

Divine Success Manifestation Accelerator

Coaching by Robin Bela



The I AM WHO I AM is a set of 7 audios of about 30 minutes each, that is designed to help you align to your complete power and self.

Many of you may be stepping up to creating your new lives on many levels. All can be accomplished if you are tuned into your deep-seated complete power of your self.

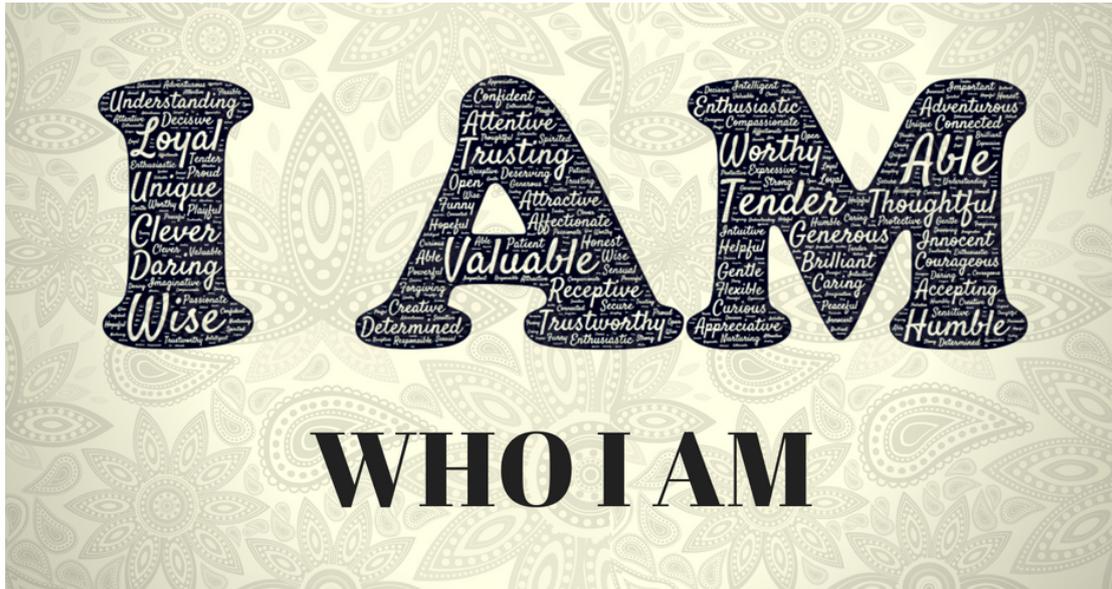
The audio sessions can be heard to observe, reflect, and receive the healing energies encoded in the audios. In these 7 audios, you are taken on a deep healing journey. Each audio is focussed on one of the 7 energy chakras. You will get an idea of what chakras are in the following pages.

In the audios whenever words as Universe/Source/Heart/Spirit are mentioned, you are directly tuning into the energies of God. You are welcome to also consciously focus the intent of connecting to God as you begin each audio asking to receive what you need at the moment.

You can listen to the audios weekly or at the pace that suits you along with the main modules that you do.

These are supporting other modules and also offering mind and emotions balancing, healing and inspiration to gain the right mind-set for your success. When we are feeling balanced within, we are ready for our success too.

You will also have singing bowls healing energies in these sessions.



In the audios, I have not mentioned about chakras as I am mainly focusing on helping you heal and transform. The background on chakras is not essential to enjoy and benefit from the audios.

