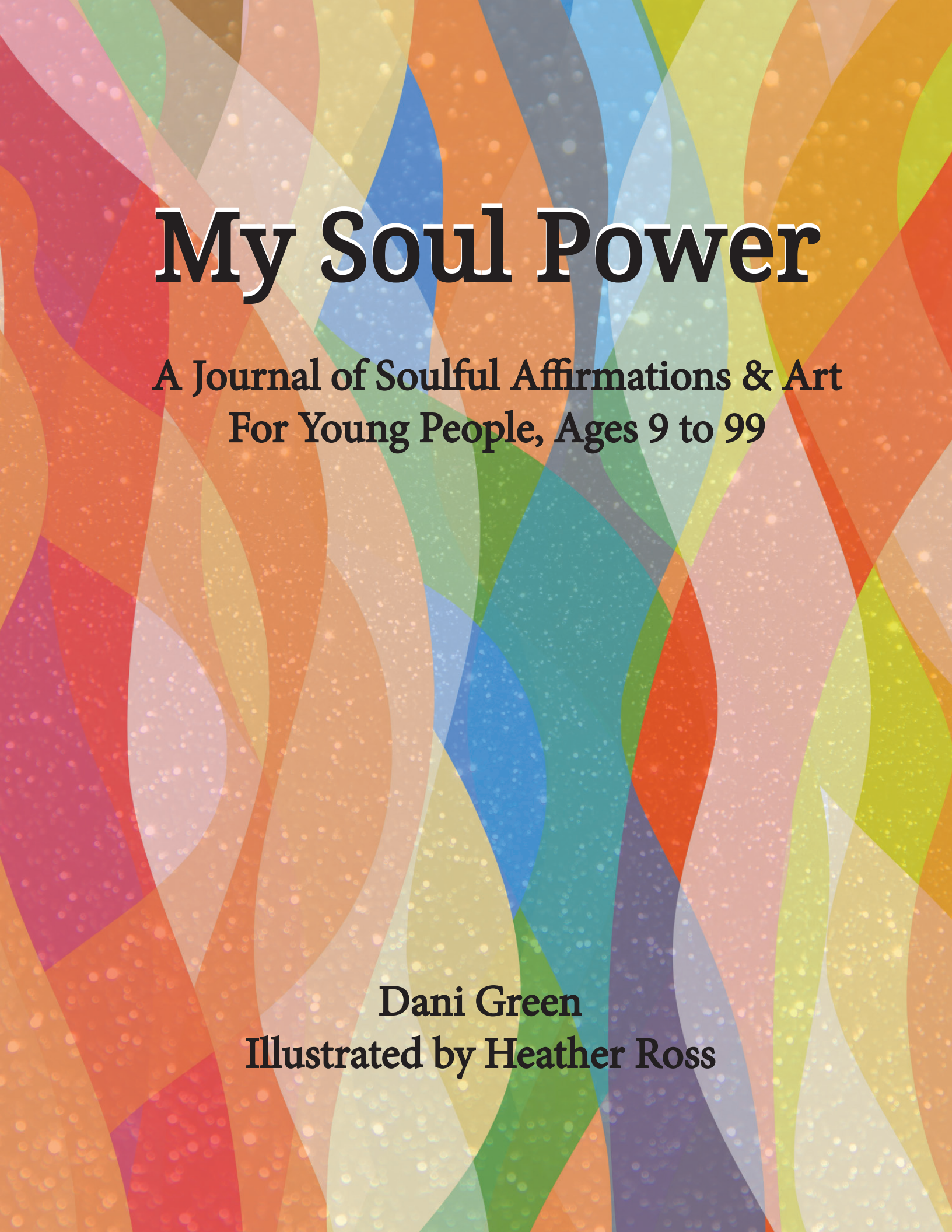
