

The
Heart
Journey
of
the

Quiet
Callings

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BALA!

All of our journeys are an exploration in search of the
wisdom to surrender to the will to say
yes!!!!

The Journey
of
The Quiet Callings

A
Weekly
Spirit Passage
to
Peace, Prosperity
and
Unconditional Love

This book is designed to provide for you a weekly journey of breath, thought, sound and spirit offered to you in an experiential format that will inspire your soul and enliven the energy within you and around you. This practice will empower your mind to realize it's fullest potential and connection to the unlimited resources of the divine quantum universe.

The journey of The Quiet Callings is a way to know personal peace. It leads you along the pathway which winds through the rich dew dripped foliage of your inner garden. It is a journey charted to help you realize true abundance.

It awakens you and tunes your wisdom senses so that you can hear, recognize and be inspired to follow the Sacred truth which you were created to know and be guided by.

The Quiet Callings amplify the frequencies of honesty, integrity, love, honor, forgiveness and compassion which attracts the human heart to a desire for harmony and oneness. Thank you for your commitment to enrich your life through this, your journey of The Quiet Callings.

The language of "The Callings" is a mystical dialect
from the sacred sound script of the Divine universe
called forth through meditation
over a period of fourteen months.

I am humbled, awed and grateful to the Almighty,
by all names known,
and stand eager to serve as an
echo for these "Callings".

In this practice
all "Calling" weeks beginning with odd numbers
it is suggested,
should be chanted/spoken/experienced
each day for a period of seven minutes.

All "Calling" weeks beginning with even numbers
it is suggested
should be chanted/spoken/experienced
in accordance with the directives prescribed.

Thank you for being you, and for allowing me to be your tour guide on
this Heart Journey of the Quiet Callings.

Abain'.

frederick johnson

Like the calming rush of a morning's
surf as it caresses the shore
and beckons our hearts to peace,
so too the mystic melody of the
Quiet Callings
entrances our being to gather at the
waters edge of Oneness.
Speak, Sing or acknowledge these Callings each day
with your breath and eyes
as we quietly amass the energy of
healing, wholeness and unity.
The time has come to align ourselves with
the sacred sounding of creation from which we emanate.

WEEK ONE

Ku Le' Le' Ahmollah

I am of the breath, (One with) my creator.

I am of the Breath. A single grain of sand, a whisp of the
divine whisper. One with the breath song of my Creator.

I am of the Breath. Melodically articulated with each
exhalation, tracing the siren song of gratitude with each
inhalation. I am linked to the sacred wind of being that
calls us to sway to and fro as we dance the life dance.

I am of the Breath. One with my Creator by all names
known.

Ku Le' Le' Ahmollah

I float upon, into the gentle breeze of life.

Breath, pure and infinite.

WEEK TWO

Iy Ah' Maylu Lo Seine

I cherish each Blessing.

Repeat this calling for 7 minutes each day.

Then,

Affirm for 2 minutes each day for the next seven days

the following:

The Nine blessings that I cherish today are.....

9

(List them each day)

WEEK THREE

Manasallah

I deepen into prayer.

I deepen. Dissolve.

I open and submerge into the deep ocean of prayer.
I am cleansed by the waters of divine love. Truth pours

forth from my lips. I am humbled.
I ask, knowing that my infinite Beloved is listening,
always.
I deepen, I deepen into prayer.

WEEK FOUR

Iy Wai Nee Kay, Wah Lo See Nay

I open my eyes to life's miracles.

Look, observe, remember.

Ponder this question these next seven days;

What miracle do I recognize and acknowledge
today?

Repeat this Calling for 7 minutes each day.

Say: I am a miracle!
A miracle of Creation.

WEEK FIVE

Mai' Rah Rah Rah Che'

And I give Thanks.

I lift my voice. I awaken my heart and command it to sing
the song of gratitude as I give Thanks. So much to be

grateful for. So sweet the melody of celebration.

Thank you. Thank you.

