



# List of I AM Affirmations

*Chris Adkins*

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*Daily life affirmations and meditations to inspire you! Your identity in Christ! What rightfully belongs to you!*

This book has been compiled with daily affirmations to help you achieve your God given; optimal health and wealth, to enjoy passionate and fulfilling love and peace, and to soar with self confidence and success. By meditating and reciting these affirmations daily, you begin to tap into the unlimited power that lies within your Spirit person. The very life of God that animates us is in every single one of the trillions of cells within us. Every second of our lives this power is available to us. This power, our power, begins to surface and take charge leading us consciously and subconsciously into our 'created in the image of God identity'.

Science has proven that our mind and body responds to our own voice, over any other persons voice. The power of these affirmations for healing, can transform your health and energy. Use these affirmations daily, by personalizing them for your heart, lungs, other internal organs and body parts. This releases and affirms the inner self-healing that has been gifted to all humankind and resides in our inner Spirit person. Consider using these affirmations daily and personalize them by adding your name, family names, and even the name of your business to the affirmations. USE your power, USE your voice, and CREATE your environment!

Go to the next level by keeping these affirmations on your mind. This will supercharge your voice and your confidence level. Think and meditate daily on your new affirmations to alleviate worry, anxiety, fear, or just getting down over the past. As a person thinks in his heart, so he becomes. Out of the abundance of the heart or spirit a person speaks.

Be proud of who you are! Your life is your gift! Enjoy the journey!

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