



I Am the Word: A Guide to the Consciousness of Man's Self in a Transitioning Time

Paul Selig

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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.

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