

The "I AM" Series

The "I AM" Articles & Talks

1. The "I AM" Portal

What is the "I AM" portal?

Did you know you live within a portal? Everybody is born within this tube or portal and most of us are completely unaware of it -- we haven't been told about this extraordinary and magical part of ourselves. It is the greatest secret. It's your birth "right" to know about it -- and now is the time.

As a young girl I asked a lot of questions of my parents, questions like; who were we before we were born? Where do we go after we die? What's beyond this world? Nothing made sense, there seemed to be something missing from the answers and the knowledge we had.

Our current society has not taught us about this side of our nature, however many people have come across this portal by total accident, as I did many years ago. I had absolutely no idea what was happening to me at the time, and I was not the wiser after the experiences, all I knew was the profound affect they had on me. The endless search for answers had begun!

It's quite ironic really, because at different times in our lives, most of us walk around with a sense of utter 'emptiness' inside and a feeling of meaninglessness and lack of purpose. There's a futility permeating our lives and a sense of longing and desperation that often accompanies our inner struggle. We try to understand what it's all about, and we put on a brave face and just try to get on with life. We have our ups and we have our downs, and we end up being pulled into society's reigning "laws" of the time -- the do's and don'ts, the rights and wrongs of our individual and immediate cultures. Life can seem bleak and just plain hard work - something to be endured. It could be so different, if we only knew the truth. We're looking the wrong way.

There is something else to life! ...and this something is really "SOMETHING"!! I initially experienced the portal (or as I used to call it "the dome") when I was participating in a relaxation and meditation class when I was 25 years old. I was shocked or maybe surprised is a better word, when I first experienced the portal because it came out of the blue and it was so different to anything I'd experienced before. I became frightened, and every time I felt fear, the portal disappeared. Each time I relaxed and surrendered the same experience of the portal returned. I didn't understand what was happening to me, I felt fear grip me as I moved through through the portal, not because it was uncomfortable,

quite the opposite, it was the most beautiful, exquisite and fascinating thing I'd ever seen and experienced, but what would happen when I got to the end of the portal. Would I die? I only went to the meditation twice and had amazing experiences both times and I did speak briefly to two swami's at the end of the second session about my experience and all they said was, how lucky I was because they had been trying to have those experiences for years. I never returned because I was overwhelmed by what had occurred.

Some years later I experienced the portal again when I was in a dangerous situation. The portal appeared all around me and everything was suddenly "different". Inside the portal a strange stillness took me over, everything was slow, silent, calm, and peaceful. It was as though something from above had come down and it was surrounding me, supporting and protecting me. The experience again was extraordinary. I had a knowing deep inside me that there was something amazing going on of which I had no understanding. I still pushed away from this experience and got on with life. It wasn't until after I had a stress related breakdown in 1992-93 and learned to meditate and then in 1996 I learned breathwork that it really opened up tremendously, to a point where I could no longer deny it. I still had no idea what it was that I was experiencing, all I knew was these experiences were the most amazing experiences I'd ever had in my life. Something "else" was continually opening within me. Something that was incredibly beautiful and felt more real than my ordinary daily life. I mostly kept it to myself, because who was going to believe me (*and this is what clients say to me when they too have these extraordinary experiences... "who would believe me"*).

I was desperate to know what this all meant and I started searching for answers. I was reading anything and everything I could get my hands on that I thought may lead to some answers. I devoured personal development and spiritual books. It took many years of dedicated meditation and breathwork, and doing a bachelor degree in metaphysics before I finally found what I was looking for. It was 1999 and on this particular day I had an extremely strong urge to go to a bookshop called the TS Bookshop (theosophic society). I had never been there, so I looked up where it was - it was in the city. I thought to myself "this is crazy I don't have the time to be going into the city to find a book shop", I had clients booked in the afternoon, but the feeling I was experiencing was very strong, like a magnet drawing me. I quickly drove into the city and found the TS bookshop and climbed the old wooden staircase. I felt like I was in a trance as I entered the store. I walked around in a daze looking at hundreds of books staring back at me. I had no idea what I was supposed to be looking for. The pulling sensation was still very strong so I just followed it and as I walked passed a particular section of books, I knew I had to stop. I faced the books in front of me. My eyes scanned the shelf and came to rest on a row of green spines. I picked a couple of the green books up and examined them. I didn't know which book I was supposed to buy as there were quite a few of them, which seemed to be a part of a series. I decided to buy the first two books and see what they were like. I paid for the books and returned home. That night as I sat in bed I opened the first book and began to read the pages. It was like the book was speaking to me beyond the words, it

was as though a Master was speaking to my soul - there was a deep feeling of recognition and I knew this was part of my destiny. There was a whole teaching on what I had experienced. I had finally found the confirmation and answers I'd been searching for. With tears of joy running down my face I spoke words of gratitude over and over as I hugged and kissed the book I was holding. I could hardly believe what I was reading - I'd found it - what a wonderful gift. With awe, I slowly drank in every precious word.

