## SPIRITUAL AWARENESS FELLOWSHIP

## **Practical Spirituality**

## Lesson 6 - Saying vs Affirming

[The Power of the Spoken Word]

When w	ve say "I	AM" follo	wed by	/ a st	atemeı	nt, we	are	invokii	ng the
	of	our		to					
the			or						
OM is th	e Sanskrit	word that n	neans _						
OM is a	n		of						as we
center	ourselves	in that			of _			1	to our
			•	We	are	affirmi	ng 1	that w	e are
				and	acce	oting	our	reaso	n for
	and	our respon	sibility t	to	·				
The free	quency of	the		is rele	ased v	when w	ve _		the
	This is	the sam	e			that v	vent	forth a	as the
	of _								
The OM	is going fo	orth with the	e fire of	our		a	and th	ne I AM	THAT
IAM is th	ne going fo	rth with the	fire of	the					
Dr Mas	aru Emot	o experim	ented v	with th	ne effe	ects of	f		,
				_ an	d the	envi	ronm	ent o	n the

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Dr	Emoto's	experiment	s showed	that	positive	e words	resul	ted in
				and n	egative v	words re	sulted	in ugly
forn	nations th	at were not _						
Dr	Hans Jen	ny's experim	ents involve	ed		pla	aced or	n metal
plat	es and sh	owed that the	different _			of _		
resi	ulted in _				, u	nique to	each	of the
		he u	sed.					
We	genera	nte					using	our
		and the _						
Our	·			is	more _			that
we	often	realize and	d whethe	r us	ed			or
		, we are	)					