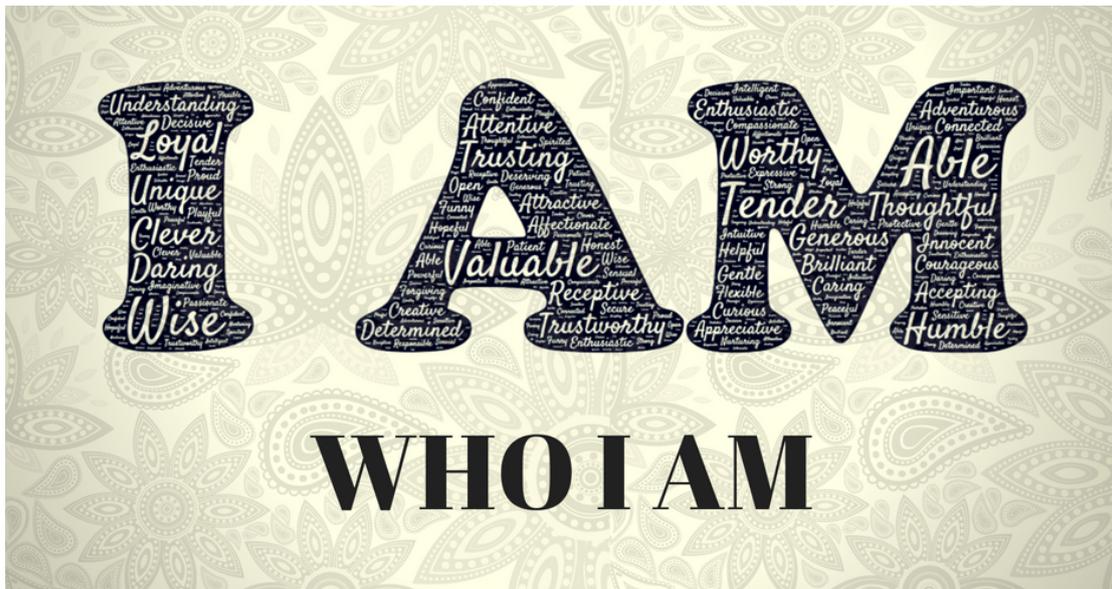
If you are new to this concept and wish to know more, here is some information:

The Sanskrit word '**Chakra**' literally translates to wheel or disk. In yoga, meditation, and Ayurveda, this term refers to wheels of energy throughout the body. There are seven main chakras, which align the spine, starting from the base of the spine through to the crown of the head.

Each of the seven main chakras contain bundles of nerves and major organs as well as our psychological, emotional, and spiritual states of being.

You will find a quick description of each chakra at the end of the description of the 7 audios.

And below is the description of each of the 7 audios.



1. ROOT CHAKRA- I AM SAFE TO BE WHO I TRULY AM. I AM STEPPING UP!

Here you are led to find the safety within, and this session is a stepping-stone to reach there through the Soul discovery process.

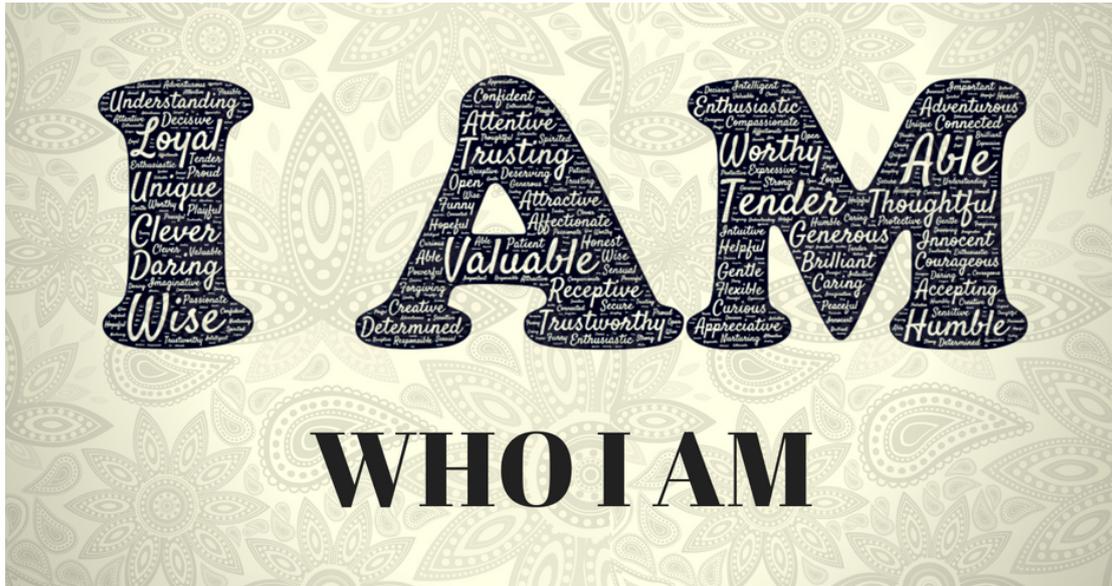
Be prepared to release resistance to old safety nets, and to raise your vibrations and conscious awareness of your true selves.

