

**HOW TO BE IN THE  
WORLD AND NOT OF IT**

**Affirmations To The  
Beloved I AM for a  
more Affluent Life**

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By

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# PREFACE

*This is the best time to be alive! Why?, you may ask. Are you out of your mind? The world is falling apart! Look at our Environment, politics, religions, and the economy, just to name a few. How can you see anything good in that? How can you even have such a positive outlook?*

*A big portion of Humanity is losing hope. I see it all around me. We have a worldwide pandemic! I hear your frustrations, the emotions behind your questions. The irony*

is, I too have been feeling the same way for many years.

I left behind the world as you now know it when I was deeply immersed in the Corporate, 21 years ago. I worked for several Fortune 500 Business such as Nordstrom, The Immunex Corporation, and Microsoft. And I served Active Duty for the U.S. Navy on a supply ship the size of a football field. We supplied the whole 7th fleet, carried nuclear arms, fuel and medical supplies. I AM grateful I made it off the ship alive and in one piece. I AM very fortunate and had a once in a lifetime opportunity to serve my

country and to visit different cultures, meet amazing people and see different and beautiful ways of life I did not formerly know.

I express my gratitude for all my shipmates and crew who made it possible. Since then I have been 100% dependent on the Universe. And I have not ever been let down and I have been quite blessed, by being in the world but not of it, as Jesus said in the New Testament. At the very moment I am writing this, January 28, 2021 the whole game has changed!

*This planet has been ravaged by war, poverty, corruption, disease, famine, pestilence for hundreds of thousands of years; or, as some say, for eons. And in this month we have officially entered the Age of Aquarius! I say this with great enthusiasm. Because my heart aches when I hear about how we could have had another mass extinction. It “would have been” the sixth one. There have already been 5. The good news is in November 2003 the earth, the entire Universe entered a new cycle that happens only once every several “Billion” years. Celestial and galactic cycles within cycles dovetail into one rhythmic pulsation*



*and brings all life in cadence with the  
heartbeat of the cosmic I AM! All That is!*

*Our Father Mother God in Breathes the  
whole of creation into a higher octave of  
evolution. This cosmic inbreath is known as  
the shift of the ages. This shifted us from the  
2000-year Piscean Age into the 2000-year  
Age of Aquarius. From my perspective, this  
sounds so beautiful enough to bring tears to  
my eyes. And if you have been searching for  
some good news, like I have, here it is! So as  
they say it's always darkest before dawn.  
And keep on keeping on! This does sound  
almost too good to be true, a part of me*

knows it is true. It's only my logical mind that doubts. I share this now because the state of Planet Earth does not look pretty in the smaller picture and on prime-time news. Another reason to stay away from the Non-sense.

That is why it is critical to look for the Bigger Picture and the Divine Perfection. It also means the 438,000-year cycle – Kali Yuga – ended with this. And The 1.8-million-year cycle is known as Satya Yuga. And the 4.4-million-year cycle known as Maya Yuga. And the 4.4-Billion-year cycle known as Kalpa or the day of Bhram. So if

any of you question if we have entered a  
New Age? The answer is yes! All credit given  
to Patricia Diane Cota - Robles. Era of  
Peace.

Child of God, You were Created to create the  
good, the beautiful and the holy.

Do not forget this. A.C.M. Text. Chapter 1.  
page 12.

Equation for Divine Love:  $MU \times 9^{(11)} \text{ squared} \times \text{INFINITY}$   
 $L8 \ 9^{(16)(12)(46)(93)(8011)}$  to the power of  
 $(96)(97)(96)(97)(11)(12)(53)$  PYRAMID-BASE INVERTED  
squared Pi over 9/10ths MOTHER

*The Infinite Energy Rays.*

*Credit given to Solandra. Fallstron, N.C.*

If you look closely in the word 'evolve' you will see the word 'love'. And if you put all the pieces of the puzzle together, you will also see that darkness cannot exist within love. And we have lived in darkness for an exceedingly long time. It was called the fall from grace when we began to use our lower based human egos to guide us in decision-making. The consequences are what we see all around us. It has all been created by our own free will choice to not follow the guidance of what I call the, Beloved I AM Presence! It is true we are our own Beloveds. Because as Jesus did say the Kingdom of Heaven is within. And I and the father are

one. It's so easy to go searching as I did most of my life for something outside of yourself. We have seen it in Hollywood over and over again. And it has been an amazing experience to see the search for the Holy Grail always in another place or location. And you too can Stop the search and go within. Begin within. As a good friend here in Ashland says.

