

COSMIC PERSPECTIVES



Desmond Donald
Green

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COSMIC PERSPECTIVES

Outwork - a forward

Every generation gives birth to its own philosophers as guides to the philosophical principles to strengthen our minds. There was Thoth for the ancient ancestors; Epictetus soon after Jesus Christ, Marcus Mosiah Garvey just a century ago, and Robert Nest Marley for a generation in the passing. The magic of their words and the beauty of their articulations are constant reminders that the philosopher's chief function is to elicit in us our finest remembrances of what inspires us on the Divine perfection.

We are thus reminded of the importance of principles such as the Divine, writing and reading, measurement, information and its communication, sensing and its positive responses, timing and its place in all things, and the majesty of growth, development and transformation. Our generation has our seminal reminders from Desmond Donald Green.

It has been said before, but it might as well be said again, Desmond Donald Green is

well suited for this function of spiritual guidance.

Aside from the usual academic credentials, Green brings unique talents to his task as articulated in Millennium Honey Nuts. He is first and foremost a student of Life and a devoted follower of Divine principles as the Stargate to the nature of mind. He is constantly searching and researching multiple avenues for spiritual growth as the basis for experiencing a richly rewarding life.

Desmond Green's philosophy embraces the concept of life at its deepest levels and supports the affirmation of the human growth and development to its highest potential, in its most enlightened reflection. His philosophy touches from the lowest to the highest among us and subsequently lifts us all up and shows us the beauty of the nature of our minds.

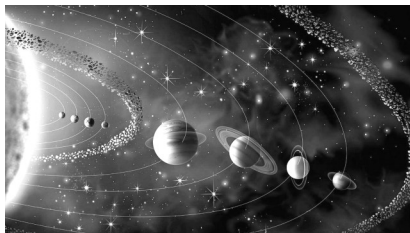
Reading the Millennium Honey Nuts is reminiscent of Epictetus' Art of Living. Then as well as now we are reminded to recognize appearances for what they

really are, make full use of what happens to you, approach life as a banquet, and avoid adopting other people's negative views.

Like his philosopher ancestors, Green reminds us that "self acceptance is the foundation of self preservation" - "Every shadow is the indisputable equal of the light that casts it" - "It is impossible to be lonely while affirming ourselves and appreciating the rest of creation." "Positive self-esteem is accepting ourselves as our Creator's dream," etc.

Within the Millennium Honey Nuts, we hear the ten universal principles articulated over and over again in myriad ways.

Desmond Green reminds us of numbering, timing, writing, measuring, transforming, structuring, informing, ordering, sensing and the Divine in the nature of mind.



John Fray

Professor, Cellular and Molecular
Physiology Graduate Program
University of Massachusetts Medical
School, Worcester, MA, USA
*(Millennium Honey Nuts is one of the
many volumes of Green's work.)*



Ignorance is letting go of the bird we
have in hand, with the hope of
catching one in the bush.

* * *

Rights and responsibilities
always travel in pairs.

* * *

The easiest way to end up where you
do not wish to be, is to start without
any fixed destination in mind.

* * *

Divine rights are God's gifts
to His expressions.
Human rights are promises
humans make to each other.

* * *

I am supporting every thought, feeling
and experience which I am having now,
and I can also change them as I learn
how to visualize their opposites.

* * *

Death is a life full of regrets.

* * *

Thoughts and clouds have nothing
to mark their trails in life
except memories and rain.

No one will ever be able to consume
more than he is willing to create.

* * *

Vision is seeing that it is the Spirit
within, which secures the flesh without.

* * *

Self-appreciation is the only magic you
will ever need to succeed in life.

* * *

If the Creator really believed in secrecy,
the world would be invisible.

* * *

The only gifts in life which are sure to
last are the ones given in love and by
the Spirit held fast.

* * *

The main difference between wishing
and flying is the take-off.

* * *

The difference between faith and fancy
is measurable results.

* * *

The only thing we are guaranteed to
find in life when we come to ourselves
is our Creator and the rest of creation.

I am my Creator's
Vision
Intelligence
Consciousness
Truth
Image and Mind
Forever and ever,
And ever.

★ ★ ★ ★ ★ ★

Repeat these choruses daily to create
a healthy, wealthy and successful life.
Believe, trust and see this life as YOURS.

My Breath, My Breath, My Breath,
My Breath is my Blueprint for my Life!

My Breath, My Breath, My Breath,
My Breath is my Blueprint for my Life!

My Breath, My Breath, My Breath,
My breath is my Blueprint for my Life!

Oh yes, My Breath is my
Blueprint for my Life!

Your Breath, Your Breath, Your Breath,
Your Breath is your Blueprint
for your life!

Your Breath, Your Breath, Your Breath,
Your Breath is your Blueprint
for your Life!

Oh yes, Your Breath is your Blueprint for
your Life!

Our Breath, Our Breath, Our Breath,
Our Breath, is our Blueprint
for our Lives!

Our Breath, our Breath, Our Breath,
Our Breath is our Blueprint
for our Lives!

Oh yes, Our Breath is our Blueprint
for our Lives!

The most important feature of life
is the power of choice.

* * *

He who exercises his power of choice is
free from every outer form of bondage.

* * *

Vision is seeing that my share of the
universe supports the rest of it.

* * *

Power is recognizing ,
accepting,
cultivating,
and appreciating myself
as the center of the world,
which includes everything else in life.

* * *

It is as possible for any image to block
the flow of the Spirit supporting it, as it
is for a flooded river to restrain itself.

* * *

It takes waking up to see
and listening to hear the
wonders of the world around,
and its messages of good cheer.

The only messages of value in life are
the ones affirming its intrinsic worth.

* * *

Those who love to reap fruits
should take the time necessary
to plant fruit trees.

* * *

Faith is the fruit of experience which
inspires action, but untested beliefs
only engender fears and doubts.

* * *

The only limitations we will ever face
in life are those which result
from our dependence on others.

* * *

The only things which can
be denied us in life
are those we withhold from others.

* * *

**THAT WHICH CANNOT CREATE LIFE
SHOULD NOT BE EXPECTED
TO SUPPORT OR SUSTAIN IT.**



Eye am my Cosmic Images, Fragrances,
Textures , Tastes and Sounds of my
Breath, Breathing and Pulsating
Consciously Forever!

You Are Your Cosmic Images, Textures,
Fragrances, Tastes and Sounds Of your
Breath, Breathing and Pulsating
Consciously Forever!

All of us are our Cosmic Images,
Textures, Fragrances, Tastes and Sounds
of our Breath, Breathing and Pulsating
Consciously Forever!

All of us are our actual physical
One Breath Cosmos, Breathing and
Pulsating Consciously Forever!

All of us are our Physical, Immortal,
Infinite, Eternal Incarnations of our
Breath, Spirit, God, Plasma frequencies,

STARADUST,
Breathing and Pulsating
Consciously Forever!

Make it light if It's too heavy to bear
whatever the burden you carry or share.
The rest of the world is a helping hand
which it wants you to take and
understand that to live is to give
whatever you can, according to mother
nature's style and plan.
Love keeps the wheels of life
turning smoothly and in order.



I am the truest possible expression of
my breath right now;
I am its way of being on earth.

* * *

Wellness is the difference
between carrying our wings
on our backs and letting our wings
carry us through the air.

* * *

The only thing in life which is heavier
than regrets is our ignorance of the
reason why we carry them.

* * *

Where there is no willingness to
carry them, burdens have no means
for moving around.

* * *

Wisdom is knowing how to convert
pressure into support.

* * *

Life does not depend on sight for action.

* * *

The only big things in life are the little
things which we appreciate.

Appreciation turns the little things in
life into lasting monuments.

* * *

The sweetest part of friendships and
the bitterest part of enmity
are both within.

* * *

The spirit of the Creator within
each of His creation is manifesting Its
nature as fully as It possibly can
right here and now.

* * *

Intentions determine actions.

* * *

Intentions fuel actions.

* * *

Conflict is the difference
between intentions and actions.

* * *

Peace and satisfaction is the union
between intentions and actions.

* * *

It is what we claim in life
which will proclaim us after death.

Courage is facing the consequences of
our actions with the knowledge
that we always have the inner support
to resolve them.

* * *

Vision is seeing that the only things
over which we can exercise full control
in life are our inner thoughts,
feelings and intentions.

* * *

The farthest thing from any truth
is its shadow.

* * *

The only thing we lose in our pursuit of
worldly securities, is a sense of the
heavenly support being offered to us
by our indwelling spirit.

* * *

Faith is knowing that what is within, is
far more enduring than what is without.

