



I.A.M.

Part 4 - Creation

	I NSIGHT	Reflect on your experience.
	A LIGNMENT	Expressing the Divine
	M ANIFESTATION	Integrate new concepts and practices.



I.A.M. - 4

Insight – Reflect on your experiences.

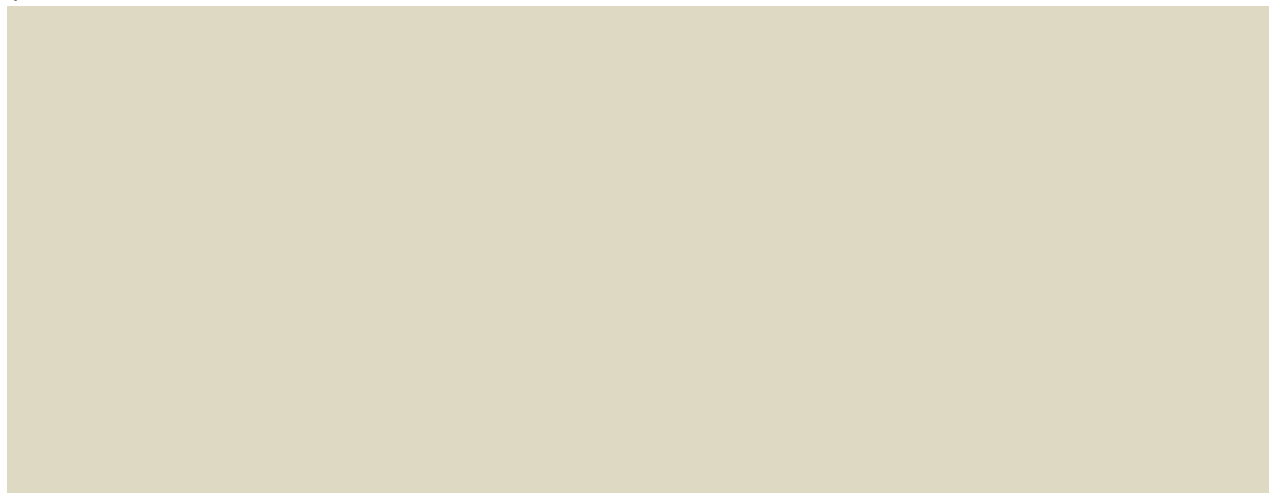
In the Destination Meditation you have the ability to connect to your original self and begin to gain clarity on the answer to the next question, “What’s my soul’s purpose?” In addition, you’re shown a glimpse into why you’re here. These are decisions your soul made before you were born. You have the opportunity to receive information on what you are like as an etheric entity, your Original Self, planning your embodiment as a human in this dimension.

Your Original Self – the essence of who you are – remembers and constantly intends to express wholeness through experiences as an embodied spirit. The origin of wholeness IS the Divine. As you express aspects of the Divine through your experiences, you heal trauma, develop sensitivities, grow spiritually, and change your vibration.

What happens when you change your vibration? EVERYTHING changes! Your physical appearance changes, your mood, health, vitality, thoughts, and relationships (including your relationships with money, personal power, and more).

Complete the I.A.M. tool as outlined for all modules (Part 1). Then complete the following exercise as well.

Imagine yourself in non-physical form. Describe what you look like, how tall you are, how do you move, etc.?



What messages did you receive from your guides?

Blank response area for the question: "What messages did you receive from your guides?"

What is your personal power? How do you express your power in this lifetime?

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Alignment to the Divine.



The image to the left is a pink lotus. In Buddhist symbolism, the lotus represents purity and connection to the Divine. Purity of body, speech, thought and action are expressed by the petals of the lotus, even as the flower is rooted in mud (attachment to the physical plain). Balance is attained, however, with the symbol of water droplets sliding off the petals into the water – detachment from the physical realm.

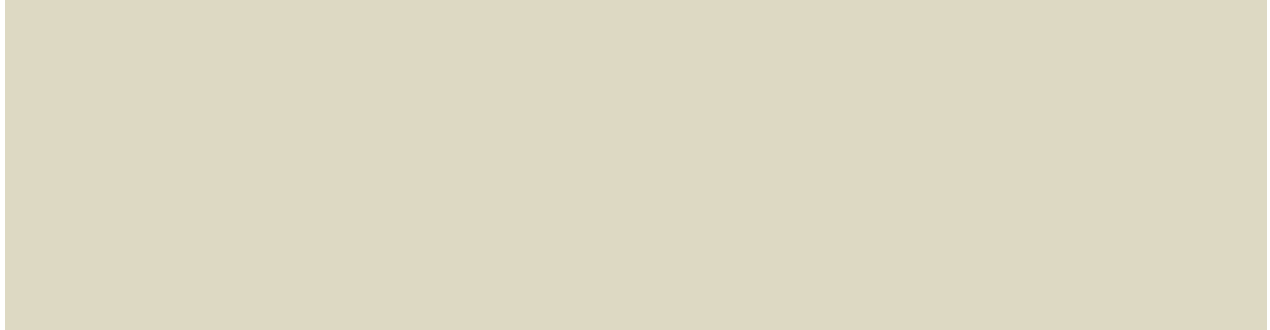
In other traditions, the lotus represents spiritual enlightenment and rebirth. As the petals unfold, the soul expands upon your awakening.

Ancient traditions honored and utilized the lotus as guides for spiritual growth (opening of petals) as well as balancing energy fields (chakras), based on the number of petals the lotus has.

Manifestation – Integrate new concepts and practices.

Download and complete the *Motivation for the Soul* Exercise.

Give examples of how you can integrate Motivation for the Soul in your life.



Follow-up

- Share your insights with the forum.
- Check in after a week or two to see if you're on track.