

129 ATTRIBUTES

1. LOVE

KILI-NARNAVAK



Love flows in and out of the heart. It is the lifeblood of existence, nourishing everyone and everything, carrying hope, joy, comfort, inspiration as it circulates through each cell and atom of Creation.

2. PRAISE

STUBE-LI-ER-NASUT



The attitude of praise can become a deep spiritual practice until every cell eventually sings its song. This is truly the power and glory of praise. To praise our child for homework well done is also to praise ourselves for worthy parenting. To find worth in others is to find it in ourselves. To praise is to walk with reverent awareness through life.

3. GRATITUDE

GRAANIK-E-LES-PRAHUT



The gift of life and the many others we receive along our journey, propel us to new understanding and awareness. In times of deprivation or in times of over-indulgence, we may have lost our innate appreciation for the gifts that foster growth and make life a pleasure.

See the value in both the bounty and the challenge and offer heartfelt gratitude for both. By adopting a constant attitude of gratitude, you perpetuate the flow of whatever resource or experience supports your path.

4. SURRENDER

ISHTE-MINACH-VICHVA



Like a bird that flies gracefully with the wind, we surrender to the flow of life. In our lives, surrender may mean accepting new challenges or welcoming change. It helps to silence the mind where thoughts arise as a result of resistance to life.

5. WONDER AND AWE

AALIG-BRINIVET



Wonder and awe usher in 'the moment of magic'. A child can be completely in the moment while watching a caterpillar crawl across the sidewalk, noticing every detail and moment. These attitudes are the result of full awareness in the moment.

6. DEVOTION

KLU-BESBI



Devotion acts as a magnet, attracting what we focus on. This attitude has been prevalent in most religious communities because of its ability to manifest the miraculous by recognizing the divine in all things. Devotion lifts our vision higher and allows us to readjust what isn't creating harmony. The gift of devotion is the basis of manifestation of higher ideals.

7. PLAYFUL CONNECTION

URVANECH-HELESTAT-VIKLA-UNESH



When two or more beings interact in a lighthearted manner, the journey of life becomes more joyous and their energies ignite a spark. We connect with people every day while performing tasks ranging from the mundane to the profound. We can choose what those connections will be like. We choose the energy of those connections and that energy will be returned to us. The more playfulness we inject in every connection we make, the more joy there will be in our lives and the world.

8. SINCERITY

ARNIK-PELESVI



Sincerity comes from living in heartfelt truth. Deception does not exist in this reality. When we ask someone, "How are you?", do we really want to know or are we just being courteous? Are superficial connections helping or hindering us? What would the world look like if every interaction was heartfelt?

9. REVERENT APPRECIATION

PRU-BAA-BANIK-VI



Reverent appreciation arises when we cultivate a perspective untainted as a child looking at something for the first time. Recognizing the beauty and perfection of all it sees is seeing the essence of life without judgment.

10. STRENGTH

SHU-E-VI-SPA-VA



Strength is not short-lived. It is the quality that carries us through the extended rough patches of life, sustaining us through hardship, disappointment, reversals and pain by lightening our way with the twin torches of faith and love. Strength is born of the unshakeable trust that all is in divine order and ultimate good will prevail, even when chaos temporarily reigns.

11. AUTHENTICITY

KALENIK-E-STU-PREHUT-STER-U-VANET



To be authentic is to be true to one's unique expression as an individual. It is to speak and live one's truth in the silence of the mind. It is to act without the weight of self-reflection, knowing that all things are divine; all acts are acts of the Infinite working through us. Authenticity is therefore free of social conditioning – the attitude of a master who creates truth in each moment without fear of persecution. Authenticity is living truly and freely from the heart and creating without boundaries or restrictions, based on our unique expression.

12. EXPONENTIAL GROWTH

KLISH-VA-BER-NECH-VI



Growth no longer arrives in stages or by increments, step by step to higher levels. Instead, when ego has been shed, the heart is fully open and the mind becomes

silenced. We find that we are instantaneously awakened to the realization of our perfection.

13. REVERENCE

ERES-TAT-VI-PLAVUNA-VAR-STIT



Reverence pays homage to the divinity inherent in all life. Once our eyes open to the perfect aspect of the Infinite that animates and dwells in each individual creation as well as expressing in the totality of Creation, it is impossible not to feel reverence.

14. EFFORTLESS ACCOMPLISHMENT

GRAANIK-BLI-VASHBI



When we are in full cooperation with life, we have the ability to create with ease. We are led effortlessly to where we need to be. One synchronicity leads to another until the vision held, manifests.

15. ACCESSING INFINITE POTENTIAL

U-A-LECH-VI



Potential exists within the template of each life. When we make our highest choices each moment, step by step, we fulfill our contract with the Infinite. In doing this, we access Infinite Potential. This great gift transfigures us and uplifts all life.

16. FAITH

SHPI-UNACH-VERSAT-VEL-ESH-PRAVI



Faith is the unwavering surrender to the undeniable presence of divine order that permeates all life. It is strength through inner conviction and trust in the Source of all that is. It is the courage and determination to embrace life's infinite possibilities.

17. SUSTAINED JOY

KARAT-NENHU-STERNAVIK



Being in the Now, the body accesses the joy of life. When you feel great joy and jubilation moment by moment, the fullness of life reveals itself to you and life becomes a journey of exploration.

18. APPRECIATION

KILI-NESVI-PRESH-VAR-HA



Appreciation is the overwhelming thankfulness that streams from us when we are touched by an individual act or experience. The unexpected call from a busy husband who just wants to hear your voice, the exuberant hug from a child rushing home from school, can trigger this glow of recognition and appreciation.

19. SELF-LOVE

PU-U-LAVIR-SPERVA



For most, life has been a continual search for love, connection and affirmation. All our relationships mirror the degree of connection to our Infinite self and to our level of self-love. That level of self-love in turn determines who and what we attract and how healthy and happy our subsequent associations are.

True self-love comes from self-knowledge – the acknowledgement of the divinity within. When we approach another from an exalted state of deep self-love, we can accept nothing less than full recognition of our mutual divinity.

20. HARMONIOUS INTERACTION

ARUSTAT-VER-ESH-PAVI



The melody of harmonious interaction rings out when we live in the full realization we are of one mind and one heart with everything and everyone everywhere. We can share a common vision and an empathic connection.

