

A Garden Beyond PARADISE

Everything you see has its roots

In the Unseen world.

The forms may change.

yet the essence remains the same.

Every wondrous sight will vanish.

Every sweet word will fade.

But do not be disheartened.

The Source they come from is eternal -

Growing, branching out,

giving new life and new joy.

Why do you weep? -

That Source is within you.

And this whole world

is springing up from it.

The Source is full.

Its waters are ever-flowing:

Do not grieve.

drink your fill!

Don't think it will ever run dry -

This is the endless Ocean!

From the moment you came into this world

A ladder was placed in front of you

that you might escape.

From earth you became plant.

From plant you became animal.

Afterwards you became a human being.

Behold the body, born of dust -

how perfect it has become!

Why should you fear its end?

When were you ever made less by dying?

When you pass beyond this human form,

No doubt you will become an angel

And soar through the heavens!

But don't stop there.

Even heavenly bodies grow old.

Pass again from the heavenly realm

and plunge into the vast ocean of

Consciousness.

Let the drop of water that is you

become a hundred mighty seas.

But do not think that the drop alone

Becomes the Ocean -

the Ocean, too, becomes the drop!

Sedum rubrum tomentosum

14

Jalaluddin Rumi (1207-1273)



Madison

Paul Bantle

Hari

Gayle

Fam Sparks - Dallas

Sandra McLean - Dallas

Lee Diana Holbert - L.A.

Patricia Resequie - near Vancouver

Moreen Kost (cost) | Michigan

Al Kost

Gretchen

Sheryl Fiocchini - Davis, CA

Peter Flinders - CA, near Petaluma

Chris Brickley

David Shadbolt

Dianne Schoyet

Dallas

- Washington state near Mt. Rainier

Martha Bowers - Dallas

Barbara Miller - Dallas

Esther Grif - Newton, MA

Sandra Mimi McLean - Texas

Rockwell

- Minnesota woods

Jim Grant - Vancouver, CA

Vancouver Island - to be less
fractured of illness + death.

Thra - San Jose

SETU Retreat

June 19-22,
2020

Setu Bag

Mantram Book
Passages for someone
to read to me.

Pens
Framed pictures
(small)
E.E.
Saints
Artists

S.T.

FRIDAY, JUNE 19, 2020

Lord Jesus Christ Son
of God have mercy on

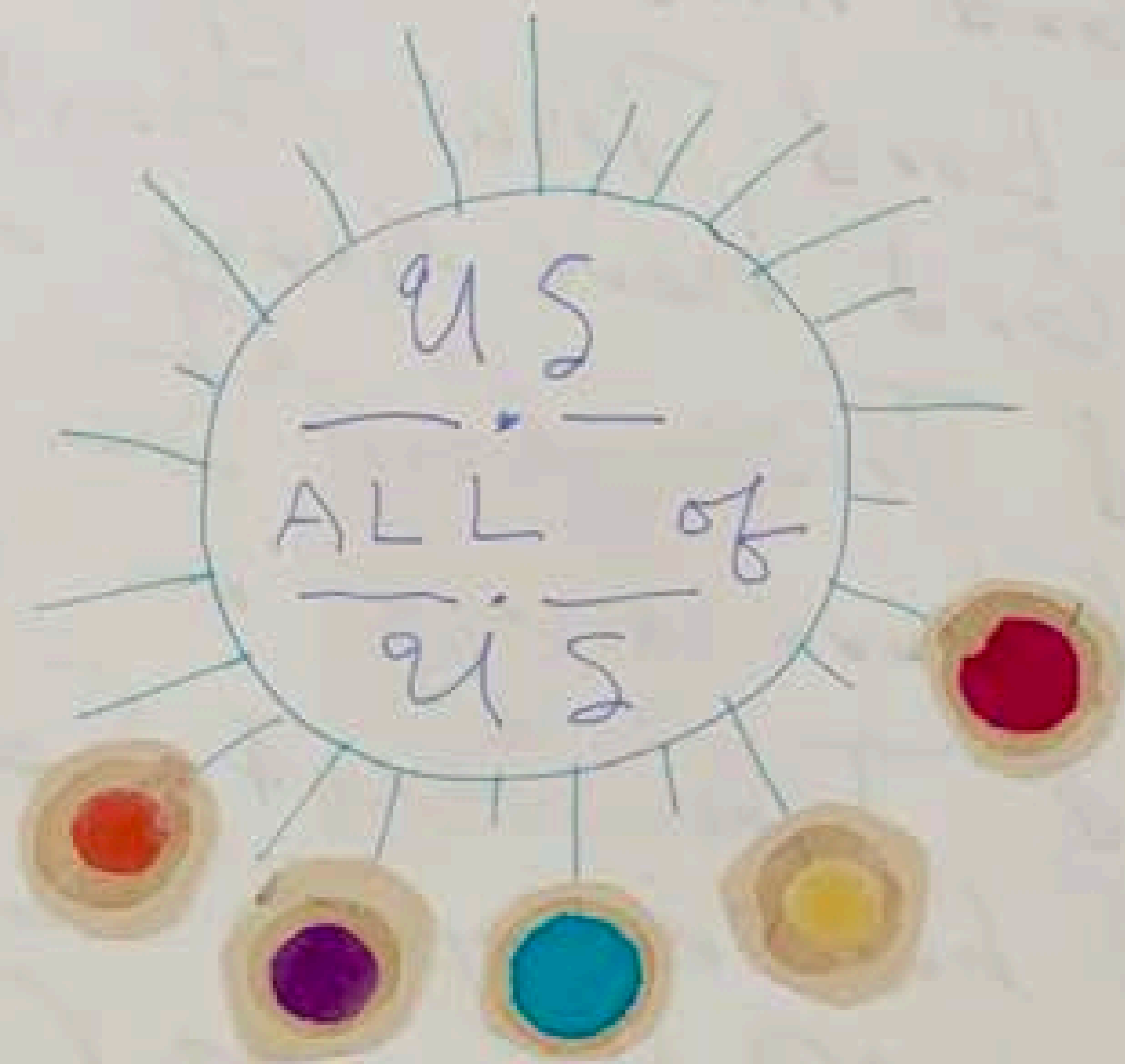
us. Lord Jesus Christ Son
of God have mercy on us.