* * *

It is the loving force of spirit which
renews and inspires our being
to live productively.

Eye am, Eye am, Eye am, Eye am a
Cosmic Citizen now!

Eye am, Eye am, Eye am, Eye am a
Cosmic Citizen Now!

Eye am, Eye am, Eye am, Eye am a
Cosmic Citizen Now!

Oh yes, Eye am, Eye am
a Cosmic Citizen Now!

You are, You are, You are, You are a
Cosmic Citizen Now!

You are, You are, You are, You Are a
Cosmic Citizen Now!

You Are, You Are, You Are, You are a
Cosmic Citizen Now!

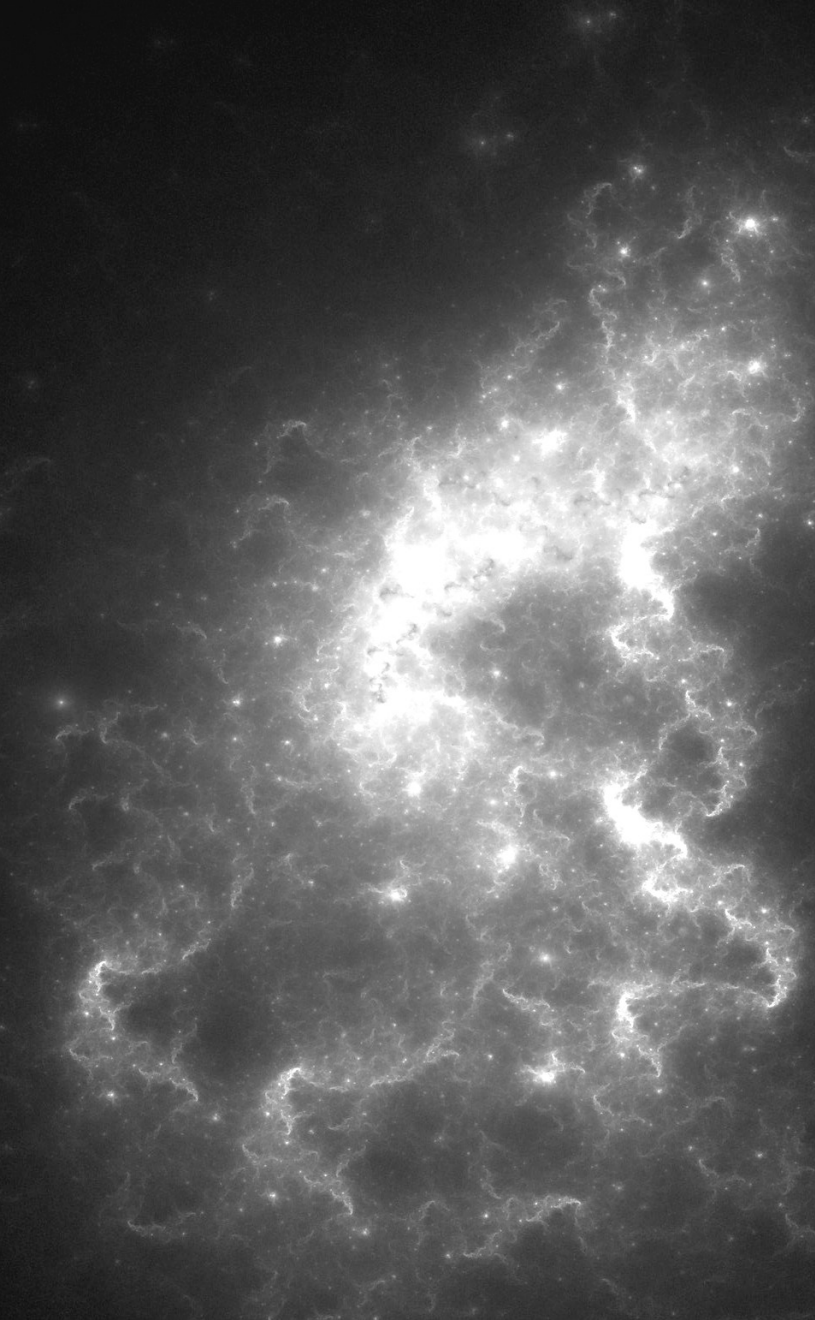
Oh Yes, You Are, You Are a
Cosmic Citizen Now!

We are, We are, We are, We are All
Cosmic Citizens Now!

We are, We are, We are, We are All
Cosmic Citizens Now,

We are, We are, We are, We are All
Cosmic Citizens Now!

We are, We are, We are All
Cosmic Citizens Now!



Eye Love, Eye Love, Eye Love, Eye Love
My Elements as Myself,
Eye Love, Eye Love, Eye Love, Eye Love
My Elements as Myself,
Eye Love, Eye Love, Eye Love, Eye Love,
My Elements as Myself, Eye Love, Eye
Love, My Elements as Myself...

Eye Love, Eye Love, Eye Love, Eye Love
My Loving Attitudes as myself,
Eye Love, Eye Love, Eye Love, Eye Love,
My loving Attitudes as myself,
Eye Love, Eye Love, Eye Love, Eye Love,
My Loving Attitudes as Myself,
Eye Love, Eye Love My Loving Attitudes
as Myself...

Eye Love, Eye Love, Eye Love, Eye Love,
My sweetest memories as myself,
Eye Love, Eye Love, Eye Love, Eye Love
My Sweetest Memories as Myself,
Eye Love, Eye Love all of my sweetest
Memories as myself...

Eye Love, Eye Love, Eye Love, Eye Love
My Freedom as my Breath,
Eye Love, Eye Love, Eye Love, Eye Love,
My Freedom as My Breath,
Eye Love, Eye Love, Eye Love, Eye Love
My Freedom as My Breath,
Oh Yes, Eye Love, Eye Love My Freedom
as My Breath,

Eye Love, Eye Love, Eye Love, Eye Love
My Properties as Myself,
Eye Love, Eye Love, Eye Love, Eye Love
My Properties as Myself,
Eye Love, Eye Love, Eye Love, Eye Love
My Properties as Myself,
Oh Yes Eye Love, Eye Love My
Properties as Myself!

Eye Love, Eye Love, Eye Love, Eye Love
My Whole Body as Myself,
Eye Love, Eye Love, Eye Love, Eye Love
My Whole Body as Myself,
Eye Love, Eye Love My Whole Body as
Myself...

Myself, Myself, Myself, Myself am who
eye have to Love,
Myself, Myself, Myself, Myself, am who
Eye have to Love,
Myself, Myself, Myself, Myself am who
Eye have to Love,
Oh Yes, Myself, Myself, am who eye
have to Love.

Yourself, Yourself, Yourself, Yourself am
who you have to Love,
Yourself, Yourself, Yourself, Yourself, am
who you have to Love,
Yourself, Yourself, Yourself, Yourself am
who You Have to Love,
Oh yes, Yourself, Yourself am who you
have to Love!

Ourselves, Ourselves, Ourselves,
Ourselves, are who we have to Love,
Oh yes, Ourselves, Ourselves are who
we have to Love!

Eye have, Eye have, Eye have, Eye have,
 Eye have all selves to Love,
Eye have, Eye have, Eye have, Eye have,
 Eye have all selves to Love,
Eye have, Eye have, Eye have, Eye have
 Eye have all Selves to Love,
Oh yes, Eye have Eye have, Eye have all
 Selves to Love.

You have, You have, You have, You have,
 You have all Selves to Love,
You have, You have, You have, You have,
 You have all selves to Love,
You have, You have, You have, You have,
 You have all selves to Love,
Oh yes, You have, You have, You have all
 selves to Love...

We have, We have, We have, We have,
 We have all selves to Love,
We have, We have, We have, We have,
 We have all selves to Love,
Oh yes, We have, We have, We have all
 selves to Love!

Finger pointing and fault finding
are shallow breathing spells,
which cripple too many hearts and
minds with their emotional hells;
while overlooking the powers of all
conscious breaths which give inner
peace and outer harmony
to how we all choose to live.



I am the fullest possible expression
of God's intentions.

* * *

I am fully responsible
for how I experience and express
God in me right now.

* * *

I am the substance, spirit, form
and flesh of my Creator,
now and for evermore.

* * *

I am the living word of my Creator,
more current than any written
statement ever made.

* * *

Whatsoever we visualize and energize is
bound to materialize before our eyes.

* * *

Love is what supports us
when everything else lets us down.