There is so much to say about the "I AM" Portal and Sun Presence that we are - and there are so many different names and descriptions for this. I am calling it the "I AM" portal for this article. I'll only be giving a brief overview below, however I run programs on how to connect to your 'I AM" Presence and how to draw it into your life and work with it to bring expansion, peace, power, love, wisdom and happiness into your life. www.breatheforlife.com.au The "I AM" Series.

We have an access portal to the "I AM" presence within us -- and it is MAGICAL beyond words. There are many levels within the portal -- the portal is like an eternal well that goes within and at the same time, it goes without. There is an inward and outward movement as you journey within the "I AM" portal, and this movement is exact and proportionate; meaning as you move inward, you also move outward at the same time and to the same degree. It is vibrational and it is "Truth". It is my travels within the portal and my experiences that have taught me that science and spirituality are brother and sister. When they integrate they are the same thing. I have learned so much about science through my spiritual and metaphysical journeys. The teachings are truly rich. There is a vast university of knowledge for us to tap into. I now truly know why a university is called a university - in Higher Truth the education is of universal proportions. There are universal or even 'cosmic' records available to all people, freely accessible to each and every person. We just need to know how to access this magical part of ourselves.

We live in the world and yet we each live in our own world - within our own portal. This personal world lives within the larger world, and is part of it. The levels that we access within the "I AM" portal are our personal levels of consciousness and awareness, and this is what we represent and express to the world around us. We take that which we are to the external world, which then effects the greater world around us. It has a huge affect, a literal effect on the people we are in relationship with and far beyond (in geographical terms) and also on nature. The effects radiate throughout our planet. Every single thing that you do has a corresponding consequence and a larger influence.

We can increase our vibrational frequency and become more of who we really are by consciously entering into the Portal. There is amazing Light -- amazing fire or flame, a sun presence that we are a part of; a higher intelligence, a beauty beyond all beauty; peace beyond all peace; a Light so bright you can't look into it. There is love so pure, so divine, so glorious, so marvelous, so intense, so incredible, so powerful that it takes you breath away. Here on Earth we have no concept or understanding of this love. We all have

access to this portal -- we are born with it, and we can access incredible knowledge, universal wisdom and a higher understanding through it. We can experience our own magnificence. This power, love and wisdom is there for all of us to experience. The enormity of it is beyond words. The only way to know this, is to experience it yourself. To start experiencing different levels within your own portal. It's the beauty, peace and freedom we all look for -- it's the inner journey of awakening, renewal and resurrection.

One of our great metaphysical masters, Jesus, said "There are many rooms in my Father's house". In my understanding Jesus is referring to the different levels you access within your Portal, you experience different rooms in your Father's house. You experience different frequencies and different knowledge within your "I AM" Presence. To access your portal is to raise yourself up, to accelerate your ascension process. To become more.

When you start to enter the "I AM" Portal, the cells of the body become more electrified and spin at a higher frequency. As this is experienced there is a magnetising effect on the cellular level of the body. A purification process is in effect; an alchemical activity is taking place and delivering its magic. This affects the mind, body and spirit and has a very practical and real affect on your thought, feeling and action, while releasing old patterns and blockages that have built up and become stuck in the flesh of the body.

There are different ways to start experiencing your "I AM" Portal, one is through "meditation" another is through "Breathwork", and yet another is through Higher Education like the "I AM" Presence. Meditation and breathwork compliment each other very well and support a wonderful expansion in consciousness. When you add Higher Teachings of the "I AM" into the mix and start to experience, comprehend and integrate the depth, richness and wisdom you have access to, and start using it in your life, a very exciting and powerful shift takes place.

There is so much to share about this amazing and magnificent subject... Keep you eye out for the "I AM" talks and articles. Come and spend a day learning about your "I AM" Presence and how to connect to it. Details on my website... www.breatheforlife.com.au

"I AM" Programs

I AM Connected

I AM Points the Way

I AM in Action