



RITUAL

SELF TALK.

Light a candle. Stay in your meditation for a few minutes and repeat these "I am" affirmations. If you can, hold a small mirror and look yourself in the eyes as you speak.

This powerful ritual is the main and most powerful tool of many great teachers and alchemists. According to them, God is in us, and the 'I am' statement is helping us to find God within us. God is our authentic self. It's nowhere out there, it's our consciousness.

I' is consciousness, our true self, and 'am' is our existence.

In the Bible, there are also some famous 'I am' statements of Jesus.

The 'I am' is the most powerful statement. It immediately brings us to the present moment, in our body, in our power and truth. '

When I affirm 'I am' I recognise that I am pure consciousness (God), in an earthly form. I connect with my authentic self.

I am Affirmations:

- I am
- I am here now
- I am love
- I am present
- I am who I am
- I am the truth
- I am peace
- I am acceptance
- I am all that I am
- I am me