

# I AM America Mentoring Program

## *Class Syllabus*

Since 2013, our immersive I AM America Teachings program has deepened spiritual understanding through study and discussion. Over time, we've discovered that guided inquiry—the Socratic Method—is the most effective way to learn and apply these teachings. This time-honored practice encourages deep contemplation through dynamic question-and-answer sessions, fostering self-discovery and spiritual insight. Rather than rushing the process, it allows each student to absorb the teachings at their own pace, perfectly aligning with their unique level of consciousness. This approach has been the cornerstone of our work with the Master Teachers for decades.

Building on this foundation, we recognize that, just as the teachings were revealed incrementally, they must also be studied incrementally. Each revelation builds upon the last, forming a natural progression of understanding. We believe that these teachings are as dynamic and alive as you are—responding to your evolving level of spiritual growth. This structured unfolding ensures deep integration, allowing the Masters to guide you step by step as they fine-tune your Energy System for the Ascension Process. And if you are fortunate enough to have a Master oversight your studies—a process we can support and assist—your learning will be further enriched.

### *The Socratic Spiral: A Fusion of Inquiry and Incremental Learning*

Our method is not just about asking questions—it is about returning to the same core concepts at deeper and deeper levels of understanding. This process, which we call the *Socratic Spiral*, allows each inquiry to reveal new layers of truth and expands your awareness of the Ascension Process—take your time.

While some students may feel eager to move quickly through the teachings, true Mastery is not about speed but about integration. The Ascended Masters provided these teachings in an intentional sequence to allow for proper calibration of your Energy System. Skipping ahead or jumping between lessons may create energetic imbalances, making it difficult to fully embody the wisdom being offered.

For those who grasp concepts quickly, we encourage a deeper engagement rather than acceleration. Instead of moving ahead prematurely, advanced students can:

- Revisit foundational teachings with a new level of awareness, uncovering subtler layers of wisdom.
- Apply insights practically through meditation, the spiritual techniques, and conscious disciplined focus.
- Strengthen intuitive knowing and discernment to ensure teachings are fully embodied, by keeping, using, and reviewing a personal journal.
- By embracing the *Socratic Spiral*, students develop not only knowledge but a living wisdom, making each revelation an integral part of their consciousness.

### *The Benefits of Incremental Learning in the Ascension Process*

Incremental study enhances retention and integration. Spiritual wisdom is absorbed more effectively when introduced intentionally and in small steps, allowing time for reflection and embodiment. Each layer of understanding builds upon the last, reinforcing spiritual confidence and personal experience.

This structured approach also prepares the mind for higher teachings by providing a stable foundation, ensuring clarity rather than confusion. Through consistent practice, it strengthens spiritual habits that support Ascension while preventing energetic overwhelm, keeping you engaged and receptive.

### ***Key benefits of incremental learning include:***

- A strong foundation that supports deeper spiritual insights over time.
- A structured approach that prevents energetic overload, ensuring steady progress.
- The ability to integrate wisdom naturally, allowing for deeper embodiment of the teachings.

### ***The Power of the Socratic Spiral in Spiritual Mentorship***

The *Socratic Spiral* deepens reflection and self-discovery, allowing seekers to uncover their own insights rather than simply receiving predefined answers. This method sharpens critical thinking and discernment, empowering individuals to question assumptions and engage with multiple perspectives, a vital skill for navigating the spiritual path.

Beyond personal transformation, Socratic inquiry fosters meaningful dialogue and collective wisdom. Whether in personal study or group discussions, this process strengthens intuitive knowing and aligns seekers with the Divine Will. By dissolving mental blockages, the mind becomes receptive to higher-dimensional understanding.

### ***Instead of passively consuming knowledge, students:***

Engage in continuous exploration, questioning, and self-inquiry to expand their awareness. Strengthen intuitive knowing and develop deep spiritual discernment through direct experience. Integrate each revelation as a lived experience, allowing wisdom to transform their consciousness in a personal and meaningful way.

### ***A Transformative Learning Journey***

The I AM America Mentoring Program is not just about learning—it is about Awakening, integrating, and Ascending. The *Socratic Spiral Approach* cultivates wisdom through inquiry and alignment through incremental integration. The Masters have given these teachings in a specific order for a reason, and through this process, we honor their divine instruction.

Whether you are just beginning your journey or deepening your practice, this method allows your spiritual evolution to unfold naturally in perfect Divine Order.

### ***Introductory Studies***

#### **Class One: “A Teacher Appears”**

- The I AM Presence.
- Ascended Masters.
- Use of Decrees and Mantras.
- Earth Changes and the New Times.
- Meditation and Visualization.
- Introduction to Rays and Ray Forces.
- The Violet Flame.

Required Textbook: *A Teacher Appears*, it is also helpful to acquire and study the *I AM America Map* or the *I AM America Atlas*, as topics associated with Earth Changes will be discussed.

### **Class Two: “Sisters of the Flame”**

- The Angelic Host.
- Chakras and Light Bodies.
- Christ Consciousness.
- Cellular Awakening.
- Awakening the Feminine.
- Ascension and the Fourth Dimension.
- Cultivation of the Violet Flame.

Required Textbook: *Sisters of the Flame*

### **Class Three: “The Ever Present Now”**

- The Golden Age and Kali-Yuga.
- Oral Tradition, Prophecy, and Prediction.
- Introduction to the Golden Cities.
- The Seven Rays of Light and Sound.
- Meditation and Decree Techniques.

Required Textbook: *The Ever Present Now*

### **Class Four: “Fields of Light”**

- Spiritual Metabolism and Breath.
- The Eight-sided Cell of Perfection.
- Rays and Earth’s Light Bodies.
- The I AM Rhythmic Breath.
- Spiritual Migration to a Golden City.
- Unity Consciousness and the ONE.

Required Textbook: *Fields of Light*

### ***Beginning Studies: Prophecy Series***

The Prophecy Series serves as a powerful introduction to many foundational concepts within the I AM America Teachings. This series explores essential themes such as the Twelve Jurisdictions, the nature of Oneness, and Christ Consciousness, providing a deeper understanding of the spiritual framework that supports our work. It will enhance your agility with the I AM America Teachings, particularly as you progress to the intermediate levels. Through these teachings, you will learn how to transmute and overcome fear while you apply your Violet Flame Practice. And you’ll become familiar with key Glossary Terms and the sacred language of Ascension—as well as the dynamics of the Fourth and Fifth Dimensions—preparing you for deeper spiritual exploration.

### **Class Five: New World Wisdom Series**

#### *Book One*

- The Prophecies of the I AM America Map.
- Introduction to the Golden Cities.
- Introductory Teachings of Saint Germain, El Morya, Sananda, and Kuthumi.
- Agreement Formation.

- The Twelve Jurisdictions.
- Consciousness Shifts for the New Times.

Required Textbooks and Map(s): *I AM America Atlas*, *New World Wisdom: Book One*. Maps: *I AM America Map*, *Golden City Map*.

**Class Six: Book Two**

- Introductory Teachings of Kuan Yin.
- The Nature of Oneness, the Oneship, Unana, and Absolute Harmony.
- Introductory Teachings of Mother Mary.
- The New Children.
- Prophecies for Japan, the Philippines, China, and India – the Greening Map.
- *Soletata* – the Divine Feminine and Divine Mother within.
- Ascended Master Teachings of Saint Germain, Sananda, and Soltec.
- The Inner Garden.
- Prophecies of the 6-Map Scenario alongside teachings of Multiple Timelines and Consciousness.

Required Textbooks and Map(s): *New World Wisdom: Book Two*, *I AM America Atlas*. Map: *Freedom Star World Map*.

**Class Seven: Book Three**

- Spiritual Lessons on the Rays by Master K.H.
- Spiritual Teachings with Saint Germain, Sananda, and El Morya.
- The Christ Body, Aggregate Body of Light, and Conscious Immortality.
- Prophecies for Europe with Sananda, El Morya and Lady Nada.
- Prophecies for Africa and the Middle East with Master Kuthumi and El Morya.
- Birth Changes with Mother Earth Babajeran.
- Global Warming Update for the Earth with the Ascended Masters.

Required Textbooks and Map(s): *New World Wisdom: Book Three*, *I AM America Atlas*. Map: *Freedom Star World Map*.

