

MANIFESTING MADE EASY



The Power of I AM

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BALBOA.PRESS
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INTRODUCTION

I must start at the beginning. I cannot take any credit for the book that you are now reading. I can only reveal to you that this book was formed in the spirit world, and I am a mere conduit of the words on these pages. During the authorship of my last book, I learned that when writing a book that is meant to inspire and to convey a spiritual message, one needs to commit to a wholehearted surrender to a higher power. In the last chapter of *How Doctor Wayne W. Dyer Taught Me That Life Is Worth Living*, I explicitly told my readers that this book was not my book but was derived from a higher power, a higher being, and a higher dimension. You can call this higher power what you want, such as God, Tao, Source, or Divine Mind. Regardless of the title, I can tell you honestly that no matter how I can describe God, I have never felt so attuned to a divine creator than when I wrote my first spiritual book. I can tell you that so many pieces of my life and so many events absolutely fell into place during my writing project.

In fact, the very act of writing has affected me profoundly, and this action has given my life more meaning than ever before. I find that writing has propelled me forward and upward and in ways I could never have fathomed before. As may be obvious to you, I am a humble student of Dr. Dyer. While I started out believing I was a follower of Dr. Dyer, a reader of his books, and a superfan, I must admit that writing about him has changed me, and it has caused my life to undergo a complete metamorphosis. At this point, I can neither impede nor stop the changes and the transformations in my life. I am only starting to understand the significance of Dyer's movie *The Shift*, because for me, everything in life has shifted for the better.

Based upon the direct influence of Dr. Dyer, I refuse to allow myself to live in a world with self-defeating thoughts or self-imposed limitations. Instead, I have chosen to partner with the spirit realm and to continue the

journey into allowing a higher power to dictate my life's purpose and plan. As you read this book, please know that I am cordially inviting you to do the same.

I read my first book by Dyer, *Your Erroneous Zones*, when I was only twenty-seven. At the time, I had absolutely no idea of the twists and turns that my life would take. I had no idea that he would become so spiritually influential in my life. However, in retrospect, I now believe that my introduction to Dyer's writings was not merely fortuitous—it was my destiny. The second book by him that I read was called *Manifest Your Destiny*. Some twenty-five years later, I am beyond humbled to share what Dr. Dyer has taught me about manifesting miracles. He taught me a strong foundation for manifesting with some very specific steps, and I am pleased to share these steps with a worldwide audience. The summary of what Dr. Dyer taught me and what I shall share in this book follows below.

PART 1



PREREQUISITES
TO THE POWER
OF I AM

1



YOUR HIGHER ASPECTS

Discover the Higher Aspects of Yourself and the Power of I Am

IN THIS BOOK, I WILL EXPLAIN HOW I HAVE ERADICATED FEELINGS OF sadness, despondency, flatness, and pessimism, and I have replaced these with feelings of optimism and joy. I will also explain the secret to creating inspiration and manifesting, a term first coined by Dr. Dyer. As you can see, the purpose of this book is to focus on manifesting. Dr. Dyer took the noun *manifest* and turned it into a verb. Many New Thought books explain how an individual can start manifesting. Manifesting is the ability to cause something to exist which did not exist. Dr. Dyer taught his audiences how to manifest, and he first spoke about manifesting much earlier in his career when he authored his bestselling book *Manifest Your Destiny*. In many of Dr. Dyer's speeches, he provided details about how he was able to personally manifest things.

Dr. Dyer specifically stated that in order to manifest your dreams, you must carefully monitor yourself and your feelings. You end up attracting into your life things that are represented in your feelings. So that you can manifest positive things in your life, Dyer believed it was necessary for you to have happy, joyous, and positive feelings. Dr. Dyer also taught that one of the secrets to manifesting is to maintain inspiration and motivation for your special goals. In this book, I will not only explain how the power of I am works, but I will also share the crucial steps toward cultivating the I am principles.

I must confess that my foray into the I am principles started out innocently enough without a preconceived agenda. In fact, I simply wanted to learn everything I could from Dr. Dyer since he gave such beautiful, passionate, and inspiring speeches. Dr. Dyer spoke so eloquently. One day, I was listening to one of his speeches in which Dr. Dyer spoke of the importance of making a commitment to daily meditation in one's life. After hearing this speech, I became convinced that I should learn what I could about ancient Eastern religions and meditation.

I searched for meditations under Dr. Dyer's name, and I stumbled upon the "I am that I am" meditation. Indeed, Dr. Dyer personally introduced the "I am that I am" meditation to the world. If you have not heard of the "I am that I am" meditation, you can purchase this meditation from Hay House Publishing or look it up and listen to it on YouTube. For those of you unfamiliar with it, the "I am that I am" meditation is a self-guided meditation by Dr. Dyer using a unique array of sounds put together by James Twyman, author of *The Moses Code*. As Dr. Wayne Dyer describes during the introduction to this meditation, Twyman was able to put the sounds that comprise the words "I am that I am" together into a powerful soundtrack.

