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God, give us the power to break through our blocks and barriers in life,  
Open us, like the open sea, to touch the shores of the heart,  
And give us the strength of that pleasant breeze,  
So that we may hug and kiss the life as it lives among us at this Time and  
Space.

Give us the values and virtues to be noble, to be graceful,  
And to be glorious in our strengths as human beings.  
Help us change our values and virtues from the misdirected path,  
So we can determine our own path on which we can walk with sincerity  
In our physical existence to cover our journey unto our destiny.  
In Thy Name we pray. SAT NAM

*(Yogi Bhajan, Women's Camp, Espanola, New Mexico, June 30, 2000)*

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Make your shoulders strong enough to carry responsibility, through thick &  
thin. Make your wisdom wise enough, your consciousness universal  
enough, your intuition sharp enough, and your grace big enough to carry the  
day.

*Yogi Bhajan*

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What happens when you speak positively? When you speak positively there  
is nothing negative left to express and that leaves a gap. In that gap comes  
then the super positive, we call it God. It is an Attitude of Gratitude. The  
Attitude of Gratitude is when you are grateful for every breath of life. People  
ask, "What should we do when we feel something is wrong?"

When there is something wrong, thank God that it is not you.  
When you feel there is something good, thank God that you have learnt  
something to be.

This way you can process your life and progress your life. The result is you  
will get high spirited. You will rise, and to fill the vacuum will come  
prosperity and wealth from the nature." (1971 Yogi Bhajan)

The sermon I think this Mom will never forget... this particular Sunday  
sermon... "Dear Lord," the minister began, with arms extended toward  
heaven and a rapturous look on his upturned face. "Without you we are but  
dust." He would have continued but at that moment my very obedient  
daughter (who was listening!) Leaned over to me and asked quite audibly in  
her shrill little girl voice, "Mom, what is butt dust?"

Life flickers in the flowing of a 1000 lights.

.....

## *Humanity in Transition*

When the earth is viewed from outer space it's wholeness is revealed.

Zoom in, however, and witness that it has been carved up and deserted with borders that isolate countries, populations, and natural resources.

These divisions create disagreements and resentment.

Six billion people call this planet home, but most feel allegiance only to tiny parcels of land. Many are ready to kill or be killed in order to defend this.

.....  
Abandon every negative deed.  
Practice abundant virtuous deeds.

Train your mind completely.  
This is the true teaching.

Base your mind on the Dharma.  
Base your Dharma on a humble life.

Base your humble life on the thought of death.  
Base your death on an empty barren hollow.

More fragile than a bubble in a stream.

In sleep, each breath departs and is again drawn in.  
How wondrous that we wake up still!

Thus, having found the freedom of human life,  
If I now fail to train myself in virtue

.....  
Be patient toward all that is unsolved in your heart and love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some day soon into the answer.

.....  
No experience has been too unimportant, and the smallest event unfolds like a fate, and fate itself is like a wonderful, wide fabric in which every thread is guided by an infinitely tender hand and laid alongside another thread and is held and supported by a hundred others.

.....

Live! Be totally you, totally divine, and nothing but the Grace of God.

The higher you go in consciousness, the more humble you will become.

The process of self healing is the privilege of every human being.

The caliber of this human body is such that it has the capacity to give you the experience of God.

We have two strengths: the life force and the re-creative strength of the life force within us.

See God in all.

We have the birthright to be BEAUTIFUL, BOUNTIFUL, AND BLISSFUL.

## **A Hopi Elder Speaks**

You have been telling people that this is the Eleventh Hour.  
Now you must go back and tell the people that it is the Hour.  
And there are things to be considered:

Where are you living?  
What are you doing?  
What are your relationships?  
Are you in right relations?  
Where is your water?  
Know your garden.

It is time to speak your Truth.  
Create your community.  
Be good to each other.  
And do not look outside yourself for the leader.

Then he clasped his hands together, smiled and said, “This could be a good time! The river is flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will know they are being torn apart and will suffer greatly.

Know the river has its destination. The elders say that we must let go of the shore, push off into the middle of the river, keep our eyes open and heads above the water. And I say, see who is in there with you and celebrate.

At this time in history, we are to take nothing personally. Least of all, ourselves. For the moment that we do, our spiritual growth and journey comes to halt.

The time of the lone wolf is over. Gather yourselves! Banish the word “struggle” from your attitude and vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the one’s we’ve been waiting for.”

Oraibi, Arizona, Hopi Nation

## **A Message from the Dalai Lama**

The Dalai Lama has asked that the following practice be shared with as many people as possible.

A group recently spent days visiting with the Dalai Lama focusing upon what they believe are the five most important questions to be considered as we move into the new millennium.

The five questions were:

1. How do we address the widening gap between rich and poor?
2. How do we protect the earth?
3. How do we educate our children?
4. How do we help Tibet and other oppressed countries and peoples of the world?
5. How do we bring spirituality (deep caring for one another) through all disciplines of life?

The Dalai Lama said all five questions fall under the last one. If we have true compassion in our hearts, our children will be educated wisely, we will care for the earth, those who “have not” will be cared for. The group asked the Dalai Lama, “Do you think love on the planet is increasing or staying the same?” His response: “My experience leads me to believe that love is increasing.” He shared a simple practice that will increase love and compassion in the world. He asked everyone in the group to share it with as many people as they can.

## **A Precious Human Life**

Every day think as you wake up,  
Today I am fortunate to have woken up,  
I am alive; I have a precious human life,  
I am not going to waste it,  
I am going to use it.

All my energies to develop myself  
To expand my heart out to others.  
To achieve enlightenment for  
The benefit of all beings,  
I am going to have kind  
Thoughts towards others,  
I am not going to get angry,  
Or think badly about others,  
I am going to benefit others  
As much as I can.

H.H. the XIV Dalai Lama

### **Five Sutras for the Aquarian Age**

1. Understand through compassion, otherwise, you will misunderstand the times.
2. Recognize the other person is you.
3. When the time is on you, start and the pressure will be off.
4. There's a way through every block.
5. Vibrate the cosmos and the cosmos shall clear the path.

