

i am who i am speech

i am who i am speech is a powerful declaration of self-acceptance, individuality, and confidence. This phrase has been widely used in various contexts, from motivational speeches to literary works, to emphasize the importance of embracing one's true identity without apology or compromise. Understanding the essence of the "i am who i am speech" helps individuals and audiences alike to appreciate the value of authenticity in personal growth and communication. This article explores the meaning behind the speech, its historical and cultural significance, key elements that make it impactful, and practical tips for delivering or writing an inspiring "i am who i am" statement. Additionally, examples from notable figures and contexts where this speech has made a difference will be discussed. The following sections will guide readers through the core components and applications of the "i am who i am speech."

- Meaning and Significance of "I Am Who I Am" Speech
- Historical and Cultural Context
- Key Elements of an Effective "I Am Who I Am" Speech
- Famous Examples of the "I Am Who I Am" Speech
- How to Write and Deliver Your Own "I Am Who I Am" Speech

Meaning and Significance of "I Am Who I Am" Speech

The phrase "i am who i am speech" embodies the concept of self-identity and the courage to remain true to oneself. It signifies acceptance of one's strengths, weaknesses, and unique traits without yielding to external pressures or societal expectations. This speech serves as a reminder that authenticity is fundamental to personal integrity and emotional well-being. Often, the "i am who i am speech" is used to inspire confidence, promote self-respect, and encourage individuals to embrace their individuality unapologetically.

The Core Message of Self-Acceptance

At its heart, the "i am who i am speech" promotes self-acceptance. It conveys that every person has intrinsic value and that their identity should not be compromised to fit into predefined molds. This message combats feelings of inadequacy and social conformity, making it especially relevant in contexts involving personal challenges or societal judgment.

Impact on Personal and Social Identity

Delivering or hearing the "i am who i am speech" can have a profound effect on personal identity development. It encourages individuals to own their narratives and resist the urge to alter themselves to gain approval. Socially, it fosters a culture of inclusivity and respect for diversity by validating different life experiences and perspectives.

Historical and Cultural Context

The phrase "i am who i am" has deep roots in history and culture, appearing in religious texts, literature, and public discourse. Its enduring presence highlights the universal human quest for identity and acceptance.

Origins in Religious and Philosophical Texts

One of the earliest and most notable uses of the phrase is found in religious scripture, where it is often associated with divine self-identification. This origin underscores the profound significance of the phrase as a declaration of existence and essence. Philosophically, it aligns with existentialist ideas about self-realization and authenticity.

Cultural Adoption and Modern Usage

In contemporary culture, the phrase has been adopted across various media and social movements to champion individuality and resistance against discrimination. It is frequently utilized in speeches, literature, music, and activism to communicate empowerment and self-determination.

Key Elements of an Effective "I Am Who I Am" Speech

An impactful "i am who i am speech" incorporates several essential components that resonate with audiences and convey the intended message clearly and authentically.

Clarity and Honesty

Honest expression is critical. The speech must be clear about the speaker's identity, values, and experiences. Transparency fosters trust and emotional connection with the audience.

Emotional Appeal

Incorporating personal stories or emotions enhances the persuasive power of the speech. Emotional appeal helps listeners relate and empathize with the speaker's journey toward self-acceptance.

Positive Affirmation

The speech should emphasize positive affirmations that uplift the speaker's self-image and encourage others to do the same. This approach reinforces the strength found in embracing one's true self.

Call to Action

Often, an effective "i am who i am speech" includes a call to action, motivating others to accept themselves or to respect the uniqueness of others. This element transforms the speech from a personal declaration into a communal encouragement.

List of Effective Speech Elements

- Authentic storytelling
- Clear articulation of personal values
- Use of empowering language
- Connection to universal human experiences
- Encouragement of acceptance and respect

Famous Examples of the "I Am Who I Am" Speech

Throughout history, many influential figures have delivered speeches or statements embodying the "i am who i am" ethos. These examples illustrate the speech's power to inspire and provoke thought.

Historical Figures and Their Declarations

Leaders and activists have used similar declarations to assert their identity and demand recognition. Such

speeches often address themes of freedom, equality, and self-determination, resonating deeply across communities and generations.

Literary and Pop Culture References

In literature and popular culture, the phrase or variations of it frequently appear as a central theme. Characters who proclaim "i am who i am" often symbolize resilience and the triumph of self-acceptance over adversity.