I sing. I sing.

I lift my voice

and

I give Thanks.

WEEK SIX

Iy Wah Newai Bantu

I live with Love

Repeat this Calling for 7 minutes each day this week

then answer aloud this question:

Ten ways that I live with Love today are.....

Answer this question for two minutes. Make your love
list. Enjoy.

WEEK SEVEN

Iy Wa'mai, Nee See Olafai

I walk on the path of that which is
righteous.

My creator, you guide my steps. I walk on the path of
that which is righteous. I lean my ear to your calling and I
follow. I desire to step in the footprints of your divine
goings. I lift my voice and call to thee. Lead me as I walk in
the way of that which is
righteous.

WEEK EIGHT

Nah Lu Waa Saa, Oh Nee
Lu Way

See the light through the darkness

After 7 minutes of recitation of this Calling each day during this next seven day period, ask yourself each day.....

1

What one solution or idea can I identify today that will assist me in resolving a challenge or answering an unanswered question?

WEEK NINE

Iy Seh taay nah', gee Hatem

I speak only truth.

I utter no falsehood. I seek in every moment that which is
real and true. I repeat not, that which fuels confusion &
conflict. I am honest with myself. I lift and remove the veil
of deception.

In all matters, in each moment, I speak only truth.

WEEK TEN

Iy, Fe' Nee Mu, Sen' nah
Chubah

I embrace the perfection now.

Every moment of our lives is encapsulated in a universal perfection. This week as you journey with the energy of this Calling for 9 minutes each day, allow yourself to joyfully reflect on this declaration;

Today I recognize the following five expressions of perfection in my life.

5

WEEK ELEVEN

Iy So feem eya, De'saynahdaain

I nurture and honor the temple of the soul....
the journey vessel.

This body.

This gift I have been given to walk, run, soar with on this life journey, I honor. I nurture. Cleansed are my thoughts. Pure, is that which I consume. Purified is that which rolls on my breath from my mouth into the hearings of the world. Warmly and tenderly, I texture my..... inner dialogue. I forgive my failings. Strongly and with regularity, I stretch and flex my body as I do the love dance of health, wholeness and healing. As I journey in this life vessel of skin, bone and fiber, tuned to the rhythm of the heart and enlivened by the auric essence of my creator, I nurture and honor this body, the temple of my soul.

WEEK TWELVE

Day che' On Tu Salah

Each breath is my prayer.

Each day this week, deepen your connection with your breath. As you breathe in through the nose and out through the mouth, listen to and feel each breath. Allow yourself to be in a place of prayerful awareness and surrender to the ease and blessing of receiving this gift of life. As you exhale, allow the release of the breath to be audible as you repeat in your inner being this reverent

Calling.....

Be with this process for nine minutes each day.

9

WEEK THIRTEEN

ly Minneeyek, noorah lomin,
teetaylaa jahlain

I open and receive the jewels of sacred wisdom.

I open.

My total being is awake in humbled anticipation.

I acknowledge and accept my worthiness to receive.

I listen. I learn. I give thanks. I remember. I share.

For I am a hollow reed through which the nectar of sacred
wisdom flows.

My melodies of surrendered utterances are a jeweled
echo of Godly grace. I open. I receive.

WEEK FOURTEEN

Iy Aa Dee Nee, Ahtoo

Mahlanche'

I step towards that to which I am Divinely beckoned.

Each day this week, after 4 minutes of repeating this

week's Calling, allow yourself 3 minutes of uninterrupted silence. Listen deeply and tenderly to the Divine voice which echoes from the garden of your inner sanctuary. Listen for the Divine beckoning. Allow yourself to be completely satisfied with this experience. If you hear a voicing from the garden, write down that which you remember. If you find these minutes to be simply a tapestry of silence, know that this too is a Divine blessing and a footstep on the pathway of knowing the beauty of deep listening.

7

WEEK FIFTEEN

Iy, Cressa laydonna, Omechee Sabannah,
Ts'ulu Bannette Ah' hah

I trust in the divine perfection to guide my
every footstep.

