

Daily I AM Practice

In Tune with the Infinite

Inspired by the teachings of Ralph Waldo Trine

This short daily practice helps you align with the infinite intelligence within. Speak each **I AM** statement slowly, with feeling and conviction, as though it is already your living truth.

1. Center & Connect (1 minute)

Sit comfortably and take three slow, deep breaths. On each exhale, silently release what no longer serves you. Become still and feel the presence of infinite intelligence within and around you.

2. Gratitude Opening (30–60 seconds)

Silently or aloud, give thanks for three things in your life right now — large or small.

3. Speak the I AM Statements

Say each statement slowly and clearly. Repeat each one **three times**, allowing yourself to *feel* its truth in your body and heart.

“I am one with infinite intelligence.”

“I am a channel through which the infinite expresses itself perfectly.”

“I am the perfect expression of divine health.”

“I am worthy and deserving of all good things.”

4. Seal & Expand (1 minute)

Place your hands on your heart. Affirm: *“I am open and receptive to all the blessings the infinite has prepared for me today. I move through this day in alignment, grace, and trust.”*

Evening Version (before sleep)

Use the same four I AM statements, then gently close with: *“Divine wisdom guides my every step. As I rest, infinite intelligence continues its perfect work in and through me. I am safe. I am loved. I am aligned.”*

Tips for Greater Power

- Speak with **feeling and certainty** — not as a wish, but as a declaration of what is already true.
- If one statement feels especially alive that day, stay with it longer.
- Personalize freely: “I am the perfect expression of divine health in my [specific area].”
- Consistency creates transformation. Even 5 minutes daily builds a new mental atmosphere.
- This practice is most powerful when done with relaxed trust rather than effort or strain.

*For personal daily use • Drawn from Ralph Waldo Trine's In Tune with the Infinite
Freedom Dove • The One Who Flows With The River ■■*