



Episode 5: Kahu Lāhela Johnson and  
Ho‘oponopono, the Hawaiian  
Shamanic prayer of forgiveness

- 00:00:00 [music] You are not moving, you are being moved.  
You are not singing, you are being sung.  
You are not praying, you are being prayed  
Prayed at the speed of love.
- 00:01:09 Janet Conner: You are not moving, you are being moved. You are not singing, you are being sung. You are not praying, you are being prayed. Prayed at the speed of love. I'm Janet Conner, *Prayer Artist*, and you have arrived in perfect timing, what I love to call speed of love timing, to the fifth episode, the fifth conversation in my beautiful new podcast *Praying at the Speed of Love*.
- 00:01:48 Today, we are so blessed to have a very real conversation with a very real mystic, Kahu Lāhela Johnson, who brings us the wisdom, the beauty, the grace, the joy, the mystical reality, and the power of the ancient Hawaiian shamanic traditions. When this whole *Prayer Artist* thing arrived for me about a year ago so did a complete change. 180 degree change in everything I do and everything I offer.
- 00:02:33 I had to stop teaching the ongoing live versions of the five *Deep Soul Exploration* courses in the series I thought I would be teaching for the rest of my life, *Your Soul Wants Five Things*. But suddenly, as a *Prayer Artist*, I knew that as much as I love those five courses, I had to stop teaching them live—they are all available recorded—and offer live prayer intensives.
- 00:03:11 Now, I wasn't even certain what a prayer intensive was, but I knew whatever it was, I had to offer it. In the very first one in spring of last year, April of 2018, just a matter of six weeks after being awakened hearing *Prayer Artist* was *The Goddess Forgives* with Kahu Lāhela Johnson.
- 00:03:41 And we were carried deep into the heart of Ho‘oponopono. It was a profound experience. The people in that intensive kept talking about what they were experiencing, and what they were experiencing were transformations, often miraculous transformations in their health, in their bodies, but primarily in their relationships.
- 00:04:13 And when it was over, nobody would leave [laughter]. They said, "More! More! We want more." So I looked at Lāhela and Lāhela looked at me, and we turned to the group and said, "Well, okay. What more do you want?" And they said, "We want to learn how to forgive ourselves."

- 00:04:42 And so, [laughter] we looked at one another and offered *The Goddess Forgives Me*, and although Lāhela didn't know it and I sure didn't know it, that was the beginning of what is clearly an entire river. I don't think this river of Ho'oponopono prayer intensives will ever end. But as of right now, Lāhela and I have offered five Ho'oponopono prayer intensives, healing our bodies, bringing ourselves into wholeness.
- 00:05:14 We actually experienced a marriage of wholeness, marrying your action energy stream with your wisdom energy stream. That one was called *The Goddess Forgives Us All*. We have forgiven those who harmed us, not just in this lifetime, not just in the last lifetime, but hundreds and even thousands of years ago.
- 00:05:42 And our last intensive this spring, that was an experience unto itself. We said *Ho'oponopono for Mother Earth*, and we asked forgiveness for all those who have harmed her. So I have been praying Ho'oponopono with Kahu Lāhela... I'm not counting. I think I have to say countless times. I have swum in the sacred energy she creates when she chants the ancient Hawaiian *Oli*, which means chant, always in Hawaiian.
- 00:06:25 And I have felt the sacred space that she creates because she opens every one of our gatherings. And we're blessed to be on Zoom and see one another, so we can see her holding this beautiful wooden bowl filled with sacred blessed rain water and very particular Hawaiian salts and herbs. And she blesses us [laughter].
- 00:06:58 I'm in Florida. She's in Hawaii. The members of our intensives stretch around the world, and every single one of us has experienced being blessed as she sprays the water from this blessing bowl around the world. I guess, in summary, all I can say is being in the presence of Kahu Lāhela Johnson is being in the presence of love.
- 00:07:33 In this conversation that we are about to have, there is some nugget of love waiting in the air for you right now. That living being of love is waiting to enter your invisible heart and transform your life, and I don't use that word... or I should say I use that word consciously. The Hawaiian shamanic tradition is the tradition of complete and total transformation of love.
- 00:08:14 So let us begin this conversation listening to the voice of love in the Tibetan bowl as she calls us to open our invisible ears, the ears of our hearts, that we may hear what wants to be heard.
- 00:08:35 [the bowl rings]
- 00:08:56 Janet Conner: Well, that was a very unusual song. She was so soft I could barely hear her, so I don't know if the microphone picked it up. But the third ring was rather emphatic [laughter], and so I think she's calling us to listen to my precious friend and mystical teacher, welcome, Kahu Lāhela Johnson.
- 00:09:20 Kahu Lāhela Johnson: Aloha, Janet and aloha, everyone. It's so wonderful to be here with you. And Janet, thank you so much for inviting me to this *Praying at the*

