

Chapter 1 : The Love Song a Steer Loves - Animals Are Soul

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Awareness of this unity awakens the individual along a unity with the Supreme Power of All and vice versa in an infinitely enlightened manner. You may say aloud or to yourself, "The Infinite All Powerful Universe and I are One," while expanding your consciousness beyond yourself and sensing this Eternal Truth. We are communing with the Oneness of All and the nature of existence beyond our life. It is about our own particular final union with the infinitely eternal and boundless cosmic ocean of energy from everyone and everything that exists throughout time and tapping into it now, without the necessity of dying first. This communion of all time, space and existence awakens cosmic consciousness enabling the individual to unite with the Supreme Power of Oneness, now, while living on our Mother Earth, and when fully realized is a true communion with God. The first column is the morning communion where we find the symbols for Mother Earth and Food. You may say aloud or to yourself, "The Earthly Mother and I are one. This middle column is the noon contemplation where we find the symbols for the Heavenly Father and Eternal Life a combination of Infinity and Life. The traditional weekly Sabbath ends at sunset today. The last column for today represents the evening communion and we find the symbols for Eternal Life and Positive Thought. This is done in order to gain power to overcome the sphere of gravitation from earthly currents of thought, thus expanding your personal potential and releasing limitations that could otherwise hold back your progress. The first column is the morning communion where we find the symbol for Growth and Regeneration twice. This communion is with the angel of earth soil and is about the relationship between the growth and regeneration of life in the soil with the regeneration of life in our bodies. You may say aloud or to yourself, "Angel of the Earth, enter my generative organs and regenerate my whole body," while sensing the life energy of the life-generating soil, growing grass and other plants. You can then channel that energy, feeling the currents of the angel of earth, and transform any excess sexual energy into regenerative forces as needed or just apply the energy from the life of nature directly for regeneration. The middle column is the noon contemplation where we find the symbols for Joy and Mother Earth. You may say aloud or to yourself, "Our Father who art in heaven, send to all your Angel of Peace; to the kingdom of our Earthly Mother, the Angel of Joy," while contemplating a peace with the joy that is inherent in the life of the Earthly Mother. The symbols in the last column for today represent Creative Work and Abundance. We commune with the angel of creative work here and recognize the value of creative work in humans and all other earthly creatures as well. Thinking about bees at work can help illustrate the concept. You may say aloud or to yourself, "Angel of Creative Work, descend upon humanity and give abundance to all," while tuning into the cooperative and creative work of humanity in all spheres of existence. This will help us create and enhance the synergy of creative work with others, resulting in abundance for all. The symbols in the first column represent the Vital Life Force and Trees. This communion is with the Angel of Life and is focused on the vitality we can attain through contact and communing with trees and forests in particular today. You may say aloud or to yourself, "Angel of Life, enter my limbs and give strength to my whole body," while sensing and absorbing the vital forces that the generous trees and forests emit and willingly share with us. Meditating on this communion can bring an understanding of why our symbol for Life is a growing plant as well as why it is included in the one for trees. The last column for Monday has symbols representing Peace and the Crescent Moon. We enjoy communing with the moon, whatever phase it may be in at the time, and the Angel of Peace here. You may say aloud or to yourself, "Peace, peace, peace, Angel of Peace, be always everywhere," while sensing the gentle and peaceful reflected solar energy from the moonlight emanating throughout all that exists. It is a wonderful time to invoke and visualize universal peace in all spheres of existence, seeing the peace spread with the light infinitely outward, absorbing and taking hold everywhere and in everything it touches. Here we take time to notice and enjoy the beauty in nature and find ourselves communing with the Angel of Joy as well. This is our natural state. The

