

# ***The Power of*** ***“I AM”***

**(The Original "The Power of I AM" by David Allen)**

**Compiled and Edited  
By  
David Allen**

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**NevilleGoddardBooks.com**

**Editor and Compiler  
of  
The Free Ebooks**

**“The Key To Manifesting Whatever It Is You Desire”  
“I AM a Money Magnet”  
" The Magic of Drawing The Riches Out of the Universe - GRATITUDE**

Excerpts from

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Walter Russell, Joel S. Goldsmith, H. Emilie Cady, Charles Fillmore, Walter C,  
Lanyon and MANY others..

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David Allen

# Forward

I AM is the name of God. I AM is known as the “Lost Word”. The word “I AM” has never really been lost. But the true meaning has been. The power that goes with understanding what I AM is and does has been lost. I searched for the best book I could find on this subject but couldn’t seem to find what I was looking for so but through the hundreds of metaphysical books I had read I knew that I AM was important enough to have one book on the subject..... I took the best of the best from the best authors on the subject (in my humble opinion of course) and compiled this little masterpiece of the great I AM. Within its pages if you apply what you read and understand you may just be surprised at the results.

It is with this in mind that this book was born.

**Look for more free eBooks from David Allen in the future.**

**“I AM” is Power and “I AM” will free you when you know what it is and how to use it.**

**“I AM” is who you are.**

**“I AM” is your center and what you experience is what you have believed to be truth and attached to it.**

**Be very careful what you attach to your “I AM”, it has the power to limit you or free you.**

**“I AM” You.**

**I AM Love, I AM Wealth, I AM Health, I AM Spirit, I AM Power, I AM Abundance, I AM Plenty, I AM Divine Substance, I AM Strength, I AM Source Energy, I AM Genius, I AM Beauty, I AM Life, I AM Color, I AM Thankful, I AM Divine Mind, I AM Energy, I AM God, I AM Happy, I AM Fun, I AM Law, I AM Open Minded, I AM Young, I AM Strong, I AM Wise, I AM Wonderful, I AM Positive, I AM Determined, I AM Motivated, I AM Persistent, I AM Upbeat, I AM Confident, I AM Thoughtful, I AM Tolerant, I AM Integrity, I AM Confidence, I AM Divine Energy, I AM Success, I AM Intelligence, I AM The Truth, I AM Good, I AM That I AM, I AM Mind, I AM Joy, I AM One With God, I AM Perfect, I AM Peace, I AM Whole, I AM Grateful, I AM Secure, I AM Free, I AM Consciousness, I AM Awareness, I AM Mind, I AM Insight, I AM Revelation, I AM Illumination, I AM Enlightenment, I AM Heaven, I AM Unlimited, I AM Harmony, I AM Prosperous, I AM A Magnet, I AM Gifted, I AM Responsible, I AM Vitality, I AM Radiant Substance, I AM Divinity, I AM Light, I AM The Way, I AM Everything, I AM Alive, I AM Calm, I AM Relaxed, I AM Divinely Guided, I AM Pure, I AM Noble, I AM Awake, I AM Allowing, I AM Creative, I AM Blessed, I AM Worthy, I AM Blissful, I AM Beautiful, I AM Grace, I AM Focused, I AM Kindness, I AM Imagination, I AM Inspired, I AM Thin, I AM Vibration, I AM The Universe, I AM Master Of My Destiny, I AM what I desire to be**

**- David Allen**

**I Am. What is I Am? It is  
your true being. It is your real  
nature, your real self and  
nobody else, because no one  
else can say I Am for you.  
Only you can say I Am. That  
is your real identity, the  
Presence of God in you, the  
Indwelling Christ. That is  
you, and whatever you attach  
to I AM with conviction, that  
you are and that you have.**

“I AM” is the fact of existence, and to know that gives you all power. When you have to go and tackle the "Egyptians" and your heart turns to water within you, and you say to yourself, "I cannot do this," "I am not adequate," "There is no way," then remember your true identity and say to the "Egyptians," "I AM hath sent me," and the road will open and you will surmount your difficulties.

God is I AM THAT I AM, and you are I AM, **and you make your destiny and your own fate by the things which you attach to that I AM**, for that is what you really believe about yourself. If you give credence to fear by saying, "I am afraid," then you are destroying yourself. Every time you entertain a pang of fear, or jealousy, or a thought of criticism, every time you speak an unkind word to anyone, and much more so if you say it about them when they are not present, you are definitely shortening and destroying your life. You are definitely breaking down your cells. You are making your body more sensitive to pain. Nor do we lose a grain of good. Nobody can keep it away from you. Every time you say, "I am one with God," you are improving your life. Every time you refuse to be bullied by fear, every time you follow the highest you know, and put your trust in God, you are lengthening your life, improving your health, and making it more difficult for disease to attack you.



Your I AM-ness, your Consciousness, is the way in which you change your world. Whatever you attach to I AM you become. As you affirm with feeling, I am illumined, inspired, loving, harmonious, peaceful, happy and strong, you will resurrect these qualities that lie dormant within you, and wonders will happen in your life. When men and women help you in the realization of your dreams, they are playing their part and are messengers testifying to your beliefs and convictions. You wrote the play, and other men and women execute the parts conforming to your concept of yourself.

## The Top Secret

When you say “I AM,” you are announcing the Presence of God within you, as explained in the third chapter of Exodus. “I AM” means Pure Being, Life, Awareness, Self-Originating Spirit, Unconditioned Consciousness. **In other words, it is a secret to millions of people, because they don’t know that when they say “I AM,” they are proclaiming the Presence of God within them.** It is called “Om” in India, and many chant the word “Om” as a mantra. It is important that you know the meaning of the word “Om” before using it. In Sanskrit, mantra means an instrument of thought.

## The Virgin Mary

The I AM within you is the Virgin Mary, which is capable of infinite conceptions of Itself without the aid of any man. The word virgin in the Bible means a pure mind, or mind dedicated to God. The word Mary comes from “mare,” meaning the sea, all of which means the pure stream of consciousness. Maya, the name of the mother of Buddha, has the same meaning. The words Queen of Heaven, Star of the Sea, Isis, Queen Esther, etc., all mean the same thing—the I AM, or Presence of God in your subconscious depths.

God, or I AM, gives birth to the entire cosmos and all things contained therein and is the only Presence and Power. Actually, all the symbols of Christmas have to deal with the human heart, or your subconscious mind. The star spoken of represents the Infinite Intelligence within you, which guides and directs you and reveals to you the answer.

You can claim that God is guiding you and revealing to you the answer or solution to your problem. Accept the truth that the nature of Infinite Intelligence is to respond to you, and you will receive an answer without the aid of any man. You can boldly affirm, “I am whole, perfect, strong, loving, illumined, prosperous and inspired.” As you continue to affirm these truths and feel and believe what you claim, without the help or cooperation of anyone, you will express what you feel to be true. **Remember, whatever you attach to I AM, you become.**

## **THE ONE AND ONLY POWER**

THE BIBLE CALLS THIS POWER, **I AM**, WHICH MEANS BEING, LIFE, AWARENESS, UNCONDITIONED CONSCIOUSNESS, SELF-ORIGINATING SPIRIT. ALL THINGS ARE MADE BY THE SELF-CONTEMPLATION OF SPIRIT, OR GOD. **IT CREATES BY ITSELF, BECOMING THE THING IT CREATES..**

*... BEFORE ABRAHAM WAS, I AM* (JOHN 8:58). THIS MEANS BEFORE ANY OBJECTIFICATION OR MANIFESTATION OF IDEALS OR DESIRES TAKES PLACE, **THE UNCONDITIONED OR FORMLESS AWARENESS (I AM) CONDITIONS ITSELF**

**INTO THE IMAGE AND LIKENESS OF YOUR  
CONCEPT OR IDEAL.**

The “I AM” within you, which means Being, Life, Awareness, Self-Originating Spirit, etc. is God, or the Life-Principle. “I AM” is the true Christmas tree, and all gifts are on the Christmas tree, for God is both the giver and the gift. If you work for someone and he pays you, he is liquidating an obligation; but “I AM” is a gift to you. No work or sacrifice is needed.

