

# Honoring the I Am That I Am

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## The beginning of forgiveness

As higher-frequency energies penetrate our universe, feelings rooted in perceptions of self, of others, of the world noticeably surface, with no lag time.

We perceive, judge and feel external circumstances almost instantaneously.

Much chaos is being catalogued “within” by a nervous system responding or reacting to stimuli “without” or external stimuli.

That chaos often overstimulates the nervous system of the unaware.

The standard operating procedure used to discover the source of feelings that surface is to look outside the self, externally, for the cause, not within.

Analysis of the external world uses customary definitions based on cultural biases that usually criticize, judge and blame.

Rarely do we investigate our inner world to examine the essence behind or underneath feelings, to use those feelings as an internal GPS system, while navigating through the world's external stimuli.

Typical psychological examination of darker feelings can be reproachful. Analysis often narrates that something's wrong with us or our viewpoint.

Experiential occurrences register up and down the scale of pleasantness and, to put it mildly in some cases, unpleasantness.

If those experiences are of Love, they expand or inflate feelings of joy or goodness.

If not, they contract and are chronicled on the other end of the spectrum.

Feeling balanced and centered within a peaceful universe ensues when all's fine and good.

And then, there's days when those feelings cannot even be closely approximated.

When balanced and centered, I'm near or in the heart-space, *responding* to circumstance and manifesting pleasant, new creations.

When I'm not, I'm in the neighborhood of the mind.

A place, I've learned, I shouldn't go alone, unassisted or unprepared, without the tools to ground, balance and center.

It's there where I'm more inclined to be *reactive* to circumstances and manifest more unpleasant ones. There's a huge difference between reacting and responding to circumstance.

Investigation into external circumstances will show that all circumstance is neutral.

A sustained acceptance exists that there is reason to identify with it and react or respond accordingly.

Reactionary or responsive behavior is subordinate to perception.

A reaction is typically quick, without much thought. It's tense and aggressive.

Reactionary behavior doesn't indicate intent unless one intends to create reactions to stimuli.

See the marketing industry or military industrial complex for that. Reactions promote more reactions.

[One could, however, intentionally create a situation where one would want to respond to stimuli as in the playing of a preferred piece of music to relax or soothe.]

A response, on the other hand, is thought out, calm and non-threatening.

Belief patterns used to judge external circumstance are actually bandwidths of energy. All thoughts are.

Bandwidths of energy-laden belief patterns, personal and collective, surface regularly if I'm so inclined to investigate them.

Self-inquiry concerning unbalanced feelings of discomfort or unease raises questions that deserve answering: "Where's the focus?" "Who's doing the looking, the perceiving?" "Is it a constructed self?"

How does that focus reflect the way I refer to myself? What's the opinion I hold of myself? What do I tell myself...about myself?

Which personal perceptions direct that focus?

"Just who do I think I am, anyway?" is the resounding question.

With thoughts manifesting realities so quickly now, a clearer understanding or awareness of how I think about "me" is sensible.

How do I deal with feelings that are dense—feelings of a lower vibrational nature?

The answer, I'm learning, is that I forgive them while remembering the truth of who I truly am, acknowledging my true identity. And my true identity is not found in the body.

I'm grateful to Kathleen Mary Willis' articles, *21 Days of Forgiveness for Peace on Gaia's Valentine's 2018* and *The Forgiveness Road*, for providing insights on bringing ease to the practice of forgiving those dense vibrational manifestations born of temperaments not of love. [1.]

Dissolving all manner of core beliefs, resentments, judgments and other dispositions that are not of Love is pleasurable.

Forgiveness is a very powerful and effective tool when, as Kathleen points out, it's done consistently and with an appropriate disposition.

Consistency is vitally important!

Without a continuous and active forgiveness platform, the illusory world of lack and blame prevails.

The underpinning of that platform is found in the perceived relationship the individual has with what some wisdoms of the ages call the Nameless, the Infinite One, Source, the "All That Is," God, etc.

## **There's more to me than meets the eye [or any of the physical senses]**

So where's my focus? What's that perceived relationship I hold about "me" and the external world?