Then we “finally” realize we won't ever find ‘anything” outside of ourselves that will satisfy our hunger for the truth. The truth that “will” set us free! That we never had to go anywhere ever, it's all inside. I do not say

this because the journey is over, really it has just begun. I AM now just relearning to live. To give to love, to forgive and to have compassion for myself and others. We are not required to be perfect. In fact there is no “perfection” we have to live up to. And what I remember very well from one of my favorite authors, the late great Dr. Wayne Dyer, is all the people in your life you have been forgiving is just practice for yourself. Practice to forgive yourself. When I read that I fell to my knees and said Thank you God! Because I knew that message was for me.

And it can be for you too.

A.C.M. Text. page 184. From Darkness to Light.

When you are weary, remember you have hurt yourself. Your Comforter will rest you, but you cannot. You do not know how, for if you did you could have never grown weary. Unless you hurt yourself you could never suffer in any way, for that is not God's will for his son. Pain is not of him, for he knows no attack, his peace surrounds you silently.

So it's not the destination it's the journey. And it is a beautiful journey. Even the sadness, gladness, the sorrow, the loss.

However it does not have to be that way. We can, I believe we will live in more joy and more harmony with all life. You have heard from the bible saying, one day the lion will lay down with the lamb. I believe one day soon we will see peace on earth. And what I have discovered in my own experience “realization” is All we ever want is to be love and to loved. And to take it further even the ones who hurt us also want to be loved. And the reason they hurt us is because they are in so much pain that is all they have known, they inflict upon us what they are feeling. So don't take “anything” personal.



*It's all going to be alright in the end.*

*Conversations With God. Book 1. Quotations  
from Conversations With God written here  
with permission from the author.*

*With this I would like to leave you with a few  
tips, tricks, for Being Well; thriving in times  
of the unknown.*

*#1. Develop a relationship with your  
creator! Take time in Silence and in nature.*

*#2. Love, love, love your body, mind and  
soul! Fall in love with Self!*

#3. Always, Always, Always, find something to be grateful for. If you seek you will find.

Have an attitude of gratitude. Write it down and make it happen.

#4. Ask, if you want something, anything, ask for it!

#5. Let thy food be thy medicine. Eliminate all “junk” foods. Eat Organic Only.

Drink Spring or Purified water only. Eat Garlic, Cloves and Turmeric for a High Vibrational Immune system!

#6. Eliminate Alcohol, Sugar, Coffee,  
Cigarettes and all street drugs!

#7. Purify your mind. Ye will be purified by  
the renewing of your mind.

Use my 3 Power Points. Be Patient,  
Persistent and polite.

Eat my Chicken soup for the Soul.

One Free range chicken. One large white

Organic onion.

Carrots, Celery if desired.

Spring water.

1 box or can of chicken broth "no added sugar." Spices All Organic Black Pepper, White pepper, cayenne pepper and poultry sage, Himalayan salt., Spanish or Hungarian Pepper. 1/4 tsp each season to taste. You can even Season it the night before for marinating.

Place the chicken in a stainless pot or cast-iron pot with about 1 cup of spring water. Note tap water has chlorine and fluoride, both poisons.

Water only to cover less than a 1/4 of the chicken. Add Chicken broth, keep the remaining for basting or for later.

Cut veggies in slices, add to pot, add all spices placed in a Preheated oven of 375 degrees. Also add Grape seed oil, or Olive oil to the top of the chicken and broth to add to the flavor and keep the chicken moist. Also for Basting. Bake slowly about 1 1/2 hours, always checking for doneness. Important note. Do not over-cook you may even under cook "slightly" Then you can cut off pieces and cook as you desire.

Remove Chicken from the Broth as not to get over done or get soggy.

Remember the Broth is the Elixir. The chicken is the meat. So you want to drink the Broth like soup, that is what warms your

soul, burns out the fever, infections, Like divine fire. :). Ancient Chinese secret :). Also drink plenty of hot water, Organic lemon juice to chase the broth.

Another Important note If you Really want to be well you can NOT eat other food such as Flour, Sugar, Breads even GLUTEN Free Breads. NO JUNK FOODS! And no alcohol. You Know what I am saying. No Comfort food or drinks.

You Can Add Tubers as in Paleo diet. Sweet Potato or Yams, and Plenty of Dark Green Veggies after cooking to keep it green.

steaming is best. Don't overcook the veggies as well. The ancient Chinese secret is if you

want to “Burn” out a fever of most any kind,  
eat this chicken and most importantly drink  
plenty of the broth until the fever is broken,  
It could be 1 day or seven days.

