



## "I AM" STUDY GROUPS

*(Extracts from Saint Germain's Talk at  
Cheyenne, September 1, 1937)*



**N**OW each one please notice this! A human being can revolve a certain idea or a certain activity within his consciousness, until he actually hypnotizes himself with the belief that the thing is correct; when he knows from his heart standpoint it is not. He revolves that idea until he gets a momentum built and whirling within his feeling world. Then, he really is no longer able to judge what is right and what is wrong. If We could only get mankind to instantly stop revolving any discordant idea, We could give so much more Help because that is where the danger lies and what produces such unhappy results. It is not the momentary thought or feeling of the thing which does the damage; but the continued revolving of that thing builds a power and momentum which is the destructive activity.

There come times or waves of irritation because you are tensed-up too greatly. In all activities, until you have reached the Ascended State, there should be rest periods every so often. In all such conditions, if the human self does not try to force it, your attention to the Presence and the calling of It into action will cause all outer actions to function naturally and normally. We have often used the phrase: "Balance in the human octave by Self-control the Powers that are called forth from

the Presence.” It is so imperative for this to be done.

I am trying so much to have you understand that unless you have a balanced activity through Self-control and poise within the human octave, in these Powers that you are calling forth, you are not happy, you are not comfortable.

Oh dear ones, you are making such splendid progress within you, in spite of any appearance to the contrary in the outer world. Will you believe Me when I say I know that?

Sometimes, there comes the feeling that it takes time to accomplish a thing or there is a wavering feeling—Will it do it? Will it accomplish what I need as quickly as that? This is because the human has been subject to the limitation of time; but when such a feeling comes, say: “STOP! this instant! you have no power to act in my world! This Light is All-powerful, get out of my way”! You will soon have such Mastery, such governing activity within your own power of projection that you will feel there is not a thing you could not harmonize and do.



· DECREE ·

“Mighty I AM Presence” and Great Host of Ascended Masters! under the most trying circumstances, hold me and my world always unmoved and untouched forever by any disturbance.