



## **PERFECT HEALTH & HEALING**

By Beloved Saint Germain **"All must have perfect health. It is the Law of your Being!"**

"I AM sure, as never before, you feel the greater and greater reality of this privilege which is yours, in receiving from your "Mighty I AM Presence" that limitless Intelligence, limitless Energy and greater and greater strength, more and more perfect health!

**I say to you with full assurance that no one can fail, if he has understood refusing acceptance of discordant appearances and conditions; and will earnestly call the Presence into action.**

**All must have perfect health. It is the Law of your Being, precious ones, no matter what the conditions are, what the X-ray shows in anyone's body!**

The Presence releases those Mighty Currents of Energy in and through the body and sweeps out every imperfection that is there.

Won't you accept it? Won't you believe it? Let the Power flow through, to bring you perfect health!

It is essential. If you are constantly harassed by the feeling of pain and distress in the body, you cannot give your fullest attention to the Presence, so that It releases the greatest volume. Therefore, sometimes one needs encouragement or strength and I trust there is no "I AM" student, that comes under this Radiation, who will not willingly, joyously give that.

I say to all of you beloved students, **never allow yourselves to be impatient with those who come to you for advice or help.** Do not ever answer them impatiently and do not ever refuse help. Do not refuse help. Do not ever say to one who comes to you: "You have an 'I AM Presence,' why do you not stand by it" ? That would be unkind. You do not know the forces playing upon others which might have discouraged them.

Instead, place your hand about such an one's shoulder and say: "MY BROTHER OR MY SISTER, MY HAND IS IN YOURS IN THE STRENGTH OF MY 'MIGHTY I AM PRESENCE' UNTIL YOU HAVE WON YOUR VICTORY. GO FORTH, CALL YOUR 'MIGHTY I AM PRESENCE' INTO ACTION AND I WILL HELP." Send them forth feeling that you are interested in their Victory.

We must know all that is going on, precious hearts, in your lives. Do you know that? Having entered into the Radiance of your "Mighty I AM Presence" in this Knowledge which I have brought forth, you invite Us to observe your world, otherwise We cannot help. Therefore, if We see you are impatient, We try to pour forth the Radiation of Kindliness that will give you patience and strength to assist. **Do not ever say anything or allow a feeling to go forth that would be discouraging."**

*(The Voice of the I AM, March 1937. Saint Germain Press. I AM Activity)*

## **STAND GUARD OVER YOUR FEELING!**

**SAINT GERMAIN'S BREAKFAST TALK  
Detroit, Michigan—November 27, 1936**

You cannot be free, precious ones, until all irritation is dismissed from your feeling and held so. The danger of it at this time, and the reason why I urge you so earnestly to call the Presence to hold complete control of your feelings, is in the final withdrawing of this destructive force from the earth—I tell you, it is like a powerful serpent lashing its tail; trying to strike here and there like a dying force to hold its dominion, which it can no longer do. So I use this opportunity to prompt you, dear hearts. **STAND GUARD OVER YOUR FEELING!**

Precious ones, no accident in the world, so-called, can occur except there has been irritation in your feelings and criticism. Do NOT allow it to deprive you of your Freedom which is so close at hand. I feel so close to you to-day and I am so very near into visibility. Do not be discouraged beloved ones, it may yet come about.

With all the Love of My Heart, I extend to you the Blessings of the Great Host of Ascended Masters, the Mighty Legion of Light, the Great Angelic Host and the Great Cosmic Beings, Whose Attention has been drawn to the earth, by this tremendous and mighty call that has gone up. Oh, it is so very tangible, dear ones. Do not let your human feelings cause you to feel, because a thing is yet invisible, that it is not tangible to you. All these Rays of Light, that are invisible to the physical sight, are very tangible, very Real and very powerful. So, if you will realize and feel the Truth of that, you WILL draw yourself into Our great intensified Feeling of this wonderful Reality of things; which will enable you to out-picture It in your lives in a most wonderful manner.

You are not subject to these limitations any more in the Knowledge of your Presence. It only means the harmonizing of your feeling and the call to your Presence with calm serenity in your feelings. Do not call to your Presence when you are all fluttery, agitated and disturbed. Do not do that! Still yourself first and in great calm serenity, turn your face to the Presence and say: "**Mighty I AM Presence**" ! **take command of this mind, body and feeling! Sweep out of it every cause and effect, that tries to create irritation. You take command and hold Your Dominion in my feelings**" ! Then see how quickly all subsides and you feel such happiness within.

The Blessings of the Great Cosmic Light, of the Great Cosmic Beings, of the Mighty Legion of Light, the Great Host of Ascended Masters, rests upon you and all the I AM Students throughout America and the world! With Its Mighty Activity through the feelings, qualify each one as a Blazing Sun of Light, to go forward and spread this Radiance everywhere. With Our Love, We ask you to accept this Blessing and expand It everywhere you move, through the kindness and Love of your Presence.

The Glory of your "Mighty I AM Presence" is at hand, to produce Its Harmony and Perfection in your world. How quickly ALL human anxiety and distress will settle, when once you feel this and really accept it. So with Our Love, We enfold you unto the fulness of your Freedom from limitations and your Ascension. We thank you.

*(The Voice of the I AM, February 1937. Saint Germain Press. I AM Activity.)*

