

Soul Affirmation

I am that I Am
I am not the body
I am not the emotions
I am not the thoughts
I am not the mind
The mind is just a subtle instrument of the soul
I am the soul

I am a spiritual being of Divine Intelligence, Divine Love and Divine Power
I am one and connected to my higher soul
I am that I Am

I am one with the Divine spark within me
I am a child of God
I am connected with God
I am one with God
I am one with all

- Grand Master Choa Kok Sui