An intentional shift in awareness reflected by the application and use of the personal pronoun "I" is what I'm exploring.

I've been intuiting lately that, to be present in the higher realms, shifting to the more expanded perceptual concept of "I Am" from the more probable usage of the personal pronoun "I" is indispensable.

A personal perception automatically and instinctually grounded in a natural, heartfelt reference of the Self as the "I Am," rather than the limited, small-self "I," would indicate a move into higher vibrational densities, away from the lower third and fourth.

When reality is predominantly perceived through the eyes of the "I Am," the transition from third to higher frequencies will be complete.

When I turn my attention to the limited application of the personal pronoun "I" and expand into it in a way that credits the non-physical "me," I can glimpse how that expanded spiritual "I Am" expresses.

The personal pronoun "I" has a tendency, depending on feelings that stem from the judgement of circumstance, to be critical or self-deprecating, rarely supportive and uplifting.

We're taught to be critical of external circumstance. It's a deeply embedded survival tactic based on the perception that the external world can be life-threatening. The belief and trust in external circumstance also keeps perception separate from the truth that All is One.

Getting in touch with the "I Am" perception removes that threat.

The "I Am" that represents the "All That Is," the Infinite One, does not judge, period.

The following can be found in the *I Am Discourses*, by St. Germain:

*"The natural tendency of Life is Love, Peace, Beauty, Harmony, and Opulence, for Life cares not who uses It, but is constantly surging to pour more of Its Perfection into manifestation, always with that lifting process which is ever inherent within Itself. [2].*

*"'I Am' is the full activity of God... The student endeavoring to understand and apply these mighty, yet simple Laws, must stand guard more strictly over his thought and expressions...for every time you say 'I Am not,' 'I cannot,' 'I have not,' you are, whether knowingly or unknowingly, throttling that 'Great Presence' within you." [3]*

Here, St. Germain points to the powerful relationship that exists with the use of the personal pronoun whether used intentionally or accidentally.

The Law of Attraction surfaces here. Like-energies drawing like-energies unto themselves.

When I describe circumstance using tags and labels that reflect learned emotional experiences, I energize them using emotional identifiers that I react to or respond to accordingly.

Looking through the eyes of the small “I” predicates one’s energy grid attracting to it whatever is declared, be it judgments, criticisms, denials or accolades.

Looking through the eyes of the expanded “I Am” that holds no judgement engenders an energy grid that yields Love.

St. Germain hints that by “*endeavoring to understand and apply these mighty, yet simple Laws*” I can make positive, intentional and creative assertions to influence my energy grid more effectively.

More “*mighty, yet simple Laws*” point to the 13 Universal Laws and other universal principles.

A clearer understanding of how to use the power of intention to explore the application of these laws to energy grids is a worthy enterprise.

A deeper appreciation of the universal principles *As Above, So Below, and As Within, So Without* comes into view, too.

The manner in which I think of myself, the stories I tell, the self-talk I use, will produce charged reactions or responses that find their origin in core beliefs.

Core beliefs are bandwidths of energy.

What am I energetically creating with my thoughts, self-talk or language used to describe events, circumstance and people?

How do I *want* to feel?

What do I *want* to deliberately create?

What’s my intent?

Where’s my focus? Is it within or without? Does it incorporate the perception of the “I” or the “I Am?”

Again, circumstance in and of itself is neutral.

So what kind of energy am I infusing circumstance with by the method I use to discern? What am I attracting to my energy grid? What am I constructing?

The “I Am” perception is found in the present moment.

Focus on the present moment effectively locates the internal “I Am.” It is misaligned when its bearing is anywhere else.

The present moment is where our awareness will primarily reside when the lower third and fourth densities dissolve.

Present moment focus is found in higher vibrational densities where the “I Am” resides and where creative intent is deliberate, not accidental.

Turning attention away from the misunderstanding that circumstance is truth-bearing is essential. It will also dissolve the victim mentality that perpetuates the need to scrutinize the external illusory world.

## The body of electricity that forgives

The body houses physiological, electrical components that react or respond to stimuli, to energy.

My understanding of the nervous system's emotional and psychological backdrop is imperfect and limited.

