

a meditation on the truth of your being



I AM

I AM DIVINE INTELLIGENCE.

I AM DIVINE CREATIVITY.

I AM DIVINE INTEGRITY.

I AM DIVINE POWER.

I AM DIVINE RADIANCE.

I AM DIVINE LOVE.

I AM DIVINE.

I AM.

With each breath in, I attune with Who I AM.

With each breath out, I expand Who I AM.

*With each breath in and out, and in the spaces between, I
bless Creation with Who I AM.*

—JULIA ROGERS HAMRICK