Root Chakra, known as *Muladhara* in Sanskrit, encompasses the first three vertebrae, the bladder, and the colon. This chakra is about feeling safe and fearless.

2. SACRAL CHAKRA- I AM IN A STATE OF HIGHEST CREATIVE POTENTIAL THROUGH JOY

In this session, we are exploring how we can embrace our highest creative potential through achieving an abundant state of joy and happiness in life. And in this process, we shed some patterns carrying any emotions weighing us down, and step into our lighter, more joyous selves. We anchor our joyous way of living in our behaviour, feelings and thinking.

Sacral chakra is known as *Svadhithana* chakra in Sanskrit. It is our creativity and sexual center. It is located above the pubic bone, below the navel, and is responsible for our creative expression.



3. SOLAR PLEXUS CHAKRA- I AM CONFIDENT OF WHO I AM

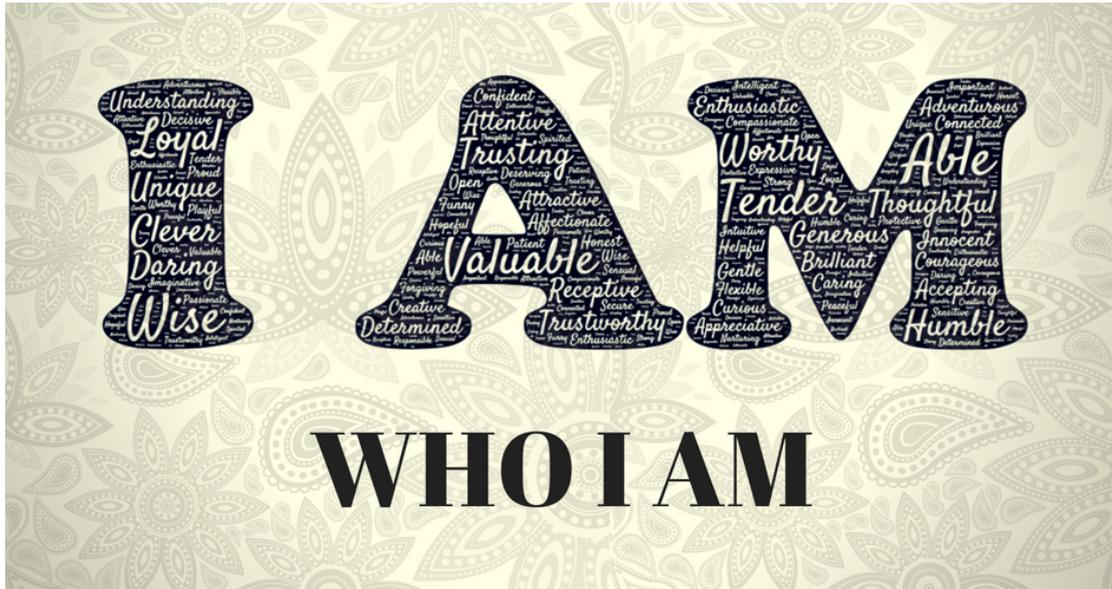
Here we are looking at concepts as our boundaries, releasing anxieties and accepting uncertainties, and instead look within to find power, trust and confidence. Confidence is about standing upright and yet being flexible to be led by God and life itself.

The solar plexus chakra is known as the Manipura chakra in Sanskrit means lustrous gem and it's the area from the navel to the breastbone. The third chakra is our source of personal power.

