



The Twelve Lessons of Oneness  
**Message One: The Crown of Wisdom**  
*Integrated with the I AM Discourses*  
*from The St. Germaine IT-Self*

Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa

Monday, July 12, 2021

*...this series of twelve Insouled messages are the FIRST called forward at the direct behest of The St. Germaine It-Self<sup>1</sup>.*

**Bring a hand to your heart and ignite a deep Avesa Breath...let it out with a smile...**

[I AM Discourses Page 139/Discourse XII...](#)

*Ever down through the centuries, have the **majority of mankind**, given their attention to the outer appearances...thereby inviting ALL kinds of discord and distress. But...today... there are thousands who are coming to **understand** the **God Presence within themselves** as Absolutely Invincible.*

*To the extent that they ARE STEADILY being raised above the injustice,  
(the) discord and (the) inharmony of the outer creation.*

*Until mankind, or indi-vid-u-wills, hold their attention on the "I AM Presence God within", long enough, and with sufficient determination, they will find themselves surrounded by the undesirable But!*

*Through this "I AM Presence," EACH...ONE... has the power to raise It-Self above the discord and disturbance of the outer creation.*

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<sup>1</sup> This document is the direct UP-LEVELED and UNLOCKED body of wisdom unifying these streams once more into "one" from the "all". Gift your-self and relax into this experience as the single flow of energy IT...IS. The content recorded is exactly as was called forward during the Live gathering of the Yoga of Self-Ascension community.



**Saint Germaine IT-Self shares:**

Pay attention to the moment at hand. See the higher frequency of this passage. What is BEing so clearly revealed is the roadmap to the gift of the land of mastering neutrality. To arrive into the land of neutrality as the Saint Germaine ITSelf is sharing... now. This is the essence of these twelve journeys. A time where no-thing can affect the Peace that YOU...ARE.

***YOU...ARE...living in the eternal neutrality of creation.***

***Thereby, the alchemist of the ALL, and the Presence that ignites greater Presence, light, and the law of instantaneous manifestation is yours to command.***

**Archangel Zadkiel speaks as Oneness Message One Begins**

BE-loved. How buoyant YOU...ARE...today. Yes! IT IS... a great re-cog-nition to offer thy-self Divine buoyancy. The opportunity to experience **BEing**, instead of taking. **PRESENCE** instead of destruction. A great gift to BE buoyant. Yes!

**Claiming Your Wisdom Container**

Be-loved ones of ancient wisdom, ALL wisdom, modern wisdom, future wisdom, we offer ALL of these adjectives, so that you may release adjectives and **BE** wisdom.

*What is it to be filled with wisdom? What is it to re-cognize the wisdom of the ages?  
What is it to BE in the effervescence of buoyancy in ALL ways?*

IT IS...as if you have shaken a can of soda, and the top has popped, has it not? Yes! There is effervescence everywhere! And! As this effervescence is without discernment, it is on your face, your clothes, next to you...OK! Are you a bubble of effervescence? Can you integrate discernment with your joy?

*Are you ready for the wisdom that has permeated ALL energy frequencies to  
Arise and come forward now in your expression of density at this time?*

BE-loved Ones! You ALL wear the great Crowns of Life.



The great Crown of Life is ...indeed... a wisdom container. In this moment... now... imagine if you must, feel if you enjoy, and see if you prefer, this crown. BE present with it. Understand!

Within the content of the structure of the crown... is wisdom offered for each ONE...as a Divine conduit of presence, love, energy, joy, peace, abundance and the re-cognition of Oneness through All-ness.

### [I AM Discourses Page 22/Discourse II](#)

Outer defects or discrepancies, have nothing to do with the Omnipresent Perfection of the Divine/God as the HU<sup>2</sup>-man. Any-thing imperfect is the creation of the outer concept of humankind.

If human-kind remembers the “Mighty I AM” within, KNOWing that the Divine/God is ALL Perfection... and, that ALL outer appearance is creation through the misuse of Divine/God Power... they will see at once that when sincerely contemplated and accepted as the Perfection of Divine/God...will immediately cause to come into manifestation in their Life and experience this same Mighty Perfection<sup>3</sup>.