## **Happy Thanksgiving**

If you woke up this morning with more health than illness, you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation, you are ahead of 500 million people in the world.

If you can attend a church meeting, without fear of harassment, arrest, torture, or death, you are more blessed than 3 billion people in the world.

If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep, you are richer than 75% of this world.

If you have money in the bank, in your wallet, and spare change in a dish someplace, you are among the top 8% of the worlds wealthy.

If your parents are still alive and still married, you are very rare, even in the United States.

If you hold your head with a smile on your face and are truly thankful, you are blessed because the majority can, but most do not.

If you can hold someone's hand, hug them or even touch them on the shoulder, you are blessed because you can offer God's healing touch.

If you can read this message, you just received a double blessing in that someone was thinking of you, and furthermore, you are more blessed than over 2 billion people in the world that cannot read at all.

Have a good day, count your blessings, and pass this along to remind everyone else how blessed we all are.

“I am concerned about a better world. I’m concerned about truth. And when one is concerned about these, he can never advocate violence. For through violence you may murder a murderer, but you can’t murder murder. Through violence, you may murder a liar, but you can’t establish truth. Through violence you may murder a hater, but you can’t murder hate. Darkness cannot put out darkness. Only light can do that.

I have seen hate on too many faces to want to hate myself, because every time I see it, I know that it does something to their faces and I say to myself that hate is too great a burden to bear. I have decided to love. If you are seeking the highest good, I think you can find it through love. And the beautiful thing is that we are moving against wrong when we do it because John was right, God or Truth, the Highest Self, the Universe, Cosmos, Destiny, Nothing, Infinite...whatever you relate to is love. He who hates does not know God, but he who has love has the key that unlocks the door to the meaning of ultimate reality.”

Martin Luther King, Jr.

If you could get rid  
of yourself just once,  
the secret of secrets  
would open to you.  
The face of the unknown,  
hidden beyond the universe  
would appear on the  
mirror of your perception.

Rumi

## **Imagine a Woman**

Imagine a woman who believes it is right and good she is a woman. A woman who honors her experience and tells her stories. Who refuses to carry the sins of others within her body and life.

Imagine a woman who trusts and respects herself. A woman who listens to her needs. Who meets them with tenderness and grace.

Imagine a woman who has acknowledged the past's influence on the present. A woman who has walked through her past. Who has healed into the present.

Imagine a woman who authors her own life. A woman who exerts, initiates, and moves on her own behalf. Who refuses to surrender except to her truest self and wisest voice.

Imagine a woman who names her own gods. A woman who imagines the Divine in her image and likeness. Who designs a personal spirituality to inform her daily life.

Imagine a woman in love with her own body. A woman who believes her body is enough just as it is. Who celebrates her body's rhythms and cycles as an exquisite resource.

Imagine a woman who honors the body of the Goddess in her changing body. A woman who celebrates the accumulation of her years and her wisdom. Who refuses to use her precious life energy disguising the changes in her body and life.

Imagine a woman who values the woman in her life. A woman who sits in circles of women. Who is reminded of the truth about herself when she forgets.

Imagine yourself as this woman.

Patricia Reilly

## **Interview with God**

I dreamed I had an interview with God.

"So you would like to interview me?" God asked

"If you have the time," I said.

God smiled, "My time is eternity. What questions do you have in mind for me?"

"What surprises you most about human kind?"

God answered, "That they get bored with childhood. They rush to grow up and then long to be children again. That they lose their health to make money and then lose their money to restore their health. That by thinking anxiously about the future, they forget the present, such that they live in neither the present nor the future. That they live as if they will never die, and die as if they had never lived."

God's hand took mine and we were silent for awhile. And then I asked, "As a parent, what are some of life's lessons you want your children to learn?"

God replied with a smile, "To learn they cannot make anyone love them. What they can do is let themselves be loved. To learn that it is not good to compare themselves to others. To learn that a rich person is not one who has the most, but is one who needs the least. To learn that it only takes a few seconds to open profound wounds in persons we love, and it takes many years to heal them. To learn to forgive by practicing forgiveness. To learn that there are persons who love them dearly, but simply do not know how to express or show their feelings. To learn that two people can look at the same thing and see it differently. To learn that it is not always enough that they be forgiven by others, but that they must forgive themselves. And to learn that I am here always."

May the light of love and devotion shine brightly in our hearts today.  
May the light of understanding shine in our minds today.  
May the light of harmony glow in our homes today.  
May the light of service shine forth ceaselessly from our hands today.  
May the light of peace emanate from our being.  
May our presence light the lamps of love and peace wherever we go.  
May our smiles, our words and our actions be as sweet as the sweets of this festive day

## Peace

Prayer is the power.  
Even God, Goddesses,  
God's incarnations,  
And multitudes of humans  
Have done prayer and meditation  
On the One Almighty God,  
Leaving a legacy of prayer for mankind to follow.

Now, when war is an  
Impossible solution to conflict,  
Let us work for peace  
And start by praying for  
Peace of mind.

Peace to you, to your family,  
To your environment, and  
May peace bring your prosperity.

Practice peace, you're not the only one.

## Rescuing Hug

# Rescuing Hug

This is a picture from an article called "The Rescuing Hug". The article details the first week of life of a set of twins. Apparently, each were in their respective incubators, and one was not expected to live. A hospital nurse fought against the hospital rules and placed the babies in one incubator. When they were placed together, the healthier of the two threw an arm over her sister in an endearing embrace. The smaller baby's heart rate stabilized and her temperature rose to normal.

Let us not forget to embrace those whom we love.



## **Ten Sacred Secrets of Success**

Siri Singh Sahib Bhai Sahib  
Harbhajan Singh Khalsa Yogiji  
April 12, 1992

### 1. Learning is not a weakness

Time, space and breath of life are the living trinity of life.

Every process is a moment; every moment is a process.

Learning is to gain wisdom. It gives a grip on our discipline and discipline become the Master.

Master creates the legacy; legacy lives forever, mortal becomes immortal.

