

# Self Empowerment

Through Your Inner Awareness  
Revised Edition

In 2011 a new web site and phone number was created for this revised book and CD. Now you can download them both for “no charge” for all who are interested!

However, this book is copyrighted and cannot be charged for or sold; just copy and share for teaching purposes.

“This is a Great Teaching Manual”

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**Barbara “Marrianna” Zimmermann**



**The Book Cover:** These Explanations Go From the Top Clockwise Around the Star of David.

**Eye of Horus:** The Right Eye of Horus is One of the Manifestations of the Eternal Eye, the Watchfulness of Spirit. It is Said To Be the Vehicle of Healing and Regeneration. There are Associations with the “Third Eye” Through Which Those of Light “See” Knowledge, Wisdom and Truth. The Eye of Horus Represents the I AM Presence, that Part of Us That is Divine and Carries All the Attributes of the Divine. The Eye Also was the Symbol of the Mystery School in Early Egypt That I Attended in a Prior Life.

**Ankh:** Probably the Best Known of All Egyptian Symbols. It Represents the “Key of Life”. It is Associated with the Same Symbolism as the Cross. As a Key, It Opens the Mind and Heart to the Knowledge, Wisdom and Truth of Spirit. It Also Was Seen as a Protective Symbol.

**My Soul Symbol:** This Symbol, Similar to the Yin/Yang Symbol, is My Soul Symbol. It was given to Me in My Soul Origination Chart Prepared By Katherine Torres, Ph.D. It Shows That My Life Lesson Is to Bring Balance Into All My Life.

**Scales of Balance:** For Humanity to Come Into Balance, All Negative Issues That were Experienced Need To Be Brought Into Balance. Forgiveness Is the Key. This Book Shares Many Things That Most People are Unaware of That Need to Be Cleared and Balanced.

**God Spark:** Everyone Has a God Spark Within His or her Hearts. However, No One is Shown Their God Spark Until They Have Balanced Their Life Lesson. I Was Shown My God Spark Encased in a Gold and Diamond Shaped Triangle with a Beautiful, Blazing Flame Leaping with Excitement. I was Thrilled to See It Because Until Then My Inner Vision Had Been Only Rolling Waves of Color Without Form. I Knew It was Special and Asked to See It Again But That Never Happened. So, I Asked Malachi About it. I was Lovingly Told It Was a Special Gift To Me To Get To See It. It was Spirit Showing Me My God Spark In Honor of My Accomplishments.

**Star of David:** This Represents the Merkabah Vehicle That is Now Permanently Around My Body. It Protects Me From the Electro-Magnetic Energy so Common in These Times. It Also Provides a Means to Create and Manifest What I Need in This Life. Finally, it Represents My Connection With Beloved Moses.

Interior Design By Marrianna  
Cover Design By Marrianna  
Cover Art Work By Cruz Mudd

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First Edition Published, 2008  
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**ISBN: 978-1-60585-299-7**

Printed in the United States of America

First published 2008 By: Inner Awareness Management (I AM)  
P.O. Box 2752  
Spring Valley, CA 91979-2752  
619-470-1135  
[www.InnerAwarenessManagementIAM.com](http://www.InnerAwarenessManagementIAM.com)

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## Dedication

This Book Is Dedicated with Great Love, Respect and Appreciation to **“IS” The Creator of All That IS, The God/Goddess of The Isness, My Mighty I AM Presence, Lord Jesus, Master Sananda, Mother Mary, Quan Yin, Beloved Moses, Beloved Malachi, Archangel Michael, Archangel Raphael, Saint Germaine, Buddha, All The Ascended Masters, All My Guides and Council and To All The Heavenly Host.** Thank You All For Your Assistance and Love.

## A Warm and Special Thanks

A Warm and Special Thanks to **Rev. Katherine Torres, Ph. D.,** Who for Many Years Has Been Channeling Malachi, a Wonderful, Warm, Loving and Patient Being From the Thirteenth Dimension. I AM Honored By Your Presence in My Life! Thank You For All You Have Done for Me, My Husband and Our Whole Family!

## Acknowledgement and Thanks

My Unending Thanks, Love and Gratitude To **My Husband, Zim.** He Has Been My Support, Encouragement and the One Who Helped Me Every Step of the Way! He Is the One Who Transcribed, Edited, Spelled, Re-Typed All the Capital Letters Spirit Wanted in This Book and Provided Financial Support. He Transcribed All the Readings I Had From Malachi Over the Past 25 Years. Without Them as a History of What Has Happened to Me, There Would Be No Book. I AM Very Thankful!

## A Special Thank You

**A Special Thank You to Those Who Earned Their Third Blessing Through My Classes!** Your Pure Intent and Commitment Created a Pathway For This Book to Be Written. Through It Many More Can Now Earn Their Third Blessing Right In Their Own Homes. All of You Are Invited to Be Instrumental In Creating the Foundational Ground Work For The Cities of Light. I Would Like Very Much to Re-Connect with Those Who Were Working With Me Before I Became ill in June, 1998

## Thank You For Your Presence in My Life!

A Special Thank You to My Dear Friend, **Mary Morris,** Whom Lord Jesus, Master Sananda, Said, **“Is The Incarnation of My Mother Mary.”** She Has Walked With Me and Assisted Me From The Beginning of My Spiritual Journey. I Also want to Thank **Christina Smith,** My Special Friend, Who Helps Ground All Who Are Around Her. Christina Joined Mary and Me and Now Our Presence Forms a Paradise Trinity of Divine Feminine Energy. We are Here to Assist Mother Earth and Humanity Into Moving Into a Higher Dimension of Divine Light!

