

I AM the Emerald-Crystal Light!
Meditations from the Heart of Hilarion

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I AM the Emerald-Crystal Light of Truth!

1. I AM the embodiment of truth where I AM.
2. I AM anointed by Hilarion as a representative of the flame of truth.
3. I AM ready to know the truth at all costs to my human self.
4. I surrender that which is clouding my own concept of myself as a God-free being.
5. I AM the defense of truth wherever it is spoken, and I stand to champion those who speak that truth!
6. I AM a warrior of truth.
7. I AM the truth that has set me free.
8. I AM the Mother Light within me.
9. I AM strengthening my heart's ability to withstand the greater fire of the flame of truth.
10. I AM truth, and I desire only to know God and desire God to know me.

I AM the Emerald-Crystal Light of Healing!

11. With Hilarion I anchor the light of healing in this place.
12. I AM sealed in a ring of emerald light. O beloved Hilarion, use me to sing the song of the healing of the soul to all whom I touch, whom I see and to whom, through my conscious awareness, I send holy love, holy wisdom and holy healing.
13. I AM one with the spirit of healing love.
14. I AM one with God in the circle of true healing fire.
15. I AM the flame of healing that springs from my heart.
16. I AM the flow of cosmic light, clearing and sealing each chakra.
17. I receive now the fire of healing from the hands and crystal-ray chakras of beloved Hilarion, penetrating into deeper and deeper levels of my solar awareness.
18. I AM merged with my own Real Self.

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19. I AM the raising of the vibration of my soul into perfect wholeness in this hour.

20. I AM calling for many more hearts to be attuned to the heart of Mother Earth for the healing of the heart of the Earth.

I AM the Emerald-Crystal Light of Vision and Music!

21. I AM the emerald crystal light that penetrates through the action of my own eyesight, both outer and inner, every layer of my being, of my chakras, of my aura.

22. With God I now see clearly and I AM whole.

23. I AM seeing each person in purest light and beholding the purity of the soul of each one.

24. I run the pathway of my divine experience of oneness with God, which is my rightful path.

25. I AM a missionary of the seven rays and the five crystal rays to all our world.

26. I understand my true purpose as a spirit-spark of the One.

27. I see the sun of my Real Self and my Causal Body expanding, radiating more fire, spinning and giving off those spiritual sparks that are now felt throughout our world and many other galaxies.

28. I AM relegating all that is less than God's ideal into the sacred fire.

29. I AM the polestar of pure fire where each molecule is vibrating in synchronicity in the latticework of the Christic prism of my God-being, humming with the music of the spheres within.

30. I AM the pure sphere of my solar consciousness singing the song of freedom, strumming melodic strains of Venus that resonate in perfect pitch with the flame of God-love that I AM.

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**I AM the Emerald-Crystal Light
of Science and Precipitation!**

31. With Hilarion I come to fulfill in Mater what is already manifest in Spirit.

32. I AM open to that higher understanding ready to be revealed just beyond the veil.

33. I AM faith intertwining with wisdom accelerating to become the emerald ray.

34. I AM God's love that flows as a river of life.

35. I AM merging with the stream of light from the heart of Alpha and Omega rising, rising, rising each day.

36. I AM attaining new levels of holiness.

37. I AM increasing the Sun Presence of love within.

38. I AM the precipitation and full appearing of the ancient memory of Earth's perfection.

39. I AM learning more in this vast universe that is constantly expanding through God's ongoing revelation.

40. I AM the sense of Presence always; therefore, every answer is available to me.

**I AM the Emerald-Crystal Light
of Appreciation and Abundance!**

41. I AM practicing appreciation; thus all abundance is mine.

42. I appreciate my brothers and sisters so that all sense of separation falls away, and I experience the joy of true communion.

43. I AM gratitude in action allowing God's abundance to flow freely to me and to all mankind.

44. I appreciate the love that you bear me, O grain,* for only God could create thee. And I now receive this creation fully unto myself as God's offering of himself to me.

45. I AM now freed from the condemnation of the world from this and all past embodiments.

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*The grain symbolizes abundance in all areas of life, including health, prosperity, food, family, friends, work, etc.

46. I AM the point of light of God-reality in my heart, and from it I draw the emerald ray for the precipitation of all abundance and wholeness.

47. I AM cosmic light flowing.

48. I AM expanding the love fires within my heart.

49. I AM the radiant smile that flows from the heart as a natural expression of divine love.

50. I AM the Emerald-Crystal Light!