An overly-simple interpretation of how that energy interacts is that the brain sends electrical impulses using synapses, neurons, neurotransmitters, etc. to systems in the body.

Electricity here alludes to the body's energies and the Law of Attraction.

With intent we can change the energized self-talk story told, or the perceptual report about external circumstances that's reacted or responded to, and change the energetic makeup that is constructed through perception.

Now, instead of storytelling, clearer thinking can acknowledge the dictate: "Be still and know that I Am God."

Using that decree, I can rely on the Law of Attraction to create a different energy grid.

When attuned to the Law of Attraction, I'm deliberately and intentionally taking charge of my energy pattern.

I own my power, my energy grid. I'm empowering myself.

And, as the self-talk changes, so do my perceptions transforming the small "I" into the "I Am" that I Am.

The tales I tell then reflect my observations and perceptions grounded in truth and report experiences that take place within me, not without.

My attention is on the inside rail, where all of the action is.

Listen to the personal accounts you've been reporting. Hear where they're anchored.

See if they're moored in the harbor of fear or love. Describe the eyes that are seeing.

When you find the small "I" at the helm, forgive yourself that you forgot who you are. Take back your power for you *are* the "I Am" presence of All That Is, and All That Is, is Love.

You forgiving you or me forgiving me for placing judgement or criticism on circumstance or people also returns us to love's neutrality. [Judging others is ultimately rooted self-judgment. Therefore the efficacy of forgiving others would be found in forgiving the self.]

*"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs..."* [1 Corinthians 13]

Love does not judge, either.

“Judge not” is sound advice whether it’s directed inward or outward. [Find criticism equal to judgment, as well.]

Once I judge I have left the realm of love’s neutrality. I no longer affirm the “I Am” that represents my truth.

When labeling, through any form of judgement, the external world of phenomena the eyes of perception use the lower case personal pronoun “I”.

The “I Am” personal pronoun which reflects the truth as an expression of the divine does not label. As Love, it is neutral.

So why do I even want to characterize anything or anyone when all external circumstance, or phenomena, are neutral, illusory creations to begin with?

## **“I Am” not my body**

As mentioned, thoughts are energy and the energy conveyed through storytelling or self-talk finds its foundation in core beliefs that are not always of love.

Peace of mind, balance and general energetic well-being is jeopardized when falsehoods steer the ship.

One such false belief, or grand misunderstanding, is the use of the personal pronoun “I” to represent our whole beingness without considering that the body, as materialized form, is only one percent of the totality of the energy used in its manifestation.

Recognizing the body as the principle domain of our energetic selves is erroneous. All that is, is energy.

Claiming or naming the material composition of manifested energy without acknowledging its source misidentifies.

A look at the relationship the body has to *All That Is* helps to shift that personal “I” to the “I Am”.

On my wrist I wear a bracelet that reads, “I Am as God Created Me” which is a shortened version of a quote from *A Course in Miracles* which states:

*“I Am Not My Body; I Am Free, I Am as God Created Me.”*

More from the “Course,” reflecting that expression:

*“I am not a body. I am free. Freedom must be impossible as long as you perceive a body as yourself. The body is a limit. Who would seek for freedom in a body looks for it where it can... not be found. The mind can be made free when it no longer sees itself as in a body.”* [4]

The “Course,” as it is colloquially referred to, teaches that the body is “form” and reminds that I am not my body.

It teaches that form is not eternal and that anything not eternal is not of Truth.

The one percent of matter that is the body does not represent the totality of the other ninety nine percent of me, my wholeness.

I’ve been trained to believe that the body represents my entirety.

However, it’s not me. It’s not the “I Am that I Am”.