***Intermediate Studies: Golden City Series***

The Intermediate Studies of the I AM America Teachings deepen your understanding and prepare you for the Advanced Teachings. This level of study explores the Golden Cities, their connection to the Fourth and Fifth Dimensions, and the intricate network of lei-lines, power points, and Adjutant Points that energize these sacred locations.

At this stage, students also begin working with the Ray Forces, gaining insight into their influence on personal transformation and the evolution of the human to HU-man Aura. Individual attention will be given to your personal Vedic (Jyotish) Astrology Chart, allowing you to see how the Ray Forces play an intricate role in this life's karma, the mission of your soul, and the unfolding of your unique dharma through spiritual development. This study provides a profound understanding of how cosmic energies shape your path, offering greater clarity and alignment with your soul's higher purpose.

The study of the Cycle of the Yugas provides a broader perspective on spiritual development across time, while advanced spiritual techniques guide students in refining their daily practice. These techniques include the Write and Burn Technique, defining the Heart's Desire, Candle Meditation, the Step-down Transformer of Light, and intensive meditation practices and decrees. Each book within this series builds upon the last, making the sequence of study essential. Because these teachings introduce

numerous techniques and advanced knowledge crucial to the Ascension Process, completing all of the books in this series is required before advancing to the I AM America Advanced Teachings.

Intermediate students also begin integrating deeper initiations and teachings. The Eight-sided Cell of Perfection is introduced, along with its connection to the Golden City infrastructure and the importance of beginning a Golden City Pilgrimage—a practice that enhances the Ascension Process. The teachings of the Gold Ray provide an opportunity for initiation, allowing students to understand its function, use it in spiritual practice, and integrate it into their Ascension journey. The traditions of Shamballa are also explored, offering insight into its unique heritage and the sacred Water (Cup) and Fire Ceremonies, which have been upheld by the Ascended Masters for millennia.

Students at this level are also introduced to the biographies of many Ascended Masters, deepening their understanding of Spiritual Hierarchy and how it is divinely organized. This knowledge provides context for the ongoing divine intervention of Shamballa and the Golden Cities of Light, further refining the student's ability to engage with these higher teachings. The Intermediate Studies serve as a bridge between foundational teachings and the Advanced Teachings, offering the spiritual agility needed to navigate the higher realms of consciousness with clarity and purpose.

### **Golden City Series** (or Awakening: Entering the Ascension Timeline)

#### **Class Eight:** *Points of Perception*

- Spiritual Teachings from Saint Germain, with Sananda and Kuan Yin.
- The Fourth Dimension.
- Introduction to the Golden Cities.
- Prophecy, Vibrational Shifting, and the Nine Perfections.
- Shamballa and Sanat Kumara.
- The Eight-sided Cell of Perfection.
- The Co-creation Process.
- Biographies of the Ascended Masters.
- Golden Cities and their Activation Sequence.
- Golden City Adjutant Points and Golden City Doorways.
- Energy Maps: Lei-lines, the Vedic Square, Feng Shui and the I Ching.
- The Candle Meditation.

#### **Class Nine:** *Light of Awakening*

- Spiritual Teachings from Saint Germain, El Morya, and Kuthumi.
- El Morya's Teachings on Starting Anew.
- Saint Germain's Co-creative Thought Process.
- The Ray Forces of the Golden Cities.
- Spiritual Development and Initiation through the Golden Cities.
- The Provenance of the Golden Cities and their Relationship to Shamballa.
- The Gold Ray and the Golden Age.
- Ray Systems and the Seven Rays of Light and Sound.
- The Human Energy System and the Rays, the Seven Chakras, the Golden Thread Axis, the Auric Blueprint.
- The Flow of the Rays through the Human Body.
- Sacred Geometry and Golden City Dimensional Symbolism.
- Meanings of the Fifty-one Golden City Vortices.
- Write and burn Spiritual Technique.

**Class Ten:** *Divine Destiny*

- Spiritual Teachings from Saint Germain, El Morya, and Lord Meru (Macaw).
- Teachings on the Heart's Desire.
- Prophecy is Not Prediction, The Time of Testing, and the Great Purification.
- The Map of the Ancients: Ancient Mu, Lemuria, Rama, and Atlantis.
- The Spiritual Hierarchy and Earth's Spiritual Infrastructure.
- The Great Triangle of Solomon.
- The Twelve Jurisdictions and Levels of Spiritual Evolution through the Eight-sided Cell of Perfection.
- The Cycle of the Yugas and the Golden Age on Earth and the Cycles of Human Perception and Consciousness.
- The Eight-sided Cell: Evolution Points and Evolutionary Pyramids Overlaid the Golden City.
- Lord Meru: Ancient History of Earth and the History of the Violet Ray.
- Symbolism of the Great Sun Disk and the Lineage of the Galactic Suns.

Required Textbooks: *Points of Perception*, *Light of Awakening*, *Divine Destiny*, or *Awakening: Entering the Ascension Timeline*

**Class Eleven:** *Sacred Energies of the Golden Cities*

- Spiritual Teachings from Saint Germain and Sanat Kumara.
- Teachings on the Golden City Doorways to Initiate and Advance our Spiritual Development and the HU-man Energy System.
- Planetary Alignments and the Dark Rift, Consciousness and the Experience of Time.
- Descending and Ascending Cultures.
- The Gold Ray and the Human Energy System, and how to use and apply the Gold Ray alongside the Violet Flame in daily practice.
- Sanat Kumara's Teachings on the Map of Rings and the Cycle of the Elements.
- The Ascended Masters and their Archetypal Presence and Teachings.
- Co-creation through Archangel Michael's Ring of Blue Flame Angels.
- Moving to or Spending Time in a Golden City Vortex, what to expect.
- Golden Cities Through the Dimensions and the Science of the Maltese Cross.
- Introduction to the Adjutant Points and Lei-lines within the Golden City.
- Use of Golden City Elixirs.

Required Textbooks: *Sacred Energies of the Golden Cities*, *I AM America Atlas*

**Class Twelve:** *Temples of Consciousness*

- Spiritual Teachings from Saint Germain and Sananda.
- Use of the Violet Flame and the Three Standards, Seven Temples of the Violet Flame, and Release of Genetic Fear.
- Dietary Guidelines for Spiritual Vibration, the Fear Vibration and the Plant Kingdom.
- Meditation, Decrees, and Write-and-burn Techniques.
- The Golden City Stars and their Spiritual Connection to Ascension.
- Saint Germain's Teachings on the Ascension Process.
- Understanding and Accessing Fourth and Fifth Dimensional States of Consciousness through the Golden Cities.
- Spiritual Initiation through the Etheric Temples of Light in the Golden Cities.
- Chakra Centers and the Golden Cities.
- Cultivating and Developing True Memory.



- The Christ Consciousness, Harmony, and the Sunday Peace Meditation, and with various spiritual practices for the Golden Cities.
- Moving through Crisis, the Perfected I AM, and the Science of Solutions.

Required Textbooks: *Temples of Consciousness, I AM America Atlas*

**Class Thirteen:** *Awaken the Master Within*

- The Ancestral Planet, Dual Sun Theory and Ancient Races, the DAHL Universe and the Gold Ray.
- Love, Evolution, Higher Love and Consciousness, A Change of Heart.
- Working with a Master Teacher and Awakening the Master Within.
- Saint Germain's Teachings on the Violet Flame, Vibration and the I AM.
- The Universal Law of Reciprocity and Correspondence, and their Relationship to Consciousness.
- Golden City Activations and their Ethereal Schools of Light.
- The Golden Ray Mantra, the Eight-sided Cell of Perfection, and the Eighth Light Body of Ascension.
- Introduction to the Master Teachers of the Adjutant Points within a Golden City.
- The Shamballa Six-fold Path, a blueprint for Spiritual Development.
- Numerous prayers, spiritual techniques, and specific decrees for the Violet Flame, alongside Saint Germain's personal instruction.
- The Step-down Transformer of Light.

Required Textbooks: *Awaken the Master Within, I AM America Atlas*, and the *Ascended Canvas* (Adjutant Point Study and biographies of the Ascended Masters, the Archangels, Elohim, and Cosmic Beings).

