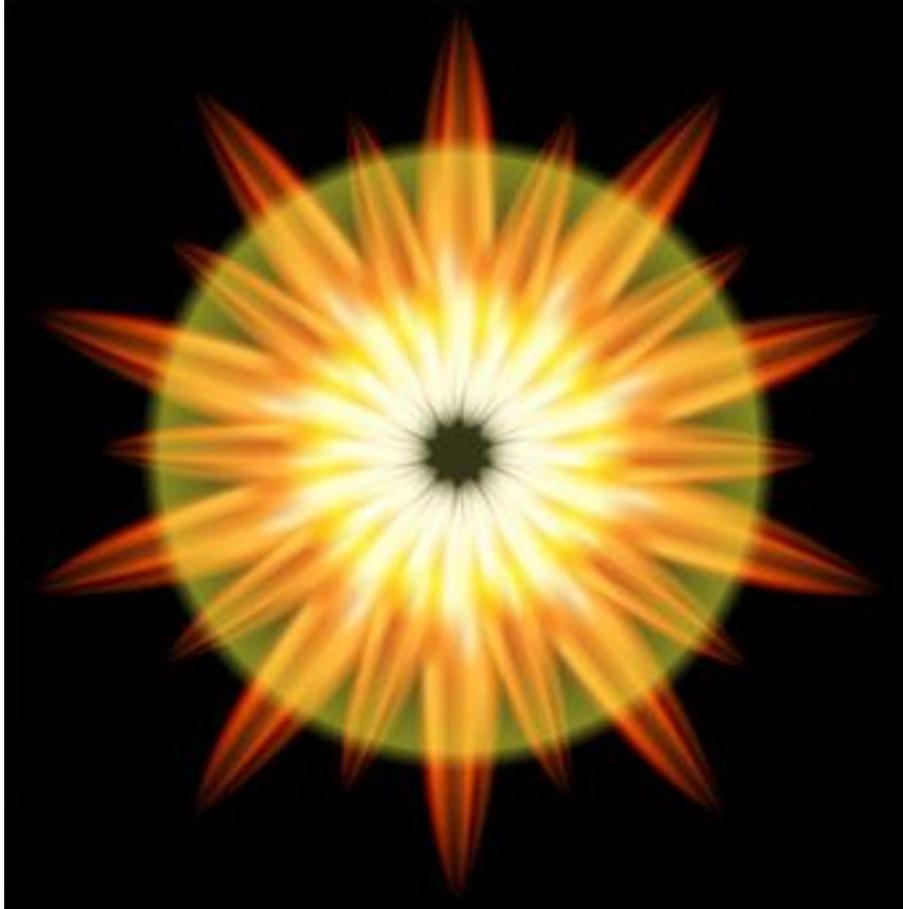


Living I AM



Toni Elizabeth Sar'h Petrinovich

For additional information:

Toni Elizabeth Sar'h Petrinovich, PhD
Sacred Spaces
toni@sacredspaceswa.com
www.youaresacred.com

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The Ineffable, the Nameless

I AM is that which exists before awareness. It is without manifestation or cause, time or space. As I AM, it constitutes all that exists everywhere, in all aspects of time and without time. *It is all that is and all that is not.*

That which you consider God or the Creator is a manifested aspect of I AM. That which exists before existence cannot be named or labeled. Even writing these words creates a label and is therefore not a true representation of that which has no name, quantity or quality.

As that which creates the Creator, I AM includes all of creation. You are an aspect of that Creator and that which is without existence. Before awareness - I AM. You are I AM and can, in this present form, become aware of pure awareness.

As the Ineffable, I AM is all thought, feeling, word and action. And it is none of those for It exists without thought, feeling, word or action. It is all existence and no existence. It is all time and space and no time and space.

Can you allow your mind to release the need to attribute any concept to I AM? Can you know only pure awareness with no thought, feeling, word or action attributed to It?

When you begin the process of living as I AM, your mind will produce a number of creative methods to focus your attention on what you think or believe I AM is or could be. The human mind has a constant drive to know and be right because that connotes safety and security to the physical nature of the human.

The source of your beliefs and thoughts are intermixed with the concepts, ideologies and proposed *truths* taught you by a number of other humans. There is no human being who is without a belief system. Even having no belief system is a belief system. Whatever you decide is your picture of I AM is your image only. It is not that and It is all of that.

Human thinking defines itself by a number of limited viewpoints. Dependent upon where you live, how you were brought up, how loved you felt or feel plus all the myriad mass consciousness attributes that interplay within your life, you will be able to let go of conceptions or fight for them. *The seeking itself can become the greatest attachment.*

I AM includes all possibilities. One of those possible experiences can be a limited view of what is possible. You decide, as I AM, to live within a limited reality or an unlimited reality. Each of those choices is relative to you and of no concern to I AM. It is all possibility and you choose which possibility you will live within as a human being.

You use your mind to experience and your mind begins to believe it is in control of your reality. What actually promotes your various experiences is your belief about what you want to live as, how you want to promote that living and how it will benefit you. I AM is without experience and has no need for control because it simply Is.

The Ineffable I AM is always present as you without time or space. It knows no confines and concepts. As you emerge within this imaged dimension, you feel limitation yet you, as I AM, know it not. If you, as your mind, decide to focus only upon I AM the limitations and concepts begin to lose meaning. The meaningless of your relative reality becomes evident. You experience your consciousness as an aspect of your awareness.

Rather than thinking or believing that something is necessary to be aware of yourself as I AM, let all concepts go and bring into consciousness only the reality that you are Divine. You are I AM. As such, all is possible to and for you.

Realize that your desires, apparent needs and concerns are figments of your mind's reality and of no import. Your mind, again, will fight against this idea because it believes that your human life is of great importance. Within I AM there is no importance or lack of importance because that concept does not exist; it is a desire of the human mind.

Imagine the various ideas you have about life, God, habits, love, the world, work, play and how each changes from one year to the next. Some may remain relatively stable, yet the edges shift and you see your life differently from one moment to the next. Since your life appears to be changing constantly, entertain the idea that your life is relative to the thoughts of your mind.