*Speed of Love* with you. And I am honored. I so enjoy being able to share about my background. I grew up here on Oahu in this amazing, very sacred, what we call an *ahupua'a*.

- 00:09:55 An *ahupua'a* is a valley, and in this particular valley, we live up in the uplands, what we call *mauka*, toward the mountains. But this *ahupua'a* stretches all the way down to the ocean where I grew up. I grew up on the shoreline of Hakipu'u, Hakipu'u Valley.
- 00:10:18 And as a child, the ocean and the mountains were my playground. Where we grew up is very remote and far from the city and on an island. It's far from the city where we live. However, growing up out here was like me being immersed in nature, and I knew, from an early age, that I had a *kuleana*, a responsibility to spirit.
- 00:11:02 And what was so amazing was that I remembered, I recalled a past life where I spoke to the plants, and the plants communicated with me. And I had this reverence early on with nature, with plants, with animals, with the elements, the wind, the rain, the sun, and being able to swim in the ocean out in front of our home, connecting with Mother Earth that way as well, was the full picture, the full experience of how I sort of merged myself, my soul, my being into Mother Nature.
- 00:11:56 Almost as though I wasn't even present physically but energetically merging myself with all of nature. And this is how I grew up, and that was my prayer. My prayer was, I want to say, like dissolving myself into nature, just being a part of everything and having that experience that it's not about me. And I feel that that was my way of communing, of communing with God, of communing with the ancestors.
- 00:12:46 Without them, I would not be here today. They guided me, my *Kupuna*, my *'aumakua*. My *Kupuna* are elders. *Kupuna* are elders that are either in present day or have passed on. But my *Kupuna*, I know they have guided me, watched over me. They brought me here up into this point, and my *'aumakua* are guardian spirits. They are animal guides, or they could be elemental guides.
- 00:13:38 And my *'aumakua* are the *pueo*, the owl, also the *manō*, the shark, and the rainbow, the *'anuenue*, the rainbow. These are my *'aumakua*. And I have this relationship, this ongoing relationship of working with them, of speaking to them, of communing with them, and this is how I was raised was to have this great appreciation, this reverence for all of life and just being immersed and a part of all of life.
- 00:14:34 Janet Conner: So you, I think I'm going to say, were blessed to not... you were never exposed to a traditional religious practice, your spirit, your prayers, so your parents really taught you that the earth, the sky, the moon, the elements, the animals, it's all divine?

- 00:15:00 Kahu Lāhela Johnson: That's right. And we were given choices at an early age to be in our own self-discovery of what religion meant to us or what prayer practice meant to us or spirituality. I would say that myself and my brothers were brought up with this appreciation of the Hawaiian culture.
- 00:15:34 I'm half-Hawaiian, half-Caucasian. We have lots of European... I'm Hawaiian, English, Irish, Scottish, Swedish, Dutch, and French.
- 00:15:50 Janet Conner: Well, the Swedish part is so adorable because your given name is Arna Johnson. And you once told, and I bet the listeners would get a big kick out of the story, about was it your grandfather brought you all to Sweden and weren't you on the front page of the paper? We want to hear about the Hawaiian family in Sweden.
- 00:16:14 Kahu Lāhela Johnson: Yeah, that's right. Our parents took us to Europe. We got to visit Sweden where my grandfather is from, and the Swedes were so excited that we were here. And they heard our story that we're half-Hawaiian, half-European and they were just thrilled that the Hawaiian Swedes were in town.
- 00:16:43 And [laughter] they sent a photographer to our hotel to get a photo of us, and they put us on the front page. It was hilarious, Janet [laughter]. Yeah, so.
- 00:16:59 Janet Conner: Just too cute. Well, because the very first time I was introduced to you, I did think, "Arna Johnson. Oh, that sounds real Hawaiian [laughter]." But, of course, this is the great human experience, right, that we're all genetically African—everybody's African—but there's so many different, beautiful, amazing ways that our African-ness expresses itself. And I love Hawaii is just... they're such a melting pot to use the ordinary American term.
- 00:17:41 But everybody is in Hawaii, so I'm very grateful to your Swedish grandfather for falling in love with a Hawaiian woman. So you half-Swedish Hawaiian Kahu, okay. I mean, you are the only Swedish Kahu that exists as far as most of us know.
- 00:18:07 So you have this title, *Kahu*, and I suppose most of us don't really know what these terms mean, like the *Kahuna*. I read and had Hank Wesselman on my previous show, and he wrote about someone who was a true *Kahuna*. And here you are a *Kahu*, so would you introduce the listeners for whom this is a new term.
- 00:18:47 What does it mean to be a *Kahu*? How does one become a *Kahu*? And what taste of *Kahu*-ness can we share with you?
- 00:19:03 Kahu Lāhela Johnson: Thank you, Janet. Ah, yes. So I have this wonderful *Kumu*, Karen Leialoha Carroll who resides here on Oahu as well. And oh gosh, when was that? I want to say that was maybe 2010. I was introduced to her, and I saw her just sort of almost like...
- 00:19:41 She sees. She sees people. She sees their auras. She sees into them. And she asked me one day, she said, "Would you be interested in becoming a *Kahu*?" And I said,