21. GRACEFUL MANIFESTATION

IR-NES-EL-EK-PRANIK-VIRS-PAVA



Our lives are in graceful manifestation when we live in harmony with the rhythms of the Earth. Indigenous peoples have traditionally lived in harmony with Mother Earth, respecting her rhythms and cycles. We are One with nature, whether or not we

consciously acknowledge it. Nature is change; the old is always giving way to the new. We put forth our heart's desire, trusting in divine order and anticipating manifestation with grace. We honor the rhythms of doing and being, sowing and reaping.

22. SELF-RESPONSIBILITY

UR-NAVECH-SPAUI-KEL-ESH-PRA-UK-NER-VER-NASTAT



To overcome lower attitudes such as feelings of victimhood, guilt and the need for approval from external sources, we must learn to embody the attitude of self-responsibility. Transformation can take place only when we know ourselves to be ultimately the source of everything in our lives. True self-empowerment is gained from this attitude. Self-responsibility offers the choice to change what is no longer life-enhancing and to create new realities by changing within.

23. ELEGANT TRANSITIONS

MINI-URECH-SPA-VA-EL



When we change from one state to another with fluidity and graceful surrender, we make an elegant transition. As we walk through life, a plethora of opportunities present themselves for us to transform and grow. We have complete control over how we approach these opportunities and transitions. They can be difficult, or as simple and elegant as a butterfly emerging from a cocoon.

24. DELIGHTED SERVICE

E-RESNACH-VI-STIT-NARVA



Delighted Service is the joyful expression of life ministering to itself, effortlessly and seamlessly. True service has pure intent as its foundation. When we appreciate the perfection of life it inspires us to fulfill our highest calling: dedicating ourselves to all life in devoted and delighted service.

25. CHILDLIKE PLAYFULNESS

KLU-ER-HASPAVI



A child can feel unbounded delight in almost every new experience because he is unencumbered by self-reflection. The judgments and reactions of others are irrelevant and he is totally free to enjoy.

26. NOTICING BEAUTY

PEL-ESH-PE-ER-NAKSTA-UR-NAVER



Beauty surrounds us every moment if we will only recognize it and set aside our conditioned judgment and programming. It may also exist in what we have been taught to reject as unworthy or uninteresting, but these things are also part of Creation and deserving of our understanding for their purpose.

27. OPENNESS OF THE HEART

AAS-VERHUT-SPERNIK-SPERVA



An open heart recognizes that it is a consciousness super-imposed over all that is. Therefore to withhold the bounty of one's heart from another is to withhold it from one's self. Openness of the heart is an attitude of giving and receiving freely with the knowledge that we are all there is and so there is nothing to fear or protect. The heart is the new life-force center so resistance to life is also reflected in the heart. A truly open heart knows no resistance to life. An attitude of openness requires approaching everything with fresh eyes, a child-like perspective that approaches everything with curiosity and excitement. A silent mind is the perfect companion to an open-heart.

28. INNER RESONANCE

PIL-HES-PRA-UR-NAVISPA-ESHKLAVU



When we are living the highest possible states of being, the resonance of the Infinite is balanced with our own Inner Resonance. Great peace, bliss and harmony result.

29. SPONTANEOUS EXPRESSION

GRENİK-SHTER-NAVIT



Have the freedom to express one's self in the moment without fear of reprisal from another. It takes courage to speak your truth when you know it does not conform

with others' opinions. Value heartfelt and sincere expressions in yourself and others. Children should be allowed to have spontaneous expression in order to develop self-confidence and feel love for themselves, rather than feeling accepted only when they please others.

30. BIRTHING POTENTIAL

BRI-ASVEL-ESH-ERNASAVIR-PREVA



The new raw, unformed idea is just beginning to take shape and is still fluid and flexible, able to morph into greatness yet unseen.

We experience potential through our insight, perceptions and experiences that then expand our abilities into yet unknown places. This then births a whole unknown potential, leading us into a greater version of ourselves or our abilities within the vastness of life.

31. INNER PEACE

PI-ARLA-ECH-PREVUSTRET-NARVASUT



Inner Peace comes from knowing no matter what, all is in perfection. When our lives are lived in total surrender, inner peace occurs.

Inner Peace is entering into the purity of one's self. It comes from not fighting circumstances or resisting life. It happens from not reacting to things but taking them as they come and resting in what is.

32. BOUNDARY-LESS FREEDOM

PIRIT-NEN-HURSAT



It is like a breeze that flows effortlessly to nurture with its soothing, comforting presence and with the power to sustain life. It is an unrestricted flow of life, penetrating every corner of existence in its ability to express. It is a limitless expression of life to our fullest potential – living a path with heart. It is joyfully expressing every moment to the fullest.

33. GENEROSITY

KRI-UNAG-VERSTAVU-PLESH-HET



Giving of oneself to another for the sheer enjoyment of the act is pure generosity. Generosity can take many forms; opening the door for an elderly person, giving to the hungry or helping your fellow man are some ways of being generous. Touching someone's heart and making their day happier than the day before. Generosity opens the heart for a sharing of great joy to be present.

34. COMMITTED RESOLVE

ERNAVICH-SPERNAVU-PEL-ESH-URNASET



There is a saying that states, "When one finally decides to make the choice to step out into something, it is then and only then that the Universe rushes up to meet one." Life rarely comes knocking at our door. Each of us is asked to fulfill the task

of learning enough about ourselves to step out in committed resolve. We are asked to take one step at a time and to commit fully. As we do, the next step will be revealed to us.

35. EMPATHIC INTERACTION

KRANIK-PELSHBA-VIRNASET



We all long to be heard, but few realize how much distortion exists, preventing that goal. To have true, clear interaction with another, mind chatter must be stilled. When the mind is silenced, one can fully hear, from the heart.

When the mind is stilled, the heart can feel the emotional content behind the words. Rather than applying your own feelings and attitudes to the situation, empathy allows you to experience another's perspective. Empathic interaction enriches communication and honors the depth of what is being conveyed. When clearly and honestly engaged, there is no risk of emotional manipulation.

36. SPONTANEOUS DELIGHT

EL-ESH-URNAVER-STAVA



Spontaneous Delight may sweep us off our feet at any moment. Seeing the beauty in another's eyes or hearing the simple words that create the spark that uplifts the spirit. Spontaneous delight arises when we are fully aware of the joys of the moment.

37. MANIFESTING HEART'S DESIRE

KRA-NUTSPER-HAKLER-VISPRANOUT



Many of us have desires that, when un-manifested, leave us feeling frustrated and unfulfilled. These are usually the deeper heart/soul desires like finding our life's purpose, how we can best serve or finding our soul mate/soul group.

