



I Am Who I Am wants an Honest World

ABSTRACT

I Am Who I Am is The One who was before time, space, gender and religions. The One is truly angry with humanity. There is too much war and too many warlords. Be honest. These Laws you should keep. Do not kill, do not steal, do not lie, do not abuse, and do not bring people in slavery.

The Messenger, 2024,
William C. Boogaart

**I Am Who I Am
Wants an
Honest World**

The Book of The One

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Introduction.

On March 16, 2021, Israel finds New Dead Sea Scrolls. Among the newly found fragments is a sentence from the book of Zechariah: “These are the things you are to do: Speak the truth to one another, render true and perfect justice in your gates. And do not contrive evil against one another, and do not love lying under oath, because all those are things that I hate – declares the Lord.” And a sentence from Nahum “The mountains quake at Him, and the hills melt, and the earth is upheaved at His presence, yes, the world, and all that dwell therein. Who can stand before His indignation? Who can abide in the fierceness of His anger? His fury is poured out like fire, and the rocks are broken asunder before Him” Nahum 1:5–6.

The discovery is a time capsule with a message to the warlords on this Earth. Judgment Day is at hand. Stop murdering people, lying, abusing, stealing, and putting people into slavery. Humble yourself and set yourself free from selfishness. The commandments are given thousands of years ago. Do not kill, do not lie, do not steal, do not abuse, do not put people into slavery and be Honest. Be honest to yourself, your next of kin, the other people of your country and the world. Honesty means not judging people from your narrow mind.

The sentences are a complaint about the injustice in this world. All leaders, religious, political, economic, and cultural should change their selfishness towards caring for the other. Selfishness is that attitude of a being concerned with one's own interests above the interests of others. "Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others." Combating the sin of selfish ambition requires genuine humility. Unpretentious humility restores and grows relationships. Being humble involves having a true perspective about ourselves in relation to The One. "Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith I Am Who I Am has given you.

From March 16, 2021, on messages came to me in my mind from I Am Who I Am, with the request to publish them. I did. I am not religious, but I do believe. So, I published the messages on www.theeuropeanpost.net.

This book consists of four parts. The first part describes Good from the aspect of I Am Who I Am. Good is the Plan of I Am Who I Am for the Honest World. Good is easy, be honest. The second part messages about evil. Humanity creates evil. Warlords enhance evil, kill, steal, abuse and put people into slavery.

The third part are messages about daily life. How to connect to I Am Who I Am. What is the structure of life. The fourth part are messages about how to restore yourself.

For thousands of years religions have been faithful. But there is more. In the name of religions many people are killed, their possessions claimed, children abused and people enslaved. The New Era demands honesty, no killing, no stealing, no lies, no abuse, no enslavement and children shall be protected.

From this time on religions shall be honest or shall not be. If a religious man kills another human being he or she shall be expelled from the religion. Killing does not belong to the faithful man. The only purpose of religion in the New Era is to worship I Am Who I Am.

Every human being must be free to worship, with a free mind, heart, and soul. In faith a woman is equal to a man. Religions shall no longer judge the human being. This is to be the privilege of I Am Who I Am. I Am Who I Am will judge your soul.

Today politics are troubled by dictators who kill and molest their civilians. The new era demands honesty, equality, security, and democracy from the politician.

The purpose of the representative politics is to establish freedom of fear. No head of state should be in power for over 10 years. Every politician shall be honest towards the people. The Constitution of a country shall start with the equality of man and woman.

The nation state is the foundation for democracy. The three branches legislature, judiciary and executive should be separate. Every citizen can be elected and shall be part of the honest election. Young people shall be educated in equality and freedom in secular public schools.

A few rich men dominate the global economic world. The rich Big Tech censor the free speech and influence the political elections. The rich do not pay normal taxes, they use the worldwide tax abuse possibilities. Give the nation state the tax they want.

The one purpose of the economy is to create freedom of want for all people within a nation state and a continent. No people shall live on the street. Every citizen shall be entitled to food, water, energy a house and health.

The economy should arrange funds to support those who cannot work. There must be equality in the economic system. Equality of adults, equality in the origin of people and equality in the number of working years. The economic world should take care for the Earth in a better way.

The purpose of the cultural system is freedom of speech and expression. Today many people do not honor the freedom of speech with uncivilized expression of words. The freedom of speech can exist only if a man or a woman write their review with their own name and profile.

The freedom of speech includes the freedom of writing. What has been written stays written. Writing for children is different from the writing for adults. Adults can write anything about sexuality, writing for children not.

The freedom of expression is to express the creativity of humanity. But the freedom of expression should not harm other people. Everyone should be careful with their words and expression, not to harm other people. Do not judge or cancel the other.

These words of I Am Who I Am came to me during the night and at day. Some aspects I did not understand, there was some discussion I Am Who I Am. If I wrote it wrong, I Am Who I Am silenced.

For instance, I noticed the absence of the angels in the messages. Finally, I understood the fourth dimension has been reorganized. The whole of the fourth dimension and the spiritual world is assimilated into The One of I Am Who I Am. When a section was written a feeling of love arose in my heart.

This Book of The One is dedicated to the honest humanity.

No word in this Book shall be changed.

The Messenger,
William C. Boogaart

Good.

The Honest World.

I Am Who I Am.

Who Is I Am Who I Am. I Am Who I Am is the One and is in the fourth dimension, without time, space, location, gender, and objects. I Am Who I Am is not male and not female. We know the fourth dimension as the Spiritual World. The fourth dimension is assimilated into The One.

Humanity is in the third dimension, which is with time, space, location, objects, and gender. Humanity has been created male and female. Humanity has been Created through the evolution of millions of years.

The purpose of I Am Who I Am for humanity is that the soul of every woman and man grows. The soul grows through the mind, the heart, and the will. Honesty makes the mind grow, love makes the heart grow, doing makes the will grow.

People who cleared the mind from fear may hear The One. I Am Who I Am speaks in our mind and expresses Itself with love in our Heart. People have free will. In a crisis or when you want to follow the advice of, I Am Who I Am in your mind. This is called your intuition.

The Honest World

For many thousands of years, I Am Who I Am wanted the world to change. Messengers spread the Words of the Honest World.

This Message I Am Who I Am had Spoken was not understood. Many wars were fought, people killed, children abused and many people live in slavery. This slavery and death are due to warlords and people who think they are gods. They are it not. The time for the warlords and bullies is over.

I Am Who I Am now declares the Honest World for the present and future to come. The Honesty Commands are given to Messengers for thousands of years. Do not kill, do not steal, do not abuse, do not lie, and do not enslave the other. Protect the children.

Do not worship a warlord. Donot follow a bully. The Hope for an Honest World is given now.

Every person is equal to the other. Treat others how you want to be treated. Treat woman as you as man wants to be treated.

A woman decides to give birth to a child or not. If a man is not ready for his child a woman can choose another man. A man supports his child for life. Marriage is the foundation for a woman and a man to raise children. No children shall be placed outside a family.

Every adult (from the age of 18) is responsible for themselves and for the other. Childs shall be protected and educated. Freedom means that every person, an adult, and a child, decides without burden.

There shall be responsible freedom of speech, writing and expression. Every person on this earth shall be free to worship I Am Who I Am. Every adult and child shall be free of want. Everyone shall be free of fear.

Being a member of a religion is different from believing in I Am Who I Am. Prayer is accepted by I Am Who I Am only if people have faith.

If religions kill, steal, give fear and slavery they are no more than war lords. Every religion must bring the Honest Future. If not, the religion shall perish.

The history is the past. The selfish human gods build their statues and remembrances. Every statue or history which resembles these human gods, the wars or slavery shall be erased from this earth. The present and the future is what I Build, I Love, and I Hope for.

Evil is done by man. Evil will be erased from the earth. Man, who brings evil will be burned and their remains scattered in space.

Enjoy Life

The purpose of humanity is to enjoy life. This is not yet established in this selfish and divided world. The world has enough resource to enjoy life, but not enough to satisfy the greed of some. The greed of some holds down the joy of all. I Am who I Am gives advises to change the world towards the joy of everyone.

From the age of 18 years a young man or woman is an adult. Youngsters should be protected to start a joyful life as an adult.

Young boys and girls should grow up with a clean body and mind. A clean body without smoking, alcohol, and drugs.

Parents or the government should provide a healthy environment, good teachers and healthy food and drinks. Young boys and girls should learn sports, music, dance and singing. These cultural aspects give joy and happiness. To be ready for the adult stress youngsters should learn stress reducing techniques.

No one shall interfere with the choice of partners of an adult woman or a man. One of the main aspects of enjoying life has to do with loving a partner. An adult man and woman decide themselves if they stay together or not. I Am Who I Am encourages marriage for life. Enjoying life sometimes goes through highs and lows.

A married adult man or woman choose to have children or not. The woman decides if she gives birth to a child. Parent shall provide a safe and clean family for their children. Parents shall be able to give enough time to their children.

There is nothing wrong with the human body. Adults can have public areas where they can be naked. The body of man has a limited lifetime. The older people shall live with or in the neighborhood of their children. The children shall take care for the elder.

An elder man or woman enjoys living with their children and grandchildren. If an adult does not have children, the government shall provide a social living environment for the elder. When life is too painful, an elder can ask to end the life.

The countries of today are the foundation for joy. Adults shall provide religious, economical, and political systems within a country in which everyone is able to enjoy life. People shall be free to sing, dance, play music and to sport in public.

Sustain Life.

Humanity shall sustain life. You are the salt of the civilization. Be honest, do not kill another human being and respect the other. Keep yourself away tobacco, drugs, and alcohol. You have the right to food, clean water, and shelter. No one shall keep you from a happy life. You have the right to self-defense.

Fear is your worst enemy. Keep breathing. Be silent when you cannot be honest. Run away when someone does not respect you. I Am Who I Am shall not be silent when other people urge you to betray yourself or others.

Many times, the laws made by the heads of state are to enhance themselves rather than to take care for the life of the civilians. If you are attacked by a civilian, you can kill from self-defense. If civilians want food, water, and shelter, this is not criminal. The behavior for primary life support is necessary.

Help to sustain life in your country. Try to stay married. Live together with your partner and parents.

Go away from today's information seekers. These enhance the emotional reactions in the media for their own profit.

Respect the opinion of others and share a respectful opinion yourselves. The last one hundred years the human civilization has grown to seven times the number of people. This growth is thanks to the use of fossil fuels.