"Oh my goodness. Yes!" Coming from my background and my appreciation and reverence for life and knowing that this was my *kuleana*. *Kuleana* is a responsibility, a duty.

00:20:18 And she had asked that, and I said, "Yes, of course." And so there was a day when there were several of us who were inducted, and we did this at the beach. She had a Lauhala mat on the sand, and she had a paddle on the Lauhala mat. And you would step over the paddle and onto this mat with Kumu.

00:20:52 And she basically breathed her *Ha*, her breath, which is basically passing on this lineage to me of her background, blessing me with this role, with this responsibility. And you know, I took that so seriously that once you step over the paddle, you are stepping into a very sacred realm.

00:21:32 A realm where you must be *pono*. You must operate in *pono* all the time. *Pono* meaning right, do the right thing. *Pono* meaning balance, harmony, harmony with nature. *Pono* meaning how are you walking through this life? How are you affecting life?

00:22:09 So it's always, for me, it's been so important that I cleanse myself through prayer. Through Ho'oponopono, I cleanse myself of any negativity, of any attachments, of anything that may be having me show up in not the best way. So being *pono* was something that's so ingrained in me that I couldn't treat anybody with harm.

00:22:53 You have to be careful of the words you speak. You have to be so present about how you're showing up. And I remember prior to becoming a *Kahu*, that I asked Kumu, I said, "Kumu, aren't I supposed to go through a whole bunch of training in order to become a *Kahu*?"

00:23:20 And I remember her telling me that God doesn't call the qualified, God qualifies the called. And so when she mentioned that to me, I got it. And I said, "Oh, yes. Okay. I got it. This responsibility, this *kuleana*, is mine, and I'm to do the work." And then it was just... we did on the job training [laughter].

00:23:52 We would go to do blessings of homes and businesses, and this is where we learned. This is how the lineage was then brought into every cell of my being. So *Kahu* is a responsibility. It is being the Keeper of the Light. Now, there can be many different kinds of *Kahu*. There can be a *Kahu* of accounting. There can be a *Kahu* of *Lomilomi*, massage. There can be a *Kahu* of cooking.

00:24:37 So in the way that I express my *Kahu*-ness is as a Keeper of the Light. And I utilize light. Light travels with me to remove blockages of heaviness and darkness in people's homes, in people's businesses, with regard to a person who may be having challenges on a personal level.

00:25:07 And the light does the work, so I am like a vessel, a conduit to allow the light to flow through me. I don't do the healing, but whoever I'm working with has the opportunity to heal themselves with the light. I hope that makes sense [laughter].