symbols in this middle column for the noon contemplation represent Humanity and Social Action. You may say aloud or to yourself, "Our Father who art in heaven, send to all your Angel of Peace; to humanity the Angel of Work," while contemplating a peace with work and cooperation for all of humanity to benefit All. We commune with the Angel of Power as we focus on the relationship between the energies of the stars and those of our nervous system. You may say aloud or to yourself, "Angel of Power, descend upon my Acting Body and direct all my acts," while sensing the vital forces from the Universe and absorbing this energy from the stars in particular into the nervous system of our Acting Body. With this energy and guidance from the Angel of Power our actions become more efficiently and effectively in alignment with the Law and our beliefs. As with all of our communions and contemplations, we are not limiting our communion to the stars here, as we are communing with all that exists and the cosmic ocean of Life as well, yet we are focusing on the stars and their energies in particular for this practice. Here we have symbols for the Sunrise and the Solar Center in the first column. This communion recognizes the necessity of Sunshine for our lives on our Mother Earth as well as the similarity of the energy emanating from the Sun and our own life force energies. You may say aloud or to yourself, "Angel of Sun, enter my Solar Center and give the fire of life to my whole body," while sensing the energy of the solar forces of the rising sun, directing the accumulated solar forces to radiate through your solar center located at your solar plexus which then disperses it outward from that center to reach every part of your body and beyond. Love and Ohana Family are the symbols representing the noon contemplation for today. You may say aloud or to yourself, "Our Father who art in heaven, send to all your Angel of Peace; to our family and friends the Angel of Love. We focus on our feeling body here and enjoy the love we feel there naturally. Symbols for Love in Action and Eternal Love are in the last column for today. You may say aloud or to yourself, "Angel of Love, descend upon my Feeling Body and purify all my feelings," while sending and attracting positive currents of feeling to and from all beings on Earth as well as those in the cosmic ocean of Love. You may say aloud or to yourself, "Angel of Water, enter my blood and give the water of Life to my whole body," while sensing the energies of the currents of the Angel of Water in the rain, rivers, oceans, and all water intensifying and then direct this energy to improve the quality and circulation of our own blood. As with most of the other mid-day contemplations, we are preparing ourselves for the evening communion. Our last worship for today is represented by the symbols for Enlightened Thought and All Thought in the last column. We seek guidance from the Angel of Wisdom in order to improve the spiritual quality of our thought. You may say aloud or to yourself, "Angel of Wisdom, descend upon my Thinking Body and enlighten all my thoughts," while sensing the pool of knowledge, or cosmic ocean of thought, that consists of all thought that exists throughout time by everything. We focus on sending and attracting the most positive and useful thoughts, ones that will help us better align our Thinking Bodies to the Law, our beliefs as well as follow our practices more effectively and efficiently. We start the day with a morning communion represented by symbols in the first column here for Air and Breath recognizing the necessity of the Angel of Air for our breath and therefore our lives on Mother Earth. The noon contemplation is represented in the second column here by the symbols for Life and the Acting Body. It prepares us for the upcoming evening communion with God and completes the cycle of the daily individual spiritual practices. Communal gatherings are traditionally held commencing on Friday evening. Our church has moved these weekly communal gatherings to Sundays for convenience and gather in various spots to celebrate our faith together with music, raw food, friends and fun. Every seventh Sabbath is called the Great Sabbath and is traditionally dedicated to peace with the Heavenly Father. This is the transcendental peace, containing all other aspects of peace. The following day starts the process of lengthening days and is a time for celebrating the abundance we have been enjoying throughout the year and sharing it with others. Cornucopias of fruit, community feasts and gift giving are among the practices undertaken the day following this solstice and is dedicated to the peacefulness of the moonlight. Peace with the Kingdom of the Earthly Mother. It marks the beginning of a period of where the days will continue to lengthen their daylight hours, which extends our waking hours and production as a result. Peace with and balance of the body and mind. It is a day for celebration, joy and abundance which is dedicated to the peacefulness of work and cooperation with others. Peace with the Kingdom of the Heavenly Father. The daylight will continue to shorten on our way towards the

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Winter Solstice while the nights are lengthening. We celebrate more rest and time for creativity, spiritual and intellectual pursuits. Peace with and balance with the family, humanity and culture.

Chapter 2 : Contemplation by Franz Kafka

Filmed from a copy of the original publication held by the McLennan Library, McGill University, Montreal.