***You are God. You are  
the "I AM that I  
AM". You are  
consciousness. You  
are the creator. This  
is the mystery, this is  
the great secret known  
by the seers,***

# prophets, and mystics throughout the ages.

I dwell within every  
conception of myself; from  
this withinness, **I ever seek**  
**to transcend all**  
**conceptions of myself.** By  
the very law of my being, I  
transcend my conceptions of  
myself, only as I believe  
myself to be that which does  
transcend. **I AM the law of**

being and beside ME there  
is no law.

I AM that I AM.

I AM the formless  
awareness of being  
conceiving myself to  
be man. By my  
everlasting law of  
being I am compelled  
to be and to express



all that I believe  
myself to be.

**I AM; man's unconditioned awareness of being is revealed as Lord and Creator of every conditioned state of being. If man would give up his belief in a God apart from himself, recognize his awareness of being to be God (this awareness fashions itself in the likeness and image of its conception of itself), he**

**would transform his world  
from a barren waste to a  
fertile field of his own  
liking.**

“Be still and know  
that I AM God” *[Psalm  
46:10]*.

Yes, this very I AM,  
your awareness of  
being, is God, the only  
God. I AM is the Lord –

the God of all Flesh – all  
manifestation.

**Your world is your  
consciousness objectified.**

**Waste no time trying to change  
the outside; change the within  
or the impression; and the  
without or expression will take  
care of itself. When the truth  
of this statement dawns upon  
you, *you will know* that you  
have found the lost word or the  
key to every door. I AM (your  
consciousness) is the magical  
lost word which was made**

**flesh in the likeness of that  
which you are conscious of  
being.**

**Your unconditioned awareness or I AM  
is the Virgin Mary who knew not a man  
*[Luke 1:34]* and yet, unaided by man,  
conceived and bore a son. Mary, the  
unconditioned consciousness, desired and  
then became conscious of being the  
conditioned state which she desired to  
express, and in a way unknown to others,  
became it. Go and do likewise; assume the  
consciousness of that which you desire to  
be and you, too, will give birth to your  
savior. When the annunciation is made,  
when the urge or desire is upon you, believe  
it to be God's spoken word seeking  
embodiment through you. Go, tell no man  
of this holy thing that you have conceived.  
Lock your secret within you and magnify**

the Lord [Luke 1:46], magnify or believe your desire to be your savior coming to be with you.

*“Whatsoever ye shall ask in My name, that will I do” [John 14:13; similarly, John 15:16; John 16:23]. This certainly does not mean to ask in words, pronouncing with the lips the sounds, God or Christ Jesus, for millions have asked in this manner without results. To feel yourself to be a thing is to have asked for that thing in His name. I AM is the nameless presence. To feel yourself to be rich is to ask for wealth in His name. I AM is unconditioned. It is neither rich nor poor, strong nor weak. In other words, in HIM there is neither Greek nor Jew, bond nor free, male nor female. These are all conceptions or limitations of the limitless, and therefore names of the nameless. To feel yourself to be*

*anything is to ask the nameless, I AM, to express that name or nature".*

Begin to affirm, "I am strong. I am radiant. I am happy. I am inspired. I am illumined. I am loving. I am kind. I am wealthy. I am harmonious." **Feel these states of mind; affirm them, and believe them; then you will begin to truly live in the Garden of God. Whatever you affix to the "I AM" and believe, you become. The "I AM" in you is God, and there is none other. "I AM" or Life, Awareness, Pure Being, Existence, or the Real Self of you is God. It is the Only Cause. It is the Only Power making anything in the world. Honor It; live with the feeling, "I AM Christ," all day long. Christ means the Anointed One, the Awakened One, the Illumined One. Feel you are this Anointed One; continue to live in that mental atmosphere; then you will draw out the Christ (Wisdom, Power, and Intelligence of God) within you, and your whole world will be transformed by that Inner Light shining in your mind. Every time you feel, "I AM the Christ"; "I AM illumined"; "I AM inspired"; you are praying and qualifying**

your consciousness with the thing you are praying about, and with the thoughts you are thinking.

Keep in mind that when you pray about any specific thing, it is necessary to qualify your mind with the consciousness or *feeling of having or being that thing*. You mentally reject completely the arguments in your mind against it; that is prayer. Qualify your consciousness with the thing you are praying for by thinking about it with interest **Do this quietly and regularly until a conviction is reached in your consciousness. As you do this, the problem will no longer annoy you. You will maintain your mental poise, plus the feeling of: "I now feel that I AM what I long to be,"** and as

you continue to feel it, you will  
become it.

Here is the law: "I AM that which I feel myself to be." Practice changing the feeling of "I" every day by affirming: "I am Spirit; I think, see, feel, and live as Spirit, the Presence of God. (The other self in you thinks, feels, and acts as the race mind does.) As you continue to do this, you will begin to feel you are one with God. As the sun in the heavens redeems the earth from darkness and gloom, so will the realization of the Presence of God in you reveal the man you always wished to be—the joyous, radiant, peaceful, prosperous, and successful



man whose intellect is illumined by  
the Light from above.

Not only are all things made by God,  
all things are made of God. All are the  
offspring of God. God is one. Things or  
divisions are the projections of the one.

God being one, He must command  
Himself to be the seeming other for  
there is no other. The absolute cannot  
contain something within itself that is  
not itself. If it did, then it would not  
be absolute, the only one. Commands,  
to be effective, must be to oneself. "I  
AM that I AM" is the only effective  
command. "I AM the Lord and beside  
Me there is none else" [*Isaiah 45:5; Joel*  
*2:27*]. You cannot command that which  
is not. As there is no other, you must

Command yourself to be that which you would have appear.

Let me clarify what I mean by effective command. You do not repeat like a parrot the statement, “I AM that I AM”; such vain repetition would be both stupid and fruitless. It is not the words that make it effective; it is the consciousness of being the thing which makes it effective.

**When you say, “I AM”, you are declaring yourself to be.**

**The word *that* in the statement, “I AM that I AM”, indicates that which you would be. The second “I AM”**

# **in the quotation is the cry of victory.**

This whole drama takes place inwardly with or without the use of words. Be still and know that you are. This stillness is attained by observing the observer. Repeat quietly but with feeling, "I AM - I AM", until you have lost all consciousness of the world and know yourself just as being. Awareness, the knowing that you are, is Almighty God; I AM. After this is accomplished, define yourself as that which you desire to be by feeling yourself to be the thing desired: I AM *that*. This understanding that you are the thing desired will cause a thrill to course through your entire being. When the conviction is established and you really believe that you are that which you desired to be, then the second "I AM" is uttered as a cry of victory. This

mystical revelation of Moses can be seen as three distinct steps: I AM;  
I AM free; *I really AM!*

“I AM the light of the world”  
[*John 8:12*], crystallizing into the form of my conception of myself.

**Consciousness is the eternal light which crystallizes only through the medium of your conception of yourself. Change your conception of yourself and you will automatically change the world in which you live. Do not try to change people; they are only messengers telling you who you are. Revalue yourself and they will confirm the change.**

There is only One Creative Power. There is only One Source. God is called Awareness, Unconditioned Consciousness, Life. There is only one Life and all things in the world are made inside and out of Life or Consciousness. The Bible calls God I AM, which means Being or Existence. I AM conceives itself to be sun, moon, stars, planets, etc. In fact, **everything you see is the I AM in infinite differentiation.** There is only one Cause, one Substance, one Source. **Whatever you affix to I AM through feeling, you create in your world of expression.** That is what the Bible means

when it says that there is nothing made that is not made that way. **Nothing is made without feeling.** If you feel poor, you become poor; if you feel prosperous, you become prosperous; if you feel dignified, you become dignified.

THE *door* is the door of our own consciousness. *I AM the door.* Everything we experience in life comes through our own consciousness. Our states of consciousness represent what we think, feel, believe, and give consent to.