Benthino Massaro offers more wisdom about the body and external stimuli:

*“Understand this: your Self—what you fundamentally are—cannot be a thing. Realize this for a minute...”*

*“...a more all-encompassing word for ‘things’ is phenomena. Phenomena is anything that can happen, be, or appear as distinguishable from something else. In other words, everything we can point to and reference is phenomena.*

*“Your true Self is not a phenomenon and cannot ever be found by looking at phenomena or referencing objects of perception. So make your next meditation about identifying that which is not a phenomenon... Go deeper. Intuit what’s beyond the mind.*

*“Rest into that innermost sense of “I Am Aware.” Rest there, and realize that as all phenomena comes and goes through your Awareness, your actual Self/Awareness does not move or alter at all.*

*“This is the beginning of Self-Realization. This contemplation creates a crack in the mind for the light of the Self to shine through and illuminate you. This illumination shall also liberate you and eventually even take you out of the illusion entirely if you let it and persevere.” [5.]*

The Course also tells me that I’m not my thoughts, either, although I treat them as if they are.

*“...nothing that you see means anything...you have given everything you see all the meaning that it has for you...you do not understand anything you see...your thoughts do not mean anything—they are like the things you see...you are never upset for the reason you think...you are upset because you see something that is not there.” [5]*

That leads to a lot of mistaken identity.

When I consider that I’m not the thinker of my thoughts but the achiever of frequencies that allows for the translation of vibration into thought it behooves me to pay attention to the frequency I’m generating.

Thoughts don’t create, per say, but they support a bandwidth of energy that will attract like energy unto itself. The Law of Attraction makes it so.

From the emotions, I get a report on the frequency I’m generating through my perception.

How am I feeling? Am I at peace? Am I happy...about me, about you, about life?

Am I sad, angry, depressed, lonely, experiencing low self-esteem?

If I want to redirect I can ask the question: “Where’s the focus?” “Where’s the origin of perception?” Is it the small “I” or the more expanded version, the “I Am?”

When we step into the body and allow the thought-energized concept of the personal pronoun “I” to prescribe the meaning of its interpretation of phenomena to us we erroneously attribute truth to that self-counsel.

If you would, for one hour, observe how the conceptual personal pronoun “I,” in its entire context, is employed in your thoughts and speech the results would be revelatory.

Bring to your awareness the view you hold of yourself, of others, of the world around you, through the use of the personal pronoun “I”.

Witness the judgments and criticisms and source them to the “I” and its core beliefs.

A change in perception allowing the “I Am” to establish perceptual truths is challenging but essential in correcting the erroneous habit of constructing opinions of ourselves, of others, of our societal network and, indeed, Gaia herself.

A fragment of self-mastery is, then, not mastering thought but mastering frequency.

And, in mastering frequency can be found the skills of the alchemist.

Practices like meditation and breathwork that still the mind and calm the body will birth frequencies prone to generate creative responses to external stimuli versus reactionary ones coming from a mind and body that is restless.

There are many “yogic” practices available. Any routine that marries the limited self with the universal self could be considered yoga. “Yoga” means union.

A yoga or “union” practice helps to relax the egoic hold the small self has over the body, presenting an opportunity to observe its limited and false perceptions. [The ego would call the body its home.]

Choosing which practice or tradition used to still the mind and calm the body is a personal choice.

These spiritual practices are alchemic in nature as they transmute or transform one frequency state to another.

Breathwork and meditation are transcendental tools.

Mindfully used, the breath expands the consciousness into the realm of All That Is where the heart opens, dissolves lower frequency thought forms and spawns higher ones.

It shifts the outer vision of self to the inner vision of Self or the “I Am” presence. It also facilitates the ability to become the observer-self.

From that vantage circumstance can be viewed without judgement and forgiven.

As love and through love, forgiving the self and others is an alchemic tool that disbands the energetic misperceptions and replaces them with Love. Love does not recognize mistakes.

Alchemically, when we forgive, in the name of love, lower density thought forms that are not of love disband.



## “I Am” forgiving

Assimilating the “I Am” perception of the eternal, divine energy-being that in truth, we are, renders forgiveness as uplifting, refreshing, exhilarating and liberating.

When the perceptual identity of self is softened and no longer holds emphasis on physical form, on the material realm, the gaze moves to the formless, beyond the small “I,” to the Infinite One that “I Am.”

A revised boundless, spacious sense of self-identification surfaces and empowers.

Forgiving myself and others is like saying, “Oh yeah, I forgot, that’s not me! It’s not who ‘I Am.’ I forgive myself the incongruity!”

