

## Snap shots toward personal development....!

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Sango Ah! Sangoma!

Giving Thanks

Onward upward to the law of my being

Giving Thanks to the creative spirit within me,

Yes, I am Giving Thanks – Giving Thanks to the law of God within me.

Giving Thanks as I take refuge in the order of substance, force and Spirit.

Giving Thanks because I am Life eternal, never ending everlasting!

I am Life, Life, Life! (We are organisms)!

Book: "I" "Me" "You" page 7

### A SPIRITUAL CONSCIOUSNESS –

Prevalent among a people are ideas relating to something beyond consciousness or belief in infinite mysteries... so let us journey through what some scholars call the "African Spiritual Consciousness". Or a journey through our forefathers spiritual consciousness. Yes, a pilgrimage to the shrines of our souls... some may say the "Living dead" – while others "Ancestor Worship"...

Book: "I" "Me" "You" pages 118-120.

\*Many attempts have been made to define philosophy what "was" and still is "You". It is popular among "men of philosophy" to promote the idea of "Thinkers and non-thinkers". On the contrary, the approach taken by this "discipline "I", "Me" and "You" is one, which promotes self-development and mastery of the "philosophy" within "You"! In this world of ours the more "Man" knows of himself is the less "he" would be controlled by his fellow "men". Read, and ask "self" what lies within the philosophy of "I", "Me" and "You". For it is "real".

To understand others one has to understand himself... Self-development ensures self-identity which can be measured by one's level of consciousness acquired through self-study, analysis, identity, fostering human worth, growth and understanding the forces and tools of conditioning and domination. Self-emancipation conquers fear, while insecurity breeds contempt which is perpetuated through bigotry, racism, suppression, repression, self-hate and violence...

Book: "I" "Me" "You" ... pages 62-64.

LIGHT, LIFE, LOVE

So few of us surrender self for the common good – as we strive forward to acquire perfection in consciousness...

Book: “I” “Me” “You” page 75.

Breathe the Breath! Foot prints of the Soul!

Loosen up – accentuate the breath – Living energy – vibrate no gloom – heaviness of heart – reflective! Drum! Drum! Drum! Living art! Sonnet – Triolet – Villanelle – Freeverse – Iambic – Memoirs – Verse – Rhythm! Rhythm! Rhythm! Navigate the balance – dissect and bisect gravity – Human dynamics – non-linear! Message movement – deep! Identity innate – Jazz – Funk – All Blues! Rhythm! Rhythm! Rhythm! All Blues!

Book: Foot Prints page 6.

### “SPACE”

Some see “me” and others do not. I sleep in space – walk in space – laugh in space – run in space – think in space – exist in space. Some hear me and others do not. Space, Space, Space! Living space – permanent space – unique space – dimensional space! Space, Space, Space – Cautious space – liberated space – deep space – silent space - harmonious space! Some feel me, others do not. Kaya, Kaya, Kaya! Occultists, Occultists, Occultists – Some say -. But “I” and “I” say Breathe, Breathe; Breathe the Breath, The Breath. Space, Space, Space, Natural Space – Cleansing Space – Moving Space – Vanishing Space – Space, Space, Space. All Space \_\_\_\_\_ \*Death a rolling Ball! Editors! Redactors – Dissect this –No Head decay!\*Hug the Light Page 28 the World is not going anywhere – but its occupants are! Create your world!

Book: “I” “Me” “You” page 17.

### BOOKS!

Books! Books! Everywhere – preserve them! Virtual Books – Cyber Books – EBooks! Books on Shelves – Library Books! Books on Counter tops – reference Books! Books on Tables – Books on chairs – Books on floors- Books on Beds – Reflective Books – Introspective! Books on Steps – Books on Benches – Books in Caves – Books in the Desert – Intricate! Books! Books! Everywhere – Preserve them! Books!

Read: Foot Prints of the Soul page 2.

\*Creating condition of conditions for one’s self liberation and freedom will lead to one’s independence with no attachment... page 1.