Your mind is always searching for a label, an identifier with which to know itself securely. All names and identifications miss the mark of divine awareness because they are all based upon concepts, ideas and beliefs that you are attached to through your living. When you live as I AM, no label or name is necessary.

You identify with how you see yourself and how you want to project yourself to the world. I AM knows no identity nor is there a reason to be seen in one aspect or another. All are equal. All are the same. All is One as I AM.

As I AM in human form, you may make the decision to stop interpreting your life through the various shadows cast upon the wall of your personal reality. There is little that bears a true resemblance to the limitless truth of I AM. Nearly all of your beliefs, spiritual or otherwise, convey a message of limitation. I AM is without limitation or need and seeks for nothing for it is All That Is. You are All That Is focused into the identity you call your personality. Let the personality dissolve its attributes and the identity recognizes its Divinity.

As you consider I AM, loosen your hold upon the belief you will understand until you no longer have desire to know or comprehend. When you have relinquished your yearning to satisfy your mind, you will recognize I AM.

Focus 1: Your every thought is “I AM”, “I AM Divine.”

Focus 2: Being, speaking, working or playing with others, you see them as I AM.

Play of Consciousness

As you become conscious of yourself as I AM, your mind may ask, “Why am I here? Why did I come to earth as I AM? Who am I?”

As you focus upon living divinely as I AM, you will find yourself releasing the labels you use to define your life. Some people describe this feeling or thought as finding their purpose or having a greater destiny than previously anticipated. While this mental and physical intention may be experienced as a yearning or desire to be more spiritual, it is based upon present beliefs. Living I AM includes no yearning.

A question you may wish to ask yourself is “how do I exist?” Or “what is my existence?” The feelings of your physiology and the thoughts of your mental state are unable to answer that question. Your mind will strive to answer the question based upon the beliefs of your present life rather than the infinite, limitless I AM.

Within the play of consciousness, you are aware of your *selfhood*. This is your personality as an individual. Based upon your early parenting, education, religious teachings, friends, co-workers, your personality can change from time to time. Your individuality does not change. Your mind is more conscious of your personality than your individuality, which is your singularity within the human race.

Your consciousness within your mind perceives the surroundings. It looks outside of itself to find the reason for your personality’s desires, yearnings and supposed needs. You are conscious of being *this person* or *that person*. Sometimes you change the way you appear, usually when you are afraid that your present persona will not be accepted.

Your consciousness arrives in this dimension upon your birth. It comes with you, as you, to play in this field of electromagnetic energy. Seldom does the human consciousness release its hold on its various beliefs enough to become simply aware of I AM. *The mind instantly alerts itself to potential danger when the idea of losing its singularity is entertained.*

Perhaps you sense that what you are living is not *enough*. You go looking for someone to point you in a direction that would enhance your sense of worthiness as you presently exist.

This is your mind’s conscious effort to secure for itself a sense of distinction within the physical form. Because consciousness is tied to the mind and the form, it will not ever be attained. It is unattainable within your mind. I AM knows no effort, seeking or yearning. It simply Is.

If your consciousness believes it has a purpose garnered from a belief assigned to it by your faith in a concept or ideology, it will attempt to fulfill that purpose. So long as you are in a state of wanting fulfillment, the Living of I AM will elude you. There is no purpose in Living I AM. It is its purpose within Itself.

When you realize the I AM you will live without passion, drive or purpose, your mind could rebel. It may give you many reasons to resist that thought pattern. Fighting it will only make it stronger. Giving anything attention amplifies its existence. Rather than attempting to

stop your mind from thinking those thoughts, realize that you may think another thought: I AM; I AM Divine.

If you begin to feel as though you're having a breakthrough or an epiphany, remember these are illusions of the mind. The realization of the Self, Supreme, All That Is, which is I AM comes quietly, firmly and infinitely. A momentary spiritual high is just that – momentarily within your mind.

No matter what your mind tells you that you are here to experience based upon your beliefs, you have an opportunity to become aware of your consciousness *as the witness to that consciousness*. Using your life to observe, listen and breathe within your awareness as the Living I AM is the experience that encompasses all other perceptions.

As you realize you are I AM using a physical body to consciously experience a dimension of limitation, the no-thingness of the new reality will become paramount. True awareness within I AM observes the individual as it plays out the part of the personality within I AM. All experiences are incorporated in this observation. No one thing is more important than another.

Your physiology is the receptacle of your consciousness through all of the complex processes inherent to it. You are a walking informational vehicle streaming the experience of your consciousness, which is not your mind, feelings or emotions. It encompasses every aspect of you physically and non-physically in the individuality you know as *this life*. Daily experiences shift and change throughout the routine of being alive. From what is worn as clothing to what is chosen as food, from choice of meditation practices to preferred arenas of work and play – each is a conscious decision, a free will choice within existence in this frequency dimension. The movement from one thought or memory to the next is so fast that most are not aware that consciousness is shifting.

There is a basic vagueness to the idea of consciousness since consciousness is attempting to define itself. The ultimate state of consciousness within this incarnation can be referred to as self-realization wherein there is a realization that the self is the source. Once this state is experienced, observe *conscious consciousness* as you move into awareness. Ultimately, you *become the awareness* that your realization opens to you, releasing the idea of your personality. You are I AM and aware of I AM.

Focus 1: Pay attention to your personality's focus. Stop your thoughts so that you may look at them. Ask why you are thinking what you are thinking. Why are you paying attention to your focus?

Focus 2: Sit in silence and watch the parade of your conscious thoughts. Can you let them slide by? Do you feel the need to pay attention to them? Why? What would allow you to let each thought simply go? Can you sit with a silent mind?

Consciousness versus Awareness

You believe you are someone. Your conscious mind creates that *someone* based upon your upbringing and present environment. You consciously or unconsciously assign certain attributes to your individuation and call it your personality. You say, “This is who I am.” Who you are is the objectified sense of your personality adorned with your beliefs.

As you continue to become conscious of what you desire life to be, you create various situations and sets of circumstances. You call this *your life*. It may please you or not. It may please others or not. It is only appearance at any level so the pleasing may come and go. It is your creation. You are the cause and the effect, the subject and the object. You are the sum total of every experience you are having in every dimension, time, space, world and “reality” that emanates from within Creator. While you experience the microcosm you live in as appearing to be all that you believe you are, it is the pinpoint of your focus for this momentary life.