Yogi, life is a living chance forever.

### 2. If somebody is avoiding to reach you, you reach out

(Knowing is the Knowledge):

If the head has gone cold, heart has gone frozen: if hatred in somebody has eaten up the heat of life and there is no warmth coming to you but still the body is vibrating and the breath of life is keeping it warm; reach out and melt away all the coldness through your humor and boldness; so that the flower of friendship can blossom and you can enjoy the fragrance. O Yogi, that is knowingness.

### 3. Be the altar not the alternative

Between time and space, there is a place which is the altar of human legacy;

Each individual must identify this altar and worship it.

It will give personality, purpose and prosperity: any alternative to this is to lose the gratefulness, the grace and the glow of life.

Yogi, this is the sacred secret of prosperity.

### 4. Let your manners speak for you and let your deed prove you

And let your deliverance impress you;

Every man has a mission, every mission has a magnitude.

To fulfill and deliver the essence of magnitude, one requires manner and attitude.

When one does it with devotion and conviction, success comes from all sides.

O Yogi, that is the sacred secret of success.

### 5. Work never waits; those who wait have not started yet

Nobody can stop the time; time creates the space; we move between longitude and latitude. It is attitude which works out and completes every work for us.

O Yogi, this is the sacred secret of deliverance.

6. Excuses, avoidance, delays will not stop the consequences  
Every sequence will have consequences; every action will have reaction;  
Every start will have finish; every beginning will have end.  
Our insecurity delays our achievement; our excuses show our weakness and delay  
lays the foundation of frustration.  
The Perfect One, God Almighty made us perfect to face every challenge and be a  
victor.  
As every artist wants to see his art the best, so our divinity wants us to conquer  
our duality.  
O Yogi, this is the sacred secret of victory.
  
7. Pros and cons: check properly, it will save you from the con games  
Play no games; get straight to the strategy and establish the state and status with  
your statesmanship.  
Reach out to everyone with a diplomatic art and loving communication.  
O Yogi, this is the sacred secret of winning friends.
  
8. Be a statesman and be a diplomat  
If you have a longing to belong, love and reverence are your handy tools to build  
a leadership to sail through the stormy ocean, and you enter the port of peace and  
tranquility.  
O Yogi, this is the sacred secret of leadership.
  
9. Your individuality, your attire and your attitude – that all counts above all  
You must have vitality to create virtues.  
You must have values to honor virtues.  
Your honorable performance will give people trust.  
Your reverence and love give people belief in you and your honest and character  
will give people faith in you.  
O Yogi, this is the sacred secret in creating lasting memory of self or memorial in  
the heart of others.
  
10. Act three ways; Action, Support, Cover (must include safe place for retreat)  
Every action has a reaction equal and opposite; what comes and goes; what is  
born must die.  
But the wisdom is to create a legacy which is perpetual, everlasting and guidance  
for all.

## **The Invitation**

It doesn't interest me what you do for a living.

I want to know what you ache for,  
And if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are.

I want to know if you will risk looking like a fool for love,  
For your dreams, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon.

I want to know if you have touched the center of your own sorrow,  
If you have been opened by life's betrayals or  
Have become shriveled and closed from fear or further pain.

I want to know if you can sit with pain, mine your own;  
If you can dance with wildness and let the ecstasy fill you  
To the tips of your fingers and toes without cautioning us to be careful,  
Be realistic, or to remember the limitations of being human.

It doesn't interest me if the story you're telling me is true.

I want to know if you can disappoint another to be true to yourself,  
If you can bear the accusation of betrayal and not betray your own soul.

I want to know if you can see beauty  
Even when it is not pretty every day,  
And if you can source your life from God's presence.

I want to know if you can live with failure, yours and mine,  
And still stand on the edge of a lake and shout to the silver of the full moon, "Yes!"

It doesn't interest me to know where you live or how much money you have.

I want to know if you can get up after the night of grief and despair,  
Weary and bruised to the bone, and do what needs to be done for the children.

It doesn't interest me who you are. How you came here.

I want to know if you will stand in the center of the Fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied.

I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself,  
And if you truly like the company you keep in the empty moments.

-Oriah Mountain Dreamer, Indian Elder

## **The Law of Love**

Siri Singh Sahib Yogi Bhajan

Love gives you power to merge,  
from finite to infinity.  
Love gives you the power to trust,  
from nothing to everything.

Love gives you power, the most powerful prayer  
between you and your Creator.  
Love gives you vastness,  
as vast as there can be.

Love gives you the hold, the experience,  
and the touch with your own infinity,  
as beautiful as there can be.

Love is that surrender.  
When you surrender as the lotus feet of the master,  
you become the master.  
When you become the master,  
you surrender your universe to the Universe.  
Then you become divine.

When you surrender your divinity to the infinity,  
you become infinity.  
That is the law of love.

### **The Prayer of Saint Francis**

Lord, make me an instrument of Your peace.  
Where there is Hatred, let me sow Love  
Where there is Injury, Pardon  
Where there is Doubt, Faith  
Where there is Despair, Hope  
Where there is Darkness, Light  
Where there is Sadness, Joy  
Divine Master,  
Grant that I may not so much seek  
To be consoled, as to console.  
To be understood, as to understand.  
To be loved, as to love.  
For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
It is in dying, that we are born to eternal life.

## **The Seven Steps to Happiness**

There are seven steps to happiness. You can never get happiness on the sixth step or on the first.

1. Commitment  
The first step is commitment. You are meant to commit. That's a human life. In every life, you have to commit. You are meant to commit, that's why the word is commitment.
2. Character  
Commitment will give you character. What is character? When all your characteristics are under your control. All facets, flaws and facts are under your control. When your dealings are totally balanced, that's character. Yin and Yang meet here.
3. Dignity  
Character will give you dignity. People start trusting you, liking you, respecting you.
4. Divinity  
Dignity will give you divinity. What is divinity? When people have no duality about you. They straight away trust you, knowing or not knowing all. They don't have any fear about you.
5. Grace  
Divinity then giving you grace. There's no interference, there's no gap between two people, that's grace. You totally trust, raw naked, no secrets, no hidden agenda.
6. That gives you the power to sacrifice. You can stand any pain for that person. That sacrifice gives you.....
7. Happiness.