Page 44: Awakening Consciousness! Universal Chant – What happens to me can happen to you! What happens to you can happen to me! All are vulnerable – consumed! All! – Remonstrate/Protest/expostulate/criticize/ pick flaws-

**\*\*Stay up “I” Within \*\* REFLECTIONS! Pages 98-101.**

To stimulate my own self-development, I analyzed THE CHARACTERISTICS OF MY MOTHER AND FATHER which enabled me to examine “self” critically and conditioned my “Being” the way I want to be embodied...It is important that when an individual expresses a point of view one should take into consideration the orientation of this individual. Failure to do this can result in loss of friendship or loss of opportunity to assist in some ones self-identification and development. Situations continue to affect and influence my perception, but self-development is enhanced.

**\*Stay up “I” Within page 32. The shadow of time passes and trees wither...**

**FOOT PRINTS OF THE SOUL Page 50**

**TRANSFORMATIVE!**

Oh! Intrusions – intrusions. The nature of “Being” – understand them – distractions! Navigate the balance – no illusions – stay focused – Be resilient – all the way forward – walk good – The sun shines and Mother earth continues to vibrate – Be in accord – Look up! Smile – Call on detractors to examine “Being” and take a deep Breath – Breathe! Exhale – if you can – The energy is within! The message is lucid – Transformative!

**Page 5 INTUITIONS! INNATE!**

The sky barked! Luminosity – “Luminous current of living energy” – Recognize and amplify – innation – incantation/mantra – Blissfulness! The Guru continues to chant – Rhythm! Rhythm! Rhythm! Breathe – Vibrate! Voices resonate – the Breath! Who defines Poetry? Vibrations in the wind! Vibrate – Breathe – The sky Barked! Luminosity – Intuition! Innate!

**Page 61 Hug the Light! INCANTATION!**

CHANT – Rhythm! Rhythm! Rhythm! Drum! Drum! Drum! We are invoking “all” vibratory forces – the “All”! Beneath – above! Outside – inside – East! West North! True North! South! To re-energize, all who are experiencing life challenges – the nature/ root of being! Stay the course and be “Upful”... Incantation!

**Page 5 HUG THE LIGHT! MATRIX!**

I was born slowly – crept slowly, one step at a time – relentlessly! Stood up holding on slowly – balancing planets and chakras, while creating and preserving my steps – cautiously! Always saving a step as the mantra – Oh! Matrix – something within – The Balancing Breath! Breathe – activate the “Houses’ within – inner word and “being” your will – Life Force – forces! Growing up friends and acquaintances expressed – make your move Pat – and Oswald asked Are you still slow Pat? Hesitantly, I replied – Slower – Slower! That’s all “I” know- My breath

synchronized! The Guru is Slow! Never confuse acclamations – Understand praises, possibilities, sacrifices, competition and the inner workings of “Being” in “Being” minus ego! Many wish you well, but will abandon you in time of extreme need without taking a stand – deliberately for the common good – no balance! Open the Eye – The Eye! Breathe the Balancing Breath! All within \_ Matrix! Oh! Matrix! “AUM/OM” THE GURU IS SLOWER – SLOWER!

Read ZERO page 27. Clairvoyant! AUM/OM! No trappings – no contempt – some see “me” others do not as the rush continues...

Read: In Being the name of the Game pages 85-90. Foot Prints of the Soul pages 21-28. Take a Breath – Breathe! Yes take a Breath – “I” man am humble not trifling – fighting back while hitting the sack to secure the message – making room while keeping attune for balance! Ding Dong, Ding Dong! Aromatic – Jumbie Basil!

BOOK: REVIVE ...page 4. THE INNER MAN \_TWO! Be attuned! Culture is the struggle for life...! Ignorance propels subjugation! Can there be a culture of ignorance? SAYING: a) Cousin Brenda indicated: If wind can blow Maata/mata what she/he guh/gun Duo/doo with sifta/sifter! Strive to educate our people....

Note: I am aware – I am responsible for my actions – I am reactivating and unlatching the mind/minds! The “I” understand innateness and I am creating possibilities – reaffirming “the Mind” – The Light of the Body! The “I” understand the nature of your “Being” and that in itself aids development of the “Mind”!

Be Attuned! The Inner Man Two!

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