How to Write and Deliver Your Own "I Am Who I Am" Speech

Crafting an effective "i am who i am speech" requires careful thought and preparation. The goal is to communicate authenticity and inspire both the speaker and the audience.

Steps to Writing the Speech

Begin by reflecting on your identity and what makes you unique. Identify key experiences, values, and traits that define who you are. Write your speech with honesty, incorporating personal anecdotes and emphasizing positive self-affirmation.

Tips for Effective Delivery

Confidence and sincerity are essential in delivering the speech. Practice maintaining eye contact, using appropriate gestures, and modulating your voice to convey emotion. Engaging with the audience helps to strengthen the impact of the message.

Common Pitfalls to Avoid

Be cautious of overgeneralizing or sounding defensive. The speech should not alienate others but rather promote inclusivity and understanding. Avoid jargon or overly complex language that may detract from the message's clarity.

Checklist for Your Speech Preparation

- Define your core message clearly

- Incorporate personal stories for authenticity
- Use positive and empowering language
- Practice delivery multiple times
- Engage with your audience through eye contact and tone

Frequently Asked Questions

What is the main message of the 'I Am Who I Am' speech?

The main message of the 'I Am Who I Am' speech is about embracing one's true identity and standing confidently in who you are, despite external judgments or pressures.

Who originally delivered the 'I Am Who I Am' speech?

The phrase 'I Am Who I Am' is famously associated with various contexts, including biblical references and modern speeches, but in popular culture, it is often linked to self-acceptance and empowerment speeches delivered by various motivational speakers or public figures.

Why is the 'I Am Who I Am' speech considered empowering?

The speech is considered empowering because it encourages individuals to accept themselves fully, promoting self-confidence, authenticity, and resilience against societal expectations.

How can the 'I Am Who I Am' speech inspire personal growth?

It inspires personal growth by motivating people to embrace their unique qualities, overcome insecurities, and pursue their true passions without fear of judgment.

In what contexts is the 'I Am Who I Am' speech typically used?

The speech is often used in motivational talks, self-help seminars, educational settings, and social media to promote self-love, diversity, and inclusion.

Can the 'I Am Who I Am' speech help with mental health?

Yes, by encouraging self-acceptance and reducing the pressure to conform, the speech can positively impact mental health, helping individuals build self-esteem and reduce anxiety.

What are some key phrases commonly found in the 'I Am Who I Am' speech?

Key phrases often include statements like 'I am enough,' 'I embrace my flaws,' 'I am proud of who I am,' and 'I will not apologize for being myself.'

How can I deliver an effective 'I Am Who I Am' speech?

To deliver an effective speech, speak from the heart, share personal experiences, use confident body language, and connect emotionally with your audience to convey authenticity.

Is the 'I Am Who I Am' speech suitable for all ages?

Yes, the message of self-acceptance and confidence is universal and can be adapted to suit audiences of all ages, from children to adults.

Where can I find examples or scripts of the 'I Am Who I Am' speech?

Examples and scripts can be found on motivational websites, YouTube channels featuring inspirational speeches, and books or articles focused on personal development and self-empowerment.

Additional Resources

1. *I Am Who I Am: Embracing Your True Identity*

This book explores the power of self-acceptance and authenticity. It encourages readers to break free from societal expectations and embrace their true selves with confidence. Through inspiring stories and practical advice, it guides individuals on a journey toward self-discovery and empowerment.

2. *Finding Your Voice: The "I Am Who I Am" Speech and Beyond*

Focusing on the art of self-expression, this book delves into the significance of owning one's identity through speech and action. It offers strategies to develop a strong, authentic voice that resonates personally and publicly. Readers learn how to communicate their true values and beliefs effectively.

3. *The Power of "I Am": Building Self-Confidence Through Affirmation*

This title highlights the transformative impact of positive affirmations like "I am who I am." It combines psychological research with motivational techniques to help readers build lasting self-confidence. The book includes exercises designed to reinforce self-worth and personal strength.

4. *Authenticity Speaks: Lessons from the "I Am Who I Am" Declaration*

Centered on the theme of authenticity, this book examines historical and contemporary speeches that emphasize self-identity. It analyzes the rhetorical power behind declaring "I am who I am" and how it inspires courage and integrity. Readers gain insight into living authentically in various aspects of life.

5. *Unapologetically Me: Embracing Identity in a Complex World*

This book encourages readers to stand firm in their identity despite external pressures to conform. It addresses challenges such as societal judgment, cultural expectations, and personal doubt. Through heartfelt narratives and practical tips, it motivates readers to live unapologetically as themselves.