**Class Fourteen:** *Soul Alchemy*

- Spiritual Teachings by Saint Germain, El Morya, and Kuthumi.
- The Four Soul Seeds of Consciousness.
- Building Light and Heart for a Community.
- Developing the Ascension Light Bodies.
- Beliefs, Choice, and Change.
- Use of Golden City Energies and Communities.
- The Energy of Mountains, the Flow of Water.
- Identifying and Using Calibration Points.
- Blessing Land: Bhumi Puja, Sudharshanna, and the Tibetan Windhorse.
- Wenima and the Quetzalcoatl Energies.
- Golden City Stone (Rocking) Technique.

Required Textbooks: *Soul Alchemy*, (Digital format).

**Class Fifteen:** *Ascended Canvas Book of Portraits and the Ascended Canvas Calendar*

In this immersive and experiential class, you will explore the Ascended Masters, Archangels, Cosmic Beings, and the New Hierarchs of Light, deepening your understanding of their roles in Earth's spiritual evolution.

- Meet the Masters – Study the Lady Masters, Ascended Masters, Archeia, and Archangels of the Golden Cities.
- Discover the Mighty Elohim – Learn about the Eloah and Elohai who oversee the Golden Cities.

- The New Hierarchs of Light – Special focus on the emerging Masters guiding humanity's ascension.
- Over 100 Portraits – Absorb the energies and essence of these luminous beings through visual study.
- The Golden City Vortex – Explore the fifty-one Golden Cities of Earth and their impact on planetary transformation.

*Ascended Canvas Calendar Study:*

- Sacred Celebrations & Ceremonies – Align with the Spiritual Hierarchy's events throughout the year.
- Key Ascension Dates – Learn when significant Masters transitioned into higher realms.
- Birthdates of Messengers – Discover the lifetimes and legacies of key figures in the Ascended Master Tradition.

This class is more than just knowledge—it's a transformational experience, helping you attune to higher frequencies and the wisdom of the Spiritual Hierarchy.

Required Textbooks: *The Ascended Canvas: Divine Portraits & Sacred Wisdom*, and the *Ascended Canvas Calendar*.

## ***Advanced Study***

Our Advanced Courses offer an in-depth exploration of the Golden Cities, including their intricate infrastructure, sacred temples, Ashrams, energetic Portals, unique Ray Forces, and the abiding Hierarchs who oversee them. A key component of advanced study is Spiritual Pilgrimage, which provides direct experience of these higher frequencies. For those seeking more personalized guidance, one-on-one Mentoring can be arranged at specific Golden City locations, offering tailored instruction and support.

Students will receive detailed instruction on identifying and working with Adjutant Points to infuse and amplify energies for the Ascension Process. This includes understanding the Ray Forces associated with multiple Adjutant Points and the Hierarchs who preside over them. Students will also learn to engage with these powerful energies through Cup and Fire Ceremonies, deepening their connection to the divine. Additionally, advanced breath techniques will be introduced, which are essential for initiating and accelerating the Ascension Process by refining the body's ability to channel and sustain higher frequencies.

Advanced training in the I AM America Mentoring program deepens your understanding of the advanced physics shaping Earth's transformation at a Cosmic Level. This includes the Plasma Field, the monoatomic movement of the Photon and Ion—principles that form the foundation of the new science of the New Times. These emerging discoveries will help usher humanity into the Golden Age through breakthroughs in medicine and technology.

As you refine your abilities through meditation and decree practices, you will receive one-on-one guidance in establishing your own personal Communication Portal to the Temple of the Violet Ray in Shamballa. You will also receive instruction on accessing credible, protected guidance from the Ascended Masters. This delicate process requires seasoned mentorship to help the chela transcend the limitations of the ego, the shadow self, and Subjective Energy Bodies, ensuring a clear and protected spiritual connection.

Beyond the Golden City teachings, students will have the opportunity to participate in Ascended Master Energy Balancing Classes, which focus on the movement and alignment of energy within the HU-man Aura. These classes facilitate the integration of new Energy Bodies of Ascension, allowing for a more profound embodiment of higher spiritual energies. As part of this advanced training, students will deepen their understanding of the science of the Rays through Jyotish (Vedic Astrology), gaining insight into how cosmic forces shape personal transformation and spiritual



evolution. Specialized courses, such as Spiritual Pilgrimage to a Golden City, can be arranged based on individual interests and aptitudes, providing opportunities for deeper immersion in these sacred teachings.

While these are considered Advanced Teachings, they are among the most profound and life-changing studies within the I AM America Teachings. Through this journey, you will experience remarkable spiritual growth, heightened awareness, and tangible shifts in your everyday life, bringing you ever closer to the realization of your Ascension Process.

**Class Sixteen:** *The Twilight Hours: Teachings for HU-man Development from Saint Germain*

- Spiritual Teachings from Saint Germain.
- Twilight Breath of Luminous Light Technique.
- The Pitfalls of Greed and Fear-based Consciousness.
- The Transition Times on Earth of Fourth Dimension.
- HU-man Consciousness and the Ascension.
- The Elemental Kingdom.
- The Evolutionary Body and the Evolutionary Body Golden City Pilgrimage.
- The Science of Twilight.
- The Light-fields of Ascension.
- Lineage of Gurus.
- Spiritual Pilgrimage and Migratory Pathways.
- Ascended Master Biographies: Master Kuthumi, Lady Nada, Saint Germain, El Morya, Lord Sananda, Serapis Bey, Mother Mary, Master Soltec of the Celestial Brotherhood.

Required Textbooks: *The Twilight Hours*, and the *I AM America Atlas*.

**Class Seventeen:** *Golden Cities and the Masters of Shamballa*

- Teachings of Saint Germain, Master Kuthumi, Lady Nada, and El Morya.
- Building the Ascension Body and the Mental Body as a Component of the Group Mind.
- Identifying Adjutant Point Hierarchs and use of the Adjutant Points in Pilgrimage and Ascension.
- Golden City Southern Door Pilgrimage, Migration Pathways, and the Light Bodies of Ascension.
- Entering the Adjutant Points and their Sanctuaries of Light.
- The Difference between Spiritual Retreats and the Golden Cities of Light: The Gateway, Cardinal, Heavenly, and Convergence Ashrams. Golden City Temples of Perfection, Golden City Star Retreats, and the Golden City Star.
- The Human to HU-man cultivation of the intentional Group Mind.
- Cultivation of the Golden Orb Technique, the Right-hand Path, movement into Group Mind, Holding Energy as the Step-down Transformer.
- The Eight Pathways of Ascension.
- Project Liberty: An exercise in Group Mind.
- Teachings of Shamballa, the history and schools of Shamballa, the Lords of Venus, and the Shamballa Grid Pilgrimage.
- The Gold Ray and the Aquamarine Ray, their unique energetics, purpose, and application.

Required Textbooks: *Golden Cities and the Masters of Shamballa*, *I AM America Atlas*, and *The Ascended Canvas*.

**Class Eighteen:** *Evolutionary Biome: The Pilgrimage to Ascension*

- The Great Activation – A unique acceleration of the Golden Cities’ activation.
- Northern Door Manifestation Pilgrimage – A Gateway to the Co-creative Manifestation Process.
- Healing of the Nations Pilgrimage – Journeying through the Southern Doors of all Golden Cities and their corresponding Adjutant Points.
- Eastern Door Pilgrimage – Embracing the Divine Feminine and practicing the Sweet Nectar Breath Technique.
- The influence of Ray Forces upon Adjutant Points and their Hierarchs.
- Timelines and Collective Consciousness – Understanding their role in Ascension.
- Western Door Pilgrimage – Aligning the Will Chakras through the Divine Masculine path.
- The Stargate – An Ascension Pilgrimage through the Adjutant Points of a Golden City.
- The Provenance of Shamballa – A disaster in our Solar System and the Divine Intervention of Venus for Earth.
- Shamballa, Sanat Kumara, and the Four Remarkable Schools of Shamballa – Their significance in spiritual evolution.
- Advanced Spiritual Pilgrimage – Entering the Adjutant Points of Light to accelerate the Ascension Process.
- Advanced Teachings on the Cup Ceremony – Its history, use by the Ascended Masters, and role in Shamballa and the Golden Cities.
- The Seven Temples of the Rays – Their sacred locations in Shamballa.
- The Symbolic Seven Candles of Shamballa – Understanding their connection to the Seven Temples of the Flame.
- The Golden Belt – Saint Germain’s role as Lord of the Golden Cities.

Required Textbooks: *Evolutionary Biome*, *I AM America Atlas*, and *The Ascended Canvas*.