In this moment, from this moment, I Trust. My creator (by
all names known) guides, inspires and confirms my path.

My steps are firmly imprinted in the reality of my
limitlessness. I mirror the sacred perfection that defines
that which I know to be the Majestic landscape of this
magnificent life place. I breathe this perfection in. It
purifies me and more deeply.....

I Trust.

WEEK SIXTEEN

Setee oma inya Dun Dun eh'
say Aye, Naychinche Daamudonya

The melody of the Divine, sounds sweetest in the Inner
Garden.

This week, allow yourself each day to experience the
power of this Calling as it resonates WITHIN you as
well as AROUND you as you repeat it. Experience

4 minutes of repeating or chanting the Calling aloud,

filling the room with sound..... Then with the mouth
closed repeat the Call and feel the resonance as each
vowel and consonant vibrates within you. Like the
powerful energy in a Bell tower you will feel the melody
of the mystic vibration of the divine universe resounding
and rejuvenating your energy within. Be with this part of

the process for 3 minutes for a total of 7 minutes.

Enjoy.

WEEK SEVENTEEN

Iy, Mee ah'
Elohossanallahova

I immerse; enfold into the infinite
Beloved.

I know now Freedom. I am in complete unison with the
creation chorus.

I Immerse.

I reach beyond physical limitation and revive the
remembrance, the breath of without limit Love, as I quake
in glorious wonder to the rhythm of the heartbeat of the
Divine Beloved.

I let go. I am immersed in infinite affection knowing that
I am loved.

WEEK EIGHTEEN

Minna Laysee eta', Bin Lee
nada Du, O meenya dosah

May my being and doing, mirror and illumine
the mystical light of the Divine.

As you bathe in the recitation of this Calling for the next
seven days, visualize yourself as mirror reflecting a warm
hue of golden light and repeat the following:

These are the **2** ways I will mirror the mystical Divine
light today. I will.....

Chant/Speak this weeks Calling for **7** minutes.

WEEK NINETEEN

Omane'

Love us deeply into Oneness

O, my Creator, love us deeply into Oneness
through the frequency of Omne'. Send it's echo
through the caverns of my inner place. Quicken my
remembrance of the One Breath from which we suckle.

Omane' Omne' Omne'

Beckon me to lift my voice and lean my heart toward
thee. Mingle my tears with the dewdrops of the love dawn
as you cradle me and rock my spirit into a new day
illuminated by the inner light of deepening .

Love me..... Love us, deeply into Oneness.

WEEK TWENTY

ly Sah, Misti na'tu Sonja

I sing the Mystic Song.

The Mystic song is the song of loving surrender. As you deepen your connection to breath and voice this week, allow yourself to breathe in the expanse of your inner spiritual elasticity. Imagine each note in the melody of your inner song as it wafts upon your breath into the energetic mystical atmosphere that surrounds you. Each day for the next seven days repeat this calling for

9 minutes. At the completion of this mystical sound

cycle

Say:

And for the rest of this glorious day

with every breath

I will sing the Mystic song.

WEEK TWENTY ONE

Mai Rah Rah Rah Che'

And I give Thanks.

This is the only one of the Fifty Two Callings that
repeats.....

Each day this week as you repeat this call for

4 minutes, allow yourself with each repetition to go
deeper into the blissful state of gratitude. Feel the depth
of your thankfulness and allow it to pour forth upon the
whisper of each exhalation.

Then..... for 3 minutes, repeat.....

I am thankful for; and speak forth all the
"I am thankful" thoughts that move into your surrendered
state of mantric calm.

WEEK TWENTY TWO

Quamoon olo we Ahbun,
Ah Desai

Each heartbeat is an oasis upon the long road to
knowing the tempo of life's rhythm.

This is a week of being more deeply in touch with the
heart. Like each breath, each beat of the heart is a
rhythmic partner in the melodic song of Being.....