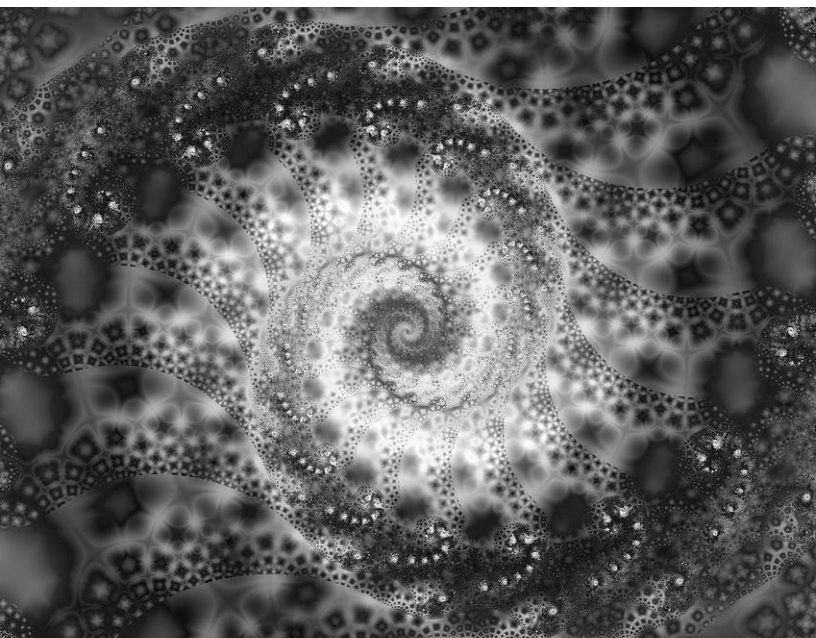
* * *

We are not only what we see, think and
feel, but what we are able to do.

Eye am my actual, physical,
One Breath Cosmos
Breathing and pulsating consciously
forever.

You are your actual, physical,
One Breath Cosmos,
Breathing and pulsating consciously
forever.

All living creatures are their
One Breath Cosmos,
Breathing and pulsating consciously
forever.



My Breath, My Breath, My Breath, My
Breath, My Breath is my Freedom now,
My Breath, My Breath, My Breath, My
Breath, My Breath is My Freedom Now,
My Breath, My Breath, My Breath, My
Breath, My Breath is my Freedom Now,
Oh Yes, My Breath is My Freedom now!

Your Breath, Your Breath, Your Breath,
Your Breath, Your Breath is Your
Freedom Now,
Your Breath, Your Breath, Your Breath,
Your Breath, Your Breath is Your
Freedom Now,
Your Breath, Your Breath, Your Breath,
Your Breath, Your Breath is Your
Freedom Now,
Oh yes, Your Breath, Your Breath is Your
Freedom Now. . .

Our Breath, Our Breath, Our Breath,
Our Breath, Our Breath is our
Freedom Now,
Oh Yes, Our Breath is our Freedom Now.

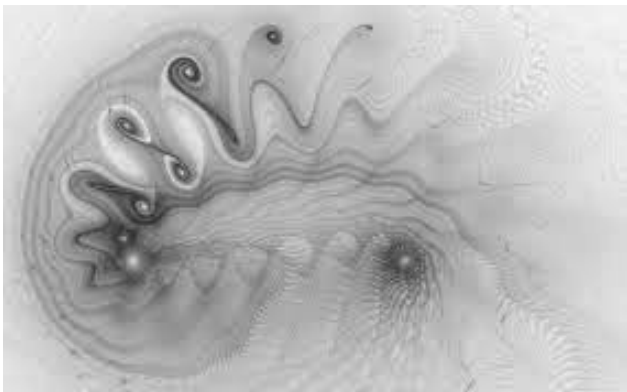
My Breath, My Breath, My Breath, My
Breath, My Breath is My Sanity now!
My Breath, My Breath, My Breath, My
Breath, My breath is my Sanity Now,
My Breath, My Breath, My Breath, My
Breath, My Breath is my Sanity Now,
Oh Yes, My Breath is My Sanity Now!

Your Breath, Your Breath, Your Breath,
Your Breath, Your Breath is your
Sanity Now,
Your Breath, Your Breath, Your Breath,
Your Breath, Your Breath, is your
Sanity Now,
Your Breath, Your Breath, Your Breath,
Your Breath, Your Breath is your
Sanity Now,
Oh Yes, Your Breath, Your Breath is your
Sanity now...

Our Breath, Our Breath, Our Breath,
Our Breath, Our Breath is our
Sanity Now,
Oh Yes, Our Breath is our Sanity Now....

There is always enough time and space for every one of us to embrace ourselves, and climb the mountains we must climb, or graze the pastures we must graze, or descend into the valleys from which we must ascend, and plant the seeds of the crops we crave to reap, and claim the victories which we have already won or bestride the causes which challenge us to express the truths we see, and use all stumbling blocks as stepping stones to the paradise we have always known which awaits us all within.

**FAITH IS SEEING THE RESULT
BEFORE WE TAKE THE ACTION.**



Look into yourself and you will find the answers you seek to free your mind from ignorance and blindness of every kind and to gain a sense of belonging and ties that bind.

Home is a place so deep in your heart, That only you can reach it or be apart of its secrets, and magic, and hopeful dreams, or drink in silence and quench your thirst, from its sparkling streams.

The Kingdom of Heaven
is within you here and now
awaiting your appreciation
of when and how
you will open your eyes and ears to find
that it is the **SPIRIT/BREATH/GOD**
manifesting your body and mind.





Life embraces Itself in every degree
that fulfills Its expressions
and sets them free;
And supports all their efforts
to walk, run, or fly
in pursuit of dreams
no matter how low or high.



Seek not refuge from the storms of life
nor hiding places from worldly strife.
For fear of anything only fuels its fire
and robs the soul
of its life affirming desire.

Look to your own spirit
for the spark you seek,
that will fill you with power
to be both wise and meek;
And give you the courage
to sustain your will
to climb the mountains you meet
as you would any molehill.



Mind mixes matter to suit its taste;
turns priceless moments of hurry and
haste into monuments of joy and
beauty rare for all to enjoy now
or later somewhere.

VOCABULARY IS VISION

What we feel is what we see...

What we feel is what we think...

What we think is what we say...

What we say is what we do and

What we do is who we are...

What we are is our image of ourselves

and our image of ourselves

defines how we behave.

Our self-images define everything else

about us, our sense of self-worth, our

ambitions, our goals in life, our

achievements, our hopes and dreams,

our failures and successes,

our sense of belonging or alienation,

our character and personalities

and our quality of life.



Our imagination is what we use
to create how we see the world,
and how we see the world
defines how we experience life.
Our power and vision
is in our vocabulary.



Worry not,
Nor hurry,
Nor live in fear.
Look within and around
And take time to hear
The voices of comfort
Which renew and inspire
And will guide you
To the peaks
Of the good you desire.

I remain the same forever in nature
The Spirit manifesting
Every living creature.
The laughter and tears,
The sunshine and rain,
Every kind of loss or wonderful gain.
I remain the same in nature and name,
Willing and giving sparks to the flame,
That keeps life going
In every shape and form,
Full of vitality and wit
And abounding charm.



The people and things in your life
Are by choice.
And remain there
With your consenting voice.
For the power in our mind and soul
Follow only our commands
And assertive control.

Heaven within is already achieved,
when the truth of self is fully believed,
when earth and every thing in it
is clearly seen
as the works of the Creator
who has always been.

