# I AM MIRROR TECHNIQUE

### I AM EXAMPLES

I AM Divine Nurturing LAM Divine Child-like Wonder I AM Divine Laughter I AM Divine Joy I AM Divine Grace I AM Divine Truth I AM Divine Perseverance I AM Divine Consistency I AM Divine Courage LAM Divine Wisdom I AM Divine Intelligence I AM Inner Strength I AM Divine Perception I AM Divine Integrity I AM Divine Honor I AM Divine Empathy I AM Divine Full Feeling I AM Divine Self-Love I AM Divine Humility I AM Divine Accountability I AM Divine Gratitude I AM Divine Proactivity I AM Divine Authenticity

I AM Divine Heart Centeredness I AM Divinely Protected I AM Divine Power I AM Divine Creativity I AM Divine Worthiness I AM Divine Love I AM Divine Expression I AM Divine Kindness I AM Divine Confidence I AM Divine Abundance I AM Divine Compassion I AM Divine Organic I AM Divine Patience I AM Divine Tolerance I AM Divine Responsiveness I AM Divine Responsibility I AM Divine Discipline I AM Divine Surrender I AM Divine Passion I AM Divine Peace I AM Divine Trust I AM Divine Forgiveness I AM Divinely Supported

# I AM MIRROR TECHNIQUE

Your eyes are the window to your Soul. Looking into your eyes in the mirror while saying your I AM affirmations is an essential self love discipline, by looking into your eyes you are connecting with your Soul / Higher Self and strengthening that part of you. You are replacing low vibrational beliefs about yourself with high vibrational truths.

Say these to yourself in front of a mirror daily. You can say them once or multiple times, whatever you feel to do. Look and feel your heart as you look yourself in the eyes and not only read but feel the words you are speaking to yourself with full heart intention. It may be emotional to say these things to yourself because we are programmed from birth to not fully love ourselves. As you practice this discipline you will find that your negative self talk rapidly disappears.



## TEN LOVE IN ACTION CODES

#### The Code:

Ten Intentions for a Better PLANET.
WHICH IS THE FOCUS

To have the code work in your life, say it once a day...

#### The First Love in action - Support Life

I refrain from opposing or harming anyone. I allow others to have their

experiences. I see life in all things and honor it as if it were my own.

-I SUPPORT LIFE-

## The Second Love in Action ~ Seek Truth

ALL beliefs that are no longer serving me. I go to the source. I seek truth.

THAT EXISTS -



The Third Love in Action ~
Set Your Course

I begin the creative process, I give direction to my life.

~I SET MY COURSE~

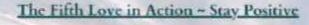
#### The Fourth Love in Action ~ Simplify.

Het go so there is room for something better to come in.

I intend that I am guided, guarded, protected, and lined up with the Highest Good at all times.

I trust and remain open to receive from both expected and unexpected sources.

~I SIMPLIFY~



I see good, say good, and do good.

I accept the gifts from all of my
experiences.

I am living in grace and gratitude.

~I STAY POSITIVE~



## TEN LOVE IN ACTION CODES

#### The Sixth Love in Action - Synchronize

After intending and surrendering, I take action by following the opportunities that are presented to me.

I am in the flow where Great Mystery and Miracles abide, fulfilling my MISSION and BEING what I came here to BE, LOVE EVERYWHERE PRESENT.

-I SYNCHRONIZE-

## The Seventh Love in Action

I AM Love in Action.
I always have enough to share.
I am available to help those who need it.

-I SERVE OTHERS-

#### The Eighth Love in Action ~ Shine Your Light

I am a Magnificent Being, Awakening to my highest potential. I express myself with joy, smiling easily and laughing often.

-I SHINE MY LIGHT~

## The Ninth Love in Action ~ Co-Create I Assist

IN THE CO-CREATING AND
MANIFESTATION OF HEAVEN ON
EARTH=HEART by envisioning
THIS, AND THROUGH BEING
CONSCIOUSNESS IN ACTION and
telling others about it.

~I SHARE MY VISION~



#### The Tenth Love in Action - Synergize

I see Humanity as One.
I enjoy gathering with light-hearted people regularly.
When we come together, we set the stage for Great Oneness to reveal itself.

~WE SYNERGIZE~