Awareness does not reflect appearances. Awareness knows no “reality” for all that you call real is the result of your conscious creation. To become *aware*, you must release your belief that your created world is real. It is only a story you are telling yourself.

Within awareness, you come to the self-realization that you are I AM. Since Creator is an effluence of I AM and you materialize within Creator, you originate from and proceed within Creator as I AM. You are I AM. *When you become aware that you have created your consciousness to live out a life’s story in earth, then you have the opportunity to let go of the conscious decision to believe in your life as real. You become aware of your awareness.*

In physical form, you are experiencing an aspect of consciousness that is only aware of what it desires. Eventually, you will begin to feel the stirrings within urging you to change. Your creative imagination identifies with its creations. You call them real because you have caused them. When your personality no longer desires to cause them to be, you will become aware of yourself as I AM.

You incorporate every aspect of I AM. Your capacity to know this truth is actuated within you right now. Your free will acceptance of it brings it fully into your awareness *when you sit in silence so that your conscious mind is not running the show.*

Your only reality is what you are as *awareness*. When you eventually surrender your body to the earth of this dimension, what you are experiences another entrance into realms upon realms of infinite living. You continue in expression as I AM. If you wish to make this entrance in a physical state of awareness, you have the opportunity to do so now consciously.

Realize that everything you think is an effect of the mind. Your mind does not know I AM. It only knows its conscious self. It believes that it knows what is best for you and sometimes others. All it can do is suggest what you may desire based upon your beliefs. The desire lives within your mind. So, the mind desires itself without realizing that it is the cause of any dissatisfaction. The desire does not reflect I AM.

When you become aware of awareness only, you will have no care about desires, needs or perceived yearnings because they will no longer exist within your reality. The cause of your momentary unhappiness will disappear into a stream of awareness. Nothing will have the meaning it once had and you will be at peace.

Everything you believe is a cause of an effect shows itself as your personal ignorance of your awareness. You will equate nothing because there will be no comparison. Judgments, opinions, facts and figures will only mean that you are observing a time in space that is a story being told by you. Belief will hold no meaning for you.

Awareness shows you that you are the source of the universe. *There is no universe "out there" without you.* You are the Creator of that which you are experiencing and you make it so through the conscious personality that describes what you believe you are in this form.

You may go about your day-to-day work, play, relationships and occupations. They simply lose the meaning your personality assigned to them. Now they are instruments of play and no longer a burden in any way. You are seeing I AM in all of Its created shapes, *unknowingly created by others through their personalities.*

The more you dispassionately sit with your mind and examine its contents, the easier living in awareness becomes for you. Each separate attachment that has appeared important is no longer so after you relegate it to the personality's creation. You easily observe and witness all of the creations you call your own and you no longer own them because they are of no moment. At one time, they were of importance. Your awareness shows them for their true lack of value.

You need a physical body to demonstrate your consciousness in this world. You assign conscious attributes and decisions to that body. Now you may become aware that the body is just what it is – a container allowing your consciousness to operate within your creation in earth's stage. Your awareness allows you to observe the creation and the parts it plays without attachment to any of them.

You may believe you are I AM consciously searching for happiness. Rather, *you believe you exist and are consciously searching for happiness.* I AM searches for nothing. Aware of being I AM you have no need for looking, searching, desiring, moving or not moving. While you may be in any of those states, as I AM you simply observe them and let them move on. Awareness of I AM is the witness.

Focus 1: As you sit in silence, allow yourself to slip between your thoughts. That is where your awareness exists.

Focus 2: Pay attention to the creations in your life. How important have you made them? Can you become aware that all of your creations are caused by you? Can you become aware of yourself as the creator of your universe?

Illusion of the Senses

What draws your attention through sight, sound, taste, touch or smell? What are you pulled by that you might call a distraction? There is nothing that is a distraction. *Everything is an attraction to the senses.* First, you are attracted to this and then you are attracted to that. Sometimes the second attraction is referred to as a distraction since it takes you away from the first attraction. Yet, it is an attraction of its own.

What sensory input matters so much that you have to pay attention to it? Why is it important or significant to you? Do you even believe that you might not be able to live without a specific attraction because of its meaning to you?

If you observe the responses of your senses, you will witness their elusiveness. At one moment you are hot; then you are cold. A certain food tastes very good and then you can hardly separate the flavors. Smells remind you of your youth until your mind finds another attraction and focuses upon that instead.

Contemplate how fixated your senses become when you find something that intrigues you. *This is especially true of your drive to be more spiritual.* You try out specific ways to breathe. You eat only certain foods. You buy crystals, candles and holy cloths setting up altars to remind you that you are I AM. I AM needs no reminders. It is; you are.

The mind calculates what will give the body pleasure or pain. It seeks pleasure, relative ecstasy in a number of ways. The mind uses the senses to experience this delight. Searching for and taking part in pleasure is one of the main uses the mind makes of the body's physiology. The avoidance of pain is coupled with the pleasure experience.

If the drive to continue what is deemed pleasant is strong enough, humans can feel a perceived need to maintain the ecstasy consciousness. Dependent upon the cause of the bliss, cell receptors may demand more and more of the pleasure, sometimes called addiction. *It is not so much that the human is addicted to the originating creation as it is the surcease of any anticipation of pain when that type of pleasure is being indulged.*

At the same time, the senses are the receptors of interaction within this physical dimension. Mistaking their input for that of the ephemeral is often related as *having a strong spiritual experience.* So long as the senses are involved, the occurrence is a physical one, no matter what the mind wishes to believe. I AM is not sensory. Awareness is not sensory. It is.

A good example would be the belief that if you take part in healing energy you feel the energy during the healing process. What your body feels is the result of the energy, rather than the energy itself. The energy has no mass so there is nothing *to feel.* The interaction of your body and the energy being used creates a feeling you call "healing energy", which is the *result* of the energy. It is not the energy that you feel, rather the outcome.

You use your body to navigate this dimension during this incarnation. As you take part in the myriad pleasures of this world, witness the experience within your body as recorded through your mind. How attached are you to a particular pleasure or manner of experiencing?