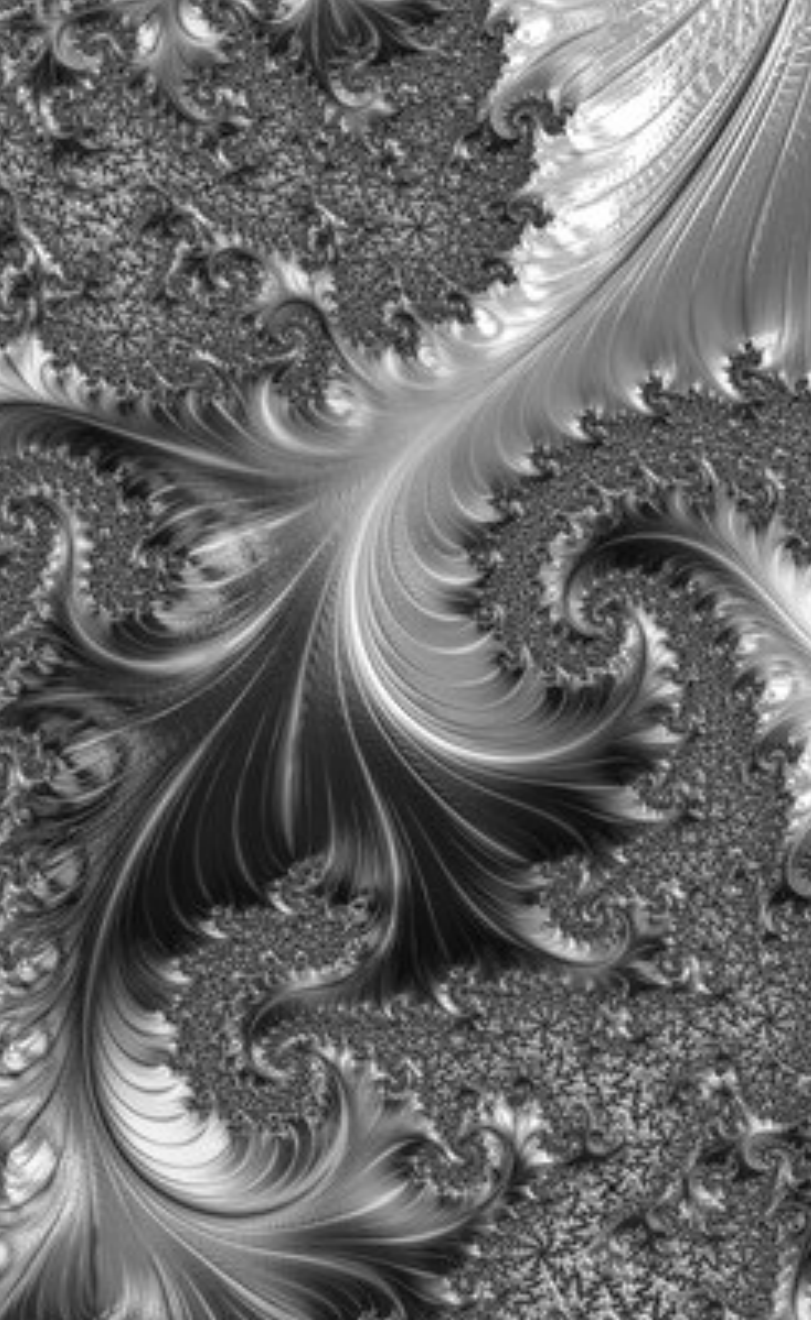
* * *

You have to claim it
although it is already yours;
all of the seconds and minutes
and countless hours.
All of the possibilities
in the universe belongs
to those who learn
Her music and sing Her songs.

* * *

You have to let go in order to be free
You have to give in order to be clear
You have all you need,
For Life is fair to all who know
How to let go and share.





It's time to open your eyes and see
that you hold your life's
only important key.

* * *

The time to reach for inner peace
is always here and the power to claim it
may be but a deep breath of gratitude
for life's countless gifts from within,
as priceless as thoughts
on the wings of a dove.

* * *

It is your breath alone
that can see you through life,
which is able to sustain you
through every storm and strife;
whose comforting powers reach
where heartaches are real,
and helps your body and soul
its healing love to feel,
while supplying your body and soul
with balms that heal.



The easiest way to elevate your mind
is to feed it with words of peace
and love which you find.



It is a gift to be alive,
to have real power and drive;
to feel what life means
through your actions and dreams;
to wave your hand like a magic wand
which turns all your fears
by faith into songs of triumph over
petty slights and wrongs,
and to sense that your living
to all life belongs.

* * *

Those who enjoy the privilege
of giving are best qualified
for the pleasures of receiving.

* * *

We create our lives
ONE CONSCIOUS DEEP BREATH
at a time.



Today I affirm life's beauty in me and appreciate more fully what it means to be free. As I soar in thought beyond eagles and skies, on wings of truth where only visionary eyes gather and feast upon life giving bread and drink prepared before the foundation of the world for all who dare to BREATHE.

What I look at and see is mostly in me, and is under my full control to alter either in part or whole, or free it to realize its own fullness of soul, by its willingness to pay life's exacting toll.

* * *

Self appreciation
is the highest form of honesty.

I am the voices you hear whispering “be
of good cheer.” When the storms of life
hide your sun, I AM your inner light
knowing “thy will be done” and is only
meant your soul to renew and
render you more vibrant and true.

* * *

I am your abundant supply on whom
you must truly learn to rely.

* * *

Our Creator God is the original set point
of the universe, composing Itself into
forms so varied and diverse,
yet knitting and cementing all
from core to crust into the selves
we all have come to be and trust.

* * *

Our Creator God hangs the skies above
our heads as far as we can see and
spreads the ground beneath our feet
borderless and free.

He is the light within us and all delights
without, our feelings deep and faith
secure from which to sing and shout.

It's your faith, not your features, which
repair and secure broken plans or
dreams and foundations once sure,
resetting your course while rekindling
your hope, proving stronger than steel
and longer than rope.

* * *

Material conveniences and creature
comforts galore, make no one happy or
indeed secure. For life requires inner
strength built on truth and faith enough
to sustain and preserve our youth.

* * *

The things in others most bothersome
to me are also the bothersome things in
me that others see.

* * *

Accepting yourself just as you are,
is enough to transform you
into a Cosmic Super Star.



Hell is how we feel
when we neglect our Divinity.

* * *

Experience is only a teacher to those
who are willing to learn from it.

* * *

He who keeps his feet firmly planted on
the ground will miss the terrors of falling
but will also bypass the thrill of soaring
and the triumph of flight.

* * *

The happiest of men seem always to be
those who confine worship of their
Creator to the service of others.

* * *

The Creator I strain my eyes
heavenward to see,
is never ever farther than
my brother standing next to me.

* * *

The theology of personal worth
is the only one worth practicing.

* * *

Wisdom is the act of transforming
pointing fingers into helping hands.

Thoughts of any kind correspond to
experiences of body and mind.

* * *

Ignorance is when you think that your
vices are private secrets and
only your virtues are public.

* * *

Where generosity is discouraged,
stealing is encouraged.

* * *

It is often through bitter experiences
that we finally learn to catch the goose,
cook it and prepare it to be served
before we summon guests
to the table.

* * *

It may require money to play, but it
takes breath to stay in the game of life.

* * *

The difference between the things we
desire, the things we get, and the things
we keep in life, is often the amount of
sweat we are willing to invest for them.

* * *

We can lead others only in the
direction we take ourselves.



My Breath, My Breath, My Breath,
My Breath is my renewable energy
SOURCE,

My Breath, My Breath, My Breath,
My Breath is my renewable energy
SOURCE,

My Breath, My Breath, My Breath,
my Breath is my renewable energy
SOURCE,

Oh yes, my Breath is my renewable
ENERGY SOURCE. . .

Your Breath, Your Breath, Your Breath,
your Breath, is your renewable energy
SOURCE,

Your Breath, Your Breath, Your Breath,
your Breath is your renewable energy
SOURCE,

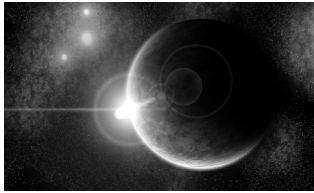
Your Breath, Your Breath, Your Breath,
Your Breath, is your renewable energy
SOURCE,

Oh yes, Your Breath is your renewable
ENERGY SOURCE. . .

Our Breath,
Our Breath,
Our Breath,
Our Breath is our renewable energy
SOURCE,
Oh, yes Our Breath is our Renewable
ENERGY SOURCE.



Happiness is how we feel
when we accept our Divinity.



Truth is the same in everyone,
in everything, everywhere,
but falsehood has no consistency.

* * *

The difference between faith and
beliefs is the actions they inspire.

* * *

No man can at the same time
bless his Creator and
curse creation with the same breath.


* * *

The difference between vice and virtue
is more a matter of opinion than fact.

* * *

Ignorance is covering burdens
we need to share, with feelings
that there is no one else
who will ever understand or care.



I am my Creator's dearest gift 
to Himself right now.

Heaven within is
earth's only true support.

Love is what nature gives
to everyone no matter what
it is receiving from them.

BREATH DELIVERS WHAT FAITH PROMISES!

Those who feel God's presence in
themselves have no need to worry
about anything else in life.

* * *

Earth is Heaven turned inside out.

* * *

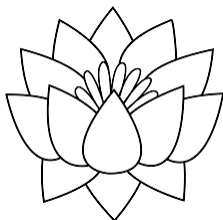
Death is doing nothing with life.

* * *

Pressure is often the friendly hand of
support in disguise, intended to
transform lingering weaknesses
into unmistakable strength.

