



"I AM" Affirmations Notes from Elizabeth Clare Prophet

I AM a loved child

I AM totally loved and adored by my loving all-wise, all-powerful God parents (3x)

Every day in every way I AM getting better and better (3x)

In the name of my Mighty I AM Presence:

I will conform my emotional patterns to my new me.

My new me recognizes my inner child as adorable, loving, wise and whole.

In the name of my Mighty I AM Presence

And beloved Holy Christ Self and in the name of my inner Child:

I will no longer be ruled by the false beliefs of my ego.

In the name of my Mighty I AM Presence:

I take responsibility for my life, for my happiness and for my soul. I call to my beloved Holy Christ Self and to my Mighty I AM Presence to establish a wholeness for my loving inner adult and my beloved inner child through Alpha and Omega, my Father/Mother God, and my own work. To that end I now give the fiats of the joint work of the Father and the Son which I make my own:

1. I and my Father are one! (9x)
2. I can of mine own self can do nothing.
It is the Father in me which doeth the work! (9x)
3. My Father worketh hitherto and I work! (9x)
4. I must work the works of Him that sent me! (9x)
5. I will work while I have the Light [the Guru] with me.
for the night cometh [the absence of the Guru] when no man can work!

I AM lovable, adorable and whole within my inner adult and inner child.

God is loving and adoring me now.

All my wants are met through God.

God is real in me because I am connected.



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Through Christ, my inner adult and my inner child are one.

I love my soul because God is loving my soul.

I AM worthy to be loved because I AM the daughter/son of Alpha and Omega.

I have atoned and will continue to atone for my sins and I will go and sin no more.

Because I love myself and I love myself as I truly am in God,

My soul and my Father/Mother are one.

My adorable inner child and my loving inner adult are one.

I affirm that I AM whole.

I affirm that when I AM that wholeness of my Father/Mother God,

I cannot sin, for I do not need to sin.

I make the fiat that my ego is dissolved and that my inner child

and inner adult are bonded to my Real Self, my beloved Holy Christ Self.

Joy to the world! The Lord is come.

Christ in me, the hope of glory! in my adorable inner child

and my unbounded, loving adult.

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