When you sit in silence being aware of I AM, you may find your senses and their subsequent illusory states quieting down. Smell may be less strong, touch disappears; sight, sound and taste are no longer so demanding. The longer you sit within the silent awareness of I AM, the less you will experience the perceived requirements of the senses.

Because you find it possible to turn off the urgings of the senses, you will come to realize that they are not real. The fantasy of this dimension's tools, loosely referred to as the senses, becomes just that – part of the fictional story you are creating for yourself. Enjoying the senses as part of the playground of earth is much easier than believing that the demands they make are absolute or real.

And since all sensory input has the ability to appear and disappear, the illusory aspect of them becomes even more evident. In this moment, you may be hungry. If someone you want to talk with calls you on your phone during your hunger period, that hunger disappears. You might be listening to someone tell you something you believe is interesting when another sound catches your attention and you stop listening to the speaker. Anything that can appear and disappear is part of the illusion of this dimension. I AM neither appears nor disappears. It is.

These concepts may be easy for you to understand physically. When you apply them to the desire for spiritual experiences, you will see that your mind will offer its customary resistance. You may hear it say, “No. My spiritual experiences are real. I *do* revel in bliss and the ecstasy that spirit provides.”

Spirit is providing no ecstasy as I AM. Your mind coupled with your senses through your body's cells is providing the sensory experience of having a “spiritual moment” based on belief. When you let go of the desire to have a spiritual revelation or to loosen the tether of your body, then you open the doorway for I AM to be your only focus.

Awareness of I AM *is* before you are born into this body and will be your awareness after you exit this body. The physiology you use in this incarnation and its variety of sensing tools is much like driving a car. It takes you here and there. It is useful. You maintain it. Sometimes it requests fuel or washing. Often, it sits at rest.

If you are open to living in awareness of *real* versus *relative reality*, you will see your incarnated vehicle for what it is – a vehicle of movement in time and space, which in itself is part of the illusion of the dimension you have chosen for this life. Then, you can truly play in this field of earth because, much like playing any game, it becomes less important and much easier to navigate. Desires lessen; needs disappear. I AM remains. You are I AM.

Focus 1: As you sit, go through the various senses (sight, sound, taste, smell and touch). Ask what each is saying to you. Is it a request? Is it a perceived need? Is it demanding or suggesting?

Focus 2: Quietly turn off each sense as much as you can. The more you practice doing so, the easier it will become. You will become aware of being awareness only.

Relative Reality

In your choice to incarnate into this realm, to come to earth, you took up a vehicle of movement and expression. You call this *your body* and your body came fully equipped with an ego personality, an individuation that senses this world, this realm, allowing it to create and experience through free will. In other words, nothing is making you do what you choose to do. There is no thing "out there" that imposes its will upon you so that you no longer have free choice in every matter that concerns you.

At the same time, everything you decide is relative to a reality you call your own. *No one else lives within your reality except you.* Even those people who seem to be very close to you and love you experience their own reality that is different from yours. They make choices dependent upon what appears right or wrong for each of them. These decisions may include you and may not include you. It is only relative to their reality in the same way your reality is only relative to you.

The concepts that create your reality are contained in your beliefs. You may even call them your truths yet they are not true, only beliefs you have decided are true for you. This does not mean they are true for anyone else. I AM is not relative. I AM is. You are I AM so you have the opportunity to make choices that emerge within your awareness rather than your mind's belief in its perceived needs and desires.

The world you live in is so sensitive, so responsive to your every thought, feeling and action, that you literally imprint yourself upon it. You might say that you imprint yourself *within it* because you are not *outside* of it; you are *within* its electromagnetic frequency. The true imprint that is not necessarily obvious to you is that of your divinity – the I AM you are. When you interact with your environment, you do so through the mind's concepts about how you should act, be seen and be accepted. I AM is not the concepts. I AM is not the experience. I AM is without concepts or experience.

It is easy for your mind to become attached to the beliefs it thinks are correct. When you are sure you are right and have no room to explore another way of living, you are attached to your belief. Your ego personality contains all of these ideas, opinions, beliefs, judgments and knowledge that it is positive are the truth. It is going to hold on to them, be attached to them, as long as it possibly can. And that is where you begin to squirm because in the need to be right, to be attached and connected to what you believe is true you are left with absolutely no room to be aware. The door is closed, locked and heavily guarded. You are the keeper of the key. You are I AM. I AM is free of attachment, right or wrong.

Your authenticity carries no price. It simply is. You are authentically aware when you focus upon I AM and live divinely. You simply are and that is all. There is no sense of separation, which is always relative to any specific situation. So long as you create separation between you and anything or anyone else, you are not aware of I AM. Separation does not exist. It is a game the mind plays so that your ego personality can feel important in its opinions and judgments. Your ego personality is always right to itself. Be aware of I AM. Then you are free to live your divinity.

Your mind's consciousness is colored by what you have experienced in your past and often what you hope for in your future. This is your *perception* and it controls your behavior. *Perceptions are always the result of your beliefs.* Beliefs cause you to act or react depending upon what you believe is expected of you by your environment. *All perceptions are relative and create your reality.*

Your feelings create your thoughts and your thoughts create the reality that is your personal field, your frequency environment. The energy field interacts with you consciously and subconsciously creating the feelings that create the thoughts that create the environment. Your mind might ask if there is a reality that is not relative. That is I AM. Being aware as I AM is not relative to any space, time or dimension. It is.

You will know when you are living in your mind's relative reality rather than being aware of I AM by observing, witnessing what you are concerned about in daily life. Any sense of discomfort exists within your reality. It is relative to you and the beliefs you hold so closely. Let go of the belief and the situation changes. Your mind might rebel at this idea since it is afraid it may lose something. It will lose nothing and gain everything. It will surrender its attachments. There is only the awareness of I AM.

You may also note that any discomfort is predicated by a belief you have about your sensory world. Your gift of existence includes the senses of your physiology. It is the body's senses that magnify the idea of need. It is also the senses that create desire through the mind.

Your mind may also resist the idea that you have no needs. It may question whether you should or should not have desires. As a human being these ideas are prevalent in mass consciousness. They are also demanding attention in the ego personality's consciousness. As I AM, you have no needs. As I AM, there is no desire. You are I AM.

