



## RESH

ת ש ר ק צ פ ע ס נ מ ל כ י ט ח ז ו ה ד ג ב א

*The 22 Letters of light are arranged going from right to left.* Aleph, Bet, Gimel, Dalet, Hay, Vav, Zayin, Chet, Tet, Yod, Kaf, Lamed, Mem, Nun, Samech, Ayin, Pay, Tzadi, Kuf, Resh, Shin, Tav.

Revised 04/13/2023 Gregorian Greater-lesser light calendar 01/23/6010.

Resh also spelled reish is the 20<sup>th</sup> letter of the Aleph-tav.

This letter has the expectancy of things happening with a great magnitude and completion. Likened to the first day of creation, a celebration of life!

20 is the age of military accountability.

Joseph was sold for 20 pieces of silver. Joseph's seed is attached to Resh. Ephraim and Manassas are Joseph's offspring and many are found in the US.

Numerical value: 200

This letter is the six repeat of the first day of creation known as day six.

Vav and Mem are also found on the 6<sup>th</sup> day of counting.  
Meaning given to the writer: **The great expectancy of light, returning to the hearts of those that have kept the memory of our Creator,.**

Sound: “R”

Meaning:

Positive- back of the head. A bowed head in memory of creation and the laws that sustain the earth. The first, chief, the sum of.

Negative- bitter, grieved, poor, poverty, last, to be afraid, to shake or rattle the head, Rah means evil but remember at the same time **Rah means partner.**

Move from the tree of good and evil to the tree of life. This gives one wisdom and the desire to think from ones heart – to think in oneness –be like minded and yoked together with our Creator.

Pr. 4:4-13pg. **733 Have wisdom** – to have order.

A person that suffers from an offence has no wisdom. They cannot see pass the unclean darkness within themselves.

1. **Generational curses** – like disease-This curse rules and reigns over the blood –darkness has the authority to rule over the physical body’s blood, our DNA, when we eat

from the tree of knowledge of good and evil. These foods, thoughts, actions are void of our Creator's creation. If you have a problem with authority – you are unclean and darkness surrounds your thoughts and actions – Please come under our Creator's love, life and light.

2. **Trauma** due to pain physically, mentally or psychologically – doorway to darkness
3. **Unhealthy choices**- Choose you this day who you will love – protection is limited to you if your actions and words do not align with creation and our Creator.

Let us look at the word **reign**. Malak, maw-lak- to ascend the throne, to take counsel- mem, lamed and final khaf- meaning given to the writer: **The word that comes from the blessed, teaches the way back to our Creator.**

Truth, the tree of life, casts out darkness and lies which came from the tree of knowledge of good and evil.

You can only speak words and do what you understand therefore, **Study creation and health and the letters of light, aleph-tav, then let the words of truth be your wisdom and guide.**

Protection comes from the back of your head! This is where RESH has been placed, a quiet and secure place. You will grow faster with those that live according to creation, proclaiming nature's wonders within it and eating from earth's living abundance.

Pride, ego, keeps you in bondage and is found outside, in the field and not with the tree of life; eating and drinking harmful things both physically and mentally to one's body. Think, how could Noah know how to feed those on the ark if he himself did not eat according to creation?

Remember that Adam was formed outside of the Garden of Eden, from the field Gen 2:8 pg. 2 – until placed in the garden. This should remind us that we will be outside the garden until we have memory of creation. You will know by what you **speak and eat** if you have been allowed back in the garden.

When darkness leaves the body the mind becomes clear – be careful of alcohol, stimulants and medications as this keeps the mind oppressed and dull. Meaning that you will not be aware of the darkness that you are already in to see perfect light-rays if it comes your way.

The design of the Resh is composed of 2 lines, one horizontal and one vertical. It looks very similar to the Dalet but the Dalet has a Yud at its upper right –hand corner, which the Resh lacks. The Resh's 2 lines represent intellect and speech. Because they are not joined with a Yud, the speech and intellect of these individuals are for their own gratification until they returns to our Creator – they can even degenerate and become corrupt and evil, such a person's thoughts and speech are often directed to hurting and conspiring against others. But it can be seen in neglect. In this way he drags his most essential faculties (remember this is the wisdom from the aleph tav) into the

depths of ungodliness. And if he stays too long there he will forget the truth already taught to him.