There is no possible means of bringing this Perfection into the mind, body and outer experience, except by KNOWING AND ACCEPTING the Mighty, Active Presence of the Divine/God...YOU! This full re-cognition ignites this Inner Power to propel this Perfection of the Divine/God into your outer visible experience. Say to students:

***“I AM... putting forth as a Messenger of this Truth...Statements of Truth that positively produce results now as I unwaveringly hold to and use them.”***

Students think things do not work as they do a thing today and forget it next week. The *desire* for Light and Truth is the *Presence of the Divine/God in the desire!* This propels IT-self forth into action. For illumination use the Statement:

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<sup>2</sup> The root word man comes from **Sanskrit** *mana* **meaning** mind as Humans are thinking beings with minds. **HU** is reflected in the unit mind (*mana*) to form a human being. **Hu**-mana expresses the essential quality of human beings which is the capacity of comprehension and contemplation. In Sufism, *Hu* is one of the names of God.

<sup>3</sup> This is direct guidance to activate the Law of Instantaneous Manifestation into your active daily life experience.

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*“I AM the full comprehension and illumination of what I want to know and understand.”  
(Repeat 2 more times with clarity of the “what” you want to know and understand)*

In this time, we have **much** to share as we offer the Twelve Lessons of Oneness as a pathway for this year...and beyond.

YOU...ARE... the ones... who have come forth now wearing the Crowns of Divine Wisdom. Opening the gateway to the portal, and the re-cognition of what Oneness...IS. BE-loved ONES, YOU... have now come forward, from a time of abundant ALL-ness<sup>4</sup>.

Imagine as if the ALL-ness is contained within a soda can. It is sealed tight with everything in it. And! YOU... have been shaking a long time, no? Yes! NOW... the lid has popped. ALL-ness is doing ALL to express outside of limitation.

***Limitation IS... indeed... birthed of density. For how can limitlessness be limited?***

### Recognizing ALL-ness in Action

Beloved children, when you recognize that allness, **ALL-ness...IS...**an expression of Love! An expansion of Light! A re-cognition of each wisdom kernel. Imagine what a big piece of corn you would be. If ALL of these kernels were placed together, it would be limit-less! Yes! Do you slice the kernels off, or do you go for the gusto on the cob? What do you seek to do?

***BE-loved Ones! ALL-ness has come forward in a manner that has released ALL forms.  
ALL forms.***

Within the mind of density there is a comprehension of form. There is “the form”, and the “perceived form-less”. There is what you believe you can see with a body, with eyes that are composed of density tissues. And, there is sight.

You claim wisdom through many, many, many layers of refraction devices. AND...IT IS... the refractory devices that have brought YOU... to this time of Divine illumination. One by one AS ONE, dissipate through your breath, through your healing capacity, through the relaxation into BEingness.

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<sup>4</sup> This is a direct reference to the moment of the unlocking of this Insoulment on July 12, 2021. The moment of an Ascension Uplevel that assists with the anchoring of multi-dimensional presence outside of the illusion of linear time and limited experience.



***Beloved ONE, how much more energy would be available to YOU...  
if you stopped questioning your-Self?***

***How many times in a moment, in a day, do you question yourself?  
How many times in a moment, in a day, do you question others seeking to  
validate one belief or form?***

### **I AM Discourses Page 88/Discourse VIII**

That, which every-one seeks, is happiness. Sometimes called bliss, many who have sought earnestly, have unknowingly continued to pass by the key to this happiness.

### **I AM Discourses Page 114/Discourse X**

Mighty Luminous Presence!

I AM... the Conquering Power.

I AM... the Radiant Splendor filling every-thing in manifestation.

I AM... the Life flowing through ALL manifestation.

I AM... the Intelligence governing ALL activity, Inner and outer, making it ONE Perfect Activity.

Out of Thy Light, Mighty Presence which I AM... ALL things are precipitated into form<sup>5</sup>.

I AM... the Exhaust-less Energy governed by Thy Wondrous, Infinite Intelligence.

Light the Illuminating Center within these bodies who come under this Radiation. Expand that light into the Full Illumination of the body and mind, raising it into Thy Active, Perfect Eternal Garment.