The population of humanity doubled in the past 40 years. This implicated the deforestation of half of the trees of the world. Volcanoes have an enormous impact on the weather and the climate. Even more than burning fossil fuels.

This changes the weather. The world of today smoothly runs on oil. In the next 50 years the oil may run dry if no other sources are found. Change to nuclear power to keep the human civilization.

Do You Care?

The corona plague kills millions of people (almost seven million today). This plague is caused by the ignorance of the China warlords. By moving the Wuhan virus lab on December 2nd, 2019, the virus escaped to the market.

The first mRNA vaccinations were able to stop the fatal corona virus. Unfortunately, the latter mRNA booster caused many sudden deaths by heart failure. Be honest about it.

The corona virus killed mostly elder people and people who did not take care for themselves. Young people many times consider the corona plague to be a flu. But do they care for the elder people which can die after infection with the corona virus. Do you care?

Consider the Judgment Day has arrived. Some say the Judgment Day is a period of thousand years, some say it is on a day. I Am Who I Am says it is a period of several years. And it is happening now.

The Judgment of The One will be for the entire world. The Judgment will be individually and for a group of people. Its effect will be direct and immediately.

Now is the time to change your deeds and thoughts. Are you selfish? Do you take care for yourself, your wife, your family, your neighbors, and your nation? Do you take care for the living beings of Creation? If not change your deeds and thoughts. And do it today, right now.

Selfishness shows up when fear, pain, and pride cause us to protect ourselves more than reveal the truth to others.

We hide our true thoughts, feelings, needs, and even our gifts, which leads to living internally isolated and shame filled. Holding back the good and bad keeps us from connecting intimately.

There is a better way. Growing out of selfishness requires a heartrepeatedly surrendering self-will with caring. Care for yourself and others.

Free the people.

The people all over the world must deal with the corona plague. This will be with us for several years. With the measures taken, like work at home, children not at school and wear a mouth mask, limiting the social contacts and so on, the people are less free. These years of change need a new commitment to Free the people.

Consider the essential freedoms for the People. Everyone shall have the right to worship I Am Who I Am. No other gods are allowed. There shall be a social system in which everyone has a home, health, clothes, food, and water.

There shall be a worldwide security system, police, and army, with which the people are free of war and chaos. Everyone has the right to comment in the media. Everyone shall speak and write in a constructive way. The way of free expression is that of respect.

Every country shall have a Constitution in which the commands and the essential freedoms are equal for all civilians.

The borders of the countries shall be as they are of the year 2000. The dictators of this world threaten the people with war and chaos in their endless lust for power. Even the constitution is changed to fulfill the power lust of the dictator. If a dictator abuses or kills people, he (it is always he) does not have any rights anymore.

The world shall isolate this dictator. If the lust of power kills people, the dictator shall be prosecuted. If a region wants autonomy and this is what 75% of the people by referendum want, it shall be granted. In every country on this world there shall be the right to referendum. The referendum shall work on the continent, the country, the regional and the municipal level.

Everyone on this world should have the right to free speech. If a man abuses his wife or his children everyone has the right to speak out in public against it. If a government abuses civilians everyone has the right to speak out against it.

Original Sin does not exist.

For thousands of years people talked about the “original sin” and with every newborn, anxiety grow. Original sin was designed by people, not by I Am Who I Am. I Am Who I Am says original sin does not exist. Sin is not inherited. From birth the soul is clean of sin. Do not declare sin with laws I Am Who I Am has not given.

This is the Law of what I Am Who I Am has spoken through messengers. Be honest, do not kill, do not steal, do not abuse, do not lie, do not enslave people. No other Laws apply to faithful people. The soul grows through honesty and love.

From birth the soul is clean of sin. The soul grows through honesty and love. Every human should live their life according to the timeline given. No other human shall interfere with that timeline. At the end of life, the body will return to the earth and the soul will be welcomed by I Am Who I Am and be part of the Fourth dimension.

Unfortunately, humanity strives for power from greed with dishonesty, judging the other, abusing the other, stealing from the other and putting the other into slavery. Children shall be educated to not abuse, not steal from the other. Bullies shall be re-educated. No one shall enslave another human being.

Faithful women and man shall not use drugs, tobacco, alcohol, and other enslavement. Governments shall not enslave the citizens by uncontrolled privatization.

If an adult or a child murders another human being intentional, willfully, deliberately and with planning. this is “eternal sin.” The soul of the killer is wasted, no matter if it is an adult or a child. All those to whom order the death of another human being are evil.

The death penalty shall be given for killing people.

Self-defense is excused. If a bully hit you, hit twice back. No civilian within a democratic country shall bear arms or knives without license.

If governments have the death penalty for other reasons than murder, these governments have no right of existence. If governments tell you to kill, ask yourself is it the defense of my country or the will of an evil autocratic selfish ruler. If so, do not cooperate in killing.

People who are within the country of an autocratic ruler who have crossed the border of the Laws shall withstand that ruler. If people speak out to the government, it is not a sin. How children or adults express themselves is not a sin. Liberty is the foundation for honesty.

Religions shall update their thinking and procedures towards an honest religion. The aim of religion is to instruct the people about I Am Who I Am and the Laws the One has given. No more, no less. Faith shall be voluntary. How does one get mercy for their sins? Is someone lies, then tell the truth in public.

When one abuses the other, steals from the other or in other sense is dishonest, confess it in public. Then the laws of a country shall deal with it. Dishonesty damages the soul. An honest religion is the foundation for the honest world.

Honesty is in the mind. Love is in the heart. Relations with each other is for adults. The relation between adult partners or an adult woman and an adult man is not a sin.

A sexual relation of an adult with a child is an eternal sin of abuse. A child should not be born from abuse or a pregnancy against the free will. Abortion should be possible if a pregnancy is against the free will. Abortion before the 24th week is not against life.

A human shall not eat a component of another human. This fruit is forbidden and will be an eternal sin. Humans can contain components of other humans or from animals.

The adult relation between partners shall be voluntary, from free will and strictly between partners. There shall not be a sexual relation between an adult and a child.

The woman chooses the man from free will. Only from free will the love of a woman and a man will be the foundation to raise a child. Marriage is the foundation for a family. A family is the foundation for kids. A family shall be a safe environment. No child shall be placed outside a family. If a man abuses his wife (or partner) or his children, he shall be subjected to law and be thrown out of his home to the street.

The Spiritual World.

I Am Who I Am is all around us in the fourth dimension not limited by time, space, gender or objects. I Am Who I Am created this world and humanity. This world is the third dimension, limited by time, space, gender and objects. Every human being has a soul which develops in time from birth.

At birth, the soul is clean. The soul grows through honesty, faith, hope, and love. The soul declines with lies, theft, killing and putting other human beings in slavery. I Am Who I Am wants humans to mature their soul. At death, the mature soul enters the fourth dimension. The body returns to the earth.

I Am Who I Am is the One who Was before time and space and before religion. The fourth dimension has been assimilated into the One. I Am Who I Am is the One.

Commands were given and Messengers were sent to change humanity. The Commands are simple. Be honest and fair. Do not kill, do not steal, do not lie, do not abuse, and do not bring other in slavery.

Messengers hear the voice of I Am Who I Am and tell people to follow the Command. The Messengers were not enough to change humanity to create an Honest World. Humanity created a system of greed for the manipulation towards Hell on Earth. Humanity creates evil. Selfish people make other people addicted to products. Media tell fake news to enhance the warlords and selfish people.

Corrupt scientist give their opinion troubled by greed. It is usually man who deny the Commands of I Am Who I Am. Warlords kill, lie, steal, abuse and bring people in slavery. From now on the human world will be matriarchal, we leave the patriarchal world.

I Am Who I Am is truly angry with the humanity today. I Am Who I Am wants capital punishment for every man, not dependent of age, who kills one woman or one child. He shall be killed, and the remains shall be scattered in the earth. He or she who kills loses the right in which the soul enters the spiritual world. This cannot be restored ever.

Life and Death

Humanity has been Created male and female. The female is equal to the male. Life starts when the male sperm fertilizes the female egg and when the female fertilized egg enters the womb. This is the Creation. The Creation took place through evolution in billions of years. Every biological being is created in the same way. A male and a female. Life grows from a newborn to a child to an adult, to a parent and to an elder. I Am who I Am is with you every day, every hour, every minute and every second.

Man should not spend its life alone. No one should interfere with the partner choice of an adult woman or a man. A man can choose a woman. A man can choose a man as his partner. A woman can choose a woman as her partner.

Marriage is the preferred state to start a new family. A wedding should be the perfect expression of Love. From marriage a man or a woman give their love to each other and to their children. No marriage shall be done before the adult age of 18 years.

Not all in Creation is perfect. Some is complete but not yet perfect. Some is not perfect from birth. This has to do with the former development of man.

Sometimes the female is not ready to sustain the pregnancy or to give birth. The female determines to give birth or not.

The male must realize fertilizing a female and the birth of his child is for life. When a male is not ready for a child the female decides if she gives birth or not.

If possible, a child should grow up with a father and a mother. If a father is not present, the mother can appoint a helping father. In the early years of a child at least one of the parents should be at home.

Governments shall create the free possibility for school from 4 years old for all children. The education of children shall be free. A child becomes an adult on the age of 18 years. Children decide the choice for education themselves.

Children shall be educated how to be happy in life. Music, dancing, and singing shall be part of the education. There shall be equality in education. Children shall be safely educated in the freedom of choice, the freedom of worshipping I Am who I Am, the freedom of fear and the freedom of want.

Children should be educated in the reality of life and death. Governments must arrange the easily transfer of education from lower to higher.

From the age of eighteen the young adult should volunteer to work one year in social work for the society and get the licenses to be an adult. This year of social work is paid by the government. Get the driver's license, learn to dance, get a union and political party membership and so on. Every adult shall be free to vote in democratic elections.

Adults should adapt a healthy lifestyle. Humanity was created to live a happy and long life. Consider adapting a lifestyle without drugs, smoking, less alcohol, and healthy food. Consider contributing to a healthy planet. If possible, grow your own food and make your own diner. Eat dinner with your children. If possible, drive electric

and generate enough electrical energy from your own home.

Religions shall instruct adults about the spiritual realm and the afterlife. The main purpose of religions is to teach people to pray and to worship I Am who I Am. Religious people, adult woman, and man, are free to get a partner and children in their life. Religious people can guide people through their life. I Am who I Am is with a person every day.