Faith is the most powerful state of mind anyone can cultivate. The twelve most effective attitudes or mental tools to have in our minds are:

1. Faith in our Breath/SPIRIT/GOD/
Cosmos as our living Source
2. Faith in the abundance of life
3. Faith in our inner fountain of youth
4. Faith in the absolute nature of love
5. Faith in the eternity of life
6. Faith in the worth of our spirit
7. Faith in the power of personal truth
8. Faith in the value of freedom
9. Faith in the effectiveness of our
actions
10. Faith in the eternal beauty of nature
11. Faith in our breath as our original
sweetness
12. Faith in our breath as our wealth



Vision is seeing ourselves as the
common threads in royal robes.

* * *

Vision is seeing that the only right angle
in life is the one which supports us
to fulfill our purposes in life.

* * *

Envy is self abuse of the kind
which robs its victims
of their peace of mind.

* * *

No one has ever suffered eye strain
as a result of looking within.

* * *

I am my Creator's
Breath
Light
Abilities
Consciousness and
Knowledge for ever and ever.

* * *

Every one in life lives in
the kingdom of their choice
created by the vibrations
set in motion by their voice.

I am my Creator's manifested form,
His power, love, and enduring charm,
free to appreciate myself as His child,
to adore Him fully or to simply run wild.



Inspired by love and His grace,
I'm lead to feast at His table where the
hungry are fed with truths that secure
mind body and soul in ways which
wills us all to be whole.

The kingdom of Heaven is already
within you and me
Through the indwelling breath/Spirit
who is our liberty.
And all that we need to know
is how to enjoy our freedom
right here and now.

Well the formula is simple and very
clear, because the invitation is open for
us to share the feasts of creation and
the Creator who shows that He is the
only power who cares and knows.



He who chases the effect
has lost sight of the cause.

The main difference between shedding
blood and spilling water are the
lingering stains which remain.

* * *

Every effect has an inner cause
neither is there a melody without a
pause

Spirit inspires all who hear or draws
upon the Source supporting nature's
laws.



He who fully understands the degree to
which he is supported by the rest of life,
has also gained the knowledge that he
cannot in wisdom be against anyone.

True riches in life consists more of the goodwill we inspire wherever we find ourselves, than the material goods with which we surround ourselves.

* * *

Joy is self-acceptance
of the purest kind.

* * *

The only results we ever get in life
are the ones we are looking for.

* * *

The only human right in the world
is our Divine right.

* * *

Truth is self generating.

* * *

Faith is the result you feel
before you take the first action.

* * *

Homes are what we make of houses
when we fill them with love,
warmth, a sense of belonging
and appreciation of all
who dwell within.



We are all mirrors and
extensions of each other.

* * *

Earth is Heaven's showroom
and everything in it is original.

* * *

I am the only channel
that can fully express
what my Creator has inspired me
to give to the world.

* * *

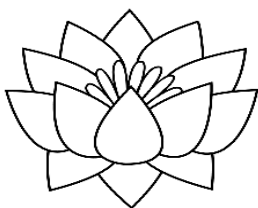
Burdens are more ideas
we carry in our minds
than things we carry on our heads.

* * *

ILL gotten gains never amount to
anything but moral stains.

* * *

Only in that to which life is committed,
is there any lasting guarantee
to be found.



Hell is the greatest proof of Heaven.

* * *

Truth is everything in life
In its natural elements.

* * *

The only real will in life
Is the Spirit of its Creator.

* * *

Prosperity is minds
fulfilling their true purposes in life.

* * *

Spirit supplies and supports us
according to our faith,
but we have to train our senses
to honor our faith.

* * *

The Creator is the balance
in all worldly transactions.

* * *

Love sees friends in everything
and everyone,
at all times.

Love is our victory at all times
over all circumstances.

* * *

The freedom promised by others
can only be delivered
by our own inner spirit.

* * *

Spitefulness and lack of vision
are one and the same thing
and produce the same results.

* * *

Exercise and fitness are like peas and
pod; they always come together.

* * *

Results and efforts
are inseparable twins.

* * *

The kinds of fitness we enjoy depends
on the kinds of exercises we employ.

* * *

Those who are first to be engaged
in the action are often
the last to see the results.



The only views we can share
of anything in life
are the ones we have of ourselves.

* * *

Light does not know
how to protect darkness.

* * *

My victory over every challenge in life
is guaranteed from within.

I claim it now

* * *

There are no experiences in life which
are not meant to be stepping stones to
the goals life has set for everyone.

* * *

Accountability
fuels everything else in life.

* * *

Where there is no accountability,
everything stagnates.

* * *

The most important feature of life
is the power of choice.

Eye Love, Eye love, Eye love, Eye Love,
My Feelings as Myself!
Eye Love, Eye Love, Eye Love, Eye Love,
My Feelings as Myself!
Eye Love, Eye Love, Eye Love, Eye Love,
My Feelings as Myself!
Oh Yes! Eye love, Eye Love,
My Feelings as Myself!

Just love, Just Love, Just Love, Just Love
Your Feelings as Yourself!
Just Love, Just Love, Just Love, Just Love
Your Feelings as Yourself!
Just love, Just love, Just love, Just Love
Your feelings as Yourself!
Oh Love, Just love
Your Feelings as Yourself!

Let us love, Let us Love, Let us Love,
Let us love our Feelings as Ourselves...
Let us love, Let us Love, Let us Love,
Let us love Our Feelings as Ourselves,
Let us love, Let us Love,
Our Feelings as Ourselves...

Eye Love, Eye Love, Eye Love, Eye Love
My Breath as all of Me!
Eye Love, Eye Love, Eye Love, Eye Love
My Breath as all of me!
Eye love, Eye love, Eye Love, Eye Love,
My Breath as all of Me!
Oh Yes! Eye love, Eye Love
My Breath as all of Me...

Just love, Just love, Just Love, Just love
Your Breath as all of You!
Just love, Just love, Just Love, Just love,
Your Breath as all of You!
Just Love, Just Love, Just Love,
Just Love, Your Breath as all of You!
Oh yes! Just Love, Just love
Your Breath as all of You!

Let us Love, Let us Love, Let us Love,
Let us Love Our Breath as all of Us!
Let us Love, Let us Love, Let us love,
Let us Love, Our Breath as all of us!
Oh Yes, Let us love our Breath
As all of us. . .

Anxiety is looking to others
for the support which we
already have within ourselves.

* * *

Faith in anything in life
begins with self-appreciation.

* * *

Stealing is the most discourteous act
anyone can commit against himself.

* * *

The only words which will not
return to us void, are the ones
on which our spirits ride.

* * *

Truth is support you can feel
and experiences you can recall.

* * *

God is not only the most exposed face
in the universe, He is the only one.

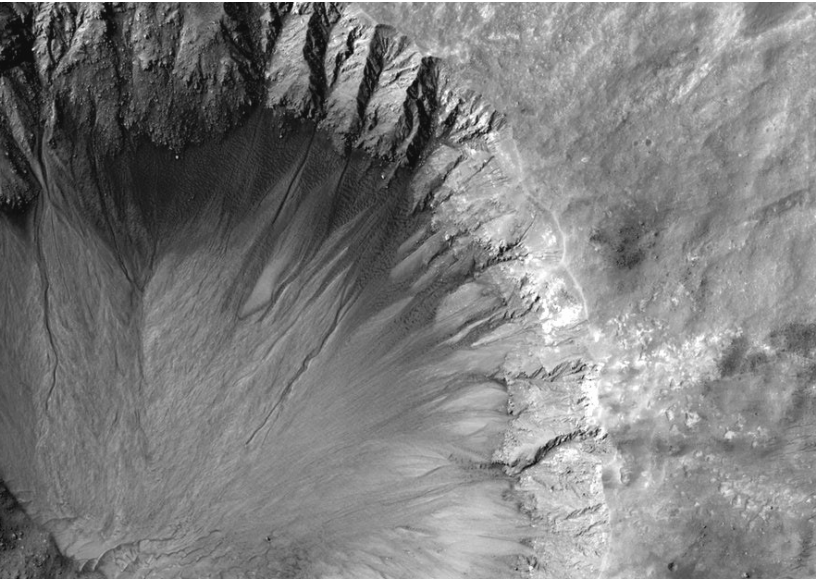
Our countenances tell what is behind
them, no matter how hard we try
to conceal our intentions.



Expectation is the root of most human
stress and pressures.

* * *

Appreciation cannot stand by itself.



The Spirit guarantees security which the
physical can only promise.

* * *

Security in life
is based on the stability it delivers.

Beauty is also in the breath, not just
in the eyes of the beholder.



Nature renews itself
by recycling every living thing.

* * *

Kindness begets loyalty,
but force breeds resentment.

* * *

It takes full self-acceptance
to feel secure.

* * *

It takes conscious deep breathing
to feel fresh and pure.