Lord Jesus Christ Son of
God have mercy on us.

Lord Jesus Christ Son of
God have mercy on us. Lord

Jesus Christ Son of God
have mercy on us. Lord

Jesus Christ Son of God
have mercy on us. Lord



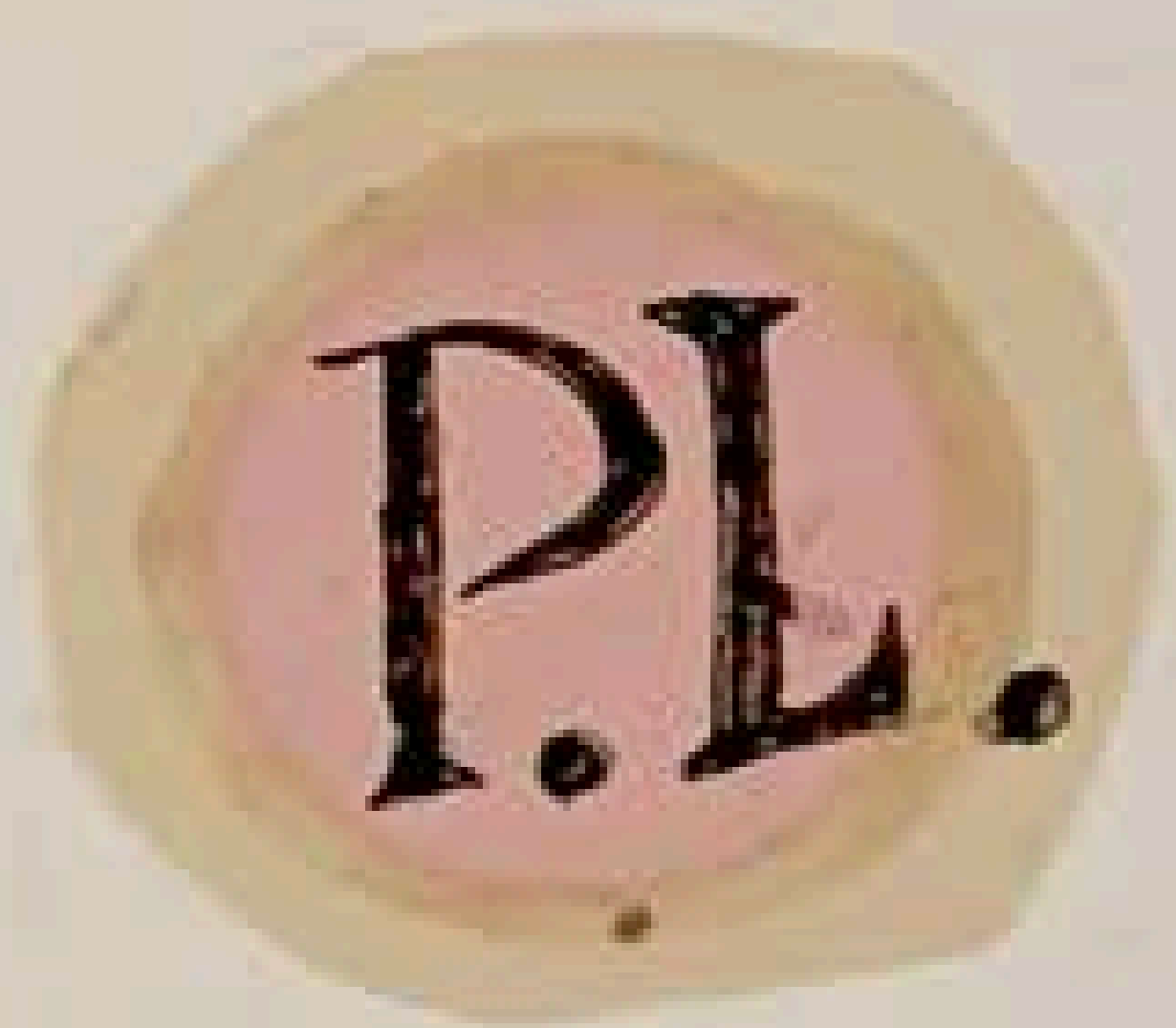
Lord Jesus Christ Son
of God have ^{BETSY BOCK} mercy
on us. Lord Jesus
Christ Son of God
have mercy on us.
Lord Jesus Christ Son
of God have mercy
on us. Lord Jesus
Christ Son of God
^{phoebe little} have mercy on us.
Lord Jesus Christ
Son of God have
mercy on us.