Energy flows in the direction of our thoughts and feelings. Setting an intention is paramount. There is an emotional component required as well as the unwavering knowledge that the manifestation is already complete. By feeling it, touching it, seeing it, 'acting as if', we make it so.

Sometimes we just need to trust in the cosmic process. If trying to find their soul mate now, with recent changes in the cosmos we will be attracted to those with a life frequency.

As one goes into mastery levels, life becomes more synchronistic. Physical manifestations can become nearly instantaneous and effortless. One learns to trust in divine timing and the perfection of all things.

38. FULL ATTENTION TO THE NOW

EL-ESHVI-STERNAVIR



The silent mind is the answer to living in the moment. To hear, see and fully experience the Now, we must be in a silent mind. In this way we do not miss any of the joys or nuances of life. As we experience everything to the fullest, it becomes part of us. All life becomes richer.

39. PASSIONATE EXPLORATION

KRANIK-BELSHPA-HURNA-VISPAVA



Passionate Exploration follows our heart's desire into unknown areas. Columbus and Neal Armstrong both had a burning desire to follow a path never before trodden, trusting in both the journey and the destination. Everyone must explore their own passions to meaningfully contribute to the interconnectedness of all life.

40. INTIMATE CONNECTION

ERL-KLESH-VRAHU



Connecting intimately allows us to explore the mystery of our beingness deeper and deeper, with innocence, purity and the truth of our essence. It is a graceful dance with life. It is a full surrender to the moment with the full attention to the Now. It is a timeless heartfelt desire of innocent living.

41. POWER THROUGH PERCEPTION

ARH-LU-VRA-ESH-VE-UTNAVIR-SPAVIT



Power through perception comes when one follows one's heart, living from every moment's highest potential on a path of impeccability. If one lives in purity and truth with themselves and others, one will receive insights. Only through insights and perception true power is given. Seeking only power, growth stops.

42. ACCESSING THE UNKNOWN

URLA-AS-ERH-ESVI-SPERNAVUT



Accessing the unknown can sometimes be felt as though we are standing on a cliff and having the Master push us into flight. These first few moments take the breath away as we learn we really do have wings and can soar like the eagles. As we climb higher and higher on the wind currents, we find that in the deep silence we suddenly discover our sovereignty. We are, within the recesses of our soul, able to bring forth new and brilliant ideas, knowledge and wisdom.

43. RECOGNIZING THE DIVINE

KLU-ARNU-VIR-SPERVA



Recognizing the divine is seeing the beauty within all things, the value and contribution all life has in terms of its impact on the whole. The flower is no less than the redwood tree. The homeless man is no less divine than the holy man. To recognize the divine is to live in a constant state of love, praise and gratitude for all that is. It is to behold in awe the miracle that is life, from the morning dew to the glory of a city skyline. Recognizing the divine is an attitude that includes honoring the divine within one's self and our body.

44. INNOCENT ENJOYMENT

UH-VRAHER-VUSET-KRINAG-BERSPA-HER-EK-KLITVASUT



Enjoying all the pleasures in life in a spontaneous fashion. You open your eyes in a moment to see the beauty of nature. Your heart becomes the camera that captures these pristine moments. You see life without an agenda.

45. SELF-TRUST

SPU-PLE-ARNAVAK-SKUL-ES-VER-NUT



Self-trust knows that we are guided to make the right decision as long as we live our heart's truth, purely and without agenda. We then know there are really no failures, only growth.

46. DNA Angel: Living in the Moment of Innocence

BAALIG-NAR-SUT-HER-VRE-U-VRA-STET



The moment of innocence is that precious place of the child – wide-eyed, open and free. Deeply desirous to explore the essence of life in all its wonder. Knowing nothing, embracing everything as if it were the first time to discover it. This is life in the moment, pure, untainted by past comparisons, assumptions or future expectations. Simply freely unfolding in magnificence before you.

47. Abundant Living

E-LI-NAR-NUG-HERR-VRISHPRAVA



Abundant living occurs when living the core of our being, accepting all as perfection and in divine order; knowing whatever happens is for the benefit of our self and the whole. The one who lives in the flow of abundance from their core, lives a life of wonder.

48. COMPLETE SURRENDER

ARSNECH-VISH-PLET-VRA-UR-VRI-STAT-VI-BEL-ESH-PRET-VERNAT



It is the core and basis of all emotions. It is trusting in the divine perfection of our highest individuation, which is one with all that is – the Infinite Mother and Father. It is total surrender to every moment of our existence, trusting that our lives are guided in every way by our largest identity that spans all existence, a being as vast as all that is, having a human experience. As we surrender, our love expands and we become more inclusive in our actions. Complete surrender allows us to grow rapidly and exponentially.

49. EMBRACING CHANGE

KERSTAVA-U-LA-VIG



There is only one thing constant in the Universe and that is change. Stagnation after a period of time brings decay. Embracing change allows all things to move in their

own way, welcoming the new and allowing the old to fade away. Change resisted over time becomes painful change. Living in the moment allows each new change to be a courageous adventure of mystery and magic.

50. REACHING FOR THE UNKNOWNABLE

PRUNATVI-STER-E-RUT



The beauty and majesty of reaching for the unknowable is that it evolves all life forms in the cosmos. To reach for the unknowable shatters all worn and outmoded ways of being and can become the wayshower for a new life to emerge.

51. ARTISTIC EXPRESSION

PLI-BRASAT-VER-SUT-E-KLAT-VER-ES-VI



Artistic Expression taps into the joy and beauty that is the new reality being birthed. Expression is not the gift of an anointed few, but your birthright. Artistic Expression is the heartfelt adoration of the Infinite Mother, an epic poem of praise to life. Artistic pursuits are often devalued in favor of 'hard' sciences, technology and the acquisition of wealth and power. In the new paradigm being birthed, all will find vast pleasure in their own personal artistic expression and in enjoying the creations of others.

52. ENGENDERING DELIGHT

ARL-LESH-PRIT-PRANIK-ESRE-TREVA



A moment of clear insight can engender delight, revealing the messages to be shared in the most beautiful way. As discoveries of the new and the real are made in our exploration of life, they engender delight.

53. LIVING FROM THE HEART

ELSH-PRA-UT-VRA-AT-MA-SET



When the mind is silenced the heart bursts open. It is then that we can truly live from the heart, aware that it is a sacred space. The heart is where we experience who we really are. It is also the way we can consciously co-create our world and fulfill our purpose for being. In the heart we can expand until we include everything and know we are beings as vast as the cosmos. By living from the heart, we realize separation is an illusion. By living from the heart we connect to all life. But the ultimate joy of living from the heart is knowing that we and the Infinite Mother/Father are one. This is our birthright.

