

CHAPTER TWELVE



Secret 6 The Miracle of “I AM”

“I AM” has the Power to make our dreams come true.
Dr. Wayne Dyer

“I Am that I Am” is the common English translation of the response God used in the Hebrew Bible when Moses asked for His name. It is one of the most famous verses in the Torah.

Without a doubt, it is also two of the most powerful words in the Bible. It is an integral part of “self talk,” those mental or physical conversations we have with ourselves.

“Whatever follows the “I am” will eventually find you.”

— Joel Osteen

Think of language and thought to be like air being pumped into a balloon. The more you pump the bigger they get. And so it is, the more you focus on problems the bigger they get. The more you focus on solutions the bigger they get. As Tony Robbins says, “Where focus goes, energy flows!”

“The words I AM are your sacred identification as God-your highest self. Take care how you use these terms because saying anything after I AM that's incongruent with God is really taking the Lord's name in vain!”

— Wayne W. Dyer

Just becoming aware of this power can be life changing. Consider the following statements:

I am weak.

I am strong.

These are two very powerful three-word sentences. They also have the opposite effect.

Therefore, we must acknowledge and understand the effect words are having on our lives. As Joel Osteen says, **“Pay attention to what you’re saying. Are you blessing your life? Or are you cursing it?”**

Our spoken word or silent “self-talk” is our “true colors.” It shows the world who we really are. Like the butterfly’s wings, it lets the world know the color of your most personal identity and intimate self-image.

True colors are also your power. The butterfly’s colors protect it when it is most vulnerable. It creates camouflage to guard it from predators. It also announces to the world who we are like a flag waving in the wind.

Self-talk is also your ceiling. It can cause you to soar into the sky or (improperly used) drag along like a caterpillar on the ground.

Your first task then is to become aware of your self-talk, particularly those involving the words “I am.” First on the negative side:

- I am so stupid!
- I am not good at _____.
- I am going to lose big time.

Next, become aware of your positive self-talk.

- I am awesome.
- I am good at _____.
- I am a winner!

Consider the words of Gandhi.

“Keep your thoughts positive because your thoughts become your words.

Keep your words positive because your words become your behaviors.

Keep your behaviors positive because your behavior becomes your habits.

Keep your habits positive because your habits become your values.

Keep your values positive because your values become your destiny.”

Exercise:

Write an answer to the following:

- 1) How is your self-talk on a daily basis?**
- 2) How is your self-talk limiting you or expanding your self image?**
- 3) Do you consciously monitor the thoughts and ideas you bring into your mind? If not why not?**