Honor the heart this week. Listen and feel the pulse of
each heartbeat as it dances in harmony with the warmth
of each breath.

Allow yourself for the next seven days to bathe in the
recitation of this beautiful Calling each day for

9 minutes. Enjoy.

WEEK TWENTY THREE

A'Báin

I understand. I am one with you.

Bala! Yes.

| understand. | hear you. | feel that, of which to me you
speak. | look into you eyes and hear the beating of your
heart. | breathe your breath..... | walk with my hand on
your shoulder. | am one with you. | am here.
| am but a thought away from your every moment.
| care. | feel that, of which to me you speak.
| understand. | am one with you.

WEEK TWENTY FOUR

|y Eso ne' Kunyai EeVaa
La' su

| am a patriot of the heart.

This week celebrate your capacity to

Love..... to be guided by your heart.
Acknowledge and feel your pure dedication to being
devoted to the energies of compassion, passion,
forgiveness, joy and love.
For the next seven days allow yourself to joyfully repeat
this powerfully aligning Calling. Sing it, Say it, Feel it as
you engage with this mantric recitation for
7 minutes. Then allow yourself to sit in silence for
2 minutes as you feel the sonic womb of your own
sound vibration enfold you.....

WEEK TWENTY FIVE

Lah me' nee, Ococolah

Life is a gift. (Treasure)

I welcome the morning. I cherish each moment. Life is a gift. I am with each breath, in a place of gratitude. With every step, I acknowledge that my path is adorned with creation's beauty. My eyes are blessed and bathed in the splendor of all that I see.

Life is a gift.

Life is a treasure.

WEEK TWENTY SIX

Bah lu deelay Aha' Havahn,
Wah Nuloo adu Feelah

From the Love bridge, see the glistening
waters of all sacred possibilities.

For this seven day period, as you move into your
"Calling" time, allow yourself to sit in a quiet place of
contemplation as you whisper the words of this image
inspiring Calling. Repeat this utterance for 4 minutes

then sit quietly for 5 minutes.

See in your minds eyes a beautiful golden bridge
stretching across a calm glistening river. See yourself
standing on that bridge gazing deeply into the water.
This is the river of Hope, Love, Healing, Abundance
and all measure of sacred possibility. See your reflection
in this water. Embrace the fullness of this vision.

WEEK TWENTY

SEVEN

NDes'daa Nne' Che'

Heed (listen for) the call of your destiny.

I Listen. My destiny beckons me.

I Say: I hear. I feel. I know that I am divinely guided.

I Say: All that I am, all that I have learned, all my highs.....

All my lows..... my everythings

shape me and prepare me as I anticipate my calling.

I listen.

I listen for....

I Heed

my destiny call.

WEEK TWENTY EIGHT

Jo ly Ben nne Uhwahnah

Te' ee Cho ai' ennay

May my comings, be the guidepost for my goings.

This Calling is dedicated to remembering and honoring the lessons of our past, the sum total of that which we have learned from our bumps, bruises and blessings.

During your daily 9 minutes of chant or spoken mantric remembrance this week, allow your heart and soul to be thankful for all lessons learned. Ease your thoughts into a place of knowingness that this journey of learning has set a solid foundation for your growth and progress as you move through each new day. Allow yourself to be in a place of gratitude for the Ying and Yang experiences along your life's journey. Be joyful. Breathe this in.

WEEK TWENTY NINE

Booso, Neebahte, veeve' le'on

Be of the dreamers'

I Dream. I Open my inner world to bold, colorful,
wondrous imagery of pure possibilities. I Dream. I let my
mind soar into spaces of joy, shape, form, fancy and glee.
I imagine in glorious detail and see the wonder and
beauty of all which I desire and deserve.

Say: I Dream. I visualize.

I am bathed in the splendor of my imaginings.....
It is beautiful. It is attainable. I deserve to realize my
Dreams. I visualize and begin to manifest an abundant life
for myself which richly affords me the blessing to share

with others.
I Dream. I manifest. Now!