Our states of consciousness are always made manifest. Nothing

happens on the outside without first happening on the inside. **Before we can manifest health, peace, and abundance, we must first possess our desire in consciousness. We must have the feeling of possession inside. I must be before I can have. The ancients said, "To be is to have."**

If a man tries to achieve what he wants through external means, **it will forever elude him.** He is a thief and a robber in the

sense that he is robbing himself of the joy of manifesting his ideal, by refusing to claim and feel its reality mentally. He must have the mental equivalent first; then its manifestation follows. Our own mind or consciousness (I AM) is the door to all expression.



The great truth is that  
our own I AM-NESS  
(consciousness) can  
resurrect and make  
visible that which we  
accept and feel as true  
within. Your own  
consciousness has the  
power to resurrect  
you from any state of  
limitation.

The worldly-minded state of consciousness in all of us which looks into the far-distant future and says, “Someday I will reach my goal. Someday I will be happy.” This is not the correct attitude, for we must realize that we can take our desire in consciousness (I AM, Not I will) now and bring it to birth immediately if only we will believe.

You are what you  
contemplate and feel  
as having already  
happened and true;

therefore you have  
discovered that your

“I AM”

is your savior.

You must have no master or lord  
but (I AM) God-The One Power.

We must categorically and  
emphatically mentally reject all  
other powers but the One Primal  
Cause, the Spirit within. If we  
have a master, we are slaves. This  
is why He says, "Call no man  
master." Man is not a serf. He has  
been given dominion.

When we are convinced beyond a  
shadow of a doubt that our own I  
AM-NESS is our Lord and  
Master, we know no other and  
we are free.

*“No man cometh unto the Father, but by me.”* This means that **no manifestation comes to us save our own consciousness draws it.** The *me* referred to is our own I AM-NESS. Your I AM-NESS is the mother and father of all ideas. When Philip says, “Show us the Father,” he is calling forth our dominant mood. One cannot see a mood or a feeling. **When you actually become aware of the principle of inner causation, you have discovered your God or your Father in Heaven.** Having now discovered the Principle of Life, you must begin to use it wisely. Never permit the suggestion of defeat and impotency to inhibit the free flow of this inner life. Whatever you become aware of determines whether you see lack or confusion or whether you see opulence, order, and harmony in your world.

The actions of others toward you bear witness to your state of consciousness. If the fruit of the tree is rotten, there is something wrong with the tree; likewise if you are experiencing lack and limitation, you must change the vine. I AM is the vine. You must go within and change your consciousness, and as you change your mental attitude and estimate of yourself, you change your experiences, conditions, and events. There is no one to change but yourself!

*Whatsoever ye shall ask of the Father in my name, he may give it you.*  
*15:16.*

*Whatsoever you ask* means whatever you claim or believe as true will come to pass. The name means the naturalness of the state sought or the mental atmosphere of acceptance. **If all we had to say was, "In the name of Jesus rise and walk," we would perform miracles. Obviously there is another meaning. Asking in the name of Jesus means feeling the reality of the fulfilled desire in your own consciousness (I AM).**

Spiritual man is I AM; manifest man is I will. I AM is the Jehovah God of Scripture, and I will is the Adam. **It is the I AM man that forms and breathes into the I will man the "*breath of life*."** When we are in the realm of the ideal, we are I AM; when we are expressing ideals in thought or in act, we are I will. When the I will gets so absorbed in its realm of expression that it loses sight of the ideal and centers all its attention in the manifest, it is Adam listening to the serpent and hiding from Jehovah God. This breaks the connection between Spirit and manifestation, and man loses that spiritual consciousness which is his under divine law. In this state of mind the real source of supply is cut off, and there is a drawing upon the reserve forces of the organism, the tree of life. It is in this experience that man is described as being driven out of the Garden of Eden, or the paradise of Being.



## The Door to True Expression

*VERILY, VERILY, I SAY UNTO YOU, HE THAT ENTERETH NOT BY THE DOOR INTO THE SHEEPFOLD, BUT CLIMBETH UP SOME OTHER WAY, THE SAME IS A THIEF AND A ROBBER. BUT HE THAT ENTERETH IN BY THE DOOR IS THE SHEPHERD OF THE SHEEP (JOHN 10:1-2).*

**I AM IS THE DOOR.** THIS MEANS YOUR OWN CONSCIOUSNESS IS THE DOOR TO ALL EXPRESSION. IN OTHER WORDS, YOU MUST HAVE THE MENTAL EQUIVALENT ESTABLISHED IN YOUR SUBCONSCIOUS MIND IN ORDER TO MANIFEST WHAT YOU DESIRE AND WHAT YOU WANT TO ACHIEVE IN LIFE. WHEN YOU TRY TO ACCOMPLISH ON THE OUTSIDE WHAT YOU HAVE NOT FELT AS TRUE ON THE INSIDE, YOU WILL FAIL, E.G., WHEN A MAN CLAIMS TO BE SOMETHING OTHER THAN WHAT HE REALLY FEELS HIMSELF TO BE, SUCH AS CLAIMING THAT HE IS A GREAT ACTOR WHEN IN HIS HEART HE DOES NOT FEEL IT TO BE TRUE, HE IS ROBBING HIMSELF AND IS THE THIEF MENTIONED IN THE ABOVE VERSES.

One's mental attitude,  
thoughts, and words  
are the creative or  
destructive influences  
in one's world. Do not  
say: "I am sick," "I am  
poor," "I am  
unhappy." **Say: "I  
AM well," "I AM at  
peace," "I AM  
wealthy."**

**Jehovah** -- The I AM, the spiritual man, the image and likeness of Elohim God. In the King James Version of the Bible the Hebrew "Jehovah" has been translated "Lord." Lord means an external ruler. Bible students say that Jehovah means the self-existent One, the I AM. Then instead of reading "Lord" we should read I AM.

**It makes a great difference whether we think of I AM, self-existence within, or "Lord," master without.** All Scripture shows that Jehovah means just what God told Moses it meant: I AM. "This is my name forever, and this is my memorial unto all generations" (Exod. 3:15).

## **Spiritual Marriage --**

Spiritually, marriage represents the union of two dominant states of consciousness. **When we open the door of the mind by consciously affirming the presence and power of the divine I AM in our midst,** there is a marriage or union of the higher forces in being with the lower and we find that we are quickened in every part; the life of the I AM has been poured out for us.

If man affirms his unity  
with the life, substance,  
and intelligence of God,  
I AM One with life, I AM  
One with Substance, I  
AM One with the  
intelligence of God, he  
**lays hold of these  
spiritual qualities.**

BY DECLARING OUR  
SENSES TO BE SPIRITUAL  
AND BY SPEAKING THE

INCREASING WORD OF  
THE I AM TO EVERY ONE  
OF THEM, WE MULTIPLY  
THEIR CAPACITIES AND  
GIVE THEM A SUSTAINING  
VIGOR AND VITALITY.  
**THIS IS DONE THROUGH  
THE SIMPLE WORD OF  
THE I AM, BACKED UP BY  
THE REALIZATION OF ITS  
SPIRITUAL POWER.**

Emmet Fox stated previously that God, the I AM THAT I AM, was differentiated into men and women. I AM is the lost word and secret Name of God in us. It is our 'true identity'; our 'real name'; it is 'Divine Spirit', which is our 'real eternal self'; it 'was never born and will never die' (Fox 1993:209, 213). Knowing this final name of God,

says Fox, is what gives one power, because it identifies one with the true nature of God. He remarks that a statement such as I AM elicits the question, I am what? This requires a qualification, and when one completes the sentence, one limits it. An answer such as 'I am a man' 'means you are not a woman' and such qualifications 'limit the expression in one way or another' (Fox 1993:209–210). However, the qualification of I AM THAT I AM does not limit any expression. It states the absolute ... God! Fox (1993:210) maintains that 'God is unlimited, I AM THAT I AM, unexpressed, creative power, Divine Mind waiting for expression' and man is God's expression. It is man's oneness with the divine that empowers a person and allows one to attach the I AM to all the attributes of God (such as freedom, joy, health, success and abundance). I AM always connects one with divine power because we are the I AM of the I AM THAT I AM. 'It is the presence of God in you. It insures that you can go direct to God, that you do not need any intermediary' (Fox 1993:210). This last statement relates well to an earlier observation in which Wilber distinguishes between the God of the subtle realm with whom one can bargain for one's salvation, and the God of the causal realm where all communication is transcended, for one actually becomes that oneness.