The absence of the Yud is important in another way. The Yud signifies Olam HaBa, which means the world to come. The Yud thus represents the humility needed to remain one with our Creator. Dalet is the door of truth and therefore **every** day is important to him. He is careful about what he thinks, speaks and eats. A Resh, however, is a person who does not care what he does. He has no regard for his thoughts or speech because he doesn't believe in the laws of creation, therefore lacking wisdom and humility.

So the Resh is the unholy counterpart of the Dalet. If a Resh is substituted for the Dalet in the word echad, which means one, the word becomes acher, which means other. The mere removal of the Dalet's Yud changes the concept of "one Creator," to "other or many gods", or idol worship.

Therefore, our presence on the earth, is to help in transforming an acher into an echad, a person who is one with our Creator.

"There is no poor person except him who is poor in light." The Resh is far away from our Creator. He entertains flagrant, evil thoughts and speaks negatively. He is beyond the level of having or not having money. He is eternally bereft; the poorest of the poor.

Resh also stands for the word rasha, which means an evil person. We know, however, that when a wicked person

returns to our Creator he or she becomes a baal teshuva, and is therefore with more humility than a Tsaddik. The person's new name is then Rosh or "head". So, the Resh at times poor and at times wicked has the ability to do teshuva. He can awake from his slumber and return to our Creator. The Resh can truly be transformed into the ROSH: the Head, a true leader and turn many to our Creator and the unchangeable laws of creation.



The letter Resh follows the letter Bet in the word bera, "to create". The letter Resh is one of the letters in the letters of light that initiates or begins, that starts something. First, first of all, firstly, origin, beginning, starting point, increase.

The creation by our Creator that our innermost seeks to establish, is performed through Resh, our head. The very breath that enlivens life that gives life and that establishes life is in the understanding of the letter Resh. To spell the word Resh, you take the word fire which is אש aleph-shin, "esh" and you put the letter Resh in front of it. So it is spelled ר אש resh, aleph, and shin: ר the head + אש fire, and that spells Resh.

The esh which is a cognizant fire, a fire that has full consciousness, a living "born from within" being. This is Resh awakened!!

Commented [O1]:

If you want light in your head you need to bring the light of our Creator there. If you want your Resh/brain to have light/Aur you will need to return to the garden and live according to the first day of creation. **Light occurs because the laws of nature and creation are being followed.** You must make room for the light in your Resh –head. What stands in the way? Eating from the tree of good and evil -the ego, self-love, resentment, envy, fear, and most of all **lust** of the flesh-what we eat, think and do. Remember what happened to the Israelites in the desert-due to eating mana only, “they began to crave the fleshpots in Egypt. They murmured about the mana that was provided for them and desired flesh to eat. So, they were given their hearts desire. And as they were chewing the quail between their teeth a plague broke out and killed those that lusted after flesh.”

Darkness obscures the light and where those elements exist, the light cannot emerge. So, look into your head: what do you see, darkness or light? Do you see a cognizant pure love that is selfless and lacking any pride? Or do you see a selfish love that justifies itself, always defends its “virtue” by proclaiming its reasons, its excuses its justifications? To successfully perform this self-inquiry requires a mind that is very stable, that is

silent. It requires an attentive awareness and not just for a few minutes a day, but continually. You see, our Resh has become dominated by many conflicting wills. When we look sincerely into our own mind and heart, we see a surging chaos of worries, unhealthy memories, fears, desires, attachments, goals, projects and plans. We become attached to these factors, which are called idols. Why? Because we think of them first!

Instead, devote time to nature, meditation and rest. The business with its chaos will move from you.

We love life and that which we pay attention to, that which we devote our energy to, that which we daily do is the amount of light in an individual.

If we observe and watch the stream of our mind in our daily existence, we will see where our mind is attentive or attractive to. To the world or to those things that promote the light in our heads! Think these things; maturity that leads to completeness, lovingkindness, and peace, thankful for all that comes your way!

Ecc 9:8 pg. **807** “at all times let your garments be white and let oil not be wanting on your head.” These are not the literal physical clothes but is the eternal nature (character), that which we daily dress ourselves with; joy, harmony, kindness, love, peace,



discipline and courage. And this pure character is not wanting for they have the words of truth, wisdom, oil on their heads, at all times.

If you recall in the story of the Garden of Eden, Adam and Eve symbolize an ancient state of the heart, a state of innocence and purity. Thus, symbolically, the man and the woman in Eden are represented as “naked” not just naked physically but unashamed as they represented a state of purity.