As you re-lease even half of those questions, imagine the expansion of energy fully present and available for Love, Divine reunion and connection. As this arises the availability of wisdom expands infinitely. Your kernel becomes the entire cob when you release questions for the sake of questioning.

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<sup>5</sup> Mastery reminder of your Alchemical nature and ability to command the Law of Instantaneous Manifestation.





As we share the Twelve Lessons of Oneness, we re-cognize that ALL-ness, in ALL of it's expression, is a beauty-full gift, is it not? To understand the beauty of your gift, your presence, your BEingness... IT IS... a great treasure found! IT IS... not buried in an ocean. It has been long buried within your own heart. Within your heart is the greatest treasure of all, BE-loved Ones. You wish to find gold bullions? Find the gold within YOU.

### Claiming Divine Empowerment

BE-loved ONE, when YOU re-cognize that form is limited by a perception of density<sup>6</sup>... when you expand your heart to BE in the ALL-ness... without limitation... without the boundary of form; when you say the heck with these eyes: *I shall BE truth from now on.*

Then ALL comes forward, does it not? YES! IT IS... the time to take ALL of your spectacles and throw them to the wind. YES! The wind will help you.

BE-loved ONE, this is the great time of seeing the truth that is before thee! The truth that is before thee does not need spectacles to be seen. It is within thee, around thee, as thee, part of thee.

***Beloved Wisdom Ones, as YOU empower the Crown of Wisdom, YOU become the expression of ALLness, with the understanding of ONEness. The vital first step.***

### I AM Discourses Page 168-169/Discourse XIV

The Infinite Energy is ALL-ways present! Awaiting use, it does not act within the Life of an indi-vid-u-will, except under Conscious Command.

There does arise in the progress of the indi-vid-u-will when things act so instantaneously it seems to be automatic, and it really never is.

There is absolutely one road to Self-conscious Mastery. The *Conscious Direction* of the Eternal Energy into whatever YOU desire.

Now this brings us to another quite vital point.

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<sup>6</sup> Note the intentionality of the word placement ...direct reference to the power of perception as it arises through density.

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Desire is an indirect action of the *attention*. Desire, sustained by the *determined use of the attention*, causes the desire to become an invincible manifestation. This offers a slight idea of how important IT IS... that conscious direction be coupled with the desire.

Conscious use of the “I AM Presence,” or the consciously directed use of this Eternal Energy to a given accomplishment, is ALL-ways a most joyous effort. Avoid it seeming like work or tension in any way. When you declare:

*“I AM the Presence, the Intelligence, directing this energy to a given purpose,”  
YOU set the Law in motion in a perfectly easy, calm manner. It does not require any tearing of the hair effort. Therefore, all-ways facilitate a calm, serene, determined procedure.*

To fully embrace ALLness, there is a great chore before you, if you choose to call it a chore. It may feel as if you are both the one doing the plowing, and pulling the plow at the same time. My goodness. The chore is to release all judgment of yourself...Of your-self.

BEloved children, your wisdom and expression of ALLness, your divine expression has arisen now and as it has many times before. It is saying:

*“I wish to experience ALLness. To do so, I shall experience judgment, hate, anger, guilt, distrust and ALL of the other things that come with the body of this physical form experience.”*

Halleluia! Good! As your world shifts from cycle to cycle, YOU ARE...in your world, at a time where the soda will explode without you having to pull the tab at all. The ALLness has been shaken up. The bubbles have created bubbles, have created bubbles, have created bubbles. It is a fun metaphor, go shake up some soda! YES!

### Releasing Limits: Finding Clarity

BEloved ONE! To seek to contain the ALLness is a judgment. To seek to contain your expressions, limits the limit-less. To question for the sake of questioning, to perpetuate a belief system of density, will perpetuate density.

*ALL of these expressions are manifest before you now and will continue to BE!  
Within the All-ness, how can you limit any expression?*



We invite YOU, as YOU have invited us to share, into the re-cognition that the you, as your density expression, is indeed, at the time of reunification into ONEness from the expression of Allness.

