

The I AM Meditation Workbook

The I AM Meditation: Overview

The I AM Meditation mantra serves as your own self-paced, self-voiced affirmation. You actually raise your energy - your vibration rate - to that which you are chanting. So let yourself FEEL. I promise that it will feel good. It will teach you how to heal pain and remove defensive blocks arising from negative thinking and over-dramatized emotions.

The first chanting is 'Trust in the I AM that I AM'. This is a simple but very powerful affirmation that creates the foundation for each subsequent mantra, as each mantra is built upon the next. It creates a literal shift in you so that you are not only speaking the words but also feeling them all throughout your body.

Each I AM statement correlates with a state of consciousness. The three primary innate qualities are:

1. Divine trust - trusting in God or our Universal Creator
2. Humble self-love and acceptance and respect for the Divine within - a deeper sense of integrity
3. Self-esteem and God Realization - knowing and living from our connection with the Divine within



These are universal states of consciousness found within every human being. For example, in the first mantra "I Trust in the I AM that I AM" you need to feel and sense the vibration of trust. The basic tenant of the meditation and chant relies on a fundamental truth that our very existence rests or resides within several divine qualities or seedpods of divinity. These divine qualities act as our potentiality for expressing our divine nature. Some of the divine qualities are fundamental to our existence and build the foundation for healthy physical, emotional, mental, interpersonal and spiritual wellbeing.

If these fundamental qualities are not mirrored through our primary relationships at birth, the qualities will lie dormant within our hidden potential. We can develop both positive and negative qualities based upon our experiences with our parents, ancestors, peers, educators and community.

The mantra teaches you how to heal pain and defensive patterns arising from negative thinking and over-dramatized emotions. For some people, this may be difficult if your earliest childhood memories were based upon mistrust stemming from neglect or abuse. Through the power of your own spoken words, these mantras have the ability to

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Positive and Negative Love Bond™ Revealed

In the article, *The Gift of Love: Healing the Caretaker Within*, I suggest a new model for healing family systems and working with addictive patterns. “I come from a dysfunctional family” has become the overused term to describe unhealthy family patterns or what I now call the Negative Love Bond™. Most people overusing this term really are highly functional in many areas of their life. Yet, in certain relational arenas, people recreate a negative pattern or behavior that represents how love was expressed in their family. The term dysfunctional needs to be used in reference to the most severe forms of abusive attachments and addictions rather than overused to describe unhealthy bonding patterns.

Our brains are naturally wired for love and blissful states. Moreover, the basal ganglia, part of the limbic system and the pleasure center of the brain, cannot differentiate from positive or negative pleasure. For example, laughing at a great joke or laughing when someone falls down or gets hurt. Concurrently, both positive and negative events can bring about a sense of pleasure and create the endorphins that lock the repetition compulsion (behavior, experience, or emotional effect) into place. It becomes a physiological addictive pattern with deep-seated roots locked into our unconscious and motivates behavior and emotional states such as love or fear, compassion or hatred and joy or sadness.

Once you discover the distortion, you will need to surrender your attachment to the childhood experience, the emotional charge, the negative thinking and the Negative Love Bond, which occurs when the child’s love becomes bonded to a negative life experience. The child longs to love their parents and forms both Positive and Negative Love Bonds to secure attachment and thrive.

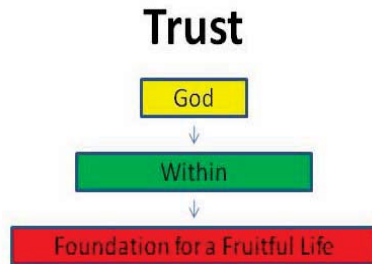
Later in life, we may refer to these Negative Love Bonds as dysfunctional patterns. Basically, in any positive, negative, mild or severe situation the autonomic nervous system becomes programmed or wired to respond and our unique and primary need for love becomes attached or wired to our positive and negative memories. Once we become aware and understand the deeper meaning of your Negative Love Bonds you can learn to let go and begin to restore and breathe in authentic trust.