The life of the body and the mind are fleeting and temporary. I AM is infinite. Living the awareness as I AM opens the doorway to all possibilities since all exists as I AM.

Only the relative world of your reality will attempt to hinder the awareness hinted at here. Your mind may attempt to attach itself to the idea of I AM as yet another concept to control and own. Rather than *thinking* I AM, which is all relative to your belief system, be *aware* of it. Live I AM rather than think about it. Living as I AM exposes the unreal, relative reality in which you live. You are I AM.

Focus 1: Sitting in silence, examine the relative beliefs and concepts you hold that create your life. From the simplest actions of eating breakfast and dressing for the day to the more complex activities that make up your daily life, witness the duality of your beliefs, thoughts, feelings and subsequent activity.

Focus 2: Take any relative concept you hold and reverse it. Can you see that so long as one idea is true, its opposite must be true, also? Can you see the relativity of your illusory, dual world?

Inner and Outer Focus

A feeling is a state of consciousness creating perception. Perception can be defined as *the act of apprehending by the senses and/or the mind; an understanding*. You are conscious of your feelings in much the same way you are conscious of the world of the five physical senses. Perception does not differentiate between your experience of the world through your physiology or your mind. *This is what you consider to be your inner focus, while it is impacted constantly by what is considered to be the exterior or outer focus.*

The nature of your feelings will always mirror your beliefs about how life is *supposed to be*. When you dissolve your beliefs about your life, you also change your perception of how you are to live that life. When living as I AM, feelings are witnessed as they come and go. The inner and outer attention is one and the same. As I AM you observe your creation of your world, while living awareness.

Happiness, joy, fear, grief, apathy and affection or malaise, fatigue, excitement, restlessness and euphoria all become the same. The experience of each moment is caused by your state of consciousness within that moment although appearing independent. Your perception and the significance attached to is the foundation of every situation.

Perception is the means through which you consciously experience your version of reality in this dimension. Inner perception in meditation and outer focus when driving a car are not separate. They appear to be singular events, yet they occur within I AM, as I AM. Your mind may witness them as specific, different events yet it is all I AM.

Perceptions, whether appearing inner or outside of you, are neutral. The experience is simply giving you information regarding its state within your consciousness. The significance and interpretation you give the perception is what you believe is your knowledge of that aspect of reality – your relative reality. You assign the meaning and carry out any action dependent upon the significant substance assigned to the perception.

It is the separation of inner and outer focus that is important to the ego personality's summary of its reality. What is *believed as good is good; what appears as bad is bad*. Each judgment is relative to past experiences, future hopes and anticipations, how you wish to appear in the moment.

You use your physical vehicle to express consciousness within this world. That consciousness expresses fully and completely using both what you would consider inner and outer foci to create your reality. When you close your eyes, you may identify your state as being *within you*. You open your eyes and you are focused *outside of yourself*. These two beliefs are aspects of the illusion. *There is no inner or outer*. You are I AM. I AM is All.

Your personality expresses either fully aware of self or unaware. As conscious awareness of I AM becomes the living focus, recognition of the inner and outer as one becomes the basis for existence. As awareness expands within you, focus is given to living your divinity.

What you come to realize is that what you consider to be the inner you is a reflection of the outer. The outer mirrors the inner. They are one and the same though your human mind may attempt to make them appear separate to you.

You may require a strong *outer* demonstration of what you secretly wish to experience *within* your mind. Since your mind is in control of your life, it is constantly demanding an outer expression to project itself, enabling you to *believe* that you are living the life of I AM while you are caught up in your mind. *Since it is the mind demanding this proof for you*, the answer will be a mental response. I AM needs no response. I AM requires no demonstration of experience. You are I AM.

The question of this inner and outer focusing has only one answer. You must be willing and able to listen to the voice of I AM, which you are if you wish to understand non-duality. *You know the union that is present within I AM.* You have momentarily turned your head away from it to enable you to enjoy the pleasure and pain of the senses. When you remember that your senses are navigational tools in the world of the physical, then you can release your desires, apparent needs and yearnings.

As you look “outside” yourself for more information, the truth of being you as I AM lives “within” your awareness. The only truth is I AM. Outside or inside makes little difference to the infinite. It is. You are. When you seek another to show the way, *you are seeking only yourself as I AM.* When you surrender to this realization, then all else falls away and the ripeness of the moment appears in its perfection.

As you seek to progress in the perception of your inner life, silence is your only friend. It reflects to you the lack of inner or outer. All become what they are or it is – one. There can only be one for I AM is All That Is and in that all-ness is encompassed inner, outer, here, there, all and nothing. As you close your eyes in the silence of meditation, you will find that every thought mirroring division no longer applies and the duality is experienced as the union of I AM.

Eventually, you will witness no need to calculate progress. You will be aware of I AM as the only source of existence. Nothing will be more important than anything else. The ideas of sorrow, grief, anger and worry no longer have meaning. You live in silent awareness of I AM. It is the only focus.

In the acceptance of the outer and inner as a mirror of each other, all acts of doing are observed as the creation of all as the All. The ideas of being separate, the “I”, disappears into I AM.

Focus 1: As you sit in silence, look around the room. Everything your eyes see is your creation. Nothing exists without you. All you look upon is a reflection of the inner you and presented as your outer environment.

Focus 2: Are there changes you wish to make within the inner/outer mirror world you imagine as real? How willing are you to make them? What control do you need to release?

Higher Self vs. Lower Self

A higher or lower self does not exist. The words themselves connote separation. All is I AM. That which you consider your lower self, the mind and physicality of you, is as much I AM as that which you consider to be divine or the belief in a higher self.

As you unwind the persona you believe is you, your attachment to your spirituality, your preferred belief systems and all you consider to be important to you drops away. Within the inner silence, you find that all of these bonds have bound you tightly within a web of your own making. Only you can untangle that which you have woven.

The concept that you must reach your higher self in some way because it is better than your physical ego personality separates you from I AM within your mind. You feel as though you will never reach that which is your divinity. This lifetime is experienced in frustration every time you consider how much further your mind tells you that you must travel to reach the higher rather than the lower.