Whenever I say "I AM", I AM [is] creating something. Prayer is believing that we have already received that

which we ask. When I say, "I am", I am attaching my awareness of being to something. Now, you can lie and not believe what you are saying, but you cannot believe something about "I am" and not create it. We are creating morning, noon, and night by our "I am" statements. If you say, "I don't feel well" and you believe it, you are perpetuating illness in your life. You must change those statements to "I feel wonderful".

We have to pray (say I am), believing that it is true, and then we will receive.

*The Great "I Am."--  
Revealed to Moses as  
the One and Only Real*



*Mind or Power in the  
Universe. That beside  
Which there is no  
other. I Am is another  
way of saying God.  
The "I AM" in man is  
the Life of man;  
without this "I AM,"  
man could not be.*

**"I AM the Lord, and there is none else,  
there is no God beside Me." (Isaiah 45:5).**

**You, the reader, are the one and only  
being there is. When you say "I AM,"  
that means the sum-total of all the**

**personalities in the world. All other conceptions are projections in space of the one being, yourself. In the Bible, which is a text book on psychology—metaphysics and man's moods and feelings—the "I AM" is constantly referred to as, "I am the way, the truth, and the life." (John 14:6). "I am the Resurrection and the Life." (John 11:25). "I am that I am." (Ex. 3:14). These and similar sayings shine forth in all their true brilliance when once we see that Jesus, the Christ, was not speaking of Himself personally, but of the principle of Being inherent in all mankind.**

**The most difficult thing for man to really grasp is this: That the "I AMness"**

**in himself is God. It is his true being or father state, the only state he can be sure of. The son, his conception of himself, is an illusion. He always knows that he is, but that which he is, is an illusion created by himself (the father) in an attempt at self-definition.**

"Thou shalt not take the name of the Lord thy God in vain." "I AM the Lord: that is my name." Now that you have discovered your I AM, your consciousness to be God, do not claim anything to be true of yourself that

you would not claim to be true of God, for in defining yourself you are defining God. That which you are conscious of being is that which you have named God. God and man are one. You and your Father are one. Your unconditioned consciousness, or I AM, and that which you are conscious of being, are one. The conceiver and the conception are one. If your conception of yourself is less than that which you claim as true of God, you have robbed God, the Father, because you (the son or conception) bear witness of the Father or conceiver. **Do not take the magical name of God, I AM, in vain for you will not be held guiltless; you must express all that you claim yourself to be.** Name God by consciously defining yourself as your highest ideal.

"I AM the Lord, and there is no God beside me," declares my consciousness to be the one and only Lord and

beside my consciousness there is no God. "Be still and know that I AM God," means that I should still the mind and know that consciousness is God, "Thou shalt not take the name of the Lord thy God in vain." "I AM the Lord: that is my name." Now that you have discovered your I AM, your consciousness to be God, do not claim anything to be true of yourself that you would not claim to be true of God, for in defining yourself you are defining God.

Do not take the magical name of God,

I AM, in vain for you  
will not be held  
guiltless; you must  
express all that you  
claim yourself to be.

Name God by  
consciously defining  
yourself as your  
highest ideal.

The Great "I Am."--  
Revealed to Moses as the

One and Only Real  
Mind or Power in the  
universe. That beside  
which there is no other.  
I Am is another way of  
saying God. The "I AM"  
in man is the Life of  
man; without this "I  
AM," man could not be.  
When you make a declaration, affirmation  
or statement of what you wish to do, or  
what you desire to bring to pass,

remember this paramount fact: spiritual things must be spiritually conceived and brought forth. Therefore, when you think, do not feel that it is a human mind you are using with which to bring about some special good, but as the man of God, the I-Am Self, know that you are thinking with the Christ-Mind and you will inevitably bring forth what is rightfully yours. Then your Word, spoken as by the divine Mind, is your authority that it shall not return to you void, but shall go forth and multiply your good. This was Jesus' authority, and likewise may be yours.

**The I AM THAT I AM is the infinite  
Power House wherein the ever-**



existent good is generated and maintained. According to Genesis, God declared: "Let the earth bring forth grass... Let the waters bring forth the moving creatures. Let the earth bring forth the living creatures. And it was so." **The command, you see, was definitely stated for the desired thing. Let there be this particular thing! "And it was so."**

Does the Christ-Self exist because of what you, personally, think or feel? Does the Real man, or man in his Real state know about Spirit and flesh,

good and bad, or about time and place, sin, sickness and death? What is it that the I AM knows? It knows I AM, and besides Me there is none else! It knows, "I AM in the Father, and the Father in Me."

Thus I AM ever one with the I AM THAT I AM.

Say it over and over, sing it softly to yourself - I AM THAT I AM. Lovingly, earnestly, expectantly. **Do not attempt to define what it means, nor analyze your feeling, but just say it, and it will begin to reveal itself to you, for the I AM THAT I AM reveals Itself to me, to you, to all who say, I will arise and go unto my Self in my true state of being-where nothing can oppose me-nothing!**

*The "I AM" does not depend upon thought or feelings, times or places, conditions called sin and*

goodness, life and death, for its existence: the I AM THAT I AM says, I AM all power, I AM all perfection. Do not confine Me to this or that idea or thought, word or saying. Do not limit Me to churches or ministers, to man or woman, to books or sentences.

I AM THAT I AM, the  
Unconditioned, the Eternal One.

**There is but the one I AM THAT I AM.  
There is not one big "I" and millions of  
smaller "I's." One Life is all there is, even as  
one air is all the air there is. This one I AM  
THAT I AM includes granite heights,  
crystals, trees, flowers, birds, animals, man,**

**and all created things. Surrender,  
therefore, the ifs, buts, whys and  
wherefores for this absolute state of  
yourself -your radiant I - AM, ever the  
Self-revealing Light.**

**The I AM does not concern itself with your  
sins or limitations, with your past or  
future. Does not concern itself with your  
body or affairs; with your father or  
mother, your husband or wife; with your  
station in life, your color, age nor  
education. The I AM concerns itself only  
with you. Ever it declares, There is no  
cause or effect besides Me; I see no  
ignorance or darkness, no evil, anywhere,  
for to Me there is nothing but Myself. I AM  
the All in all.**

I AM found when all else fails; when all other means are of no avail; and when no thinking can find the way out. Lo, your extremity is my opportunity to prove to you Myself to be your All-in-all. I AM present always, the neverfailing, Self-existent One. If you make your bed in hell, lo, I AM there. If you take the wings of the morning and dwell in the uttermost parts of

the sea, ever there I AM, for I AM with you wherever you are. I am your Self.

I AM the Self which, apparently, you have wandered away from-but only as in a dream which you can readily see, if you will, has no substance at all. No dream can ever separate us, for I AM with you wherever you are. I AM with you in your sorrow, in your failure, in your defeat. I AM with you in your joy, in your pleasure, in your success. What is darkness to you shineth as the light to me.

I AM the Self to whom you now lovingly turn. None of your delusions affect Me. Ever I AM at your side waiting only your awareness of Me, your recognition and realization of Me as your All-in-all, to set you free from any false belief in separation. When you leave all for Me, then shall you find Me. When you cry out yearningly from your heart to Me, then shall you hear My voice answering you. I AM your hope of Glory. I AM your bright and morning Star. I AM the Lord, your God. I AM YOU, your Self.

If one says to himself, "I AM filled with life, health, strength and vigor," and then goes down the street saying, "I see a poor blind

beggar, a criminal and a sick person," he is still treating himself just as much as when he affirmed that he was perfect. We are only as perfect as we perceive others to be. This does not mean that we shut our eyes to those who are in trouble; for we may have sympathy with the one having trouble without having sympathy with his trouble.

*“Since the beginning man cried aloud, ‘Who am I?’*

*“And My Voice forever  
answers, Thou Are I. I,  
the Universal One, am  
thou whom thou art  
creating  
in My image.*

*“I am I. I am I whom I am  
creating. I am the  
universal I.*

The First Commandment,

"Thou shalt have no other gods before me," is an admonition to look to one source for our good and it indicates that Me or **I AM is that source.** To this law all must render obedience. I am the one who must obey it. If I lived in the constant awareness of my true identity, it would be impossible for anyone to interfere with my demonstration of harmonious, fruitful and eternal life, and if men always heeded the



First Commandment, the journey into the Kingdom of God would be a quick one.