B.B.

• With my Love + Blessings. Sep 1/20
How has the practice positively²¹²
helped me lately?
Helps me literally pivot
when I start to feel heart
palpitations

THIS AGITATION TODAY
WHAT IS IT?

1. Jackhammers, chain saw & leaf blower all at once when this meditation retreat started.
2. The preposterous size of this new white/plantation era design house.
3. The time it has taken to build this thing — so far. And not done.



4. Look at headlines. It's suspected that black people are being lynched.
CA, TX, NY
5. It's Juneteenth, and Trump is again proving what a hope less, cruel, piece of human shit he is.
6. I am copied on an email from Constance White to Marsha Clark, resigning from Power of Self, after I'd worked to get her accepted, and Marsha gave it to her for free.
Repeated Frustration with CW.

P.L.

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5. It's Juneteenth, and Trump is — again — proving what a hopeless, cruel, piece of human shit he is.
6. I am copied on an email from [redacted] to [redacted] resigning from [redacted], after I'd worked to get her accepted, and [redacted] gave it to her — for free. Repeated frustration with [redacted]

me

THAT energy

552436

SWIRLING BALL

1. 2. 3. 4. 5. 6.

OF ENERGY

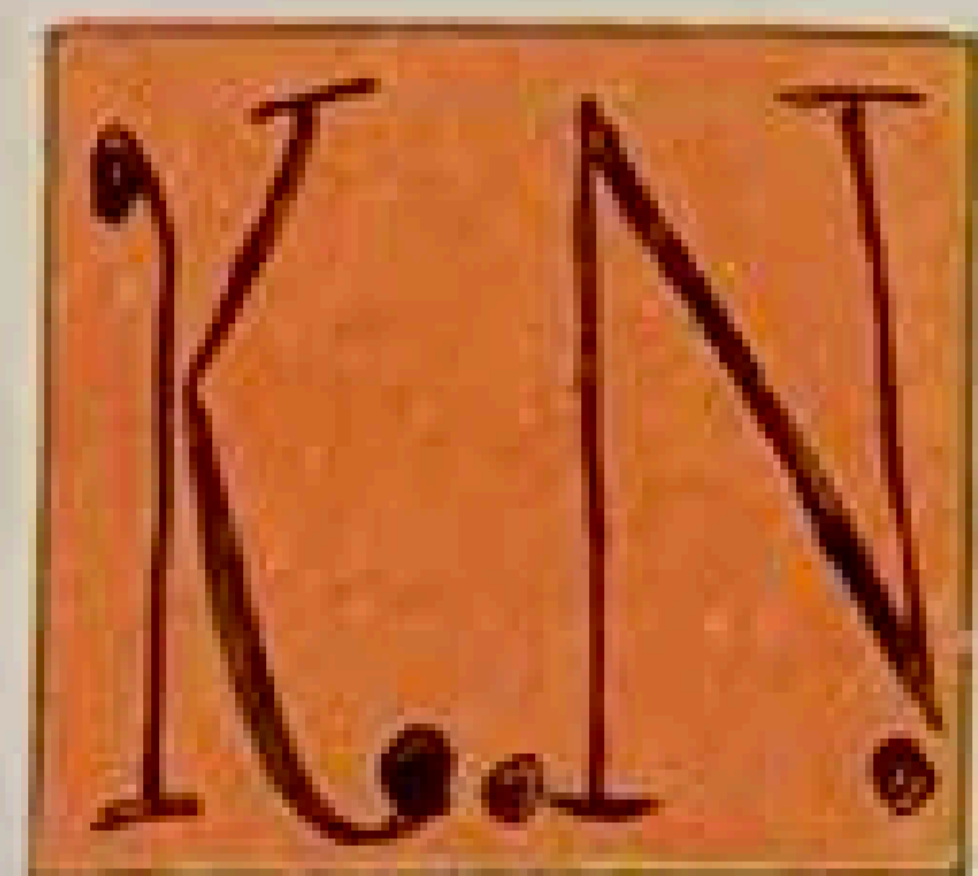
WHAT?

Directed energy
controlled
parsed
system in place
for transmission

- a. Water Garden
- b. water + birds.
- c. write mantra
- d. call Shelly
- e. call brother
- f. slow down
- g. do this



Lord Jesus Christ Son
of God have mercy on
us. All of us. Lord Jesus
Christ Son of God have
mercy on us. Lord Jesus
Christ Son of God have
mercy on us. Lord Jesus
Christ Son of God have
mercy on us. US. Lord
Jesus Christ Son of God
have mercy on us. Lord
Jesus Christ Son of God
have mercy on us. Lord
Jesus Christ Son of God
have mercy on us.



