

ALL WITHIN!

Innate Spirituality – Awakening Consciousness - Cosmic Consciousness!

Wake up people – wake up – tell it like it “is” – Yes! Tell it like it “is”.

Enlightenment and consciousness – Nature of Being – Ah! Electromagnetism!

Be energized – Breathe! Take the Breath – Relax! Exercise – Find yourself –

Transform self – no self-hate – be attuned – no denial if you can! Be energized –

Breathe! Take the breath – Relax! Exercise – find yourself. It is said – right thumb on right nostril – exhale – then inhale slowly and fully – If you can! Hold the Breath – place your index finger on your left nostril and exhale slowly through the right nostril – inhale through right and exhale through left – continue the rotation – right nostril out and in – and exhale out through the left – Yes! Uplift yourself – Breathe the Breath! Vibrate – Rhythm! Rhythm! Drum! Drum! Drum!

The Divine creative Force – All within – Be Empowered! Breathe – Liberate yourself - Stop imitating theocracy/oligarchy! Rhythm! Rhythm! Drum! Drum! Breathe! Rhythm! Rhythm! Wake up – tell it like it is – Yes! No denial – transform self – no self-hate – do not succumb to denigration – Be attuned! Transmute! We have to unshackle our minds – as the young among us say “Do not church me” – Yes! Do not church the “me”. Dissect/analyze – control – influence – domination – aid – common good – plutocracy – timocracy - barbaric corporativism! Collective Destiny - Racism/white supremacy – narrative! Is man God’s Property? Is racism divine or is there sanctified divine racism? Think about it! “Man has substituted myth for history and history for myth”. Psychopathic Piranhas! Projects – “Robotic War on the human spirit”! Was there a Persian Palestine? Naked truth – we are organisms!

Liberation Oh! Liberation – No Capitulation – Innate Spirituality – stay the course – innate spirituality is an instrument for total liberation – be energized – be disciplined – breathe the breath! The script is deep within – Be apprised! Super spectrum – Ah! Super spectrum. Wake up people – wake up – Tell it like it “is” - no delusion! Minimize conflict – “Hug the Light”!

All Within!

Aspects – poetry, prose, essays and anecdotes – By Arnold Bathersfield

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*Innate spirituality – awakening consciousness – cosmic consciousness!