The laws which now hold you in bondage to material things will perish (have no power over you) when you have come to an understanding of Spirit. “Ye shall know the truth, and the truth shall make you free,” said Jesus. As in the case of stomach trouble so in every case of inharmony whatsoever, you must work to overcome fear; “I will fear no evil; fevers, colds, contagion, heredity, signs, superstitions, have no power to harm me.” If you would be free, declare your freedom positively, with understanding. **By mastering the principle of being, you will be enabled to apply the principle, thus freeing yourself. The “I AM” is the true self, the God within.** As long as you say “I am discouraged,” and name over different kinds of diseases that affect your body in different parts, you are

making laws against yourself; “Out of the heart of man proceed evil thoughts;” and by affirming on the negative side you put off the day of your freedom. Your word goes out and returns to you in the form you gave it. You sent out the words, “I am sick,” and your word vibrates through your system, carrying your decree to every atom of your being.

I AM a spiritual  
and mental  
magnet  
attracting to  
myself all

# things, which bless and prosper me.

"And God said unto Moses, I AM THAT I AM: and he said, Thus shall thou say unto the children of Israel, I AM hath sent me unto you. . . . "This is my name forever, and this is my memorial unto all generations." "I AM," then, is God's name. Every time you say, "I am sick," "I am weak," "I am discouraged," are you not speaking God's name in vain, falsely? I AM cannot be sick; I AM cannot be weary, or faint, or powerless; for I AM is all-life, all-power, All-Good. "I AM," spoken with a downward tendency, is always false, always "in vain." A commandment says, "Thou shalt not take the name of Jehovah thy God in vain; for Jehovah will not hold him guiltless that taketh his name in vain." And Jesus said, "By thy words thou shalt be justified, and by thy words thou shalt be condemned." If you speak the "I AM" falsely, you will get the result of false speaking. If you say, "I am sick," you will get sickness; if you say, "I am poor," you will get poverty; for the law is, "Whatsoever a man soweth, that shall he also reap." "I AM," spoken

upward, toward the good, the true, is sure to outpicture in visible good, in success, in happiness. Does all this sound foolish to you? Do you doubt that such power goes with the speaking of God's name? If so, just go alone, close your eyes, and in the depth of your own soul say over and over the name "I AM." Soon you will find your whole being filled with a sense of power that you never had before--power to overcome, power to accomplish, power to do all things.

Timothy, said: "Let everyone that nameth the name of the Lord depart from unrighteousness." Let everyone who speaks the "I AM" keep it separated from iniquity,

or from false speaking.  
Let it be spoken **always**  
**upward, never**  
**downward.**

Jesus also said, "If ye shall ask anything of the Father, he will give it you in my name"--**that is, in the name I AM.**

Whenever you desire--not supplicate, but desire, speaking the "I AM" upward--He will give what you ask. Every time you say, "I am

happy," you ask in His name for happiness. Every time you say, "I am unhappy," you ask in His name for unhappiness.

**Have we spoken "I AM" upward, toward the good, or downward toward the not good? That which we have been receiving will tell the story. Jesus said that if they asked rightly in His name, their "joy**

**would be made full." Is your joy full? If not, then give heed to your asking.**

Life is strong, and you are strong with the strength of the Infinite; forget all else as you revel in this strength. **You are strong and can say I AM.** You have been laboring under an illusion; now you are disillusioned. Now you know, and knowing is using the law in a constructive way. "I and my Father are One;" this is

strength for the weak, and life  
for all who believe.

**We can so fill ourselves  
with the drawing power of  
attraction that it will  
become irresistible.  
Nothing can hinder things  
from coming to the man  
who knows that he is  
dealing with the same  
power that creates all from  
itself, moves all within  
itself, and yet holds all  
things in their places. I AM  
one with the Infinite Mind.**



**Let this ring through you many times each day until you rise to that height that, looking, sees.**

When you say, "I AM," the natural question is, "I am what?" It has to be qualified, and **when you qualify it, you limit it.** If you say, "I am a man," that means you are not a woman. "I am an American" means you are not a Frenchman or a Spaniard. When you complete the I AM, you limit the expression in one way or another. But God is unlimited, I AM THAT I AM, unexpressed, creative power, Divine Mind waiting for expression. God has to be expressed, and Man is God in expression. I AM THAT I AM becomes I AM. Therefore Moses is told, "Thus shalt thou say unto the children of Israel, I AM hath sent me unto you."

**Man is one with God, the self-livingness of God, and thus he has the power to attach the I AM to all the attributes of God: freedom, joy, health, success, abundance.**

Always I AM connects you with Divine Power because you are the I AM of the I AM THAT I AM. **I AM is the Word of Power.** It is the presence of God in you. It insures that you can go direct to God, that you do not need any intermediary. All through history, back to the days of Babylon and Egypt, people have been led to believe that they needed an intermediary to approach God, and the Pharisees and the priesthood of Jesus' time tried to do the same thing. However, Moses was instructed to tell the people that

**God dwells among His people,  
that the Word of Power is in  
their mouths and hearts - I AM.**

THAT DOES NOT MEAN THAT  
SOMEONE ELSE CANNOT PRAY  
FOR YOU OR GIVE YOU  
SPIRITUAL HELP. IT MEANS  
THAT YOU CAN AND SHOULD  
GO TO GOD DIRECT. **EVERY**  
**TIME YOU SAY, "I AM," YOU**  
**ARE USING THE POWER OF**  
**GOD TO BRING CERTAIN**  
THINGS INTO YOUR LIFE, AND  
**WHAT YOU BRING WILL**

## DEPEND UPON HOW YOU USE THE “I AM” AND WHAT YOU ATTACH TO IT.

Finally, to press home the point that he was not referring to Jesus the man but to the cosmic Christ, he said to them, "If ye believe not that I am *he*, ye shall die in your sins." Here we have one of those words in the Bible which are printed in italics. This occurs whenever a word was missing in the original manuscript, and the translators put it in italics to show that the word was supplied by them. However, in this case the word "he" was not in the original. The translators erroneously inserted it, thinking it was necessary grammatically to complete the sentence. But Jesus is not speaking about himself. **He is saying that unless a**

person believes in the I AM, the Indwelling Christ in every man, he has misunderstood his relationship to God, and he will die without knowledge of the Word of Power.

Jesus continues this thought by saying, "When ye have lifted up the Son of man, then shall ye know that I am he, and I do nothing of myself; but as my Father hath taught me [inspired me], I speak these things." Again the italicized word was erroneously inserted. The meaning here is that when we come to a true understanding of man's relationship to God, then **we**

shall know that I AM is the presence of God in each one, and that that presence gives dominion.

Then Jesus said, "Ye shall know the truth, and the truth shall make you free." This statement covers many facets of man's life, but in this context it has a special meaning. The Bible says that there were those in the crowd who answered, "We be Abraham's seed, and were never in bondage to any man: how sayest thou, Ye shall be made free?" Jesus told them they were judging after the flesh but if they would change their minds and understand that the Son - the I AM - has all power, then they

would be free indeed and no longer have to rely upon intermediaries, or upon some supposed good that came out of the past.

***Dare you to say—"Every day In every way I AM getting richer and richer"? If you dare—and will follow up the word with the mental image of yourself HAVING all the riches you desire—Spirit***

*substance will make your  
word manifest and show  
you the way to riches.*

ALL DAY LONG AND  
EVERY DAY, THE GOD IN  
YOU KEEPS REPEATING—  
"I AM." BUT HE LETS YOU  
END THE SENTENCE. YOU  
CAN ADD "POOR" OR  
"RICH", "SAD" OR  
"HAPPY", "SICK" OR  
"WELL," AS YOU CHOOSE.  
GOD CAN DO FOR YOU  
ONLY WHAT YOU ALLOW  
HIM TO DO THROUGH  
YOU. YOU PRAISE AND  
BLESS HIM, ONLY WHEN



**YOU SEE THE GOOD AND  
TRUE AND BEAUTIFUL.  
YOU DISHONOR HIM  
WHEN YOU CALL  
YOURSELF WEAK OR  
SICK OR POOR.**

When man develops the  
"**I Am**" consciousness,  
he will attain the  
realization of what he  
is now; he will discern  
that his present nature  
is limitless in  
possibility, **and that**  
**the conscious**  
**possession of more and**  
**more of the richness of**

his nature will come,  
not from more and more  
years of development,  
but from more and more  
present realization.

