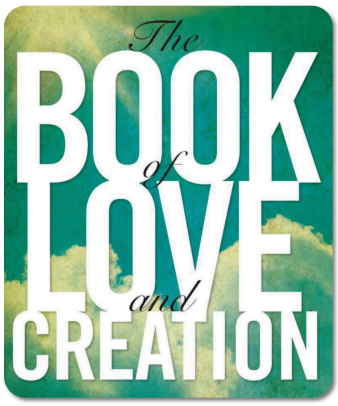
channeled by Paul Selig

The Book of Love and Creation

The Word trilogy, book II (a summary by Pat Evert)

PART I: AWARENESS



Awareness in Congruence with the Divine Self
The guides are taking us by the hand leading us into the experience of the truths of the attunements, **the inherent divine within all things**. This is what it is to operate in Christ consciousness. Our ego and our culture have not allowed us to know who we are. Our problem is the denial of the divine and **the solution is agreement** to the attunements, truths that are always true. Awareness is the first step of this journey.

Amplifying Love
Making all things new - The guides are not trying to change our behavior or circumstances. **The attunements are to change our perception**. What made Jesus different than everyone else? His perception!

Vibration, energy, is God. The heart can experience it, but the mind cannot understand it. We live so much in our minds and so little in our hearts. Love cannot be distorted, it is a higher frequency. Love is more than a feeling, and we can feel its frequency. There seems to be two kinds of feelings. Deceitful feelings and feeling the truth. Or maybe its ego's interpretation vs. the true self feeling what is. **To know from the heart instead of thinking from the mind. This is what they intend for us, no more denial, separation or fear**. I am in the frequency of love.

Awareness of the Senses
Our true nature is love/God, but we closed ourselves off to it by the denial of the truth. To recover that is to simply awaken to what is true. It was never untrue, but it was not evident to our senses because of our denial. Our senses limit us to what we perceive around us. This can be expanded. Hear your knowing, your higher Christed self. Sit opposite a partner and feel their frequency. This is empathic feeling. Can you sense the emotions of another? Anger, etc.? **I am knowing myself as a manifestation of the divine**.

You're going to find at least two things about awakening:
- **It's more simple than you think**, I am free and in the upper room.
- **It's as certain as God**, it will be so… God Is.

Awareness and Perception
Can I experience my aura? My energy field extends around me in frequency. **Through frequency I can sense much more than my five senses**. Feeling our frequency, our energy, our vibration. It's an additional sense to those of the physical, a spiritual sense. It is an opening up to feeling the divine within us. I view it like an antenna or a Geiger counter to sense the invisible part of us. **This will help us to see things as they truly are, and look beyond the lies of separation**.

Awareness in Relationships
Every relationship is my teacher. My relationship with myself is central. I am in authority, control. Do I self identify as a victim? Everything is done by choice. **None other is making my choices, but me**. But, 80% of my choices are unconscious choices. These are choices that are in agreement to cultural beliefs, collective consciousness. My relationships are for me to learn who I am.

Love is to be supportive and honest in relationships. Compromises need be made to fulfill the needs of both in the relationship. When you go into love and awareness, **the actions that you take will always be for your highest good and the highest good of those around you**. Tell the truth in a loving way. Lying is out of fear, only creating more fear. Be aware of the divine self within you and in the other.

- This is not about thinking, but **knowing**
- It's not about control or fear, but **freedom**
- It's based on **truth**, we are divine, we are one

Creation in Awareness
We are all individual aspects of the same God. A control system of fear is not necessary. I am now willing to awaken. I am asleep and waking up. We have now been gifted with this awakening. Stop those beliefs of unworthiness. Be fearless in love, not religious. It is time to act, I am free, I am Word. I am not a limited being. I choose to now align with love. I am love incarnate. Fear does not exist at the frequency of divine knowing. Ego has been an imposter for too long and needs to be unraveled and released.

- Stop playing dumb. **Stop feeling inferior**. Stop feeling unworthy of your Creator.
- There is **good control**. Get the pesticide and get rid of the bugs.
- When you are love, love incarnate, you are capable of and **align to love**, and you bring forth the manifestation of love.
- To state "I am Word" **when you are angry** at somebody aligns you to a higher frequency.
- It's about **re-claiming the self** that you are.