4. HEART CHAKRA- I AM CREATING MY EXPERIENCES IN LIFE THROUGH LOVE

Here we will see when your heart is open, abundance of all kinds can freely flow to you. A closed or hurt heart, or a heart with no respect or love for self, can obstruct happiness and abundance. It blocks the 'giving' and 'receiving' love and other blessings as money too. And therefore, loving ourselves unconditionally, and finding space for healing and forgiveness is important. When there are no self-limiting thought-patterns blocking your natural flow of life, in that state of freedom and empowerment, you discover courage to follow your heart.

Heart chakra, located at the heart center, is known as *anahata* in Sanskrit and is at the middle of the seven and unites the lower chakras of matter and the upper chakras of spirit. The fourth is also spiritual but serves as a bridge between our body, mind emotions, and spirit. The heart chakra is our source of love and connection.



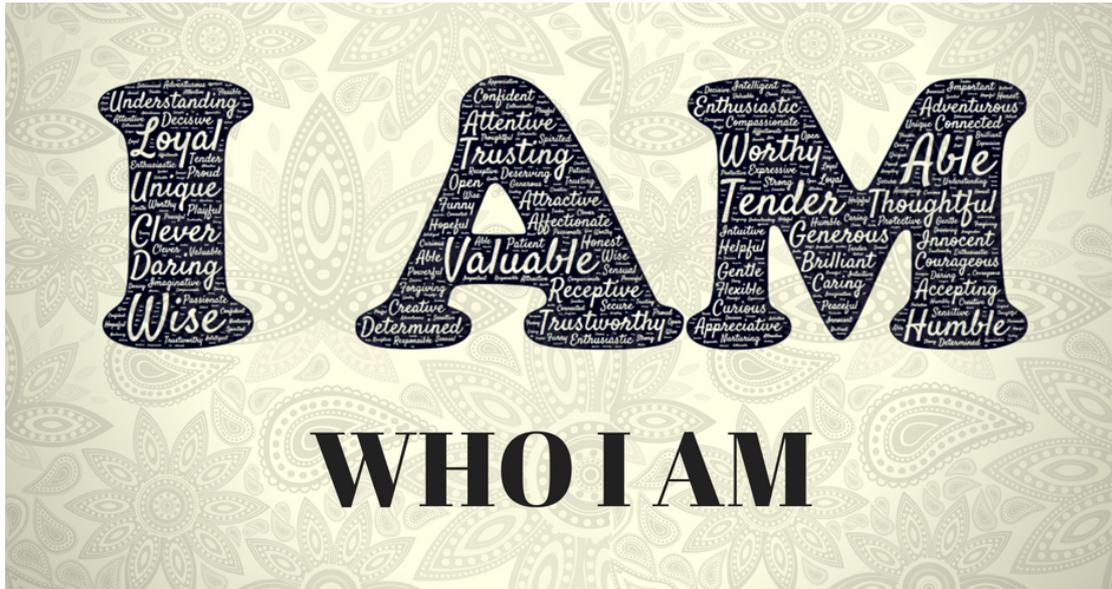
5. THROAT CHAKRA- I AM EXPRESSING MY TRUE SELF

In this session we are actually stepping into our reality by expressing our true Self. It is time to own and accept the true Self, and be that in the real world fearlessly. You are connecting to your true authentic voice. It is embracing and honouring yourself fully.

You will also be connecting to all aspects that you may not have been happy about and have not clearly expressed. Expressing true Self is also about admitting all truths that need to be witnessed by Self, and any mistakes too. And learning to be comfortable, being seen as we are.

You are listening to your heart and expressing from heart, no matter what. You are expressing yourself fearlessly, and making decisions.