**“I AM THE RICH,  
RADIANT SUBSTANCE  
OF THE UNIVERSE. I AM!  
I AM! I AM! MY MIND,  
BODY, AND FINANCIAL  
AFFAIRS ARE NOW  
FILLED WITH THIS RICH  
UNIVERSAL  
SUBSTANCE. EVERY**

**PHASE OF MY LIFE IS  
NOW BLESSED WITH  
THIS RADIANT  
SUBSTANCE.”**

**If God’s name forever  
and forever is I AM,  
how can you look  
outside of self? You  
cannot point to  
another and say: “I  
AM.” You can  
observe this or do**

that, but you cannot  
point to another when  
you say: "I am."

Make your daily assertions, "**I AM  
love, health, wisdom,  
cheerfulness, power for good,  
prosperity, success, usefulness,  
opulence.**" Never fail to assert  
these things at least twice a day;  
twenty times is better. But if you  
do not attain to all immediately, if  
your life does not at once  
exemplify your words, let it not  
discourage you. The saying of the  
words is the watering of the seeds.

After a time they will begin to sprout, after a longer time to cover the barren earth with grain, **after a still longer time to yield a harvest.**

The best and quickest way to bring about reform in our thinking is by the use of a strong affirmation, to be repeated in the Silence and any time the need arises. The following: "I

am healthy, strong,  
young, powerful, loving,  
harmonious, successful,  
and happy"

Just imagine! You  
can free yourself  
from negative  
emotions and begin  
taking control of  
your life by simply  
saying, "I AM

**Responsible!”**

whenever you start  
to feel angry or upset  
for any reason.

The good news is that  
there is a direct relationship  
between the amount of  
responsibility you accept  
and the amount of control  
you feel. **The more you  
say, “I AM responsible!”**  
the more of an internal  
locus of control you

develop within yourself,  
and the more powerful and  
confident you feel.

I raise my mind  
from all  
appearances of  
limitation to the  
consciousness of  
the one  
Omnipotent Power  
and affirm that I



**AM the recipient of  
all its goodness  
and love.**

On rising in the morning  
be as particular in  
plunging into your bath of  
joy as you are in taking  
your usual bath in water.

Say over to yourself, "**I  
AM filled with joy; I AM  
in an atmosphere of joy.**"

..... Make your

atmosphere so joyous that  
all who come near you  
**will feel its buoyancy.**

God and the world both give to us just what we demand of them, just what we claim with unwavering faith as rightfully ours. When we seek first the kingdom of God and its right-living; **when the "I AM " is in the seat of dominion, and draws all things to Itself by the power of love and the law of attraction, then all good is ours, and ours Now.** An *unselfish* service thinks not of reward; the love which prompts it is its own reward. There must be no belief in lack along any line; we must not think or talk about lack, **but affirm**

**abundant supply. This will bring to the one who faithfully follows the practice, the fullness of all he needs.**

**Spiritual man is I AM; manifest man is I will. I AM is the Jehovah God of Scripture, and I will is the Adam. It is the I AM man that forms and breathes into the I will man the "*breath of life*." When we are in the realm of the ideal, we are I AM; when we are expressing ideals in thought or in act, we are I will. When the I will gets so absorbed in its realm of expression that it loses sight of the ideal and centers all its attention in the manifest, it is Adam listening to the serpent and hiding from Jehovah God. This breaks the connection between Spirit and manifestation, and man loses that spiritual consciousness which is his under divine law. In this state of mind the real source of supply is cut off, and there is a**

**drawing upon the reserve forces of the organism, the tree of life. It is in this experience that man is described as being driven out of the Garden of Eden, or the paradise of Being.**

**Man should constantly affirm: I AM, and I will manifest, the perfection of the Mind within me. The first part of the statement is abstract Truth; the second part is concrete identification of man with this Truth. We must learn the law of expression from the abstract to the concrete--from the formless to the formed. Every idea makes a structure after its own image and likeness, and all**

**such ideas and structures are grouped  
and associated according to their  
offices.**

Creative thought uses the will to build up individual consciousness.

The Lord God, or Jehovah, of Genesis, is the original "*I WILL BE THAT I WILL BE.*" In mind, **both Jehovah and Jesus mean I AM. I AM is man's self-identity. I AM is the center around which man's system revolves. When the I AM is established in a certain understanding of its Principle, it is divinely guided in its acts, and they are in harmony with divine law.**

Never say, "*I don't know,*" "*I don't understand.*"  
Claim your Christ understanding at all times, and  
declare: I AM not under any spell of human  
ignorance. **I AM one with infinite  
understanding.** The accumulation of ignorance  
gathered through association with ignorant minds  
can be dissolved by using the word. **You may  
know by simply holding the thought that you  
know.** This is not egotism, but spiritual knowing.

When you declare divine understanding, you  
sometimes meet your old line of thought and are  
disappointed. Right then continue to hold to your  
declaration for knowing. Judge not by appearances.  
**Do not act until you get the assurance; if you  
keep close to Spirit by affirmation, the  
assurance will come. Will it come by voice?**

**No! You will know through the faculty of  
intuition.** Divine knowing is direct fusion of mind  
of God with mind of man. Sometimes we are taught  
by symbols, visions, and the like, **but this is only  
one of the ways that Divine Mind has of  
expressing itself.** When the mind deals with  
God ideals it asks for no symbols, visible or  
invisible, but rests on pure knowing. It was in  
this consciousness that Jesus said: "*Father, I thank  
thee that thou heardest me. And I knew that thou  
hearest me always.*"

The problem of self-control is never settled until all that man is comes into touch with the divine will and understanding. You must understand all your forces before you can establish them in harmony. This overcoming is easy if you go about it in the right way. But if you try to take dominion through will, force, and suppression, you will find it hard and will never accomplish any permanent results. Get your I AM centered in God, and from that place of Truth speak true words. In this way you will gain real spiritual mastery and raise your will consciousness from the human to the divine.

The will plays the leading part in all systems of thought concentration. **The simple statement, I will to be well, gathers the forces of mind and body about the central idea of wholeness, and the will holds the center just so long as the I AM continues its affirmation.** No one ever died until he let go his will to live, and thousands live on and on through the force of a determined will.



Spiritual man is I AM; manifest man is *I Will*. I AM is the Lord God of Scripture; and *I Will* the Adam. It is the I AM man that forms and breathes into the *I Will* man the "breath of life." When we are in the realm of the ideal we are I AM; when we are expressing those ideals in thought and act we are *I Will*. **When the *I Will* gets so absorbed in its realm of expression that it loses sight of the ideal, and centers all its attention upon the manifest, it is Adam listening to the serpent, and hiding from the Lord God. This breaks the connection between Spirit and manifestation, and man loses that consciousness of harmony which is his under Divine Law. Then to keep up manifestation, there is a drawing upon the reserve forces of the organism, or tree of life; and the real source of supply being cut off, man is figuratively described as driven out of the Garden of Eden, or Paradise of Being.**

I AM is expressed through I will; it is the business of I AM to know when the I will activities are ideally true. In its right relation in Being, I AM never possesses or owns anything. All things in the universe are its to use, but it must not claim them as personal property.

The I AM has its being in heaven; its home is in the realm of perfect ideals, the Christ within, but it has its freedom. It loves to be. To be is to enjoy. To enjoy is for the time to be that which we enjoy. When you are absorbed in the recital of an interesting story, you are lost to all else. **The I AM is for the moment identified with that which it enjoys.** Here is the solution of a great mystery--how the I AM ever came to separate itself from its sphere of wisdom.

