

I AM MIRROR TECHNIQUE



I AM EXAMPLES

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| I AM Divine Nurturing | I AM Divine Heart Centeredness |
| I AM Divine Child-like Wonder | I AM Divinely Protected |
| I AM Divine Laughter | I AM Divine Power |
| I AM Divine Joy | I AM Divine Creativity |
| I AM Divine Grace | I AM Divine Worthiness |
| I AM Divine Truth | I AM Divine Love |
| I AM Divine Perseverance | I AM Divine Expression |
| I AM Divine Consistency | I AM Divine Kindness |
| I AM Divine Courage | I AM Divine Confidence |
| I AM Divine Wisdom | I AM Divine Abundance |
| I AM Divine Intelligence | I AM Divine Compassion |
| I AM Inner Strength | I AM Divine Organic |
| I AM Divine Perception | I AM Divine Patience |
| I AM Divine Integrity | I AM Divine Tolerance |
| I AM Divine Honor | I AM Divine Responsiveness |
| I AM Divine Empathy | I AM Divine Responsibility |
| I AM Divine Full Feeling | I AM Divine Discipline |
| I AM Divine Self-Love | I AM Divine Surrender |
| I AM Divine Humility | I AM Divine Passion |
| I AM Divine Accountability | I AM Divine Peace |
| I AM Divine Gratitude | I AM Divine Trust |
| I AM Divine Proactivity | I AM Divine Forgiveness |
| I AM Divine Authenticity | 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
own
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

I follow my inner compass and discard
ALL beliefs that are no longer serving
me. I go to the source. I seek truth.

~THE TRUTH IS LOVE IS ALL
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

I let 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-

The Fifth Love in Action ~ Stay Positive

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~ Serve Others

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~