



I Am That I Am: Discovering the Love, Peace, Joy and Stability of the True Self

Francis Dale Bennett

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“Do read this book if you are seeking. It keeps it simple, yet utterly profound.”—Scott Kiloby, author of *Love’s Quiet Revolution*

I Am That I Am began as a journal, written at the suggestion of author Francis Bennett’s spiritual director. It was intended to help Francis clarify and explore the shift in perception that had occurred to him—not only for his own sake, but for those who might seek his spiritual guidance in the future.

This deceptively simple book brings a unique freshness and humanity to the meeting of Christianity with Eastern investigation of the nature of the self. As Francis says, “Who I am is happiness and bliss ... don’t take my word for any of this. You can experiment with this on your own and discover for yourself whether or not these claims are true. This little book may be able to assist you in conducting just such an experiment in your own life. That is certainly my hope in writing it.”

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