Check me out and my website at  
[SafeSpaceSpiritualCoaching.com](http://SafeSpaceSpiritualCoaching.com)

All for now. Eat, Live, En Joy.

Much love,

Dana

Disclaimer: This has not been approved by  
the F.D.A. This book is not intended to  
diagnose, treat or heal in the replacement of  
your primary care Physician. If you are

having physical symptoms see your  
Licensed Health Care Doctor. If you are  
having mental or emotional symptoms see  
your licensed health care psychologist or  
psychotherapist.

Chinese, Ayurvedic Herbs for health and  
longevity. Remember less is more.

It's not about taking large quantities.

Smaller quantities over long periods of time  
are preferable.

#1. Schizandra.      China

#2. Astragalus.      China

#3. Fo Ti.      China

#4. Ginseng.      China



- #5. Ginger. Asia
- #6. Turmeric. India
- #7. Ashwagandha. India
- #8. Shatavari India
- #9. Shilajit India
- #10. Triphala India

This book is not about Avoiding our  
Current Reality and using Spiritual  
Bypassing or deflecting it back to someone,  
or something else to Escape an unwanted  
situation.

I have done this at times for years.

I AM not saying I have not taken  
responsibility for my life, because I have  
done that in a Big way.

What it is about is 'changing our focus"  
Focusing on a New way of living, being,  
acting in the world.

*And taking full responsibility for our lives just as they are, it is the ability to respond, not react.*

*I myself have used Spiritual principles, practices to temporarily avoid my feelings I have also faced my feelings head on. And I have had Multiple disappointments that I could dwell on.*

*For example if I were feeling disappointed because I have not achieved a level of status that our society perpetuates is success, I would read a book or listen to a YouTube to feel better.*

*And understand there is no wrong in doing in this, it just simply is a Spiritual Bypass. You may ask how come. All my life I've been told to not cry, not feel sad or depressed or angry.*

*I was not allowed to express my negative emotions in most all situations beginning with the earliest years of my childhood, teenage years, early adulthood, all through school, in the workplace. And these books, YouTubes, meditations, yoga, and retreats help me so much? Yes they do help and they are fantastic! However if you use these practices and principles to only feel good*

than that is self-defeating avoidance.

However the good news is we all do it, you are not alone in this.

Because we were told not to feel bad we do everything to feel good and avoid our basic human emotions. The emotions that are a major part of being a human.

The message is here it does not work, it just like putting a bandaid on a cut, it will stop the bleeding, not the reason for the cut.

Another example is allopathic medicine, western medicine does not address the underlying cause, core or effect of an injury

or dis ease. Many well intended healing practitioners do the same thing. If you do not address the cause, core, effect, record and memory of any dis ease the dis ease will return or remain the same. This is true for "all" forms of deep authentic healing work. Western or Eastern. And the solution is not a sleeping pill or an antidepressant prescription.

It is about something rather easy, maybe not simple. The way you accomplish this is you feel the emotion, you say yes to it and you sit with it like a small child who fell off its bike for the first time. Yo sooth and don't ignore it. Sooth it, sooth it, sooth it.



## **Beloved-I-AM**

In my house are many mansions. We live in a multiverse. We really are all one.

In the classic movie **The Ten Commandments** featuring Charlton Heston, Moses climbs Mount Sinai and receives a Revelation from God. He sees a burning bush. And he ask, “who are you?” God says, “I AM THAT I AM[1].”

I AM Truth, I AM Supreme Bliss, I AM Pure Consciousness. My understanding behind



this is – Freedom. My interpretation is – I  
AM THAT. I AM.

In Deepak Chopra's book, *Creating  
Affluence*, he says. I AM That, You are That,  
All this is That and That's all there is[2].

In *Communion with God*. Neale says “there  
are 10 Illusions:” the first, the illusion of  
need, is the grandest. It is what all the other  
illusions are based on. The second is the  
illusion of Failure. And the third is the  
illusion of disunity. These first three are the  
most crucial. 1. God has an agenda; need  
exist. 2. The outcome of life is in doubt;

failure exists. 3. You are Separate from God;  
disunity exist. [M1]

The Universe - “One Song” – as *uni* also  
means *one*, and *verse* also means *song* – as  
is made of energy. What is this energy?  
Atoms. These atoms are the energy of Love.  
Yes it’s All Love! Remember first man was  
named Adam? And the Building blocks of  
the Universe are also named Atom?

