

## Raise Your Frequency and Claim Your Sovereignty

### Mastercourse Group Decree Practice

I'm really inspired to invite you to permanently raise your frequency and awakening through the use of I AM Decrees. This is one more powerful tool you can use in your Quantum Healing Mastercourse program.

The overall purpose of this daily group practice is to support you in creating a new reality that you would love to experience. Participating for as little as 5 minutes a day can create a positive shift in your personal well-being, your clarity of mind and your Quantum healing abilities.

As you know doing certain kinds of meditations are proven to create peace of mind and to raise the frequency of your consciousness. There are many different kinds of meditations, each with different purposes. The practices I will share with you through this new program are a combination of powerful I AM Decrees, grounding exercises and light body activations. Doing a few minutes of these per day will really rock your world – in a great way.

An I AM Decree is a declaration of truth you make through your spoken words. The term I AM is the most powerful phrase in our language, and refers to your Divine Self expressing as you. Think of it as tapping into the divinity and perfection within you that is the source of all the good in your life – and making that real in your day to day life.

Some of the Decrees work with the Violet Flame. The Violet Flame is the 7<sup>th</sup> Ray light of freedom, mastery and transmutation. Working with it can rapidly transmute lower vibrational energies in your field of fear, doubt, separation and poverty consciousness. Many of the decrees I will share with you will invoke the Violet Flame.

By repeating these I AM Decrees out loud using your creative throat chakra you are rewiring your negative thought patterns. You are literally speaking with the power and presence of The Divine.

Here's how this program works: You join by making a commitment to doing these practices for at least 5 minutes a day over the 14 weeks of our program. Of course you can continue after that if you want. The more time you devote, the better your results can be. You can continue with any other practices you are doing. Doing these daily practices over the coming 3 months and then culminating by attending the Lightworker retreat in June will create powerfully great results in your life and in your healing abilities. You are welcome to participate in the group practice whether or not you attend the retreat however.

It has been shown that new thought forms or affirmations spoken repetitively for five or more minutes per day, over a period of 3 months can give birth to the momentum of a

new reality. It takes regularity and commitment to make this shift, although the daily commitment can be small. Once you create this shift in your consciousness this new momentum will continue to roll even when you're not thinking about it, helping you create heaven on Earth.

Why this is important: Thought forms or emotions that happen repetitively by an individual and through family generations tend to gain momentum and life-force of their own. These can manifest as anxiety, depression, disease, chronic pain or inner blockage to fulfilling the great potential of your life. (These blockages can be referred to as un-transmuted karma, family curses or the Dweller on the Threshold. Speaking these powerful Decrees over a period of time can help you free yourself permanently from old limiting and negative programs and patterns

Here is another great thing about this program. We know that it can be a lot easier to go into meditation when do it in a group. That has been why our past retreats have been so amazing. This is part of the amplifying power of the principle "when two or more gathered in my Name there I AM also". We will work in this program through the Quantum Field, which is beyond time and space. Therefore you will be able to benefit from the power and loving support of group meditation even when at home by yourself on a physical level.

I've seen that we have created a group merkaba full of high vibrational Light over the last years though our zoom conference calls, retreats and personal practices. This is now an amazing resource you can call upon. Doing group meditation is a way to strengthen it for all of us and receive support. In the old days spiritual seekers had to remove themselves from the world for long periods of time to be in mystery schools and monasteries. The Group Merkaba is like having the mystery school be with you all the time.

## Decrees

My Higher Self now resides in me.

I now release any and all soul-level contracts or agreements that I have ever made in this or any other lifetime or existence that limited my Sovereignty, Freedom and Joy - with any person, situation, group or entity.

I AM the healing Power of God. The healing power of God is Activated in me, resides in me and is restored in me.

I AM all things I wish to be. I AM all things which I AM. I AM one with the great central sun. I AM the ray of Light that comes forth from the Heart of God. I AM my body, my mind, my feelings, my entire world in perfect Harmony, in perfect action together.

I AM Light! Light! Light! I AM Love! Love! Love! I AM God! God! God! I AM that I AM that I AM.

I AM that which I wish to become,

I AM the fulfillment of my destiny here on Earth,

I AM God in Action here,

I AM the conscious activity and directing power of the Cosmic Christ,

I AM the living light going before me, bringing perfection, grace, abundance and flow into all my activities,

I AM the Victory of Light itself,

I AM the Ascension in the Light

I AM the resurrection and the life,

I AM invincibly protected,

I AM the commanding Presence moving in and Conquering everywhere I move

I AM the Victory of Life over death,

I AM the Abundance of God,

I AM the wealth and limitless resources of the Divine, now made manifest in my hands and use, and which I AM using perfectly to fulfill the Divine Plan,

I AM employed by the Divine for the benefit of humanity, and am supported in that work perfectly and in complete Abundance,

I AM being shown how to generate abundant cash flow right here and how, and I AM doing it,

I AM the Presence of the Divine effortlessly manifesting my inspired visions and creations, immediately before me.

I AM that I AM

I AM the full power of Light in action filling my mind, my being, my world, then flooding forth into the world of all mankind;, for I AM the action of Life, I AM the Presence of life, I AM the Victory of Life now and forever!

I AM God's power speaking through my voice.

I AM free of all judgment, condemnation and anger toward myself or others

When you have a big or small worry, a small problem or a large one, say:

I AM the Presence pouring into this condition, solving it for me right now. I AM harmonious, I AM peaceful, I AM abundant always, I AM alert to the guidance of my God-self as it flows through me.

I AM the violet consuming flame blazing up, in, around and through me (or this situation), dissolving and consuming anything less than perfection, and by the Power of God that I AM

The violet flame fills my being; every molecule, particle and atom of being is now filled with the violet flame. The violet flame fills me, moves through me and surrounds me. The violet flame fills and moves into my consciousness, sub-consciousness, unconsciousness, all my causal bodies, aura and energy fields that I AM. The violet flame moves into and fills my past, for this lifetime, all past lifetimes, and future lifetimes, in all dimensions and existences. The violet flame fills and surrounds my home, business and all aspects of my life. The violet flame now fills and surrounds all of my family and our friends and loved ones. The violet flame now fills and surrounds my town, state, country and the Earth. The violet flame now transmutes and frees me from all karmic debt.

I now place \_\_\_\_\_ (all limiting or traumatic experiences) into the violet flame, to TRANSMUTE and CLEAR THE MEMORY, RECORD, CAUSE, CORE and EFFECT, FOR ALL LIFETIMES AND EXISTENCES, PAST, PRESENT AND FUTURE, KNOWN OR UNKNOWN.

I give permission to and thank all the elemental beings for releasing and letting go of all mis-qualified or mis-created forms, and now bringing them forth into their current highest divinely intended pure form in the now.

I claim Victory in this process! With mighty Victory I AM now free, awake and liberated. I AM Light, I AM Love, and I AM Fred! I AM Ascended.

The I AM Presence is the instantaneous solution to all things. In the I AM Presence all things become One. There is no time or space, and when you make the call for any perfect condition to come forth, know that it is already done. Do not question any longer, just accept and go onward, giving praise and thanks.

Father, Thou Great and Blessed I AM Presence, forgive me. I call on the Law of Forgiveness that I AM. Blaze up through me the Fire of Forgiveness and take me again into Thy Heart.

Your I AM Presence always works! If you make the call and you do not have the results you should have, go on and be more determined than ever, releasing nothing but Love, Happiness, Beauty