## **The True Meaning of Life**

“We are visitors on this planet. We are here for ninety or one hundred years at the very most. During that period, we must try to do something good, something useful, with our lives. If you contribute to other people’s happiness, you will find the true goal, the true meaning of life.”

H.H. the XIV Dalai Lama

## **The Paradox of Our Age**

We have bigger houses and smaller families.  
More conveniences, but less time;  
We have degrees, but less sense;  
More knowledge, but less judgement;  
More experts, but more problems;  
More medicine, but less healthiness;  
We've been all the way to the moon and back,  
But have trouble crossing the street to meet the new neighbor.  
We build more computers to hold more information,  
To produce more copies than ever,  
But have less communication.  
We've become long on quantity, but short on quality.  
These are times of fast foods and slow digestion;  
Tall men and short character;  
Steep profits and shallow relationships.

It is a time when there is much in the window and nothing in the storeroom.

-H.H. Dalai Lama

There is a vitality, a life force, a quickening  
That is translated through you into action,  
And because there is only one of you in all time,  
This expression is unique.

If you block it,  
It will never exist through any other medium  
And be lost.  
The world will not have it.  
It is not your business to determine how good it is,  
Not how valuable it is,  
Nor how it compares to other expressions.  
It is your business to keep it yours, clearly and directly,  
To keep the channel open.

You do not even have to believe in yourself or your work.  
You have to keep open and aware directly  
To the urges that motivate you.

Keep the channel open.  
No artist is pleased.  
There is no satisfaction whatever at any time.  
There is only a queer, divine dissatisfaction,  
A blessed unrest that keeps us marching  
And makes us more alive than others.

Martha Graham to Agnes Demille

## **This Morning**

This morning...angels  
Gathered around the light of this life  
Where the long time sun has been shining for  
Oh, such a very long time

This morning...young lovers  
Uniting their breath with the soul's intention  
As it walks steadily the long road of destiny

This morning...all love surrounding each and every thing  
The flowers that become the geese  
That becomes dewdrops evaporating  
In the soft, oblivion of night giving birth to day

This morning...a thousand luminous petals  
Placed effortlessly upon the altars of our hearts  
The earth's sublime offering to those waking early  
To open their eyes

This morning...the pure light within us  
Trembling amidst the shadows of candlelit corridors  
Reminding us that what is mine is yours  
And we are all so very ancient

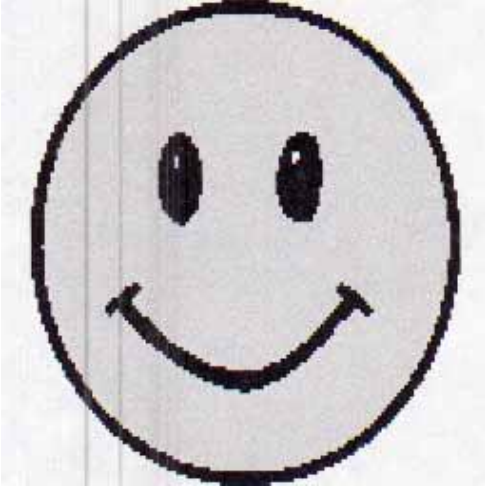
This morning...guru, teacher, friend  
Guiding us on our way towards our home  
Our home, which is the heaven of this very moment

Sat Nam (n'nahme, omega 2002)

To you in mourning...all the strength in the universe is yours to borrow.

“When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it.....always.”

Mahatma Gandhi



When he smiled I realized,  
I'd passed it to him.  
I thought about that smile,  
then I realized its worth.



A single smile just like mine,  
could travel the earth.  
So, if you feel a smile begin,  
don't leave it undetected.

## Women

By the time the Lord made women, he was into his sixth day of working overtime. An Angel appeared and said, “Why are you spending so much time on this one?”

And the Lord answered and said, “Have you seen the spec sheet on her? She has to be completely washable, but not plastic, have 200 moveable parts, all replaceable, have a lap that can hold three children at one time, have a kiss that can cure anything from a scraped knee to a broken heart, and have six pairs of hands.”

The Angel was astounded at the requirements for this one. “Six pairs of hands! No Way! And that’s just on the standard model?” the Angel asked. The Angel tried to stop the Lord. “This is too much work for one day. Wait until tomorrow to finish.”

“But I can’t!” the Lord protested, “I am so close to finishing this creation that is so close to my own heart. She already heals herself when she is sick AND can work 18 hour days.”

The Angel moved closer and touched the woman, “but you have made her so soft, Lord.” “She is soft,” the Lord agreed, “but I have also made her tough. You have no idea what she can accomplish.” “Will she be able to think?” asked the Angel. The Lord replied, “Not only will she be able to think, she will be able to reason, and negotiate.”

The Angel then noticed something and reached out and touched the woman’s cheek. “Oops, it looks like you have a leak with this model. I told you that you were trying to put too much into this one.” “That’s not a leak,” the Lord objected, “That’s a tear!” “What’s the tear for?” the Angel asked. The Lord said, “The tear is her way of expressing her joy, her sorrow, her pain.” The Angel was impressed. “You are a genius, Lord. You thought of everything, for women are truly amazing.”

Women have strengths that amaze men. They carry hardships, they carry burdens but they hold happiness, love and joy. They smile when they want to scream. They sing when they want to cry. They cry when they are happy and laugh when they are nervous. They fight for what they believe in. They won’t stand for injustice. They don’t take “no” for an answer when they believe there is a better solution. They go without so their family can have. They love unconditionally. They cry when their children excel and cheer when their friends get awards. They are happy when they hear about a birth or a new marriage. Their hearts break when a friend dies. They have sorrow at the loss of a family member, yet they are strong when they think there is no strength left. They know that a hug and a kiss can heal a broken heart.