6. *Self-Discovery Through Speech: The Journey of "I Am Who I Am"*

Exploring the connection between language and identity, this book shows how declaring "I am who I am" can be a powerful act of self-discovery. It includes exercises in speech and writing that foster deeper understanding of one's values and purpose. The book is ideal for anyone seeking to articulate their authentic self.

7. *The Identity Manifesto: Owning Your "I Am" Statement*

This manifesto-style book challenges readers to craft their own "I am" statements as a foundation for personal growth. It provides frameworks for exploring identity, overcoming self-doubt, and setting intentions. The writing prompts and reflections encourage ongoing self-exploration and affirmation.

8. *Living Your Truth: The Courage Behind "I Am Who I Am"*

Focusing on the bravery required to live authentically, this book shares stories of individuals who have embraced their true selves openly. It discusses the social and emotional benefits of authenticity and how to handle resistance from others. The book serves as a motivational guide for courageous living.

9. *Echoes of Identity: The Impact of "I Am Who I Am" in Modern Culture*

This book examines how the phrase "I am who I am" has influenced contemporary culture, from literature to social movements. It explores themes of identity, empowerment, and self-definition across different communities. Readers gain a broader understanding of the cultural significance of embracing one's true self.

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i am who i am speech: I AM,WHO I AM Ronnie D. Riser, 2022-11-21 The title I Am Who I Am depicts the evolution and transformation in reaching manhood. I am refers to Ronnie Dewayne Riser and Who I am refers to who he became through the actual accounts of people, events, and occurrences in his life. The true nature of his story teaches that he has nothing to hide. His genuine attitude and demeanor make him a person. Some may question his identity, but he does not change to satisfy the mass or to fit in. That is who he is. In simplest form, he was the same yesterday, is the same today, and will be the same tomorrow.

i am who i am speech: I Am Redeemed Deron Boyer, 2020-07-28 What the devil intended for harm, God can use for good. Your bruises, wounds, and scars are not wasted. He has a plan for you.

A plan to bless and prosper you. The only hang-up is you! What would you say if I told you that today could be the day of your redemption? Regardless what you have been through. Regardless what you have done. Regardless how far you have drifted, or how long you have been gone. Take heart! God still loves you. He isn't angry with you-he loves you! Would you like to know the best part? He wants you back! The Bible tells us that God misses you. He grieves over you. And he is willing to do whatever it takes to get you back. He simply waits for your reply. I Am Redeemed is a six-week study into the heart of God. Whether you use this book for individual or group study, I applaud you for simply reaching out by faith. Your redemption is within your grasp. God has already taken the first step. While we were still sinners, God sent his only son, Jesus, to be a sacrifice for your sins. In doing this, he showed all of creation the full extent of his love for us. It is your turn now. What will it be?

i am who i am speech: I Am Hamlet Steven Berkoff, 1990 What goes through a man's mind when he is playing Hamlet? How does Shakespeare's best-known play actually work, from the inside? Steven Berkoff is an actor, playwright, and director with an extraordinary talent for conveying powerful ideas and emotions. His production of Hamlet, in which he took the title role, began in Edinburgh in 1979, went on to the Round House in London, and toured throughout Europe for the next two years. The company completed its final performance as guests of Jean-Louis Barrault at his Rond Point Theater, where the audience gave the production a tempestuous ovation. During the tour Berkoff kept a journal and recorded the workings of the play from the director/actor's point of view. On the basis of that diary Berkoff has created an intensely personal analysis of the play with a line-by-line examination of the text and the way he approached it in his production. His detailed observations show how his imagination covers a wide range of human experience--from love and death to the nature of marriage and the messianic fervor of Hamlet. I Am Hamlet not only reveals the mind of a fascinating actor and director at work, it is also a singular encounter with a part that touches the complete alphabet of human experience and that every actor feels he is born to play.