**Class Nineteen:** *Photons Propel Your Ascension*

- Light Beings – Earth’s surface, the honeycombed Earth, and the Inner Earth.
- Current Cosmology – Earth’s movement through the Monoatomic Plasma Field (a Photon Belt) and evolutionary acceleration through the Gold Ray.
- The Advanced Light Fields of Ascension – The science of the Maltese Cross and sensing the flux of a Golden City Adjutant Point.
- Advanced Shamballa Teachings – The Five United States Golden Cities, and *Shamballa Remains Open* – a rare occurrence.
- Lady Anaya – Pleiadean Ascension Teacher of the Aquamarine and Gold Rays, sharing Venusian and Pleiadean Ascension Teachings.
- Following Venus through the Golden City Doors – The Enlightenment Pilgrimage, *Saint Germain’s Ephemeris of the Rays* through the Golden City Doors (2021–2040), and Venus through the Doors (2021–2065).
- The auspicious Energy-for-energy Pilgrimage of any three Adjutant Points.
- Modulated Ray Forces – The New Ray Forces for humanity’s evolution and Ascension.
- Advanced Teachings on the Evolutionary Points – The pyramids of the Eight-sided Cell of Perfection and its correlation to the chela’s evolution.
- Advanced Teachings on Golden City Adjutant Points – Their connection to lei-lines and

the Golden City Ashrams.

- Use of the Evolutionary Field – Spiritual Pilgrimage within a Golden City.
- The Nine Movements of Consciousness – A guide to the Cup Ceremony and an illustrated teaching on the transformation from human to HU-man Light Fields.

Required Textbooks: *Photons Propel Your Ascension*, and *I AM America Atlas*.

**Class Twenty:** *Portals to Shamballa: Co-create a Personal Portal for Your Ascension*

- *The Communication Portal* – How to build, use, and maintain it within your personal space for the Ascension Process.
- The New Hierarchs of Light – A guide to the Adjutant Point Hierarchs of the United States Golden Cities for the next twenty-year period.
- Mastering the Communication Portal – the Communication Portal can condense, customize, and be moved to a desired location.
- Purification & Protection – Safeguarding your individualized Communication Portal and connecting to the Violet Ray Temple in Shamballa.
- Narratives of the DAHL/DERN Universes, the Myth of the Violet Star, and the origins of the Violet Flame practice.
- The Nine Sacred Sounds – Their movement within the Eight-sided Cell of Perfection.
- Sanat Kumara's Teachings from Avonne – Wisdom from the Venusian Golden City, including the principle of *Energy-for-Energy*.
- Lady Anaya's Advanced Spiritual Teaching – The Photon, its unique movements, and its relationship to the Eight-sided Cell of Perfection.
- The Inner Pilgrimage to Golden Cities – A step-by-step illustrated guide to the Golden Photon Meditation and Breath Technique.
- The Twelve Jurisdictions & Self-Mastery – The steps to Ascension through the Eight-sided Cell of Perfection.
- The Spiritual Pilgrimage Process – Overcoming personal shadows and understanding pilgrimage as both a religious and spiritual practice.
- Golden City Elixirs – A complete guide to their creation and use.
- Removing Subjective Energy Bodies – Advancing into the Eighth, Ninth, and Tenth Energy Fields of Ascension.
- The Great Acceleration & Golden City Activations – The further advancement of Earth's Ascension Process, with seven Golden Cities activating across India, Africa, and Mexico. This significant movement includes advanced teachings on Gateway, Temple, and Convergence Adjutant Points within a Golden City.

Required Textbooks: *Portals to Shamballa: Co-create a Personal Portal for Your Ascension*.

### ***Student Expectations & Best Study Practices***

The I AM America Mentoring Program is designed as a progressive spiritual path, where each course and text builds upon the last. Patience and disciplined study are key to absorbing the teachings at a deep level. Students who carefully follow the sequence of lessons integrate the material more quickly and effectively, allowing them to embody these higher teachings with clarity.

**Take One Step at a Time:** The students who benefit most from this program are those who patiently progress through the material, one lesson at a time. When students allow themselves to fully absorb and integrate each teaching, they develop a stronger spiritual foundation that makes it easier to receive new insights and initiations.

**Avoid Jumping Ahead:** Some students may feel eager to explore more advanced material before completing the foundational teachings. However, skipping steps creates knowledge gaps, making it difficult to integrate deeper teachings later. Everything in this program builds upon itself—taking shortcuts often results in missing essential pieces of the Ascension Process.

**Commit to One Book at a Time:** It's natural to feel drawn to advanced concepts, but jumping between texts can cause confusion. Mastery comes from deep focus—each book contains layers of wisdom that reveal themselves over time.

**Spiritual Integration is More Important Than Speed:** The goal is not to “finish” the material quickly, but rather to embody the teachings fully. True spiritual progress is measured by how well the knowledge is integrated into your daily life, not by how many books you've read.

### *Empty Your Cup: A Fresh Approach to Learning*

**Let Go of Preconceived Ideas:** Many students come into this program with backgrounds in other traditions or previous Ascended Master Teachings. While prior experience can be helpful, it is often a hindrance if students assume they already know what is being taught. Every teaching carries its own vibrational signature, and approaching this material with an open heart allows for deeper transmission and understanding.

**Beware of the Ego's Desire to “Already Know”:** The mind may resist new information that challenges old paradigms. Some students struggle because they compare these teachings with what they have learned elsewhere, rather than experiencing them directly. The best way to receive the full benefit of these teachings is to temporarily set aside past knowledge and allow this material to speak for itself.

**Spiritual Growth Requires Humility:** One of the biggest obstacles students face is ego resistance. True Ascension requires surrender, humility, and a willingness to be reshaped by higher wisdom. Those who approach this path with the mindset of a student rather than an expert experience far greater transformation.

**Come with an Empty Cup:** As the saying goes, “You cannot fill a cup that is already full.” The students who gain the most from this program are those who release prior assumptions and allow themselves to receive new knowledge as if for the first time.

**Let the Teachings Reveal Themselves to You:** Instead of mentally analyzing whether something aligns with past teachings, experience the material directly. Engage in the decrees, meditations, and spiritual exercises—this is how true wisdom is revealed.

### *Best Practices for Studying the I AM America Teachings*

**Create a Sacred Study Routine:** Choose a dedicated time each day to engage with the teachings, free from distractions.

**Absorb the Teachings in a Rhythmic Way:** Instead of rushing through the material, allow the lessons to unfold gradually. Some students benefit from reading a passage multiple times over several days to deepen their understanding.

**Engage with the Practices:** It is not enough to read the books—integration comes through practice. Meditation, decrees, visualization, and pilgrimage are essential to fully receiving the energetic transmission of the teachings.

**Stay Grounded in the Present Lesson:** Avoid getting lost in intellectual curiosity by trying to “figure out” what’s next. Stay present with the lesson at hand—it will lead you to the next step at the right time.

**Be Willing to Unlearn & Relearn:** Some students find that their previous spiritual studies must be reinterpreted or expanded to align with the higher teachings of Ascension. Be open to letting go of outdated beliefs in order to receive new levels of truth.

**Trust the Process:** The Ascended Masters have provided these teachings in a specific order for a reason. Each lesson will activate new spiritual abilities at the perfect time—there is no need to force the process.

**Allow for Spiritual Growth to Happen Organically:** Spiritual Awakening is not linear. Revelations will come when you are ready to receive them—sometimes in meditation, dreams, or moments of quiet reflection. Be patient and allow the transformation to unfold naturally.

### *What to Expect*

Each class typically takes three to six sessions, depending on the student’s aptitude, ability to integrate the teachings, and the overlighting of the student by a Master Teacher. Progress is also influenced by the student’s capacity to transmute karma and access Fourth Dimensional states of Consciousness. This method of learning follows a Golden Age model known as HU-man Development, which emphasizes spiritual evolution through both intellectual understanding and energetic transformation.

A fundamental part of this process is the two-year probationary practice of the Violet Flame, also known as the Three Standards. This is a crucial discipline that assists in karmic transmutation and facilitates the transition from Aspirant to Chela. While we cannot guarantee specific outcomes, dedicated application of the Violet Flame Practice, along with our Mentorship, significantly supports spiritual progress. Detailed instruction on the Violet Flame’s many uses and applications will be provided throughout the course of study.