54. SELF-RELIANCE

MIN-HURS-PLE-ER-VERS-KLA-VRA-UT



Do not wait for others to do for you what you can do for yourself. Be courageous and step up, make yourself strong and do what is your responsibility to do. To make

others responsible for your process is to sell yourself short. Nothing is given to do that is beyond your ability. You are your own ultimate savior.

55. ABSOLUTE TRUTH

ERK- NESH-VRIT-KLA-U-MIN-ERS-STAT



Absolute Truth is the word as spoken by Mother, truth that is free from imperfection. Each moment has its own absolute truth. But be fluid in your truths. Today's absolute truth may not be tomorrow's. As we expand and grow our ability to comprehend a great truth also expands and grows.

56. GROWING THROUGH GRACE

A RLIK-PELSH-PLA-ER-SUT-BIR-NER-STAT



A new way of evolving has been ushered in. Through grace, life unfolds effortlessly and reveals the moment for action and the moment to rest, the moment to advance and the moment to retreat. In a perfect dance with the rhythm of life, we grow. We feel inspired by observing our environment, grasping higher and higher consciousness, moving graciously in harmony with the interconnectedness of all life.

57. TRUE HUMILITY

URLEG--ERSNA-VRA-STUT



True Humility is felt in service to another. It is felt as each of our gifts come forth to be expressed and used for the highest good of all with whom we come in contact. Each day as we connect with one another and with Mother there is this heartfelt humility present, the knowing that each life is equally important in the greater scheme. It also means we acknowledge how little can be known from our vantage point.

Looking within, acknowledging and validating the path you chose, doing what your heart tells you when everything else says no, is true humility. Acknowledging self-guidance is using your intuition when you notice signs in your environment and know that they are signs from yourself.

58. ACKNOWLEDGING SELF-GUIDANCE

LA-UR-MIR-NA-VA



Looking within and acknowledging the path that only you choose. Doing what your heart tells you, when everything else says no. Acknowledging Self-Guidance is using your intuition when you notice signs in your environment, and you know that these signs are from yourself.

59. LIVING WITH DISCERNMENT

KIL-ES-PRIT-PRANIK-VIRS-PRET-PRA-VA



Living with discernment acknowledges that each step taken is guided by the hand of the Infinite. It is living in the moment, focusing only on the next step and knowing that the signs of life will point to the most life-enhancing path. Living with discernment means reading your environment but it also means listening to your body. The feelings of the heart and body provide an accurate map and compass to the most life-enhancing choices. When living in the moment, the signs in one's environment reveal the will of the Infinite. To live with true discernment in every moment is to know the self and be still, following the desires of the heart.

60. EFFORTLESS KNOWING

UR-SPAK-PRA-NUT-VERS-PA



This is the inner knowing that comes from the heart without struggle. Mind chatter ceases and the divine heart fulfills its calling.

61. COURAGEOUS EXPLORATION

EL-ESH-NUR-HESH-PRET-PRANIT-VIR-SPA-VA



It is living the wild man or wild woman in you. It is letting go of the fears and inhibitions of the unknown and feeling the freedom to explore new adventures. It is the feeling of riding a roller coaster for the very first time. While the car is slowly

pulling up that first hill, your heart is pounding, knowing you are going to plunge down the other side at any moment. You know you won't get hurt, but you are scared anyway. When you finally go over the top and head downward, you may laugh and scream but you feel the exhilaration and excitement of a new sensation. It took courage but retrospectively, you think it was fun. That is truly the heart of courageous exploration.

62. DNA ANGEL - HONORING YOUR GODHOOD

KEL-ARAK-NANUR-STA-VA



Respective, cherishing, adoring your essence, your splendor, your vastness, your source of existence and your deep inner connection to the Mother of all that is, of which you are a unique and precious part.

It is humble bowing to the Goddess/God within in deep love, praise and gratitude. Beyond the ego's play and personality, our true beloved within us is our Godhood. It is our connection, inner sense and knowing we are so much greater than this physical form, that we are truly the creators and the created in the most beautiful play of life and living in the heart of the Goddess.

Taking time every day to respect and honor your essence, a heartfelt acknowledgement of the purity and splendor of your Godhood, the I AM. Nothing and everything – born anew in every moment.

63. PURITY IN ACTION

ELSH-BIR-NIT-STER-VI-KEL-ESH-BRA-NU-VET



Living from the heart in childlike wonder and perspective, seeing with innocence and sincere love, life unfolds around us.

64. RECEPTIVITY

P-LE-NES-VI



It is the self-sustaining womb of creation, the conduit that receives and nurtures, as life giving unto itself. It is an openness, allowing and responsive to life. It is welcoming with an open heart and mind in total embrace without judgment.

65. ASSUMING THE MANTLE OF DESTINY

KAA RSH-NEN-HUT-SER-PLIT-VERSKRA-VA-RA-VIT



Life offers many choices. Since this Earth is the cradle of cosmic civilization, it is the pivot point of life. Therefore it is essential that we take responsibility for all our thoughts, words and actions. They affect every particle of matter; the photons that carry information throughout time and space. It is truly our responsibility to express the highest intent for everyone and everything. Love is the highest vibration that is. Saying "I love you" reverberates throughout the cosmos.

66. EMPOWERMENT THROUGH GROWTH

KERS-VA-PI-LI-NES-VRA-ERSH-TRA-VU



If we see each day as a cycle of growth, we can gauge how far we have come at the end of each day. By looking over the events to see where we have progressed, we can determine which areas need further growth. Empowerment through growth can be accomplished by gaining insights as we live with awareness. Setting a series of

goals and intentions in each area of life can also be helpful. Recognizing our accomplishments, big and small, can be empowering and lead to further growth through inspiration and a sense of confidence. To be empowered causes one to stand tall, unafraid of the unknown because he has developed the robustness to face challenges.

67. HEART'S COGNITION

KILINESVI-BIRNET-SER-VATUT



It is time to trust in the wisdom of the heart. Our mental bodies have held sway, limiting our perceptions and controlling through fear and limitation. The heart is the gateway to living in grace and ease. All knowing is received, undistorted and in alignment with its highest purpose when it is accessed through the heart.

68. BLISSFUL UNION

BLI-ESH-NUT-TRA-VA-SER-UT-VER-ES-PLE-VRA-HUT



As plants in a garden share the same sunlight and the same Earth on the same planet, so we are all created from the love of the Infinite. Feeling our oneness with one another, as well as our oneness with the Infinite, brings about blissful union.

