



Workbook: The Word Made Flesh & Living the Absolute

Orientation

This workbook is a practical guide to:

- Recognising **I AM** as the only Self
- Living as the **Word made flesh** (the Presence of God as you)
- Standing on **holy ground** (awareness) in every circumstance
- Refusing to be tricked by **appearances** and misidentification
- Allowing life to be a **living demonstration** of truth

Move slowly, honestly, and practically. Use the prompts, write directly into the workbook, and return to key exercises often.

1. Standing in the Absolute

“Fact is fact. Fiction is no more.”

Key Principles

- **The Absolute (I AM)** is already:
 - Peace
 - Relaxation
 - Joy
 - Fulfilment
- The work is not to “become” something but to **recognise** what already is.
- There is a **choiceless choice**:
 - Fact (reality as God / I AM)
 - Fiction (appearances, misidentification as a separate person)

Reflection

1. Where do you still subtly believe you are a **separate, temporary person** with a fragile life?
2. Where do you already sense a deeper, stable **I** that doesn't come and go?

PRACTICE 1: Simple Recognition

1. Sit quietly for 2–3 minutes.
2. Notice: **I am aware.**
3. Without adding any story, silently affirm:
 - “The I that is aware is **already whole.**”
 - “The I that is aware is **unchanging.**”
4. Write what is immediately noticed:

- What is undeniably present right now?
- Is this presence anxious, or simply aware **of** anxiety?

2. Holy Ground: Awareness as the Only Place

“The place where thou standest is holy ground.”

Key Principles

- **Wherever you are aware of being is holy ground.**
- Holy ground is not a location; it is **awareness itself.**
- You have **never left** holy ground. You cannot be apart from I AM.

Reflection

1. Recall a situation you judged as “bad,” “wrong,” or “unspiritual.”
2. In that exact scenario, awareness was present.
3. That awareness was not damaged, frightened, or broken; it was **simply aware.**

PRACTICE 2: Reframing the Moment as Holy Ground

Choose one current situation that feels difficult.

1. Briefly describe it:
2. Now, answer:
 - In this very situation, is **awareness** present?
 - Does awareness itself feel threatened, or is it simply silently present?
3. Complete these statements:
 - “Right here, this is **holy ground** because I AM is present as awareness.”
 - “I do not need this situation to change to stand on holy ground; **I am already on it.**”

3. The Word Made Flesh: You as the Living Evidence

“You are the Word. Every I is the same I. No exceptions.”

Key Principles

- The **Word** that is with God and **is God** appears as:
 - Awareness
 - Life
 - The living “I” that you know as yourself
- Jesus was not a special exception but a **way-shower**, pointing to what **you** are.
- You are not meant to be a **follower**; there is no separate “leader.” You are the **living evidence** of what God is.

Reflection

1. What images, beliefs, or stories have you carried about:
 - “God”
 - “You”
 - “Spiritual people” or “teachers”
2. Where have you placed **specialness** outside yourself?

PRACTICE 3: Declaring the Fact (Without Arrogance)

Fill in and repeat slowly, allowing each line to land:

- “The **I** that says ‘I’ is **not a temporary, fragile person.**”
- “The **I** that I am is the **Word made flesh.**”
- “I am the **evidence** that God is.”
- “I do not revere a body or a personality; there is only **I AM** as all.”

Write any resistance or objections that arise. Then respond to them from the standpoint of fact, not feeling:

4. The Everlasting Body: Rethinking “Body”

“This is the birthless, changeless, deathless body of light.”

Key Principles

- **Everlasting life** means:
 - Without beginning
 - Without change
 - Without ending
- The “body” in truth is:
 - Living, loving, conscious mind
 - The **Word made flesh**

- The **temple of the living God**, not a fragile lump of matter
- What seems like a **material, temporal body** is only a way others can perceive you; it is **not** the truth of what you are.

Reflection

1. What do you currently believe about your body? (health, age, vulnerability, limits)
2. How would your daily living shift if you truly knew your body as:
 - Indestructible
 - Imperishable
 - Eternal activity of conscious life

PRACTICE 4: Rewriting the Body Story

Complete and then contemplate these lines:

- “This body is not a fragile object; it is the **Word made flesh.**”
- “This body is the **evidence of everlasting life**, not the opposite of it.”
- “Nothing in existence can prevent this body from being what it already is.”

Now write a short paragraph beginning with:

“As the everlasting body, today I will relate to myself and life in this way...”

5. One Self Only: Ending Misidentification

“There is but one Self for you to be. You are not two.”

Key Principles

- There is only **one Self**: the Self we call **God, I AM, Omnipresence.**
- You do not “have” a self; **you are the Self.**
- Misidentification (believing you are:
 - A born identity
 - A body of matter
 - A separate person)
 ...is **nothing**. It never becomes something; it only seems compelling.

Reflection

1. Notice where you still think in terms of:
 - “Me vs. others”
 - “My spiritual progress”
 - “My problems vs. God’s presence”
2. From the standpoint of one Self, are there truly “others” to compare with or compete against?

PRACTICE 5: The Single I

1. Silently repeat for a few minutes:
 - “There is only **one I here.**”
 - “The I that I am is the I everywhere.”
2. Then write responses:
 - How does this shift how you see:
 - Conflict
 - Jealousy
 - Fear about what “others” think?

6. Evidence of God’s Presence: You as Proof

“The fact that I have life is the proof.”