WEEK THIRTY

Ah Way, Naakah Solo
Enahsah

Be one with the spirit of Kindness

Each day this week.....

Say:

I breathe into the world the caressing breath of
kindness. I texture My inner dialogue with kindness. I
soften my gaze through gentle eyes of loving kindness.

My heart is filled with the inspiration to be kind.

I am one with the spirit of Kindness.

Then, begin your recitation of this nurturing Calling and

be with it for 7 minutes. Enjoy.

WEEK THIRTY ONE

Fa'letta Manaaya Havahn,
oree Bahdaaynya

Love is the nectar which nurtures our
divine nature.

Love is the seed I plant and nurture in the rich soul soil of
my heart. I cultivate and tend to the care of this growing
place in pure anticipation of a bountiful harvest of love
unconditional.....

I savor the taste of that which feeds the higher measure

of my sacredness as I am watered with divine
remembrance.....

The Dhikr
(Zikr)
of Love.

WEEK THIRTY TWO

Jono Patee Jaane'
Sineebah Sahdu

May Sincerity be the palate of my being.

Contemplate this

In all that you do, say, create and respond to.....

In all of your
being and doing.

Be it....
Do it....
with pure spirit inspired Sincerity.

Repeat this calling for 9 minutes each day this week
and embrace your soft inner place of sincerity, truth
compassion and grace as you speak forth this powerful
Calling.

WEEK THIRTY THREE

Cham bayya Solodeesaad,
Soofay mee' echi'

Be guided to the Allness, through sweet surrender.

I see the luminescent light of creation's magnificent
Allness, and I am guided. I walk through the doorway of
sacred possibilities and set my steps firmly on the path of
right action.

I surrender. Freely and completely, I surrender.
I am open to the bliss of that which awaits me. I realize
and realign myself to the rhythmic cadence call of life's
quantum ecstasy. Sweetly, wholly and willingly.....

I am guided.

In this perfect moment, now.

WEEK THIRTY FOUR

Tah Tah, May Unnah Kahtu,
O Ehlay, Wetundah

Into life | journey, to the Almighty | return.

This Calling has come to us to remind us of the perfect
circle of Life.....

With a thankful and confirming heart, bathe in the tone
bath of this calling for 7 minutes each day this week,
and for two minutes each day at the completion of your
chant/speak/call..... be in silent reverence as you
embrace and breathe in the recognition of the life cycle
as a beautiful and precious gift.

WEEK THIRTY FIVE

Tusue Maykh' nate

Divine love embraces all.

I close my eyes and feel creation's warmth embrace me
I am loved. I am protected. I cherish this safe place as I
rest.....

I rest here, in the celestial cradle of divine wonder.

Within me.

All around me.

Love.

I am, we are, cloaked in Divine Love.

Divine Love embraces me.

Love, Divine embraces all.

I choose to be a mirror of Divine Love.

WEEK THIRTY SIX

Okayah', Saaí', Bee eh' Butah

Be guided to the One.

This Calling is a powerful energetic reminder that all things are connected. All experience, all thought, all energy, all matter. Everything is connected to and guided by the One..... Perfection.

This is a very joyful Calling! It holds the vibrant radiance of the energy of Spring. It is liquid and lively.

As you speak/chant this Calling the next seven days, embrace an inner sense of celebration!!

Repeat this Calling for 7 minutes each day followed by

2 minutes of gentle breathing, in through the nose out through the mouth.

WEEK THIRTY

SEVEN

Obee Yanne¹

All is perfect. Perfection.

All is perfect. I celebrate the breath of this divine reality.

In this perfect moment, I fix my inner gaze upon the
grandeur of my life garden.

I see with new eyes, the magnificence of my existence. My
blessings abound. All unanswered questions await my
joyous anticipation, my unconditioned surrender. All is
perfect.

Perfection abides in the Now.

I know this and I speak it into my heart.