These pieces are generally lighter than many of his works, though the recurring themes of loneliness, unease, judgement and watching are all present. Children on a Country Road A charming picture of carefree children, playing and exploring. Not at all Kafkaesque. Unmasking a Confiden This collection of very short pieces is sometimes called Meditation, and under that name, is sometimes included in Metamorphosis. The Sudden Walk Almost a whole page in a single sentence: Resolutions A short and painful description of a slough of depression: The ending is startlingly bathetic, humourous, even. The Excursion into the Mountains An apparently gloomy plan for a lonely trip, with unexpected levity "It goes without saying that they all wear evening dress". The Fate of the Bachelor Not what Kafka wanted he was engaged three times to two different women , but certainly what he feared. He died a bachelor and probably childless there is some debate about the latter, but little evidence , but young enough that had he lived, he may yet have married. The Businessman Left behind; everyone else who matters has gone to America prescient re his novel, Amerika? The Way Home Another window, but this character is a fortunate man, who is even aware of the fact. The Passenger Existential angst, being "entirely uncertain as to my place in this world". But a pretty girl can transform thoughts. The Rejection The narrator imagines all the reasons a girl might ignore a request for a date, by comparing himself with an unrealistic ideal. For the Consideration of Amateur Jockeys Counter-intuitive musings: The Window on the Street The importance of a window to stave off loneliness and to rejuvenate: Longing to be a Red Indian Dreams of America, again. The Trees In total; make of it what you will: Apparently they rest smoothly on the surface and with a gentle push we should be able to shift them. No, that one cannot, for they are firmly attached to the ground. But see, that too is only apparent. The child expected but also not expected; reality shifts: The real fear is the fear of what caused the apparition.

Chapter 3 : Uncategorized " Conlin's Contemplations

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While the postseason runs have been magical, the wins pale in comparison to what it would be like if the Dukes were in the FBS, competing in bowl season. Look, I attended the Weber State victory, and the atmosphere was electric. I also attended the national championship win over Youngstown State and was on site as thousands of fans flooded the Toyota Stadium field. It was awesome, but the FBS offers much more. I was sitting on my couch two nights ago and BAM! It hit me like a cool, refreshing glass of Cheribundi Tart Cherry Juice plus whey protein. The pain of the loss will hurt for months. Just last season, ODU went to the Bahamas Bowl in one of the most important games of the college football season. Decades from now, ODU fans will gather together and reminisce on where they were when their beloved Monarchs beat Eastern Michigan to finish their season with a remarkable record. The Monarchs might not be national champions, but nobody can take away their title of Popeyes Bahamas Bowl champions. The Dukes spent their last game of the season suffering on an unseasonably cold day in Texas playing Youngstown State in a game that had nothing to do with fast food chicken. To make matters worse, with such a demand for tickets, JMU fans were huddled together in tight quarters for the duration of the game. In the Bahamas Bowl, Old Dominion fans seemingly had acres worth of space to stretch out and enjoy the game in silent peace. For claustrophobic people, being a JMU football fan is a living hell. The Monarchs, on the other hand, battled Tech and UNC to a pair of losses by a combined score of I hate to pile on even more, but while the Dukes are frolicking around Frisco, the Monarchs are extending their advantage over their in-state foes. In a stroke of genius, ODU decided to win only five games and keep themselves out of a bowl this season. This gives the athletic department plenty of time to schedule future opponents from major conferences. All of these points beg the question for JMU fans: I think the answer is fairly obvious.

Chapter 4 : Itzchak Tarkay Art for Sale

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He said, "Not necessarily. But that part is up to you. Only you can execute a catharsis in your own life. Suffering without catharsis is nothing but wasted pain. And you should never waste your pain, never waste your suffering. Make something of it. Use it for transformation. Harness its power and evolve. Jim MacLaren died in Or I hope I have learned it. How I was going to make my mark on the world, or make a bigger more important mark on the world. I was destined for greatness, I needed to find a way to Change Things. I was never one for ownership, fancy cars, big houses, expensive clothes or gadgets. But I still believed that more recognition, power, influence mattered. For a little while after David died I believed this even more. I would create meaning in my life again! I would use my suffering for the greater good! I would transform myself and the world! I am not really any happier with my paid for car and house. And I just figured out that power, recognition, influence are a kind of stuff. I still felt like it was never enough. Now, what I miss most, what made me happiest, is the love and belonging I felt with David. The community and family that came with being a part of his life and him being a part of mine. Hearing people talk about his life and his powerful affect on them brings this into sharp relief. They remember that he loved them, that he was present for them, that he accepted them where they were and who they were. No one cares what he did for his work or how influential he was, how much he owned or how nice any of it was. No more striving or worrying or reaching. There is only the question of how I will use this life and this suffering and sorrow. Will I use it to make me whole? To create in myself someone who is capable of love and compassion? Someone who truly knows what that means? I wrote this post a couple of months ago and found it in drafts. When I wrote it I think it felt like too much, now it feels like something too share

Chapter 5 : Communion & Contemplations of the Essene Church of Peace

View Bradstreet - Contemplations from EN at University of Alabama. Anne Bradstreet's Contemplations Broad patterns of imagery/ideas in Contemplations a) Seasonal autumn to summer (stanza #1.