Key Principles

- God is not a distant being but **consciousness itself.**
- God fulfils its purpose by **being the evidence of itself**—and **you are that evidence.**
- You could not exist **apart from** God being God **as** you.

Reflection

1. Let this be considered rationally, not as blind belief:
 - If God is **all,**
 - and you **are,**
 - then what are you **other than** what God is being here?
2. “If there were no you, there would be no God (as evidence).”
 - How does this change your sense of worth and purpose?

PRACTICE 6: Logical Seeing

Answer in writing:

1. Is there any “second substance” from which you could be made, if God is all?
2. If God is omnipresence, where could a “you” exist that is **not** God?
3. Complete:
 - “Therefore, I must be...”
 - “And so my life is actually...”

7. Living in the Reality of Oneness (Not Theory)

“You are not a follower of information, but a liver of embodied truth.”

Key Principles

- Truth is not for discussion only; it is for **embodiment**.
- Awareness and experience are one: as clarity deepens, experience reflects it.
- The instruction is to be **single-minded**:
 - Focused on what I AM
 - Not judging by appearances
 - Not taking personal thought

Reflection

1. Where do you still live as if there are **two powers**? (truth vs. problem, God vs. circumstance)
2. Where do you say, “I know the truth, but...”?
 - Identify specific areas: body, money, relationships, work, etc.

PRACTICE 7: Single-Minded Focus

Choose one recurring issue where you “know the truth, but it’s not showing up.”

1. Describe the issue briefly:
2. Now answer:

- Where are you **judging by appearances**?
- What would it look like to live from:
“Despite appearances, **only truth is true** here”?

3. Complete:

- “My only business here is to **know the truth absolutely**.”
- “I relinquish the question ‘Why isn’t it showing up?’ and instead I stand as...”

8. Handling Appearances & “Tolerance for Pain”

“To try and fix, manage, solve, manipulate what is nothing is time-wasting.”

Key Principles

- Trying to fix **appearances** (what has no true substance) leads only to frustration.
- There comes a threshold—“I’m done”—where seeking is exhausted and **I AM is revealed as what was always here**.
- The work is not to fix the dream but to **wake from misidentification**.

Reflection

1. Where are you still trying to rearrange appearances for peace, instead of standing in peace as your nature?
2. Where are you still “seeking,” hoping to become what you already are?

PRACTICE 8: From Fixing to Seeing

1. List 3–5 areas where you’re actively trying to “fix” life:
2. For each, complete:

- “What if nothing here needs fixing, but only **clear seeing of what I am?**”
- “If I stop trying to fix and simply stand as I AM, I would...”

9. Focus, Effort, and the “I Need Do Nothing” Paradox

“You’ve got to stay focused.”

Key Principles

- There is **effort**—but not the effort of self-improvement.
- The effort is:
 - To be **vigilant in truth**
 - To stay **focused** on where I is found
 - To refuse to be dragged into appearances as cause
- This is the only **real** activity: clear, precise, single-minded recognition.

Reflection

1. What practices, habits, or thought patterns currently **distract** you from clear recognition of I AM?
2. Where do you mistake **passivity** for spiritual surrender?

PRACTICE 9: Designing Your Vigilance

Create a simple structure for vigilance in truth:

- **Morning:**
 - One key statement I will sit with for 5 minutes:
- **Throughout the day:**
 - A reminder phrase when appearances feel strong:
- **Evening:**
 - One question I will reflect on:
 - “Where did I judge by appearances today?”
 - “Where did I stand as I AM despite appearances?”

Write your chosen statements clearly. Use them daily.

10. Desirelessness & Complete Fulfilment

“To live, desirelessly—in other words, to live completely fulfilled.”

Key Principles

- Desirelessness is not lack; it is the **recognition that nothing is missing**.
- Fulfilment is the nature of I AM, not something to achieve.
- As awareness abides in its own completeness, life **naturally** reflects peace, harmony, and sufficiency.

Reflection

1. List desires that feel most intense or “essential” right now.
2. For each, ask:
 - “What do I believe this will give me—at the level of **feeling** or **being**?” (e.g., safety, love, worthiness, peace, freedom)

PRACTICE 10: Tracing Desire Back to I AM

Pick your strongest current desire.

1. Name it:
2. Ask:
 - “What quality of being am I actually seeking through this?”
3. Now declare:
 - “That quality is an **aspect of I AM**, already present.”
 - “I allow myself to **recognise** that what I seek, I already am.”

Write a short affirmation that speaks this clearly from your own words.

11. Living Demonstration: From Concept to Embodiment

“Your life is a living demonstration of loveliness.”

Key Principles

- Awareness and experience are one; as clarity of I AM stabilises, experience **unfolds accordingly**.
- The focus is not on forcing outcomes but on **remaining in the secret place of the Most High**—the unshaken knowing of what you are.
- The “greater works and beyond” are the **natural** expression of this recognition.

Final Integration Exercise

1. Summarise, in your own words, what **I AM** means for you now:
2. Identify **one** area of your life where you are most willing to live this recognition practically in the coming days:
3. Write a simple, precise commitment:

“In this area, I commit to:

- Standing in the fact of I AM,
- Refusing to judge by appearances,
- Remaining single-minded in truth,
- And allowing life to demonstrate what already is.”

4. Decide when you will revisit this workbook (daily/weekly) to:

- Note what has shifted
- Deepen clarity
- Adjust your vigilance