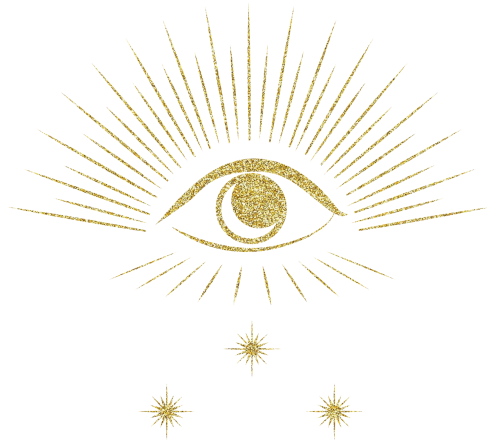
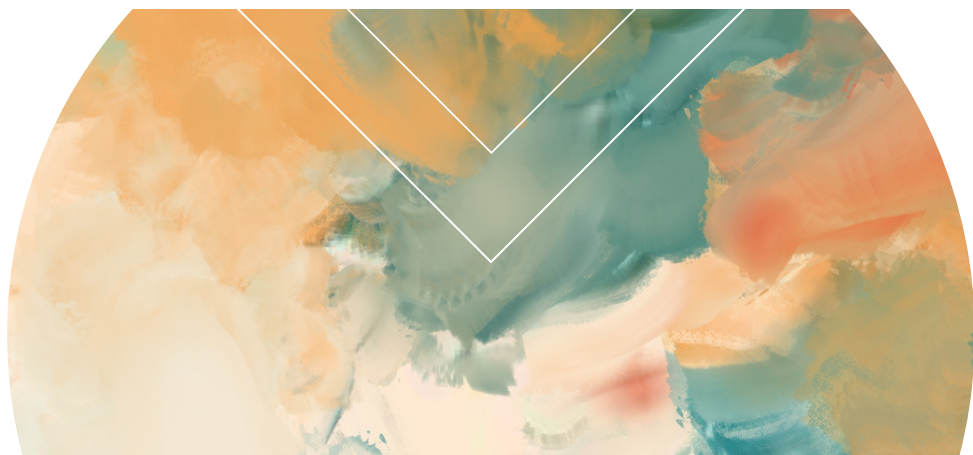




# I AM POEM TO PRAYER



A Spiritual Practice To  
Connect To Your Soul



HELLO BEAUTIFUL SOUL!

I'm so glad you're here for the I Am Poem To Prayer Spiritual Practice.

Welcome,



I'm so glad you are here and that you are choosing this gift of sacred connection.

This is an **interactive workbook and contains many tools with live links** to support you your connection to your soul.

The soul connection heals.

This kind of connection allows the beauty and power and love that is YOU to come out of the dark, light up and remember why it was created to shine.

To help you create this connection I've created the Poem to Prayer Practice just for you.

So you can meet your whole self in a sacred act of connection that will feed your soul and activate deeper truths from within and set powerful aligned intentions in your life!

Please read through pages 3 - 5 and listen to the guided audio on page 3 that walks you through the process before you dive into the practice itself.

# The I Am Process



I've created a guided audio (below) that walks you through how to most powerfully use this practice.

Please listen in first before you dive in to the journal work.

Next, create space in your environment for sacred connection.

Take a moment to close your eyes and drop in with a few deep breaths.

Open your eyes and take out your I AM poem prompts on page 7.

The invitation is to complete each prompt with whatever comes to you in the moment, without overthinking or using the analytical mind.

7 minutes is a good time to set aside for this part of the process.

[GUIDED PRACTICE WALKTHROUGH AUDIO](#)



# Morning Practice



The I AM poem to prayer is a powerful spiritual morning practice that helps you see some of the feelings and emotions that have been just underneath the surface.

**This is powerful because you are not bypassing any feelings or emotions you came into the practice with.**

When you bypass the emotions in your body, you miss identifying what you truly need and are not able to listen to that need and respond.

