

## **STUDY GUIDE to *I AM THE WORD***

**By Alison Storm**

### **Introduction**

This study supplement is designed to support people interested in developing community, discussion, and understanding around the teachings of *I Am the Word*. It is not an official workbook endorsed by the Guides. It is intended, rather, as an optional tool for the development and support of those study groups that may desire a structured format. Groups may elect to use it or not use it entirely at their discretion. We welcome your feedback and suggestions.

### **Chapter 1**

#### **The Word**

**(Pages 29-71)**

#### **Introduction**

Discuss the decree "I am Word." What does this mean to you? How does this feel when you affirm it? What does "Word" mean?

Discuss the following affirmation. Refer to page 43. What is the shift that is happening in your energy field and physical body as you make this affirmation?

*I am Word through my body. Word I am Word*

*I am Word through my vibration. Word I am Word*

*I am Word through my knowing of myself as Word. Word I am Word*

#### **Clearing Patterns**

Write down one experience in your past or a memory where you have felt failure, rejection, or ridicule. Examine this experience and how it felt at the time. Do you see how this experience may have created a pattern in your current life? Refer to pages 46-50.

#### **Thoughts**

The guides have asked you to write down the following affirmation and carry it with you. The intention is to recreate a pattern of thought in a higher way. When you did this exercise, how did your week change? Did you become aware of your thoughts and the effect your thoughts have on your day? Refer to pages 50-52.

*I am now choosing to think only thoughts which will bring me peace and will align me to a higher consciousness. I am doing this easily and through my own intention to know myself as Word. Word I am Word through this intention. Word I am Word.*

#### **Manifesting**

What are the first, second, and third stages of manifesting? Discuss the difference between asking for something and stating your worth as the receiver. Refer to pages 54-56.

**Love**

Discuss the following affirmation. Refer to page 57. Did you experience a shift upon realizing yourself as loved? How did this alter your behaviors and thoughts throughout the week?

*I am Word through this understanding of the Creator that I am one with. I am Word through my intention to know myself as loved by my Creator.*

**Experiences**

As you work with acclimating to the frequency of the Word, discuss how this feels in your physical body. Refer to pages 60-64.

**Chapter 2  
Acclimating to Wonder  
(Pages 72-93)**

The Guides discuss the action of the text and the process of standing fully in yourself, as yourself, as a Divine Being. What instructions do they give to help you in this process? Refer to page 74.

**Wonder**

Write down one thing you wonder might be possible. What does it look like? Can you imagine how it feels? How does it sound? Once you have imagined this, reflect on the shift you experienced. Do you feel that this thing is now a possibility? Refer to pages 75-80.

Discuss the meditation given on pages 81-83. During this meditation the Guides asked "What do you want for yourself more than anything?" How did you answer this question? Discuss how this meditation supports you in acclimating to wonder.

**Growth**

What are two different ways a person can intend to grow spiritually? Discuss how you may have different requirements for growth based on where you are in your evolution. Refer to pages 89-91.

### **Chapter 3**

#### **Recognition**

**(Pages 94-116)**

What is life, as defined in this chapter? Discuss the experiences you have had in life. Is it possible to see them as your own creations?

#### **Worth**

Discuss the exercise and affirmations given on pages 100-103. How does this exercise relate to the alignment of your self-worth? What is worth? What does it mean to be worth yourself?

In these affirmations the Guides make reference to the “Christed Self.” The Guides’ definition of the Christ does not belong to a specific religion; according to them it is that aspect of the Creator that can be realized in material form. What does the “Christed Self” mean to you?

#### **Personality and Emotions**

How can you realign the personality to the possibility that it can relinquish things that are no longer serving its purpose? What is it to align your feeling self as Word? What is it to recognize yourself as the frequency of the Word?

#### **Forgiveness**

The Guides state: “ It is an impossibility to stand in the light while you demand your brother stand in darkness.” To unforgive is to block forgiveness. Refer to the exercises and affirmations given on pages 112-116. Were you able to align to forgiveness? Share examples.

Discuss the following affirmation. The Guides have stated that you are being shifted as you need to be shifted and you can call on them. Discuss what this means to you.