### *Class Structure & Etiquette*

- Sessions are one-on-one and are held weekly, via telephone. Students are responsible for initiating the call and should be on time and prepared for each session.
- If two individuals wish to study together, such as partners or close study companions, session time doubles, and tuition is per person.
- Placing the phone on speaker or allowing others to listen in is strictly prohibited. Sessions are meant to be a private, protected space for learning and mentorship.
- Recording of sessions is not permitted. These teachings are intended for live, direct transmission between mentor and student.
- Each class lasts approximately 45 to 60 minutes, though it may extend if additional clarification or support is needed.
- While personal matters may arise in discussion (as they often create spiritual blockages), we ask that political topics be left out of conversations. Respecting diverse perspectives is fundamental to spiritual growth.

- Active participation is key. Students should read assigned materials in advance and prepare thoughtful questions for discussion.
- We use the Socratic Method in class, so questions should be clear and concise, allowing space for deeper insight and guidance. Avoid long, meandering questions—a focused inquiry often leads to the most profound answers.

### *Confidentiality & Integrity*

- Students are expected to honor the confidentiality of class discussions if participating with other Ascended Master students. This is a sacred and protected learning space, and personal experiences shared during sessions should be respected and not disclosed outside of class.
- Sessions may not be recorded, transcribed, or distributed in any format. This is to ensure the purity and integrity of the teachings.
- Integrity is essential in spiritual work. Honesty and sincerity in one's personal journey yield the greatest transformation.
- Students are encouraged to approach the teachings without exaggeration or misrepresentation, staying grounded in the truth of their own experience.

### *Payment & Student Benefits*

- Students enrolled in the program receive a 10% discount on all books and MP3s. Simply email in advance to request your exclusive discount code.
- Priority Enrollment for Seasonal Seminars – Enrolled students are given early access to our seasonal seminars before the general list and receive priority registration.
- Exclusive Seminar Discounts – Special rates are often available for enrolled students, providing an opportunity to engage with and meet other students in a dynamic and supportive environment.

### *Tuition & Fees*

We are committed to keeping our fees affordable while ensuring you receive the personalized support you need. Our standard package is \$180 prepaid per month and includes a weekly one-on-one call—an ideal setting for deep, focused study. With consistent effort, you can complete the program within the designated timeframe. However, we recognize that some subjects may require additional time due to their complexity or your unique learning pace, and we remain flexible in adapting to your individual needs.

For those seeking a more economical option, we offer a package with two calls per month for \$120. This alternative is perfect for quick learners or those who prefer a faster-paced study plan. We maintain a steady progression through the classes, with the option to schedule extra sessions when you need to focus on a particular study or spiritual practice.

We take pride in serving the Ascended Masters by offering accessible, high-quality instruction, and we have maintained our fee structure since 2013, ensuring that our services remain within reach for everyone.



## Integration Support

During designated integration periods, you will not be billed. Instead, we provide a complimentary Integration Call to help you assimilate and deepen your understanding of the teachings. This approach ensures you feel fully supported and confident on your journey toward Ascension.

## Additional Expenses

Please note that any costs for books, maps, MP3s, and travel related to Spiritual Pilgrimages are not included in the program fees and will be at your expense. If you choose to have us accompany you on a Pilgrimage for training and learning support, please be aware that additional fees will apply.

## *Ongoing Education with the I AM America Teachings*

The completion of this program does not mark the end of one's spiritual journey but rather a new phase of learning and expansion. Students may choose to:

- Continue with advanced courses or one-on-one mentoring for deeper study.
- Explore recommended reading and personal study for ongoing refinement.
- Participate in future seasonal seminars or group study sessions, offering opportunities for community learning and shared spiritual experience.

Both Lori and Lenard Toye bring nearly eighty years of combined experience in Ascended Master Teachings and direct interaction with the Master Teachers, and their nuances, and their subtle guidance. This course is an invaluable opportunity to learn in a protected, structured, and deeply transformative environment. Approach your study with dedication, respect, and an open heart, and you will find profound spiritual acceleration.

## *Join Us on the Path of Spiritual Transformation*

Whether you are beginning your spiritual journey or seeking advanced knowledge, the I AM America Mentoring Program offers unparalleled guidance. Explore the teachings of the Ascended Masters, deepen your self-awareness, and take meaningful steps toward your Ascension Process.

## *Are you ready to embark on this transformative journey?*

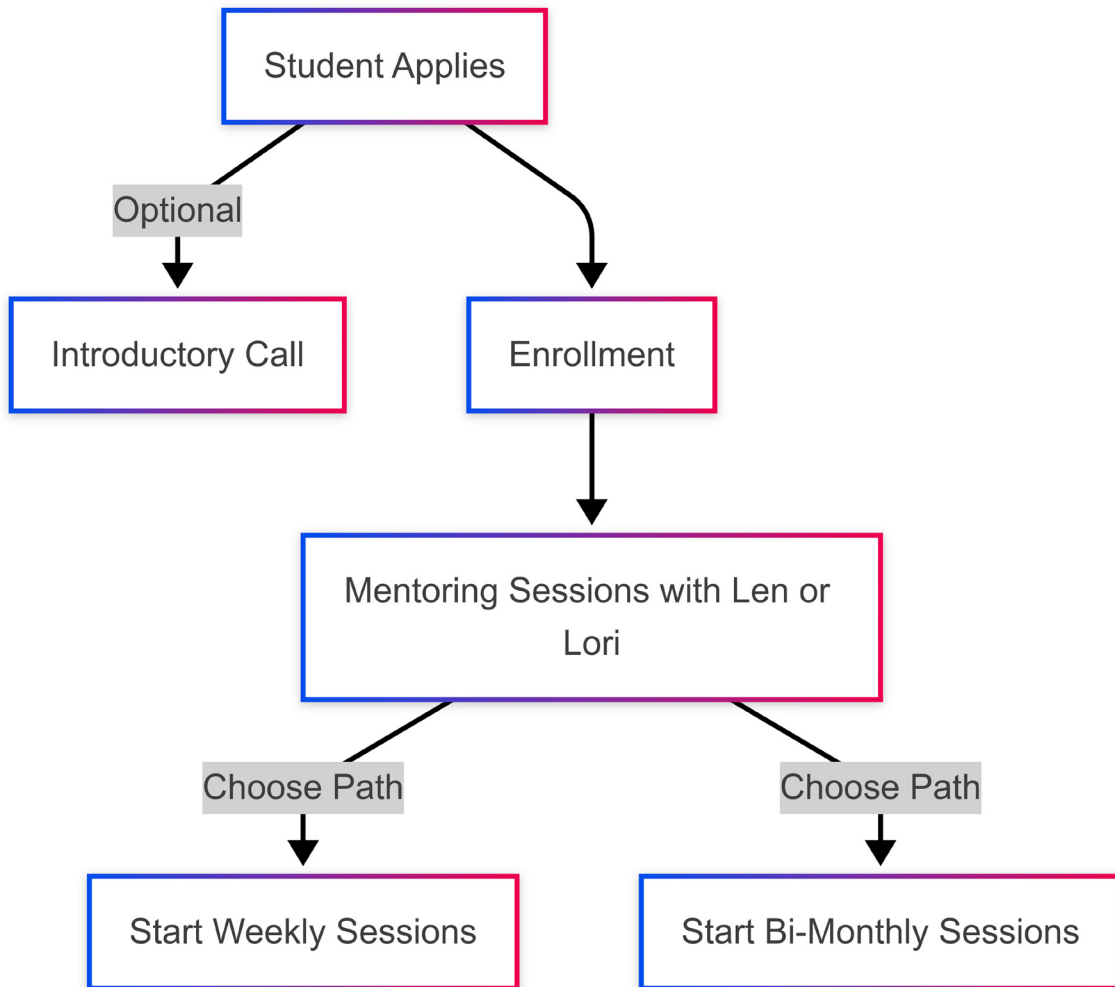
Contact us today to learn more. We welcome students of all levels and will help you find the best approach to your studies.



To receive an application and more information about our Mentoring Program, email [lori@loritoye.com](mailto:lori@loritoye.com). Please type **Mentoring Program** in the subject header.

