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The Spiritual Alphabet

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Alphabet of Spiritual Awakening

These words will help you read the world from an enhanced spiritual center point.
Bringing deeper meaning into your daily life through Compassion,
Acceptance of Pain, Resilience, Joy and Spiritual Practice.

Attention



Stay aware and alert. Note what you see with a detailed eye and an inquisitive spirit. Following clues of detail will lead you into a space of continual wonders and discoveries. Pay attention to areas in your life that you want to be transformed. Paying attention to the good of the universe builds keen and positive observation and reduces stress and anxiety's.

Beautiful



Be you to the fullest! Acceptance of your inward and outward states of being. Relish in the expressions of your heart, mind and spirit. Soak in appreciation of your physical representation. Accept and love you for all that you are. Walk in the energy of beauty and see the beauty in all things.

Compassion



Open your heart and allow yourself to feel deeply. Embrace the pain and suffering of the world and community and be the umbrella in the rain. Extend your caring thoughts to others around you. Everyone experiences similar life struggles. Let us release judgement and grab hold to compassion and understanding.

Emotion



As spiritual beings we conduct high amounts of energy understood as emotions. Emotions reflect energy in motion. Pondering over sad situations may cause an individual to feel sadness coursing through them as sorrow or anxiety. We also have within us the ability to send our energy upwards through Joy, Enthusiasm, Excitement, and Gratitude. Honor ALL emotions for each is a sacred teacher with a gift.

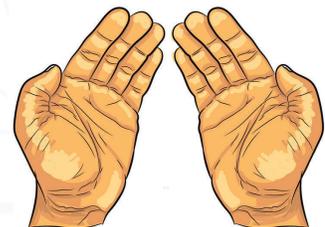
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Divine



We are beings of Nature. Express your unique qualities and gifts of God. There are a specific talents and traits that only you can share to the world. You are uniquely you and you are here for great purposes. Reflect and reveal the qualities of your spirit. Do it loudly so the world may hear it. You can be a solution for humanity many years after you leave this earth.

Forgiveness



The art of letting things go and releasing blame, shame, and guilt. Forgiveness of oneself and others is a life skill continually developed. Discover the sweet healing balm that forgiveness is. Each of us has things in our life that can push us towards bitterness. To forgive others is to forgive oneself as well. Step into relief when you learn to let things go.

Gratitude



Count your blessings and fix your mind around the things going well for you and other things in your life will eavesdrop and begin to align for the highest. When you focus on what you have, more is added. (Matt. 13:11) Gratitude increases ones sense of satisfaction and wellbeing. Be thankful for all the goodness life shares and prepare yourself for more.

Imagination



Tune into your grand imagination! Christ Within you; hope for glory and magnificence. Set your eyes on the prize. Explore the images of the divine spirit and ponder on its revelations and insights. We are always being given messages to be seen, felt, and many times executed through action. Exploring and applying the imagination transforms boredom into new beginnings.

Honesty



Let a positive and clear perception lead and guide you. "A Sound mind". When you are honest about the current state of a situation, you allow yourself to fully accept it as it is, whatever it is. This opens doors to incredible opportunities for change and transformation. Be honest, take accountability for your thought word and deed and co-create your life In God.

Justice



The right use of the Law brings Justice to all. Dissolving the sense of oppression by seeking liberty and freedom for all. Let us amplify our sense of right doing by creating a world that is harmonious for all by overcoming evil with good while keeping the scales balanced.

Knowing



When you know, there is little or no need to think. Knowing brings about solid behavior and actions flowing from where you are conscious of being. When you know how to do something half of the work is already complete. Know thy SELF, Express Thy Soul, and embody freedom God is Here. Love Is here. I am.

Listening



Develop the art of listening to the silence, it communicates more than words do. We have two ears and one mouth, It is better to listen twice as much as one speaks. The art of listening to the universe within you brings great satisfaction and direction to all who participate in the inner obedience of CREATOR. Our Most High God Source Within Our Christed Heart.