PART II: ALIGNMENT TO LOVE

Freedom
We are in the river of love, being carried to the ocean. We will be unified in our senses, frequency and consciousness with the love of our Creator. The small self will be assumed with the True. Just be aware of it. Soak it in.
When a person chooses to **move out of collective consciousness there will be consequences and you will go into a higher frequency**. I am now choosing to live my life according to my higher knowing. For freedom from an addiction you need to acclimate to it, accept it and rise above it in frequency. Battling it will do no good. Imagine being afraid of nothing. Make a list of your fears and see them for what they are, and be released from them. This is the freedom of choice.

- I am free at a moment's notice. **I am *always* in my freedom**. Align your frequency to the higher light.
- **See your freedom list**

Will and Divine Will
The process of lifting you is about untethering you. The frequency of this planet is lifting, a vast transition of knowing on this planet. As a critical mass is received in consciousness, you will change. I am now choosing to align my will to the higher will, alignment with our own Divine Self. I am knowing myself in alignment with the Divine will. **Divine Will does not take away our Will. It brings our Will into alignment with who we truly are**. We are not being asked to obey an external authority or relinquish responsibility for our lives. We are being taught to recognize where fear, ego, and external expectations have been choosing for us, and **to move instead from our own higher knowing**.

Identity and Knowing
I am in my knowing of what I am. I am changing my perception of self from what others have thought of me to what my Creator thinks of me. I am free of group consciousness, society's need to control me in my self-identification. The physical body needs to realign to the higher frequency. "**I am word through my body," sends the frequency of word through the physical form. "I am word through the one before me, regardless of what they present," brings frequency to the one before you**. You are interacting with them, but at a very high level. This changes things. This will shift the room and bless those people in frequency.

The Guides ask us to **begin loosening our identification** with those external definitions and **move instead into our own Knowing**. As we do, we begin to recognize ourselves not simply as the personality, history, or body we have learned to identify with, but **as an aspect of the Divine—already whole, already worthy, and capable** of experiencing ourselves in a new way.

Love and Reprimand

I am in the river of love. I release the need to judge my fellow man. Judgment keeps us from love. It requires me to raise in consciousness to see the love that is before me, inherent, in perfection, in everybody you pass. I am seeing now with the eyes of Christ. "**I am love through the one before me**." You are bringing them love to heal the fear. I have the ability to rise and inhabit this frequency, **it is why I am here** and everything else is illusion. Can I discern the person's behavior as unacceptable without condemning the person? To hold someone outside of love is to keep yourself outside of love.

I Am the Well

Underneath this ground, there is a well, it runs right to the river, which is Source. We have to find it and break through to your own self love. There is a wellspring of love that I am able to access. Allow it to penetrate and to clear those obstacles to realizing your love. What you want, you must first realize within the self. When you look to the self, you are also looking to the divine self. You are worthy of this love! **You are the well! When you resonate as love, you are the gift of love to others. And as they resonate with you, they begin to heal and become who they are as well**. The well of love incarnate. **See the divine within your partner**. I release myself from all guilt of my body and sex.

We are invited to **recognize ourselves as the well of Divine Love** - releasing the fear, unworthiness, need, and guilt that have blocked our awareness of that love. We discover that we are not empty vessels waiting to be filled—**we are the well itself**.

Traveling

You are being invited to experience yourself as more than the physical identity you have known. Identification shifts from the limited self toward the Divine Self. *Traveling* is ultimately about recognizing yourself as consciousness, learning to trust your knowing, becoming responsible for the frequency you carry, and **allowing love, not fear—to determine how you experience yourself and others**.

You begin to accept yourself as a divine being and you move into higher alignment of yourself as love. That which has precluded you from your own experience of your love, is now being cleared in easy and perfect ways. "I am Word through this perfect merging with divine love." Visit someone you know, "I am in my love, I am Word," will transform the frequency of that which you encounter. Your energy field needs daily clearing out with divine light. Understand, that as you travel, and as you think of people, you are actually tuning into them. How you think about people impacts them in frequency. Anger or fantasizing sends them that energy. **Identify the self as a spiritual being who has an obligation to support his or her brother, and raising their frequency as we lift you to the next level of awareness**.