i am who i am speech: I Am a Dice Controller Frank Scoblete, 2015-05-01 Dice control. The only way to beat the casinos at craps! Frank Scoblete reveals his secrets and takes you step-by-step through his dice control techniques: sets, stance, grip, throw, arc, backspin, landing, proper betting, and the 5-Count. Additionally, Frank exposes the good, the bad, and the ugly betrayals he experienced in 25 years playing with the world's greatest dice controllers. Join the legendary Captain, the father of dice control. Marvel at the greatest dice controller of all time, the woman known as The Arm in the roaring days of Atlantic City! Meet today's dice control stars: the Dominator, Jerry Stickman, Chris Sharpshooter Pawlicki, Howard Rock 'n' Roller, Bill Ace-10 Burton, Bob Mr. Finesse, John Skinny, Nick@Night, Billy the Kid, Daryl No Field Five, Arman Pit Boss, Mark Dice Pilot, Randy Randman, and Tim Timmer. Learn about PARR, the first dice control class created by controversial author Jerry Patterson. Enter the famous Golden Touch dice control school. Meet the great dice control teams: the Captain's Crew, the Lee Brothers, the Five Horsemen, and the tag teams of Marilyn the Goddess and Charlie Sandtrap; Heavenly Kitten and Star Shine; Pat Dr. Crapology and Janis Alligator Rose. Meet the crooks, the cheats, the scoundrels, and the screw-ups of the dice-control world. Join Frank on his adventures inside the exclusive world of elite dice controllers.

i am who i am speech: The Nag Hammadi Library Apostle Horn,

i am who i am speech: Being of the Angels of the 30 Aethyrs: The Vision and the Voice The Master Therion, 2020-09-28

i am who i am speech: I Am Because You Are Jacob Lief, Andrea Thompson, 2015-05-12 In 1998, Jacob Lief, a 21-year-old American university student, met school teacher Malizole Banks Gwaxula in a township tavern in Port Elizabeth, South Africa. After bonding over beers and a shared passion for education, Gwaxula invited Lief to live with him in the township. Inspired by their fortuitous meeting--which brought together two men separated by race, nationality, and age--and by the spirit of ubuntu, roughly translated as I am because you are, the two men embarked on an unexpectedly profound journey. Their vision? To provide vulnerable children in the townships with

what every child deserves-everything. Today, their organization, Ubuntu Education Fund, is upending conventional wisdom about how to break the cycle of poverty. Shunning traditional development models, Ubuntu has redefined the concept of scale, focusing on how deeply it can impact each child's life rather than how many it can reach. Ubuntu provides everything a child needs and deserves, from prenatal care for pregnant mothers to support through university-essentially, from cradle to career. Their child-centered approach reminds us that one's birthplace should not determine one's future. *I Am Because You Are* sets forth an unflinching portrayal of the unique rewards and challenges of the nonprofit world while offering a bold vision for a new model of development.

i am who i am speech: Until Further Notice, I Am Alive Tom Lubbock, 2012-04-05 "These are thoughts for us all, sooner or later—and this is a book I'll keep with me, as long as I live."—David Sexton, *The Scotsman* In 2008, art critic Tom Lubbock was diagnosed with a rare brain tumor and told he had only two years to live. Physically fit and healthy, and suffering from few symptoms, he faced his death with the same directness and courage that had marked the rest of his life. Lubbock was renowned for the clarity and unconventionality of his writing, and his characteristic fierce intelligence permeates this extraordinary chronicle. With unflinching honesty and curiosity, he repeatedly turns over the fact of his mortality, as he wrestles with the paradoxical question of how to live, knowing we're going to die. Defying the initial diagnosis, Tom survived for three years. He savored his remaining days; engaging with books, art, friends, his wife and their young son, while trying to stay focused on the fact of his impending death. There are medical details—he vividly describes the slow process of losing control over speech as the tumor gradually pressed down on the area of his brain responsible for language—but this is much more than a book about illness; rather, it's a book about a man who remains in thrall to life, as he inches closer to death. "I hope that if I am ever diagnosed with a terminal illness I will remember to reread *Until Further Notice, I Am Alive*. It is, in its tough-minded way, truly joyous."—Lynn Barber, *Sunday Times*

i am who i am speech: *I am Sorry* MD Nazmul Ahsan, 2016-02-26 Our inside! First layer,simple! Second layer,complex! People around the world only care about them. Most of them don't dare or try to think about something else. Is there anything else without them? Yes it is! The complex layer is about depth. We think nothing down there. It's wrong! The deepest and third layer is the simplest! Simple enough to regret,avoid and fear! But i don't regret,avoid or fear! I just want! I wanted to depict them with affection! No fancy talk,no emotion or convincing to enhance selling! I am presenting you a book of 20 short stories. They are neither good nor bad! May be two or three of them are crap! But the others.....you can hate them or love them....praise them or scold the.....but the only thing you are not going to do..... is ignore them!.....I am sorry!

i am who i am speech: *The Practice of Enochian Magick* Aleister Crowley, 2019 Originally published as *Enochian magic*, volume 1 of *The best of Equinox*, c2012.