69. CHILD-LIKE ENTHUSIASM

KAR-NAVIK



How do you approach each day? Each task? Each step? Walking your chosen path may, at times, seem like drudgery. At such a time, beckon your Inner Child - who is not a remnant of the past, but an ever present and joyful aspect of you - to breathe new life into every unfolding moment. With your youthful self firmly in tow, experience each moment with Childlike Enthusiasm: a bundle of surprise, wrapped in enthusiasm and tied with a rainbow ribbon of giddy excitement and anticipation. Life is not meant to be endured, but to be celebrated.

70. GRACEFUL EVOLUTION

EL-STA-MI-NARCH-MIRCH-BA-KRU-NES-PRA-UUS-VER-ES-TRA



Everything evolves from taking one action at a time after an initial inspiration awakens a creative impulse. Why then, as man grows, does he struggle through the many processes of life? To live in this uninspired way blocks us from living a life of graceful evolution. Opening your heart and mind to the great unfolding of deep desires coupled with inspiration, we then can naturally take actions that lead to everything falling into place. Inspired action leads us step by step to a life of graceful evolution.

71. FREEDOM OF EXPRESSION



ER-BARNA-VIT-PEL-ES-USTRA-MING-HUR-TRE-VE

There are many forms of expression; physical movement, verbal and audio to name a few. When a person has an inner knowing that the time is right for a specific form of expression and acts upon that knowing, freedom of expression is born. Spontaneous expression from the heart is freedom in action.

72. POISE

PULSH-PRANIK-VIRS-BRA-VA



Poise comes from disciplined and unconditional life, fully surrendered to the unfolding expressing of the larger vision of what is life-enhancing to all. A master with poise is anchored with balance, confidence and stability in the center of his being.

73. LIVING IN THE FULLNESS OF OUR SPLENDOR

E-U-A-RAVACH-SPREHUT-ERNAT



Living in fullness, one's heart sings with joy knowing their cup runneth over. In an abundant cosmos there is more than enough for all. Embracing our fullness, every cell vibrating, we are accessing our full potential and living it.

74. DYNAMIC BALANCE

IRSH-KLET-NUT-SPER-VRA-BRA-NAR-VIK



If we think of the movement of our life as poetry in motion, it takes on a whole new dimension and becomes an artistic expression. We dance the song of life and we are the song of life. We bring forth the dynamic balance within and are the dynamic balance of all.

Like the dancer performing her graceful ballet in the middle of all that is occurring around here, we too remain perfectly centered in a majestic balance in All That Is. We rest in peace with the knowledge and understanding that all is well; that the tides come in, the tides go out, the sun rises, the sun sets but we remain in the center of All That Is – content, complete, whole and holding all dynamic balance within.

75. EFFORTLESS PURIFICATION

KLUANES-VI



Effortless Purification comes from the attitude held by one who ceases to strive, knowing that intention and not effort is the driving force of the cosmos. In true sincerity, purification happens naturally, especially for someone in constant love, praise and gratitude. Effortless purification happens as a result of the right attitude when one realizes there is really nothing to purify. To cease to strive is to have absolute faith in one's own ability to positively manifest the circumstances needed for success and growth. To cease to strive is to have unwavering confidence in the majesty of the Divine Mother and to constantly have one's eyes locked on the calm horizon beyond the storm.

76. LIFE-ENHANCING CHOICES

SPU-PLERET-ERNIK-VERS-PRA-VRA-NA-VUT



Life-enhancing choices are those that enhance not only our growth but the growth of the web of existence. The choices we make give clarity to the person we are becoming on this journey of ascension. We are faced with these choices daily. The student asks which is right or wrong. The master asks, 'Who am I?' and then acts from his largest identity as a being vast as the cosmos.

77. INSPIRED ACTION

EL-EHVI-SPER-RUCH-NAR-VA-HUT



Feel the passion to do something creative that really makes your heart sing, something you really love. You may decide to start a new business you have always dreamed of; you may leave your job in the city and buy a ranch in the country because it has always been your passion. Instead of dressing to conform to the standards of others, you may decide to be wild and wear something different and daring because it is the true expression of how you want to look and feel. Whenever you feel the inspiration to do something, instead of being safe, find the courage to take action and just do it.

78. FUNCTIONING FROM THE CORE

KRI-ES-BIL-EK-VRA-STUT



Moving in life from the place of power, the center of your being, the place where balance, knowing and divine connection all meet and flow; the openness of heart, clarity of mind, and effortless ability to take action. You see yourself flow through the day fully awake and aware to every moment, yet expansive and free, all of you functioning in harmony with life in ease and grace. You stand in the center of the circle of life and can move effortlessly in any direction for all is open and available to you from this place of the core.

79. SELF-DISCOVERY

EL-ARUT-PEL-ESH-VA-EL



The greatest adventure is found on the inward journey of self-discovery. Instead of seeing the stars and spaciousness of the outer world as more real, one realizes that what is without is but a reflection of what is within. The inner beauty of self becomes more real to one than the outside world. Discovering oneself within.

80. REINTEGRATING ALL ASPECTS OF EXISTENCE

IRS-MIN-HER-HU-SPEL-ES-VRA



It is unconditionally fully embracing life back to its Source. It is like the return of the prodigal child to the family fold. It is the renewal of the relationship between the self with the Infinite being that sustains all life. It is the restoring of oneself with the

wholeness of life and reinstating ourselves into our divine heritage, merging with our original Source.

81. INTERPRETIVE DANCE OF POTENTIAL

PLE-ESH-UR-NA-VES



The interpretive dance of potential can take many forms depending on one's perspective. Dance is sacred movement in time and space, interpreting form into formlessness. It can be the light dances of healing light energy, dancing waves in the ocean or the internal music of the soul. When dance comes from the heart it is truly magic in sacred motion where all possibilities exist and Higher Self creates great artistic expression of itself. Potential is limitless and interpretive dance is the exploration of all possibilities of the Infinite.

82. SELF-ACCEPTANCE

KRANUK-ARUCH-MINHUR-SET-VA-EL



Some attitudes may seem daunting and self-acceptance can too easily be tossed aside for what seems like higher work. Self-acceptance has become somewhat trite, when in truth it is paramount to all holy work. To practice the attitude of self-acceptance we must recognize that we all have issues to confront at any given time. If not, it will create difficulty in accepting not only others, but also ourselves. A lack of self-acceptance sets up barriers to growth and inspiration. Failure is an opportunity to grow larger into our true self and gain the attitude of Self Acceptance.

