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Publisher: [alisonlames.com](http://alisonlames.com)

eBooks: Master Merlin Speaks and Other Messages of Light  
Mystic Crystal Revelations, A Spiritual Guide and Handbook  
Articles and Commentaries

Publications: Merlin and The New Camelot: The Birth of Collective Christ Consciousness  
Merlin's Alchemy for The New Camelot: Man's Cosmic Destiny

eBook Designer: Ja-lene E. Clark

Image of Master Merlin courtesy of SQ Foundation.

The author's use of the term "Master" is to indicate Ascended Beings or Teachers. Capitalization as used herein is to indicate a Higher Vibration, Meaning or Source beyond three-dimensional consciousness.

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## *Mind over Matter*

Ego,  
Don't come to me  
With your grumblings,  
Your whining, your fretting,  
I know you're there,  
I hear you loud and clear.

Don't waste my time  
With your dark clouds  
Trying to overshadow  
My Purpose and Destiny.  
Your murmurings are lies  
And your attacks are  
Dust for the wind.

I hear your voice,  
I know you well,  
***I shall love you  
Into gentle submission***  
Beyond my Mind's attention.  
There is no lack or want in me,  
I AM All I need to be.



## *Meet Alison L. James*

Reverend Alison L. James is an Author, Channel, Non-Denominational Minister, Public Speaker, Metaphysical Teacher, Healing Facilitator, Ascension Energy Anchor and Cosmic Code Activator. Alison follows her own Spiritual Guidance to be of Service to Humanity and Mother Earth. Working with her heavenly counterpart, Ascended Master Merlin and the Spiritual Hierarchy of Light in the Higher Realms, she is an Oracle and Messenger for humanity.

Along her Spiritual Life Path, Alison has garnered Experience and Wisdom that form the groundwork of her broad spectrum of Offerings to benefit and be of Service to others who are ready to pursue their own Ascension process. In all her publications and gatherings, Alison speaks to the Inner Transformation necessary for the Individual as well as the Collective to build The New Camelot, the New World Order for humanity. For further information on Alison and her Work, visit [alisonlames.com](http://alisonlames.com).