TAKEAWAYS - DAY 1

1. People come back to repeated SETU Retreats because the issues we face while aging might change each year.

If I'd done a Setu Retreat two years ago, it my main concern would've been dealing with a failing body. That was prior to the 2 hip replacements and 1/2 knee replacement.

I was still in a state of 'not knowing' about how to adapt.



Thank God, and Dr. Barrington,
I was helped. But others
are at that place.

My main source of agitation
now is sorrow that we still
deal with hatred, racism,
gender discrimination, violence
against women.

So (1) each person is grappling
with a different window
into the challenge of aging.

2. The Question about
human beings that gnaws
at me:

a. Are we "in the image
of God?" Carrying
the divine light?

D.F.

b. Or are we a cancer,
upon the earth?

c. Both?

d. Irrelevant question
for SETI Retreat
and a big downer?

3. The knowledge of the
unity and indivisibility
of all life does bring
fulfillment. And it also
brings sorrow — because
in that knowledge, if
one hurts, I hurt, too.

4. From the mantram book —
the imagery of the
boat going to the opposite

shore reminds me of
the Emily Dickinson
poem "Adrift. A little
boat adrift. And night
is coming down. Will
no one guide this little
boat into the nearest
town?" etc.

5. Saying in India.
"Take one step toward
the Lord, he'll take
seven toward you."
Compared to Christian.
"You take one step, he'll
take two."
The Lord is more eager to

meet us in India.

SATURDAY, JUNE 20,
2020

Lord Jesus Christ Son
of God have mercy
on us. Lord Jesus Christ
Son of God have mercy
on us. Lord Jesus
Christ Son of God
have MERCY on us.

Lord Jesus Christ
Son of God have MERCY





on us. Lord Jesus Christ
Son of God have MERCY
on us.

Lord Jesus Christ ^{P. Nut} Son
of God Have mercy
on us. Lord Jesus Christ
Son of God have MERCY
on us. Lord Jesus Christ
^{Spooky} Son of God have MERCY
on us. Lord Jesus Christ
Son of God have MERCY
on us. Lord Jesus Christ
Son of God have
MERCY on us.

Madison -
"extending dominion over our
thoughts, our minds."

SETU PRAYER. memorize.
"with my heart overflowing
with love for you from
earliest childhood onwards."

E.E. VIDEO: Q+A
main purpose of evolution is
to enable the creature to
become aware of the creator.

- we take our evolution into
our own hands, too.
- teacher + student + have
deepest relationship in life -
not impacted by death.

→ PRIMAL KOST -
God is both transcendent + imminent
Meaning of perdition.

E.E. VIDEO - Q+A

Purpose of 1st half in life?

Kalidasa voice.

1st 20 years - being a student
After - household responsibility
After that - detachments
from all attachments to
life.

When all selfish attachments,
have been released, the
body becomes an eternal
force.

Like Gandhi -
make oneself ZERO -
and become eternal.

How can you kill
someone who has already
died to him/herself.

Diana Lightman - talked
about Easwaran's "having
our back."



E. E. VIDEO - Q+A:
usual mystic experience:
collect experiences
see through all of them

↓ can happen in
any phase of life.

4
Ashramas
Trad

"When children are
at our shoulders, it's
time to think about
the 2nd half of life."

1. Student
learn
from
experience
2. Householder
selfish
↓
selfless
3. Retirement
seeing thru
to
giving back
med for
supporter
4. Letting go
of attachments

Usually around the age
of forty that the "seeing
through" starts + turn
toward the mystic,
detached, eternal
experience.

Thread (Narrative)

Creature is learning
about the creator.

E.E.'s method -

"I can ease you into this."
compassionate, forgiving in
his teaching to us silly
humans.

E.E. VIDEO.

In order to undertake the
last phase 2 self-realization?

Spiritual life is a complete
commitment for life.

The earlier you dedicate, the
better.

What needs to unfold (at 40)

For the next phase to begin?

Senses are turned outwards
early in life.

LUNCH



Lord Jesus Christ Son
of God have mercy
on us.

The Central Truth
Swami Ramdas

Be Aware of Me Always

Gita

simple, self-reliant life

at peace

unitive state

beyond the reach of sorrow
self will and sorrow

Do not share with anyone
who scoffs at me.

Do Not Look With Fear

Lord Jesus Christ Son
of God Have Mercy
on us. Lord Jesus Christ
Son of God Have Mercy

on us. Spreading passages
than the day.

EE. Video-

Siphon energy from desires
toward deepening meditation.

"Desires are not subject
to reason."

"it is desire that gives
value to everything."

"enjoyment comes from desire."

"Joy + satisfactions lie
inside" fulfillment

"Joy comes from inside."

"matter + energy are 2
ways of looking at the
same phenom."

Body = particle
= wave of dharma ♡

Depending on the
instrument of observation.
physical

"Body is house in which we live."



'Lord of Love uses my body
as an instrument.'

Sanatana dharma = the living law
"I do everything in the eternal law
of the Lord."