It takes faith to move
in any unknown direction.

* * *

It takes courage
to stand up for principles
in the presence of corruption.

* * *

It takes perseverance
to achieve desired results.

* * *

It takes vision
to see beyond the range of sight.

* * *

It takes understanding
to overcome imperfections.

* * *

It takes self-appreciation
to dissolve self-doubt.

* * *

It takes patience to allow others to walk
at their own pace and you at yours.

* * *

It takes determination
to turn your dreams into realities.

Wealthy people recognize,
accept and appreciate themselves
and their Creator.

* * *

Wealthy people have
clear purposes for living.

* * *

Wealthy people appreciate others,
enjoy serving, laugh with, at,
and about themselves.

* * *

Wealthy people accept the world
as their home and humanity
as their family.

* * *

Satisfaction is the result of doing the
best we can with the worst we have.

* * *

Service is a sacred privilege.

* * *

Love life and have no fear of death.

* * *

Remember only the good things about
yourself and others.

Idlers are people who have forgotten
their Creator and are more concerned
with their net worth
than their self-worth.

* * *

Idlers have no loyalty
to anything beyond their appetites.

* * *

Idlers have no clear purpose for living.



FREEDOM

is experiencing Spirit
as our only limit.

* * *

The result is judge
of the intention.

* * *

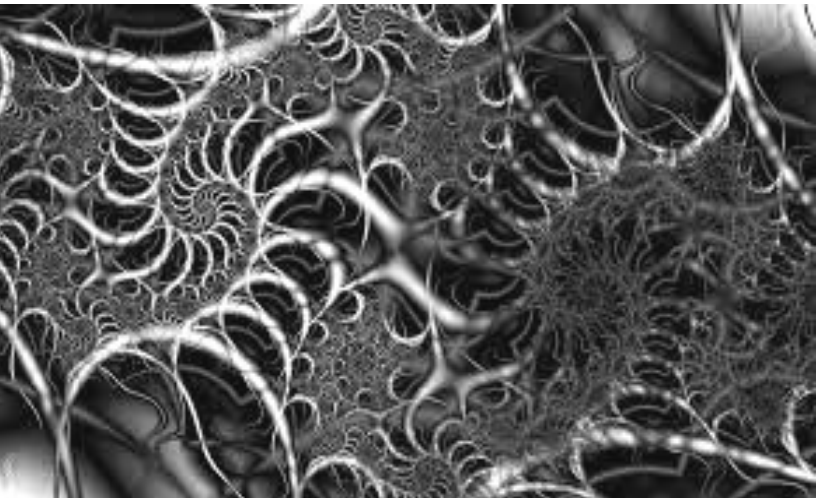
Actions solve problems
which words create.

* * *

Excellence is the fact of our spirit,
not the figment
of our imagination.



Those who learn the earliest to depend
on themselves,
enjoy life the most,
achieve the most,
give the most,
receive the most,
become the wisest,
leave the most for posterity and enjoy
the greatest sense of security.
They have also found the fountain of
eternal youth and the Kingdom of
Heaven here on earth.



Those who learn to depend on
themselves are usually more
confident and humble.

They are typically the most
honest, sympathetic,
forgiving and open people.

* * *

Peace is being the eye of calm
in the raging storm.

* * *

Spirit in Itself is already whole and
complete, having neither rhyme nor
reason to strive or compete with any of
Its images for anything at all,
for It alone gives and sustains life,
however great or small.

* * *

What I look at and see is mostly in me
and is under my full control
to alter either in part or whole,
or free it to realize
its own fullness of soul
by its willingness to pay
life's exacting toll.

You have to let go of your image
to know what's in it;
to feel and flow with its
expansive spirit;
to grow from the sparks flying
from inside to out,
and taste the most wonderful silence
which shouts your name in the
language all of nature can hear,
as you leave reminders
which others can share.

* * *

As I soar in thought beyond
eagles and skies, on wings of truth
where only visionary eyes, gather and
feast upon life giving bread and drink,
prepared before the foundation of the
world for all who dare to THINK.

* * *

Wisdom is knowing that we have to
practice what we preach
in order for anyone
to experience it.

The easiest way to find peace in life
is to give love.

* * *

He who listens to his heart, does not
need to turn anywhere else for truth.

* * *

The difference between the seeds we
sow and the crops we reap, is usually
the quality of care and attention
that we give to the harvest.

* * *

Patience puts a special value
on everything it touches.

* * *

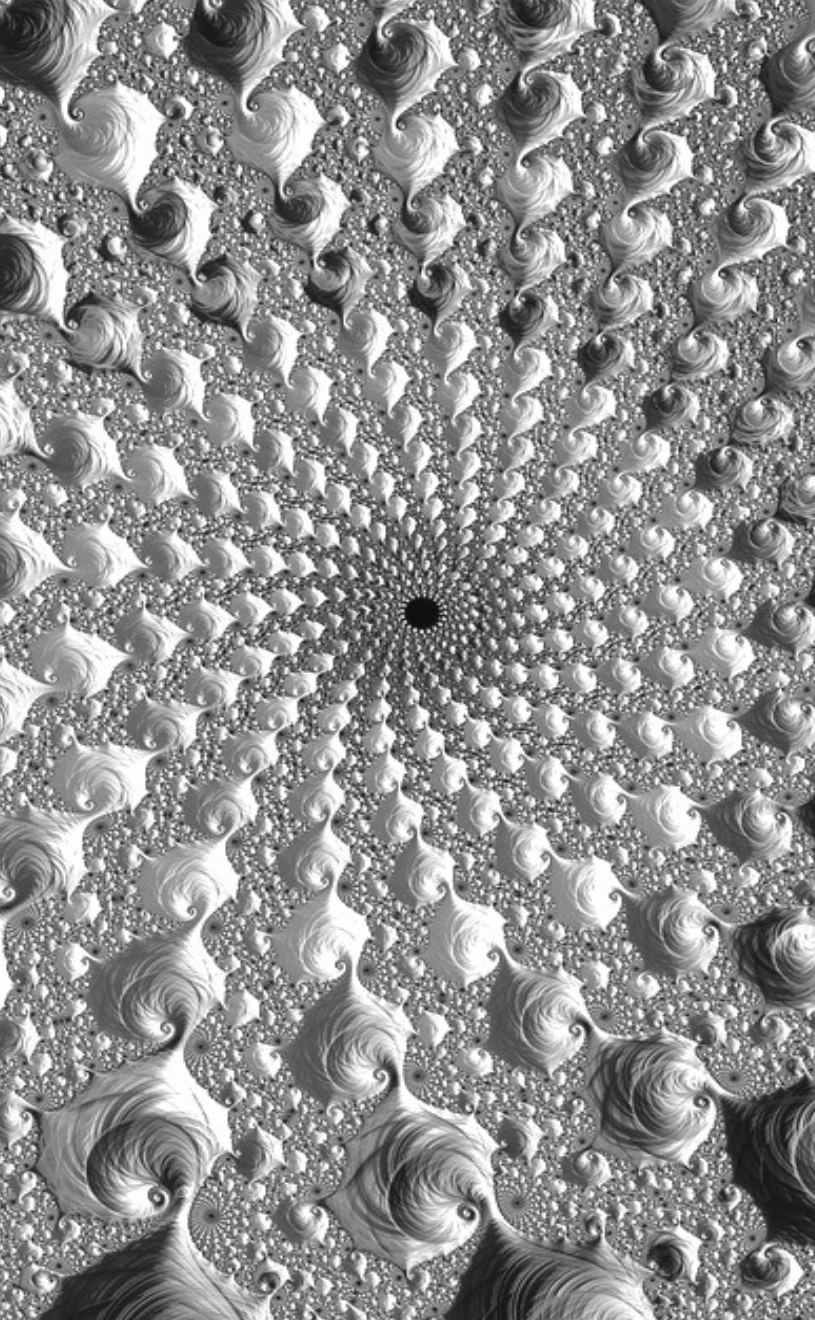
Blindness is looking at the creation
without seeing the Creator.

* * *

In life the seeds which grow
are the ones we sow
and nurture with attention.

* * *

It is always more the attitude
than the skill that determines
the quality of service we render.



ACTIONS OVERULE WORDS

Example creates impressions
which words cannot erase.

* * *

Those who neglect principles
undermine their efforts.

* * *

Action changes things!

* * *

The beauty of trees are in their flowers,
shoots and fruits,
but their strength and vitality
flow always from their roots.

* * *

Knowledge of where we are
going in life brings with it,
its own provisions
for getting us there.



SECURITY

Is knowing that Spirit
is the foundation
of everything else in life.