Help
True help, comes from remembering our Divine identity, reclaiming our power. We no longer help others because we see them as powerless, nor do we seek help because we believe ourselves to be powerless. **We support one another from the recognition of the Divine in ourselves and in each other**.

"**I am Word through all that I see before me**." It teaches them at a soul level that they are an aspect of the divine.
"**I am now choosing to be aware of myself in my power as a divine being**." Sit in a park or a café and be a light.
"**I am seeing those before me with love. I am love through the ones I see before me**." Right now there is a tide that is rising, and everyone is being lifted in this frequency, regardless of whether they know it or not.
"**I am standing in my knowing**," is the decree we will use to teach you to learn to live without fear. It is time for you to start living without fear.

I Am Worthy
We often attach our identity and value to possessions, relationships, success, security, and approval, believing these things somehow make us more worthy. The invitation of this chapter is to release those attachments and recognize that **our worth is inherent in who we are as Divine Beings**. Worthiness is not something we achieve—it is something we recognize. **Live from your knowing: I am already worthy because of what I am**.

Know your worth outside of anything else. Allow yourself to become liberated from all else. I now put them on the altar. Do not become attached. **I am in my value in my knowing of myself as an aspect of the Creator**. The majesty that you are. Your love is as wonderful as the love of the Creator. "I am worthy" is the song your lips must sing. The consciousness that you are beginning to become aware of calls for inclusiveness. It's an awakening.

PART III: Frequency and Creation

Re-membering
Our transformation is not about becoming someone else. It is about **releasing** what has prevented us from **recognizing and expressing** who we have always been. We are not here to create our worth. We are here to remember it, embody it, and recognize it in one another. **Remembering who we truly are as Divine Beings** and allowing that knowing **to transform how we live, love, and experience the world**.

This aspect of the self is now coming up to be remembered, to connect back to the Source from which it was born. **We are the Christ in manifestation** because we have come into that knowing. It's radically different than you might expect. It's through experience. You will be relinquishing self as you have identified, the separation is

releasing, and the divinity that you are is now being expressed. This is to call to us the many, many, many, who are ready to lift in their knowing as well. Now we want you to radiate as love: I am in my knowing of myself as love. "**I am love through the ones I see before me**." This is a gift of God and you are the emissary. It calls love in frequency to the frequency of the one before you. "I am now choosing to see the one before me as healed in love." **This is happening to everybody**, regardless of whether or not they are reading this text. Blessed are all who understand, once and for all, that they are loved. It's a wonderful place to be. **We are amazed by your beauty**, and we are amazed by the gifts you bring, and we celebrate you, each and every one of you, in your unique beauty. We are in love with you. What do I need? I need to know my worth. I need to celebrate myself more. I need to allow love. The eternal you, the knowing you has been here much, much longer and has great wisdom to impart. There is no rush, because **this is happening anyway. Everybody is being remembered, because the planet requires it**.

Healing and Christ Consciousness

Christ Consciousness is the recognition of the Divine perfection that already exists within us, even when our human experience suggests otherwise. **Through awareness, and love, we begin to release what has obscured our true nature**.

Illness is a great teacher. Accept whatever emotions come up. Sending the word is aligning the word to do the work that is required in your partner. It is not your job to fix anything. "I am now choosing to heal through my frequency that which is required in so-and-so. Word I am Word." This is an alignment to their soul's purpose. **You are simply a conduit for the divine love that would move through you**. There is a way to heal emotional history. "I am now choosing to release established patterns that are containing me in historical pain, in fear or in ways that do not align my demonstrating a healthy and loving relationship." "I am word through this worry. I am word through this sadness," will incur frequency response into the energetic bodies **aligning that energy field that would hold the worry to the higher frequency**. You will have recurrent patterns and relationships that are provocative, to move you into a new level of awareness. The physical body needs to vibrate as joy, in an awareness of its worth, in order to be healed. "I am now coming to know that **my body is a joyful vehicle** in realigning my form to hold and vibrate at this new frequency. "**I am realigning the cells of my body to vibrate well-being**, and to a knowledge of themselves as manifestations of Christ consciousness.