Gandhi:

"God is the hardest taskmaster
I have known on earth.
+ he tests you through
troughs ...

... he is always at your
beck & call, but you his
to man, not on mine.

Bandizi:

Who is the true lover of God?
The man who cannot choose."
We become instruments.



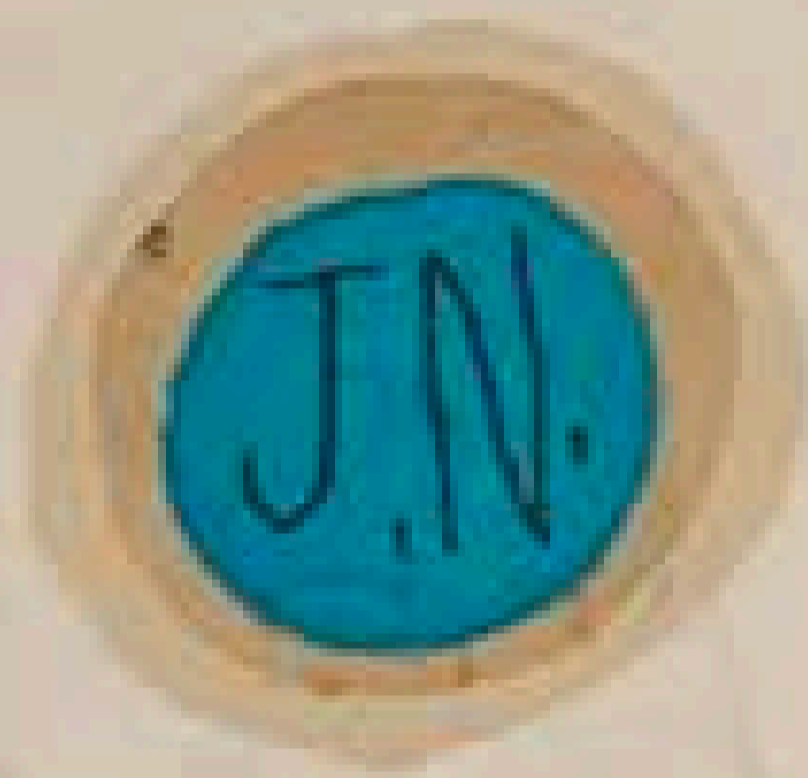
Mother EARTH
Lord Jesus Christ Son of
God have mercy on us.
Lord Jesus Christ Son of
God have mercy on us.
Lord Jesus Christ Son
of God have MERCY on
us, Lord Jesus Christ
Son of God have
mercy on us. Lord Jesus
Christ Son of God have
mercy on us, Lord Jesus
Christ Son of God have
mercy on us. Lord Jesus



SUNDAY June 21,
2020

Lord Jesus Christ Son
of God have mercy on
us. Lord Jesus Christ Son
of God have MERCY on
us. Lord Jesus Christ Son
of God have mercy on
us. Lord Jesus Christ Son
of God have mercy on
us. Lord Jesus Christ
Son of God have mercy
on us.

gretchen



Lord Jesus Christ Son of
DEBBY KNOTTS
God have mercy on us.

Lord Jesus Christ Son of
God have MERCY on us.

Lord Jesus Christ Son of
KAREN ISBELL
God have MERCY on

us. Lord Jesus Christ
DIANA O'CONNOR
Son of God have mercy
on us. Lord Jesus Christ

Son of God have mercy
on us. Lord Jesus Christ
JOY SHIELDS
Son of God have mercy
on us. Lord Jesus

Lord Jesus Christ Son of
God have mercy on us.
Lord Jesus Christ Son of
God have mercy on us.
Lord Jesus Christ Son of
God have mercy on us.
Lord Jesus Christ Son of
God have MERCY on us.
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Lord Jesus Christ Son of
God have MERCY on us.



Lord Jesus Christ Son of
God have mercy on us.
Lord Jesus Christ Son
of God Have MERCY on
us. Lord Jesus Christ Son
of God have mercy on
us. Lord Jesus Christ Son
of God have mercy on us.
Lord Jesus Christ Son
of God HAVE MERCY
on us. Lord Jesus Christ
Son of God have MERCY
on us. LORD Jesus
Christ SON of God have
MERCY on us.

Monday, June 22,
2020

Lord Jesus Christ
Son of God, have
MERCY on me.

LORD Jesus Ch
RIST Son of God
DEBBY KNOTT'S
Have MERCY on
me. LORD JESUS





LORD JESUS CHR
IST SON OF GOD
HAVE MERCY
ON US. LORD
LORRAINE
RIENEMANN
JESUS CHRIST
SON OF GOD
HAVE MERCY ON US.

LORD JESUS CHR
IST SON OF GOD
HAVE MERCY ON
US. LORD JESUS
CHRIST SON OF
GOD HAVE ME
RCY ON US.

SANDRA JOHNSON





EVERY PHASE of Life Has its own Beauty

Shankara - Soul of my Soul.

Gita - Be Aware of me Always

Ravidas - The City of God

E.E. - Setu PRAYER

LORD Jesus Chr
earth

ist Son of GOD

Have Mercy on US.