As this occurs, you find yourself standing at a great crossroads. It is here that you may choose whether you will emerge authentically within this transformation or submit to the anxiety attempting to assert its hold over you. The sense of separation is always paramount within the mind's eye and during this pivotal moment, it will rear its head summoning your attention. Your mind will limit you.

If you make the choice to alter your perception, to transform your thought processes, you will release the need to consider yourself as separate, the "I" of you. The belief you are alone as the "I" limits your awareness of the possibilities open to you. Once you accept your infinite emergence as I AM, all potentials are present as you. You recognize the higher as the lower and the lower as the higher. The words themselves lose all meaning.

The idea of living as the lower self creates a limitation within human thought. What you believe to be a correct course of action is simply a shift in conscious observation so slight as to be almost imperceptible. As the witness, you realize you are living I AM and you forget that you did not perceive in that way previously. You are aware, only aware.

When you accept your awareness of the truth of living I AM, the desires, searching, debates and controlling you imagine within your illusory lower self begin to merge into the awareness of I AM. Since it is what you are, it is natural. It is easy. It is I AM.

This transmutation is priceless and makes no demand of you. Nothing is required of you except the release of the many beliefs you maintain about how unworthy you are to recognize your divinity. *When you no longer include personal opinions or judgments about what you consider to be lower or higher within your perception, you will experience only I AM.* Your origin as I AM includes all that you would separate from so it is impossible for you to live without being in union with all.

The ease of realizing living as I AM is that you no longer have need for personal truth. All that you now label "truth" is but a moment's fleeting glimpse of a belief that pleases you. Until the moment of this awareness, all of these truths are very important to you. They dissolve as you are aware of living I AM.

Once you know yourself as I AM, you will not lose the awareness. It is not a transient perception. As you recognize yourself as I AM, you will remain anchored within that awareness. Accept that as your truth and observe your reality become only I AM. Then you will no longer believe in higher or lower. I AM includes your idea of higher and lower self as divinity.

The mind creates a belief that there is a higher attainable that is better than the lower it assumes is real. Whatever you believe something means is in your mind. It has no meaning to I AM except the meaning you give it. That meaning doesn't exist. It is simply an interpretation you have assigned to each feeling, thought, word and action that says, "this means something," when it means nothing at all, except to you and perhaps others involved in the experience.

Even desiring a higher vibration or higher frequency only means that the electromagnetics of the body move at a faster rate. Other than being invisible, there is no benefit to a higher vibration except the belief that you give it. *I AM is all vibration.*

The notion of the higher self is I AM. The life you lead believing it is the lower self is I AM. *The higher self and the lower self are separate in your mind only.* It is a belief your mind has created to give you a goal so that you don't feel as though you are doing nothing with your life. Living I AM is the only "doing" you need focus upon as I AM.

If your mind resists the concept that there is no higher place to which it may reach, you may invite it, as your lower self, to fall in love with the higher self which is also the mind. The mental creation of all the ideas that maintain a less and more degree of fantasy is in your control. If you invite yourself to merge the idea of a lower and higher through a focus of divine love, you will soon find that the belief no longer exists. It cannot. You are I AM. I AM knows no higher or lower.

You may also consider how your mind is maintaining a belief in a more or less because of its own lack of self-worth. The human compulsion to constantly compare oneself with another person or persons is a habit long embraced by the mass consensus. All advertising is based upon comparison telling you that if you had more of this or that, happiness would be right around the corner. Releasing your mind from this state of attempting to justify its existence leaves no room for a lower or higher. No justification is needed.

The mind is one of the tools you are using in this dimension to navigate the realm more easily. It is the instrument that allows you to be conscious of your consciousness. As a delicate instrument of knowledge accumulation, the mind believes it knows best. All it can truly know is what it has gathered from its concepts within experience. When you are aware of I AM, the mind may sit in the background and observe.

Focus 1: In meditation, examine the areas in your life where you believe you would act differently if acting from the higher self.

Focus 2: Realize that as I AM, you are the higher and lower self in union. The separation of those two states does not exist.

Aware of Awareness

Your capacity to make decisions, attempt to control your life and the depth to which you, as a human being, will go to make sure you are experiencing what you believe you want to experience suggests that you are in charge. *You are in charge of nothing.* You simply *believe* you are to satisfy your mind's desire to feel in control. Your state of being is within infinite awareness as I AM.

Contrary to popular belief, you are I AM and as I AM any ideas or concepts you have about the state of your existence are already living in the awareness of I AM. Your surrendering your beliefs is the beginning of becoming aware. You are I AM without even realizing your true state of existence.

Your mind seizes every opportunity it possibly can to convince you that if you do *this* or do *that*, you will be in a state of bliss, harmony and love. It gives you exercises to do, sets schedules for you and watches over your progress, day by day. *Even the practice of observing your progression as consciousness is part of ensuring that you complete what you have devised as your plan to become aware of I AM.* The mind believes it is in control.

As you allow your consciousness to become ever more quiet, you will find your mind will slowly open up to surrendering its need for control, allowing you to step into the aware awareness of I AM. Your mental faculties will abdicate to the awareness of your divinity.

If your mind wants a practice, simply say I AM or I AM Divine to yourself every time you feel like you don't know what to do or think. Let I AM inform you how to live, breathe and experience within the awareness you live as I AM. Since you are already completely aware as I AM, you are simply affirming that which you already are as I AM.

In the moment of the inbreath and the outbreath, in the space between, you will find a silent space wherein you realize the truth of your awareness. Not only have you yielded to that awareness, your life is your awareness as I AM.

As I AM, the magnificence of you, the power of you is what is being shown to you in what you are calling transformation and earth changes. The earth will always shift and change just as you do. Since you are an integral part of the earth's frequency, as it transforms so do you. It is graceful, balanced and in harmony. You are I AM, balanced and always in harmony as All.

You know within your sacred heart you are a divine being as I AM. *Now move from that knowing to a state of constant aware awareness that precludes any concepts, ideologies or beliefs.* It is not necessary for you to do anything at all to recognize your divine awareness as I AM. You can make the choice to be aware by releasing the ideas you have about your personal self, the *I* and *me* of you, and being only aware of I AM.