Dr. Dyer was able to use this soundtrack. At the beginning of this self-guided meditation, Dyer explains the principles that he taught in his best-selling book *Wishes Fulfilled*. In *Wishes Fulfilled*, Dyer succinctly explains how to use positive affirmative language and focus on your dreams and goals while meditating to the soundtrack of the "I am that I am" meditation. I listened to the "I am that I am" meditation three times before I was "hooked." Dr. Dyer described how he became "hooked" on this meditation in his narrative on the soundtrack.

In the "I am that I am" meditation, Dyer describes the importance of the sounds that Twyman put together on this soundtrack. The music was derived from the sounds that comprise the name of God. Twyman used the words "I am that I am" because in the Bible, Moses saw God in the burning bush and God told Moses that "I am that I am" was His name forever. Twyman conducted an enormous amount of research on how to translate God's name from the ancient Hebrew text. He was able to translate the letters into numbers. Once he translated the letters into numbers, he was able to translate the numbers into sounds because there are specific

numbers that can be translated into music. Thus, the musical soundtrack for this meditation is actually sounding out God's name.

The secret of meditation is revealed by Dr. Dyer in the "I am that I am" meditation, what he calls the most powerful meditation in the world. In addition to explaining how the meditation came into existence, Dyer instructed that we should say the two words "I am," which is the name of God, and remind ourselves that this is also our own name. According to Dr. Dyer, if we start a sentence with the words "I am," we should end the sentence with something positive.

For instance, if you use the words "I am," it is important that you say "I am happy," "I am joyful," "I am in possession of the job I seek," "I am in perfect health," or "I am in a state of abundance." In other words, Dr. Dyer instructed us that we should not use the words "I am" followed by something negative. When we are using the name of God, it should always be associated with something positive and affirmational. Furthermore, Dyer also explained that when stating a positive affirmation while meditating on the words "I am that I am," we should use our imaginations and believe that our inner dreams and wishes are already coming true.

I started my regular practice of the "I am that I am" meditation back in 2012 and eleven years later, I am still using this meditation. As stated earlier, I highly recommend that you purchase the meditation from Hay House Publishing. I currently take the time to meditate with this meditation at least two times per day. If you have time constraints, you may not be able to do this meditation two times a day. However, I encourage you to start doing this meditation two to three times a week, and I guarantee you that you will notice significant changes in your life. Indeed, after you notice these important changes in your life, you may find the time to use this meditation at least once per day.

Dr. Wayne Dyer showed me the ancient secret of the "I am that I am" meditation. While I was regularly meditating on this ancient meditation, I was overwhelmed to discover the subject matter of this book along with the principles that I am teaching. It is not surprising that I learned the secrets that Dr. Dyer used in meditation because anything spiritual in nature should begin with meditation. It took me approximately two months of meditating before the idea crystallized. (I encourage you to continue meditating even if the answers that you seek do not immediately appear.) Within two months

of consistent use of the “I am that I am” meditation, I was shocked when I was meditating one evening at my house, and I saw the words “The Power of I Am” in my mind. Immediately thereafter, I felt a tremendous heat go through my body. At that point, I was able to see the subparts of this book, which are the three secret steps for the I am principles. These steps are

1. Intention;
2. Action; and
3. Manifesting

As you look at the above list, please notice, as I did, that the first letters of the words spell out “I am.” Quite honestly, I can feel that these letters match the words “I am.” After I was able to discover the subject matter of this book, the name for the book, and the subparts of the three sections of the book, I was completely blown away. However, as Dr. Wayne Dyer taught, this is exactly how the spirit world works. Amazingly, if you commence a project and turn the keys over to a higher power, you are certain to find that the effects are beneficial. In this book, I will teach you the secret to the power of I am, which is a special formula for manifesting. Based upon my research and personal experiences, I can fully confirm that the three pivotal steps to manifesting are contained in the power of intention, the power of action, and the power of manifestation.

For the first time, I can reveal to you that the secret to manifesting is exactly what Dr. Dyer has been teaching audiences for over thirty years. As you continue to read this book, I encourage you to take the time to meditate. This practice will assist you in overcoming ordinary consciousness and in creating miracles in your life. I am pleased that I can confidently reveal the foolproof way to manifest miracles in your life by entering into the absolute power of I am. I am privileged and pleased to reveal these secrets to the world. Once I turned the keys of this book over to the spirit world, I was mesmerized to learn the formula for successfully manifesting the power of I am. I know that if you fully commit to the I am principles, you will immediately start seeing phenomenal results, and you will feel as if you are discovering manna from the heavens as well as miracles.

In order to explain the power of I am, I have divided this book into three separate sections called the Power of Intention, the Power of Action, and

the Power of Manifesting. The concepts that I will teach in this book come from Dr. Dyer's writings and speeches, which explain how to live in a place of higher consciousness. I hope you enjoy reading about the secret power of I am as much as I have enjoyed writing this book. Now I will start with the first section, the Power of Intention.