83. EXPANSIVE VISION

LA-HU-NA-VISCH



Seeing beyond the obvious gives one but a glimpse of the infinite potential of existence. Whether seeing with physical eyes, or multidimensional sight, the vista is forever expanding and changing.

84. INNER GOVERNMENT

KEL-ES-PRATVI-PRE-NEK-VRA-US-TA-VIK



The workings within, like gears in a grandfather clock are the inner government of a masterful life. The outer wood casing holding it together is the ethics of society. A self-governed life stems from knowing that to injure another, is to injure ourselves.

85. ACKNOWLEDGING THE DIVINITY OF LIFE

IR-A-VRI-NES-HEL-ESH-VIRS-TA-VA



There comes a time in our spiritual evolution when we realize the Divinity within us. This occurs even though social conditioning and cultural programming speak to the contrary. From conception to the present moment, various messages of separateness, lack, helplessness and insignificance are thrust upon us. But there is a more powerful "code" within us that knows we are One with all. When we truly acknowledge that Divinity in ourselves, then we will acknowledge the Divinity of All Life!

86. SEEING THERE IS NO FAILURE

PLI-ER-NAK-UR-NAS-STUT-VIRSKLAVA



As the saying goes, 'In order to succeed, one must try and try again'. There is no success without many seeming failures. It takes some 18-odd years for a child to grow to adulthood and self-sufficiency. This never takes place without many failures. The problem is getting stuck in the belief that we are defined by our failures. Many parents and children spend a lifetime lamenting the failures of years because we have not been taught that 'there is no failure.' Take a moment to scan your life and see where you can apply this attitude, then notice the dramatic shift in awareness and the sense of power and freedom it can provide.

87. UNLIMITED ABUNDANCE

KLI-ES-MIR-NA-VET



We seemingly have many needs: love, money, friendship, health, food, clothing, shelter, and family, to name a few. When we have enough of everything to survive, we have adequate abundance. When we have more of everything than we could ever use we have unlimited abundance. When we step fully into our power, we pull towards ourselves the unlimited abundance the universe is providing for us.

88. ABUNDANT LIFE

EL-ER-MIL-INES-RAT-UT-VRE-ES-VERSTAT-VER-NA-STUT



We can amply observe and feel the vastness of potential, the enormous possibilities and opportunities to manifest life as demonstrated in nature; full of abundance as life gives to itself. Our utilizing this abundance depends only on how much we can dream, envision, desire and how much we can pour love into it. We truly become co-creators of our realities without limits when we feel an appreciation for who we are at the moment and love, praise and gratitude for the potential of who we can become – a glorious gift from creation.

89. HARMONIOUS INTERACTION WITH LIFE

MU-UR-NA-VA



Interacting with full co-operation with life creates harmony in all aspects of living. In harmony there is peace – the result of our surrendering to the flow.

90. ILLUMINATED CHOICES

KLA NAAS-VIRS-PA-PEL-ECH-EL-NU-SUT



Observe as the little child begins her game of hopscotch. Note how the pink chalk squares are precisely drawn on the sidewalk. The path is carefully laid out, drawn and set. As she tosses her round stone, it lands on the precise spot and she hops on one foot and moves forward to where the stone has landed; only placing the other foot down occasionally as allowed on the double squares.

To this child this is a game of illuminated choices as she hops carefully from one square to the next stopping to pick up the stone in order to cast it forward again.

So we also have opportunities to do likewise. It is when we become still and quiet that the guidance and directions in our own life light up and become illumined. We know we're on the right path as our choices become clearer and clearer – illuminated before our very eyes and confirmed by the affirmation of our heart.

91. SACRED RELATIONSHIPS

VERSPA-VIL-ES-VES-BI



An attitude of sacred relationships is one that sees every interaction as a communion with the divine. If all things are within, then every relationship is a relationship with self. Thus truly one must treat others as one would treat one's self; the two are one and the same. A sacred relationship is one where the divine is honored, acknowledged, and revered in oneself and all others.

92. SPONTANEOUS HEALING

PERNEVEK-PELESVRA-HUS-PA-VIT



Spontaneous healing can come from within or from another person. Gained perception causes stumbling blocks to be removed instantly and healing to occur spontaneously. These healings come from divine intervention and grace.

93. FLOURISHING LIFE

KRANUCH-BI-LIS-SHU-NA-RUT



See the perfection behind appearances and fill your heart with love for everyone. Live from the utmost place of joy. Drop your fears and inhibitions. Let the inner child come forth and learn to laugh and play. Revel in the beauty and splendor of nature. Stop and admire the exquisite beauty of a rose. Be happy for no reason and be grateful for all blessings. Always live in the moment and you will be empowered to live a flourishing life.

94. DELIGHTFUL DISCOVERY

KRIMI-PER-ES-HURNA-VI-RES-BI



It is being in the freedom and elation of the moment where delightful discoveries await; locating, uncovering, finding a treasure in joyous celebration. Happily opening to the possibilities and unearthing the gifts of insights in the myriad experiences of life, allows every moment to reveal the delightful discovery that awaits you.

95. RAPID REGENERATION

VIL-SPRET-PRAT-UT-NARHAT-VER-STA



When we do not oppose life but let it effortlessly come to us, we learn to appreciate all of it – not only the good parts. It is at this point that we stop fighting life and welcome it with open arms. When we start accepting life as it is, rapid regeneration takes place. It is in opposing life that decay occurs.

96. GRACEFUL OVERCOMING

AR-LA-VICH



Graceful Overcoming results from allowing and embracing the divine perfection of experience. It is like the fluid in our body that lubricates the joints, allowing bones to move freely without grating or irritation. It is the effortless dance with life, like the water in a stream flowing gracefully around any obstacles. With this attitude, we face challenges with the absolute conviction of the divine perfection underlying all appearances.

97. BLOSSOMING AWARENESS

STA-U-MER-NER-US-TA-VA



Our journey of self-discovery is like a child who, day by day, takes tiny steps into a new life. With the assistance of loving parents, new adventures unfold; riding a bike, playing a piano, etc. depending on the love in the environment, the child will start to blossom into a beautiful, skilled and magnificent being. Surrounded by the love of the Infinite, our open hearts blossom into something entirely new, fresh and vibrant.

98. INTEGRATED COMPOSURE

KRANIK- VERSHPA-URLECH-VIL-ESHPRAVA



Integrated Composure is a new attitude for the ascended planet and cosmos. Its important service is in integrating all potential and releasing it into life. With the many facets of growth rapidly expanding, the potential is also expanding on a quantum level and at quantum speed. To practice the attitude of integrated composure is to integrate new life fluidly and with mastery as we grow. As we become masters in these new realms, we are able to create greater and greater works.

