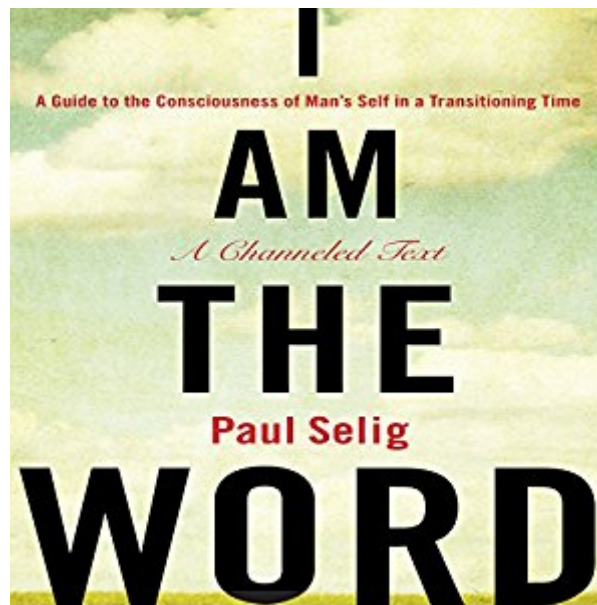




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# I Am The Word: A Guide To The Consciousness Of Man's Self In A Transitioning Time



## Synopsis

The channeled Guides of I Am the Word provide a concise and immensely powerful program in self-awareness that can ease negative complexes and align your existence with its highest purpose.

Humanity has lost itself. Both as individuals and as a world culture, we have forgotten our true nature. In I Am the Word, writer and medium Paul Selig has recorded an extraordinary program for self-realization, as dispensed through beings of higher intelligence, sometimes called Guides or Ascended Masters. These figures seek, as they have in the past, to assist men and women in discovering the higher, purposeful nature - or "Christed Self" - that lies dormant within us all. In a series of enticing, irresistibly practical dialogues, the Guides of I Am the Word identify the emotional "boulders" that displace our authentic selves and consume our potential. The Guides provide to-the-point psychological and existential insights, along with self-developing exercises and affirmations, which begin to strip away residues of fear, self-doubt, and self-suffocating habits.

## Book Information

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## Customer Reviews

For Paul Selig's book, I Am the Word, I feel driven to post something here. I'm seeing that there are no coincidences in life...that it is full of synchronicity. I have reached the point in the book where I am being led to view my "perfected" self. I am struggling terribly with envisioning that. Its like when I put my dogs out the door on their leashes. They stand on the front porch and bark until I come open the door a second time, and I have to verbally give them PERMISSION to go. Then, they run down the porch and take care of their business. Well, I have been put on the porch and I have been given

permission - but I still stand there waiting. Why? Since I read that part of the book - every cigarette I smoke, is a "realization" that it smells terrible, makes me cough and is generally bad for my health. I sat and ate some french toast this morning. The whole time I was gorging on it, sprinkled with sugar - "knowing" that it was not healthy to do so. Now, I never sat and thought about those kinds of things before while doing them! It's like I am suddenly consciously aware of stuff I never paid attention to. What makes it even more disturbing is that I am not judging myself about it - not feeling that I am a bad person or criticizing myself. It just is what it is. My whole concern seems to be focused on the why of it. This book is taking me places I have never been in my psyche. When I first started reading it - I poo-pooed the other readers saying "they could feel the energy" "it made them tingle inside", etc. etc. I felt none of that. Instead, I FEEL my separation from Source. I FEEL it. I know it sounds corny. You know how you feel when you're visiting a church and they have their altar call? You want to go but you know you're not ready. You watch as others go and feel so lost and left behind because you don't have the courage OR belief to move forward. It's like knowing there is a higher calling reaching out to you; and knowing that you are refusing it yet again. It's suddenly a realization of what church was MEANT to be and isn't. Of the need to go out into the world WITNESSING of this feeling - this understanding. I am overwhelmed with the magnificence and the grace of it - with the Love that is emanating every step of the way. And its not dogmatic. There are no rules and regulations - no limitations or caveats. Every day, I am blessed with the wondrousness of Life itself - with the Gift that has been bestowed on me. I will read and re-read this book for the rest of my life. That is how profound an impact it has had on me. I have read the Bible - I have learned about Christ and I was never too impressed with any of it because I saw such hypocrisy in religion and such distortion in teachings. And I still feel that way. This book leads you vibrationally into Christ Consciousness in a way that is a real, every day acceptance of where I am and where I want to be. It is not a sacred book - it is not about worshiping the authors or their guides. It feels like the Revival has come! Like a new belief system that should sweep the world with its beauty and magnificence. Incredible at simplifying those complex understandings and touching the Heart. It's like Old Tyme Religion in a New Age format. Forgive me, my roots are in the country life I have lived - and my comparisons sound corny...but isn't Life incredible? Thank you so much Paul for having the courage to bring this publication to us. I have purchased another of Paul's books but I want to re-read this one first.

This book would help anyone looking for support in dealing with the changing times we live in. i felt like this book answered questions I had and I loved the energy behind or within the words.

I am continually inspired by the lessons in this book and cannot wait to read the next ones. The information is presented in such a simple way and truly removes the veil that would have kept so many in their old patterns. The section on seeking approval, even on the most subtle areas I found quite enlightening. I am so thankful I happened across this book on my Kindle! It has definitely inspired me to return to a spiritual path, empowered by simple truths! My thanks to the channels that allowed themselves to trust and believe! And thanks to the Spirit who resides in all of mankind.

This book is phenomenal! It is not teaching anything new but it is teaching in a language that we understand! I felt the energy just from reading it. I will recommend to everybody! I already bought the other 3 books and on the end of the second one! Life changing book!!! It is not a self-help book but a deep changing in your frequency and vibration. Also, teaches you how to be responsible for your choices instead of blaming everybody else.

i want to add that not only has this book changed my experience of life on this physical level, it seems to be changing my husband's who hasn't read it. while he supports me, he doesn't read this type of book. but while i was reading it, almost daily, he would bring up some new insight he'd had into his own behavior. long held habits and behaviors seemed to be unraveling. it would seem that as your vibration clears and rises, and plumps up, it most definitely affects those around you. no need to say anything, just watch grace in action.

I was so excited when I received the books, still reading the first book. I had watched Paul's interview with Bob Olson's afterlife tv show and the interview prompted me to buy the books. I also bought the 3rd book and cannot wait to read it.

I have heard the words of many channels in the past and can take some and leave the others. This book has a lot of sense in it and does not contradict Scripture that I can see, there's nothing in the message the promotes and egoistic self-centered Christianity. I found it to be interesting, thoughtful and (if true) quite amazing. I have no idea how true it is.

The book presents concepts that are available in many other places and in varied formats. However, and this is important, this book carries a tone or vibration, if you will, that effects a deep and gentle penetration of the ideas, words and learnings. As one reads the words, one "feels" them.

The felt experience is gentle, calming, wise and generous. I usually read 2 or 3 pages at a time and then stop, not because it is difficult, but because it is such a complete and rich sensation...and I want time to savor it. One is a better person for reading it. Go ahead - lets you "Look Inside". Do that. Choose the first pages, or choose Surprise Me and experience the book's words directly. Wishing you enjoyment.

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