# The I AM America Mentoring Program

## Step-by-step Guide

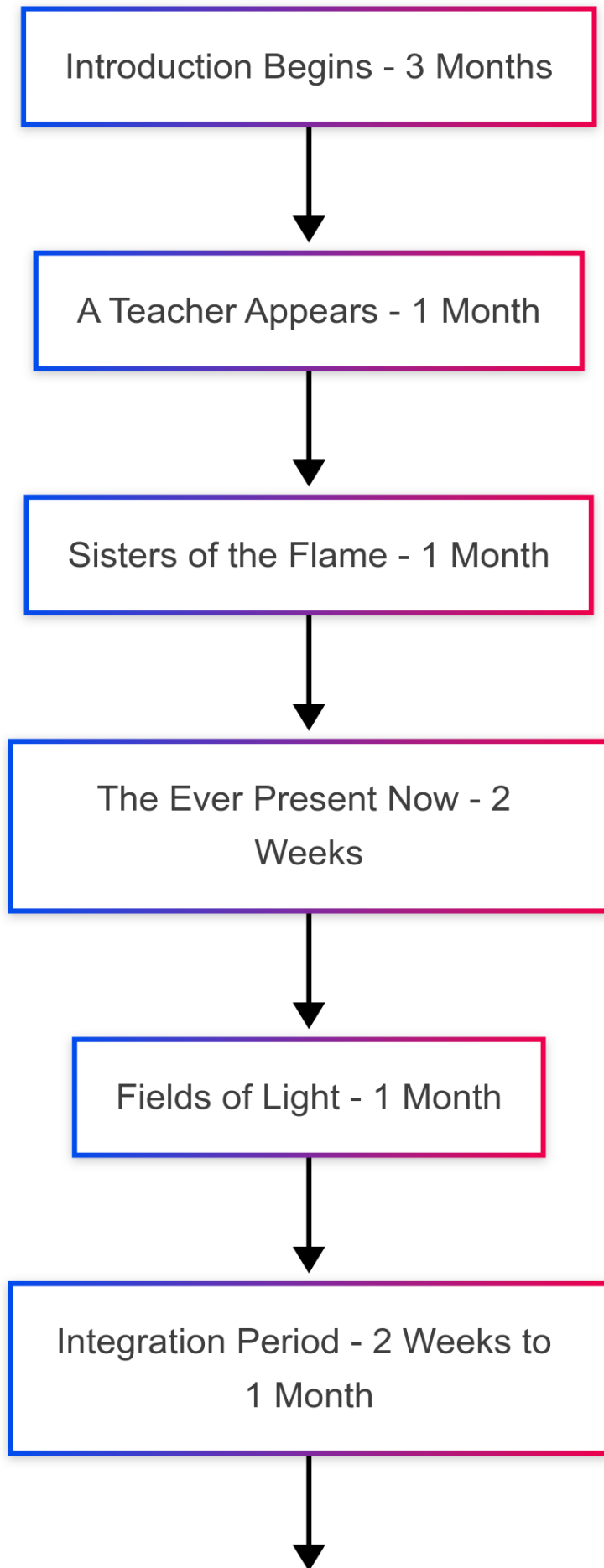


### ***Mentoring Program Timeline***

#### **1. Enrollment & Initial Sessions**

- Student Applies
- Introductory Call (Optional)
- Enrollment
- Mentoring Sessions with Len or Lori
- Start Weekly Sessions OR Start Bi-Monthly Sessions