When you don't respond to a need or allow yourself to feel an emotion, it gets stored in the body, as unfelt, unprocessed energy that you then carry with you everywhere you go. It weighs, pulls, tugs, drags until you may find yourself feeling completely depleted or continue to bypass our own needs and desires in every area of our life.

Living this way is a sure road to disconnection, then shaming or blaming yourself for feeling this way.





# The Benefits



When you set aside time each day to do this process you'll notice that your energy feels lighter because you are being with and acknowledging yourself in a deeper way than ever before...

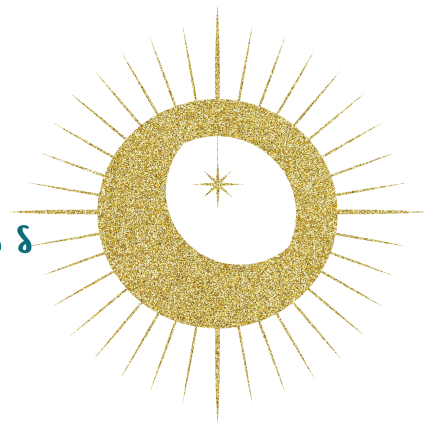
When you take a moment to allow ALL parts of you to be present, emotions and fears and desires and hopes, ALL of you can speak. Then you can respond.

And most importantly, clear the way for what is TRUE to come through. You clear the static and tune to the station playing the song you want to sing.

## **Here's some of the benefits you can expect when you do this process:**

- More Self Compassion
- More awareness of your needs
- More Freedom - To express yourself
- More healing of old patterns
- Less avoiding hard feelings
- Less Same
- Less overworking to prove you are enough
- Peaceful calm inside
- Joy running through your system
- Being grounded in yourself
- Clarity of your purpose!
- Embodied Confidence
- Courage & self trust
- Intimacy in Relationships

# I Am Journal Process



Here's an example of a completed I AM Process

I am annoyed  
I wonder why  
I hear my mind  
I see color red, orange and blue  
I want love  
I am sad  
I pretend I'm ok  
I feel so much  
I touch people's hearts  
I worry it's too late  
I cry to move it out  
I am me  
I understand the vastness of the universe  
I say words that call forward  
I dream of home  
I try and communicate  
I hope I reach you  
I am love

# I Am Journal Prompts



Now it's your turn. [Click here and use this playlist](#) as you journal what comes to you in the moment for each of these statements. Try not to overthink or use your analytical mind as you write.

I am \_\_\_\_\_

I wonder \_\_\_\_\_

I hear \_\_\_\_\_

I see \_\_\_\_\_

I want \_\_\_\_\_

I am \_\_\_\_\_

I pretend \_\_\_\_\_

I feel \_\_\_\_\_

I touch \_\_\_\_\_

I worry \_\_\_\_\_

I cry \_\_\_\_\_

I am \_\_\_\_\_

I try \_\_\_\_\_

I say \_\_\_\_\_

I understand \_\_\_\_\_

I dream \_\_\_\_\_

I hope \_\_\_\_\_

I am \_\_\_\_\_

I long for \_\_\_\_\_

I doubt \_\_\_\_\_

I hide \_\_\_\_\_

I know \_\_\_\_\_

I ask \_\_\_\_\_

I feel \_\_\_\_\_

I am \_\_\_\_\_

# What Do You Feel



Read your I am journal prompts aloud. Notice what feelings and emotions are coming up as you read them.

**Where do you feel this in your body? Write down what your body is telling you.  
Read it back out loud.**

**Ex: She might say something like this:**

I felt a heaviness in my belly. I'm full. Don't stuff me. Move me. It's ok. It's ok.

Take a moment and place your hand there on this part of your body. Ask your body what do you need me to know?

Listen. Hold space for her. Keep listening. Send a breath into this part of your body. Take a moment and place your hand there on this part of your body. Ask your body what do you need me to know?

Listen. Hold space for her. Keep listening.

# What Do You Need



Place a hand on the part of your body that you feel the most and ask to be in dialogue with it.

**Ask this part of your body. What do you need?**

A large, empty light gray rectangular box for writing.