With the amount of people joining the popular media entity, would anyone really say anything if I just pulled a George Costanza and pretended to work there? OK, back to reality. Week 1 at N. State What JMU fans should expect: Welcome to , JMU. To start the calendar year, you get to play North Dakota State in Frisco, and to open the season you get N. State on the road. The Wolfpack have potential to be elite offensively this season. Defensively, there are more questions. Even with Chubb, the Wolfpack left something to be desired on defense. With a relatively new starting front seven, JMU has a realistic shot at establishing the run. Despite the new faces, this will likely be one of the best defenses JMU faces all season, purely based on talent, athleticism and size. JMU fans should be concerned about the N. JMU needs to stop Myers on third down to have a chance. State is better on paper, has more depth and the potential to win 10 games this year. After watching Marshall play tight press coverage against Finley last season, and take a first-half lead, I truly believe JMU can hang in this game. The Dukes have 22 fewer scholarships, a smaller defensive line and a new starting quarterback, but I love the talent at running back, offensive line and in the secondary. At the very least, fans should root for a competitive game with the outcome undecided at halftime. At best, JMU shocks the college football world and announces its presence to the country once again. Playing consecutive away games to start the season ensures the Dukes are ready to head out of town during CAA play. State game serves as a better test, this game gives JMU an expected notch in the win column, which is valuable should the Dukes fall to the Wolfpack. JMU beat Norfolk State last season, and another blowout looks likely. They also finished the year after losing eight consecutive games. Expect Jimmy Moreland and Rashad Robinson to create havoc against a team that tossed four interceptions when it played the Dukes a season ago. The Dukes should pick up wins in weeks , and nobody will fault them if they lose the season opener. But once this game hits, the Dukes are going to need to beat quality opponents if they want to win the CAA and earn a playoff bye for the fourth consecutive season. Playing at Richmond in the second rivalry game in two weeks makes this a tricky game for the Dukes. JMU 31, Richmond 23 Week 6 vs. Elon What JMU fans should expect: The Phoenix return a lot of talent, but they barely squeaked out most of their victories last season, and fell to JMU at home in the final week of the regular season. Nothing about this game is easy, but Houston builds his team to win these sort of games. JMU 21, Villanova 13 Week 8 vs. A happy Homecoming Joe Carbone came to Harrisonburg feeling generous in He politely gift-wrapped five interceptions and tossed them to the Dukes. While he had a better season last year, Carbone leaves Stony Brook wanting a little more at quarterback. With a bye week to prepare, JMU hammers the Seawolves. Cold weather and offensive fireworks Circle this game on your calendar. Unfortunately, a November trip all the way up to New Hampshire against a top team makes for a difficult win. Expect a tight game with incredible athleticism on both sides. I think New Hampshire can win this game, but I think the team talent gap is massive between the top two teams in the country North Dakota State and JMU and everybody else. A perfect regular season home record The Rams looked much more competitive last season, but will struggle to beat JMU in Harrisonburg. A blowout heading into the playoffs. The Dukes should end the year with a pair of easy wins. If JMU does indeed start the year with a massive upset, the season has a chance to be historic. If it starts with a loss, the Dukes might post a third season under Houston.

Chapter 6 : Animals and Miracles Archives - Animals Are Soul

One beautiful summer evening, I went for a walk around our farm. Out loud I sang HU, an ancient chant that I learned about in Eckankar. Singing HU is a spiritual exercise I like to do each day.

Chapter 7 : Contemplations on Mourning & Why I'm a Nurse | athicketofmusings

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Critics generally consider "Contemplations" to be Anne Bradstreet's greatest poetic achievement. Indeed, it is a compelling and complex rumination on the majesty of nature and God, and the place that man occupies on Earth.

Chapter 8 : The Outsider | athicketofmusings

Two tunes from "43 Short Piano Improvisations", a CD by Todd Walton, form the soundtrack for this contemplative video by Garth Hagerman. The images are from one clear, calm Summer evening at.

Chapter 9 : Chicory Hill Farm Contemplations: Let The Rough Side Drag, Let The Smooth Side Show

*Anne Bradstreet was the first woman to be recognized as an accomplished New World Poet. Her volume of poetry *The Tenth Muse Lately Sprung Up in America* received considerable favorable attention when it was first published in London in*