*I am now calling on those who work in the frequency of the Word from the Divine Light to come to me and to support me in my transformation. And I ask to know them in my frequency through their feelings of love for me. I am Word through this intention. Word I am Word.*

## **Chapter 4**

### **Love and Understanding**

**(Pages 117-138)**

#### **Frequency of Love**

Describe love in its true sense. Discuss the differences between love as a personality construct and the frequency of love. What is the experience of love and the illusion of love? Refer to pages 120-122.

#### **Understanding Love**

Refer to the exercise and affirmations given on pages 123-128. The intent of this exercise is to support you in the understanding of love. Upon completing it, were you able to see where you are in judgment? Discuss the following affirmation, given on page 128:

*I am Word through all those I see before me. I am Word through their experiences of themselves. I am Word through their beliefs. I am Word through their light. I am Word through their requirements for healing.*

#### **Experiential Learning**

What do the Guides mean when they say the real incarnation is made known through experience rather than intellect? How does this apply to your practice as a student? Refer to pages 129-131.

#### **Judgment and Fear**

The Guides state: "Everything you judge, you fear." Share one thing you have judged and why you fear it. Do you see how you have invested in judgment? What is the difference between discernment and judgment? Why is it important to stay in your discernment? Refer to pages 131-134.

#### **Vehicle for Transformation**

Discuss the Guides' statement that you are a vehicle of higher frequency or an aspect of the energy of the Word rather than the Word itself. Refer to pages 134-137.

## **Chapter 5**

### **Boulders**

**(Pages 139-166)**

#### **Thinking**

Thinking is the basis for creation. Do you see how your present thoughts, as created by you, are based in your history or are a creation of your past? Do you see how you recreate patterns in your life? Refer to pages 139-142.

### **Boulders**

What is a boulder? Share examples. Why is it important not to identify with your boulders? What aspects may contribute to the creation of a boulder? Refer to pages 142-146.

### **Dismantling Boulders**

Dismantling a boulder is a process. What is the first step? Why is it important to remove yourself from the victim role when you are dismantling the creation of a boulder? Discuss the second step in clearing a boulder. Why is it important to identify with the frequency of the Word when clearing a boulder? Refer to pages 147-159.

### **Suffering**

What is suffering? Why does suffering occur? The Guides take you through the process of clearing energies that operate independently of you. Share examples. Refer to pages 161-165.

## **Chapter 6 Identifying as Word (Pages 167-195)**

### **Perfection**

What does it mean to see yourself in your perfection? What are the differences between the self on the cellular level, the emotional level, the physical level, and the etheric level? How can the physical body be transformed to be in its perfect form?

Discuss the following decision process the Guides have taken you through to help with the reemergence of perfect self. How did you answer this? Refer to pages 167-171.

*“Am I entitled to be in my perfect self, in a perfect manifestation of myself that translates into physical form? Am I now allowing myself to have permission to believe that this can be so? “*

### **Acclimating to Higher Frequency**

What are the abilities you can experience as you acclimate to a higher frequency that vibrates through your physical form? Refer to pages 171-176 and 180-181.

### **Empathy**

What is empathy? Refer to the exercise given on pages 178-180. Please share your experiences among your group. What is the teaching of this exercise intended to show you? How can developing your empathic skills benefit your spiritual growth?

### **Hearing**

What is the difference between hearing your true self and hearing your fear-based self? Share examples. Refer to pages 181-183.

### **Merging into the Perfected Self**

The Guides state that this is not a self-help book. Discuss the meditation given on pages 189-190. What did you feel upon completing this meditation? What is it to realize yourself as Word?

## **Chapter 7 Navigation (Pages 196-224)**

### **Consciousness**

Discuss the differences between religion and consciousness. How does individual consciousness affect global consciousness? Refer to pages 199-201.

### **Separation**

How can individuals eliminate the separation of humans from each other on a global level? Refer to pages 202-203.

### **Personality Self**

Where do you experience your personality self dismantling? Share examples. What is the distinction between being a conduit towards the divine and the divine itself? How can the ego affect this? Refer to pages 206-210

### **Damnation**

According to the Guides, damnation is a belief system, and a false belief system. How has humankind created its own form of damnation? What can you do to free yourself from this belief system? Refer to pages 210-218.