Your focus and the feeling it creates within you is the creator of your present consciousness. Awareness creates no feeling. It is I AM. You are I AM and as such are fully aware of being such. This has no connection to perceived stages of spiritual transformation because you already are divine as I AM.

As you sit in silence, loosen your hold on what your consciousness is expressing through your mind. Allow the revelation of what you really are no matter what anyone says, no matter what is reflected back to you. You are I AM - capable of all that is possible and unconcerned about any possibility. You are I AM knowing Itself as eternally present and aware. Release yourself from the belief that it is not possible.

I AM is an awareness *you* invite *you* to live. It is allowing you to know the awareness of being without knowing anything at all. Within this awareness, you realize that what you do believe you know is only based upon conditioning you have accepted within your life and called real, which it is not. Your beliefs are your illusory story. You are I AM.

When you come to the realization that it is impossible for you to *know* anything, then you are truly free to be aware of I AM. Divine awareness opens to the sense that you do not know and you are then free of the necessity to choose or act in a specific way.

Awareness goes beyond the teachings of your parents, your schools, your religions and social structure. This realization requests of you only one attribute, that of allowance. You make an offering of it to you. This is the fulfillment of the transition in your life. It cannot be recognized so long as you believe it is hard, you must control the outcome or that you *know* what it is to *be aware*.

This attitude and alignment shifts your perception and consciousness from one of simply being alive to being *aware* that you are alive. With each breath, you breathe I AM within your life, your personal reality. Remember that what you believe is real for you is only a subjective perception of what you have been taught to believe. Your beliefs are not real. They are as fictional as any novel you may choose to read, especially when compared to the awareness of I AM, which is what you are becoming aware of in this individuation.

In each breath, there is the capacity to live as awareness. You breathe into the connection of all things as awareness. Take a breath consciously as awareness. Begin with your breath inside your awareness and be with the breath, each breath. Consciousness is a crystal of awareness as I AM acting as your individuation. You are available in that awareness.

Be aware of your body; be aware of your breath, breathing as I AM as you; not so much learning as experiencing. This allows for clarity within your awareness. You fine-tune the focus of your awareness. You are a living awareness. You are I AM.

Focus 1: As you sit, witness the conscious thoughts that come and go. Observe as the witness where each thought arises and then let it go. As you release each conscious thought, look behind the thought for its existence in your life.

Focus 2: Once you are finished observing your conscious thoughts, sit as awareness. Be simply aware of being. Be simply aware of being I AM. Acknowledge your divinity as I AM. When you rise from silent sitting to continue your day, do so as I AM awareness.

Loving I AM

Begin by recognizing yourself as I AM. Love yourself as I AM without concept, condition, judgment or expectation. Rather than attempting to figure out what part of you is the most deserving of your love, you simply bestow it all as I AM.

Since the illusion of your personal reality and I AM are one, you remove the doubt of your ability to love as I AM when you focus upon your divinity. I AM constantly informs the physical bringing into formation all that consciousness experiences. Rather than *feeling* self-love, embrace yourself as I AM.

Your personality expresses within your personal, relative, illusory world either aware of itself as I AM or unaware. You relate to your awareness or lack of it as you seek to understand through your mind. If you sit in awareness, recognition of I AM becomes the basis for your existence. Within this awareness, exists your love which then becomes union within all as you witness yourself as I AM. You cannot love I AM without loving all, which includes you as an individuated personality.

All that is manifest and not manifest emerges from within I AM, which is you. All is an experience of the whole as emerging love. Love has no *meaning* to I AM. As such, you mirror to yourself your own capacity as love. Awareness of being love in form is a mirror mirroring back to the mirror. It feeds you, nourishes you, brings you to awareness and gives you the ability to be the witness within your divinity as I AM.

Love is free as I AM. It doesn't hold any need to be right. There is no price to pay for love. If you feel a need to evaluate your love in any situation, relationship or experience, you may assure yourself that you are not living as the love of I AM. You are unaware. You are reacting to what you believe is happening, what is going on in the relative reality you have created. Love simply *is* as I AM. You are I AM.

Union as I AM exists. You need not look for it. Its human label is love yet your construct of love is usually filled with the conditions of what that love means to you. Love is I AM. It is nothing else. As you love I AM you love yourself as I AM.

Separation does not exist. It is a game your mind plays so that your ego personality can feel important in its opinions and judgments. Your mind perceives itself as right and correct to itself. Give your heart and mind to loving yourself as I AM. When your only focus is loving I AM you will find yourself aware of your divinity as I AM. This awareness supersedes and includes your conscious experience in human form.

Most humans have little awareness of I AM as love. As a human, you often focus upon getting someone to love you and yet this will not happen without conditions and expectations unless you are first being the love you are as I AM. The love that is you as I AM loves you and you are not aware of it.

You are love as I AM, an emergence of love existing within infinity. There is nowhere you are incapable of being this love as I AM. You are the center point, the focal point of the love you give you and emanate within I AM.

There is no thing that is keeping you from knowing yourself as love except the separating judgments you use to construct what you call your life. Releasing your personal beliefs about what *should* or *should not* be opens the door to I AM. All you have to do is walk through the door of love living within you as I AM. When you are aware you are perfect exactly as you are, you will love yourself without placing any condition or judgment upon yourself as I AM.

Realization of being I AM using a physical body creates an awareness of I AM focused within this dimension as a human. Dissolution of the concept that it is possible to be disconnected from that which *is* will be one of the first aspects you embrace within the awareness of living I AM.

Within the awareness of loving yourself as I AM comes recognition of being I AM – fully, completely and infinitely. The love of I AM as you is the life you seek. As I AM, you have summoned yourself into this place, into this incarnating within this world to experience physicality and become aware of living I AM. As I AM loves Itself through you, you become aware that it is the focus of the I AM mirroring within you.

Due to the relative attachments of your human perception, make a habit of spending a period each day alone in silence being aware of loving I AM. Love your awareness. Dwelling on the observation of loving yourself as I AM will become your enduring focus. Your mind will find itself giving way to these selected moments in which you steep yourself in this divine love. You are loving I AM. You are loving yourself. You are I AM. You are love.