99. ORGASMIC RECOGNITION

PLI-VI-ER-ES-TA



As one strives for knowledge and growth, at times one achieves a huge new understanding. When no doubt exists as to the breathtaking immensity of what has been revealed, the entire being pulses in orgasmic recognition of the wondrous event. Orgasmic recognition is the affirmation of growth through grace that has taken place.

100. EXPONENTIAL COMMUNICATION

LI-ESBRA-UR-NA-VI



Light is accessed information. Light travels exponentially, not linearly as before. So too does communication. For the instant, empathic and telepathic communication to take place, there has to be silence of the mind so that a heart connection can take place.

When one awakens to the awareness that there is a spiritual journey to be embarked upon, the whole world opens to new possibilities. Discernment is needed to feel what path may be drawing us. Eventually one comes to the 'Y' in the road; the question asked is, "Do I stay on the path where I am comfortable, or do I take the higher, less traveled path?"

101. CHOOSING THE HIGHEST PATH

PLASH- PLAA-NIK-VRA-U-VRE-STUT



Imagine for a moment, the image of a pyramid. At the base lies known spiritual concepts, familiar practices and promises of bliss and enlightenment. Eventually, as one progresses on the path, eyes are turned to the apex. This is where ascension and ascended mastery are found. A choice needs to be made; the higher path, to live in ascended mastery while in physical embodiment, or to stay with the masses in conformity.

102. DYNAMIC EXPRESSION OF THE INNER FAMILY

VIRSPA-NIL-NUT-EL-ESH-KLAAT-NAR-VA



I am my own family. Within me live the many factions of my being. All the members of my family within give me gentleness and strength, wisdom and playful joy. They give richness I would not have without them. As each is needed, they come out and bless my life with their particularly contribution, dynamically expressing their gifts.

103. OPENNESS TO ALL POSSIBILITIES

IRS- TA-VACH



When a person lives by belief systems they have created, they restrict what can occur in their lives. If you are truly open to all possibilities, you can do what seems impossible. Remove your belief systems and you are an open book, eagerly anticipating all opportunities presented.

104. PULSATING FIELDS

URS-MEN-HUR-NA-VER-STAT



Accessing the pulsating fields of creation allows fluidity in communication and fluidity in exchange. Like in breath and out breath, giving and receiving are in perfect harmony and balance. Aligning ourselves with this rhythmic pulsation is to align ourselves with the heart-expanding and contracting dynamic flow of life.

105. SELF-SUSTENANCE

E-LI-MISH-NAN-HUR-VER-STA-VA



A knowing that within ourselves we have all that we require, whether it is strength, courage, love or compassion. There are endless possibilities to draw on from within

ourselves. The conviction that we do not need to look outside our self, that all is within, is the basis of self-sustenance.

106. AFFLUENT ACCESS

SHU-VIR-NA-VACH



A man was to be granted his heart's desire by a genie if he could fulfill one condition: he had to walk through a cornfield from one side to the other and observing the ears of corn, he was to pick the most perfect one. The only requirement the genie made was that the man could not turn around and go backward; he had to continually move forward on his quest.

As he walked through the field, he found many perfect ears of corn but believed the most perfect, the most beautiful, still lay ahead. He failed to recognize and access the beautiful affluence that surrounded his every step, waiting instead for a 'perfection' that lay ahead. He finally came to the far edge of the field and had to abandon his quest empty-handed and with no bounty to present to the genie.

Let us seize the affluence of this moment.

107. PURE INTENTION

PRI-NES-PRAVA



To be of pure intention is to have the intent to be of service to the Divine Mother and the ascension of humanity at the forefront of one's consciousness and the core of one's being. Pure intention is without ego, agenda or self-serving attitude. It is an intention that wishes only to bring about the greatest good for all.

108. IMPECCABLE TIMING

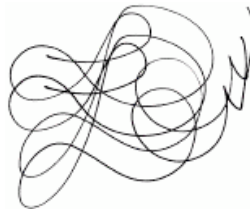
ER-UCH-NEN-HUR-SETVI-BELSH-PRA-VI



Impeccable Timing entails making choices at the right time and place. It happens when we live from our highest possible vision. There are no agendas and there can be no worry or fear about your choices. Timing is an essential ingredient of mastery and finds its origin in the heart.

109. TRANSFORMING CHAOS

PIL-ER-NUT-BRE-NESTET-VIRSH-PRET-PRANUT



Chaos often precedes growth, signaling that life has to rise to a higher level. Start by changing your negative attitudes. Rid yourself of old patterns and beliefs that no longer serve. Have the courage to face weaknesses, fears and resentments and let them melt away. See through your illusions and realize they are not you. Change old relationships that are pulling you down. Help yourself to grow first before being concerned about trying to help others. Realize that by making positive changes in yourself, you will transform the chaos around you.

110. SPONTANEOUS ILLUMINATION

KULSBRA-NIN-HUR-SPETVI



Spontaneous Illumination is the indefinable serendipitous moment that uncovers a desired outcome, awareness or perception. In an instant you find understanding. In a moment an answer is revealed. In a breath you find all that you desire. A shift in consciousness occurs, bringing new awareness, freedom, and joy in the blink of an eye. Growth no longer has to come the long and hard way – recognize it for what it is and seize it.

111. JOYFUL LEARNING

PILINECH-VI



True learning comes from within through heartfelt experiential knowledge. The discovery of knowledge is a joyful adventure – a deeper discovery of self.

112. SELF-SOVEREIGNTY

SPI-ELES-NUTVI



Self-sovereignty is being home for oneself and in self-sustaining oneness with the Inner Family and with Source. It is living in our original state of connectedness and in our power, with freedom to express our divine perfection without limitations.

113. LIMITLESS REALITY

KRANEG-BELSPI-PRE-PRAAT-HUSPRAVI



One may feel that one is stuck in only one reality. The real truth is that we are creating our reality and therefore can change it. If someone has a job they do not like, they can look for another. If they find a job that gives much pleasure, their reality changes. One reality after another is how we experience life.

114. REMEMBRANCE OF TRUE SELF

ERSTAT-VI-MIN-HER-SUT



The master sits under the sacred tree as all the images of maya (life's illusions) dance before him. After many days have passed, the temptations of the temporal world have begun to lose their grip. His awakening comes in one moment when everything he sees becomes the face of the Goddess and the God. Remembrance of the True self is like that, a deep knowing of the one true life beyond appearances. Remembrance of our True self is our right. We are truly masters of our ship with all hands on deck having access to any and all tools needed for our journey of growth and ascension.