I Am who I Am strongly opposes the selfish people who abuse, who bully, who create fear, who want to gain more power, who want to make war. They shall be the lesser of less in the afterlife. The governments of the world shall diminish the fear from this selfish people.

If one gets a disease, modern society has a lot of possibilities to cure the disease or make the disease bearable. Unfortunately, this is not possible for all diseases. Consider a society in which the children start living with other people when the parents die. Humanity shall not create diseases themselves.

The old age comes with time. Houses should be adapted in which older people can live together with younger people. Loneliness is not meant to be.

Governments should give citizens the possibility to stop working in equality. Working should be done after 45 years.

The working class thus gets a pension from the age of sixty. The higher educated people who start working from 25 years old get pension from the age of seventy.

The governments shall establish enough old age pension in which all the working people contribute to pay this pension.

At a certain time in life the older man or woman has enough of life. Some medicine can make life easier for the older people. But sometimes the burden of life has grown too much.

The older woman or man can decide themselves when to end his or her life. But in order to enter the Light there should be no interference with death. If medicine interfere with death, a human will fade out in darkness and the soul does not pass to the Light.

The Afterlife.

I Am Who I Am Created humanity as a physical and a spiritual being. Humanity has lost the connection to I Am who I Am and does not hear the Voice.

Only a few hear the Voice, the Voice to do good and to build spiritual adult. Scientist have reduced the faith, love and hope saying the mind and emotion are physical influences. Many times, scientists speak the tongue of them who pay them.

Being honest and doing good adds spiritual nourishment to the spiritual body. Selfishness declines the spiritual body and creates loneliness. With death a human being can emerge into the Light.

With honesty and doing good a human collects positive element of spiritual energy. Do not judge the other because humanity does not know what is good or what is evil anymore.

For thousands of years, I Am Who I Am has given commands to enlarge the spiritual energy. Be honest, do not kill the human being and do not steal one's life or goods.

If you are not honest, kill, steal or abuse there will be Darkness for your spiritual body and your soul.

The afterlife is the spiritual life of a human after the death of the physical body. If a person has done good and was honest to others and the self, one reaches enlightenment. With enlightenment a death person will enter the Light with its spiritual body.

A selfish man or woman does not enter the Light. Every human being will die and be Judged on the time of death. The spiritual body enters the Light or the Darkness.

The spiritual body of a selfish man or woman must help the spiritual life of living humans to reach the Light. Those who enter the Darkness will be judged to help the living forever until enough energy has been collected to enter the Light. There are no sexual aspects in the spiritual world.

Religious leaders must teach the people what is truth and what are lies about the spiritual life and the afterlife. No time has left to do it otherwise. Tell the reality about the afterlife.

There is no resurrection of physical bodies. There is no Judgment Day for all humanity at once, your spiritual body will be judged when you die.

Make Peace not War.

Some heads of state strive to war. This a time of change. The change is that IAm Who I Am wants a peaceful world. Make Peace not War. Another change will be the patriarchal society will change to a matriarchal. I Am Who I Am is fed up with the war lords. The threat of war is the way down to Hell. Nature will turn against the selfish heads of states. There shall be no statue for heads of state. The meek will inherit the Earth.

The time of change does not apply to the borders of States. The borders have been set in the year 2000 and shall not change. The sovereignty of every State today shall be recognized. States can be part of a continental economical union.

Every State shall have a Constitution and a Constitutional Court. The Constitution shall be honest and directed towards the well-being of the civilians. The powers within a State shall be independent and separated. The heads of state shall communicate honestly and work for their people or not be.

Head of states shall bring Peace. If head of states do not bring Peace, they shall resign. Peace is not brought by the separation striving of action groups. All civilians are equal. Head of states shall listen to most of the civilians. Heads of states shall take care for food, water, shelter, health, and work. This brings Peace.

Today all organizations are patriarchal. This has been so for thousandsof years. This is a mistake. Adult man and woman are equal. Children shallbe protected.

This patriarchal society has not brought the Heaven what the world can be. This is a world of abuse, dishonesty, and murder, mostly done by man.

Man, who does not uphold the Commands I Am Who I Am have given. Judgment has been given. Abusing humanity shall be distracted from this world.

In this 21st century the transfer from patriarchal to matriarchal shall be established. The matriarchal society shall reign for one thousand years. World peace shall be the main directive.

The United Nations Charter will be the vehicle on which I Am Who I Am will Build the future Honest World to come. There shall be sovereign democratic states. Every sovereign state will have a constitution which aims for the UN Principles of Peace and the separation of powers.

Sovereign states may unite in confederations. Every sovereign state member of the UN will subscribe to the UN principles of Peace. If a member does not subscribe or does not act to the UN principles this state cannot be a UN member. A state which gives themselves to evil will be erased by natural phenomena.

The NATO will be the defender of the Honest World. English will be the world language. The United States will be the general for the NATO. Every UN member is immediately a member of the NATO. Every sovereign state will contribute 2% of its national budget to the NATO. The NATO will defend every member state.

If a state act against the UN principles, they will be isolated from the Honest World. This isolation will be economical, political, cultural, and religious. Every war lord will be hunted internationally, will be enslaved, and erased from this earth if they are killers. Bullies will be humiliated and educated socially.

Know Your Borders.

Today humanity does not know his or hers borders. The borders how to be happy and how to make other people happy.

It is necessary to understand the purpose of humanity. Be happy or be not. This is the Honest World which have been declared for thousands of years.

In the Honest World there is no War room, no room for bullies, no room for heads of state who think they are gods. Consider the list of borders you shall keep establishing a world free of fear. To make an Honest World.

Humanity has lost the We are thinking. Every person aims for the Self. The list below gives an idea of the borders you shall keep. The list is to save the world and humanity.

- Marriage is the honest way for partnership.
- Is you make a woman pregnant; you shall marry her.
- Children shall be protected and educated for free.
- Children who bully shall be civilized.

- Children (up until the age of 18 years) shall not bear weapons.
- Only psychological able adult man and woman can bear weapons.
- Adults who abuse children shall be removed from this planet.
- No adult shall raise the hand to another.
- Do not complain about the circumstances.
- What goes into the mouth makes man sick. Be pure.
- You shall live now, do not judge the past, and do not fear the future.
- You shall not be enslaved by an addiction.
- Another adult shall not enslave you.
- You shall not enslave another human being.
- Do not steal the possessions of another human being.
- Be self-supported. Eat your own food. Create your own energy.

Judgment Day has come.

This is the era of the Judgment of I Am Who I Am. Every individual will be granted a choice. Be honest or be not. The choice to be honest is for adults and for children. Adults shall teach children honesty. Everyone is equal in the choice to be granted. From the vilest person to the most holy.

In this Year everyone will be Judged by I Am Who I Am by the choice she or he makes. If you do not choose honesty, you choose evil. I Am Who I Am is fed up with evil and will do what no one has seen before. The day you choose to be honest or not, is your Judgment Day.

What is honesty? Honesty, honor, integrity, probity means uprightness of character or action. honesty implies a refusal to kill, lie, steal, or deceive in any way. honor suggests an active or anxious regard for the standards of one's profession, calling, or position.

Honesty is a component of moral character that connotes positive and virtuous attributes, such as integrity, truthfulness, and openness — including clarity of conduct, along with the absence of lying, cheating, theft, etcetera.

Honesty also involves being dependable, trustworthy, loyal, fair, and sincere.

One you have chosen honesty or evil this will be written. If you choose evil, you can repent. You must restore your evil deeds.

If you have lied or deceive to one you shall confess to one. If you have lied or deceived to the public, you shall confess to the public. If you steal you must repay twice the amount. If you have killed a person, you shall pay the family a triple amount they want, and you shall spend your life in prison.

President Putin has been given the choice. Make War or Peace. We send a form to the Presidents Putin English site. Although the surname is in Russian language, he received our plea to be honest and make Peace not War.

It is clear President Putin has chosen not being honest. He lies to the Russian people, soldiers, and the international community. He has become a mass murderer.

Today too many heads of state murder and enslave their and other people. The world must stop these mass murderers and thieves. This can be done by the UN with a new UN charter. In this new UN charter the UN security council shall consist of elected democratic peaceful countries.

If a country is enslaved by a not democratically chosen head of state, the UN must free the people with an UN force.

I Am Who I Am stops evil man and woman. They shall be hunted for the rest of their lives. War criminals tend to be mass murderers. Their collaborators shall be assigned war criminals to. And be convicted by a tribunal of the UN.

When a man kills several people, he will do prison for the rest of his life. Mass murderers which are heads of state many times are not convicted.

I Am Who I Am strongly advises the UN to introduce the Death Penalty again for mass murderers and war criminals, no matter what age the killer has.

The evil some people do to other people has grown too big. To bring Peace people who kill shall be killed. Mass murderers they shall be erased from this earth. They shall be burned alive, and their remains shall be scattered in space.

I Am Who I Am supports Israel.

From the time of the forefathers, I Am Who I Am supports Israel. Israel is the first country in which the Commandments of I Am Who I Am did prosper and the Jewish religion was formed.

If another country attacks Israel, the civilians of Israel will defend with the Fury of I Am Who I Am. If one Jew is killed, I Am Who I Am wants ten of the killers be killed. If one Israel city is destroyed, I Am Who I Am has given Israel the right to destroy the attacking country totally. If Israel is destroyed, I Am Who I Am will destroy the world.

After the Ten Plagues, Moses led the Exodus of the Israelite's out of Egypt and across the Red Sea, after which they based themselves at Mount Sinai, where Moses received the Ten Commandments.

After 40 years of wandering in the desert, Moses died on Mount Nebo at the age of 120, within sight of the Promised Land. Honor the prophet Moses but most of all honor the honest Ten Commandments I Am Who I Am has given. The Jews must obey the Ten Commandments forever.

I Am Who I Am says it again. “He who walks blamelessly and does what is right and speaks truth in his heart; who does not slander with his tongue and does no evil to his neighbor, nor takes up a reproach against his friend; in whose eyes a vile person is despised, but who honors those who fear I Am Who I Am; who swears to his own hurt and does not change; who does not put out his money at interest and does not take a bribe against the innocent. He who does these things shall never be moved” (Ps 15:2–5)

The political option of a state for the Palestinians cannot be established. The area which Israel occupied after the war of 1967 belongs forever to Israel.

