



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

By 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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Review

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“In a world of would-be psychics making great claims for themselves with little evidence to back them up, Paul Selig is the real thing.”

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“Through his clear, compassionate, and at times ruthlessly insightful spiritual guides, Paul Selig has written a breathtaking and powerful treatise on the importance of self worth to spiritual knowing. However, this is no armchair new age philosophy. It is a transformational manual dedicated to making this essential knowing accessible. I found this to be one of the most powerful and influential books I have ever read.”

—**Jose Luis Stevens Ph.D., Co-founder of The Power Path, psychologist, teacher,**

and author of *Secrets of Shamanism, The Power Path, and Awaken the Inner Shaman*

About the Author

Born in New York City, **Paul Selig** attended New York University and received his master's degree from Yale. A spiritual experience in 1987 left him clairvoyant. Selig is considered one of the foremost contributors to the field of channeled literature working today.

Paul offers channeled workshops internationally. He serves on the faculty of The Omega Institute, The Kripalu Center and the Esalen Institute. Also a noted playwright and educator, he served on the faculty of NYU for over 25 years. He directed the MFA in Creative Writing Program at Goddard College for many years he now serves on the college's Board of Trustees. He lives in New York City where he maintains a private practice as an intuitive and conducts frequent livestream seminars. Information on public workshops, livestreams and private readings can be found at paulselig.com.

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