WEEK THIRTY EIGHT

ly Ah Way, Jaa Keensah

I am bathed in stillness

This is the first of two "inner" spoken Callings. This weeks practice is designed to bring you into an understanding and experience of deep stillness. This is a

4 minute cycle of whisper and stillness. Repeat the

Calling once in a whispered voice then again silently within you, feeling the mantra with your eyes and heart.....

At the completion of this four minute cycle allow yourself to sit and experience the

"Stillness Bath" for 3 minutes. Stillness is a powerfully healing place to discover. You will find that at the completion of this week you will have a deeper appreciation of what it is to be.... still.

WEEK THIRTY NINE

Lo fainya nne' Kee waisee

Echoes of the limitless divine light which emanates from
Creations core..... We are.

From mountain to mountain, from dusk till dawn. In the
cavernous infinity of each moment. Between each blink
of the finite eye. Each reflection that dances on the
tributaries along the river of living.

The newborn giggle of unconditional love.

The misty mysteries of unforgiveness mirrored in our
life watered cries.

All yesterdays. All tomorrows. Forever.

From the Earth, From the Sky. From the limitless light...
We are.

WEEK FORTY

Fe'h, Uhlah Weeta'h

Be like the Wind.

Say: I am the breath. I am the wind.
I am the transparent essence of life itself. I am boundless.
I am full of the richness of life. I emanate like the wind,
from beyond the horizon. My breath is full and healing. I
embrace the unseen power of all my abundant
possibilities. I move through each day strongly.....

Like the wind.

Repeat this Calling clearly and confidently for

9 minutes each day this week.

Be thankfully energized.

WEEK FORTY ONE

Ullah Waal sinne',
Ul saalana equay

God (by all names known) surpasses mortal reality.

Beyond simplistic perception. Beyond that revealed by
the naked eye. Greater than the greatest anticipation.

GOD..... In all ways
and by all names known.

Deeper than the deep within. More grand than the
visualized majestic.

GOD..... In all ways and by all names known.

All this, and that beyond definition.....
without limit.....

From beginning to breath.

In all ways and by all names known
GOD.

WEEK FORTY TWO

Iy Vaache' Olo Veesaynah

I am a student of the silence.

This second "inner" Calling is designed to awaken a sweet inner cavernous understanding of the texture of silence. It is called to direct us to hear the inner echo of deep silence and feel it's sacredness.

This week, allow the frequency of this Calling to be experienced with the eye of the soul as you experience this Calling in silence.

With your eyes, breathe in this Call. Allow yourself to focus on listening. Listen to the texture of your inhalation as you prepare. Listen to the texture of your exhale as you silently repeat these spirit empowering words and feel the presence of your breath in you heart.

This process should be experienced each day for 9
minutes.

WEEK FORTY THREE

A' Mai nessa fay fay Lena'

All of creation and it's creatures are infinity connected.

All creation.... One. All creatures..... my kin.
I sing this melody as we do the circle dance of life.
I hold sacred my stewardship. I quiet my fears and
surrender my ego. I fear not my creation brethren. I seek
to understand and find my harmonic place on our living
landscape.

From light of Sun to Moonlight.
Reverently..... I step in natural rhythm
with all creatures.

For we are one creation, connected.
I honor this, as I commit myself to honoring all life and
nurturing this planet earth upon which I depend.

WEEK FORTY FOUR

Raina, Raina
Kimee Waaleche'

Gently, gently, Walk with the light.

This week's Calling is a warm wonderful reminder of the
light of life.....

As you repeat this calling for the next seven days allow
yourself to feel life as a warm healing light of love, joy,
healing, gratitude, forgiveness, opportunity, wisdom,
spirit and grace.

Repeat the Calling for 7 minutes and for an additional
two minutes

Say:

Gently, Gently I walk with the light of.....
love, joy, healing, gratitude, forgiveness, opportunity,
wisdom, spirit and grace.
Have a magnificent week!

