

## *Create The Life You Love*

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*Personal Growth Breakthrough Program*

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### **The Real Meaning and Power of “I am.....”**

The words “I am” appear in ancient texts, specifically in the Torah, in the book of Exodus God tells Moses his Name.

God say’s “ I am, **that**, I am. “

What he is saying is - I am God. I am THAT is the name of God.

What it means is I am presence. I am that, and I am that, and I am that, and I am that, and so on. And there is no place that I am not, and there is nothing that I am not. I am in all things that exist. I am the Dark and I am the Light. I am the invisible Divine intelligence within all things.

I am the light that guides every being on this earth.

When you say, “I am.... You bring into your reality the force of the divine intelligence. You are putting this divine intelligence to work for you.

So when you choose powerful I am’s you are empowering your life by making the Divine force work for you. When you choose words that are negative the Divine force is working against you.

Negative I am’s include things like

I am poor, I am weak, I am stupid, I am ugly, I am unworthy, and so on.

“I am” is the full activity of God and divine intelligence within. You must stand guard over your expressions in word and in action because every time you say, “I am not, I can not, I have not,” you are, knowingly or unknowingly, assaulting that divine presence within.

That presence within you is The Light that you are. Light is the beginning of all form in the universe. Light is the fastest moving energy in the universe. Light is the divine intelligence within all things. We are more than a body, more than material flesh. We are a body of light. When we get back to the center of anything it is pure light. It is the inner light of which Jesus spoke, it is the inner light of Illumination, Light is life.

“The light of the body is the eye. If therefore the eye be single the whole body shall be light. “ - Jesus.

What does this mean? If the eye looks out into the universe and see's only oneness, see's only love, see's only kindness, see's only health, see's only prosperity, and that's the only thing that you see, that's a world of no opposites, no dichotomies, no up and down, no good and bad, no right and wrong, no east and west, no male and female, you will see an entire universe of just oneness. See the oneness in all things the whole body will be filled with light.

Find that light within your self. Live the light within yourself. We need, everyday to give gratitude to the I AM presence that exists within each of us.

Discover the light within you, and when you connect to it, and live through it, you will live a life of purpose, love and intention.

Look within your self and see what habits or creations exist that do not serve your highest good, pluck them out and dispose of them. When you refuse to allow habits of judging, condemning and criticizing to exist you will find freedom to be the Light that you are.

You have within you the Divine Intelligence. Perfect your own world by seeing perfection in yourself and in others (Perception is projection), see perfection in everything and everyone around you.

Make a daily practice of repeating to yourself, I am ....., and fill in whatever powerful and positive quality you want to empower about yourself.

I am strong, I am powerful, I am kind, I am forgiving, I am love, I am confident, I am....., and so on.

**I offer you this powerful prayer to use at the beginning of your day...**

**I call forth the power of the light that I am.**

**I call forth my higher self, my guides, my teachers and all who assist me in my greater understanding of the light within that I am.**

**I ask that these energies of Light align with me to aid in the process of self understanding.**

**By the power of the light within that I am, I decree this be so. I am, That, I am. I am, That, I am. I am, That, I am.**

