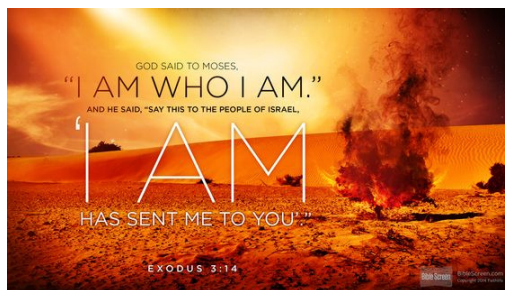




Today's Lesson
Spirit Expressing as the I AM

Power Point notes available at:
www.unityofbakersfield.org

Spirit Expressing as the I AM



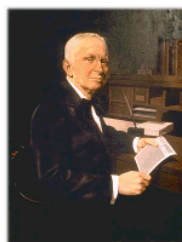
Spirit Expressing as the I AM



Charles Fillmore understood that Spirit was God as the moving force in the universe; Principle breath of life in all creation; the creative intelligence in all life. Spirit expressing is God's presence and essence in all life.

The human trinity is Spirit, soul and body or the I AM expressing itself through our spiritual and physical attributes of each person.

Spirit Expressing as the I AM



Charles Fillmore understood the I AM to be the spiritual identity; the Christ Mind of each individual as the I AM Being of God.

The I AM is the name of the spiritual self and governed by Spirit. It is the eternal essence of the true spiritual human whom God made in God's image and likeness.

Spirit Expressing as the I AM

He also wrote that:
 When the thought or "word" from the supreme I AM of consciousness, becomes an abiding fact in our mind, we need no longer strive in external ways; we have but to express a deep desire in the soul and it is fulfilled. I AM is the gate through which my thoughts come forth from the invisible, and it is through this gate that I go to get into the presence of Spirit as I express the I AM.

Spirit Expressing as the I AM



We are told that when Moses asked God by what name should he tell the children of Israel who sent him, God responded: Tell them I AM sent you... *"And he said, 'Say this to the people of Israel, I AM has sent me to you.'"*
 (Exodus 3:14)

Spirit Expressing as the I AM

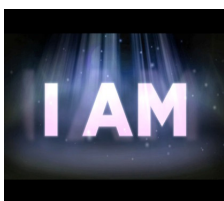
With an understanding that the I AM was always with him, Moses spoke with conviction of purpose knowing whatever he commanded would be done. But it didn't start out that way. Remember, Moses argued with God about what to say, how to say, what to do and how to do it. Why me God? I'm no speaker, I'm no leader. Hey, what about my brother Aaron? *"Oh, my Lord, send, I pray, some other person"* (Exodus 4:13).

Spirit Expressing as the I AM

Friends, who of us here have not said these same words to ourselves when pushed by Spirit to go and do what the I AM (the Lord of our Being) has asked us to do.

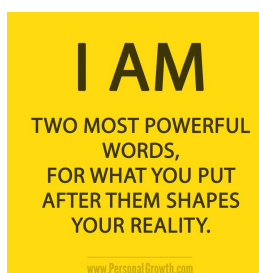
We all have a Moses somewhere within us. And like Moses, the quicker we move into a positive mental attitude and align our thoughts with God the quicker we move out of bondage into the freedom of spirit expressing as the I AM.

Spirit Expressing as the I AM



In keeping with this basic metaphysical idea of the *I AM*, I understand it to be my way to bring the.... Invisible realm of thoughts and ideas, through the practice of Affirmations, into the visible realm of Manifestation.

Spirit Expressing as the I AM



What are some of the things you say and use to describe your I AM? Are they positive or negative? Do they allow for the "Individualized Affirmative *Me*" to let Spirit express as the I AM in your life?

Spirit Expressing as the I AM

Kristen Butler of Power of Positivity shares her insights on the power of the I AM:

As Joel Osteen said, "What follows the "I am" will always come looking for you. Many times, we are using the power of 'I am' against us."

What are you looking to create in your life? You get a free preview of that creation by discovering your current "I am" beliefs.

Spirit Expressing as the I AM

Kristen shares some samples of "I AM" transformation statements people use:

"I AM STUPID" becomes

"I AM SMART".

"I AM NOT ABLE" becomes

"I AM FULLY ABLE".

"I AM TOO OLD" becomes

"I AM YOUNG."

"I AM NOT GOOD ENOUGH" becomes

"I AM ALWAYS GOOD ENOUGH".

Spirit Expressing as the I AM

"I AM LAZY" becomes
 "I AM RESPONSIBLE".
 "I AM FAT" becomes
 "I AM FIT".
 "I AM ALWAYS LATE" becomes
 "I AM ALWAYS ON TIME".

Spirit Expressing as the I AM

In his book Atom Smashing Power of the Mind, is this quote from Charles Fillmore that helped me create I AM statements that would allow Spirit to be expressed as the I AM in my life and affairs.

Every problem of life can be successfully solved if we begin with the use of the I AM on the various challenges we all face in life.

Here are 10 affirmative **I AM** action statements I have used over the years:

Spirit Expressing as the I AM

- 1) **I AM** free from want for God is my Source.
- 2) **I AM** free to make right choices for I trust in the Wisdom of God within.
- 3) **I AM** free to express my creativity for I draw ideas from the Infinite Source.
- 4) **I AM** free to soar; the Power within me knows no limitations.
- 5) **I AM** free from the past for I live in the Eternal Now of God.

Spirit Expressing as the I AM

- 6) **I AM** free to love and receive love through the unconditional Love within me.
- 7) **I AM** free to be myself, a unique and wonderful creation of God.
- 8) **I AM** free from self-pity and criticism of myself. God loves me just the way I am.
- 9) **I AM** free to express myself without fear of judgment of others for the Spirit of Truth speaks through me.
- 10) **I AM** free to live the life I was meant to live according to God's perfect plan for me.

Spirit Expressing as the I AM

I am often reminded of what John Strickland, Unity minister, past director and vice president of Silent Unity, once told us:

"A positive mental attitude may not get you everything that you want, but without one you don't have much of a chance at success and happiness."

So be careful how you use the power of the I AM to describe you and the events in your life. Spirit expressing as the **I AM** will bring a wealth of well-being into your life and affairs.