AVASHAH - Sanskrit



E.E. Who is the hero of Paradise
Lost? Satan. Milton
did not intend that.

LORD Jesus

PARRYL Ratcliff

CHRIST Son of

GOD HAVE MERCY

on us. LORD Jesus

CHRIST Son of GOD

HAVE MERCY on us.



Lord Jesus
Gretchen Dykstra
CHRIST Son of
GOD HAVE ME
MERCY ON US. Lord
Jesus CHRIST son of
God have MERCY on
GRETCHEN.



Lord Jesus
CHRIST SON
of GOD HAVE
mercy on
us

Brandon Woodard



Lord Jesus
Christ SON of
God have
gretchen dykstra
mercy on
us.

2 Day

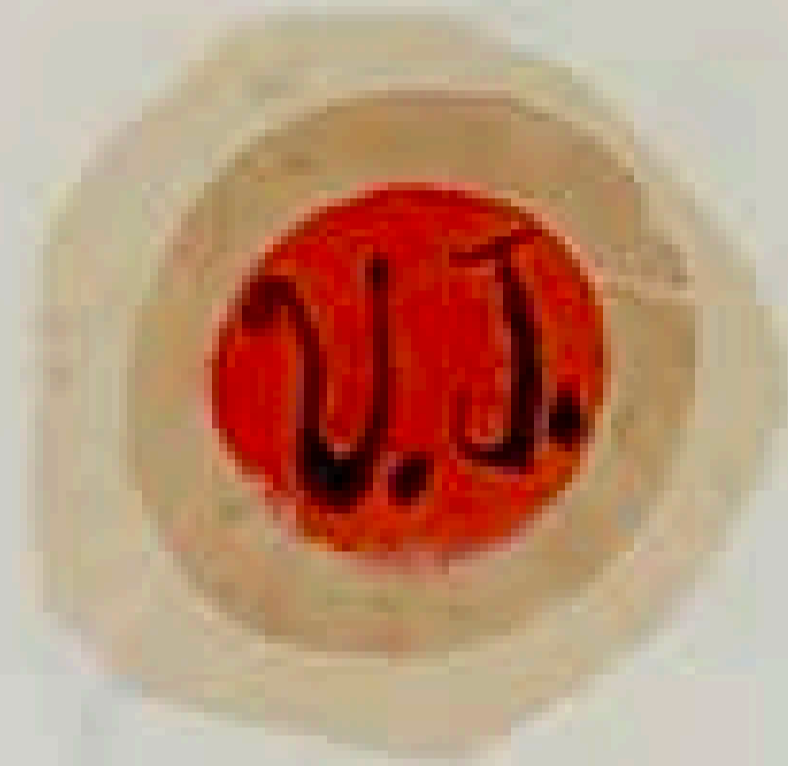
Lord Jesus Christ


Son of God

HAVE MERCY

this day

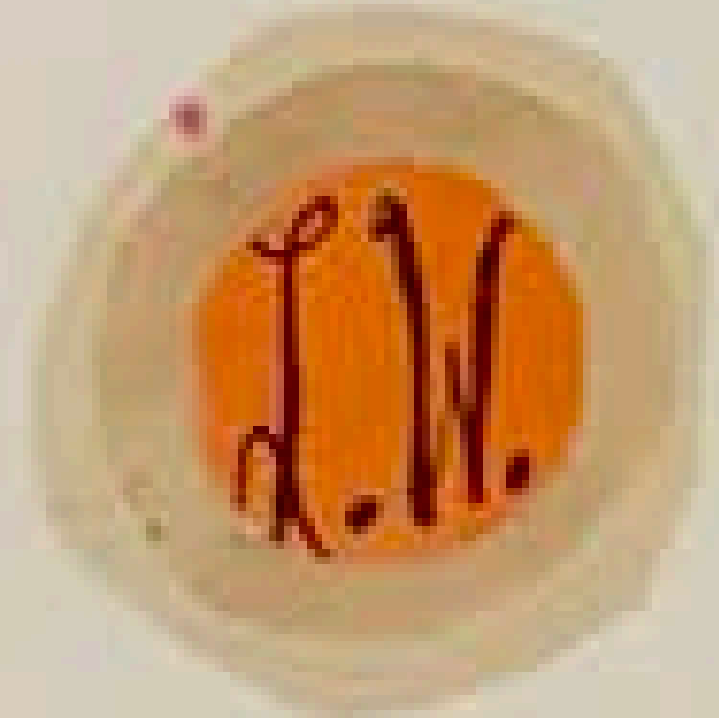
ON US.



