

Accelerate Wealth from the Inside Out

Day 8 : I Am, I Am

I was maybe 10 or 11, walking on the beach of South Padre Island, Texas. I loved hunting for shells early in the morning. I would hit the beach before sunrise, before it was flooded with enthusiastic vacationers. With flashlight in hand, I ran to and fro as fertile waves washed up the treasures from the ocean's bottom. It was there that I first experienced 'it'.



'I Am, I Am' There it was, 'I Am, I Am' and again I heard it. I slowed, then stopped. It was mesmerizing and hypnotic. Over and over the words played out in the wet sand, 'I Am, I Am'. I was so captivated by this whispering voice that I dropped down to sit in the warm sand. I remained there, in absolute reverie, for three hours breathing in the blessing of this extraordinary moment.

Eventually I awoke from this captivating trance, feeling it was time to reemerge into the physical world, and returned to my family vacation. I wandered back to the campsite quiet and somehow permanently changed. My note to self in my little apple shaped note pad read; "I heard the voice of God today!" I felt something profound and earthshaking had happened to me that day. I carry this experience with me even to this day. My awareness and my being had expanded. I now knew that I am one essence with everything. I am the waves, the blue sky and warm sand. I am light, air and song.

When you know you are everything and that there is no separation from that which is outside your body you begin a journey of truth. You begin to be the light and atoms vibrating. You are the Master of your Universe and you live in blessedness.

As I walked on the beach while the sun fell under the horizon I remembered the feelings of expansion into oneness, the great I Am and the essence of all life. Everyone has a moment or two



in life where this feeling comes upon them. When you feel this way, you are unstoppable.

You know that everything is possible; there are no limitations, just endless possibilities.

Take a moment and write your oneness story, the 'ah -ha' moment where you knew you were one with everything

Although you may not yet have the ability to experience these profound feelings of connection on demand, you can get yourself in a delighted, blissful state prior to meditating. This state of bliss is the state of miracles.

- Laughter
- Joy
- Happiness
- Gratitude

These are the sisters and brothers of the 'I Am' state.

What are your mood shifters?

- Watch a funny movie
- Smell a rose or a luscious essential oil
- Play with your child or pet

- Dance with a smile on your face and a song in your heart
- Walk on a beautiful beach

Create your top five mood shifter list

- 1.
- 2.
- 3.
- 4.
- 5.

As my friend Actress Barbara Niven says: *'You are the producer and director of your show'*

If you are running your show at low wattage with your stage dimly lit, you will likely get low wattage results.

On the other hand, if you approach your day as a blessing and your practices as your opportunity to hone your 'I Am' state, you will live in a constant state of blessing!

**Homework**

Increase your energy with a fresh gratitude list

- a.
- b.
- c.
- d.

e.

Practice the Meditation on your CD, The Definitive Guide to Powerfully Generating Your Abundant Life

Notes to self to chart progress

What I saw during my abundance meditation practice

What I felt

What I realized

What I generated (note any changes or results from your mock-up meditation)

1.

2.

3.

Notice any changes in yourself. Have you become more calm, resolved, deserving, or capable in these past few days?

May it be with the blessings of the Supreme Being
that whatever happens in this grand 21 day Law of Attraction program be a
benefit and a joy for you, your lifestyle and for the ones you love.
May the entire world be filled with health, vitality, abundance, joy and peace.
Amen.

Blessings and light for a day of transformation!
Yahoo!