Let your vision be new. Let the ideologies and concepts within your human mind drop away as you soak in the divine love I AM has for Itself; you, as I AM, have for yourself. Be aware of the infinite, never ending love of I AM. Sitting alone, you are aware of being all. Free of your judgments and opinions, you are free to love as I AM, free to love all.

You love yourself as the ego personality though your mind does not realize the depth of the love present as I AM. *If you truly wish to realize yourself as I AM, align your capacity to love yourself as I AM within the identification you hold of yourself.* Love without judgment, opinion, attachment or expectation; no self-judging or the characterization of any other for there is no other. What you see as outside of yourself is the mirror reflecting your opinions. In that reflection, you see your own boundaries. There are no boundaries or limitations within the love as I AM.

Know that you are I AM. You are the love of I AM. Being the love, you can only be aware of what you are as that love. Everything in your life is an observation of that love. Let go of the search and be aware of the love of I AM.

Focus 1: Sit in awareness of what it feels like to love. Look at every hint that arises within your mind that places any conditions on that love.

Focus 2: Release any boundaries to your love of yourself as I AM. Be aware of your perfection. Immerse yourself within the perfect love of I AM which you are and love yourself without limitation as I AM.

Living I AM

When you contemplate living as I AM, you may think of balance or you may see it as multiples combining as one. Sometimes you feel as though you are in divine union and then on other occasions you may feel fragmented. It doesn't mean you are separated from yourself physically, it simply means your perception of reality exists as *you* and the *other*. There is no other and there is no you. There is only I AM. Living as I AM reduces the words "I AM" to just that – simply words. I AM is wordless. The awareness of I AM is without description.

You are conscious as a human being. Your mind uses words to create pictures in your imagination of everything existing in your personal reality. When you use your consciousness to become aware of I AM, become aware of your constant emerging within I AM. You relinquish your ideas of who you are and simply are I AM. Each instance of your life is then living I AM and it is the only thought within your conscious mind.

The periods you spend in silence will expose you to how limited your personal vision is within human form. What you perceive with your senses is based upon what you expect to perceive, based upon what you believe you will perceive. It is your focus upon the labels you have assigned yourself and how they play out in your reality that causes the mind to limit being aware of living as I AM. Oneness exists within I AM as I AM. You are I AM. You are oneness. Loosen your hold on the names with which you identify yourself and oneness will be the result. I AM is your only truth.

Sitting in silence as I AM naturally extends into your daily living. When the focus of your silence includes your human activities, your awareness has shifted from living as your personality to living I AM.

To bring changes within your experience, you must first be able to loosen your conscious hold on your personality's drive in duality. In this moment, you believe you have appeared in earth. You also harbor some fear about disappearing if you give up your relative personality within I AM. You have neither appeared nor will you disappear. Incarnating into this dimension is as much an illusion as watching a movie. You do not *appear* in this world. You are witnessing yourself as I AM playing in the illusion you call earth. There is nothing you can disappear from because you are I AM.

Remain as I AM as you live a new awareness within your life. Remove from your mental constructs any ideas you may entertain about what other people or circumstances have to do with where you find yourself in this present moment. Observe every situation as an opportunity to experience yourself as I AM. Focus *on* I AM. Focus *as* I AM.

When you become aware of yourself as divine, you are present as I AM. You are realizing you are present, which allows you to be visible to others without your mind scripting a part you play with them. You are able to see yourself as divine I AM. When you are in that act of communication with yourself as I AM, you hear the words and those words are going to mirror the illusion for you. As I AM, you experience only One; the All.

You can only have command of your life, the power of your own presence as I AM, when you are the witness, the observer of your own awareness. The power of your presence is in

direct proportion to your awareness of life as I AM. Eventually, you realize you are searching, looking and hoping for something that will quiet the fears of your mind. There is only one truth. That truth is I AM. You are I AM. You are your only truth. Live I AM. Live the truth of I AM.

All of the various experiences you believe connote spirituality do not exist. There are no special spiritual experiences because everything is I AM. Do not be concerned about where, when or how you arrive at the awareness of I AM. You are I AM. Know yourself as I AM.

You awaken to the truth of your awareness as I AM. Give no attention to the spiritual name you are giving to your awareness because it is wordless. There is nothing to say within the full awareness of I AM. Your existence as I AM cannot be expressed with human language.

Be awake to your awareness as I AM. You open to the eternal wisdom of being aware of your emergence as I AM. Awaken to all flowing through you as eternal conscious awareness without form and within form.

Knowing yourself is knowing I AM. There is no lesser self or higher self. There is only the self that knows it is I AM. Realizing yourself as I AM leaves you with no doubt and no question. You are the answer to every question your mind strives to answer.

The only answer is the truth of what you are as I AM and living it in your choices, your memories, your intentions and expressions of action. You are authentic in your expression as I AM. You live in awareness without compromise or fear as I AM.

This attitude and alignment shifts the perception of your awareness. With each breath, your reality is divinity as I AM. You live each breath as the divine presence of I AM manifesting in this dimension to be aware of I AM. That is your only truth. You are I AM.

The more aware you are, witness and observe your life as the illusion of the mind's personality and live as I AM, the more you realize that even those words – I AM – are part of the illusion. Eventually, as you sit in silence each day, the words themselves will lose all meaning. You will be aware of I AM as awareness only.

Then . . . the awareness will become the illusion and you will no longer look for its presence or I AM. You are in a simple state of being without words, concepts or expression. *It is All That Is and it is nothing.* You find you have no words to express your state. You find you need no words to express your state. You simply are. You *are* I AM.

Living I AM is moving from the state of concepts, ideas and words to the absolute silence of the Ineffable. It is realizing that no words will ever bring you to the understanding your mind claims to desire and need. You desire nothing and enjoy everything. You need nothing and everything is fulfilled as you.

Only Focus: Live I AM. As you do so, your awareness opens to the wordless expression of the divine in this timeless, spaceless time and space. It is illusion. The only truth is I AM. The truth cannot be expressed. That truth is your only truth – you are I AM.

For additional information:

Toni Elizabeth Sar'h Petrinovich, PhD

Sacred Spaces

toni@sacredspaceswa.com

www.youaresacred.com