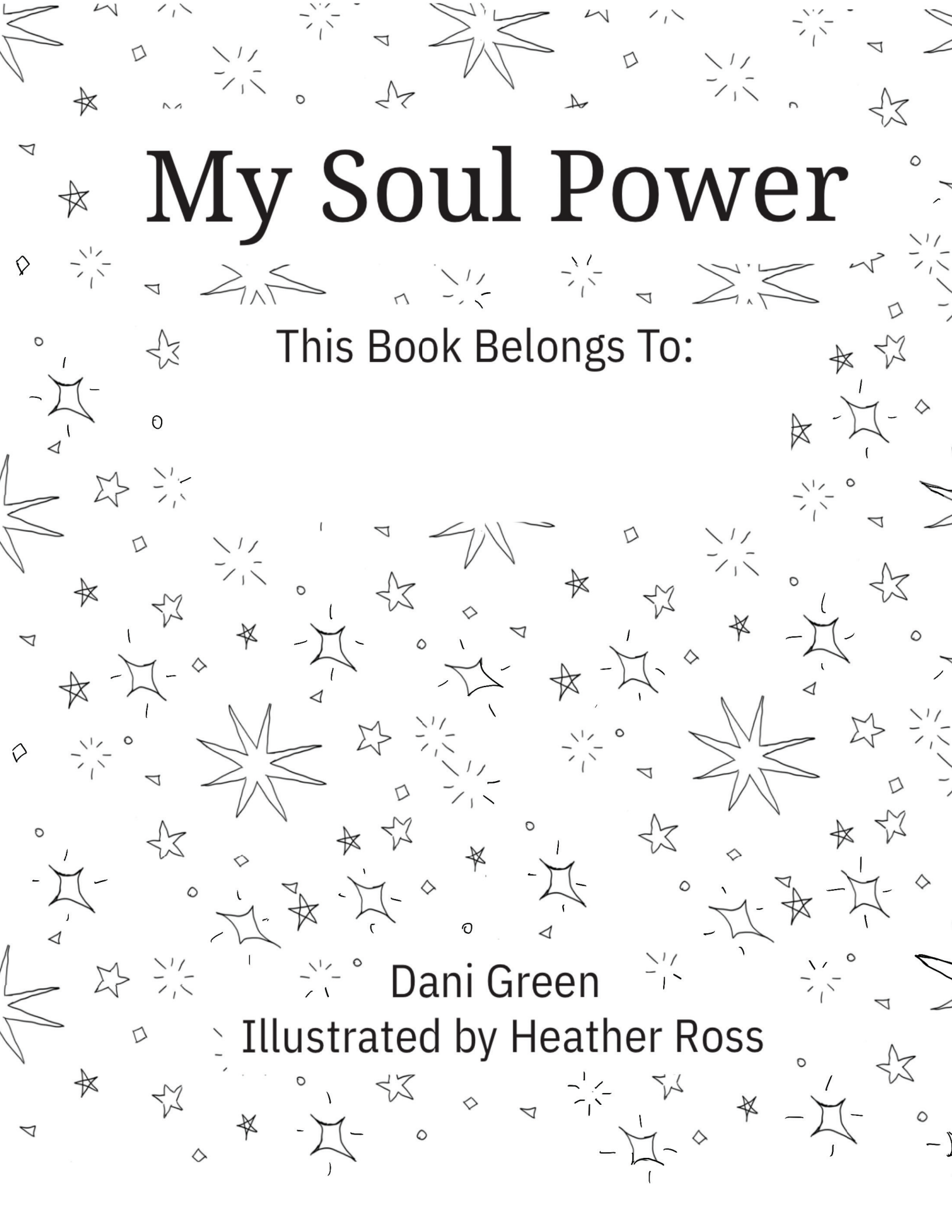