I AM This, I AM That and I AM “Everything  
you see” and cannot see.

“Maya” is very seductive.

You have this idea that God shows up in only one way in life. That is a dangerous idea. It stops you from seeing God all over. [M2] If you think God only looks one way or sounds only one way or is only one way, you are going to look right past Me night and day.[3]

Neale Donald Wasch says in Book 1 of Conversations with God. [M3]

To believe we are separated from God or anyone or anything in life is Truly Illusion – Maya. Wrap your mind around it. I had too. Nothing is more important than the

awareness of the love that is Who We Are.

Love dissolves all fear.

After reading the New Testament, receiving a healing from Jesus, a friend, helped bring me back to life, one of Muktananda's [M4] devotees Ma Prem - Rosi Weber[M5] .

Thank you Rosi. I love you! After my first Reiki treatment I was on my way up and back to life. As the wounded healer, I was "becoming" one who would devote my life to facilitate transformation in others. That is how I live. I AM a catalyst. [M6]

In Santa Fe, New Mexico, I was initiated into Usui Reiki and then I discovered The Merlin

lineage - Vortex®Healing of which I just completed Q Gate a Quantum Healing Energy System, a quantum shift. I was also attuned into the Infinite Energy Rays, and other healing modalities. Losing my health insurance was a gift because I learned to heal myself with the help of God/Source. To this end, I prepare clean organic healthy foods and “think” healthy thoughts most of the time. We have 65,000 thoughts every day. That comes to 2,708.33333333 every hour.

Let thy food be thy medicine. [M7] After 7 surgeries I have many years of experience

using Western and Eastern medicine. My life has been my Best teacher; I draw from this experience to help others. These are practical, natural, effective, long lasting approaches to healing. And yet, the most effective approach is to realize that no-one is broken and we don't need to be fixed. This may be difficult to comprehend or believe yet it is true. And I discovered it for myself when I was doing my own introspection. All we really need to do is remember our greatness and let go of everything else. Miracles are everyday occurrences.[4]

*I AM Safe Affirmations for the Age of  
Aquarius. A soul connection to the heart.*

*The Biondo Effect. © Pending*

*Inspired by my Divine Self, My I AM*

*Presence. The Unveiled Mysteries*

*Geoffrey King. Mount Shasta. And Jane*

*Roberts, Seth. [M8]*

*The Beloved*

*Be - loved*

*I AM, I AM That I AM!*

*This short, sweet and simple, easy to do  
how-to book has been created for all souls  
who have busy lifestyles and have allowed*

technology to take the place of reading a good uplifting, inspirational book. It is for all ages, all sexes, all races, all faces from all places. It can be applied simply and easily; and carried in your pocket or purse, your suit jacket or Levi's denim jacket, your Levi's 501s or your Coco Channel, your Ralph Lauren, Donna Karen, or Calvin Klein jacket. :) On a personal note, I love my 501s.

Affirmations have been used since time immemorial. The 20<sup>th</sup> and 21<sup>st</sup> centuries are no exceptions. Emile Coue, a French psychologist is said to have used affirmations to great effect. After telling his



patients how effective his potions were, he is said to have had much better outcomes. [M9]

The 4 most effective ways to use affirmations are the following. [M10]

1. Spoken Form: in a firm voice like a Sanskrit chant. I say take it a step further and add music with your own voice.
2. Written Form: Choose the one you are drawn to then write it out free hand 11 times every day for a minimum of 21 days preferably 60 days.

3. *Recorded Form:* Record the chants in your own voice with or without music.

4. *Written Form:* Write them on your mirror using dry soap, or a bulletin board you see throughout the day.

Place them in your car and throughout your home; even on the ceiling above your bed.

## AFFIRMATIONS

### CHAPTER ONE

You can't check out of this Hotel until you check in. Dr. Helen Stewart. PHD. [M11]

I AM Safe to reprogram my Conscious,  
subconscious and super-conscious minds!

I AM reprogramming my conscious,  
subconscious, superconscious minds!

## AFFIRMATIONS

### CHAPTER [M12] TWO

I AM important!

I AM Safe!

I live in a safe universe!

I AM safe in my *body*!

I FEEL safe in my *body*!

I AM an Excellent creature!

I AM important!

My Life counts!

I AM a Valuable part of the Universe!

I AM Safe to Be a Man

I AM Safe to Be a Woman[M13]

I AM willing to know how lovable I AM!

My Existence enriches all other portions of  
life!

I AM My Heart!

I AM Safe to be Me!