Forgiving is remembering your truth, that you are not separate from All That Is. Forgiveness is the affirmation of that memory.

During the forgiveness process if one doesn’t feel relief or closure the question might be asked, “Where’s the focus? Is it on the small ‘I’? How can I shift the focus to the accurate aspect of me to the ‘I Am’?”

Kathleen Mary uses forgiveness language and other applications in her articles that reflect the disposition of the amorphous energy of All That Is.

The adages and other expressions offered by Kathleen recalls the memory of that essence.

She guides the reader to remember their formless, energetic selves in this excerpt of a precept that can be used when forgiving:

*“...I Am the Infinite and Eternal Flow of Apologies, Forgiveness and Gratitude, Love, Peace, Joy, Balance.”*

The truth and power of the “I Am,” with proper intentional use, restores Love’s neutrality, its balance. The “I Am” perception puts things right again, into correct perspective.

Using invocations to summon our spiritual partners for assistance is another helpful tool that transforms and transmutes mistaken perceptions.

The idea that I would have a private spiritual practice is a mistaken [ego] declaration of separation from All That Is and not congruous to my truth. “I Am”/we are all One.

Remembering the axiom, “*Ask and it is given*” can be very accommodating during this shift of perception as well as “*As within, so without.*”

When the perception comes from within, as the “I Am,” then everything that is without mirrors that perception.

When I begin to identify myself as the expressed Infinite One that I Am, naturally...

When that perceptual shift brings me to where I feel connected to All That Is and my self-talk, thoughts, sensitivities, and core beliefs reflect that heartfelt connection...

Then, I'll be home, in a higher realm and at peace with the "I Am" that I Am.

## Staying Connected

Shifting one's perception from the small "I" to the more expansive "I Am," is a process.

the shift begins with an intellectual examination of the concept of self whether that perception is marked by a personal pronoun, reflected in self-talk, storytelling or animated behavior.

From there a course is laid where evidence of the shift is found in experience and finally grounded in reality.

In my view, moving through the intellectual to the experiential to the realized is the signature of the ascension process. It's evolutionary but not necessarily constrained by "time" as time is a construct but one that we're still accustomed to.

I'm not going to wake up one day with a new perspective, with a new realized self whose heart suddenly shares the embrace of the Infinite One. For now that embrace is incidental. It takes focus, practice and persistence.

There are methods that can be employed that keep the process alive in the heart and ongoing.

I've been endeavoring different approaches to help me stay connected with the truth of who I am.

They support remembering my truth as the "I Am" contextually and perceptually offsetting the bias that occurs when the predilection I have of perceiving the illusory, phenomenal world mistakenly surfaces.

They keep me connected, from drifting.

Primarily, I like to remind myself that I forgot who I Am and forgive myself my forgetfulness, that I misidentified myself as separate from my wholeness, my connectivity to All That Is.

It's important that I remember to Love myself, for I Am the expression and manifestation of the eternal flow of pure Divine Love/Light.

For me, there is no other or easier way to re-connect to the truth of who "I Am" than through intentional use of the breath.

Slow, rhythmic breathing, holding it briefly at the top and bottom of the cycle, offers the feeling of expansion and seems to immediately release all of the hooks that hold me to the outer world or to observe them from a distance where they lose their association.

The breath transitions me to places of deep contentment and clarity. There I intuit the "I Am" that I Am.

Without extemporaneous interruptions I enter into a familiar comprehensive knowingness where discernment between the egoic "I" and the "I Am" is clear.

Remembering to lovingly express appreciation and gratitude to the Infinite One, my galactic family, the angelic and archangelic realms -all beings- stimulates in the heart the notion that we are all One and helps to preserve awareness of the divine.

Blessing and loving the elementals, the creatures of the sky and sea, air and water, fire and earth; the gnomes, undines, sylphs, salamanders, devas, and faeries too, also expands the heart. [My imagination has the elementals busying themselves with doing their part transforming and transmuting particles of Light to manifest our creations!]

Bless and love *all* expressions of the Divine, the Infinite One.

Patricia Cotes Robles has an elevating, contemporary “ascension,” maxim that I like to use.