Women come in all sizes, in all colors and shapes. They’ll drive, fly, walk, run or e-mail you to show how much they care about you. The heart of a woman is what makes the world spin! They bring joy and hope. They give compassion and ideals. They give moral support to their family and friends. Women have a lot to say and a lot to give.

Strike against war,  
for without you no battles can be fought!  
Strike against manufacturing shrapnel and gas bombs  
and all other tools of murder!  
Strike against preparedness that means death  
and misery to millions of human beings!  
Be not dumb, obedient slaves in an army of destruction!  
Be heroes in an army of construction.

-Helen Keller

When the moment comes to close my eyes on this beautiful planet, my heart will thank and honor all those who gave me life and the warmth of love, and God, who permitted me to devote my earthly sojourn to peace, justice, and the betterment of the human condition. I will go in peace and joy, thankful for having been blessed with the miracle of life.

I have loved my life with compassion, embraced it with fervor, cherished every single moment of it. I have contemplated with wonder the sky and its running clouds, my brethren the humans, my sisters the flowers and the stars. I have feasted unceasingly on the treasure of life in all its forms. I have not dwelled in mediocre ambitions, vain hatred, and useless complaints.

My conclusions therefore are:

decide to be happy  
render others happy  
proclaim your joy  
love passionately your miraculous life  
be grateful for every moment of life  
pray and thank God every day  
meditate  
smile  
laugh  
whistle  
sing  
dance  
look with fascination at everything  
fill your lungs and heart with liberty  
be yourself fully and immensely  
feel God in your body, mind, heart, and soul  
and be convinced of eternal life.

Dear Friends,

Let us turn the power of our consciousness in the direction of planetary healing, bearing witness with our mind's eye to a great light pouring onto the earth and dissolving the darkness of hatred and fear.

Please join us every morning as you awaken, and every night before you sleep, in closing your eyes, in seeing the planet as from outer spaces, embracing it tenderly and placing it in the hands of God. Ask God's Spirit to join the people of the world in love and peace.

Pray for angels to surround this country and every country, as a mystical shield of protection and blessing.

When it comes to world events today, what we need is a miracle. Let's pray for that.

Dear God,

Please bless this earth,  
And the precious life that lives upon it.  
Dismantle, dear God,  
The anger in our hearts.  
Miraculously reconnect us all,  
That we might live as brothers and sisters,  
For indeed we are.  
Cast out all violence  
From everyone,  
Everywhere.  
Thank you, God.  
Amen.

"Just as there is a so-called art of waging war, so there is an art of waging peace."

The Virgin Mind

A child is born  
as a slate board is clean,  
with no marks, or opinions, or prejudices.

This is the ultimate  
pure of heart and mind

We the people,  
from family to friends,  
are responsible to forge this child's soul.  
To bring up this individual as an understanding  
human person.

Not  
as black or white, or Christian, Catholic, Muslim or Jew,  
but as a person pure of heart and mind,  
with unbending character, who lends a hand when needed,  
and loves what they see without pre-conceived prejudice.

This is the Virgin Mind,  
so pure and so fragile,  
shape it with care.

-Eric S. Kingston

## How to Really Love a Child

Be there. Say yes as often as possible. Let them bang on pots and pans. If they're crabby, put them in water. If they're unlovable, love yourself. Realize how important it is to be a child. Go to a movie theatre in your pajamas. Read books out loud with joy. Invent pleasures together. Remember how really small they are. Giggle a lot. Surprise them. Say no when necessary. Teach feelings. Heal your own inner child. Learn about parenting. Hug trees together. Make loving safe. Bake a cake and eat it with no hands. Go find elephants and kiss them. Plan to build a rocket ship. Imagine yourself magic. Make lots of forts with blankets. Let your angel fly. Reveal your own dreams. Search out the positive. Keep the gleam in your eye. Mail letters to God. Encourage silly. Plant licorice in your garden. Open up. *Stop yelling*. Express your love. A lot. Speak kindly. Paint their tennis shoes. Handle with caring.

*Children are miraculous.*

## The Golden Bridge

A man stood before the great journey of self. He stood in the doorway of his own being. Every time he was sure of a decision to change, his fears were like a world ocean, which would not allow him to take the first step and cross. Finally he asked, "How does one begin?" "How does one let go?"

A cool breeze blew down from the breath of the fields around him. He closed his eyes and gently bowed his head. When he looked up, there before him appeared a woman, clothed in the emerald gowns of the field and speaking with the gentle voice of Eden. She looked into the valleys his heart and said...

Before each transition is a bridge  
Before each journey is a step  
Before each change there is the will  
Before each love there is the rising heart

The woman took his hand and continued...

Let us return from sickness unto health  
Let us return from sorrow unto joy  
Let us return to the path and become holy  
Let us return from the self and become one

There are many bridges and many paths, but...

The first step begins with you  
The first step begins with hope  
The first step begins with the change  
The first step is the one that is hardest and matters the most

And then, for the first time he looked into his own heart and felt his own rising spirit and merging into a union with the Great Divine. He reached out to touch the face of the woman, but she disappeared into the breath of the wind and into her place a Golden Bridge appeared before the waters around him and letting go of fear within himself he took the first step.

Eric S. Kingston

The Lesson: "The world is a narrow bridge, the main thing is not to be afraid." R. Nachman

### **Five Sutras for the Aquarian Age**

1. Understand through compassion. Otherwise you will misunderstand the times.
2. Recognize the other person is you.
3. When the time is on you, start and the pressure will be off.
4. There's a way through every block.
5. Vibrate the cosmos, the cosmos shall clear the path.

**2000**  
**Peace Millennium**

May I become at all times, both now and forever  
A protector for those without protection  
A guide for those who have lost their way  
A ship for those with oceans to cross  
A bridge for those with rivers to cross  
A sanctuary for those in danger  
A lamp for those in need of light  
A place of refuge for those in need of shelter  
And a servant for all those in need

-Bodhisattvachariavatara

## The Power of Prayer in Medicine

### People Who Are Prayed for Fare Better

By

Jeanie Davis

Nov. 6, 2001 -- Here's more evidence that -- in medicine, as in all of life -- prayer seems to work in mysterious ways.