***Within that process, your choice must be clear. Either continue with ALLness, which will have a very different experience, than the Reunification of Oneness. ONE does not end as another begins. IT IS... that the two become apparent in the ONEness of ALL that IS... expressed.***

There is no separation. This can be confusing to a mind in a body, can it not? How can there be two if there is only one? BEloved Ones! One and one is still all-ways ONE. IT IS...only in your world experience now, that a one and a one make a two.

IT IS...important to re-cognize that as YOU...ARE... in this time of reunification, as WE...ARE... honored to share with you, each cycle of what you call a moon or month...each month fully experience One lesson at a time, overlapping with any other ONE experience YOU may IN-joying, as it will still be ONE, will it not? YES!

IT IS...the time to stop judging your-self. IT IS... the time for YOU to judge yourself as you've never judged yourself before! Simply pay attention.

***Each choice will manifest to IT-self, the Divine ONEness in the culmination energy, that IS pouring forth to empower YOUR Wisdom Crown.***

Your Wisdom Crown radiates with abundant light. This light carries a crystalline matrix within it that reaches out to your heart, illuminates your heart, anchors your heart. When you anchor the heart with the Wisdom Crown that you carry, the kernels of divine wisdom ARE... YOU.

YOU do not need to find them. YOU do not need to seek for them. YOU...ARE... them. BEloved ONE! BE... in the preciousness of your wisdom as ONEness comes arises.

### **The Divine Birth is at hand**

***When YOU declared, " Yes! I will BE in the planet of density. I will go to the densest of the dense to celebrate the Re-union of ONEness". When you brought this energy forward, YOU celebrated greatly. YOU... came HERE... in joyous celebration.***





This BEloved world is now birthing! The birth is neither a twin or triplet. IT IS...YOUR birth. What is BEing birthed is the truth of YOU. YOU...ARE... birthing Beloved Ones! birthing does not happen outside of you. IT IS...happening through YOU.

Can you midwife your-self? Can you hold the space for others<sup>7</sup>?

***As YOU... midwife ALL of this Earth, as YOU... hold the birth of THIS planet... YOU ARE... holding the re-unification of your Oneness. YOU...ARE... birthing this.***

YOU...ARE... not a victim! YOU...ARE... the participant, as YOU...ARE... the giver of Life, as YOU...ARE... the witness, as YOU...ARE... the observer, as YOU...ARE... the ONE, within the ALLness that has all-ways been in the genetic make-up of the homes you call bodies, in this world experience of density<sup>8</sup>.

For so many, many, many periods, of what you call time, gaze upon the ALL-ness as you call it forward into the truth before YOU. Standing witness to your-self, as you are the witness for each other. Birthing for your-self, as you birth for each other. Re-leasing the judgment begins with YOU.

As you choose to remain in judgment, or those around you choose to remain in judgment, thank them for assisting YOU to re-cognize where you may still hold judgment. For those around you, their choices gift you divinely! They are before you, so that you must re-lease judgment. If you choose of course!

***Each is in their divine precious Wisdom Re-unification.***

The work to be done Beloved Ones is a joyous gift! If you choose it to be or it can be as shackles, if you choose it to be. Relax and invite your-self to decide. Do I purify my body to effort-lessly hold a higher vibration? OR...does my ego still enjoy density.

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<sup>7</sup> Direct reference to our Sacred Intention for Being: To listen, love and hold the space of enlightenment through the Art of Ascended Living. The active presence of the Yoga of Self-Ascension

<sup>8</sup> This is the cycle of expansion for anchoring full Ascended presence ....the mastery of the Yoga of Self-Ascension.

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If you are in conflict, then you have all-ready made another choice. This is good. It will reveal where you are judging your-self in the choice. Notice how deeply the layers go.

### Celebrating and Discernment

Beloved ONE! The grandest illusion, in your world... now, is the one that you receive when you are unable to look into the truth of YOU. The truth of YOU... has all-ways radiantly, joyously, abundantly, lovingly and divinely, supported ALL-ness for YOU.

How could that have ever been wrong?

The self-imposed judgment of your actions creates the energy of wrongness.