My Soul Power

**A Journal of Soulful Affirmations & Art
For Young People, Ages 9 to 99**

Dani Green
Illustrated by Heather Ross



My Soul Power

This Book Belongs To:

Dani Green

Illustrated by Heather Ross

I Am Here!

I am here! I live on this planet for now. I belong wherever I am. I am where I am supposed to be. The Earth is beautiful. I am here to experience life. The human family is learning to be helpful. If the people around me are unkind, I will tell a trusted adult or friend. Some days are hard, but I am still glad to be here.



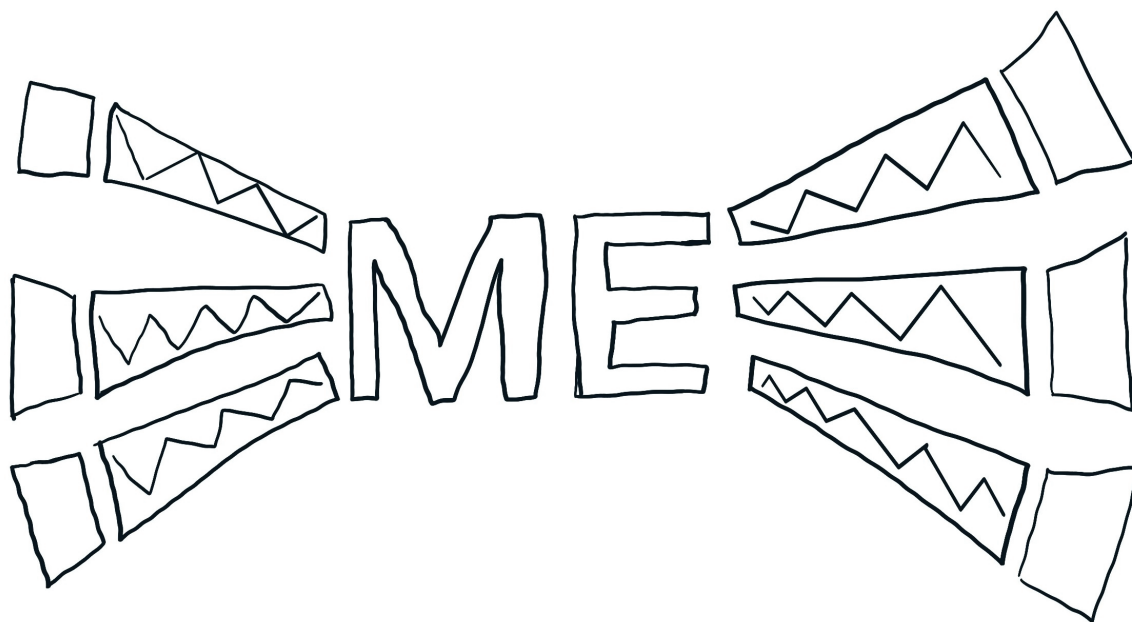
I Am Divine, and I Am Human!

I am Divine, and I am Human! My Divinity is my spirit life force - my Soul within my body and as my Higher Self in the cosmos. My Humanity is the part of me that is evolving and must learn how to Love. The Source of Everything sees my humanity and my divinity as the same, with unconditional love, understanding, and no judgment.



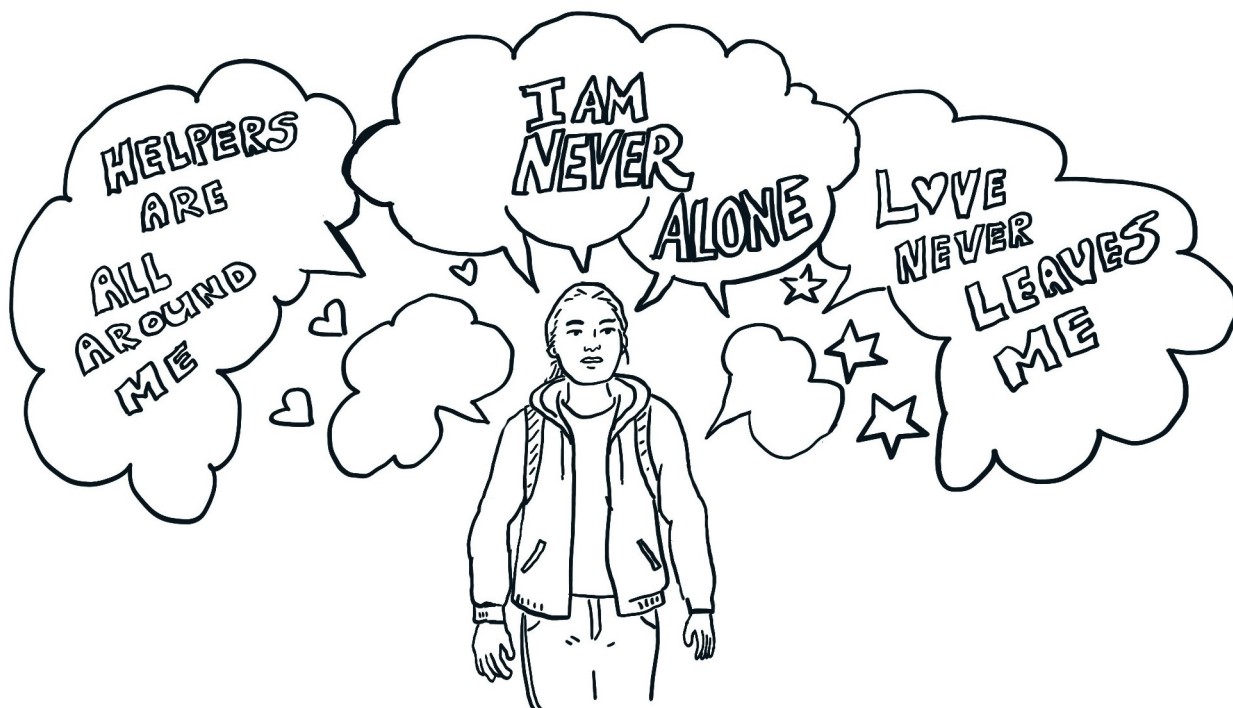
I Am Me!