### **Attitude**

Why is it important to see your fellow in high regard? Discuss the intention stated on page 218:

*I am Word through my fellow. I am Word through the one before me. I am Word through Joe or Jane or Bill [or whatever name the name is of the partner your choose]. I am Word through the one before me.*

### **Decisions**

How have your decisions or choices been based on your past or history recreated patterns in your life? Refer to pages 220-224.

## **Chapter 8**

### **I Am in My Knowing**

#### **(Pages 225-259)**

#### **Truth**

When you say, "I am Word" how does "knowing" this affect your identity? Why must your "knowing" be anchored in present moment to be valid? Refer to pages 225-229

#### **Energy of Knowing**

Discuss the exercise given on pages 231-233. How does it feel in your heart center to be in your knowing? How does being in your knowing bypass thinking?

#### **Abilities**

What is the importance of expanding your awareness in consciousness to enable you to work with your abilities including clairaudience, clairvoyance, and clairsentience? How can these abilities serve you and others? Refer to pages 234-238.

#### **Seeing**

Refer to the exercise given on pages 241-242. What is it to see energy? What did you see when you witnessed another person as energy?

#### **Approval**

How have your current belief systems been created based on the needs for others approval? How can these belief systems be mistaken as your truth? Share examples of those things you do out of requirement for external approval. How does the need for external approval contribute to the separation of man? Refer to pages 248-255. Discuss the following affirmation:

*When I am in my knowing, I will confront those structures or those creations in my life that I have had to be in relationship to. And I will understand very quickly whether or not my relationship to them has truth at its essence, or is created and in relationship to through my requirements for approval.*

#### **Knowing**

What is it to know yourself as an aspect of the Creator? Discuss the following affirmation given on page 258:

*I am Word through my understanding of this information that I am now receiving. I am Word through my creations. I am Word through all that I see before me. I am Word through my willingness to know myself as who I am in truth. Word I am Word through this intention. I am Word. I am Word. I am Word. So be it.*

## **Chapter 9**

### **Trials**

**(Pages 260-283)**

#### **Trials**

What is a trial? What do trials create? Discuss how trials are present now in our current culture, and how can they motivate change. Refer to pages 260-267

#### **Decisions**

When a trial presents itself as a situation, what is the difference between taking a fear based action and an affirmative action? What is the difference between fixing a situation and transforming a situation? Refer to pages 268-272

#### **Choice**

What are the motivations behind your current choices? Do you see how many of your choices have been based in fear? Refer to pages 275-278.

#### **Transforming Trials**

What steps should you take when you encounter a trial? Refer to pages 279-282.

## **Chapter 10**

### **Love Incarnate**

**Pages 284-298**

#### **Vibration of Love**

What is the vibration of love? Discuss the differences between being in the energy of love and the feeling of love. Discuss the following affirmation. How does making this affirmation feel? Refer to pages 284-289.

*I am now manifesting myself as the energy of love. I am Word through this intention. Word I am Word.*

#### **Love in Fullness**

The Guides take you through an exercise where they ask you to see someone you cannot stand in your life before you and to hold them in the frequency of love. Share examples



among your group. Were you able to forgive this person? Are you able to lift this person in love? Refer to pages 290-293.

### **Eternal Love**

Love is eternal. Explain how holding somebody in love can be an eternal gift. Refer to pages 294-296.

### **Gift of Love**

What are the differences between gifting a person with the energy of love and fixing a person? Refer to pages 296-298.

## **Chapter 11**

### **Creation**

#### **Pages 299-312**

### **Physical Body**

What is a physical body? Why is it important to stay in the physical body? Why is the importance of staying in the physical body important to this time? Refer to pages 300-304.

### **Time**

What are the limitations of time experienced in life? How do our dreams show us how time can be experienced in higher realms? Refer to pages 305-306.

### **Manifestation**

Refer to the exercise given on page 310. The Guides have asked that you take a moment to "be still and know that I am God." Discuss the experiences you had when you did this exercise.

## **Epilogue**

### **Pages 313-327**

### **Mission**

What is the mission of this text?

How can your ego and your response to the text become misaligned with the mission of the text? Refer to pages 313 and 319-321

### **Instructions**

As a student of this text, what can you do in your daily life to continue to practice the teachings? Refer to pages 321-325.