In one recent study, women at an in vitro fertilization clinic had higher pregnancy rates when total strangers were praying for them. Another study finds that people undergoing risky cardiovascular surgery have fewer complications when they are the focus of prayer groups.

The fertilization study -- conducted at a hospital in Seoul, Korea -- found a doubling of the pregnancy rate among women who were prayed for, says Rogerio A. Lobo, MD, chair of Obstetrics and Gynecology at Columbia University School of Medicine in New York City. His study appears in the September issue of the Journal of Reproductive Health.

"It's a highly-significant finding," Lobo tells WebMD. "I'm first to say we don't know what this means."

The randomized study involved 199 women who were undergoing in vitro fertility treatments at a hospital in Seoul, Korea, during 1998 and 1999. All women were selected for the study based on their similar age and fertility factors, Lobo tells WebMD.

Half the women were randomly assigned to have one of several Christian prayer groups in the U. S., Canada, and Australia pray for them. A photograph of each patient was given to "her" prayer group. While one set of prayer groups prayed directly for the women, a second set of prayer groups prayed for the first set, and a third group prayed for both groups.

Neither the women nor their medical caregivers knew about the study -- or that anyone was praying for them.

"We were very careful to control this as rigorously as we could," Lobo tells WebMD. "We deliberately set it up in an unbiased way." That meant not informing patients they were being prayed for, so it would not influence the women's outcome. Whether the patients were praying for themselves -- or if others were praying for them -- "we don't know," he says.

The women in the "prayed for" group became pregnant twice as often as the other women, he says.

"We were not expecting to find a positive result," says Lobo. Researchers have re-analyzed the data several times, to detect any discrepancies -- but have been unable to

find any, he says.

Lobo admits there may be some "biological variable" that they have not discovered, which could account for the high success rate among the prayed-for women. He and his colleagues are already planning a follow-up study also involving in vitro fertilization.

The second study involves 150 patients -- all having serious heart problems, all scheduled for a procedure called angioplasty, in which doctors thread a catheter up into a clogged heart artery, open it up, and insert a little device called a stent to prop it open.

Patients who were prayed for during their procedure had far fewer complications, reports lead author Mitchell W. Krucoff, MD, director of the Ischemia Monitoring Laboratory at Duke University Medical Center and the Durham Veterans Administration Medical Center in Durham, NC.

His study appears in the current issue of the American Heart Journal.

Krucoff enrolled 150 patients who were going to have the stent procedure, and then randomly assigned them to receive one of five complementary therapies: guided imagery, stress relaxation, healing touch, or intercessory 'off site' prayer -- which meant they were prayed for by others, or to no complementary therapy.

All the complementary therapies -- except off-site prayer - were performed at the patient's bedside at least one hour before the cardiac procedures.

Seven prayer groups of varying denominations around the world -Buddhists, Catholics, Moravians, Jews, fundamentalist Christians, Baptists, and the Unity School of Christianity-prayed for specific patients during their procedures.

Each prayer group was assigned names, ages, and illnesses of specific patients they were to pray for. None of the patients, family members, or staff knew who was being prayed for. None of the patient-prayer group matchings were based on denomination.

"This was a very rigorously controlled study, just as we would look at any therapeutic -- a new cardiovascular drug, a new stent -- and see the results in terms of patients' outcomes," Krucoff tells WebMD. The goal was to determine which therapies warranted further study in a bigger trial.

Those in the "prayed for" group had fewer complications than any of the patients, including those receiving other complementary therapies, he says. "Although it's not statistical proof, it's not certainty, it is suggestive -- to the point that we've already begun a phase II trial."

He has already enrolled more than 300 people in a phase II study.

Why did prayer produce the best outcome? "There are no satisfactory mechanistic explanations," he says. That's why studies that measure patients' outcomes are best for this kind of study, he says. Even if you don't understand why it's happening, at least you have something to measure -- how the patient did."

Both studies are "well-controlled," preliminary trials "providing more evidence that there's something to it all," says Blair Justice, PhD, professor of psychology and psychobiologist (mind-body medicine) at the University of Texas School of Public Health in Houston.

Justice, who has followed prayer research for several decades, reviewed the reports for WebMD.

"Research into prayer has been going on a lot longer than is reflected in mainstream journals," Justice tells WebMD. "Since the 1980s, there have been several well-controlled prospective studies, good evidence that this wasn't some product of a good imagination."

Some of the studies conducted in Europe involved nonhuman organisms -- enzyme cells, bacteria, plants, animals -- which could not be affected by other complicating factors, including faith. Groups were assigned to pray for their growth; then the prayers were reversed, and people were praying against growth. Each time, the plants responded according to the focus of the prayers.

"There seems to be something to it," he says.

While current technology does not allow researchers to understand the mechanism behind prayer -- what makes it work -it's much like gravity and other natural phenomena that were considered mysterious forces by earlier cultures, Justice tells WebMD.

"Kepler was accused of being insane when he said tides were due to the tug of lunar gravity, even Galileo considered it to be ravings of a lunatic -- until Marconi proved the theory," he says.

"It's just like anything, else, you don't have to believe in it for prayer to have an effect," says Justice.

Give

Give from the Heart

Give Often

Give Much

Give All

Give Again

Keep Giving

Give To Strangers

Give To Friends

Give To Family

Give to All

Give Again

Keep Giving

Give Time

Give Money

Give of Yourself

Give All

Give Again

Keep Giving

Give Freely

Give Now

Give Joyously

Give without Thinking

Remember it is your soul that wants to give.

It is your ego that wants to own.

And when you give to others you learn this:

You need nothing for yourself.

To give is to be a child of Trust.

Trust is truth.

Truth is Divine.

To give is to heal,

To give unconditionally is to forgive entirely.

Giving demonstrates the Universe's abundance.

And, when you give, the Universe demonstrates it's abundance to you. Give

Give Now

Give Again

Keep Giving.