**Ex: This part of your body might say something like...**

I need love, play, connection and family walks. I need time in the earth and good nutrients. Respond to her. You can tap here if you like, as you respond with love to your body. Let her know you hear her. You are listening. Ask her what else she needs. Listen and start a dialogue with your body.

**As you start to dialogue with your body, begin to invite movement into your body.** You can start with just some simple hip circles and then let your body guide you. You can turn on music if you feel called. Allow the music and rhythm to guide you, allow your body to move however she needs to move, as you move through all the emotions and downloads and connections that you have just made together. Move until you feel complete.

# Choose An Image



Choose an image from your imagination that has come up through this process or choose from one of the images here in this download.

What is your eye drawn to in this image?

Choose an element from this image that you are drawn to.

Journal from the perspective of this element by starting with the element:

Ex: I am the mountain, here is what I want you to know.....keep writing until you feel complete.

Reread what you have written.

You can choose another element from this image and do the same. I am the tree, here is what I want you to know.

Reread what you have written.





# Notice. Ask. Receive.



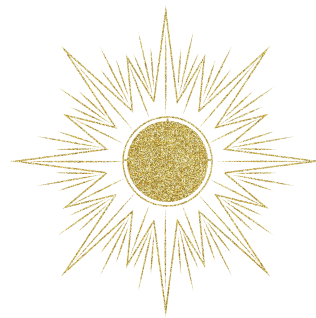
**Choose an element from the image that you are drawn to.** Journal from the perspective of this element by starting with the prompt. I am (element here) here's what I want you to know. Then free write for two minutes.

Ex: I am the mountain, here is what I want you to know.....keep writing until you feel complete.

A large, empty light gray rectangular box intended for journaling, occupying the central portion of the page.

Reread what you have written so you can get added downloads and insights.

# New Truths & Insights



The process of having dialogued with this image is also dialoguing with your soul. It's what a higher part of you wants you to know about you. From this place now claim and activate your new I AM Presence and energy.

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

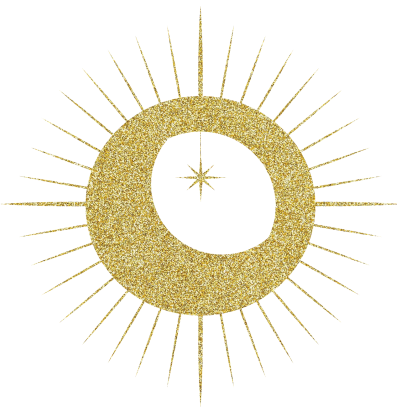
I am \_\_\_\_\_

I am \_\_\_\_\_

I am because I am. I am. I am. I am.



# My Intention & Prayer

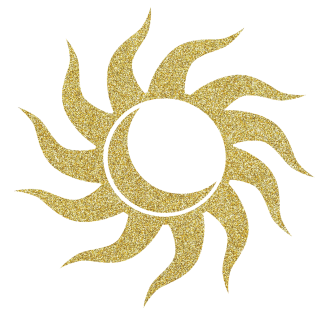


Take a moment to write out or speak out your intention for today.

Example: My intention today is to see everything in my path as a divine message and open my heart to make decisions and take actions based in trust that I am enough. And so it is.

**My intention & prayer for today is...**





# A note from me to you

I'm so grateful to be on this journey of soul expansion with you!

If you'd love to take an even deeper dive into your soul and understand the common themes of what your soul is here to do and why... [consider an Embody Your Light session with me.](#) (When you use this link you'll already receive \$111 off the normal session price.)

## In this session you'll:

Attune to your soul's true energy and activate more of your energetic blueprint which will help you express the truest version of you.

Be able to see where old blocked energy has been stuck in your body and learn a practice to move it out.

Install a new updated, empowered version of yourself and deactivate past trauma that may be accidentally running in your system and blocking you from your dreams. .

Activate your intuition, your highest expression of joy and creativity while still being dropped in and connected to your highest self and divine guidance.

XO  
*Laura*