i am who i am speech: *It Occurs to Me That I Am America* Richard Russo, Joyce Carol Oates, Neil Gaiman, Lee Child, Mary Higgins Clark, 2018-01-16 A provocative, unprecedented anthology featuring original short stories on what it means to be an American from thirty bestselling and award-winning authors with an introduction by Pulitzer Prize-winning author Viet Thanh Nguyen: "This chorus of brilliant voices articulating the shape and texture of contemporary America makes for necessary reading" (Lauren Groff, author of *Fates and Furies*). When Donald Trump claimed victory in the November 2016 election, the US literary and art world erupted in indignation. Many of America's preeminent writers and artists are stridently opposed to the administration's agenda and executive orders—and they're not about to go gentle into that good night. In this "masterful literary achievement" (Kurt Eichenwald, author of *Conspiracy of Fools*), more than thirty of the most acclaimed writers at work today consider the fundamental ideals of a free, just, and compassionate democracy through fiction in an anthology that "promises to be both a powerful tool in the fight to uphold our values and a tribute to the remarkable voices behind it" (Anthony D. Romero, executive director of the ACLU). With an introduction by Pulitzer Prize-winning author, Viet Thanh Nguyen, and edited by bestselling author Jonathan Santlofer, this powerful anthology

includes original, striking art from fourteen of the country's most celebrated artists, cartoonists, and graphic novelists, including Art Spiegelman, Roz Chast, Marilyn Minter, and Eric Fischl. Transcendent, urgent, and ultimately hopeful, *It Occurs to Me That I Am America* takes back the narrative of what it means to be an American in the 21st century.

i am who i am speech: *Who is it that can tell me who I am?* Jane Haynes, 2013-07-25 In this searingly honest memoir, Jane Haynes recalls to her psychotherapist her extraordinary story. Having overcome her strange childhood, overshadowed by her mother's absence and father's descent into madness, the real diagnosis of which the family concealed, she attempts, vividly but without sentimentality, to understand the construction of her own life. Now a psychotherapist in her own right, Haynes opens up her case files, which include a gifted young man on the cusp of a nervous breakdown; the middle-aged woman tormented by suicidal thoughts; the pornography addict, unable to connect emotionally with his girlfriend. Tragedy is brought home to her when her son-in-law is murdered. Her account powerfully demonstrates the resilience and life force of human nature. 'I recommend it to anyone concerned with the life of the imagination' Hilary Mantel

i am who i am speech: *Thelemic Alchemy I* Frater Satori, 2004-06 Thelemic Alchemy begins with dozens of pages of Alchemic History, including Isis and Osiris in Alchemy, Tarot and Alchemy, The Enochian Aeyres in Alchemy, and Jung. The Second Section makes this a system of ritual and meditation, including Initiations and Banishing Rituals. The 418 Ritual is also included. Together they create a new vision of non-Christian Alchemy, and a more Internal and Psychological form of Thelema!

i am who i am speech: *Why I Am So Proud to Be a Black Man* Michael, Ms. C, 2013-03 In the beginning, when God created the black man, He gave all his wisdom to his first creations without boundaries and fears. Unfortunately, for far too long, black men have been portrayed negatively in our society and by the daily rhetoric that surrounds us. In their comprehensive study compiled with facts, stories, and historical experiences, husband and wife team Mr. Michael and Ms. C illustrate to all black men that they should no longer feel degraded, but instead be bursting with pride about their heritage. Beginning with essays on life in Africa and the movement of the black man to the United States, Mr. Michael and Ms. C transition into issues concerning the contemporary African American community, providing a glimpse into the truth they hope will help black men gain a clearer vision of their race, others, and our planet. By encouraging black men to face racial hatred and demand respect, Mr. Michael and Ms. C lay a foundation intended to help all black men find the purpose of their existence. Also included are biographies of famous black men who overcame obstacles and changed the world. *Why I Am So Proud to Be a Black Man* shares the knowledge that can open the eyes, minds, and hearts of the African American community, enabling all to embrace God's first, primal purpose.

i am who i am speech: *Who Do You Say that I Am?* Jack Dean Kingsbury, Mark Allan Powell, David R. Bauer, 1999-01-01 In this volume some of the most prominent international biblical and theological scholars suggest new and exciting ways of understanding the Christology of every major witness in the New Testament canon. Along with essays addressing the significance of Christology for systematic theology, ethics, pastoral ministry, and preaching, the volume offers a comprehensive and accessible introduction to the New Testament.--BOOK JACKET.

