

The I Am Presence Mudra of Miriam and Yeshua

The right hand, representing the Acting Body, is sewn to the left hand, representing the Soul, by the first and sixth steps of Jacobs Ladder.



Affirmation

I Am Healing. Worry is gone.
I Am Re-Membering to Smile.

Om Eloheinu Aleph Yud Kuf Hum.
Om Eloheinu Vov Samech Beit Hum.
Om Elohim, Adonai Eloheinu, Ani Adonai Rofecha Hum.

I Am Bonding. Burdens are gone.
I Am Robed in the Light of the Kingdom of Innocence.
Om Eloheinu Hum.

The I Am Presence Mudra of Yasodhara and Buddha

The right hand, representing the Thinking Body, is sewn to the left hand, representing the Spirit, by the second and seventh steps of Jacobs Ladder.



Affirmation

I Am Peace. Anger is Gone.
I Am Re-Membering to Laugh.

Om Eloheinu Reish Kaf Beit Hum.
Om Eloheinu Zayin Ayin Beit Hum.
Om Elohim, Adonai Eloheinu, Ani Adonai Rofecha Hum.

I Am Saved. Suffering is gone.
I Am Cleansed by the Living Waters of Love
through the Power of Purity.
Om Eloheinu Hum.

The I Am Presence Mudra of Uma and Brahman

The right hand, representing the Feeling Body, is sewn to the left hand, representing the Will, by the third and eighth steps of Jacobs Ladder.



Affirmation

I Am Abundance. Scarcity is gone.
I Am Re-Membering to Work Honestly
and be Generous.

Om Eloheinu Gimel Lamed Shin Hum.
Om Eloheinu Chet Pei Beit Hum.
Om Elohim, Adonai Eloheinu, Ani Adonai Rofecha Hum.

I Am Liberated. Judgement is gone.
I Am Enthroned in the Glory of Love.
Om Eloheinu Hum.

The I Am Presence Mudra of Radharani and Krishna

The right hand, representing the Karmic Body, is sewn to the left hand, representing the Higher Self, by the fourth and ninth steps of Jacobs Ladder.



Affirmation

I Am Joy. Sorrow is gone.
I Am Re-Membering to Rejoice and Be Thankful
for my Many Blessings.

Om Eloheinu Daled Mem Tav Hum.
Om Eloheinu Tet Tzadi Beit Hum.
Om Elohim, Adonai Eloheinu, Ani Adonai Rofecha Hum.

I Am Life. Separation is gone.
I Am Re-Membering to be Happy.
Om Eloheinu Hum.

The I Am Presence Mudra of I Am That I Am

The right hand, representing the Mind, is sewn to the left hand, representing the Sacred Heart, by the fifth and tenth steps of Jacobs Ladder.



Affirmation

I Am Love. Fear is Gone.
I Am Re-Membering to be Kind to My Neighbor
and All Living Things.

Om Eloheinu Hei Nun Beit Hum.
Om Eloheinu Yud Kuf Aleph Hum.
Om Elohim, Adonai Eloheinu, Ani Adonai Rofecha Hum.

I Am One with the Great Being. Loneliness is gone.
I Am Re-Membering the Greatest Gift of Love and Returning
Home.
Om Eloheinu Hum.