WEEK FORTY FIVE

Insensei | ngleesada

Grace abides in each moment

Open your eyes. There grace abides.
Stand beneath the canopy of the weeping willow. There
grace abides.

In each breath. There grace abides.
Within the pure quench of a palm's fill of water, grace
abides.

In the crystalline drip of a teardrop.

There, grace abides.....

The free and unmerited favor of our Creator is divinely
with us, around us, within us. In each moment.

I embrace and honor this grace.

WEEK FORTY SIX

Iy, Ram Sheen, Tulu

I am Peace, shining.

This powerful inner peace Calling is a quiet pathway to a calming sense of peace and all that that understanding encompasses.

Repeat this calling for 6 minutes each day this week.

then Say:

I am peace.

Today peace to me is.....

Today I celebrate my peace by.....

Do this for three minutes.

Enjoy this week as you focus on your inner Peace.

WEEK FORTY SEVEN

Ahtu pranad, aye Kahseena

Be of those who follow that which is holy.

The sacred infinity of all things holy..... this I
seek.

My heart is poised to entrain to the rhythm call of the
ancestral sages as they march along the pathways of
purified yesterdays. I chant in harmonic verse, the
remembrance songs of celebration and praise echoing
from the sacred caverns of the holy place,
the tabernacle within.

I lift my voice in call and response of verse tethered to
sacred inspiration as I seek to mirror
that which is holy.

Ahtu pranad, aye Kahseena.

WEEK FORTY

EIGHT

Meelah manan, Onomaycha'

Water me, I pray, with the raindrops of your mercy.

This Calling is a quiet journey into gentle surrender. It is
a Call to the infinite reality of creation to shower you
with a blessing.

It is intended to comfort and caress your softest inner
humility and precious vulnerability.

Chant or speak this Calling each day this week with a
quiet sense of unconditional love as you call forth this

beautiful mantra for 7 minutes each day.

Feel the blessing.....

WEEK FORTY NINE

Quanse' Che', Joo ba' teetaa

As you treat, so shall you be treated.

I honor all who I meet.

As I treat so shall I be treated.

I listen with a caring heart.

As I treat, so shall I be treated.

Of my two handfuls, one I share.

As I treat, so shall I be treated.

I speak with a nurturing tongue.

As I treat, so shall I be treated.

May I let the eyes of others
be my mirror.

For it is through my compassion for them

I choose to learn to be a better Me....

As I treat, so shall I be treated.

WEEK FIFTY

ly, Mula bai, Quansan

I fill the palm of my hands with tenderness.

This week, repeat this beautiful Calling for 7 minutes
each day.

Then, open your hands..... Place them together.

Say: I fill the palm of my hands with tenderness.
Like the waters from a purified ceaseless waterfall of
mystical love and wonder, I fill my hands and offer it
to.....

(speak the names of one or more of those whom your
heart tells you to remember and, to them, send the
vibration of tenderness)

Feel the tenderness pour forth from you inner temple as
you offer pure energy of this offering.
Bathe in the beauty of this moment.

WEEK FIFTY ONE

Sema' deegjagja feshee feshee

The ceremony of being, is the release of the ego.

I joyfully join this ceremony which awakens my
understanding of what it means to truly Be.

I release the ME centered ego and reclaim my
connection with my higher self.

I am one with the divine mosaic from which I emanate.

I have been called, through the blessing of my birth
to Be.

I release and live my fullness through this gift of life.

I celebrate. I give thanks.

I release.....

WEEK FIFTY TWO

Macha, Macha, Macha

Ontu Inawai'

Listen, Listen, Listen, to the breath.

As this week embraces you. Celebrate the breath. Listen, feel and know the healing life sustaining blessing of every breath you take. Know that the breath is the melody of your life song, your connection to Source. As you breath in and bring forth the melody/frequency of this Calling, allow the fullness of your connection to this life source to fill you and enliven you as you intone this

call for 7 minutes each day this week.

Enjoy.

Life, Breath is beautiful.

