



CHAKRA **MONEY** COURSE



The Power of I AM Statements

“I AM” statements have a lot to do with our manifestations. Start to take notice of the thoughts, phrases and the words you speak to yourself and to others. The power of the I AM statements are talked about in many religions and have been used throughout time.

When vocally spoken out loud the word I AM has a powerful vibration that can be heard by our whole body if we say these statements correctly. Regular toning out loud with these statements is a great way to surround yourself with your own sound, which you will feel makes you happy! It's like when you look up you can't help but smile...

Here's how to do it...

When you wake or on your way to work in the car speak out loud in an overly enthusiastic voice your I AM statements.... Speak it from your belly and feel the vibration of your voice, feel your body getting happier, you may feel like a bit of an idiot doing it, but then you laugh to yourself (people will just think you're on a handsfree call). Do this for 1-2mins everyday (or longer if you wish), but the end of it you should feel happier and more positive. It's also particularly powerful to do in a lower overly happy tone, or even in your head, five minutes just before you fall asleep.





Here are some examples to get you started...

I AM worthy of receiving the best in life

I AM loving my life

I AM wealthy

I AM abundant

I AM healthy

I AM terrific

I AM positive

I AM strong

I AM determined to succeed

I AM beautiful

I AM blessed every day

I AM able to help others

I AM responsible for my own life

I AM happy

I AM creative

I AM a money-magnet

I AM loveable

I AM full of vitality

I AM persistent

I AM resourceful

I AM successful

I AM good with money

I AM grateful for all of the people in my life

I AM an inspiration to others

We like to do this holding our favourite crystal and right after writing down our gratitude list for the day!

Adding this practice each day is a powerful way to get your vibration up and out to the universe. We've seen first hand how powerful this can be added on top of your sound meditation to manifest and clear your blocks more quickly.