It is a state of consciousness through which all of us have failed to understand. You see, in the beginning of time our eternal nature, our heart was pure: it was simple, unclothed, naked, and unashamed. This reflects the basic state of the individual, not yet having developed a mature character, yet not having the ego, but being pure simple and full of love.

Unfortunately, Adam and Eve were presented with a temptation, and that temptation led to an unhealthy choice. Adam and Eve are symbolic on many levels. Adam can represent ancient humanity, but also represents the brain. [We must be clear in mind so that we can receive the latter rain (revelation) in our heart.] Adam represents Resh, the head/brain and Eve, Mem represents the

reproductive organs, birthing. So in us we face a temptation in our present stage of development when we are told “all the trees you may eat freely but do not eat the fruit of the tree of knowledge of good and evil”. All trees are in us as we are formed from the earth and so are all the trees. However, if you eat of the tree of knowledge of good and evil you will die. Death cannot go back into the Garden of Eden as there is no death there, only life- As long as you are eating from the tree of knowledge of good and evil you are of the world and darkness. When you partake of the tree of life you can only be in the garden, for that is where life lives in the presence of our Creator.

When our Creator dressed Adam and Eve to cover their skin they were sent out of the Garden of Eden as now they had the tree of good and evil in them and no death can be in the garden where life, love and light exist. The mortal and animalistic nature now covered man and women and both were expelled from the garden. Before leaving the garden Adam and Eve made aprons from the fig tree leaves, in hopes to hide their shame. This was unacceptable as they lost permission to be in the garden so our Creator gave them a covering for their skin. (note: It does not say here that they were given animal skins to cover their bodies as our

Creator could never kill an animal as this is death so what covered their skin was plant based.) Their place was outside the garden in the world of darkness covering truth until the awakened Adam (all men that are born from within) and the awakened Eve (all women that are born from within) restored truth and light to the earth.

Until we understand their consequences for eating from, the tree of knowledge of good and evil, unhealthy choices or death covers our character. Better said, darkness rules over you!

**OTZ Daath:** the tree of knowledge of good and evil

**OTZ Chaim:** the tree of life

The tree of life has 12 fruit: Rev 22:2 5 physical senses and 7 internal. Those senses all operate through RESH, the brain and heart. Through Resh we see, hear, smell, taste, touch, speak, listen, learn, perceive, know, view and be.

Physically, our senses are all centred in our head and heart but also eternally they are there. A healthy brain, a healthy nervous system, is a must in any awakened development. A brain that is decayed or degenerated needs greater love from nature. You see, in the middle of your brain is the pineal gland, and towards the front of that is the

pituitary gland. When earth produces her fruit her whole life purpose is to raise the breath of life from the bottom of your feet up to your brain in order to enliven your perception, to awaken, to fill your senses with light. In the beginning man did not need a covering for his feet only once he left eating from the earth did he separate himself from **her** truths.(physical application- go burry your feet in the earth) Man first was separated from our Creator by an unhealthy choice (speech), eating from the tree of knowledge of good and evil (speaking to darkness-Hasatan), then after sometime of being outside of the garden man then separated himself from the earth by lighting fire to cook and eating animals which brought disease to his body that led man to cover their feet with foot wear. Now he no longer had a physical **connection** to the earth! He lost **connection** from our Creator and mother, the earth he was formed from.

Our Creator gave Adam and Eve coats to cover their skin. He never gave them anything for their feet Gen. 3:21pg. **4.** What does this tell us? Earth, for we were formed out of the ground, has compassion on her children and wants them to eventually return to our Creator who created them and gave them breath. Once this **connection** is understood we have a better likelihood in finding our way back to

the Garden of Eden, the beginning of creation and eating from the loam soil.

The transition from being a child to becoming a procreative teen, the desire to unite male and female, the body passes through a great transformation. This is called puberty. We have body changes that attract the opposite sex, as this was placed in all mortal beings. Depending on the tree that you are being taught under will direct your destiny. Either you will be placed in the Garden of Eden or be cast out into the world, the tree of knowledge of good and evil. Unfortunately, most people fail to teach from the tree of life, to procreate for the purpose of bringing forth children that love our Creator and are cast out of Eden into the world which brings forth children of fornication and unhealthy choices.