Hold your hand to your heart and affirm  
your affirmations. Feel the Transformation.  
Feel the Manifestation. Feel the Vibration.  
Good Good Good Vibrations. The Beach  
Boys. [M14]

I AM Safe within the Human Race!

I AM Safe to Be Me!

I AM Safe to love Me!

I AM safe in my home!

I AM safe to be alone!

I AM safe to be all one!

I AM Safe to love another! I AM safe to love  
my brother!

I AM Safe to Be Who I AM!

I love Who I AM!

I love me!

I AM Safe in my own skin!

I AM not my body, I AM my Soul!

I AM Whole!

I AM complete! I AM without defeat. I AM

Not Broken! I AM well spoken!

I AM perfect!

I AM perfect!

I AM perfect!

I AM Whole!

I AM Whole!

I AM Whole!

I AM complete!

I AM complete!

I AM complete!

I AM unlimited!

I AM Rich!

I AM ME!

I AM Presence!

I AM That I AM!

I AM Bliss!

Sat Chit Ananda[5]

Stretch your Mula Bandha.[6] Stretch your

Mind. Always Be kind.

I and my Father are One.[7]

## AFFIRMATIONS

### CHAPTER THREE

I AM Amazing!

I AM Alluring!

I AM Mysterious!

I AM Magical!

I AM Mystical!

I AM Metaphysical!



I AM spellbinding!

I AM the Universe!

I AM the You-ni  
verse!

I AM Cosmic!

I AM a Comic!

I AM Supersonic!

I AM Love!

I AM Wisdom!

I AM Power!

I AM light!

I AM Bright!

I AM the night!

I AM the day!

I AM *here to stay!*

I AM a *tree!*

I AM *You!*

I AM *Me!*

I AM a *Bumble bee!*

I AM the *shining sea!*

I AM *all you can see!*

I AM *all you cannot see!*

I AM *Healthy, Wealthy and Wise!*

I AM *Flexible!*

I AM *Grateful!*

I AM *Clarity!*

I AM *All Knowing!*

*I AM the Source!*

AFFIRMATIONS

CHAPTER THREE

*I AM safe to live my life!*

*I AM safe to live my passion!*

*I AM safe to live my Dreams!*

*I AM safe to dream a new world!*

*I AM safe to fantasize!*

*I AM safe to be childlike!*

*I AM safe to laugh!*

*I AM safe to play!*

*I AM safe to roll in the hay!*

*I AM safe to have Fun!*

*I AM safe to lay in the sun!*

*I AM safe to be safe!*

*I AM safe to be free!*

*I AM free!*

*I AM safe to be healthy!*

*I AM safe to be wealthy!*

*I AM safe to relax!*

*I give myself permission to feel safe!*

*I AM safe!*

*I live in a safe space!*

*I AM a safe space!*

*I love the human race! The human race*

*loves me! I AM now free!*

AFFIRMATIONS

CHAPTER FOUR

*I AM the clouds!*

*I AM the rain, I AM One with Nature!*

*I AM Nurtured in Nature! I AM the trees! I*

*AM the birds! I AM the Bees!*

*I AM the Sun! I AM the Son! I AM the Sum  
total of God!*

*I AM the Ocean, I AM the Waves. I AM the*

*Fish. I AM the Turtles. I AM the Coral Reef!*

*I AM the Seagulls!*

*I AM the Sharks!*

*I AM the Dolphins!*

1 AM the Stingray!

1 AM the Seahorse!

1 AM the Drop in the Ocean!

1 AM Energy in motion.

1 AM a StarFish!

1 AM the Clams!

1 AM the pearls!

1 AM the Whales!

1 AM the snails!

1 AM the Storm on the ocean!

1 AM the wave!

1 AM the tide!

1 AM the Horizon!

1 AM the ship on the ocean!

1 AM the ocean liner!

*1 AM the sky*

*1 AM the Sunset!*

*1 AM the moon!*

## AFFIRMATIONS

### CHAPTER FIVE

*1 AM Important! My life counts! 1 AM  
connected to Source! 1 AM One with Source!*