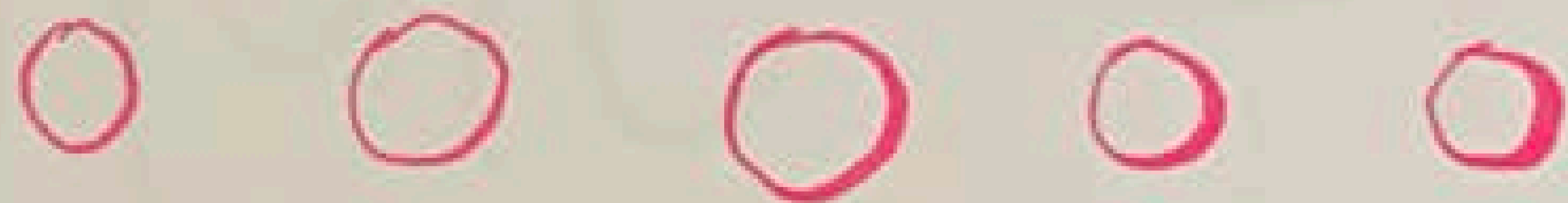
Lord Jesus
Christ Son
of God 
Have mercy
on us.



LORD JESUS
CHRIST SON
of GOD HAVE
christine eastman
MERCY on
US. US.



LORD JESUS CHRIST
SON OF GOD
HAVE MERCY
lagita woodard
ON US.





LORD JESUS
CHRIST SON
OF GOD HAVE
MERCY ON
US. ☺




Lord Jesus
CHRIST Son of
God HAVE
mercy ON US.



Lord Jesus Christ
Son of God
Have mercy
on us.

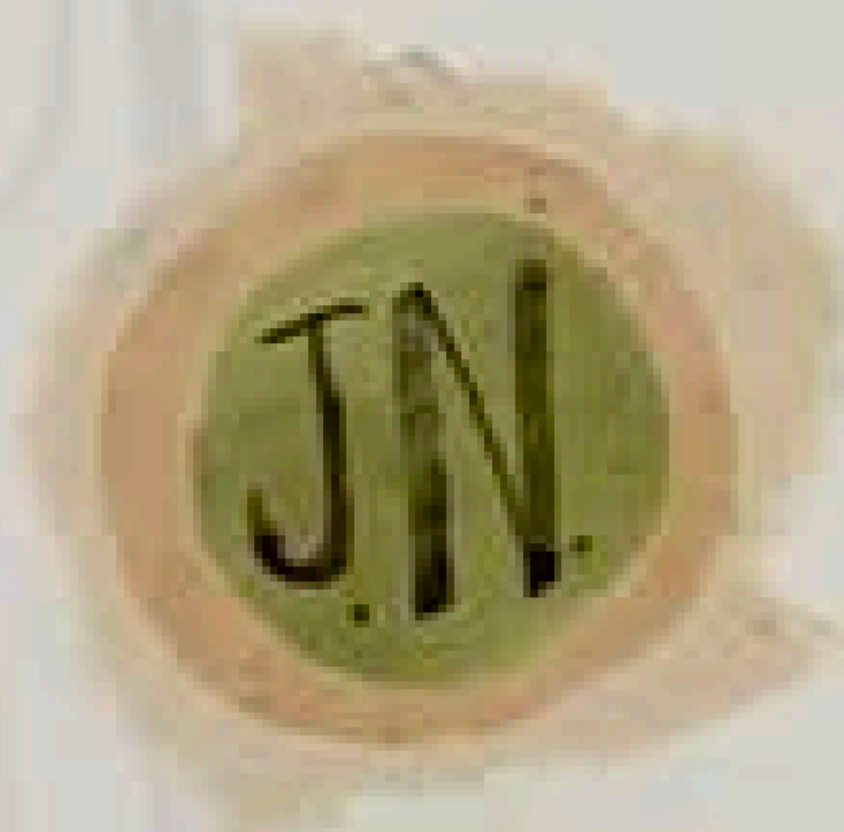
P E A C E



LORD LORD
JESUS CHRIST
SON of G
GRETCHEN
OD HAUSE 
MERCY on US.



Lord Jesus
CHRIST SON of
GOD HAVE
gretchen
MERCY on
U.S. ☀️



Janelle Book

LORD JESUS
CHRIST SON
OF GOD ☀️
HAVE MERCY
ON US!



love.comfort - Janelle Nash - peace.love

LORD Jesus
CHRIST SON
of God HAVE
MERCY ON
us.



July 1, 2020

LORD Jesus
CHRIST SON
of GOD HAVE

alice marie linda


MERCY on
ALIGE 

as she blesses
would be
born
113
to day



Lord Jesus
Christ Son
of God ^{Barbara} HA
ve MERCY ^{Boston}
on us.



LORD JESUS
Donna Dickenson
now in hospice
CHRIST SON
of GOD HAVE
candy becher
MERCY ON
US. 

(G.D.)

LORD JESUS
CHRIST SON OF
GOD HAVE MERCY
ON US. Lord Jesus
CHRIST Son of
God HAVE MERCY
ON US. LORD
JESUS CHRIST
SON OF GOD
HAVE MERCY ON US.

griechen d'korten



Lord Jesus
Christ,
on the
A. H. A.
the
Us. Mercy

CANDY
+
DONNA

LORD JESUS CHRIST
SON OF GOD HAVE
MERCY ON US. LORD
JESUS CHRIST SON
OF GOD HAVE
MERCY ON US.

LORD JESUS CHRIST
SON OF GOD
HAVE MERCY
ON US.