But it is wonderfully simple when you understand it. You are demonstrating the so-called fall of man every time you lose yourself in the whirl of sense pleasure. **The mission of the I AM is happiness.** It seeks joy and bliss; they are set before it in unstinted measure, and it revels in their intoxicating draughts, but the mastery of the higher mind should ever be maintained.

The I AM can never be coerced or robbed of its perfect freedom, and all attempts in that line will meet with final disaster. When we have once decided to return to the Father's house, to regain this lost estate within, it is an easy road. It may seem hard at the start, because we have to throw away so much baggage, **but it grows easier as we get closer and closer to the great heart of the loving Father.** A Helper has been provided, the "Spirit of truth . . . shall guide you into all the truth"; all we have to do is to seek honestly and sincerely to enter in. "Seek, and ye shall find; knock, and it shall be opened unto you." This promise is to everyone.

Eliminate all negative thoughts that come into your mind. Yet do not spend all your time in denials **but give much of it to the clear realization of the everywhere present and waiting substance and life.** Some of us have in a measure inherited "hard times"

by entertaining the race thought so prevalent around us. Do not allow yourself to do this. Remember your identity, that you are a son of God and that your inheritance is from Him. You are the heir to all that the Father has. **Let the I AM save you from every negative thought.**

The arrows that fly by day and the pestilence that threatens are these negative race thoughts in the mental atmosphere.

**The I AM consciousness, your Saviour, will lead you out of the desert of negation and into the Promised Land of plenty that flows with milk and honey.**

Commands, to be effective, must be to oneself. “I AM that I AM” is the only effective command. “I AM the Lord and beside Me there is none else” [*Isaiah 45:5; Joel 2:27*]. You cannot command that which is not. As there is no other, you must command yourself to be that which you would have appear.

Let me clarify what I mean by effective command. You do not repeat like a parrot the statement, “I AM that I AM”; such vain repetition would be both stupid and fruitless. It is not the words that make it effective; it is the consciousness of being the thing which makes it effective. When you say, “I AM”, you are declaring yourself to be. The word *that* in the statement, “I AM that I AM”, indicates that which you would be. The second “I AM” in the quotation is the cry of victory.



This whole drama takes place inwardly with or without the use of words. Be still and know that you are. This stillness is attained by observing the observer. Repeat quietly but with feeling, “I AM – I AM”, until you have lost all consciousness of the world and know yourself just as being. Awareness, the knowing that you are, is Almighty God; I AM. After this is accomplished, define yourself as that which you desire to be by feeling yourself to be the thing desired: I AM *that*. This understanding that you are the thing desired will cause a thrill to course through your entire being. When the conviction is established and you really believe that you are that which you desired to be, then the second “I AM” is uttered as a cry of victory. This mystical revelation of Moses can be seen as three distinct steps: I AM; I AM free; *I really AM!*

SO LONG AS THE WORD EXISTS  
THE THING WILL EXIST, FOR  
SINCE THE WORD IS ALL-  
POWER THERE IS NOTHING  
BESIDE IT. "I AM THAT I AM,  
AND BESIDE ME THERE IS NONE  
OTHER." THIS "I AM" IS SPIRIT,  
GOD, ALL. THERE IS NO  
PHYSICAL EXPLANATION FOR  
ANYTHING IN THE UNIVERSE;  
ALL CAUSATION IS SPIRIT AND  
ALL EFFECT SPIRITUAL. WE ARE  
NOT LIVING IN A PHYSICAL  
WORLD BUT IN A SPIRITUAL  
WORLD PEOPLED WITH  
SPIRITUAL IDEAS. WE ARE NOW  
LIVING IN SPIRIT.

So when you say, "I am poor, sick or weak; I am not one with the Creative Mind," you are using that creative power to keep yourself away from the Infinite; and just as soon as you declare that you are one with God, there is a rushing out to meet you, as the Father rushed out to meet the prodigal son. "The Spirit seeketh," but as long as your mind thinks in the terms of conditions you cannot overcome. **The difficulty comes from our inability to see our own Divine nature, and its relation to the Universe.** Until we awake to the fact that we are one in nature with God, we will not find the way of life; until we realize that our own word has the power of life we will not see the way of life; and this brings us to the consideration of the use of the Word in our lives.

Think of the bigness of things in the universe, think of the number of grains of sand, the profusion of all life, and never again limit anything. *All is yours to use.* Jesus would never have become the Christ unless he had had the courage to say, "Behold, *I Am He.*" You will never attain until in some degree you are able to say the same thing of yourself.

It does not matter what the appearances round about you are like. All things make way for the coming of the Lord. **I AM the Lord coming in the appearance of that which I am conscious of being.** All the inhabitants of the earth cannot stay my coming or question my authority to be that which I AM conscious that I AM [*“All the inhabitants of the earth are as nothing, and He doeth according to His will in the armies of Heaven and among all the inhabitants of the earth; and none can stay His hand, nor say unto Him, ,What doest Thou? ”, Daniel 4:35*].

“I AM the Lord”. I AM  
(your consciousness) is  
the Lord. The  
consciousness that the  
thing is done, that the  
work is finished, is the  
Lord of any situation.  
Listen carefully to the  
promise, “Ye shall not  
need to fight in this  
battle: Set yourself,  
stand still, and see the  
salvation of the Lord  
with you” [*2Chronicles*  
*20:17*].

Your claim that you are now that which you want to be will remove the veil of human darkness and reveal your claim perfectly; I AM that. God's will was expressed in the words of the Widow, "It is well". Man's will would have been, "It will be well". To state, "I shall be well", is to say, "I am ill". God, the Eternal Now, is not mocked by words or vain repetition. God continually personifies that which is. Thus, the resignation of Jesus (who made Himself equal with God) was turning from the recognition of lack (which the future indicates with "I shall be") to the recognition of supply by claiming, "I AM that; it is done; thank You, Father".

There is only one door through which that which you seek can enter your world. "I AM the door" [John 10:9]. **When you say, "I AM", you are declaring yourself to be, first person, present tense; there is no future. To know that I AM is to be conscious of being. Consciousness is the only door. Unless you are conscious of being that which you seek, you seek in vain.**



It is impossible to serve two masters at the same time *[Matthew 6:24, Luke 16:13]*.

The master man serves is that which he is conscious of being. I am Lord and Master of that which I am conscious of being. It is no effort for me to conjure poverty if I am conscious of being poor. My servant (poverty) is compelled to follow me (conscious of poverty) as long as I AM (the Lord) conscious of being poor.

Having denied the evidence of His senses, He claimed Himself to be all that, a moment before, His senses told him He was not.

Knowing that consciousness expresses its likeness on earth, He remained in the claimed consciousness until the doors (His senses) opened and confirmed the rulership of the Lord. Remember, I AM is Lord of all. Never again use the will of man which claims, "I will be". Be as resigned as Jesus and claim, "I AM that".

Man moves in a world that is nothing more or less than his consciousness objectified. Not knowing this, he wars against his reflections while he keeps alive the light and the images which project the reflections. "I AM the light of the world" [*John 8:12*]. I AM (consciousness) is the light.

That which I am conscious of being (my conception of myself) - such as "I am rich", "I am healthy", "I am free" - are the images. The world is the mirror magnifying all that I AM conscious of being.

**All things express their nature. As you wear a feeling, it becomes your nature. It might take a moment or a year – it is entirely dependent upon the degree of conviction. As doubts vanish and you can feel “I AM this”, you begin to develop the fruit or the nature of the thing you are feeling yourself to be.**

**When you, through the process of recognition, know that there is such a thing as a Perfect Universe, created and sustained by God, who found it very good, you will, by opening the door of your human consciousness, find that I AM there, ready to enter into expression. The I AM is your individual expression of the Universal God. And no sooner is the door opened than you find that the I AM (your own individual point of consciousness) is the door of every wall, to every room (new state of consciousness), to everything that formed a shell about your good and which you termed problem. Behold! Behold! It is I - your Real Self. Be not afraid.**

Creation is finished. You call your creation into being by feeling the reality of the state you would call. A mood attracts its affinities but it does not create what it attracts. As sleep is called by feeling “I am sleepy,” so, too, is Jesus Christ called by the feeling, “I AM Jesus Christ.” Man sees only himself. Nothing befalls man that is not the nature of himself. People emerge out of the mass betraying their close affinity to your moods as they are engendered. You meet them seemingly by accident but find they are intimates of your moods. Because your moods continually externalize themselves you could prophesy from your moods, that you, without search, would soon meet certain characters and encounter certain conditions. **Therefore call the perfect one into being by living in the feeling, “I AM Christ,” for Christ is the one concept of self through which can be seen the unveiled realities of eternity.**

Our behavior is influenced by our subconscious assumption respecting our own social and intellectual rank and that of the one we are addressing. Let us seek for and evoke the greatest rank, and the noblest of all is that which disrobes man of his morality and clothes him with uncurbed immortal glory. Let us assume the feeling “**I AM Christ,**” and our whole behavior will subtly and unconsciously change in accordance with the assumption.