I am me! I am always me. I have been me. I am me today. I will be me tomorrow. Being me is essential because I am the only me. I might spend my whole life learning to become comfortable with myself and happy to be me. Or I can embrace who I am and give myself a hug! I am happy to be me! Yay, me!



I Am Never Alone!

I am never, ever, ever alone! The comforting Spirit of Love is with me, always! I can call on Love any time I need extra strength and companionship. Helpers are all around me. Loving energy fills the cells of my body and brain with peace. Love never leaves me. Love is even closer to me when I am suffering. I am held and cherished by Love.



I Am My Own Home!

I am my own home! I am fortunate and grateful to have a roof over my head. Sometimes when I am away from home, I can realize I have a home within myself. I can feel an inner space in my body, in my Soul, where I can go to feel grounded, safe, and calm. My Soul is my spiritual Home away from home.



I Am Not Afraid!

I am not afraid! When experiences are new, my survival brain might feel unease to protect me. I can listen to that feeling for a moment. If unease lingers, I can rise above by finding an empowering place within me called Home. If I still feel in need, I can ask someone to be with me. I can always ask the Source of Everything for help and receive Love.



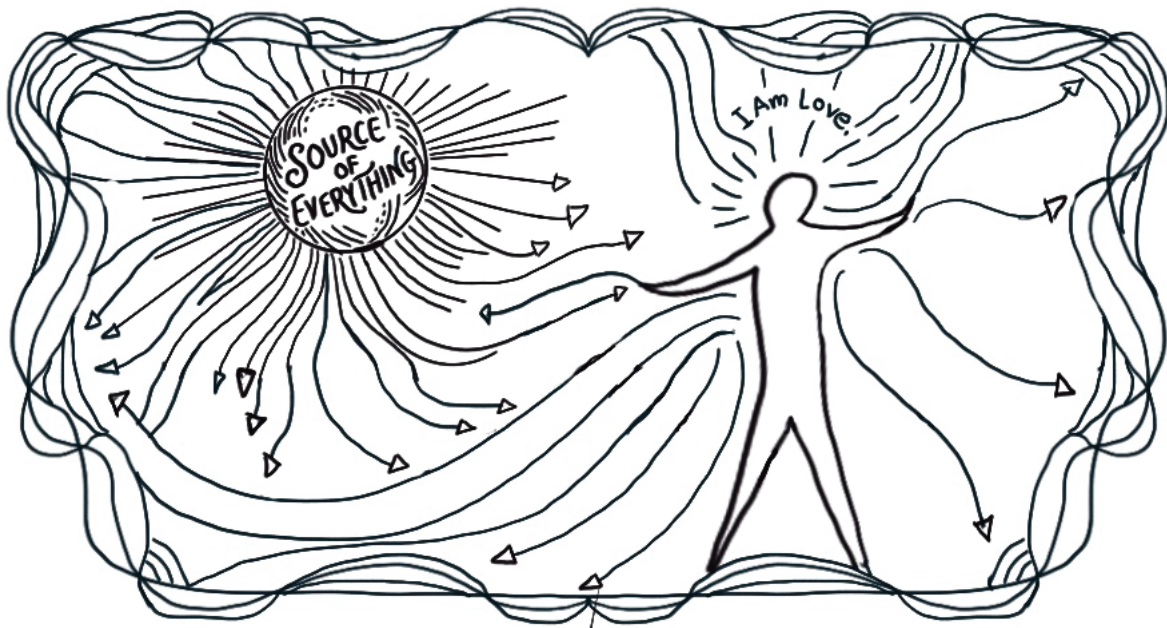
I Am Light!