- 00:25:34 Janet Conner: You know, I have been in five intensives with you, plus you are special guest in *The Lotus and the Lily* for Ho‘oponopono and yet, every single time I hear you talk about yourself being a *Kahu* and being the Keeper of the Light, I hear something else. I hear something deeper. I'm carried to a new place.
- 00:26:05 And the Ho‘oponopono intensives all began with the words "the Goddess forgives." The Goddess forgives and then these things happen, like the Goddess forgives and my body heals. Well, you just said that so elegantly. The light does the work. I am a vessel, a conduit. I don't do the healing. This is what I wrote, downloaded, received of, "You're not praying, you're being prayed."
- 00:26:42 It's the same concept, but it's a concept that is radically different from what is taught in all of the patriarchal, tightly constructed religious traditions where there's this external rule. There's this box you have to fit into. But there is no box. It's light [laughter].
- 00:27:09 And the light does all the work. And the other thing I'm hearing... I mean, just being with you always makes me ecstatically happy, but I think the most magnificent thing you've ever shared with us is that God doesn't call the qualified, God qualifies the called and that you really had no choice here. It's like, "Excuse me. You are a *Kahu*, so wake up. You're a *Kahu*."
- 00:27:33 Well that's exactly... you stepped over a paddle. I was awakened in the middle of the night clearly hearing, so that would be like Kumu Karen saying to me, "Are you ready to be a *Prayer Artist*?" And so I guess the moment when I stepped over the paddle—I just adore the fact that the Hawaiian tradition is physical. It's not mental. You know, it's down in the body, in the body.
- 00:28:00 So I think I'm going to get out a broom and step over the broom, but I stepped over my paddle. I guess step one was writing it down in the middle of the night because it would've been easy to roll over and go, "Thank you very much. But I don't feel qualified to do this so I'm going back to sleep." No, I wrote it down. I wrote it down. So that's the beginning. But then the next morning, in tears, I'm having this long conversation with Beloved Vibration of Sophia, and I was afraid as I'm assuming you had some feelings of, "Who me? You want me to be a *Kahu*? Aren't the sacred people, the holy people, the big people, aren't they the *Kahus*?"
- 00:28:44 Well, who am I to be a *Prayer Artist*, right? So in deep soul writing, I poured out all my issues, and I guess I got the answer [laughter]. "I'm calling you honey, qualified or not. You're qualified because I'm naming you a *Prayer Artist*." But anyway, I said, in tears, "I don't know what this means, and I'm pretty sure it changes everything. But if you want me to be your *Prayer Artist*, I will be your *Prayer Artist*." That is verbatim what I wrote.
- 00:29:16 And immediately out of my hand came the first prayer. So I guess we first have an awareness that there even is a call. There's an awareness and you stay open to Mother Nature, and stay open to your *'aumakua*. And you stay open. But then,

sooner or later, you've got to cross over the, you got to step over the paddle  
[laughter].

- 00:29:45 And we are so grateful to you that you stepped over the paddle, so teach us. This show is all about prayer, and there's no end to the magnificent Hawaiian prayer practices. So can we pray together? Is there a prayer you'd like to share with us?
- 00:30:07 Kahu Lāhela Johnson: Yes, so I think it would be fantastic to share this Ho'oponopono prayer with everyone today. And so I would like for the listeners to be thinking about a situation that they may be going through that they would like to place some healing around to cleanse the situation.
- 00:30:39 And if it involves someone else, you might want to think about who that might be. And let's do this together, okay? So I'm going to say this prayer, this Ho'oponopono prayer, and as I say it, I would like the listeners to say it for themselves as well. And when I say my name, please insert your name there. Okay.
- 00:31:18 I, Arna Lāhela Johnson (say your name), wish to do a Ho'oponopono of myself, Arna Lāhela Johnson (say your name). I wish to cut any *aka* cords or connections which are of imbalance, disharmony, or unwanted memories from the beginning of time until the present moment.
- 00:31:52 I also ask for forgiveness for—and this is where you would insert someone's name—whom may also have taken part in it. We ask that these thoughts and memories be erased from my memory banks and that only the good thoughts remain.
- 00:32:27 We ask that—insert a name here—be cleansed, purified, and transmuted to the pathway of light. No longer will these thoughts and connections remain. *Amama ua noa*. It is given. It is free. Amen.
- 00:33:02 Janet Conner: I love that prayer beyond all. Just in case some of our listeners have not been in any of these magnificent intensives, you might enjoy hearing the power of this prayer as I experienced it. In 2013, I did not know Kahu Lāhela Johnson, but I did know Emma Kupu Mitchell who was the second guest on *Praying at the Speed of Love*.
- 00:33:38 And, unbeknownst to me, Emma has also trained with Kumu Karen. Well, in 2013, I had an extraordinary experience and my 24-year-old son became a political prisoner although he had not even been accused of... there was no trial, no accusation, no nothing. He was sent to federal prison, ended up spending the bulk of his 24th year in federal prison in order to force him to name other friends in the political community.
- 00:34:22 And he refused. He maintained his silence and ended up spending his 24th year in prison. And I'm his mother, and I fell apart. And Emma turned to Kumu Karen and asked for permission. It's really been a very short period of time that this

magnificent prayer has been available to the public in its traditional form which comes down to us from Papa Kalua in Maui.