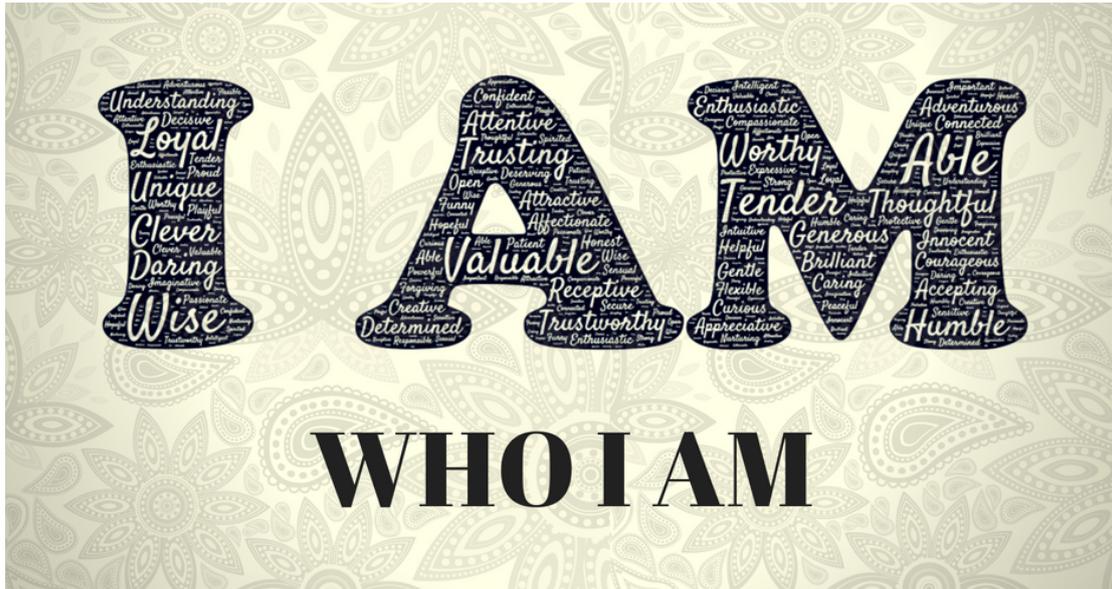
The throat chakra is also known as *Vishuddha* chakra in Sanskrit and is located in the area of the throat. This is our source of verbal expression and the ability to speak our highest truth. The fifth chakra includes the neck, thyroid, and parathyroid glands, jaw, mouth, and tongue.



6. THIRD EYE CHAKRA- I AM PAINTING MY PRESENT AND FUTURE AS BRIGHT

Here we are going to discover how to have the undeterred focus on staying positive and in that energy of peace within always. How to understand the aspect of not just painting a bright present and future in mind, but to create the bright image of you within first. How can you see yourself of highest value and respect yourself now, and then have continued focus and trust in staying positive, no matter what the reality is. It is about witnessing and accepting what is here as well, and not fighting it. But staying in the now, and in the moment. The reality changes when you reflect out naturally positive peaceful self from within.

The third eye chakra is also known as *Ajna* chakra in Sanskrit. It is located in between the eyebrows. It is also referred to as the “third eye” chakra. *Ajna* is our center of intuition.



7. CROWN CHAKRA- I AM CONNECTED TO THE SOURCE AND UNIVERSE: I AM WHO I AM

This session revolves around our connection to our conscious awareness or who we are, or I AM, or the God within. It is the connection within of a belief of what we are, and how to hold it with highest reverence, in *Bhakti* or devotion of loving self through the energy of unconditional love.

And the unbending belief in the positive and the good in us and in others, the abundance creates the unconditional freedom.

This freedom offers the full support from God and faith in everything we have cleared in all our previous audios too. This freedom takes you above all present circumstance and be connected to that inner sanctuary of your conscious awareness of I AM, that you are at peace within always and can create your reality always. This freedom offers us to be who we want to be. And then you are the, 'I AM'.

The crown chakra is known as *Sahaswara* chakra in Sanskrit. It is also known as the “thousand petal lotus” chakra. This is the chakra of enlightenment and spiritual connection to our higher selves, others, and ultimately, to the divine, God. It is located at the crown of the head.

Enjoy these healing sessions!
Robin Bela