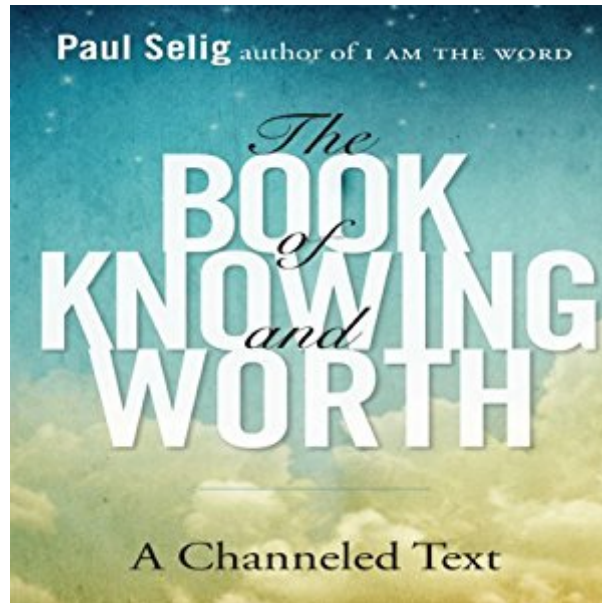


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The Book Of Knowing And Worth: A Channeled Text



Synopsis

A winner of the 2014 Nautilus Award, which represents "Better Books for a Better World" - the Silver Award in the category of Religion /Spirituality: Other Traditions. In his third channeled text, Paul Selig, acclaimed author of *I Am the Word* and *The Book of Love and Creation* brings us his most practical message yet. Informing us that "you decide what you are worth". Selig's spiritual guides take listeners through a program to understand our own inherent worth and beat the fears that drain our inborn spiritual knowing. Selig reveals that true understanding of our life's purpose can be found through "service" - the practice of the thing that you most love. Listeners can discover their own form of service through this powerful mantra: "I know who I am, I know what I am, I know how I serve."

Book Information

Audible Audio Edition

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Customer Reviews

... how can I attempt to describe this powerful book? Maybe by stating that my receptivity to this specific work began when I was given the first book, *I Am the Word*. I hadn't heard of Paul Selig prior to that, and before I was through the first section I had to write to him to both thank him, and explain that I was having the most unusual physical sensations each time I picked it up to read. My body would tingle, and my head felt as if the top were lifting off ... I know. It sounds nuts. I wondered if I was imagining it. He wrote back and explained that this is what the Guides, the loving teachers who dictated the words to Paul, had intended. That something in us would begin to shift as we responded to the frequency that is actually encoded within the words on the pages. I relished that book and read and reread it several times, each time having a new, heightened experience as I

understood the lessons on deeper and deeper levels. My life began to shift significantly. Large issues came up and were resolved in powerful ways. It was hard work, but meaningful and lasting. I called that book my "Magic Book." The second book, The Book of Love and Creation, reinforced and explained much of what had started manifesting in my life. Almost like a workbook, it both kept me on track and gave me new tools to employ. It became easier for me to form a clearer picture of what I want in my life. I felt more balanced, clear-headed, happy and ready for my life to become more beautiful than ever. When I finished it I felt like I needed more instruction. I had some great new tools in my hands, but I wasn't quite sure how to use them or what I was supposed to make with them. I was eager for the third book, hoping it would fill in the pieces that were still missing for me.

The book speaks very well to its purpose: "The Christ can be born in man, in each of you, and in the ones beside you, in the ones you may meet and may never meet. It can be born because this is the time of the Creator's welcome to each of you. Now we sing your song for you in this text so that you may learn the words, so that you may get comfortable with the ideals that we set forth for you to adhere to. The designs you make, the way you move through this incarnation that have been born in worry and designed in fear will begin to unfold. They will begin to peel back so you may see yourselves as you are intended to be. The designs that we give you, the ways that you may know yourselves in conjunction with your fellows and all the things you have created will be what you know in a new way as you respond to our teaching. We learn that if we have the strength, courage and persistence to read and grow, these gifts can bloom in us during this unparalleled period of transition. You are born with this information. It has been instilled in you by God, if you wish, by what creates you, as you, to be remembered as you as the aspect of Source. As a handbook of awakening it twists, turns, cajoles and relentlessly moves through the excuses we would use to deny our own true nature. Affirmations and exercises abound to prod us through the day with reminders of what should count above the trivialities and misconceptions of daily life. Overcoming the self-deceits and fears of living is a job, becoming a truly humble being is work. Just for this day, claim only the truth and recognize that by doing so you are claiming power on the foundation that you are standing on now. You cannot pretend to be what you are not anymore. You cannot deceive yourselves anymore.

What is it that holds us back from creating heaven on earth? In the first two books of Paul's trilogy of channeled texts, the Guides clarify and encourage us to overcome limited thinking and entrust ourselves to spiritual energies that are ready to infuse us and aid us in co-creating the next

stage of our evolution. In this third volume of the series, we are shown precisely why we remain attached to outmoded paradigms of beingâ ”we just do not believe we are deserving of greater power and fulfillment; we simply do not understand and live in the grandeur of our Worth. Now the Guides are intervening to help us heal the unforgiveness and deadly habits that keep us bound to history and incapable of creating the world anew. Paulâ™s first book reached me on a wave of light through a friend attending the Goddard program who knew Iâ™d be heartened to learn that energy healing and channeled texts were finally breaking into academic life. At the time I was on the brink of leaving my academic position for any-kind-of-work where I could more openly pursue my own energy studies; the mere fact of Paul gave me gumption to be more daring. I was soon to learn, however, that gumption would not be required as the frequencies and thought coming through his first two books were so aligning they seemed to project me right into the new life without my having to rely on the usual efforts. The books did indeed make me vibrate and feel a mysterious shove into the new; but they were also immensely satisfying intellectually, helping me to bridge so many divisions in my dance between traditional Christian thought and New Age/ascension practices. This third book in the series is an intensification of what came before, pushing the reader into new octaves that make the textual veil even more translucent.

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