i am who i am speech: *The Power of I Am* Dan Shafer, 2010-10 Shafer brings forth a new meditation technique that allows practitioners to tap into the incredible power of transformation lurking in the use of the I AM invocation, and also provides a clear explanation of why and how this technique works.

i am who i am speech: *I Am the Living Proof-Jacqueline's Life, Purpose and Parables* Jacqueline R. Mendoza, 2012-03 I AM THE LIVING PROOF - Jacqueline's Life, Purpose and Parables Portrays the method of being 97% dead awakened, proved She will rise through obstacles in her journey to share How despite of her physical difficulties she struggled Wisdom, Courage Perseverance, Patience and Tolerance Added with her enormous amount of determination Hope and Faith Amazing how God showed His love In finding out who really is Jesus Christ As He chose her to

spread about the truth Of His Gospel She wants to assist people in knowing the facts Treated it as her job for Jesus Christ To be a resource for the reality of God She wants to plant a seed in your minds Her way of communicating to people As Christ placed her in mission Souls in Hell of fire, furnace of fire and unquenchable fire Thought Jesus did not do anything He gave you a freedom to choose People chooses the path of hell Must choose the right decision Once you're there, you cannot go back It's forever Do not just accept Think wisely, Research, Study and comprehend Which is the path to Jesus Christ that leads to Heaven and face the Father?

i am who i am speech: I AM Ashish to "I AM" Anil Joshi, 2023-10-09 I AM Ashish to 'I AM' is about the experience of an ordinary man like you and me who went from an everyday life of success and failure, business and family, happiness and miseries to a life of just being. This book is for when you are alone and asking the big questions: Who am I? Is there a God? Do prayers work? How is spiritualism different than religion? What does it mean to be enlightened? This book will bring clarity to your questions and illuminate your path to enlightenment. Written in a question-and-answer format and accessible to all-young and experienced alike-this book distills the essence of spiritualism as understood and experienced by an ordinary human being amongst us. An ordinary human being sharing his thoughts on spiritualism and answering the eternal question: Who am I?

i am who i am speech: I Am a Standupster Karen Zauder Brass, 2012-12-05 I am a Standupster, A Second Generation Survivors Account, by the Daughter of David Zauder, is the first-ever biography of Internationally Acclaimed Holocaust and Anti-bullying Educator and Speaker, Karen Zauder Brass. Her book is a very rare exploration into the effects of being raised by a parent who suffered the inhumanity of genocide and its unimaginable costs. Brass comes out of the shadows and openly expresses what so few Second Generation Survivors are willing to discuss. The deep injury to their survivor parents psyches cannot simply be put aside and has deep and lasting effects on their children. From her earliest years, Brass was fully aware of who her surviving parent needed her to be. This is a book of deep introspection that also shares the Authors path to self-acceptance, happiness, and her powerful desire to make changes in our world by educating audiences, one human being at a time, to not stand by and allow for the suffering of others; To be a Standupster. Brass provides the descriptive background of her Father, David Zauders survival of the Krakow Ghetto and four concentration camps including Auschwitz. His survival of a true hell on Earth, and his success in emigrating from Poland, after his liberation by General Pattons 3rd Army Tank Division, then travel from Germany to America and becoming one of this countrys leading cornet and trumpet players will inspire you and touch your heart. For educators, Brass weaves her Fathers story into a groundbreaking international anti-bullying campaign which has been experienced by thousands of Middle and High School aged students, adults, and hundreds of high-ranking military officials. Acclaimed by educators, principals and parents alike, Brass Standupster presentations and campaign has been effective in reducing bullying in schools because it provides a rallying cry for everyone to never stand by in the face of hatred, bigotry, and injustice; the program calls on the audience to use personal responsibility and moral leadership to rise together as being a Standupster to stop the bullying.

i am who i am speech: I AM Raphael Zernoff, 2013-08-27 The book you are about to read is a collection of posts, which have been published on the Internet, and elsewhere, under the name of Channeled Messages of High Frequencies by RZ. The messages are channelled from what is often referred to, as the higher self (selves) and the all knowing self. Channelling is a natural and inborn state of being, where there is a flawless communication between the physical and non-physical realities, which ultimately are your own undivided self. It is a very pleasant and relaxed state of being, where there is only love, peace, certainty, inclusion and a free flow of information about just anything that is relevant for one's experience.

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