- 00:34:53 But Kumu Karen gave Emma permission to give that prayer that you just heard to me, and I prayed it. I sat here in my prayer room, and I prayed it. And my son was released four months before the secret federal grand jury was unseated. And there is no doubt in my mind that the difference of those four months was probably life and death.
- 00:35:22 That prayer saved his life [voice cracks], and that prayer is the most important, sacred, holy prayer in my life. And now you know why the very first intensive had to be, it absolutely had to be around Ho‘oponopono. But who knew there would be five of them [laughter] and more to come. So thank you. May we have that, Kahu, as our little gift in our Prayer Bag? May we have?
- 00:36:00 Kahu Lāhela Johnson: I would love to share that. Thank you. Yes, of course. I know that people are going to find that this prayer is going to help them in so many areas of their life. This is something that I say to myself whenever I'm going out to do anything. If I'm going to go do a blessing, I've got to cleanse myself first, so I say this Ho‘oponopono prayer to cleanse myself, to release any attachments, to show up as a channel of light, and to be responsible with this light and carry this light to help so many people in their lives.
- 00:36:45 And so others can do this as well. And when you cleanse yourself, you too will become a channel of light, and you can create, as you did, Janet. You will open the pathway ahead of you with light.
- 00:37:06 Janet Conner: Without even knowing you're doing it. I am certain that praying Ho‘oponopono all these years cleansed and cleared and transmuted me into the pathway of light so that I could hear the call to become a *Prayer Artist*. *Prayer Artist* didn't drop out of the sky out of nowhere, but I didn't know that I was actually on the path of being qualified, right?
- 00:37:35 You didn't know when you were talking to the plants as a seven-year-old kid that you were being trained, but you're being trained by the divine, by spirit, by the Goddess, by light, by the ancestors. I can sort of visualize you on the beach. You're playing with the shells and the rocks, and I can just visualize your grandmother, your great-grandmother, all of these ancestors going back in time. And they're playing with you and encouraging you to step into the water and spraying you with the salt.
- 00:38:07 We're not alone, and the light has been forming us. And then one day, the day comes when you're invited to step over the paddle [laughter]. So what's happening now for you? Your life is so rich, so gorgeous. I can't even imagine that there is a deeper place you want to go, but what's calling you? Where is the light calling Lāhela?

- 00:38:39 Kahu Lāhela Johnson: I have this beautiful vision of seeing people, as I've mentioned, also being carriers of the light. And for me, what that looks like, what that feels like is it's an inner journey. It's an inner journey, and I want to be able to reach out to and be a guide for hundreds of thousands of people around the planet to realize that they are a channel of light.
- 00:39:33 And like you mentioned, stepping over that paddle is that taking that responsibility. It's making that choice every single day of how am I showing up today and catching myself if I slip below what I call the line of taking 100% responsibility.
- 00:40:05 So you can visualize... well, let's use the paddle again. You can visualize this paddle that's displayed horizontally in front of you. This paddle represents taking 100% responsibility. I encourage people to catch themselves when they fall into blame, shame, complaining about things, justification, when you start to justify why things are this way or that way, why you're feeling this way or that way, making excuses.
- 00:40:53 These are all energies that are below the line of, below the paddle of taking 100% responsibility. As we step into taking this responsibility, this is where we live, and this is where we get to co-create with the Goddess. This is where we get to expand ourselves and be this channel of light. This is where we open our hearts, and we trust that we are being guided by the divine.
- 00:41:31 When we live in that space, Janet, that's where life flows with ease and with grace. And so it's a choice every single day. And this is the work that I am choosing to do for myself and to assist others with is let's get in touch with our divine soul self.
- 00:41:56 Let's live in abundance, in the flow, co-creating with the universe whatever it is that our hearts desire, not for just one's self, but for the betterment of all, for the highest good of all concerned and that includes Mother Earth. And when we can be so present in that space, nothing is impossible. Nothing. It doesn't mean that we're not going to experience life's challenges.
- 00:42:41 We're still going to experience life's challenges; however, we're going to navigate through the challenges with ease and grace because we're consciously making choices to live and take 100% responsibility for our life, our relationships. To care on that level is to care for all of life, is to be so present with all of life. When you care, you are blessed, and you bless others as well.
- 00:43:34 Janet Conner: Amen. That felt just like a prayer [laughter]. And being with you is a prayer, and this conversation is a prayer. And Ho'oponopono is a prayer. And while you were leading us in that prayer, if it's okay with you, I'd like to have a second gift. Lāhela has made these beautiful teaching videos for these five Ho'oponopono intensives.