- Hari Kartar Singh

## The Invitation

It doesn't interest me what you do for a living.

I want to know what you ache for,  
And if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are.

I want to know if you will risk looking like a fool for love,  
For your dreams, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon.

I want to know if you have touched the center of your own sorrow,  
If you have been opened by life's betrayals or  
Have become shriveled and closed from fear or further pain!

I want to know if you can sit with pain, mine or your own;  
If you can dance with wildness and let the ecstasy fill you  
To the tips of your fingers and toes without cautioning us to be careful,  
Be realistic, or to remember the limitations of being human.

It doesn't interest me if the story you're telling me is true.

I want to know if you can disappoint another to be true to yourself,  
If you can bear the accusation of betrayal and not betray your own soul.

I want to know if you can see beauty  
Even when it is not pretty every day,  
And if you can source your life from God's presence.

I want to know if you can live with failure, yours and mine,  
And still stand on the edge of a lake and shout to the silver of the full moon, "Yes!"

It doesn't interest me to know where you live or how much money you have,

I want to know if you can get up after the night of grief and despair,  
Weary and bruised to the bone, and do what needs to be done for the children.

It doesn't interest me who you are, how you came to be here,

I want to know if you will stand in the center of the Fire with me and not shrink back.

It doesn't interest me where or what or with whom you. have studied.

I want to know what sustains you from the inside when all else falls away,

I want to know if you can be alone with yourself, And if you truly like the  
company you keep in the empty moments.

-Oriah Mountain Dreamer. Indian Elder

## **I believe**

I believe that all women are queens. I believe that the day we start treating our selves like queens the rest of the world will. I don't mean that we are superior to men but we are not to be treated like pieces of meat. I get really upset when I see women dressed like they are for sale because it puts that thought in a lot of men's minds that we are all for sale. And we're not! Women are the mothers of this earth we are the ones that have given birth to all humans. And yet there is not respect for us. The only way we are going to get respect is starting with our selves. We as women need to learn to love our selves in order to be loved. We need to carry grace in order to be looked a pone as graceful, we need to be fear less in order to be protected. No man can give us any of these things. Women have a tendency to look to men for every thing, like security, comfort, and love, little do they know that it is all with in themselves. I believe that we as women can change the world with our mothering touch, as long as we can find it. I know the saying goes "treat others the way you want to be treated and yes that is true but also treat yourself they way you want to be treated. Love is an easy game you just have to start with your self.

## **True Surrender**

True surrender is not a one-time event or the Poof! that comes at the end of some mental magic. True surrender is a process-the gradual letting go of the small self to the big self in each moment.

True surrender is the daily dying of our desires, our wants, our expectations, our grievances, and our attachments. It is the release of the thought pattern that tries to get what it wants at any cost. It is the release of the desire to have things our way. It is the release of the habit pattern that sees parts and believes in appearances. It is the release of the expectation that something is wrong if it doesn't go according to our plans.

True surrender requires an opening of the heart to the unknown. We must let go of what is known and let the grace of God reveal to us our next step, and then the next. True surrender is not-an outward act but an inner process of transformation that allows us to see with God's eyes, hear with God's ears, speak with God's words, and act with God's grace.

Like the sculptor who chips away to reveal an image in a block of stone, true surrender is an awareness that chips away at that which no longer serves us. True surrender is an inner yielding of the soul that frees us to reveal the perfect pattern of our lives.

## **THE OUR FATHER**

OH COSMIC BIRTHER OF ALL RADIANCE AND VIBRATION! SOFTEN THE GROUND OF OUR BEING AND CARVE OUT A SPACE WITHIN US. WHERE YOUR PRESENCE CAN ABIDE. FILL US WITH YOUR CREATIVITY SO THAT WE MAY BE EMPOWERED TO BEAR THE FRUIT OF YOUR MISSION. LET EACH OF OUR ACTIONS BEAR FRUIT IN ACCORDANCE WITH OUR DESIRE. ENDOW US WITH THE WISDOM TO PRODUCE AND SHARE WHAT EACH BEING NEEDS TO GROW AND FLOURISH. UNTIE THE TANGLED THREADS OF DESTINY THAT BIND US, AS WE RELEASE OTHERS FROM THE ENTANGLEMENT OF PAST MISTAKES. DO NOT LET US BE SEDUCED BY THAT WHICH WOULD DIVERT US FROM OUR TRUE PURPOSE, BUT ILLUMINATE THE OPPORTUNITIES OF THE PRESENT MOMENT. FOR YOU ARE THE GROUND AND THE FRUITFUL VISION, THE BIRTH, POWER AND FULFILLMENT, AS ALL IS GATHERED AND MADE WHOLE AGAIN.

AMEN

(Translated directly into English from the Aramaic language that Jesus Christ actually spoke)

## If We All But Would!!

A few years ago, at the Seattle Special Olympics, nine contestants, all physically or mentally disabled, assembled at the starting line for the 100-yard dash.

At the gun, they all started out, not exactly in a dash, but with a relish to run the race to the finish and win. All, that is, except one little boy who stumbled on the asphalt, tumbled over a couple of times, and began to cry.

The other eight heard the boy cry. They slowed down and looked back. Then they all turned around and went back.

Every one of them.

One girl with Down's Syndrome bent down and kissed him and said: "This will make it better." Then all nine linked arms and walked together to the finish line.

Everyone in the stadium stood, and the cheering went on for several minutes. People who were there are still telling the story. Why?

Because deep down we know this one thing: What matters in this life is more than winning for ourselves. What matters in life is helping others win, even if it means slowing down and changing our course.

“On November 11<sup>th</sup> 1991 at the longitude and latitude of Los Angeles, the Aquarian Age was totally established. This time is the cusp period. There are three, seven year cycles of the cusp and we are in the second cycle of the final count down.

We must enter this age with a lot of love, and with affirmation, prayer and meditation. The Aquarian Age is the Golden Age. It is the time of change and growth. It is the time when each human being must consciously decide to meet the destiny face to face.” Let us meditate and pray as a family as we celebrate Guru Nanak’s birthday, and the coming of the Aquarian Age.