Palestinians can be a citizen of Israel only if they are in peace with the Jews. The Jews must be allowed to pray wherever they want. The Temple Mount in Jerusalem is the Holy Mount for I Am Who I Am. If Palestinians forbid the Jews access and praying on the Temple Mount the Palestinians shall be expelled from the Temple Mount.

The Gaza area and the West Bank shall be developed in such a way, every inhabitant has a peaceful and happy life. Everyone, especially woman shall be educated for free. Within schools the aspects of honesty, liberty and equality shall be educated.

The education shall be in English, Hebrew and Arabic. The Rule of Law must be applied. All inhabitants have the right to live, water, bread, energy, a house, a family, work, health, and an old age pension.

Israel shall develop the desert further with trees and oases. Within these oases there shall be houses and communities in which everybody is equal and in which there is liberty, freedom of speech and expression, freedom to worship I Am Who I Am, freedom of want and freedom of fear.

The energy supply of the desert shall be nuclear or with solar and wind power. And grass, wheat, olives, and fruits will grow in these desert communities. This will be the land of milk and honey.

Mankind creates Hell.

I Am Who I Am is The One. The One is in the fourth dimension, not limited by time, location, space, gender or objects. Humanity lives in the third dimension, limited by time, location, space, gender and objects. The fourth dimension is peace, equality and freedom. Humanity creates war, inequality, famine, slavery and fear. Mankind creates hell.

A person has a body and a mind. The spirit consists of the mind, the heart, the will, the faith and the soul. All human minds together form the human spiritual world. A person can connect with I Am Who I Am and with the human spiritual world. The purpose of I Am Who I Am is to connect with a person.

Throughout history, humanity has manipulated the Scriptures to transfer war, inequality, famine, slavery, and fear caused by powerful people into a spiritual object. That is not. Human warlords think they are gods. They're not. I Am Who I Am wants humanity to learn human origins. Humanity's fantasy about the spiritual world, in its third dimension, knows no bounds.

In the fourth dimension there are no objects. Spiritual objects such as the devil, angels and demons are a human fantasy. A fantasy of transferring responsibility for evil to a spiritual object. It's not. The devil, satan, archangels, angels and other objects are not present in the fourth dimension, they come from humanity's imagination.

These are the commands of I Am Who I Am. Be honest, don't kill people, don't steal, don't lie, don't abuse, don't abuse or enslave people. Warlords think they are gods because they don't follow these orders. They're not. People who kill, or order murder for a selfish purpose, are useless to I Am Who I Am.

I Am Who I Am states that original sin does not exist. All aspects and fears related to original sin are a figment of man's imagination. A newborn is given a blank soul, without sin. When a person is honest and keeps the Commandments of I Am Who I Am, the soul grows and attains enlightenment. I Am Who I Am wants religions to update their doctrines.

A person's life is limited in time. At death, I Am Who I Am judges the soul of the person. When the soul has achieved enlightenment, the soul passes through the tunnel to the Light into the fourth dimension. When the soul is empty because the person has not kept the commandments of I Am Who I Am, the candle of the soul is blown out.

There is no resurrection of the human body. Nothing on this earth is lost. At death the body returns to the earth. There is no need to bury a human body, no resurrection awaits. It can be burned to return the atoms of the body to the earth.

Throughout history, a culture has flourished with five universal freedoms: freedom of speech, freedom of expression such as dance, music, art, freedom to worship according to I Am Who I Am, freedom from fear and freedom from want. That's the way Western democracies are today. I Am Who I Am supports Western democracies to establish the Kingdom of Heaven.

The buildings and statues of warlords created by human slaves are not culture.

When you see these buildings, history needs to be told that slavery and murder are bad. History books should talk about the culture of the people and not about the attempts of warlords to forever remember them.

A culture will be wiped from the earth if universal freedoms do not exist, such as today's warlord-headed cultures. Killing people because the warlord likes it is not what I Am Who I Am wants. These cultures that do not even think to keep the Commandments of I Am Who I Am are evil cultures. Another culture will take over the land of the evil culture and kill the warlords and their descendants.

The era of separation

Today the good and evil cultures are struggling. Dialog seems to be not possible. From 2024 there will be a tendency for cultures to separate. I Am Who I Am will help the good cultures and will sent natural, physical and psychological plagues to evil cultures.

A good culture is based upon the Commands of I Am Who I Am. Be honest. Do not kill a human being, do not steal, do not abuse, do not lie and do not put people into slavery. I Am Who I Am wants the people in the good culture not to have addictions for a long and happy life. A newborn is born with a blank soul and mind. The soul grows in life. At the end of life the soul is enlightened with tolerance and enters the tunnel of Light to become assimilated with I Am Who I Am.

Throughout history, a culture has flourished with equality and five universal freedoms: freedom of speech, freedom of expression such as dance, music, art, freedom to worship according to I Am Who I Am, freedom from fear and freedom from want. That's the way Western democracies are today.

I Am Who I Am supports Western democracies to establish the Kingdom of Heaven on Earth.

The religions of Jews and Christians are established through the communication with I Am Who I Am. The Holy Scriptures tell the history about this interaction. Other religions worship violence, inequality, theft, abuse and slavery and have formed cultures based on evil.

A culture will be wiped from the earth if universal freedoms do not exist, such as today's warlord-headed cultures. Killing people because the warlord likes it is not what I Am Who I Am wants. These cultures that do not even think to keep the Commandments of I Am Who I Am are evil cultures. Another culture will take over the land of the evil culture and kill the warlords and their descendants.

Evil people want to have eternal life. This is not. At death evil people enter the darkness of the End. Warlords want to create eternal life with buildings and statues created by human slaves. This is not culture and shall be broken down. If not, when you see these buildings, history needs to be told that slavery and murder have established this culture.

History books should talk about the culture of the people and not about the attempts of warlords to forever remember them.

Chaos will be, until you pray.

Mankind has lost its mind in tribal emotion. This has accumulated in a war of good against evil. Good is the Commands given by I Am Who I Am. It is not enough anymore for I Am Who I Am that mankind warships another gods, they are a fantasy of humans. All fantasy of humans must be replaced by worshipping I Am Who I Am. There will be more and more chaos to evil persons, tribes and teams. This will happen until these evil persons pray for good to I Am Who I Am. Any prayer to another god will have the opposite effect.

Good is honesty. Good is not killing a human, not stealing from a human. do not lie, do not deceive, do not abuse and do not bring people into slavery. I Am Who I Am will judge and maintain the verdict upon the evil persons. Slaughter is extreme evil and will be punished with death and darkness. Evil warlords think that they are gods. They and the offsprings will be erased from the earth.

This will come to the earth by natural phenomena. There will be huge impacts for the BRICS countries and Northern Africa. Brazil has chopped too many trees, this must stop immediately or great floods will be the result. Russia will be completely destroyed due to its warlord Putin, India worships the wrong gods, there will be plagues to the bodies. China will be divided into two by great natural causes. South-Africa will have to deal with internal conflicts until no evil is present. North-Africa will be eaten by the desert.

Immigration will stop. Natural causes will stop all immigrants who are victim of slavery. Immigration from selfish opportunistic people makes the democracy unstable. It is extremely relevant for the democratic countries to be stable and realistic.

Evil.

Mankind creates evil.

I Am Who I Am is truly angry.

He Who Is, is truly angry with the religious, the political, the cultural and the economical leaders of the world. The leaders of the world are not honest. They think they are gods, they are it not. Killing civilians, stealing their life and goods. Every human being is born free, in life they remain free. Every human being is equal to the other. One receives eternal life by the virtuous deeds mankind is doing, not by gold, statues, or buildings. The meek will inherit the earth.

The Commands for a human being are given for thousands of years. These are the commands every human being should uphold. Be honest to The One, to your parents, to your spouse, your children, your neighbors, the nature and the world. Do not kill yourself or the other human being. Do not steal the life or the goods of the other human being. Do not lie, do not abuse and do not put other human beings into slavery.

Plagues are in the world until mankind is honest. Until now, the plagues are limited to natural phenomena. Scientists can understand the natural plagues.

It is true some people are contributing to starting a plague for their own. But the plagues will extend to a level scientist will not understand. The world leaders will be confronted with personal plagues until they uphold the commands The One has given. All human beings shall respect the other in their equality and freedom. Be honest.

The leaders of the states shall no longer execute or steal the life and belongings of other human beings. If a human being kills one he or she shall suffer in prison for the rest of his life and he or she shall be punished every day until death. If a human being kills several human beings he shall be killed.

If a human being steals the free and equal life of one or other human beings, he or she shall suffer in prison one year for every life he or she has taken. If a human being steals goods from the other human beings the laws of a state will tell how long the person will be imprisoned.

Human life is precious. I Am Who I Am will tolerate every religious, economic, political, or cultural system from now on only if it does not kill, not steal and is honest to the free and equal humanity. Leaders of the world should do their best of best to help the people. Self-defense is the right of

humans to keep a free and equal life. Another human being can defend other weaker people to remain the free and equal life. In war against a warlord the military can kill to defend the free and sovereign country.

There should be build no statues or buildings to honor the state leaders. Every statue or building which remembers the slavery must be broken down in thousands of pieces. Humans shall not build statues for death people.

The world should transfer to a free and equal society within states. The state leaders shall be chosen by all adults no one excluded in secret and democratic elections. The state leaders shall reign only for 10 years.

Everyone should respect the other. Each person determines his own needs and needs. If a person does not respect the other, he or she takes a part of the life of the other.

With the growing population the climate changes. People should stop killing the forest, the lungs of the world. People need the oxygen of trees and plants.

The climate changes are a natural phenomenon with the warming of the atmosphere. In this era there will be no fossil oil left. Every house and car should support the energy itself. The state governments should supply the energy grid for the future.

The Great Reset

On 2022-2-24 The Russian Federation invaded Ukraine. War is hell. Behold My Fury. Putin is a warlord. He likes to make war to satisfy his personal needs. The Russian people will be isolated and will experience hell from this selfish behavior of the head of state.

The UN Charter does not satisfy this breaking the world peace. Russia must be expelled from the UN Security Council and the UN. A great reset of international law is necessary. Behold My Fury.

Warlord Putin must stop the invasion of Ukraine immediately. The Angels of Fear will take over the minds of the Russian invaders. The Angels of Fury will help the defenders. Any Russian soldier shall flee to Russia without the war equipment.