- 00:44:02 And so, with her permission, what do you say, Lāhela, that we give everyone a teaching video as well because things are very abundant here on *Praying at the Speed of Love*. Thank you, Kahu. Thank you for sharing with us the way you live in the light, taking 100% responsibility, and carrying us into the light.
- 00:44:43 Kahu Lāhela Johnson: Thank you, Janet. Thank you so much. I always enjoy my time with you. It's like we step into this very holy sacred space together every time we have these conversations. So thank you. I feel so blessed. In fact, I'm covered with, as we call it here in Hawaii, chicken skin right now [laughter].
- 00:45:09 Janet Conner: Yeah. Well, listeners, this happens anytime you hang out with Kahu Lāhela. And for those of you who have not been in the intensives, do know that every single one of them is recorded and available on demand at my website, [janetconner.com](http://janetconner.com), so do come to the website. Check out all of the prayer intensives and look for the live ones that are coming.
- 00:45:37 And the particular Show Notes page for this conversation is [janetconner.com/5](http://janetconner.com/5). This is the fifth conversation, and five is the number of divine expansion through change. I don't think it's an accident that we are being expanded by the light in the conversation, episode #5, [janetconner.com/5](http://janetconner.com/5). When you get there, you're going to learn more about Kahu.
- 00:46:08 There'll be a link to her website. I highly recommend that you sign up for her newsletter. You can get a transcript of the show, and if ever there was a show that you really want to read and re-read, and read and re-read, you can just click and get the transcript for free thanks to Maureen Carter in Canada. You can practice all of the suggestions in the blue Real Prayer action box.
- 00:46:37 I've been taking copious notes and I will be sharing some highlights, helping us all step over the paddle. And of course, click on the Prayer Bags. I think there'll be one for the video and one for the Ho'oponopono prayer itself. Come and take your gifts. They're gifts from the Goddess, from the light through Kahu Lāhela and me to you.
- 00:47:00 And then for heaven's sakes, click on the Join the Facebook Community because Lāhela will be there to answer your questions, and I'll be asking all the listeners to vote on what quote from today's exquisite conversation you would like to see converted into an audio clip including an image. The beautiful, my magnificent producer, Jamee Thumm, turns a little snippet from these conversations into these gorgeous visuals.
- 00:47:36 And you get to sort of swim in Kahu's voice. So lots and lots and lots of goodies. This is not like any other radio show or podcast. You are the reason it exists, and you are integral to its wholeness. Me as a *Prayer Artist*, Kahu Lāhela as a *Kahu*, we are producing this for you to help you live in the light.

- 00:48:08 So Lāhela, I have a small thank you for you. It's a tiny fragment from one of my original *Prayer Artist* prayers that's called "All Night." And I think it picks up a little bit of your love and devotion for Mother Earth.
- 00:48:23 On the breath of the Beloved come love songs  
All day, all night, caressing the world  
Love songs  
  
But we don't hear them  
  
Like pop licks, they grab our bodies and we move  
Like Ode to Joy, they lift our spirits and we soar  
Like Irish pipes, they crack our hearts and we weep  
  
But we don't hear them  
  
Every leaf, every star, every curl of ocean—a love song  
Every fern, every cloud, every spider web—a love song  
  
The rain sputtering  
The storm clouds forming  
The volcano erupting  
  
Love songs  
  
The sun arriving  
The sun departing  
The moon smiling all night  
  
Love songs
- 00:49:28 Timothy Frantzich's Voice: This conversation in the mystic with *Prayer Artist* Janet Conner has been rated L.
- 00:49:38 [music] You are not moving, you are being moved.  
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Prayed at the speed of love.