*(No specific duration for this phase – depends on the student's start time.)*

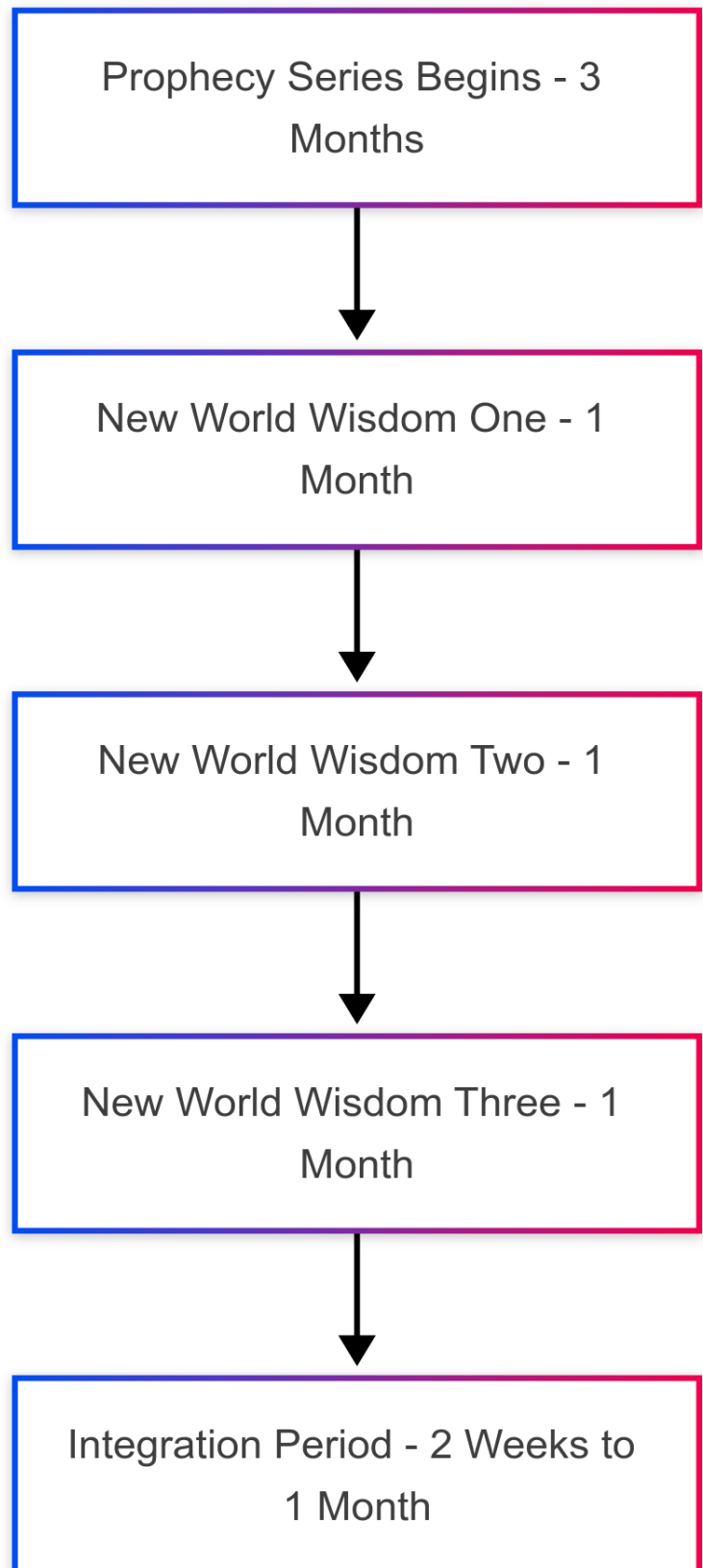


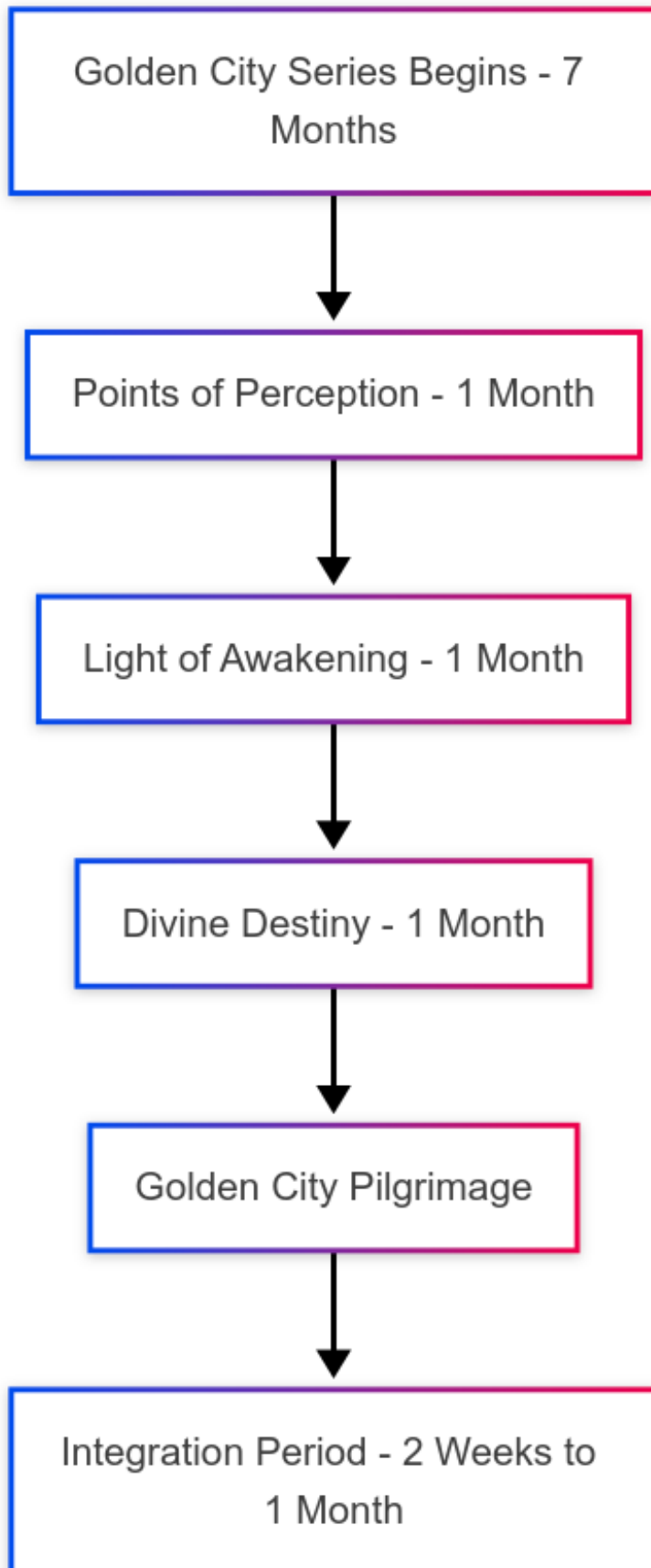
## 2. Introduction (Beginning Studies) → 3.5 Months

- A Teacher Appears → 1 Month
- Sisters of the Flame → 1 Month
- The Ever Present Now → 2 Weeks
- Fields of Light → 1 Month
- **Integration Period** (Reflect, Absorb, Apply) → 2 Weeks – 1 Month
- **Total Estimated Time for Introduction: 4 – 4.5 Months**

### 3. Prophecy Series → 3 Months

- New World Wisdom One → 1 Month
- New World Wisdom Two → 1 Month
- New World Wisdom Three → 1 Month
- **Integration Period** (Reflect, Absorb, Apply) → 2 Weeks – 1 Month
- **Total Estimated Time for Prophecy Series:** 3.5 – 4 Months

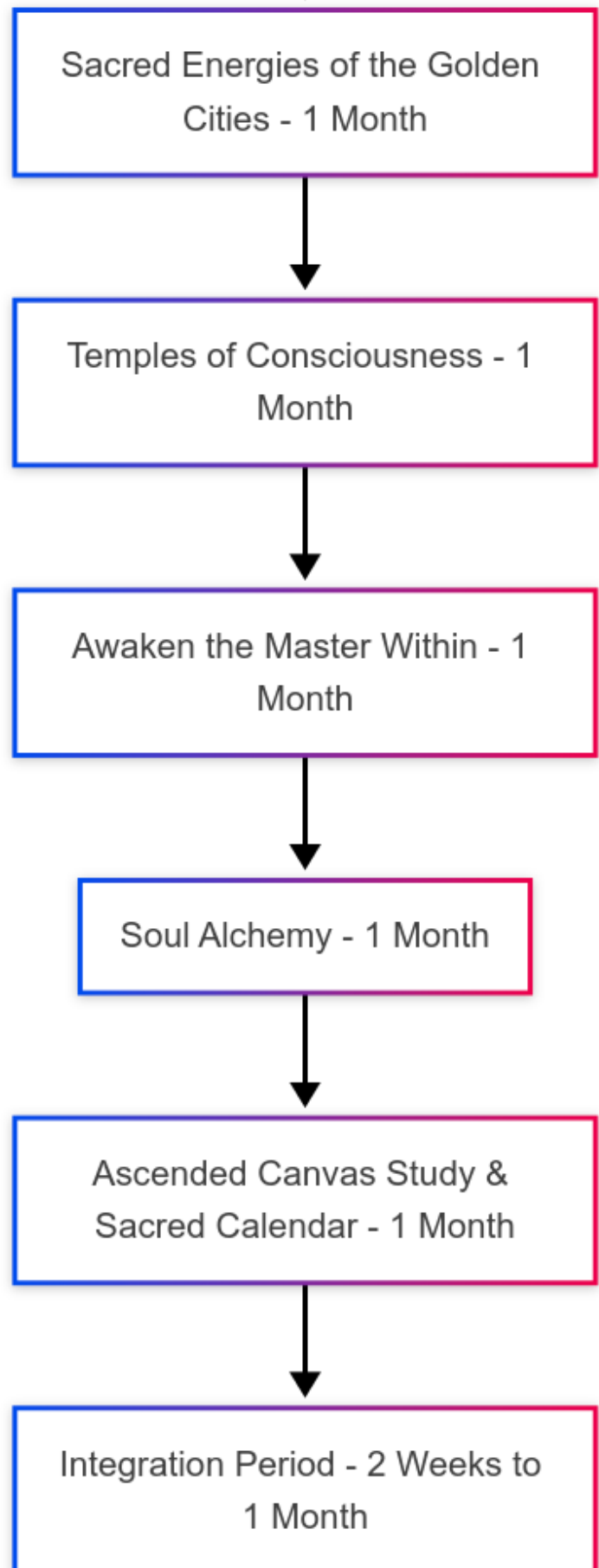




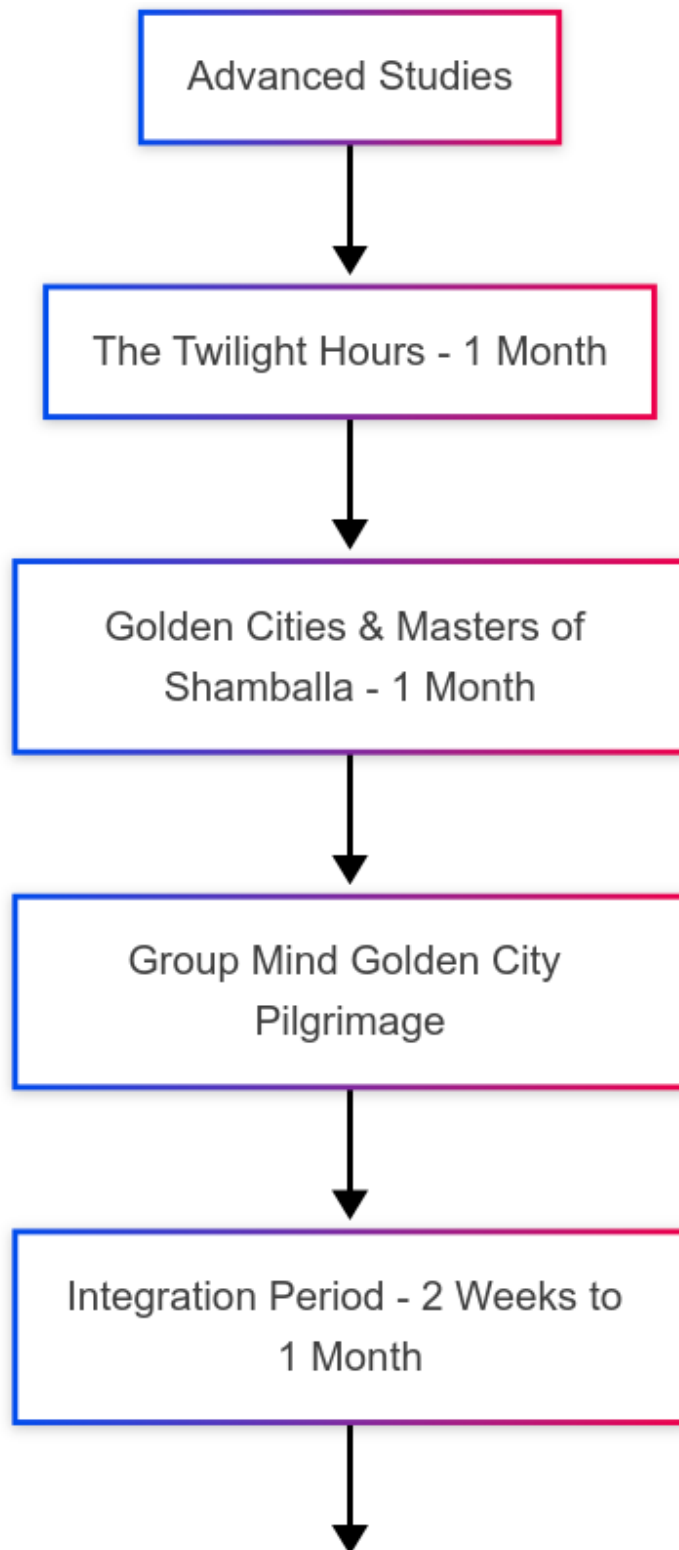
#### 4. Golden City Series → 7 Months

- Points of Perception → 1 Month
- Light of Awakening → 1 Month
- Divine Destiny → 1 Month
- Golden City Pilgrimage (Trip Duration Not Included)
- **Integration Period** (Reflect, Absorb, Apply) → 2 Weeks – 1 Month