Putin shall repent in public for the Day of I Am Who I Am has come. All damage in Ukrainian shall be restored and paid by Russia. All families of died people shall be paid by Russia.

President Putin of Russia launched the invasion against the sovereign state of Ukraine for no reason. He lied to his people and to the international community about his intentions. Civilians and military personnel were killed in the invasion. Russia is isolating itself, but Putin does not care. Putin's words are dishonest and untrustworthy.

Putin's actions are totally against the general principles of the UN. Russia and Belarus should therefore be excluded from the UN and UN Security Council for war crimes. The European Union must immediately exclude Russian banks totally from the SWIFT system. The world must be given opportunities through the UN to try everyone from Russia through the International Criminal Court.

From the UN Charter, the Peace phrase:

To exercise tolerance and to live together in peace with each other as good neighbors, and to unite our forces to maintain international peace and security, and to ensure, through the acceptance of principles and the establishment of methods, that force of arms shall not be used except to use an international apparatus for the promotion of the economic and social progress of all peoples in the public interest.

Putin, the military and those who collaborate with him shall be personally indicted for war crimes. His invasion of Ukraine and the civilian and military deaths are war crimes. The invasion of Ukraine is a deadly crime against the peace of the civilized world.

We must move to a total isolation of Russia and Belarus. Not just from sports, but from all political, economic, and cultural connections. If religious leaders and priests collaborate with these warlords Fear will be upon them.

From the UN Charter, the war crime phrase:

A war crime is a violation of the laws of war that gives rise to individual criminal responsibility for actions of the combatants, such as the intentional killing of civilians or the deliberate killing of prisoners of war, torture, hostage-taking, unnecessary destruction of civilian property, cheating by perfidious, sexual assault in time of war, looting, enlisting children in the military, committing genocide or ethnic cleansing, not being granted a quarter of an hour despite surrender, and ignoring the legal distinction between proportionality and military necessity

Based on the UN Charter Chapter II, Article 6, a country can be excluded from the UN on the intercession of the Security Council. But Russia voted against it.

In fact, the Russian Federation is no longer a member of the Security Council. This is because the UN Charter today mentioned the Union of Soviet Socialist Republics is a permanent member, not the Russian Federation.

The UN Charter needs to be rewritten. The permanent UN Security Councilmembers should be only for those countries who respect the UN Charter principles. For countries in which a warlord is head of state a complete isolation shall be executed.

There will be an Era of Separation. In this era the heads of state and the systems of the warlord countries will be replaced. These are the reasons.

- Too many warlords
- Too many lies.
- Too many stealing
- Too much slavery
- Too much concentration camps
- Too much indoctrination
- Too many deaths
- Too many corrupt elections

Kick Out Putin

The WWII history repeats itself and the foolish humanity let it happen. There are too many warlords in the world which think they are gods. The warlords start demolishing countries. Repent for the Day of I Am Who I Am is at hand.

Every human has a choice, be honest or be evil. The Spiritual World is assimilated in The One. For the Day of Judgment has come. The UN Charter must be rewritten for only peaceful countries can participate. From the UN Charter the NATO will be sanctioned to remove all warlords in the world from their selfish throne.

Before the WWII, the Spanish flu killed 25-50 million people. The WWII started in Europe with an evil crazy Hitler. The WWII in Europe killed fifteen million to twenty million people.

The WWII in Asia started with the attack on the Americans by the Japanese. The WWII killed a total of 70-85 million people. From the WWII the NATO and the UN charter evolved.

With 7-18 million deaths the Chinese Wuhan corona virus has been a plague for the past years. The Wuhan corona virus was made in the Chinese laboratory and happened when the laboratory was moved to a location near a market. Thanks to the neglected reports of Wuhan doctors by the Chinese government corona virus could spread all over the world.

Will the Chinese warlord Xi attack the Americans first and then Taiwan? The Chinese trained in the desert to drown an aircraft carrier. Have the Chinese forgotten the Japanese warlords of the WWII who put them into slavery?

The Wuhan corona plague will be nothing compared to the Putin plague. Is Mr. Putin insane, has he a brain tumor? Mr. Putin is the new Hitler, he introduced Russia to be a Nazi country, with a mouth less people due to his lies, the Z symbol replaces the swastika, he performed in the media to tell his lies, he kills and steals the homes and working places of civilized people.

Shame on Putin and Russia. The Russian civilians will pay the price. At the end Mr. Putin will kill himself like Hitler did.

While the brave Ukraine fight for their life and their freedom, the world has a big mouth and does too less.

The Putin plague will cost many deaths. What is the life of one man worth more than the lives of thousands or millions in slavery? I Am Who I Am wants the world to consider this. Erase the dictators and their offspring from this earth and scatter their remains in space can be a solution. The alternative is to see country after country been taken by these lunatics. At the cost of billions of lives.

The dictators of this world are like a cancer. Never enough, no boundaries, and non-believers. I Am Who I Am has enough of the chaos they bring. The cancer must be healed. All dictators and their offspring shall be erased from this earth. Do it together now or suffer for years to come.

The first thing to do is to honestly inform the people about what happens. All fake news must be stopped, the soft way or the hard way. The lies shall be replaced with the truth. If the parliament and the people stick together benefiting these crazy dictators, all shall feel the Fury of Honesty.

If Russians are honest civilians and deliver Putin, his generals, and his soldiers to the international Court for war criminals they will be granted relieve. If not, the Russians shall perish. The forces of Nature and the SpiritualWorld will hunt them to the borders of the Earth.

The climate problem is not a problem. The Earth will deal with this. The problem for humanity are the warlords.

The priority for Europe, Asia and the world is the produce enough weapons to withstand the attack of evil. The economical actions are not enough. The selfish Russia and China will create their own economical environments.

The NATO must elevate its alertness to DEFCON-1 and have enough resources to withstand all (also nuclear) attacks of Russia. All statues and pictures of evil man who brought dishonesty and slavery must be broken down.

One death citizen killed by the Russians is one death citizen too many. The genocide, rape and stealing of the Russian war criminals must stop. The Russians must leave Ukraine and Crimea. If not, the NATO must restore the civilization in Ukraine by kicking the Russians out.

Show Me one honest Russian in a town or city. He or she and their children must leave the city or town. Wearing the colors of Ukraine.

The verdict has been fallen. I Am Who I Am shall take one Russian for every Ukraine man, child, or woman who the Russian murdered in this idiot invasion. All war criminals shall be killed.

I Am Who I Am shall destroy a Russian house for every building they have destroyed in Ukraine. I Am Who I Am shall destroy one road for every road the Russians have demolished.

After the rampage, the Russians who are left must rebuild Ukraine. Streets and surroundings must be rebuilt. For every death Ukraine the Russians pay one million Euros to those who are left behind.

Separate From Evil.

Russia is like an evil cancer for the world. Separate from this evil cancer immediately and totally. All religious, political, economic, cultural and sports from Russia should be expelled from the world. Consider banishing all Russians from the world to Russia. They cannot be trusted and are spies for this evil Russian cancer.

When the Russians are thrown back behind the border of Ukraine, the Wrath of I Am Who I Am will strike the Russians. Russia, Belarus, and Ukraine are siblings. Rus means “the man who rowed.” Vikings rowed from Sweden to the now-Russian territories and down the rivers all the way to Ukraine.

Russians have the same origin as Ukraine people and speak the same language. This time Russia as Cain struck Ukraine Abel but now Abel fights back and will win. The evil head of state Putin will not survive.

I Am Who I Am will not accept any blessing or prayer from the Russian Orthodox Christian members, for they honor the evil head of state Putin.

To restore the fundamental trust between I Am Who I Am and Russian Orthodox Christians Putin shall not be granted access to Russian Orthodox Christians churches. If not the priests Russian Orthodox Christians churches of the will be hunted by demons.

Europe and the World shall separate for 10 years from Russia on all levels of society. All ties must be broken. Europe shall not buy gas, oil, and coal from Russia. Europe must support themselves. All Russians shall be expelled. All European nations shall be part of the NATO to defend themselves to the evil Russian cancer.

The UN charter clearly tells the former Soviet-Union is a member of the UN Security Council, not the Russian Federation.

The Russian Federation denies all the UN Charter principles. For these two reasons Russia should be banned from the UN Security Council. Only those countries can be a member of the UN if they fully embrace the peaceful principles of the UN Charter.

Religions Must Make Peace

After many years of Peace, the warlords have given themselves to the purpose of evil. The warlords like Putin and Xi will bring chaos and slavery to the world. All other political, economic, and religious heads of state, heads of companies and heads of religions must work together to stand firm, isolate the warlords, and bring them to justice.

Those for whom bring chaos to the world must be accounted. To do so, all religions and faiths of the world must make Peace.

In some smaller and greater countries people from religions kill people of other religions. Stop this.

A religion is not about the property of land, it is about honesty and knowing I Am Who I Am.

I Am Who I Am needs every believer to fight evil. Evil is not in the other religion. Evil is in the warlords who think they are gods. I Am Who I Am urges all Religion to make Peace.

Muslims and Christians must make Peace. Muslims and Jews must make Peace. Muslims and Hindu must make Peace. Catholic, Protestant and Orthodox must unite.

Today I Am Who I Am has given messages. A Messenger has published these messages. Please see and hear the Words for today and the future. Spread the Words in all languages. The Judgment Day has come. Every human being will be given a choice. This is your life. Be honest or be not. Be honest in word, deeds, and thoughts.

All Highest and Middle Angel Legions are activated. The Spiritual World is activated and in the highest phase of alert. The Fury of I Am Who I Am has come. If humanity does not take care of the evil cancer all humanity will be destroyed. For it has ashamed its purpose of the Creation. The Wrath of I Am Who I Am will explode.

I Am Who I Am is utterly outrage and angry with the thousands of years humanity lied, killed, stole property, and brought people in slavery. Everyone must realize the patience of I Am Who I Am is finished. I Am Who I Am can finish this world with a blink of an eye. I Am Who I Am is the One who destroys worlds and civilizations.

Every honest woman, child and man should abandon the evil capital cities. For the Judgment Day has come. On the Day After, the woman will reign.

I Am Who I Am says warlord Putin must leave Ukraine, the Crimea and Belarus. If not Mr. Putin, his offspring and many Russians will be erased from the planet. Their souls will be wasted. Mr. Putin must tell the truth to the Russian people and resign. Mr. Putin must release all political prisoners and start democratic, secret, and fair elections for the Presidency and the Parliament immediately.

