

Complete the statement below
I Am.....

How many wrote Successful, Loving, Thoughtful, Healthy, Wealthy, Capable, Amazing, Giving, Beautiful, Of Service, Charitable? or the Yang side...Loud, Tired, Stubborn, Broke, Average, Angry?



The point of the exercise is for you to master and be totally cognizant of your I Am inventory AT ALL TIMES. . It has to be first in your mind and happen inside! No other self concept matters without this one. It is the first domino in your chain of thought and actions!

It is the center of your mental discipline. You create everything twice. First inside your mind and then it will happen outside in the world. The results that you have are evidence of your I AM's. How you finished this sentence is a full pledge statement and the key determination of how your life develops. The size of your circumference is based on your I Am's inventory.

You need to recognize that you develop your life based on these positive I AM thought programs, not on your behavioral limiting beliefs such I am not capable, I am never right, or I am not worthy. These should be the I AM NOTS. You are **not** a victim nor do you have to be living your life as one. Life is not happening to you. **Think life is happening for me.**



You have a powerful resource on your life balance sheet. It is your Independent Thinking. **To Think is to create and what I think about I bring about.** So go deeper into the core of your beautiful mind and really this fabulous asset. Many people do not realize that the most important asset on balance sheet is themselves and how they allocate/spend their time.

Can you believe that the most important assets in your world do not show up on your financial balance sheet? It is You and your I'AMs, Core Values, and Relationships.

Please prepare to post these on your Life Balance Sheet BASED ON RESULTS. That changes things and adds a degree of reality. What are your true I Am's? What are the thoughts you think about yourself everyday? Not, what you would like to be, but what you are... based on results. Funny thing...using result based writing is often harsh but is always fair, ringing with truth.

Take a moment and delve deep into your thoughts and write down your list. This is not taking an intellectual stance or writing a theoretical concept of how you want to feel. We are talking about the deepest feelings and emotions underneath the initial response. The I Am feeling you experience on a minute by minute basis as your life evolves.

Many people and students begin their I Am's with their cognitive truths and it might look like this. I AM a man/woman I am 30 years old. I am a student. I am happy some times. I am Angry. I am sad. I am a hard worker.



Mahatma Gandhi spoke of the I AM concept when he said "Man is at the center of the circle with an unlimited circumference". Where was he going and what did he mean? I believe he was talking about the self imposed limitations that we place around ourselves. The invisible walls we build holding us back from our potential.



What are your limitations? Health problems? Relationship hurdles? Financial situation? Doubts and fears, crazy circumstances? These are things that may limit the size of our circle in our mind. There are always some weeds in our garden. And we constantly need to download the next greatest software of the operating system that runs our brain. Version 2.0

The response to the I AM question is that the above examples have some type of limitation. Perhaps the best answer to the I AM question is...



“ **I AM A LEADER.** ”



Notice your internal emotional reaction to speaking those words. REPEAT IT "I AM A LEADER!" This not about leading a corporation, other people, or leading friends or family. Those are results of leadership.

What we are talking about is being a leader of self. The unique thing about leaders is that they have accepted responsibility for their thinking. They have accepted responsibility for the results in their life. If they don't like the results they change them. They take the negative and make it positive. **That is what makes them great leaders and not followers.**

Leaders accept responsibility. They understand the sowing process. By controlling the casting of seeds into the subconscious mind, they control the way they think and accept responsibility for who they are.

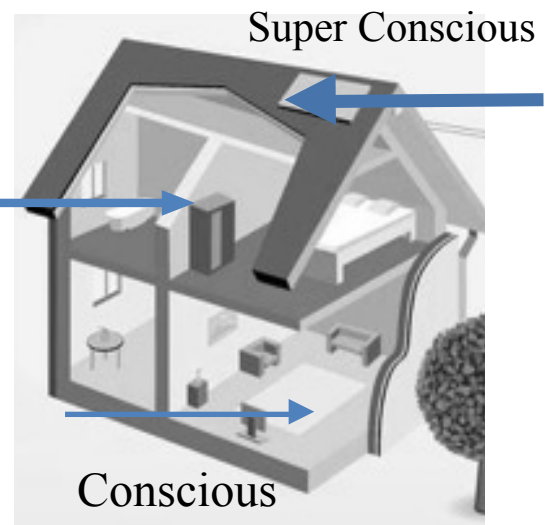
Listen to your I AM's for you are your I AM's . Change the ones that label you or place limitations on you. Not all thoughts are created equal. Let your internal light shine because you already have what you need! The mind is a program and you are in charge of the writing the code. There is no shortage of energy just lack of vision to get you to your destination. Say to yourself "I refuse to listen to this or that and say I am healthier, happier, wealthier!" As soon as you say it and write it down you start to become it; you start to move in that direction.

Think of your three levels of consciousness as a house with three stories. All the levels must be in complete alignment for the I AM principle to be in harmony and create your master mind. The top floor is the super conscious and it is the universal energy attracting you in the right direction. Like your own magnet or personal gravitational pull

The sub-conscious which accepts what it has been told as the absolute truth. It does not question the source. It eats what it has been fed!

Subconscious

The bottom level is the door into your mind and is the foundation. It begins with your I AM's and is your conscious thought and beliefs. This is where the rubber meets the road!. Get this right or you will be out of alignment. This is the critical step



Tom Willhite's theory is awesome! He says "I visualize a magic genie inside granting me my wish, my dream, my goal. I draw the pictures of what I desire in my mind". He calls it the screen of the mind. I agree 100% and go even further....

I see multisensory images replete with sounds and smells.

Moreover, with evidence of the vision being completed. *Not it's going to happen, but being DONE! ITS HAPPENED! I just want to celebrate!!!!*



I see my I AM's as me being worthy of all that I dream. I see myself as being capable of that dream, There is so much abundance I can give away half and I still have enough. I see what one man/woman can be for if he/she believes in himself/herself. See yourself inside a circle with an unlimited circumference and say to yourself "I AM"

For you are far greater than you can imagine. Your I Am's and Vision work are the core pillars of where you are going. Writing them down is the first step to acknowledging and releasing the energy. It connects the right side of the brain to the thought and will land in the subconscious. From there the Super-Conscious with little effort opens up the door to universe and the LAW OF ATTRACTION. The right people show up. The ideal situations happen all around you. Everything is in harmony. Now you are on your way!

**To Fly as fast as thought; To
Be anywhere that is:**

Jonathan Livingston Segal

**You must first begin by knowing,
That you have already arrived!**



**The clearer the vision;
The more ATTENTION and power of
INTENTION**

The illumination of desire with MOTION;

**Results in...Your rapid arrival
and say outloud "I Am Here"**

Mark Ira Lefkowitz

The above "I am" lessons were written by Thomas Willhite from his manuscripts at PSI World and edited, added to, and enhanced for this lecture by Mark Lefkowitz mark@thelemonadegame.com