* * *

Anxiety is the fruit of fear.

* * *

Excellence is self-appreciation
of the inner kind
expressed as outer actions.

* * *

The spirit of excellence is within me
supporting my efforts to
express its full nature right now.

* * *

Appreciation eliminates abuses of every
kind from our actions, feelings,
thoughts and mind.

* * *

It is the depth of its roots which secures
the height of any tree.

* * *

Every attitude we hold towards life,
is also applicable
to our Maker.

You are on your way if you can see your
Creator in everyone,
everything,
everywhere,
every day.

* * *

You are on your way if you can hear
your Creator's voice in every sound of
nature at work or play.

* * *

Feel your Creator
inside and outside of yourself
as the only teacher
you will every need to guide,
protect and inspire you throughout
your travels wherever your path in life
may begin or lead.

* * *

You are on your way if you can
remember that you will never ever be
alone or separated from the rest of life
and that experiences only come to
teach us how to pace ourselves
in every strife.

All mother nature asks of us is that we
hear, smell, see, taste, touch and enjoy
the rest of creation,
which in turn supports us.

* * *

Nature invites communion
between us and everything we
experience and know to be steps on the
journey of life from within
to wherever else it may flow.

* * *

Wisdom is consciously embracing
ourselves as our Creator's breath,
light, intelligence, feelings and
energies for ever and ever.

* * *

Faith is consciously embracing
our divinity as the roots of our
humanity through actions which
speak louder than words.

* * *

Honor is more a state of mind than
anything imposed by outside forces.

He who wishes to experience heartaches and losses need only to hitch his wagon to teams of wild horses.



Shallow breathing, like wild horses, deliver only confusion and distress, but conscious deep breathing satisfies and secures all living creatures.



The truth which will set us free is our admission that we are Holy Ground.

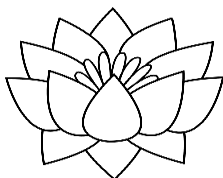
I am Holy Ground
You are Holy Ground
We are Holy Ground

* * *

If we can comprehend when we are wearing perceptions which obscure our true value, or which blind us to the value of life around us, we will be able to recycle all such perceptions and free ourselves to move on with our personal growth and development.

* * *

In old testament times,
Moses was encouraged to
remove the shoes from off his feet, or
the perceptions he held about others,
because the Creator viewed
all of His creation as Holy Ground.



We are encouraged to create cultures of life affirming vocabularies, perceptions or mental shoes because we are all Holy Ground. Our present mind set, our present attitudes, our present views of ourselves and others all add up to how we feel about our Creator.

It also adds up to our own deepest feelings about ourselves as separate beings from our Creator, which is impossible.

* * *

We are made in the image/likeness, from the same substance, and in Him we live and have our being.

* * *

As we create new vocabularies, which inspire new self-worth, they will in turn motivate new behavior patterns and we will be on our way to removing all of our old, unacceptable belief systems. We will then begin to enjoy life as co-creators with God.

We create every experience we have every day, through how we think and in what we say; whether it be in our work or how we play, it is only what we are that we can put on display.

* * *

We become the words we feel and use and as we pick and chose to infuse our words with wisdom, power and light, they will guide our feet by day and night into the greatest knowledge of all, that it is by our own words that we stand or fall.

* * *

Enemies are nothing but friends dressed in misinformation.

* * *

I have all that I will ever need my soul to satisfy and daily feed ... Bread, meat, and drink for body and mind, vision and sight to seek and find... Wisdom, joy and eternal increase through my Creator's living breath.



It takes purposeful visions
to inspire meaningful actions.

Every breath which I take fuels my soul
with assurances that I am always secure
and whole, guided by the Spirit who
manifests all things and is the true
breath beneath my wings.

* * *

It is the Spirit/Breath/God within
that sustains images without.
It is the Spirit that lives and moves
without any shadow of doubt.
It is the Spirit that gives substance to
the things we see and provides
glimpses of truths we call eternity.

* * *

Our thoughts are our children and want
to grow into ideas and forms which help
us to know the truths which flourish
beyond mortal sight and guide our
steps with their eternal light.

* * *

Gratitude fuels the fires of life
dissolving all bitterness and strife,
converting sunshine and spring time
rain into harvests of triumph
and lasting gain.

Trees with roots and men with manners
are best known by their fruitfulness.

* * *

To resist the change we desire
brings with it confusion.

* * *

Growth comes to those who accept
responsibility for the results of their
actions, instead of blaming others.

* * *

He who is fully focused
cannot find time
for idleness of any kind.

* * *

Those who abandon their roots,
also embrace their deaths.

* * *

Self-appreciation is the
greatest expression of love.

* * *

Truth guarantees and delivers
the peace and security
which falsehood can only promise.

What comes out as our experiences,
is what goes on in our thoughts.

* * *

Those who seek their good outside of
themselves are more likely to find
everything else except, peace,
happiness, prosperity
and lasting security.

* * *

At this moment of my life,
I am being supplied with all of the
power I will ever need to succeed
at any task I might face.

* * *

Any attempt we make to control
the destiny of others
is bound to end in our frustration.

* * *

Love is giving what we have
where it is needed, not just
where it will be convenient.

* * *

The greatest burden any man can carry
in life is ignorance of his true worth.

Those who can see the smoke,
can also escape the fire.

* * *

The best thing we can do for others in
life is to live our own lives fully.

A*c***t***i***o***n***s** **f***u***e***l* **f***a***i***t***h**

Where there are undue
pressures, unrealistic
expectations are never
far behind.

* * *

Love is going beyond the limits
of expectations.

* * *

Truth is knowing that our
invisible supports are more
lasting than all of our material
monuments put together.

* * *

The main difference between
truth and falsehood is the
measure of security
or anxiety it brings.



The only lasting victory in life
is self-awareness.

* * *

The easiest way to secure
our own interests in life
is by looking after
the best interests of ALL.

* * *

Every action in life is meant to
align us more closely
with nature.

Everything in life
depends on truth.

* * *

The easiest way to find what we are
looking for in life
is to create it ourselves.

* * *

The only satisfaction guaranteed in life
is the one to be found
within the seekers own spirit.

* * *

Where life flourishes most
appreciation is greatest.

* * *

Freedom and self-appreciation
are one and the same.

* * *

No man has lost his reason
for living until he ceases
to appreciate himself.

* * *

The only guaranteed refuge
life will ever offer anyone of us
are the truths which we embrace.



Love



Has No Enemies

The amount of respect we get
from others is usually equal
to that which we give to them.

* * *

There are no real conflicts in nature,
only differing points of view.

* * *

The only standards which will
guarantee anyone equality in life
are the ones we set for ourselves.

* * *

Wisdom is using our doubts
to fuel our faith.

* * *

Vision is seeing what is behind the
clouds which block our view of life.

* * *

Faith is seeing the invisible fact ahead
of its physical manifestation.

* * *

The easiest way to manage global
matters, is to handle local ones.

Faith is commitment in action.

* * *

Faith is the reward you taste
before you make the effort.

* * *

BREATH/SPIRIT/GOD
is the source of all material forms.

* * *

The easiest way to find our feet in life
begins with using them.

* * *

The only lasting commitments
we will ever make in life
are the ones we make to life itself.

* * *

Happiness is knowing the difference
between expressing the spirit of our
Creator and trying to impress
our fellowmen.

* * *

**DEEDS OVERRULE
CREEDS**



The purpose of life is more to
express its inner spirit
than to impress its outer senses.

* * *

Wisdom is applying our Divine line of
credit to service all human debts.

* * *

Satisfaction fulfills spirit,
but greed disturbs the mind.

* * *

The recognition given to whom it is due,
is sure in the course of time
to return to you.

* * *

An attitude of gratitude is the surest
path for our highest altitude.

* * *

Age quod agis

‘whatever you do, do well’

* * *

Gratitude and success
go hand in hand.

He who resists his own inner truth
only builds up outer frustration
for himself.

* * *

Blaming the smoke is not enough
to put out the fire.

* * *

He who blames the smoke
only adds fuel to the fire.

* * *

Satisfaction
is the measure of service.

* * *

If it is not true it cannot be sought
If it is not real it cannot be bought
If it is not felt it cannot be thought
Because life offers only what it knows
To be more than naught.

* * *

The true measure of any man is the
nature of his inner supports.

* * *

The reality made from dreams comes
heavily mixed with sweat.

Help comes to those
who go to meet it.

* * *

The vastness of now
is the only reality supporting
all of our yesterdays and tomorrows
yet to come.

* * *

Self-pity is the worst form of abuse
anyone can experience in life.

* * *

Waste is using energies
allocated for building in blaming.