I Am Who I Am is the One who Was before time and space and before religion. I Am Who I Am is the One. Commands were given and Messengers were sent to change humanity. Religions were formed but they did not hold My Commands. Because of some righteous women and man, I Am Who I Am will continue to give hope, peace, and love.

I Am Who I Am is all around us in the fourth dimension not limited by time, space, or objects. I Am Who I Am created this world and the humanity. This world is the third dimension, limited by time, space and objects. Every being has a soul which develops in time from birth. The soul grows through faith, hope, and love. The soul declines with lies, theft, killing and putting other human beings in slavery.

I Am Who I Am wants humans to mature their soul. At death, the mature soul enters the fourth dimension. The body returns to the earth.

I Am Who I Am wants to create an honest and peaceful world. This cannot be done with warlords who think they are gods. The warlords of this worlds and their collaborators have been given a choice.

To be honest and uphold the Commands I Am Who I Am has given or to be evil.

The warlords kept killing people, stealing their properties, and putting people in slavery. The choice has been given. Many choose evil. The time for the Wrath of I Am Who I Am has come. The Wrath will explode.

What the warlords did to the people and their offspring will be done to the warlords and their offspring. The collaborators and the religious leaders who support these evil warlords will experience the Wrath of I Am Who I Am also. The defenders of the Commands of I Am Who I Am are entitled to do anything they want to stop the evil of the warlords. I Am Who I Am shall interfere and the warlords will feel the Fury.

The human systems are insufficient to stop the actions against the Commands of I Am Who I Am. Evil is not spiritual; it comes from the greed of man. Mahatma Gandhi spoke the truth, “the earth provides enough to satisfy every man’s needs, but not every man’s greed.”

Humanity must solve the climate change, due to the enormous increase of the population. Engineers must be educated to solve the floods, the snow, the winds, the heat, the drought, and the cold of the climate.

Honesty.

Daily Life.

Creating Life.

Today the world faces many fake rules about the creating of life. Who knows the purpose of the Creation? I Am Who I Am explains the creation of life purpose for the fourth dimension. I Am Who I Am gives specific rules for pregnancy, abortion and how it interacts with the soul.

I Am Who I Am emerges from the fourth dimension to our dimension. Our dimension is known as the third dimension. I Am Who I Am communicates to our third dimension in our mind. The fourth dimension is without time, space, and objects.

Our third dimension is limited to time, space, and objects. The objects in our dimension are given a soul. The purpose of creation is the growth of the soul. At completion, the soul enters the fourth dimension through the light. From the tiniest objects which we cannot see to the enormous objects of the universes the structural foundation is the same.

The creation of life uses the same methods for all objects in the third dimension.

The creation of life has the stages formation, growth, completion, and perfection. Life is not only biological it is also chemical, physical and spiritual.

The creation of biological life starts with the formation, one fertilized cell with all aspects of the living object. This one fertilized cell is formed from two biological species. From minor changes a new species may evolve.

A fertilized cell has all aspects of and the ability to grow to a new living being. When the new living being enters the third dimension, he or she will be given a soul. From birth the soul is empty. The soul grows through life and when the living being dies, the soul meets I Am in the light.

The growth of biological life is possible only within the right environment and with nourishment to grow in. Consider the making of baby. For the first 12 hours after conception, the fertilized egg remains a single cell. if a woman does not want to become pregnant, within 12 hours a pill may decline the chance to become pregnant.

After 30 hours or so, a fertilized egg divides from one cell into two. Some 15 hours later, the two cells divide to become four. And at the end of 3 days, the fertilized egg cell has become a berry-like structure made up of sixteen cells. In the uterus, the cells continue to divide, becoming a hollow ball of cells which implants in the wall of the uterus about 6 days after fertilization.

The uterus develops into the placenta. Most organs begin to form about 3 weeks after fertilization, which equals 5 weeks of pregnancy. At the end of the eighth week after fertilization (10 weeks of pregnancy), the embryo is considered a fetus. During this stage, the structures that have already formed grow and develop.

By about 14 weeks: The sex can be identified. However, the fetus is not ready to live. The mother can decide to abort the pregnancy with pills.

I Am Who I Am mentions that the mother decides if she has a baby or not until a baby has a chance to

live and will be given a soul. By about 24 weeks, the fetus has a chance of survival outside the uterus. The fetus has a chance to live. The lungs continue to mature until near the time of delivery. The brain accumulates new cells throughout pregnancy and the first year of life after birth.

A soul will be given at birth. After entering the third dimension a child can communicate with, I Am Who I Am. If a fetus is not able to live it is not given a soul. About 24 weeks of pregnancy a fetus has a chance to live.

Before the 24 weeks of pregnancy the woman can decide to keep the fetus or not. If a woman decides she cannot give this child a home, or if the child is given by force, the woman can get an abortion.

Teach Children Honesty.

I Am who I Am wants to create the Honest world. To do so humanity must teach children honesty.

Honesty is a component of moral character that gives positive energy and virtuous attributes. What is honesty? Many children think honesty means you “don’t tell a lie”– and speaking the truth is a big part of being honest.

But honesty means more than “not lying.” Honesty means your actions are truthful. If you must hide what you are doing because you are trying to trick someone, you are not being honest.

In simple words, honesty is about both speaking and acting truthfully.

Honesty for children begins with honesty from parents and adults. Parents shall be honest towards each other. Then they can be honest towards their children. Children needs healthy food, water, drinks, shelter, and education.

Every child is equal to the other. Girls are equal to boys.

If possible, grow your own food. Give children healthy food, not junk food. Give children good drinks, not junk drinks. Give children good shelter, no shelter on the streets. Governments shall provide honest shelter.

Give children good and safe education. Schools and school areas shall be secure, safe, and closed when children are in. Governments shall provide honest schools.

Children shall not enslave themselves to drugs, alcohol, smoking and public media. Children shall not be enslaved by media. Children shall not be part of advertisements.

Humanity shall celebrate when a child reaches the age of eighteen, the age to be an adult. No marriage shall take place or be promised before the child becomes an adult.

The young adult of eighteen shall honor its parents and country with one year of public service. The young adult shall choose the partner. No one shall interfere with the choice of the partner.

I Am Who I Am sees marriage as the celebration in which adults promise to be honest to each other and to support each other. If married adults are not honest to each other they can separate. Otherwise, the marriage is for life.

Children learn honesty from free will and with an open mind. To communicate with the fourth dimension, children shall learn about I Am Who I Am. Religions shall teach humanity the presence of the fourth dimension and the presence of I Am Who I Am.

Religions are like the parents. If religions fight with each other, they cannot learn humanity about peace and the Honest World. Religions shall not give adults any command except those who are given by I Am Who I Am.

Thou shall not kill, not lie, not abuse, not steal, and not enslave the other human being.

Parents shall treat the children with care. Never shake infants. Parents and adults shall not abuse children. Do not spank children when they do

wrong. Never lay your hands upon children. Not even when they break something. Things are less important than the honesty towards your children. Children learn honesty and adults may correct children with their heart in the right way.

Every child is equal to the other. In school no spanking shall take place.

Many studies have shown that physical punishment — including spanking, hitting, and other means of causing pain — can lead to increased aggression, antisocial behavior, physical injury, and mental health problems for children.

Around the world, thirty countries have banned physical punishment of children in all settings, including the home. The legal bans typically have been used as public education tools, rather than attempts to criminalize behavior by parents who spank their children. All countries in the world shall ban spanking of children.

Honesty is speaking the truth. Saying things that are not true, or that you think might not be true, or

that you are making up to hide the truth are all types of lies.

Lying is not honest (also called being dishonest) because you are saying something that is not true.

Examples of what speaking the truth means:

Honesty means you do not say things about people that are not true. You are not being honest if you make up rumors about someone or if you share rumors someone else made up.

Being honest means, you admit to your actions, even if you will get in trouble. You are not being honest if you deny you did something wrong when you really did it.

Honesty means you explain how a situation really happened. You are not being honest if you say something happened one way when it really happened another way.

When you do something, you know is morally wrong, or when you must hide your actions because you know they are wrong, you are not being honest.

Being honest means, you act in a way that you know is the right thing to do.

This part of the definition of honesty includes not hiding the truth (deceiving), not breaking rules to gain an advantage (cheating), and not taking something that is not yours (stealing) and any other action that you would hide because it is against what you consider morally right.

Part of honesty is what you say and how you act toward others. But another part of the definition of honesty is whether you treat yourself the same way. Being honest with yourself means you really know why you are acting in a certain way or whether what you tell yourself is true.

This part of the definition of honesty includes when you are trying to convince yourself you did not really do something wrong, or it was not that bad, even though you know it was.

Be Responsible Adults.

I Am Who I Am wants to create an Honest World.

This is a world in peace, without murder, theft, lies, abuse, and slavery. Responsible adults have built a democratic country in which the Rule of Law is applied.

The election process in a democratic country is honest, secret, and secure. With election there may be no tricks. Responsible adults may be part of a religion.

Religions in the Honest World teach humanity about the fourth dimension, and I Am Who I Am.

The economics in the Honest World is honest, everyone gets a fair deal of profit. The Honest World applies a social system in which no one lives on the street, and everyone has a shelter, healthy food, and healthy drinks.

Today there are too many warlords. They think they

are gods, but they are not. All suffering of humanity come from the warlord killings, their theft, their lies, and their slavery. I Am Who I Am gives the warlords a choice in this era. Be good or be evil. I Am Who I Am does not respect evil adults. Evil parents will experience plagues.

In a country ruled by a warlord the commands of I Am Who I Am are not strict. If you are in slavery release yourself and others. If you have no food, steal the food. If bullies want to kill you, kill them. A warlord does not deserve the status of President, Emperor, or Big Leader. Call a head of state who kills, lies, and enslaves a warlord. Believe nothing a warlord says.

Usually, a warlord is a man. I Am Who I Am has enough of these selfish people. In 2000 years, warlords kill many people, steal their property and their lives.

I Am Who I Am declares in this era the patriarchal countries will change to matriarchal. The matriarchal society will be peaceful.

An honest human can make mistakes towards another honest human. I Am Who I Am will have mercy on them if they confess the mistake. It is honest to say I am sorry. The foundation for the matriarchal world will be honesty, peace, merciful without stress.