It serves me to remember:

*“I Am the Resurrection and the Life of the Immaculate Concept of Humanity and Mother Earth now made manifest and sustained by Divine Grace.” [7]*

I pursue activities that aid me in remembering my truth, recognizing and avoiding those thought patterns and core beliefs misinterpret that truth.

That seems to be easier anymore. Thoughts and activities that are of a dense nature just feel too heavy and painful to engage.

I might have finally learned not to touch the hot stove of misperceptions to prevent burning and the discomfort that follows!

Honoring stillness is essential. Without stillness I’m lost in the sea of illusion.

Without stillness in my back pocket I end up falsely labeling all things inside and outside of myself. I forget my truth.

Without stillness I take it upon myself to attempt figuring out life’s completeness. That’s an endless task that yields no truth.

I have no business intellectualizing the phenomenal world unless I’m inspired by my higher self to do so.

If I’m inspired to do so, the inspiration will not come from the intellect. It will be the heart that gives direction.

To quote Rumi’s mentor, Shams of Tabriz:

*“The path to the Truth is a labor of the heart, not of the head. Make your heart your primary guide! Not your mind...Intellect and love are made of different materials. Intellect ties people in knots and risks nothing, but love dissolves all tangles...” [8]*

My only responsibility is to regularly identify with the I Am presence within.

Remembering that I am not separate from the Infinite One I’m able to appreciate what I perceive outside of me as a reflection of my inner consciousness.

Work with the 13 Universal Laws:

Purpose

Intent

Balance (within and without, above and below)

Change (Divine Mother)

Give and Receive

Attachment and Detachment (the Buddha)

Unification

Transmutation

Instantaneous Transmission

Dispensation

Attraction & Repulsion

Elimination

Completion & Continuity (Divine Mother). [9]

Honor the principles: *“As above, so below”* and *“As within, so without”*.

Basking in the Love/Light of All That Is with regularity keeps me in touch with my inner self, the I Am that I Am, whether it's in nature, song, or spiritual writings.

Some form of exercise, be it Qi Gong, Tai Chi, or a Yogic practice is essential. The body needs to move. Otherwise, energies puddle and will beg for release.

If I'm going to engage in self-talk I'll use its power to deepen the experience of Peace and Joy and tell a whopping good story!

Contentment comes to me in the knowing that as I demonstratively carry the Love/Light with me I am being of service to others.

It's a level playing field, this Universe, when I realize that I Am already Love, the Divine expression of All That Is.

I Am already what I seek. I've never been anything else.

All there is...is Love.

Love is all there is!

As I witness the gradual, yet progressive, opening of the heart I humbly try to place my awareness on the “I Am” that represents my truth rather than the small, inaccurate “I” where life happens to me not through me.

It is my intent to replace the “I,” where mistaken identity exists, to feel the empowerment of the truth of the “I Am”.

I set the intention to see through the eyes of the “I Am” presence while basking in the Mother’s tsunami of Love, the heart opening that welcomes the “I Am” perceptions into permanent residence, where I will no longer forget that...

“I Am the I Am that I Am.”

And so it is.

## Footnotes

1. <https://voiceoffreedom.ca/>
2. *The “I Am” Discourses: St. Germain Series, Vol. 3*, Saint Germain Foundation, Saint Germain Press, 2012 Printing [p.2]
3. Ibid. [p.3]
4. *A Course in Miracles*, Foundation of Inner Peace, Combined Volume, Third Edition, 1985
5. Ibid.
6. <https://www.bentinhomassarano.com/>
7. Patricia Cotes Robles, vlog 55, The Resurrection Flame - A Gift from On High, <https://youtu.be/feJT1f-ogvg>
8. *The forty rules of love: a novel of Rumi*; Shafak, Elif, 1971-; Viking, 2010 [The book gets its title from "The Forty Rules of the Religion of Love" as set by [Shams of Tabriz](#), the companion and spiritual instructor of [Mawlana Jalal ad-Din Rumi](#).]
9. The 13 Universal Laws as shared by our planetary logos and keeper of universal law Sanat Kumara, Raj, via Linda Dillon. <http://majestic.mind.im/the-13-universal-laws>