WEEK FIVE

Ascended Master’s Teachings on The “I AM”

WEBSITE: <https://iamfree.co.za/>

NEW ZOOM LINK WILL BE SENT EVERY WEEK

MEETING TIME: South African time: 7 - 8.10 pm

<https://www.timeanddate.com/worldclock/converter-classic.html>

*If you need it - above is a time converter.*

*NOTE: There will be a recording on YouTube for those unable to attend.*

**NOTES FOR WEEK FIVE** - Wednesday October 19th 2022

*Greetings to you all and welcome to Week 5 of the I AM Online Workshop.*

TOPICS:

1. The Scepter & The Crown
2. Remedies
3. Meditation
4. Decreeing

**Suggested study material for WEEK FIVE:**

TO PROGRESS IT IS IMPORTANT TO STUDY THIS MATERIAL, so please study as much as you can from the website – don’t be overwhelmed, go slowly, and get the guidance from WITHIN as to what to read and listen to ☺

1. THE SCEPTER & THE CROWN <https://iamfree.co.za/the-laws-of-life-self-mastery-d47cl>
2. MEDITATION <https://iamfree.co.za/meditation-contemplation-1>
3. DECREEING <https://iamfree.co.za/decreeing>

I look forward to seeing you on Zoom to connect and go through the important topics!

If you have any queries please email me: [iam@iamfree.co.za](mailto:iam@iamfree.co.za)

Blessings and Love,

Anthea

*NOTE: This information from the Ascended Masters regarding the “I AM Presence” within each and every one of us, is not affiliated in any way to any particular religion, culture, nationality, organization, ideology, teaching or philosophy. It just relates to the simple truth of who we are, the immutable Universal Laws that govern our lives, and the next step on our evolutionary path, The Ascension, and how to achieve it, by those that are Ascended.*

**ZOOM LINK BELOW:**