- Sacred Energies of the Golden Cities → 1 Month
- Temples of Consciousness → 1 Month
- Awaken the Master Within → 1 Month
- Soul Alchemy → 1 Month
- Ascended Canvas Study & Sacred Calendar Study → 1 Month
- **Integration Period** (Reflect, Absorb, Apply) → 2 Weeks – 1 Month
- **Total Estimated Time for Golden City Series: 8 – 9 Months**



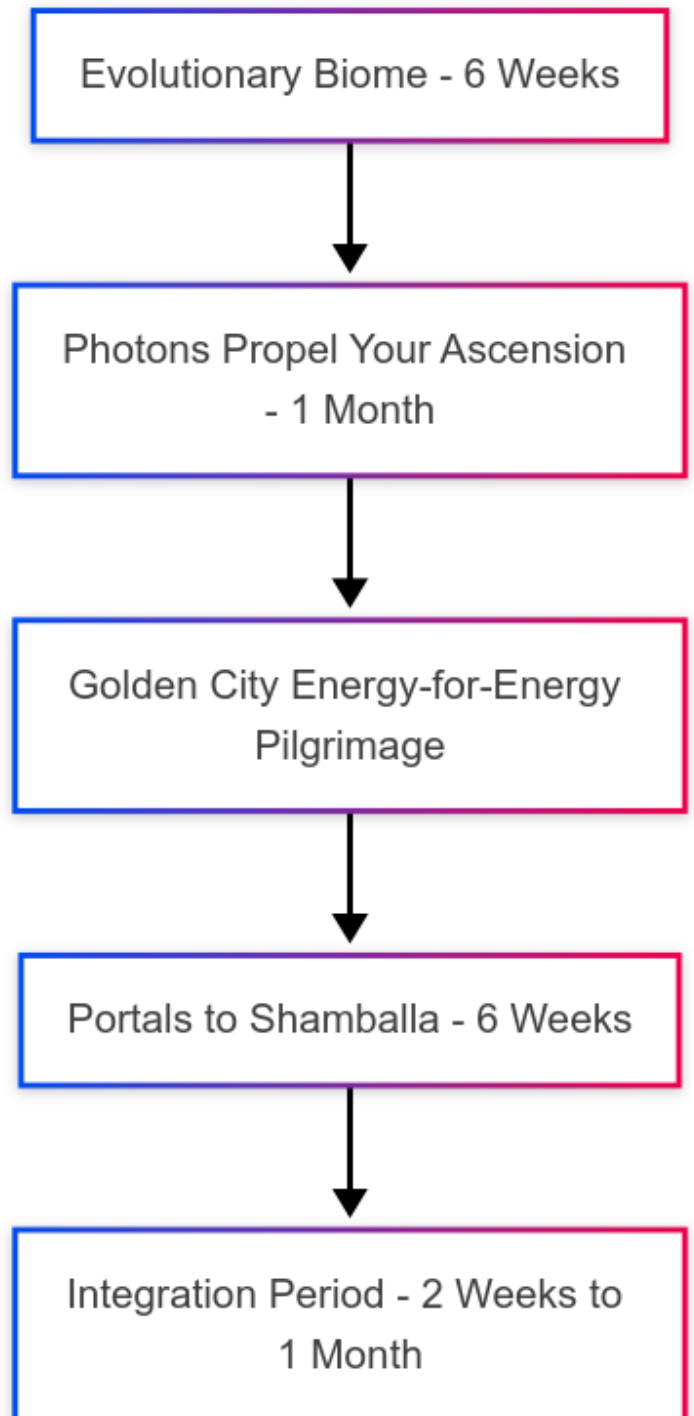




#### 5. Advanced Studies → 5+ Months

- The Twilight Hours → 1 Month
- Golden Cities & Masters of Shamballa → 1 Month
- Group Mind Golden City Pilgrimage (Trip Duration Not Included)
- **Integration Period** (Reflect, Absorb, Apply) → 2 Weeks – 1 Month

- Evolutionary Biome → 6 Weeks
- Photons Propel Your Ascension → 1 Month
- Golden City Energy-for-Energy Pilgrimage (Trip Duration Not Included)
- Portals to Shamballa → 6 Weeks
- **Integration Period** (Reflect, Absorb, Apply) → 2 Weeks – 1 Month
- **Total Estimated Time for Advanced Studies: 5 – 7 Months**



## *Integration Call: Reflect, Absorb & Apply*

As part of your I AM America Mentoring Journey, you will experience powerful teachings and transformative insights. To ensure you are fully integrating this knowledge into your life, we include a short Integration Call after each major phase of the program.

### ✓ **What is the Integration Call?**

The Integration Call is a 30–45 minute guided check-in scheduled during your Integration Period, designed to help you reflect on your progress, absorb key teachings, and apply them to your daily life. It provides a space to:

- Ask questions about recent lessons
- Share insights and personal breakthroughs
- Receive guidance on how to deepen your understanding
- Prepare for the next phase of your journey

### ✓ **When Do Integration Calls Happen?**

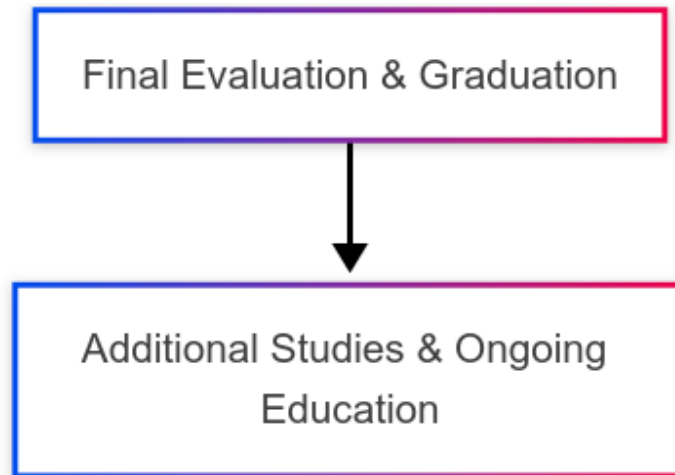
Integration Calls take place after each major phase of study—following the Introduction, Prophecy Series, Golden City Series, and Advanced Studies. This gives you time to pause, reflect, and solidify what you’ve learned before moving forward.

### ✓ **Why is the Integration Call Important?**

- Helps you process deep spiritual teachings
- Provides personalized support as you apply new concepts
- Keeps you engaged and motivated throughout the program
- Encourages real-world transformation, not just theoretical learning

Your Integration Call is a gift—there is no extra charge for this session. It is part of our commitment to helping you experience meaningful spiritual growth at a sustainable pace.

Take this time to Reflect, Absorb, and Apply—then step forward with clarity into the next phase of your journey!



#### **6. Final Evaluation & Graduation**

- Additional Studies & Ongoing Education

*(No specific duration – ongoing learning beyond the program.)*

#### **Overall Estimated Program Duration: ~2.5 to 3 Years**

*(Including integration periods and optional travel experiences.)*

To receive an application and more information about our Mentoring Program, email [lori@loritoye.com](mailto:lori@loritoye.com).  
Please type **Mentoring Program** in the subject header.



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