*1 and my Father are One! There is only the  
One! We Are All One! 1 love Me!*

*1 love my Self! 1 love my life! 1 love all life!*

*1 AM One with all life!*

*I AM the One!*

*I AM seeking!*

*I AM the One I want!*

*I AM the One I love!*

*I AM the one!*

*I AM the One in the mirror I AM seeking!*

*I AM lovable! I AM my own beloved!*

## AFFIRMATIONS

### CHAPTER FIVE

*I AM An Excellent Creature, a Valuable part  
of the Universe!*

*I AM the Source!*



1 AM Amazing!

1 AM the walrus!

1 AM the ape man.

1 AM a Monkey!

1 AM funky!

1 AM love being chunky!

1 AM All possibilities.

1 AM Affluence!

1 AM Rich!

1 AM Spiritually rich!

1 AM Spiritually wealthy! 1 AM Spiritually  
Healthy!

1 AM the contrast!

1 AM the yin and the yang!

*I AM the Black, the White!*

Chapter AFFIRMATIONS

CHAPTER SIX

*I AM Rich!*

*I AM Spiritually Rich!*

*I AM Internally Rich!*

*I AM Rich in Awareness!*

*I AM Rich in my body! I AM one with the  
trillions of cells in my body!*

*I AM my Soul!*

*I AM Safe!*

I AM Rich in consciousness!

I AM Rich in my *affairs*!

I AM Rich in Awareness!

I AM Rich in Super Powers!

I AM Rich in memories!

I AM Rich in my mind!

I AM Rich in my wisdom! I AM internally  
Rich!

I AM Externally [M15] Rich!

I AM infinitely Rich!

I AM Infinite!

I AM Infinity!

I AM the Source!

STREAM OF CONSCIOUSNESS

*This is the best time to be alive! Why you may ask, are you out of your mind? The world is falling apart! Look at our Environment, Politics, Religions and the Economy. Just to name a few. How can you see anything good in that? How can you even have such a positive outlook? A big portion of Humanity is losing hope. I can see it all around me. We have a worldwide pandemic! I can hear your frustrations, emotions behind your questions. The irony is I too have been feeling the same way for many years.*

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*This planet has been ravaged by war, poverty, corruption, disease, famine, pestilence for hundreds of thousands of*

years or as some say for eons. And in this month we have officially entered the Age of Aquarius! I say this with great enthusiasm. Because my heart aches when I hear about how we could have had another mass extinction. It “would have been” the sixth one. There have already been 5. The good news is in November 2003 the earth, the entire Universe entered a new cycle that happens only once in every several “Billion” years. Celestial and galactic cycles within cycles dovetail into one rhythmic pulsation and bring all life in cadence with the heartbeat of the cosmic I AM! All That is!

Our Father Mother God in Breathes the whole of creation into a higher octave of evolution. This cosmic inbreath is known as the shift of the ages. This shifted us from the 2000-year Piscean age into the 2000-year age of Aquarius. In my perspective this sounds so beautiful enough to bring tears to my eyes. And, if you have been searching for some good news, like I have, here it is! So as they say it's always darkest before dawn. And keep on keeping on! This does sound almost too good to be true, a part of me knows it is true. It's only my logical mind that doubts So I share this now because the state of planet earth does not look pretty in



the smaller picture. And on prime-time news. Another reason to stay away from the Non - sense.

That is why it is critical to look for the Bigger Picture and the Divine Perfection. It also means the 438,000-year cycle Kali yuga ended with this. And The 1.8-million-year cycle is known as satya yuga. And the 4.4-million-year cycle known as maya yuga. And the 4.4-Billion-year cycle known as Kalpa or the day of Bhram. So if any of you question if we have entered a New Age? The answer is yes! All credit given to Patricia Diane Cota - Robles. Era of Peace.

Child of God, You were Created to create the  
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Do not forget this. A.C.M. Text. Chapter 1.  
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Equation for Divine Love.  $MU X_9 (11)$   
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$L8\ 9\ (16)(12)(46)(93)(8011)$  to the power of  
 $(96)(97)$

$(96)(97)(11)(12)(53)$  PYRAMID BASE

INVERTED squared Pi over  $9/10^{th}$  MOTHER

Credit given to Solandra. Fallstron, N.C.

If you look closely in the word evolve you will see the word love. And if you put all the pieces of the puzzle together you will also see in that love the darkness cannot exist. And we have lived in darkness for a very, very, very long time. It was called the fall from grace when we began to use our lower based human egos to guide us and make our decisions. In that process is what we see all around us. It has all been created by our own free will choice to not follow the guidance of what I call the, Beloved I AM Presence! It is true we are our own Beloveds. Because, as Jesus did say the Kingdom of Heaven is within. And I and the father are

one. It's so easy to go searching as I did most of my life for something outside of yourself. We have seen it in Hollywood over, over, and over again. And it has been an amazing experience to see the search for the Holy Grail always in another place or location. And you too can Stop the search and go within. Begin within. As a good friend here in Ashland says.