When we enter into ages (12 to 14) we hear about a physical desire that comes from the fruit of the tree of knowledge of good and evil. We hear about this desire, sex, from our friends, websites, magazines, and our sexual organs feel attracted to it, and our brain becomes tempted, because it wants to taste those sensations if we are being brought up under the tree of knowledge of good and evil. We may hear, not to partake of this act, but unless we have

an example around us to follow especially in our parents and friends we will fail this test. We will become physically impure before marriage. And since we want to be like our friends, we want to be cool, we want to be accepted, and we want security socially we partake of the tree of knowledge of good and evil, sexual activity in some form. Unfortunately, that is our undoing. When we make that discovery of the sexual act without the love of our Creator, we exit "Eden." Children today are not innocent. Many children now are born and begin to hear about sex at 2 and 3 years old. Do not be surprised by that. They find their parents pornography, they find it on the internet, and they see it on TV. By 14 or 15 most kids (notice these are not children made in the love of our Creator) have experienced sex in some form and are active sexually. We can see this in the way kids dress now, the way they talk, the way they behave. None of this is normal. These kids are born out of fornication, sex without the love of our Creator.

This state of affairs reflects our own soul. All of us are guilty; all of us have a role in it and in order for it to change, we need to bring "the oil to our head". We need to be wisdom blessed. We need to take care of what we put into our brain, into our heart, into our Resh.

The word oil in Hebrew is shemen spelled שֶׁמֶן.

The letter Shin can be pronounced with the h or without, so it could be pronounced shemen or semen. That sounds familiar!

That word se-men literally means “extract, essence, that which is pressed out.” How do you get the oil from an olive? You crush it. How do you get oil from any fruit, from any grain, from anything? You have to apply heat and pressure and extract it out.

What is the essence of a man? What is the vital extract of this human being? Physically speaking, it is the energy produced by procreation, it is that oil, and with a single drop of it you can form another humankind. Nothing else in a man can do that. So that “oil” in man is their very essence to bring forth children. But because we live outside the garden and do not have male and female loving their Creator we have kids and not children. Everything of you is condensed into that drop, that seed, and that is the oil of gladness. Without the love of our Creator we can only have kids born out of fornication.

That semen (oil) has to be treated with great wholeness, as something beautiful, as something healthy, and not as a game, a toy, as entertainment.

Commented [O2]:

Unfortunately, it is treated that way now. Sex has taken the place of intimacy and true relationships found in our Creator. It is seen now as simply a source of pleasure. Some use it as a source of power to control others, many use it as a diversion to avoid their pain, to avoid the truth about themselves, but this is not the purpose of the sexual force. The purpose of the sexual energy is to continue life, consciously, psychologically, physically, yes, and this is obvious, but there is a higher purpose beyond the physical form, and that is man's eternal nature, to form humankind out of love like in the first day of creation.

Changing the place of residence of our Creator from a stone building-cold no connection into a place of flesh- warm and personal, our bodies. No need to go to a building of man when we are the temple-beautiful, lovely, gentle, compassionate, full of life and light.

When et'Yeshua was on this earth he never used his male potency to do anything except good –he kept his energy for a pure miracle- healing the blind, walking on water, raising the dead, feeding the 10,000. His oil of energy was always transformed to his heart to be used for the purpose of helping others and leading them to be “born



from within” and leaving their unhealthy choices. He was not to marry and have mortal children. He left behind the importance to be “born from within” and be eternally minded children **reconnected** to the words of truth as our guide. The outcome- One with our Creator of light.

When one is cast out of Eden – one falls asleep as a consciousness. So you remain unaware until truth awakens within you.

We are the light of the world. Those that return to our Creator do not walk in darkness, but possess the light of life.” In other words we have to stop our bad behaviours, we have to purify ourselves, and we need to be remorseful for our mistakes, return to our Creator within.

When love is true, beautiful and blossoms in our children we experience joy and abundance.

My writings are my love letters to the world; to first remove the plank in my eye that I may see to write and then help remove the splinter in my brothers or sisters eye.

The one who continues to harm themselves, to choose unhealthy choices in other words, who can help them in their mortal life? They will live out

their lives with their consequences. All of us are eternal beings housed in imperfect bodies.