## **Important Message On How To Read This Book**

**It is Very Important that You Read  
“Self Empowerment” in the Order It Was Written!  
Do Not Skip Around or  
Do the Sessions Out of Order or  
Think You Don’t Need a Session and  
So Skip It.**

**Spirit Has Provided the Order  
So That Negativity Can Be Released  
With the Greatest Ease and Grace.  
Follow the Directions Given and  
You Will Have No Problems.  
Just Open Your Heart To Receive!**

**This Book Is Not Intended to Prevent  
Any Disease, Diagnosis, Cure or  
Treat Any Illness or Disease.  
Clearing Your Akashic Records  
Is Not In Any Way A Replacement Nor  
a Substitute For Medical Care.**

**If You are ill,  
Please Seek Medical Help.**

**SELF-EMPOWERMENT**

# Through Your Inner Awareness

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# Forward By Rev. Katherine Torres, Ph.D.

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There is nothing more profound than the Individual Quest for Sacred Wisdom. Through this quest one finds not only their self, but the True Spirit of Self. When finding the True Spirit of Self, one finds the Union with the Monadic state of being.

In this book, **SELF EMPOWERMENT, Through Your Inner Awareness**, Marrianna Zimmermann reveals her Quest. Like so many others who are determined to discover the hidden realities of their own self and the hidden realities of the Universe, great changes occur on the journey. Some of them are painful, many are insightful, a lot are inspiring. Marrianna abandons her vulnerability concerns and opens to reveal her path of great changes, the shadow side of her experiences, and the Light that has brought her great healing and a passing through the “veils” of universal states of consciousness. With her soul desire to assist others, she first took the path to learn how to help herself. As her quest strengthened her wisdom, she reveals the path others can follow.

Self Empowerment is the means in which every individual opens to their True Spirit of Self. Self Empowerment is achieved when one is so willing to go into the “shadow side” of their personal reality, release the fears, attachments to their childhood traumas, middle years of frustrations, and even release previous lifetimes from the “excuse” label of why they do what they do today. The Quest begins at this level. One must Dig Deep Within, excavate the subconscious, clear the old messages and open to new ways of living. One must rescind the old agreements to live as though they are a victim of family, friends, lovers, entities from a far away dimension, and even the Universe. As advancement of healing occurs, one must learn the power of the Light within themselves and others. For in truth, as Marrianna discovered, when we keep believing we are the one who has to help everyone else find their way, we often are revealing that we believe others do not have the Inner Christ Light. We then give more of ourselves than is asked for and we deliver unto ourselves exhaustion, illness, depression, and suppression of our own purpose.

Releasing and rescinding is a powerful process that assists in eliminating the darkness of the unconscious. Marrianna provides several processes in breaking and rescinding negative vows and agreements that may be stored in your unconscious, deep within your Akashic records. Once you have released and cleared, know that you will be ready to allow the I AM Presence within you to release a brilliant light of effervescent expression of the Divine You. You will release your Authentic Self and the essential quality of you will be your daily living. In fact, you will be hard pressed to “keep this to yourself.” You will feel the need and absolutely the necessity to share it; blessing and opening the doorways for others to find their way through the Shadow and into the Light.

You will read much from the Entity Malachi, a Warm, Loving Being from the 13<sup>th</sup> Dimension. This wonderful angelic guardian has been in my life for more than 30 years. His channeling through me has created a great garden of inner healing as he invoked me to release from the deep shadows, the fears, lack and limitations I thought I had to live. He lovingly supports our Earthly consciousness and helps us collectively spiral into the wisdom we carry within our Light Center — Our I Am Center. He is a constant reminder that we are Source and as individuated qualities of Source, our colorful Light Beams are important to revealing the Tapestry of Source Intention—to live joyfully and fulfilled.

May your journey through this book assist you in fulfilling your purpose.

Love, Light and Blessings, Rev. Katherine Torres, Ph.D.

## **The One In The Glass**

When You Get What You Want in Your Struggle for Life  
And the World Makes You King or Queen For a Day,  
Just go to the Mirror and Look at Yourself  
And See what **That One** Has to Say!

For it Isn't Your Father, Mother, Spouse or Boss  
Who's Judgment You Must Pass,  
The One Who's Verdict Counts Most in Your Life  
Is The One Staring Back in The Glass.

Some People May Think You're a Straight Shootin' Chum  
And Call You a Wonderful One  
But The One in The Glass Says You're Only a Bum,  
If You Can't Look That One in The Eye.

That's The One to Please, Never Mind The Rest,  
For That One is With You Clear to The End  
And You've Passed Your Most Dangerous and Difficult Test,  
If The One in The Glass is Your Friend.

You May Fool The Whole World Down The Pathway of Life  
And Get Pats on Your Back as You Pass  
But Your Final Reward Will Be Heartaches and Tears,  
If You've Cheated The One in The Glass.

Adapted from the Poem  
"The Guy in the Glass"  
By Dale Wimbrow