth. Request with your mind, Mother Earth receive my energy and immediately an impulse returns to us. And Mother Earth downloads into our spiritual matrixes the LIFE SEED CODES necessary for upgrading and aligning with the morphogenic field of intelligence. Your Magnetic Field becomes charged. Now bring the Star back to reside in the Heart. Take a nice full breath and begin integrating.

Now send the Star out through the crown chakra and out into the Sun and through into the Great Central Sun and into the Heart of the Father, and upon arriving, request of the Father to



receive our energies. And immediately an impulse returns to us and we receive the LIFE SEED CODES to up-grade and up-regulate our life force intelligence. Gratefully acknowledge the gift and flow the Star back into your energy field residing at the Heart. Again Breathe and Integrate. Your Electronic substance is now charged.

(The following should be used in the long form and may be used as a short form for instant protection many times daily; memorize)

I AM protected in my magic Tube of White Light Ascended Master's energy

I AM protected by a Wall of Blue Flame and Archangel Michael's Legion of Light

I AM a Being of Violet Fire ð I AM the Purity God Desires

I AM Star breathing Life Seed Codes of Father/Mother Ascension Essences

BIJA MANTRA Meditation

Complete

Note that when you offer guided meditation and prayer, combine elements of structure and essence. Know where you are going and what you want to reinforce such as protection, clearing and making contact with the Beloved I AM Presence. Then speak your personal or group prayers, petitions and gratitude to God, the collective I AM Presence of Angels, guides.