I am Light! The cells of my body glow with light called biophotons. I can focus on becoming brighter and brighter. I am a brightly shining light. I can create a high vibration of energy that powers my day! Warmth and comfort fill every cell with quiet confidence and wonder. I smile to remind myself of this truth.



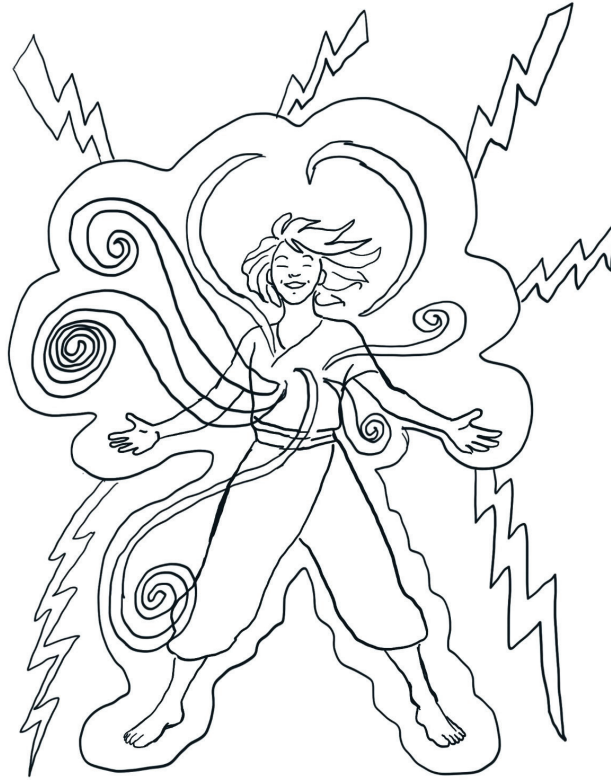
8 I Am Love!

I am Love! Love flows to me from the All-beyond, beside, behind, below, above, and through me wherever I am. Love is always with me and with everyone. We are surrounded by Love. I am guided by Love. Love from my Soul fills my body and my mind. Love is within me and outside of me. Love is everywhere and everything. I feel unconditional Love.



I Am Power!

I am Power! I have living radiant power within me. My boundless living power is always with me. My power is real and never fades. I trust the power within me to help me with everything! When my mind or body is tired, I can rest and ask my power to reactivate! My power doesn't end. I am Infinite!



I Am Dance!

I am dance! I hear powerful music and the rhythmic heartbeat of a drum. I can gently sway or march with determination. I can joyously jump or quietly stand still. My life is my own radiant dance. Watch me dance through life! I am a unique, unstoppable dancer! I love to dance! Do you want to join me?



My Soul Power

A Journal of Soulful Affirmations & Art for Young People, Ages 9 to 99

I wish I had known the truth that is in this book when I was nine years old. I would have been less frightened and more confident. I became aware of my empowering Soul within my body at age 50. Everything became better and better, which is my hope for you.

My Soul Power will help children and grown-ups develop an inner voice that becomes stronger than the voices around us. As we read the affirmations, color, and journal what is true for us, we will build our personal identity from the inside out.

This sample book is the first 10 entries of a longer book in publication. Read, breathe, and think deeply. Color the picture. Add your own doodles. Write words of reflection that are True for you.

You and I are Divine. I am speaking to you, Soul to Soul. You are all of this, even as you work out your Humanity, just like me. The world needs our healing and our love.

I am calling out to the perfection already within you. Live each day knowing this is who you are. Even when you make mistakes, you still have a perfect center.

God and I believe in you! You are worthy of all the Love in the Universe! May you be loved into wholeness.

With Love,

Dani Green

www.danigreen.today