We encourage you to begin with your-self. IT IS... useless in this world to delude your-self that you can re-lease judgment of others when the judgment of your-self still reigns.

Can you model this for others? Can you model it for yourself?

Beloved ONES, WE...ARE... dancing. Yes! We invite ALL of YOU to join this party! The party of ONENESS! A divine celebration to gaze at each BEing on the planet with heart-centered understanding and gratitude. To say: *"Thank you for serving so well, thank you for opening, thank you for being"*. Even those you would claim in judgment have committed horrific crimes. This is a great, great, great discernment.

*The discernment arises from re-cognizing that YES... there ARE planetary density actions that have, and bring to them, direct consequences of the action. There is the witnessing<sup>9</sup> of each action from the recognition of soul generation, soul expansion.*

This discernment is important! It does not say we put a knife in all of your hands to kill as you will. It does invite:

*Can you re-cognize that each is doing their part knowing that their actions will receive the soul energy needed for their own completion?*



<sup>9</sup> The selection of this word is a reminder to remain in multi-dimensional awareness.



This is not your job, as they say. If you were to have a job, another word of density, it would be to fully embrace the truth of your-self! To re-cognize

YOU...ARE... here by choice! YOU cannot mess this up. Regardless of how hard you think you are trying. YES! ALL IS... and has all-ways been, well.

Or, does the mind judge and say: "I must question this", as a self-perpetuating vehicle of this world that will do everything possible to stop YOU. The mind is a sly pirate! It will do everything possible to stop your progress. What a gift! The greatest gift you could ask for came with you. IT IS... part of the package!

Beloved Ones of great light, YOU...ARE... abundantly into the time of Oneness. This, in your world, is one of the few certain things that is before YOU. Be cautious and care-full as YOU call forward greater discernment. Witness what calls YOU to ONEness, to ALLness.

### [I AM Discourses Page 138/Discourse XII](#)

The Principle of Life, ALL-ways active, is ever striving to pour IT-self forth into expression, thereby producing Its Natural Perfection. Human-kind having free will, consciously or unconsciously, qualify IT<sup>10</sup> with ALL kinds of distortion.

The indi-vid-u-will who stands with their attention fixed firmly on the "I AM Presence," on the Divine/God and with the Divine/God, becomes an Invincible Power, with which, no outer manifestation of human-kind can interfere.

***When your questions arise, and questions are a gift, invite discernment and ask:  
"Is my mind asking to ask, or does my heart truly wish to be free?"  
This is an important discernment!***

***ALL questions asked by a heart seeking reunification,  
are all-ways answered. Questions asked for the sake of the mind will perpetuate the mind,  
a good thing too! Just get clear on your choice!***

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<sup>10</sup> The Principle of Life.



### Abundant Expansion

Beloved ONES! Your world has entered a phase of abundant expansion. Abundance is only limited by the perception and understanding of a word. Abundance is an energy, as is fear, as is chaos, as is Love. It is an energy.

***ALL energies in the expression of ALLness, will find ALL-ways of BEing.  
When your clarity arises, the energies in your expression of ALLness  
will support your clarity<sup>11</sup>.***

**Moving further into Oneness, ALL becomes ONE, and ONE has ALL-ways been.**

And so IT...IS. We invite you into a deep Avesa Breath. YES!. We invite your mind, in this moment, to simply feel peace. Declare: In this one moment, beloved mind, BE at peace.

Can you imagine everything, every-thing, without limit in the ALLness of divine harmony?

Feel that gift. Feel ALL in divine harmony, your body with your heart, with your mind, with your soul, with your preciousness, with ALL that has ever been. This is your truth. May this moment find you expressing IT... often. May your expression free others to do the same.

***BE in the energy of harmony! In the energy of harmony, questions dissolve.***

**Feel the bliss of your-self Beloved One. Experience this as a great dance! May the harmony of Oneness, as a Divine gift received from ALLness, empower your Crown of Wisdom into effervescent clarity that YOU share with ALL.**

We love you dearly. Much more to say! And so IT..IS.  
Abundant Love.

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<sup>11</sup> This is the definition of the Law of Instantaneous Manifestation.