

I AM...

By Mary K Weinhagen



There are SO many things that make me feel alive... the laughter of children, warmth of the sun, live music delivered passionately, wildflowers

in ditches... I could go on and on and on. Then... I got a recent reminder in the form of some great advice for transforming your life... *"Be Generous Every Day!"* And then I had it...

The things that make me feel most alive are the things that EXPAND me.



They expand my vision, expand my passion, expand my heart, expand my mind and expand my understanding in ways that, once assimilated, allow me to show up in my every day life as an invitation to others to expand themselves too!

Like all things that grow and stretch... sometimes there are a few moments of discomfort in the stretching... but like the stretch marks on my belly from the process of contributing to the birthing of another human being, I can even find satisfaction and comfort in the 'marks' of growth resulting from this discomfort.

So when I'm reminded to be generous... I take a look at where I focus my generosity and decide to ramp it up. My generosity to others but also, my generosity to myself. You see, it occurs to me that we can't wait until "some day" in order to live our dreams or our dream life is sure to elude us.

We know enough now to realize that our dreams start with a rocket of desire followed by a declaration... and when we follow this with consistent inspired action then we are **LIVING OUR DREAM in the NOW!**

Here is a powerful statement recently shared with me:

“Dreams meet reality when the feeling of owning your dream becomes so real that you really can't tell the difference between what's real and what's not.”

Now that really makes me come alive!!! Because I understand that I have the choice and the POWER within to create the dream in my imagination first... and to feel it... **REALLLY FEEL** it into my experience!

I am an Independent Entrepreneur with a company that provides LOA (Law of Attraction) based training. One of the things we focus on is creating and owning what we call our 'I am' statements. These may initially sound 'airy fairy' to some and I can tell you they have a very profound and practical application in creating the life you choose!

The critical thing with 'I am' statements is that you must believe in them. When you really believe in them to the point of knowing... then, by Law, they all must come true.

An 'I am' statement is a declaration in the present tense, as *if* it has already happened. It's the springboard from which you leap into the actual experience. So decide what you “am” and have some FUN with it! ;-)
Speak of it as if it's already so... joke about it... share it... and *become* the person who is THAT. The declaration *has* to come first... so start declaring! A great author has to have written a book... and the book is unlikely to get written until you declare yourself to BE a best-selling author.

Here are some of my recent 'I am' statements:

“I am generous”

“I am fully and playfully engaged in the game of life”

“I have 5 personally sponsored Entrepreneurs earning over 10K per month”

"I am a best-selling author"

"I am contributing \$1000 monthly to my celebration fund"

"I own a magnificent lake home"

"I entertain my friends and family at various functions in my home"

"I am a welcome invitation to self-empowerment for others"

These statements support my dream and fuel me. They make me feel alive! *What's YOUR dream? What makes YOU feel alive?* Do you get caught up in the daily activities of 'working' and forget to notice the wonder all around you? If so... today I invite you to think about your dreams and consider sharing them... out loud with others. Let your dreams gain power and momentum and then keep up with the mighty flow!

Thanks, I so appreciate you.
C' ya round the playground,



~~Mary K
[Email Mary K](#)

