

I AM

by Barry Koren

God is everywhere, we are all of one soul, and I am that which I seek.

I am the merry, merry captain,
merrily sailing the wild river to the sea,
navigating with and without wind, and with watch,
journeying through calm, rapids, and storms
with Felice, Jesse, Adam, Dad and Barbara....

I am the eternal horse galloping (clack, clack) and the silver
fish swimming (swish, swish)
for infinite joy and divine light,
infinite peacefulness and infinite power.

I am the great river cutting through the earth to the sea with
rainwater, dust, and life.

I am the vast sea (kisssss...) kissing the sky with my waves,
spray and life.

I am Iron John, a King,
rising from the swamp to the sky,
with my lusty exuberance and instinctual power.

I am the unbounded sky,
showering the earth with my light and mist, wind, dust and life.

I am the earth itself,
containing the river and the sea,
rocks and roots, dust and life,
memories and Sue, Mommy, Flora....

God is everywhere, we are all of one soul,
and I am that which I seek,
I have in my heart infinite joy and divine light,
leading, revealing the way.
I forgive (myself) and am redeemed.

I have in my heart infinite peacefulness and infinite power.
I have what I really want and need.

I acknowledge and remove from my heart fear, restlessness,
darkness, sadness, and insecurity.

I acknowledge and remove that which I don't need and garbage,
I acknowledge and remove tension, tardiness, and waste,

fear of losing my family, health, and income,
fear of failure, incompetence, imperfection,

timidity, tentativeness, helplessness,
wishy-washiness, stubbornness,
minutia, compulsiveness,
redundancy, roladexing.

I acknowledge and remove from my heart that which I am not.
In my heart is what I am.

I have in my heart
love, drive, and knowledge.
I give my family, God, my clients, and friends
what they really want and need.

I keenly observe, listen, and politic,
understand, steer, and respond.
I have fun dancing with others and myself.

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I have in my heart what I really want and need.
Self 1 creates visions and watches with love and without
judgement.
Self 2 acts on them,
fueled by love and creative tension between these visions and
my current reality.

I am grounded with earth-hugging energy and
in my C-zone with my king, warrior, lover, magician, boy,
zany, victim, and coach,
experiencing the present, being specific,
switching levels, thinking and imagining ahead, remembering
the past, keeping my perspective.

I am spirited by the wilderness and the sea.
I am quick, decisive, intuitive,
direct, specific, gutsy.
Confident in myself, the universe and its wisdom.

I have in my heart the stability of the earth,
perseverance, tenaciousness,
punctuality, good endings, humor, and breathing.
I am grounded and my chakras are free and open.

God is everywhere, we are all of one soul,
and I am that which I seek.
I have in my heart infinite joy and divine light,
infinite peacefulness and infinite power.
I have what I really want and need.