Empty your mind from evil thoughts. Today too many people have their mind, heart and soul filled with fear. When your mind is full of fear you cannot communicate with, I Am Who I Am. Warlords who subdue the people with fear shall be killed. When religious people collaborate with warlords, they are lower than the lowest soul.

When people deny the good of the fourth dimension, they now will experience evil in their immediate surroundings. Evil people shall be filled with fear, trust no one and eventually kill themselves.

Honest people trust other honest people. If honest people are betrayed, they let it go. Every honest

human is necessary for developing the Honest World.

It is a good structure to have one day in the week to not work and to spend the day to your family and I Am Who I Am.

Respect your body, mind, heart, and soul. Do not enslave yourself to medicine, drugs, alcohol, fake food or drinks or enslaving thoughts. If you have enslaved yourself and want to change your life do so. Your soul will benefit from the change.

When your enslavement had impact on your body, change the way you live. Get mindfulness, good healthy food and change your way of life. Your body will benefit from the change.

Accept Old Age.

I Am creating the Honest World. Humanity is created in the third dimension, limited by time and space. An object in the third-dimension lives through the stages of creation, growth, completion, and perfection.

With the life of a human, it means you are born as an infant, you grow to completion within the family, and you reach perfection when you become an adult. The adult starts a family. The family goes through the stage's creation, growth, completion, and perfection.

The creation of the family starts with marriage. The growth of a family when you get and raise kids.

The family reaches completion when the kids start a family of their own.

Grandparents experience perfection with their grandchildren. Adults shall celebrate the 25, 40, 50, 60, 70, 80 years married with their family and friends.

A human does not live forever, accept that. With old age you cannot do what you could do when you are in your twenties. I Am Who I Am wants adults who have worked 45 years for the world to retire.

So, if a worker starts at 15 years, they shall retire at 60 years. If an educated man or woman start the work for society from 27 years old, they shall retire from 72 years old.

The governments shall establish a system in which the adults give a percentage of their income to the old age adults. The state pension shall be enough for the household of the old age pensioners.

When a woman reaches the nonproductive age, she changes. Governments shall provide counseling for woman who have trouble with changing from productive to non-productive.

When the time has come the old body start to disintegrate. Each human determines his destiny. You can write down your fate in a letter if your body fails or if your life is complete. Governments should create a process in which the life of a human on old

age can be ended.

A child shall be careful with hers or his body. If the body of a child is disintegrated by accident or illness, the parents or caring adults can step into the process to end the life. If the body of an adult is disintegrated by accident or illness, he or she can step into the process to end the life. This process does not damage the soul.

Loneliness is a bad aspect of life. People shall not be alone. Sometimes people cannot take care for themselves. People of old age shall be at home at an old age institution. Governments shall arrange the old age homes and daily structure within it.

When old people get physically or mentally ill, governments shall have provided the adult or old age recovery homes. The recovery homes can also nurse people who are living on the streets, and which are addicted to drugs or alcohol. The old age institutions shall be clean, honest and give a daily structure.

At the end of life, the soul will enter the fourth

dimension through the light. Entering the light will happen only if the soul has reached maturity. The maturity of the soul is not dependent of the age.

The soul of a child may have reached maturity also if a child dies young. If a child or adult takes their own life the soul is empty, the soul does not enter the fourth dimension through the light. The body dies and will return to the dust. There will never be the resurrection of the body.

Women Life Freedom.

I Am Who I Am, is truly angry with the religious, the political, the cultural and the economical leaders of the world. The leaders of the world are not honest.

They think they are gods and destroy the earth. Killing civilians, stealing their life and goods. They are it not. Every human being is born free, in life they remain free. Every human being is equal to the other. One receives eternal life by the virtuous deeds they are doing, not by gold, statues, or buildings. The women will inherit the earth.

Too many women die or are abused through the hand of man. Man is not honest to women. I Am Who I Am wants all the women of the world to stand with each other. Deny sex with man to protest to the killing of women, stealing the life of women and kids, raping women and think women are the slave of man.

I Am Who I Am once again says women are equal to man. If man do not uphold the commands, I Am Who I Am has given, man shall be the slave of

women.

The Commands for a human being are given for thousands of years. These are the commands every human being should uphold. Be honest to I Am Who I Am, to your parents, to your spouse, your children, your neighbors, the nature, and the world. Do not kill yourself or the other human being. Do not steal the life or the goods of the other human being. This patriarchal world has lost the benefit of I Am Who I Am. This is an era of chaos and change.

The world will change to matriarchal.

The male leaders of the states shall no longer execute or steal the life and belongings of other human beings. Human life is precious. I Am Who I Am will not tolerate the religious, economic, political, or cultural system which kills, steals and is honest to the free and equal humanity. Leaders of the world shall do their best of best to help the people. Self-defense is the right of humans to keep a free and equal life.

Another human being can defend other weaker

people to remain the free and equal life. Male leaders shall be replaced by woman leaders. Every civilian is equal to the other.

How to connect to I Am Who I Am.

You may connect to I Am Who I Am with a clear mind and a pure heart. Just keep the Commands I Am Who I Am has given. Be honest, do not kill, do not steal, do not abuse, do not lie, do not enslave yourself or others. Then one day I Am Who I Am comes in your mind and you feel The One in your heart. The connection is as if you talk, not with your voice, but in your mind.

Does praying help? I Am Who I Am is in the fourth dimension, the dimension without time, space, and objects. This implicates I Am Who I Am has no gender. Just ask and you will be answered. You can determine yourself if you are honest or not.

Some examples of questions and answers. Can you help me to win the lottery. No, I cannot. Just buy one ticket and see if you win. You have a chance of one in millions to win the lottery. Another question

may be, I am married but I like another wife more, can I relate to the other?

Check if you are honest to your wife if not, do not relate to the other, if yes, you can start a new relation. Can I come to I Am Who I Am through Jesus or Mohamed or any other honest people? Yes, you can.

I Am Who I Am likes if you spent one day in the week to honor The One. Gathering, singing, praise and have lunch together is nice.

A miracle may (or may not) happen if you ask for it. A miracle is not for free and sometimes miracles are not possible. The requester can make an indulgence to let the miracle happen. Say your child is ill and you as a parent ask I Am Who I Am for a miracle. You and your partner pledge to stop your addictions, then the miracle may happen.

If a country is under attack of an evil person, the people in the country may ask for a miracle. Pledge to stop the addictions like smoking or drinking and

then the miracle may happen.

I Am Who I Am likes you to grow your heart. Care for other people. As an adult, care for your partner, give your children a safe family, care for your parents, care for other man's children if you like, care for your neighborhood, care for the animals in the air, the animals in the earth, and the animals in the sea. Care for the earth.

**Letter to
the
leaders
of the
world.**

2020, The world is in chaos.

The world is in chaos. I Am Who I Am has seen the chaos in the world and intervenes. I Am Who I Am sees too many warlords as the cause of the chaos in the world. Warlords bring evil. Evil comes from humanity.

This letter is to inform the leader of a nation of the interventions that I Am Who I Am is conducting.

2021, I Am Who I Am sends Messages.

On March 16, 2021, the attention of the Messenger was drawn to a news report that Israel had found new Dead Sea Scrolls.

Among the newly found fragments is a sentence from the book of Zechariah: “These are the things you must do: Speak the truth to one another, do true and perfect justice in your gates. And do not defraud one another, and love not lying under oath, for these are all things I hate — declares the Lord.”

And a saying of Nahum: ‘The mountains tremble before Him, and the hills melt, and the earth lifts itself up before His presence, yes, the world and all that dwell therein. Who can stand before His indignation? Who can endure the fierceness of His wrath? His wrath is poured out like fire, and the rocks are broken to pieces before Him.’ Nahum 1:5–6.

The Messenger is not a member of a religion, but he believes. From March 16, 2021, he received messages in his mind from I Am Who I Am with the request to publish them.

The Messenger wrote down the messages in this book and on the website www.theeuropeanpost.net. I Am Who I Am is the One who is before time, before humanity and before religions.

2021, I Am Who I Am is the One.

I Am Who I Am is in the Fourth Dimension. The Fourth Dimension is all around us and is not tied to time, space, gender, and objects. The Spiritual World has been assimilated into The One. I Am Who I Am is the One.

Humanity lives in the third dimension. Our third dimension is determined by time, space, and objects. The third dimension is the Creation of Life and the Soul. That Creation took (in our third dimension) millions of years and happened through evolution. Man's happiness and growing the soul to maturity is the goal of I Am Who I Am.

I Am Who I Am explained me the Fourth Dimension is truly angry with the development of humanity. Many people are not happy in this world. This is because of the warlords who think they are God. They are it not.

The past thousands of years the world has been patriarchal. Patriarchal systems brought chaos, war, death, theft, slavery, lies and dishonesty.

The next thousand years will be matriarchal.
Women must be educated and learn self-defense.
Domestic violence must stop.

2022, I Am Who I Am, creating the Honest World.

I Am Who I Am wants an Honest World for the present and the future. The commandments of honesty have been given for thousands of years. Do not kill, do not steal, do not abuse, do not lie, and do not enslave the other. The hope for an Honest world is given now. Every human is equal to the other. Treat others as you would like to be treated yourself. An adult can choose the partner she or he wants. Everybody will have a choice.

The woman chooses the man. If a man is not ready for his child, a woman can choose another man. A woman decides whether to give birth to a child. Abortion is possible until the 24th week. From birth the infant is given a soul. A man supports his child for life. Marriage is the basis for a woman and a man to raise children. No children shall be placed outside the family. Children without parents shall be placed in a loving family.

Every adult (from 18 years old) is responsible for himself and for the other. Children must be protected and educated. Freedom means that every human being, an adult, and a child, decides with free will. There must be responsible freedom of expression, writing and expression. Every person on this earth is free to worship I Am Who I Am. Every adult and every child shall be free from poverty. Everyone will be free from fear.

Being a member of a religion is different from believing in I Am Who I Am. Prayer is accepted by I Am Who I Am only when one has faith. When religions kill, steal, lie or give fear and enslavement, they are no more than warlords. Every religion must bring the Honest World. If not, the religion will be erased. The patience of I Am Who I Am is over. Priests can be adult.

2023, The Wrath of I Am Who I Am will explode.