115. CLARITY FOR HIGHEST TRUTH

ARS-NACH-E-LESHVI



The pure desire of our heart for expressing our true essence in the core of our being is our search for clarity of the highest truth. With the highest perspective, we consider the effects of our actions on all life.

116. INTELLIGENT COOPERATION

SPU-PLEK-PRA-NA-VIK



As a computer processes commands all of its components work together, deciding exactly the right time to move and how much to move. The power supply cooperating with the motherboard sends just the right amount of electricity to keep the unit processing without overloading any component. This is an expression of intelligent cooperation, all units working as one to complete the task of whatever may be desired. In the same way, we cooperate fully and with total surrender to the Divine Will.

117. ADHERING TO THE DIVINE EQUATION

HURSETVI-ELE-STAT-BIL-ANICH



The Divine Equation is:

Joyous Heartsong of Purity + All Encompassing Presence = Unquenchable Wellspring of Grace

Feeling the immensity of the potential power within this equation must be done from the heart and truly meditated upon. The adoration to the Infinite felt by the lightworkers is broadcasting/singing a joyous song of love, praise and gratitude from a place of purity and innocence. This is an eternal heartsong, with no beginning and no ending. It always has been and always will be.

The 'All Encompassing Presence' is the I AM presence, the I AM THAT I AM that is indwelling in us. It is the Heaven on Earth when we walk in our God Consciousness. The 'Unquenchable Wellspring of Grace' is the Source of Divine Love that is bestowed freely upon humankind and cannot be extinguished.

How do we adhere to this Divine Equation? By knowing it, becoming it and embodying it. We become the living examples (masters) that walk the Earth.

118. ENCOMPASSING THE CODES OF LIGHT

KRINIK-HELSPAT-VER-ICH-PEL-ESH-BRU



As the codes of light are fully expressed, our lives are lived to their fullest potential. The codes of light we embody affect others on similar paths. Without ever meeting

physically, we support each other. The more we live in mastery, the more these codes are activated.

119. ENERGETIC REJUVENATION

VIL-E-NEN-HUR-VERSH-PA-VA



Energetic Rejuvenation is the process of refreshing energy which is stale, old or worn out. The speed and enthusiasm in which you are refreshed and revitalized can be truly amazing. This process has become exponential as well. The key, however, is the dissolving of old belief systems that expect rejuvenation to be linear and take the time it used to do.

120. UNWAVERING FAITH IN THE DIVINE

VRA-NIK-PELSH-PRAK-PRAT-PRET-NA-VU

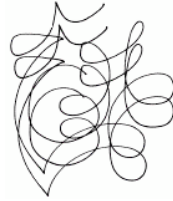


When you live with unwavering faith in the divine, you follow your heart without hesitation. Your heart's promptings can only guide you to that which is your highest calling, your most joyous expression and your divine manifestation.

In contrast to hoping for an outcome or just hedging your bets, exercising unwavering faith in the divine produces the knowledge that, with the proper input, the output is guaranteed. If the output is not quite what you desired, rather than railing at the heavens, reassess the input. Were your intentions clear? Were your motives pure? Have you thoroughly assessed all the nuances of the outcome? Did you feel gratitude for your current circumstances and the gifts that have already been bestowed? Change begins with gratitude.

121. EXUBERANT ENERGY

ELECH-NIT-VI



Exuberant energy means there is more than enough to do what is ours to do. It also is filled with joy and easily accessed. When used in this way, life becomes effortless.

122. CREATIVE DREAMING

HARSH-TAT-VI-EL-ES-NUT



If you can dream it, you can become it. The more you build on your dreams each day, filling in the details, the more the cosmos moves to make them a reality.

123. UNBOUNDED POWER OF EXPRESSION

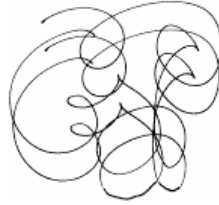
KELS-PI-PREG-NAVI-HELESH-VRA



Unbounded Power of Expression is the freedom, ability and attitude to live out our unique expression of the Infinite Mother; our essence, our core truth, our exuberant life force. By living these unique expressions to their fullest potential and by shining as brightly as possible, we do service to Mother simply by being our best and doing all the things we love as much as possible. To be unbounded is to be liberated from belief systems that constrain us or self-reflection which censors us.

124. LIVING FROM THE SEAT OF GENIUS

E-STAT-VI-BLA-NINK-HERS-TA-VI



When you live from the Source of creativity, nothing is impossible. Here we find the creativeness to design, build, paint, compose and achieve endless other divine accomplishments. Every soul has this wonderful potential.

125. COMPLETE ACCESS TO THE SACRED INFORMATION

ARACH-MIN-HUR-SELVI-PRESH-PRA-NUT



Sacred information is that which is spiritual or divine and held with reverence and respect. The mind must be open and still, and one must be willing to give up old belief systems and not be concerned with the outcome. When you have stilled your mind and learned to live in the moment of silence, which is self-mastery, you will have complete access to sacred information. You will find it flowing from within.

126. DIVINE ACCOMPLISHMENT

ARK-NIT-VI-BRA-VA



Divine Accomplishment requires that a task be done in the name of that which serves the good for the entire world. When it is accomplished, it affects all of the cosmos and all are uplifted and blessed by your actions. Through what you create or

accomplish, a holy ripple is sent forth into all that is manifest, effecting positive change for all.

127. PHYSICAL MANIFESTATION OF HOLINESS

MA-AT-VA-VELSH-BRA-VA



It is easier to see the holiness of others, but sacred living requires that at all times we know that we are the holy center of our reality, giving ourselves the honor and respect we are due.

128. EFFORTLESS ASCENSION

ORAG-NIT-VI-SPEL-VRA-NET-VRA-US-HELESH-PRA-VI



It is gracefully rising in consciousness through the natural flow of life with love, praise and gratitude. It is gracefully moving through life. It is like the river of life that nurtures all as it flows forth in abundance. It is embracing life joyously and living a path with heart, in full awareness of the now.

129. LOVE AFFAIR

ARNIG-HERET-PRA-NUS



The primary love affair anyone can have is with life. The knowledge that we are the conduit for the life we are experiencing pre-supposes that our passionate love affair also embraces the self. The deeper we explore the self and life, the more profound the love affair.

Written by the masters of the Order of the Chalice Well