Then we “finally” realize we won't ever find ‘anything” outside of ourselves that will satisfy our hunger for the truth. The truth that “will” set us free. That we never had to go anywhere ever, it's all inside. I do not say

this because the journey is over. Really, it has just begun. I AM now just relearning to live. To give to love, to forgive and to have compassion for myself and others. We are not required to be perfect. In fact there is no “perfection” we have to live up to. And what I remember very well from one of my favorite authors, the late great Dr. Wayne Dyer, is all the people in your life you have been forgiving is just practice for yourself. Practice to forgive yourself. When I read that I fell to my knees and said Thank you God! Because I knew that message was for me.

And it can be for you too.

A.C.M. Text. page 184.

From Darkness to Light

When you are weary, remember you have hurt yourself. Your Comforter will rest you, but you cannot. You do not know how, for if you did you could have never grown weary. Unless you hurt yourself you could never suffer in any way, for that is not God's will for his son. Pain is not of him, for he knows no attack, his peace surrounds you silently.

So it's not the destination it's the journey.  
And it is a beautiful journey. Even the

sadness, gladness, the sorrow, the loss.

However it does not have to be that way. We can, I believe we will live in more joy and more harmony with all life. You have heard from the bible saying, one day the lion will lay down with the lamb. I believe one day soon we will see peace on earth. And what I have discovered in my own experience - realization - is, all we ever want is to love and be loved. And to take it further, even the ones who hurt us want to be loved. And the reason is because they are in so much pain; oftentimes, that is all they have known. They inflict upon us what they are feeling. So don't take *anything* personal. It's

all going to be alright in the end.

Conversations With God. Book 1. Quotations  
from Conversations With God written here  
with permission from the author.

With this I would like to leave you with a few  
tips, tricks, for Being Well,  
Thriving in times of the unknown.

#1. Develop a relationship with your  
creator! Take time in Silence and in nature.

#2. Love, love, love your body, mind and  
soul! Fall in love with Self!



#3. Always, Always, Always, find something to be grateful for. If you seek you will find. Have an attitude of gratitude. Write it down and make it happen.

#4. Ask, if you want something, anything, ask for it!

#5. Let thy food be thy medicine. Eliminate all “junk” foods. Eat Organic Only.

Drink Spring or Purified water only. Eat Garlic, Cloves and Turmeric for a High Vibrational Immune system!

#6. Eliminate Alcohol, Sugar, Coffee,  
Cigarettes and all street drugs!

#7. Purify your mind. Ye will be purified by  
the renewing of your mind.

Use my 3 Power Points. Be Patient,  
Persistent and polite.

Eat my Chicken soup for the Soul.

One Free range chicken. One large white

Organic onion.

Carrots, Celery if desired.

Spring water.

1 box or can of Chicken Broth “NO added sugar!!!” Spices All Organic Black Pepper, White pepper, cayenne pepper and poultry sage,

Himalayan salt., Spanish or Hungarian Pepper. 1/4 tsp each

Season to taste. You can even Season it the night before for marinating.

Place the chicken in a Stainless pot or Cast-Iron pot with about 1 cup of Spring water.

Note Tap Water has Chlorine, Fluoride both Poisons.

Water only to cover less than a ¼ of the chicken. Add Chicken broth, keep the remaining for basting or for later.

Cut veggies in slices, add to pot, add all spices placed in a Preheated oven of 375 degrees. Also add Grape seed oil, or Olive oil to the top of the chicken and broth to add to the flavor and keep the chicken moist. Also for Basting. Bake slowly about 1 1/2 hours, always checking for doneness. Important note. Do not OVERcook you may even under cook slightly, Then you can cut off pieces and cook as you desire.

Remove Chicken from the Broth as not to get over done or get soggy.

Remember the Broth is the Elixir. The chicken is the meat. So you want to drink the Broth like soup, that is what warms your soul, burns out the fever, infections. Like Divine Fire. :). Ancient Chinese Secret :).

Also drink plenty of Hot water,

Organic Lemon juice to chase the broth.

Another Important note If you Really want to be well you can NOT eat other food such as Flour, Sugar, Breads even GLUTEN Free Breads. NO JUNK FOODS! And No Alcohol!

You Know what I am saying. No Comfort food or Drinks!!!

You Can Add Tubers as in Paleo diet. Sweet Potato or Yams, and Plenty of Dark Green Veggies after cooking to keep it green.

steaming is best. Don't overcook the veggies as well. Most people Over cook. The Ancient Chinese Secret is if you want to "Burn" out a Fever of most any kind, eat this chicken.