Positive Love Bond

The Positive Love Bond is transmitted when a baby experiences the reflection and embodiment of divine grace emanating from both the mother and father. When parents mirror grace and love to a child, they support growth towards the child’s true potential and destiny. In the New Testament, both Mary and Joseph mirror to Jesus his divine roots and destiny. Mary, in her role as mother embodies all luminous teachings from her spiritual heritage and transmits grace to her unborn child, Jesus. Moreover, Joseph in his role as the father protects and surrounds both child and mother with trust, love,

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acceptance, and respect. Both Mary and Joseph are capable of mirroring and reflecting Christ's divine nature and purpose. Healthy mirroring and reflecting promotes a Positive Love Bond on a cellular, limbic and unconscious level, creating successful, well-adjusted adults who fulfill their destiny and contribute to society in a peaceful and loving manner.



If you have difficulty with these concepts, try to

1. Visualize yourself holding a baby or small animal. Surround this child or animal with a pervasive sense of peace and security. What is your experience of Trust emanating from you?
2. Build the consciousness of divine trust throughout your mind, body and emotions. Imagine this trust emanating and moving into the center of your brain and into deep limbic system so your whole nervous system is bathed and marinating in divine trust.
3. Allow your breath to rise and fall breathing in trust and releasing mistrust. Allow yourself to surrender into Trusting in God or the divine spirit who dwells within you. Continue to expand this sense of trust beyond your physical body and infuse the child or animal with this consciousness.

Imagine your limbic system synchronizing with the infant's or animal's limbic system. Create a resonance of trust between both of you.

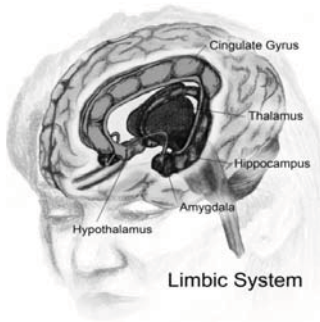
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Preparing for a Meditation Session

- Find a place that is quiet and comfortable where you will be disturbed as little as possible. You can be seated, lying down or standing comfortably.
- To begin, repeat each phrase out loud with as much feeling as possible focusing on the words and what they mean to you. The power of the spoken word activates positive flow of energy. If you are not in a space to make noise, repeat each phrase to yourself.
- Breathe deeply and evenly to help relax your body. Picture the breath actually flowing into the area of your body associated with each phrase. Breathe into this space and feel the breath opening your body and fill it with the mantra phrases. If this place in your body feels tense, unsettled, anxious, tight, heavy, or if you experience chronic pain here, it is especially important to allow your breath to permeate the area with surrender, acceptance and love.
- Repeat each mantra at least three times and continue after that until you find an inner state of peace. You can do each mantra in progression, or stop and read the meditation thought for each phrase before continuing.
- At the beginning you might want to focus on one phrase per day.
- The meditations for each phrase are listed at the end of the mantra
- Listen to the CD included with this book

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How to work with the Mantras



At first try chanting each phrase three or more times until you feel a sense of comfort or peace. Breathe the words and vibration into the area of your body that is indicated on the chart. Visualize the words and mantra moving from the area of the body and up into the center of your brain into the limbic system. See the diagram of limbic system. Allow your breath to breathe you as you say the mantra aloud. Try to witness any difference you might experience as you breathe into and deepen into saying the mantra. Notice your experience and answer the questions below.

-8-

I Trust in my Divine Purpose from the I AM that I AM

(feel your breath flowing from your sacrum to your crown)

-7-

I Know Truth from the I AM that I AM

(breathe into the crown of your head)

-6-

I See Truth from the I AM that I AM

(breathe into your eyes)

-5-

I Speak and Hear Truth from the I AM that I AM

(breathe into your throat and ears)

-4-

I Relate to Others from the I AM that I AM

(breathe into your heart center, in the center of your chest, beneath your breastbone)

-3-

I Respect the I AM that I AM

(breathe into your solar plexus, just underneath your ribcage, at the diaphragm)

-2-

I Love and Accept the I AM that I AM

(breathe into your lower abdomen, just below your belly button)

-1-

I Trust in the I AM that I AM

(breathe into your sacrum or tailbone, at the base of your spine)