

## **Understanding Yourself, Part 3**

*[Understanding Yourself Part 1 and Part 2 are not prerequisites to your gaining benefit from Part 3.]*

How well do you know yourself? And how well do you know your Real Self? You've heard of the old adage, "Man, know thyself." The ascended masters would add to that saying, "Man, know thyself as *God*." You have a chance to do just that in Part 3 of the Understanding Yourself seminar.

You will discover:

- How to attain oneness with the perfection of the Christ Self (your Real Self) that is already in you
- The antidote to overcoming your human imperfections
- What is "soul energy" and how to increase it
- How to invoke more joy in your life
- How you can release tied-up energy in the subconscious mind
- The traits of the ego and the positive affirmations you can give to counteract it

Elizabeth Clare Prophet expounds on these topics and much more based on the teachings of the ascended masters Kuthumi, Lord Lanto and God Meru recorded in the best-selling book *Understanding Yourself*.

In addition, video-taped dictations by the ascended masters Paul the Venetian, Vairochana and Beloved Jesus the Christ will complement the topics discussed in this seminar:

- The ascended master Paul the Venetian speaks of the many facets of love, both human and divine. He states what love is and what it is not and admonishes us toward healing so that we can be a greater vessel for God's love toward ourselves and all of life.
- Vairochana, one of the Five Dhyani Buddhas, speaks of balancing karma and gaining inner wholeness so that we may fulfill our mission and attain a higher level of being than when we entered this life.
- The ascended master Jesus the Christ speaks of how to be in the state of perpetual joy, even in the face of our spiritual testings and in times of adversity.

Group discussion, self-reflection exercises and short meditations will help you anchor your understanding at the conclusion of each unit in this seminar. The seminar ends with a chakra clearance and special third-eye blessing.