Most importantly Drink Plenty of the broth until the fever is broken. It could be 1 day or seven days.

Check me out and my website at  
[SafeSpaceSpiritualCoaching.com](http://SafeSpaceSpiritualCoaching.com)  
All for now!

Eat, Live, En Joy!!!

Much love, Dana

Dana Biondo was born on October 5, 1960 at 11:07 am in Malone, New York. His family immigrated to the United States from San Mauro Castelverde, Sicily. He now lives in Ashland, Oregon ....

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[1] New King James Bible, Exodus Chapter 3

Verse 13

[2] Creating Affluence, Deepak Chopra...

[3] *Conversations with God*, by Neale Donald Wasch, Page number pending.

[4] *A course in Miracles*, by Joseph

[5] Short form Satchitananda (Sanskrit:

सच्चिदानंद, IAST: Saccidānanda) or

Sacchidānanda representing "existence,

consciousness, and bliss" or "truth,

consciousness, bliss", is an epithet and

description for the subjective experience of

the ultimate unchanging reality, called

Brahman, in certain branches of Hindu

philosophy, especially Vedanta. Source:

<https://en.wikipedia.org/wiki/Satcitananda>.



[6] Mula Bandha (Sanskrit: मूल बंध) is from *Mūla*, meaning variously root, base, beginning, foundation, origin or cause; and *Bandha* meaning bond, fetter, or "catching hold of".<sup>[3]</sup>

Iyengar defines Mūla Bandha as "A posture where the body from the anus to the navel is contracted and lifted up and towards the spine." This is qualified in that the actual muscle contracted is not the sphincter muscle nor the muscle which cessates urination, but the muscle equidistant between the two.

Maehle defines it as "root lock" and further specifies that: The root referred to here is the root of the spine, the pelvic floor or, more precisely, the centre of the pelvic floor, the perineum. The perineum is the muscular body between the anus and the genitals. By slightly contracting the pubo-coccygeal (PC) muscle, which goes from the pubic bone to the tail bone (coccyx), we create an energetic seal that locks *prana* into the body and so prevents it from leaking out at the base of the spine. *Mula Bandha* is said to move *prana* into the central channel, called *sushumna*, which is the subtle equivalent of the spine.

Mūla Bandha is a primary Bandha in traditional yoga. Mūla Bandha is essential to all safe, grounded workings of bodymind disciplines. This Bandha in and of itself conditions the Muladhara Chakra, simultaneously keening, rooting and engaging the systemic plethora of processes that constitute bodymind and with diligence resolving them in discipline and accord. Mūla Bandha should be held as a restraint only after kumbhaka, which in this instance is where the breath is expressed in its entirety and held outside the body.<sup>[7]</sup>

Iyengar likens the functionality of the

Bandha and especially Mūla Bandha to "safety-valves which should be kept shut during the practice of kumbhakas."

Iyengar specifies the energetic prāṇas of Vāyus engaged through Mūla Bandha as: "...Apāna Vāyu (the prāṇa in the lower abdomen), whose course is downwards, is made to flow up to unite with Prāna Vāyu, which has its seat within the region of the chest." He cautions that "Mūla Bandha should be attempted first in antara kumbhaka (retention after inhalation). The region of the lower abdomen between the navel and the anus is contracted towards

the spine and pulled up to the diaphragm.  
He further states that "While practicing  
Mūla Bandha, the yogi attempts to reach  
the true source or mūla of creation."

[7] Attributed to Jesus of Nazareth, Book of  
John Chapter 10 Verse 30, King James  
Version

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[M1]Quotations from Conversation With  
God made here with permission from the  
author. More info on citation needed.

[M2]This sentence could be rephrased to –  
That is an inadequate perception. It stops us  
from seeing God ...

[M3]Transferred to footnote. This can be deleted

[M4]Footnote

[M5]Footnotes

[M6]This section could be expounded upon.

[M7]If this is a quote, we need to credit the source.

[M8]Please tell where you are coming from

[M9]We need to cite sources or change the wording here;

[M10]Unless this is anecdotal, we need to substantiate the claim. If it is an observation

*from your personal experience, it needs to be stated*

*[M11]Let's discuss this. Which book? Which Page? If it is a publication you are citing, it needs a footnote.*

*[M12]We need to find a more appropriate word to substitute Chapter  
Combine these with " [M13]I AM safe to be ME!"*

*[M14]Is the text above from "The Beach Boys?"*

*[M15]Please elaborate*