

I Am Lesson 1

Does our thinking cause our emotions or do our emotions cause our thinking? Describe how the relationship between our thoughts and emotions cause us to show up in life.

Name a deep seated reason that causes some people to have a The lesson discussed the law regarding 'Positive Internal Thought Process' – What did the narrator say about what happens when you plant positive thoughts in your mind and where this will lead you?

Describe the relationship between the I Am Concept, Negative Internal Thought Processes and Blame.