(We enter the Aquarian Age on November 11, 2012.)

GOETHE:

"UNTIL ONE IS COMMITTED THERE IS HESITANCY, THE CHANCE TO DRAW BACK, ALWAYS INEFFECTIVENESS. CONCERNING ALL ACTS OF INITIATIVE AND CREATION, THERE IS ONE ELEMENTAL TRUTH, THE IGNORANCE WHICH KILLS COUNTLESS IDEAS AND SPLENDID PLANS. THAT THE MOMENT ONE DEFINITELY COMMITS ONESELF, THEN PROVIDENCE MOVES TOO. ALL SORTS OF THINGS OCCUR TO HELP ONE THAT WOULD NEVER OTHERWISE HAVE OCCURRED. A WHOLE STREAM OF EVENTS ISSUE FROM THE DECISION, RAISING ON ONE’S FAVOR ALL MANNER OF UNSEEN INCIDENTS AND MEETINGS AND MATERIAL ASSISTANCE WHICH NO MAN COULD HAVE DREAMED WOULD HAVE COME HIS WAY. (WHAT EVER YOU CAN DO, OR DREAM YOU CAN DO, BEGIN IT. BOLDNESS HAS A GENIUS, POWER AND MAGIC IN IT. BEGIN IT NOW."

JAMES MICHNER:

"A MASTER IN THE ART OF LIVING DRAWS NO DISTINCTION BETWEEN WORK AND PLAY, HE HARDLY KNOWS WHICH IS WHICH.

HE SIMPLY PURSUES HIS VISION OF EXCELLENCE THROUGH WHATEVER HE IS DOING AND LEAVES OTHERS TO DETERMINE WHETHER HE IS WORKING OR PLAYING."

## COURAGE

Courage is the will and the willingness exists when you're willing to embrace and feel you fear as you take the actions and risks in service to your highest commitments and deepest dreams.

Courage is created: it is chosen. And it is chosen in the moment. It is always available to you. It is always an open door, waiting for you to walk through or not.

Courage cannot be stored or built up. It's inaccurate to say that you "have courage", or you "don't have courage".

It's accurate to say that you "choose courage", or "choose to feel safe in the moment rather than choose courage".

Full courage includes a full acknowledgement, embodiment, and illumination of our fear, while we are taking the appropriate actions.

It also includes an acknowledgment and honoring of ourselves for choosing the courage - regardless of the outcome. Courage exists independently of the outcome.

Choosing courage (or not choosing courage) is neither good nor bad, neither right nor wrong. It is simply a choice, with associated benefits and costs.

A life primarily oriented towards the choice of courage will give you one life - a life you will love.

### Time Tested Beauty Tips

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his fingers through it once a day.

For poise, walk with the knowledge you'll never walk alone.

We leave you a tradition with a future.

The tender loving care of human beings will never become obsolete.

People even more than things have to be restored, renewed, revived, reclaimed, and  
redeemed and redeemed and redeemed.

Never throw out anybody.

Remember, if you ever need a helping hand, you'll find one at the end of your arm.

As you grow older, you will discover that you have two hands:

one for helping yourself, the other for helping others.

Your "good old days" are still ahead of you, may you have many of them.

From "Audrey Hepburn, An Elegant Spirit"

In the fall, when you see geese heading south for the winter, flying along in a "V" formation, you might be interested in knowing what science has discovered about why they fly that way.

It has been learned that as each bird flaps its wings, it creates uplift for the bird immediately following. By flying in a "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own. Similarly, people who are part of a team and share a common direction get where they are going faster and easier because they are traveling on the trust of one another and lifting each other up along the way.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to go through it alone and quickly gets back into formation to take advantage of the power of the flock. If we have as much sense as a goose, we will stay in formation and share information with those who are headed in the same way that we are going.

When the lead goose gets tired, he rotates back in the wings and another goose takes over the formation. It pays to share leadership and take turns doing hard jobs.

The geese honk from behind to encourage those up front to keep their speed. Words of support and inspiration help energize those on the frontline, helping them to keep pace in spite of the day-to-day pressures and fatigue. It is important that our honking be encouraging, otherwise it's just, well... honking.

Finally, when a goose gets sick or wounded and falls out, two geese fall out of the formation and follow the injured one down to help and protect him. . They stay with him until he either dies or is able to fly. Then they launch out with another formation to catch up with their group.

When one of us is down, it's up to the others to stand by us in our time of trouble. If we have the sense of a goose, we will stand by each other when things get rough. We will stay in formation with those headed where we want to go. The next time you see a formation of geese, remember their message that it is indeed a reward, a challenge and a privilege to be a contributing member of a team.

## **If a dog was the teacher....**

*If a dog was the teacher you would learn....*

- When loved ones come home, always run to greet them.
- Never pass up the opportunity to go for a ride.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When it's in your highest best interest, practice obedience.
- Take naps.
- Stretch before rising.
- Run, romp, and play daily.
- Avoid biting when a simple growl will do.
- On warm days, stop to lie on your back on the grass.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout... run right back and make friends.
- Delight in the simple joy of a long walk.
- Eat with gusto and enthusiasm. Stop when you have had enough.
- Be loyal. Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day, be silent, sit close by and nuzzle them gently.

## **The Only Survivor of a Shipwreck was washed up on a...**

small, uninhabited island. He prayed feverishly for God to rescue him, and every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect himself from the elements, and to store his few possessions.

One day after scavenging for food, he arrived home to find his little hut in flames, with smoke rolling up to the sky. The worst had happened, and everything was lost. He was stunned with disbelief, grief, and anger. "God, how could you do this to me?" he cried.

Early the next day he was awakened by the sound of a ship that was approaching the island. It had come to rescue him. "How did you know I was here?" asked the weary man of his rescuers. "We saw your smoke signal," they replied.

It's easy to get discouraged when you are being challenged but don't lose heart because God is at work in our lives, even in the midst of the most challenging of times. Remember that, the next time your little hut seems to be burning to the ground, it just may be a smoke signal that summons the grace of God.