* * *

Where there is no experience,
there is no knowledge.

* * *

One man's inspired works
may just as easily become
another man's dogma.

* * *

External agents may inspire internal
change but only personal efforts and
commitment can sustain them.

Discontent is what anyone
seeking his peace outside of himself
is guaranteed to find.

* * *

I am the most accurate expression of
my Creator.

* * *

Whatsoever man visualizes
and energizes is bound to
materialize before his eyes.

* * *

Results are the best judges
of intentions.

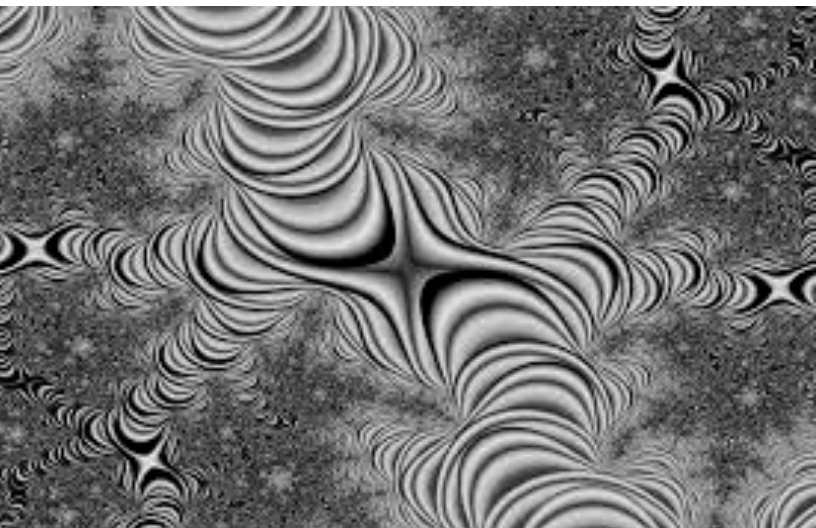
* * *

The only lasting form of security anyone
can have in life is faith in their breath,
and love for life itself.

* * *

Self-acceptance transforms
limitations into opportunities;
Fear into faith; weakness into strength;
poverty into prosperity; hate into love,
and belief about our humanity
into experience of our
Divinity.

Security is anchoring oneself in the truths of the spirit, instead of the opinions of the mind.



The easiest and surest way to give grounds to others is not to hold your own.

* * *

The journey of faith can only be walked in single file, one breath at a time.

Self-acceptance ends all illusions of
separation from the rest of life.

* * *

The only things which we
experience in life, are the ones which
we attract with our feelings,
thoughts and words.

* * *

Those who cannot stare defeat
in the eye, quite often spare
themselves the sight of victory.

* * *

Blindness is following other peoples
views, instead of our own vision.

* * *

Courtesy is the human practice
of a Divine virtue.

* * *

The only lasting commitments
we will ever make in life
are the ones we make to life itself.

* * *

No one can exercise faith
for another.

To believe in yourself and think great thoughts, makes you a hero even if you should fall.



Perspectives change everything.

* * *

I am my own food chain, my own bread basket, my own Cosmos. I am everyone, everything, everywhere. I am my breath my spirit, my God, my plasma frequencies, my stardust, breathing and pulsating consciously forever.

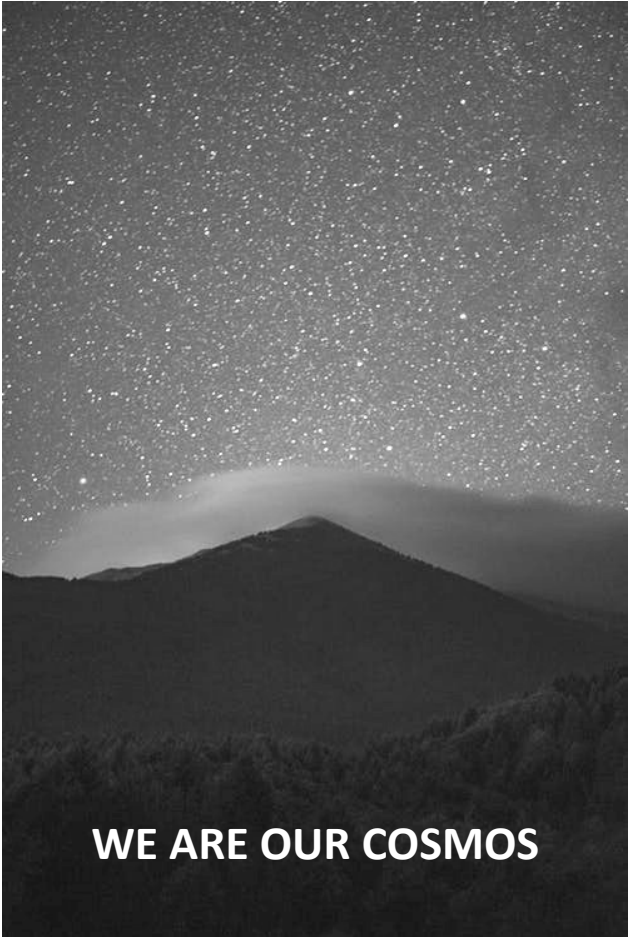
* * *

Eye am all of my images, fragrances, textures, tastes and sounds breathing and pulsating consciously forever as my Cosmos



Life is your journey.
The more pleasure you take in your
journey, the more successful you are
likely to be in all your endeavors.

God/Breath/Spirit is our strength.



WE ARE OUR COSMOS

Share your happiness to receive more.

While people quickly forget your words,
they will remember how you
made them feel.

* * *

Your happiness does not depend on the
amount of money you have, because
there is nothing lacking in the Cosmos.

* * *

Everything is a gift from the Cosmos.
How we accept those gifts - be they
burdensome or pleasurable,
are all our priceless learning tools.

* * *

Much of the stress we often face
is fear of completing the assignment.

* * *

If you want to be happy,
think happiness and score out misery.
Next, take all possible actions
to delete those negative energy keys.

* * *

Your natural state of mind is relaxed.
Tension comes as you hold on to
mindless behavior.

The art of living is learning to
understand our predicaments
and grow through them.

* * *

We can no more draw happiness from
money and possessions, than we can
reap corn from the thorns we planted.

* * *

We can never disconnect from our
problems, unless we see and
understand their source as ourselves.

* * *

All problems, like mathematical
equations, have their solutions;
their gifts are in our hands.

* * *

Security is settling into the knowing
that your heritage is Divine and cannot
be changed by high tides or tsunamis.

* * *

Keep your essential nature on doing
your best now, not on what already
passed or what might be in the future.

As long as we spend daily time with our
Source, the doors of heaven
will remain open to us.

* * *

If we are spending more time looking
outside than within, we become easy
prey to the things we see and hear.

* * *

Choose to live life to the fullest, with
love, playfulness and kindness to all.

* * *

Forgiveness will not change the past,
but it guarantees a brighter future
for the forgiver.

* * *

We can only live in the present
moment. So laboring over the past
becomes a needless headache.

* * *

In the mirror of life, we can only reflect
our own thoughts, words and deeds.

** *

Ultimately, everything that we give to
others in time sustains us or haunts us.

Enjoy yourself,
you are your first born.
(Thanks Bernie for this amazing thought)



Success might be getting what we want,
but how many of us accumulate all the
material trappings while overlooking
self love?

* * *

Appreciation is the key to happiness.

We cannot know light without darkness,
nor can we live full lives without
traversing mountains and valleys.

* * *

There are numerous doors in life that
open and close according to our
feelings, thoughts, words and deeds.

* * *

Ignorance is the only
real source of suffering.

* * *

It is more important to think of our
blessings than to dwell on our wants.

* * *

We are already what we seek
so long as we accept it as ours.

* * *

Counting our blessings
creates more of same.
While being discontent
fills our plate
with unsavory foods.

My breath, your breath, our breath
is our alchemist now. Oh yes, our
breath is our alchemist now.

* * *

Happiness is allowing yourself to be
truly who you are already.
Be still and know the God who exists
inside of you. Be still and know that
I AM GOD.

* * *

With every step we take,
there is a lesson to be learned.
The lesson will be repeated
until we get its meaning and value.

* * *

There is no value in trying to be
superior to anyone. We are all made
in the image and likeness of the ONE.

* * *

Being the best of who you are
is nature's example of a mega star.

* * *

To do what you have always done,
ensures the exact same results.

As one with the Infinite, we will always
find what we are searching for.



If we don't understand ourselves as
being one with the Source,
we can expect dire consequences to
overwhelm our lives.

* * *

**We are here on earth
to express all of God.**