Manifestation

I am the Word manifesting in form. I cannot harm another without harming myself. A new dawn is coming where nothing of lower frequency will be. We are not requiring you to forget who you have been; **we are asking you to remember who you are**. Your history is eternal, behind you, before you. Inhabit yourself as the Christed self. I am letting myself become what I am: a frequency of the divine love that wants to say, "I am Word." **Accept, accept, accept**. The body that you stand in may one day be dust, but what you stand in in your knowing will be with you for an eternity. I am accepting myself as, yes, Word. **As you walk down the street, claim, "I am Word through all that I**

see before me," and be in your majesty and be in your manifestation. And as you do this, you realign the frequencies of all you pass.

Manifestation is not about creating what we want, but becoming fully aligned with who we truly are. As we release old identities, fears, and limiting beliefs, we allow our Divine Self to express through us. Our outer experience begins to reflect our inner knowing. We do not manifest our Divine Self by becoming something we are not. **We manifest it by remembering, accepting, and living as who we have always been**.

The Answer

So we are asking you, please, be patient with yourselves in this process of realignment and of ascension. It is happening to everyone, and **the requirements of the matrix of fear are moving out**. "I am not fearful of the choices before me. I am trusting completely that I am in my worth and that I am standing in my knowing as a divine being." It will be to your benefit through these times of change to join energies with those who are like-minded realigning themselves to the new paradigm of consciousness and emerging gradually as the new name "I am Word." You are aligning your own frequency to support those on the planet who are waking up to their own divine potential. The vibration on the planet is in ascension. It is lifting in frequency. **Those things that vibrate at lower frequency will not be held here much longer. The new dawn is the acclamation to the higher frequencies, created through the new consciousness**. "Yes, I am willing to allow myself to support others in their conscious awareness, and in the lifting of their frequency. I am accepting the choice and the responsibility to call myself into manifestation as my own divine self. I say yes!" What is truly ascending is you, in your frequency and consciousness, and as this happens, the body has to be receptive for this as well. The world to come, cannot hold the lower frequency of domain through control of others and through the matrix of fear. This is the beginning of a new dawn.

This chapter begins moving us from understanding spiritual truth toward consciously living it. We are here to recognize what we already are, release what no longer serves us, and consciously choose to live in alignment with our Divine nature. **We are invited to become more conscious of who we already are and to express that awareness through how we live**.

Dominion in Love

"I am in the river, I am in the sea, I am one with love." To create from this place is to create more love. "**I am now choosing to create love in all that I do** and my thoughts will be manifestations of love." The obstacle of love, whatever it may be, can and will be contented with. But you need to call on it and you need to claim it as so. And then the work begins in earnest. The practice of operating as the divine in recognition of the divinity of all things is the work here. Dominion in love - is to be aware of when you are conscious, and when you are not. All the paths that I am now taking will lead me to higher frequency, and that I am being supported in this choice by my Creator, by the Universe, and by my own divine knowing. **You are free of relationships that are not**

healing you or are not supporting you in your growth. When you are embarking on great change, you have a mission before you, and that is to face the change with gratitude, with welcoming, with an open mind and an open heart, because then you can be taken to someplace wonderful. Now everybody, get this: **you don't have to fight. You can allow**. Allow, allow, allow. The time you spend worrying is time that is wasted. When you see before you a new opportunity for growth, align to it in wonder. As more and more people awaken to themselves, they have to awaken to the beauty of their brothers, and therein lies the massive change of the great awakening. When many people hold a vision for how this world can be, this world must be transformed. **No request for spiritual growth is ever denied. There is no reason to run when the going gets tough. That is all the more reason to accept the fact that you are on this trajectory**.

The Guides invite us to claim dominion over our own lives through love, conscious choice, and Divine knowing. The invitation is to stop merely learning about our Divine nature and begin living from it. **Dominion in Love is the freedom to know who we are, choose from that knowing, and allow love to guide the way we live**.

Epilogue
"I am now knowing myself in my oneness with my Creator. I am now knowing myself in the Creator's love. I am now accepting my will in alignment with the will of the Creator, and **I am remembering myself as an aspect of God in love, in alignment, and in wonder**."

The deeper message is that **spiritual awakening is** not measured by how much we have learned, but by **how fully we live what we know**. We will continue to encounter challenges, experience fear, and sometimes forget who we are. But **each moment offers another opportunity to remember, realign, and choose love**.