



# "I AM" Affirmations and the Secret of Their Effective Use

By Peter Mt. Shasta

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This is a handbook for Mastery. Here are the detailed yet easy to follow instructions on meditation, the inner instruction on how to make affirmations work for you, and the often requested "I AM" Affirmations which Peter previously only gave in retreats and private classes. Now these are available to the public. This powerful book is a long awaited, practical handbook for Mastery with specific affirmations for every aspect of life.

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#### **About the Author**

After traveling in India with Ram Dass and spending time with Maharaji (Neem Karoli Baba), Sathya Sai Baba and other spiritual teachers, the ascended master Saint Germain materialized in front of Peter. Saint Germain directed Peter to Mount Shasta, where he received further training under the Masters. This life changing experience, and his efforts to apply the teachings of the I AM in daily life, is described in "Adventures of a Western Mystic."

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