The lie is people think that our Creator always forgives our unhealthy choices so there is nothing to worry about. We will have consequences for our choices that is the unchangeable law of the universe. Every single action that we perform has a consequence, no matter what. This is the reason for the law of choice. Our Creator is love, life and light. But it does not mean you are free of the consequences of your actions. And these consequences sometime last a long time which if not securely **connected** to our Creator then unhealthy choices will occur again, out of forgetfulness and the lack of discipline. Now Paul's words have light to my eyes, he said, "For the good that I wish to do, I do not do; but the evil I do not wish to do, this I practice. Romans 7:19 pg.**1096**.

Where do we see the light of our Creator in the faces of men and women? We know that they are all eternal beings but where is the light of our Creator? Sadly, we see darkness in people's faces, words, and actions. When we look around us we see fake happiness, anger, pride, despair, hate and illness. When we go in the churches, grocery stores, and work places we see greed, adultery, fornication,

envy, pride, anger, fanaticism, disease and ignorance. We do not see purity, contentment, simplicity, health, humility, peace- the awakened love for our Creator. We do not see a Resh that is illuminated by the light of truth.

While in Eden, Adam and Eve were naked but not ashamed, and that is because of their purity. Their **innocence** was their clothing. When one is pure, when one is innocent, there is no shame. What is there to be ashamed of when one has committed no wrong? When we feel pain in our heart, when we feel a tumult in our heart, it is because the ego is alive, it is because we have made mistakes, and that is shameful. While in Eden Adam and Eve were clothed with light –Aur.

All of us who are impure take coats to cover our skin and shoes that hurt our feet in order to suffocate our misery, to attempt to not feel it, and what is the result? We take into our Resh, our brain, into our heart, into our body, impurity; it is a form of suicide.

Why do we take into ourselves what we take in?  
Why do we persist in our wrong actions? Why are we attached to things that hurt us? Why does an alcoholic become an alcoholic? Because of pain.  
Why does a sex addict become a sex addict?  
Because of pain. Why does a drug addict become a

drug addict? Because of pain: **eternal separation from our Creator and physical separation from the earth that we were formed from, brings on pain.**

All of us have these addictions in some area of our life to some degree. Some of us are merely addicted to profit, ambition, and greed. But most are addicted to eating physically dead food, loss of our **connection** to the earth. When people lose their health they cry to god to help them when it has been their choice of food from their birth that has led them down a diseased path.

Our duty is to be mindful of our Creator, and to discover what we do with our own Resh; how we clothe ourselves with lies instead of light. Instead of allowing light to emerge in our eyes and shine inwards and outwards, we fill ourselves with false light. We consume impressions that are harmful. We consume food and drinks that are harmful. We are addicted to impurity.

It is worth reflecting on all this, because your brain and heart, your Resh is really where the light of our Creator emerges. The letter Resh represents cognizance, comprehension, understanding, and that is why it is one of the letters of light most complete letters in the aleph-tav.

Your physical brain/heart is a vehicle of light. Take care of your brain; be aware that alcohol destroys your brain/heart; this is a scientific fact! When you consume alcohol you destroy your brain, your liver, your nervous system and even your plans. When you take intoxicants of any kind, you destroy your nervous system, and not just what we call “drugs” like marijuana, meth, cocaine, all the great diversity of chemical agents that humanity loves so much now, but there are many other types of drugs that we become addicted to. Sex,( notice, not pure intimacy ) is a drug, caffeine, cigarettes, video games, TV movies and excess of sugar or man-made products we all know that they are bad for us but we indulge in them anyway, we ignore the consequences. Even though you experience and feel the physical damage they cause you.

If your brain/heart and nervous system are damaged, how can we be seen full of light? How can we use these broken tools? Creation will try to heal you if the damage is not too severe. This is the most miraculous thing of all: Nature/earth can heal you, but not if you persist in killing yourself. (Consider the eating of flesh?) Your healing begins with studying creation and wisdom will guide you back to the day of perfection. Here you will find your healing and rest.

What do you put into your Resh? Physically, it has become difficult to find pure food and water. It is even difficult to find pure air. Most of what we ingest into our body is polluted. Our bodies are now polluted by huge quantities of toxic elements, heavy metals, even rocket fuel, jet fuel, radioactive materials, pesticides – there are so many toxic unnatural elements floating in our bodies now, and yet we continue to eat garbage, we continue to drink garbage –willingly- but what is worse is what we eat and drink with our mind and heart. Your heart is not defined by what is on your plate (but it can still harm the body) “Not that which goeth into the mouth defileth a man but that which cometh out of the mouth, this defileth a man.” Matt 15: 11-20 pg. **936**. He is talking about the words we speak!