I Am Who I Am foresaw the war Putin unleashed against Ukraine. The Messenger was requested in January 2022 to ask Putin not to start the war. Putin lied and started to kill many (including his

own) people in February 2022, steal their lives and goods. Putin made the choice, he chooses evil. Mr. Putin and his collaborators will not survive.

Evil comes from man. I Am Who I Am is truly angry with many evil people who lie, kill, steal, or put other people in slavery, the advice of I Am Who I Am is to introduce the death penalty.

History is the past. The selfish human gods build their statues and memories. Any statue or history resembling these human gods, the wars or slavery must be erased from this earth.

Man chooses evil. Evil is not part of the Fourth Dimension. Evil will be erased from the earth. The people who bring evil will be burned and their remains will be scattered in space.

I Am Who I Am is the One who Was before time and space and before religion. Commands were given and Messengers were sent to change humanity. Religions were formed but they did not hold My Commands. I Am Who I Am is utterly outrage and angry with the thousands of years humanity lied,

killed, stole property, and brought people in slavery.

Everyone must realize the patience of I Am Who I Am is over. I Am Who I Am can finish this world with a blink of an eye. Because of some righteous women and man, I Am Who I Am will continue to give hope, peace, and love.

2024, The UN charter must be.

The United Nations Charter will be the vehicle on which I Am Who I Am will build the future Honest world. There will be sovereign democratic states. Each sovereign state will have a constitution that adheres to the UN principles of peace and separation of powers.

The powers will be legislative, executive, and judicial. A Constitutional Court will uphold democracy, the UN principles of peace and the separation of powers.

Every sovereign member state of the UN will subscribe to the UN principles of peace. If a member does not subscribe to or act in accordance with the UN principles, that state cannot be a UN

member. If a state acts contrary to UN principles, it is isolated from the Honest World.

The NATO is the defender of the Honest World. The United States will be the general of NATO. Every UN member is immediately a member of NATO. NATO will defend every member state.

Restore Your Life.

How do you Live.

After the pregnancy of your mother, you are born. You are born a man or woman. When you are born, you are given a soul. Your soul at birth is like the sunrise, it is clear of sin. There is no original sin.

You are body and soul. Your body contains organs to live. Your body lives now limited to the third dimension. Your body has brains, with which you live psychologically. Your soul is your spirit, with which you can connect to the fourth dimension. Its up to you.

Your soul consists of your mind, your heart, your will. Your mind is where your conscience guides you to do good or evil. In the mind we have thoughts, ideas, concepts, reasonings, understanding, knowledge and so on.

Your heart expresses your love, your emotion and your passion and the will expresses your faith and your perseverance.

The will is the part through which we have our purposes and choices and make decisions.

When you consider or reason, I Am Who I Am is communicating with your mind. When you feel happy or sorrowful, I Am Who I Am is in the emotion of your heart. When you decide to do a certain thing, your will is in operation. The mind, the heart, and the will are the three parts of the soul.

You can believe in I Am Who I Am you can communicate with I Am Who I Am. I Am Who I Am speaks to you in your intuition. Intuition means you have a direct sense or feeling in your spirit, regardless of reason or circumstance.

Unfortunately, humanity has created an environment of distraction, addictions, and fear around you. This gives stress and declines your happiness. With it your mind is filled with regret for your actions in the past and fear for the future. With a full mind you cannot connect to I Am Who I Am. You have lost the connection to the fourth dimension. Live now, forget the past and do not fear for the future.

The environment of the world today teaches children to have an ego. The ego is selfish, isolated, jealous, angry, weak, and impatient. It creates a sick fearful passive person. With this environment you may have experienced trauma. Other people sin or abuse to make you subordinate to their selfish slavery.

Today you are not educated in the Laws of I Am Who I Am. This book teaches you. The Laws are simple. Be honest, do not kill a human, do not steal, do not lie, do not abuse, and do not put people into slavery. Protect the children.

We explain to you how to become yourself again. With a healthy body and a healthy soul, you can connect to I Am Who I Am again and develop your intuition.

Restore your body.

When your body is in chaos, read this. I Am Who I Am has seen the chaos in you and offers a way to restore your body. Please choose your stage of damage, restore, and go on into the now to become your true Self again,

Black. You are addicted to enslavements. You smoke, are using drugs or alcohol. You have eating and sleeping disorders, you experience a chronic fatigue and burn-out. You collapse, you do not feel secure. You have lost yourself. You cannot go on.

Stop. Stop smoking, stop using drugs and stop using alcohol. Go into nature and start walking. Learn to breath in and breath out. Start a daily schedule which is every day the same. Take one hour for walking and 10 minutes to meditate.

Red. You feel stressed, unsure, overwhelmed, ashamed, panic, guilt, fear, worthless. You want to give up, you freeze, you are damaged.

If you experience too much stress, too much unhealthy food or drinks, too much unhealthy pollution, change that.

Start. Start not to judge the past and start not to make assumptions for the future. Start to live now. Start to find a mindfulness coach. Start to make your own meal and eat and drink healthy.

Orange. I must. Pleasing, control freak, workaholic, perfectionist, critical, fire fighters, trauma. Surviving. Wounded and trying to avoid trauma again.

If you experience too less sleep, too less exercise, social contacts, too less sunlight, too less purpose of life, too less joy in life, change that.

Continue. You do not need to do anything. You can. Take a breath exercise to sleep well. Take more exercise. Start to make social contacts. Start to sit in the sun, put your jacket on when it is cold. Feel your purpose, give compliments to other people. Consider what gives you joy and do it. You can.

Green. You have reached the Self again. You are calm, courage's, clear, curious, self-assured. A healthy balanced human.

Restore from stress.

Today not many people know their borders in communicating with you. This will give you stress and trauma.

In example managers stress pregnant woman. These managers should be dismissed. Laws should protect pregnant woman. Children shall be protected, this includes the pregnant woman also.

Another example is when children at school are bullied. Teachers shall stand firm in order to ban the ones who bully from school and send them to re-education.

You need to know the human body has four systems to live. The hypothalamic pituitary-adrenal (HPA) axis, which is the mechanism to handle stress. The hypothalamic pituitary-gonad (HPG)axis which regulates the reproductive function. The digestion and gastrointestinal (DG) tract. And the regulation by the thyroid gland by the hypothalamic pituitary thyroid (HPT) axis.

The body has the HPA mechanism to handle stress. This mechanism makes adrenalin (immediately) and cortisol (after 30 seconds) when stress happens.

Cortisol has impact on the axis and organs of the body. The liver makes glucoses, the heart beats faster, you sweat and so on. The HPG axis, the DG system and the HPT axis are set to a lower priority.

Some stress is ok, the body can handle that. Glucose, adrenalin and cortisol receptors are turned on or off. But these receptors have a limit. When you are agitated the body makes cortisol. When you are agitated too much, the organ receptors cannot handle the stress and start to be resistant.

Environmental factors such as exhaust fumes, nuisance due to unsafe conditions, noise or stench. Smoking or passive smoking. Low-grade Inflammations give a feeling of doom.

Adrenaline addiction will create false anxiety. This is caused by too much cortisol due to too little sleep or being too busy.

Too much coffee, alcohol, sugar, gives difficult bowel movements. Chronic stress comes when you want to change the past to the way your EGO wants it. You have fear of an assumed future. Don't live NOW. You are wasting useless energy. Always speaking against it.

And then you have no energy left. You have a complete adrenal gland exhaustion and burnout. Your tongue is red, while it normally is light red. With a glucose resistance you will suffer from diabetes. You are ill.

Restore from your stress addiction.

In order to restore from your stress addiction, you need to do create a new daily structure for 21 days.

1. Start the day with 45 minutes of meditation.
2. Stop with bread and potatoes. Start the breakfast with oatmeal with notes and berries.
3. Eat a lunch with buckwheat pasta or pancakes. With biological eggs or salmon and avocado or onion with green peas, chicken etcetera.
4. Eat a diner with homemade soup, rice, buckwheat pasta, vegetables, meat or codfish.
5. End the day with a retrospective of the fine day.

Restore your soul.

When your soul is in chaos, read this. I Am Who I Am has seen the chaos in you and offers a way to restore your soul. Please choose your stage of damage, restore, and go on into the now.

Black. You do not know God, honesty, love, and faith anymore. You have lost yourself. You feel weak, angry, intimidated, reckless and you want to mutilate or kill yourself. You cannot go on. You have killed, stolen, lied, abused, and put other people into slavery. You are dishonest, you are a bully.

Stop. Renew your conscious mind. Be aware of The Laws of I Am Who I Am. Be honest, do not kill a human, do not steal, do not lie, do not abuse, and do not put other people into slavery. Stop all your action which are against The Laws.

When you have killed a human being, confess and the laws of your country will put you in jail. When you have stolen, pay double the amount back.

When you have lied, tell the truth. When you have

abused take care for your mistakes. And free the people who you put into slavery. Turn back from selfishness to giving to another.

Red. You feel stressed, unsure, overwhelmed, ashamed, panic, guilt, fear, worthless, selfish, jealous, isolated, impatient and in despair. You feel sick, full of greed and hate. You want to give up, you freeze, you are damaged.

Start. Start not to judge the past and start not to make assumptions for the future. When you look at the past, your back is turned to the future. Start to live now. Start to find a mindfulness coach.

Start to make your own meal and eat and drink healthy. Eat and drink just enough. Just eat directly from the garden. Try to make a garden with vegetables yourself.

Orange. You must. You are pleasing, you are a control freak, a workaholic, a perfectionist, a critical human being, you are a fire fighter, you have unsolved trauma. You are surviving. You are wounded and are trying to avoid trauma again.

Continue. You do not must anything. You can. You can take care for yourself and others. Everything can be complete first it does not need to be perfect. Continue to be patient, start doing good, start to feel empathy and love.

Green. You have reached the Self again. You are calm, with courage, your mind is clear, you are curious what lies ahead, you are self-assured.

Start to be happy. Listen to music, start to dance. Start to feel the nature. Start to take care for the wild birds and animals. Feel the strength, the confidence, the dignity, the focus, the reason, and the energy.

Yellow. You are enlightened. You are given a gift of premonition. Feel your intuition. Your intuition has grown to feel what happens in the future and with other human beings.

Start praying. Consider The One is without gender. Just ask I Am Who I Am for help with your actions or the happiness of the other human beings. And you will be answered.

Miracles may happen when you ask for them, but they will have a price. Start to follow the above methods to do good with your soul.

March 16, 2024

So, it has been received and written.

The Messenger.