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The power of i am quotes

Moses said to God, "Suppose I go to the Israelites and say to them, 'The God of your fathers has sent me to you,' and they ask me, 'What is his name?' Then what shall I tell them?" God said to Moses, "I AM WHO I AM. This is what you are to say to the Israelites: 'I AM has sent me to you.'" (Exodus 3:13-14) I Am is the power of the Divine operating as you. The power of I Am is always at work in your life - they are the two most important words in the English language because they radiate creative power. What we claim for ourselves with "I Am," we create in our lives. As you describe yourself, so you define yourself. That is the power of I Am operating as you. Whatever you declare for and believe about yourself and the world around you, you signal to the Universe that you are claiming and accepting it in your life experience. It responds by corresponding — it brings you exactly what you are declaring about yourself. Is what you are declaring restrictive or expansive? Are you stuck in impoverished thinking? Or are your thoughts enriching you and those around you? If conditions follow thought — and I believe they do — what are you imprinting on your subconscious and ultimately creating in your reality? In *The Science of Mind - Complete Unedited Original Edition*, Ernest Holmes offers up the following nugget: "The Law absolutely accepts us at our own valuation. Now this does not mean that it accepts us at an assumption of valuation, but at the actual valuation. It can reflect to us only the actual embodiment of ourselves. It is the deep inner conviction that we carry which decides what is going to happen [emphasis mine]. So we are each known by the name we bear, and each is daily making some statement about that name. When we say "I am this or that," we are involving in Mind statements which Mind in turn produces as conditions. Tap into the Creative Power of Your I Am Decide to Set Something New in Motion Are you ready to tap into the full power of your I Am? If so, the first step is to decide to set something new in motion. Set your intention for what you would like to experience. Use prayer, affirmations (like the ones included in the video below), visualization and other tools that make up your spiritual practice to support you in this process of creating the "deep inner conviction" that Holmes speaks of. Find a prayer partner or spiritual practitioner who can know the spiritual Truth about the situation with you (and even for you for those times when you may temporarily get sidetracked). Is there anything within you that is not resonating with your intention? Are you affirming your awesomeness, for example, but there's something within you that doesn't quite believe it? See if you can ferret out what's behind that disbelief. Perhaps you've taken on as true something that a parent or teacher told you when you were young? See if you can lay your sense of things aside, acknowledge the Truth of who you are, and claim your divine inheritance. Be Vigilant About Your Thoughts Choose not to entertain any thoughts that contradict your intention. Now that doesn't mean that if a random thought floats by in your mind that you're done for. Just don't grab hold of that thought and run with it. Don't get sucked into the rabbit hole with that thought and allow it to multiply into a string of fears and doubts. Simply notice it, without attachment or judgment, and let it go. If the thought triggers any emotions within you, again, just notice without wallowing in them. Be an observer of the ebb and flow of your thoughts. Notice if there are any patterns. For example, do certain thoughts tend to arise in specific situations or when you're around specific people. Awareness of any patterns that aren't serving you is the first step in the process of creating a new mold for your subconscious. Once you know what's not working, you can start to reframe your stories. Most importantly, don't beat yourself up if you slip. As much as we'd like for it to occur with the flip of a switch, creating lasting change in our way of thinking can often take time as we build new muscles. Acknowledge the steps you are taking, and — most importantly — be compassionate with yourself along the way. 101 Powerful I Am Affirmations! created this video of 101 powerful I Am affirmations to help you incorporate the power of I Am into your spiritual practice. Spiritual growth and development is not something that can be done from the sidelines. It requires your committed participation. As you actively leverage the power of your I Am, with a firm belief in the unlimited possibilities for your life, you can't not see a change. Commit to trying it for 30 days and let me know what new goodness you create. Your words have power - choose wisely. Sometimes all it takes to turn your day around is an encouraging word. Some of the most inspiring quotes and sayings come from people who know what it's like to keep working toward a goal even after failing. "All our dreams can come true if we have the courage to pursue them." Walt Disney pursued his dreams during his lifetime and created an entertainment empire. His iconic character Mickey Mouse anchors the theme parks and cartoons that still bear his name. CC BY-SA 2.0/Neon Tommy/Flickr "How wonderful it is that nobody need wait a single moment before starting to improve the world." Anne Frank spent nearly two years in hiding with her family during World War II where she kept a diary chronicling what happened in the Secret Annex. Her entries offer great quotes and sayings that reveal her rich inner life and show that she never lost her faith in people even in one of modern history's darkest moments. CC BY 2.0/dayman1776/Flickr "Believe you can and you're halfway there." Theodore Roosevelt, the 26th president of the United States, defined his legacy by fighting political corruption and establishing national parks. He didn't let his opponents' power defeat him because he believed his goals would make the country a better place to live. CC BY 2.0/Kyle Rush/Flickr "If you hear a voice within you say 'you cannot paint,' then by all means paint and that voice will be silenced." Dutch artist Vincent Van Gogh painted images with bold colors and textures that contrasted with the dark moods he felt during bouts with mental illness. He didn't let the strong emotions prevent him from creating great works of art, living his belief that people should create even when they don't feel like doing anything. "Every strike brings me closer to the next home run." Babe Ruth remains one of the best known baseball players of all time. He earned a spot in the Baseball Hall of Fame during its inaugural year, in part, because he didn't let disappointment and mistakes hold him back from playing the game. "The two most important days in your life are the day you are born and the day you find out why." Mark Twain must have believed he was born to offer pithy quips about life. He was a great observer of people and how they interact, and he incorporated these observations in his short stories, novels and essays. "Winning isn't everything, but wanting to win is." Vince Lombardi was one of the most successful coaches in football history, and much of his success was the result of his ability to motivate his players. The encouraging words he used with them apply on the football field and in life. He knew that stirring the desire to achieve a goal brings great results. "I have not failed. I've just found 10,000 ways that won't work." Thomas Edison, one of the most prolific American inventors, filed almost 2,000 patents for different inventions. Despite his success, Edison spoke frequently of his failures. He used the lessons he learned from his mistakes to produce even better products. "The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart." Helen Keller could not see or hear the world around her, but she didn't let her disability keep her from writing and lecturing around the United States. She knew first hand the value of intangible qualities and lived a long, rich life surrounded by people she loved. "It does not matter how slowly you go, so long as you do not stop." Chinese teacher and philosopher Confucius offers many inspiring quotes and sayings. He believed that loving others while practicing self-control was the key to a successful life. His teachings on social, political and educational topics left an imprint on world beliefs, something that could not have happened if he decided to stop sharing ideas with his followers. 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