What do you take into your Resh, into your head, not just through your mouth, but through your eyes, through your ears? We become what we eat, not merely physically, but our whole lifestyle.

Why do our children grow up the way they grow up? Speaking disrespectfully, crudely, cursing...because they observe it, they see it, they imitate the adults. What is done in your home!

Why our brain is filled with stories of thieves and criminals, murderers? Because you watch them every day on TV and you read about them in magazines, books, and newspapers, which are all about crime and the many ways to commit crime, and you say, "It is harmful," but most movies, shows, and books are about the many ways that you can commit crime, not just crime against society but crime against yourself. Even the news!

Why do you watch these things? What kind of food is that for our heart? What does that do to your brain?

If you are quiet you will see what it does. You will see that your mind is out of control, it is a monster, and who made it but you. Therefore, if you really want light to emerge in your Resh, be careful what you feed to the breath of life in your brain. Ask yourself, "Is this food leading me to death or life?"

We have to eat from the tree of life what we ingest through all of our senses. This is not something accidental, neither is it something chaotic, but it must be cognizant, fully aware and it has order.

Many so-called spiritual people live a very haphazard life, calling themselves very "serious" and yet they continue to watch TV, go to movies, drink alcohol, smoke, eat garbage, criticize each

other, gossip, compete with each other by trying to get the most students or a filled congregation, the most recognition, trying to be the most spiritual. None of that has anything to do with the real Creator. "Born from within" is anonymous, humble, and invisible, it has no self. What do you put into your Resh? What do you cloth yourself with? The scripture says: "Blessings (oil) are on the head of the righteous."

The "righteous" (the reader or writer) is the Tzadi. One is righteous by ones action not by ones intentions, and the blessing upon the heads of the righteous one, it is because we have truth in our head (Resh).

The three types of breath:

**Nephesh** is the animal body and related with the blood. All of us have that very force of existence or life that flows in our organism.

**Ruach** is defined as a thinking, emotional being, but undeveloped

**Neshemah** is the eternal being, "born from within", superior awareness.

All three of these names can mean "breath".

Most humanity only sees the activity of nephesh, animal instinct, and that is why everyone loves



animalistic behaviour: fornication, adultery, violence, news, movies. Those are animal behaviours and that is what rules this planet: animal desire.

“Born from within” is a new creature. This occurs when everything that is impure in you has been nullified. When the “me” the “I” does not raise its head. We are 100% in love with our Creator. Love, life and light reigns in your body. That is all of your impurity has to be replaced with perfect and mature thoughts, speech and actions. When that occurs and it is perfect (oneness) and complete, the physical being unites with our Creator that gave you breath and the light emerges and that individual becomes a Nephesh Chaiah, a living being now “born from within” and is one with our Creator.

Your Resh becomes filled with light: through memory.

What happens then? When you have true comprehension of truth, the temptation will be gone. Completely gone. The unhealthy choice of Adam and Eve is uncovered for what it really is and no **apple/darkness** is eaten from this time forth.

The pupil of the eye is called the apple of the eye, this is the darkest area of all bodies– where

darkness is hid –apple = obscure, the middle or midst [of night], black. We are the light (not the apple) of the eye when we return to our Creator!

This will require one to be in continual and constant awareness throughout the day and night, and that is the entire basis of prayer, your daily words. When **connection** to our Creator has become established as our normal way of living, then when one speaks there is no difference in your consciousness between praying and walking around speaking to your fellow man. You will speak with the Creator's joy. You have a continual **connection** to truth.

The letter Resh is in the centre of the word BARA, "to create". In this word, there is no I there is no ego, there are only light letters that reflect the presence of truth within each being. All the letters are in a humble position –**Aleph to Tav**. With the breath of life of each letter completely alive in each human being.