Meaning



Honor the process of finding the significance in all things. Your life has meaning or you would not be on this earth. Be excited about discovering deeper understandings through your heart, spiritual texts, culture, and aboriginal history. Explore the mystery of your personal life and its meanings you have assigned to it, this is called your story.

Now



Be Present, understood of the past, and excited about the potential future. Be here now. Now is continuous moment of eternity. Peace is found in the here and now. If you project your peace 'when' another time comes, it is postponed by your choice. Live in the present, and honor the gift you embrace in this moment.

Oneness



Practice holding your heart in the posture of understanding, acknowledgement, and acceptance. We are all human in this life and that is something we all have in common. Oneness is expressed by the diversity of Humanity and our recognition that beyond our differences we all crave the same things while alive on earth. Food Clothing Shelter Water.

Questioning



Save your questions for the infinite spirit of life. I am your answer. Nature abhors a vacuum, therefore allow yourself the space to learn YOU and you will be guided into knowledge of God. Question what you find and get to know the substance for yourself. Reasoning within oneself will help bring about better questions to ask and create a foundation of knowledge.

Peace



We preserve the future by promoting balance and peace, not imbalance. Protect your own peace by disengaging old constructs of fear, worry, and unjust violence. World peace is easily attainable once each of us attains inner peace within ourselves. Reinforce the peacefulness of the community by promoting clarity, consciousness and right action for all souls.

Reverence



Respect is given not necessarily earned. Have great reverence for life and all of the elements that make and made it possible. Be it your Mother and Father or the living planet, mother earth. Why do we wait until what we have is gone before we honor it fully? Live in Reverence and leave nothing unsaid in terms of reverence and respect.

Sincerity



Be Genuine in daily living! Stop participating in pretense and pretending and experience people regarding you as a person of integrity and authenticity. Embody compassion and yet speak your mind fully. Say what you feel and mean what you say while being patient before you speak In a case where you don't know, say that you don't. Sincerity brings us closer to our true self.

Unity



The wonderful blend of a global oneness. In the midst of differences, we look for commonalities amongst nation's and countries. Knowing that each human being is in search for the same things. If we do well with the little things we can be given more to do with. Imagine the world united beyond the Food Corps ending any idea of food shortage with organic innovation. Every fruit has a seed. We can have this accomplished now.

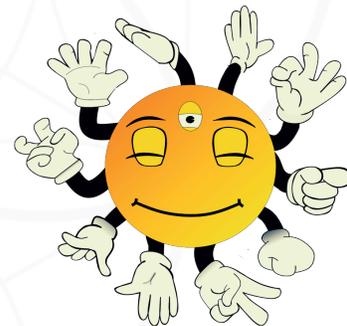
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Trust



You did not bring yourself here to planet earth. Life brought itself here as you. Trust in the higher power of your own being. When we embody trust, every experience is known to be for our greatest good. "Trust in the Lord with all your heart and lean not on your own understanding" Trust In the system that creates and sustains life for its own unique expansion.

Vision



Embrace the possibilities of your imagination. Attune to Gods ever-expanding spirit and find yourself with the solution to your personal life situations and bring a new experience of life into your community. Be still and accept the vision of your higher self. Be Still and Know That I Am God.

Within



Explore vast planes of your soul. The inner Mansion of Heaven within each and every single one of us. "Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you." The inner world creates the outer-world.

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Xenagogue



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Yearning



Follow your deepest passion and drive for life and create something that will bring out your deepest gifts and abilities. The quest for growth is the drive for life. Everything is continually expanding into deeper levels of advancement. Nature has this explained by the trees who pronounce to us "grow as tall as you possibly can".

Zen



The posture of centeredness and balance within one self. To be the calmness of an undisturbed pond is to be grounded in peace through all situations. Carrying peace into any situation is truly being the center-point. The Eye of The Storm.



**Warm Greetings Family! It's Your
Brother
David Mensah**



My Mission is Obedience With my Creator! We have fun raising the vibrations. Thank you all for supporting my service.

Spirit



Mind



Body

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the Expansion and Freedom for the Soul
Of Humanity in On Earth.**

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