Our subconscious assumptions continually externalize themselves that others may consciously see us as we subconsciously see ourselves, and tell us by their actions what we have subconsciously assumed of ourselves to be. Therefore let us assume the feeling “I AM Christ,” until our conscious claim becomes our subconscious assumption that “We all with open face beholding as in a glass the glory of the Lord are changed into the same image from glory to glory.” Let God Awake and his enemies be destroyed. There is no greater prayer for man.



Jesus of Nazareth, who scattered the evil with his eye, is asleep in the imagination of every man, and out of his own imagination must man awaken him by subjectively affirming “I AM Jesus” Then and only then will he see Jesus, for man can only see what is awake in himself.

All I ask is that you who read these lessons shall try the effect upon the subconscious mind of vigorous, positive, living words. Even though you are in the midst of poverty, sickness and sorrow, affirm the opposite. Say with all the earnestness you can muster: **I AM Rich, I AM Well, I AM Happy.** Say it again and again, though all things conspire to give the lie to your words. If you do this faithfully, just as sure as you live the words you thus utter will fall into the subconscious mind and become there a power to work for good in all your conditions.

As long as you believe in a God apart from yourself, you will continue to transfer the power of your expression to your conceptions, forgetting that you are the conceiver. **Do you believe that the "I AM" is able to do this?** Then claim ME (yourself) to be that which you want to see poured out. Claim yourself to be that which you want to be and that you shall be. Not because of masters will I give it unto you, but, because you have recognized ME (yourself) to be that, I will **give it unto you for I AM all things to all.** Your belief in masters is a confession of your slavery. Only slaves have masters. **Change your conception of yourself and you will, without the aid of masters or anyone else, automatically transform your world to conform to your changed conception of yourself.**

“I AM” is he that will save you. If you are hungry, your savior is food. If you are poor, your savior is riches. If you are imprisoned, your savior is freedom. If you are diseased, it will not be a man called Jesus who will save you, but health will become your savior.

Therefore, claim “I am he,” in other words, **claim yourself to be the thing desired. Claim it in consciousness – not in words – and consciousness will reward you with your claim.** You are told, “You shall find me when you FEEL after me.” Well, FEEL after that quality in consciousness until you FEEL yourself to be it. When you lose yourself in the feeling of being it, the quality will embody itself in your world.

**I AM, your  
awareness, is  
Lord and Master  
and besides your  
awareness there  
is neither Lord  
nor Master. You  
are Master of all  
that you will  
ever be aware of  
being.**

It is not stated, “I, Jesus, am the door. I, Jesus am the way,” nor is it said, “Whom do you say that I, Jesus, am?” **It is clearly stated, “I AM the way.” The awareness of being is the door through which the manifestations of life pass into the world of form.**

It is the greatest Affirmation the New Emancipation puts on our tongue. I AM LOVE DIRECTED TO MY CHOSEN END BY THOUGHT. The stanza which we sing,

"God is Love,"

comes as the fulfilling of the Law. There is no longer Law for Man but Man for Law. As Sabbath and State are for Man, so Law is now for Man, and Man becomes the Law unto himself, even as God is Law unto his Universe.

I AM LAW! Can you climb thus high? I AM LAW! Hence forth in my freedom Nature obeys me for, I AM LAW. And, I am Law, because I am Love, for Love is the fulfilling of the Law. As soon as I recognize that I am Love, then I become in the universe lawless, and becoming Law I live above all Law. In this connection do you recall Emerson's most wondrous lines, "Into the fifth himself he flings, And Conscious Law is King of Kings."

We limit our prosperity by the way we identify ourselves. This self identification can be subtle such as: “I am only....” **Be aware of what you tie your “I AM” to.** This is a powerful tool of calling the creative process into flow.



Man in the darkness of human ignorance sets out on his search for God, aided by the flickering light of human wisdom. **As it is revealed to man that his I AM or awareness of being is his savior,** the shock is so great, he mentally falls to the ground, **for every belief that he has ever entertained tumbles as he realizes that his consciousness is the one and only savior.** The knowledge that his I AM is God compels man to let all others go for he finds it impossible to serve two Gods. Man cannot accept his awareness of being as God and at the same time believe in another deity.

Before man can transform his world, he must first lay this foundation or understanding. "I AM the Lord [and there is none else", Isaiah 45:5]. **Man must know that his awareness of being is God.** Until this is firmly established so that no suggestion or argument of others can shake him, he will find himself returning to the slavery of his former belief. *"If ye believe not that I AM He, ye shall die in your sins"* [John 8:24]. Unless man discovers that his consciousness is the cause of every expression of his life, he will continue seeking the cause of his confusion in the world of effects, and so shall die in his fruitless search.

*“I AM the vine and ye are the branches”* [John 15:5].

Consciousness is the vine and that which you are conscious of being is as branches that you feed and keep alive. Just as a branch has no life except it be rooted in the vine, likewise things have no life except you be conscious of them. Just as a branch withers and dies if the sap of the vine ceases to flow towards it, **so do things and qualities pass away if you take your attention from them; because your attention is the sap of life which sustains the expression of your life.**

The works are finished.  
All that is required of you to  
let these qualities into  
expression is the claim – I  
AM that. **Claim yourself to  
be that which you desire to  
be and that you shall be.**

Expressions follow the  
impressions, they do not  
precede them. Proof that you  
are will follow the claim that  
you are, it will not precede  
it.

“Leave all and follow Me” [Matthew 8:22; 9:9; Luke 5:27] is a double invitation to you. First, it invites you to turn completely away from all problems and, then, it calls upon you to continue walking in the claim that you are that which you desire to be. Do not be a Lot’s wife who looks back and becomes salted [Genesis 19] or preserved in the dead past. Be a Lot who does not look back but who keeps his vision focused upon the promised land, the thing desired.

**Do this and you will know that you have found the master, the Master Magician, making the unseen the seen through the command, “I AM THAT”.**

“I AM the Lord; that is My name; and My glory will I not give to another” *[Isaiah 42:8]*. “I AM the Lord, the God of all Flesh” *[Jeremiah 32:27]*.

**This I AM within you, the reader, this awareness, this consciousness of being, is the Lord, the God of all Flesh. I AM is He that should come; stop looking for another. As long as you believe in a God apart from yourself, you will continue to transfer the power of your expression to your conceptions, forgetting that you are the conceiver.**

The great statements of Jesus Christ were never spoken from the personal, but always from the impersonal. No truth ever sprung from the personal mind because it is only the impersonal that can touch the universal, and it is only in the universal that absolute truth can be found. When the mind enters the impersonal state, consciousness comes in touch with the cosmic state of being, and in that state we realize the "I Am" of being. We discern what the "I Am" actually is, and we find that the consciousness of the "I Am" is the open door to the limitless vastness of the spiritual universe. "I am the door." Enter through the door of "I Am" and we pass into that immense world that is found on the upper side, or the divine side of sublime existence.

When Jesus declared, I am the way, he spoke in the consciousness of the Christ. It was the supreme "I AM" that made this great statement, and this "I AM" is the way. The supreme "I AM" is the way to everything that man may need or desire throughout eternity, for "I AM" in God, and in God we find the allness of all that is. The "I Am" is the way to God, because it is the "I Am" in man that is always one with God. "I am the door," and there is no other door; it is therefore evident that no one cometh unto the Father but by me.