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## **Be-Coming: I Am**

The wonders and joys of **being** human

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1. Note from Rikki

It has been a very growthful autumn. With a new moon and Solstice this week, I'm ready for the light. Also, I talked with a dear friend this morning, who'd had surgery for a brain aneurism. His surgery was successful, but two others in the ICU died as did his wife's sister. I am very grateful for life. My mother has been visiting a man who's 92 and can't swallow so he has a feeding tube. This all causes me to think about what is important.

The Seminary lessons this fall have been about who am I? One morning I woke with the thought, I am loved, not by any one person or thing or because, just I am loved, period. So in the spirit of we are all One, my essay from the heart was written by someone unknown to me and modified by me to create all I AM phrases. I hope you enjoy it.

Happy holidays and best wishes for 2007.

Love,
Rikki

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### **2. Essay for the Heart: The Present**

#### **The 68 Second Peace Prayer**

I AM the serenity of a calm lake

I AM the strength of an old oak tree

I AM the musical sounds of a song bird

I AM the delight of a babbling brook

I AM the light of a candle burning brightly into the darkness of fear

I AM the nurturing embrace of a loving friend

I AM the joy of being moved to tears  
I AM the peals of laughter from an innocent child  
I AM the compassion of a hand reaching out to hold another's  
I AM the faith that believes wholeheartedly  
I AM the passion of eternal Love  
I AM the integrity of Truth  
I AM the deep inner knowing of Oneness  
I AM the Love of the Creator  
I AM You, who is Me, We are One  
I AM THAT, I AM  
I AM LOVE  
I AM Life Itself . . .

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The Fine Print

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