A Nephesh Chaiah has no ego, only has the breath of our Creator within, that presence, which is beyond any type of "I," "this is complete –Absolute and oneness"

8 affirmations of the letter Resh:

1. We have freedom to choose- life, love and light.

2. We are children of light!
3. When loving others we need to remember that they have darkness that will block your progress. Love anyway with joy proving our Creator's **connection** cannot be severed in you.
  4. Develop wisdom to think from your head.  
Wisdom always brings others to love our Creator.
5. If you find that you are offended- quickly look at the darkness attached so that the pride regarding the offence can be released within, thus finding yourself back in oneness.
6. Pregnancy means expectancy as delivery means complete. Our eternal being is refined with the outcome – immortality and eternal life.
7. Prayer has beautiful words of creation and truth.
8. All letters have matured to children of light. -  
Food from creation is the nutrients that gives the body life as fasting (this includes all things that lead to darkness) is the discipline (oil) that brings down the blessings of truth upon our heads. Memory!

## **Real Fun**

Lester and Mary Celeste are siblings. They had finished doing their chores around the house and Lester was playing on the computer when he said to Mary Celeste, "Let's go outside and have some real fun."

"What do you mean by real fun?" questioned Mary Celeste. "I thought that cooking was fun."

"Come with me Mary Celeste, and I will show you how to have real fun," continued Lester.

"Well, I guess I can go and see what you are taking about," answered Mary Celeste. "Where are we going?"

"Hurry, exclaimed Lester, "you are too slow."

"I am only slow because I don't have my tennis shoes on. These Flip-flops are sliding off my feet!" puffed Mary Celeste.

Lester payed no attention to Mary Celeste's remark and said,

"Come on, jump up here with me."

"I can't" cried Mary Celeste, as she looked up and saw Lester already on the tree branch.

"Sure you can," encouraged Lester. "Take hold of this rope and I will help pull you up."

Mary Celeste finally made it to the branch where Lester was standing. She stood there holding the branch very tight and said, "I hope standing up in this tree is not what you consider real fun?"

"Oh, no," reassured Lester. "This is just the beginning. You need to be in this position in order to have real fun."

As Lester put his hand up in the air, he added, "Now, it is important for you to feel for the wind. Do you feel it Mary Celeste?"

"Do I feel the wind?" chuckled Mary Celeste. "Yes, I feel it. It is blowing so hard it is about to knock me off this branch."

"You have discovered my real fun, exclaimed Lester as he let go of the branch and soared down to the ground where he landed softly among the pile of leaves.

As Mary Celeste looked down at Lester she cried, "If I try to do what you just did, Lester, I will surely fall and break my legs. This is just not my kind of fun!"

"Alright, Mary Celeste. You win. Take hold of the rope and I will lower you down to the ground," said Lester a bit disappointed.

On their walk back to the house, Mary Celeste and Lester discussed his adventure of flying in the air like a bird. When they reached the house he said, "I know that your fun is cooking. So tomorrow I will make you a wonderful lunch."

As Mary Celeste opened the door to go inside she smiled and said, "I know what your real fun is too! It is jumping from a tree branch into a pile of leaves!"

They both could have fun .....Bringing with their fun their own type of consequences.

How do you have fun?

Blessings,

Creator of our universe, we live forever as eternal beings, no need to get excited or sad about death of the body. The body is not who we are. It is our house as we sojourn upon the earth, however, we need to love this house as it is the only one that we will have to work and enjoy this life.

Creation and our Creator has never changed. The universal laws never change and remain the same today. We awake in the morning with the sun coming up and all the array in that day carries on their work. Some in peace and others in chaos. The

evening descends the sun is darkened and the moon appears. All those that love nature are at rest.

We know that we are one! The heavens and the host testify to us of this wonderful creation. We have been awakened to this sound as some have been long against the laws of nature. Some have been deceived by the evil design that would prevail in the hearts of conspiring men.

Some eat for the taste and pleasure of food and not for the health and strength of their bodies. Our bodies become deficient and diseased for lack of sufficient nutrients and minerals that can be found within the table of creation, sun, air and rest.

Some have returned and now love themselves and the beauty that surrounds them.

We have pure truth to drink. No mixing but pure unadulterated truth. The time for inner cleansing in both body and mind will never end as eternity is all we see! Those that have been listening to the words of truth say, we have memory!

Nature gives strength and wisdom to overcome the power of deception, for unhealthy ways are for gain and power and not necessarily for the building up of the love, life and light of creation.

An awakened son or daughter will eat from the table of creation and have peace.

The heavens are silent and Peace is with Harmony. Love is with Health, Courage is with Nature, Eternity is with Wisdom, Freedom is with Enlargement, Strength is with Discipline, Joy is with Happiness, Father is with Mother and Children are with Security. The Aleph to Tav has move to eternity.

Perfection!

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