

## EXCERPT THE WAY OF TRANSFORMATION LESSON ONE

I am not what I have perceived myself to be.

*I am unlimited, Pure Spirit, and nothing is unavailable to me.*

Therefore, in this moment, I choose to open access to other dimensions of experience so that I might call this moment to me in a different way. And as the words are spoken, notice what images begin to come into your field of awareness as you perhaps imagine yourself to be far more than just the body, abiding in far greater dimensions than the physical dimension.

Do you see fleeting images of other beings, colors of light, subtle feelings that perhaps you hadn't been aware of while you are focusing on the English translation of the vibrations? What do you notice drifting through the field of your awareness? Pay attention to it, for you cannot imagine what you have not or are not experiencing. You are the field of consciousness having that experience now. You create the capacity. You decide what will enter into the field of your awareness and how you will experience it. Beloved friends, learn to look beneath the scenes. Learn to feel beyond the body. Learn to allow yourself awareness of what steals across the metaphorical corner of your eye, that is, the outer edges of your field of awareness.

Come to realize that the experience you are most familiar with, that is, the one of being a body-mind, who listens to vibrations of sound, translates them into English and therefore perceives that you are having a conversation with one being who happens to be another body in space, sitting ten feet from you, or whose words are recorded upon a tape. Recognize that around the edges of that there is something far more vast, something which can be cultivated, that allows you to be aware at much more refined levels.

Way of Transformation,

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