Diana Dickerson

Candy Becker



Gretchen's double masthead is today 7.14.20

LORD JESUS
CHRIST SON
OF GOD
HAVE M
ERCY ON
GRETCHEN.

Gretchen

dy Katrina

7.19.20

G.D.

preparation written in today
LORD Jesus
CHRIST SON
of God ☀️
HAVE MERCY
on WRETCHEN.



LORD Jesus
CHRIST SON
of God
HAVE ME
Rcy ON
US.



7.18.20

Lord Je
sus Christ
healing for G.D.
Son of dolores
God Have
Gretchen dykstra
Mercy on us.

Janelle
Nash

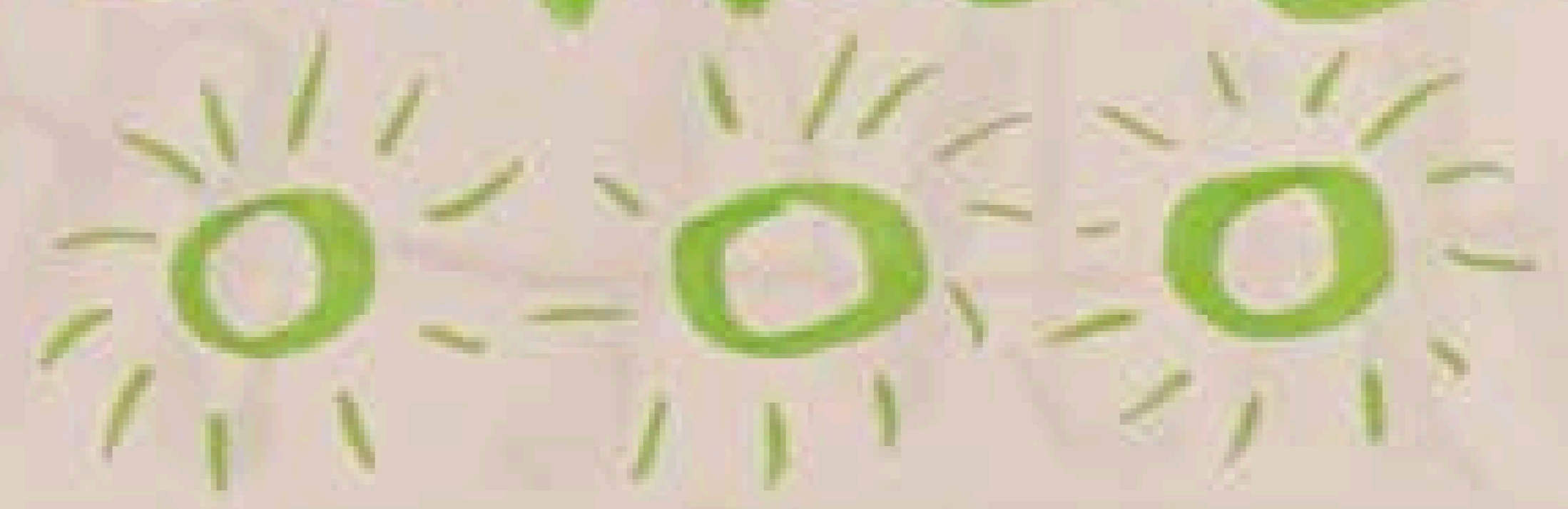
LORD JESUS
YOU ARE CHRIST
LOVED SON
Janelle Nash OF GOD
YOU ARE LOVED. HAVE ME
RCY ON US.

Janelle Nash

JANELLE
WASH

JULY 26, 2020 Janelle in Hospital

LORD JESUS
you are loved.
CHRIST SON
Janelle wash
of GOD HAVE
what more can we do from 60 miles away?
MERCY on
In time Covid-19
You are loved
Janelle



Mike
BURDIE

LORD Jesus

Hip replacement. Heart attack.

Christ Son

EPILEPSY.

of GOD

TOO MUCH.

HAVE Mercy

in hospital in BURDIE Lincoln.

on Mike.

7.28.20



willie BARONET'S niece, HONOR

LORD JESUS
CHRIST SON
of GOD
HAVE MERCY
ON HONOR

passed away, August 6, 2020



SHAROLYN RICHARDSON DIED
WITH A FAST GROWING CANCER.
FRIEND + SOUL SISTER - Dana Reynolds,

LORD JESUS

Haley Richardson
CHRIST SON

Dana Reynolds
OF GOD

HAVE MERCY

Sharolyn Richardson
ON US.

Amy + Brad Richardson

AFTER A SIX WEEK BATTLE
SHAROLYN IS THE FRIEND OF MY
MOTHER-IN-LAW OF AMY, Dana's DAUGHTER



The whole catastrophe of
the past and present cultural
against

8.7.20

LORD JESUS
CHRIST SON
of GOD
HAVE MERCY
ON US.

LIFE. THE PERSONAL TRAGEDIES,
AND POLITICAL TRAGEDIES, CRIMES
ON EARTH.



and
animals

LORD ^{The} JESUS
_{tree's}

CHRIST SON

OF GOD



MOVE TO MY YARD.

HAVE MERCY

ON THE

BIRDS

TREES + BIRDS



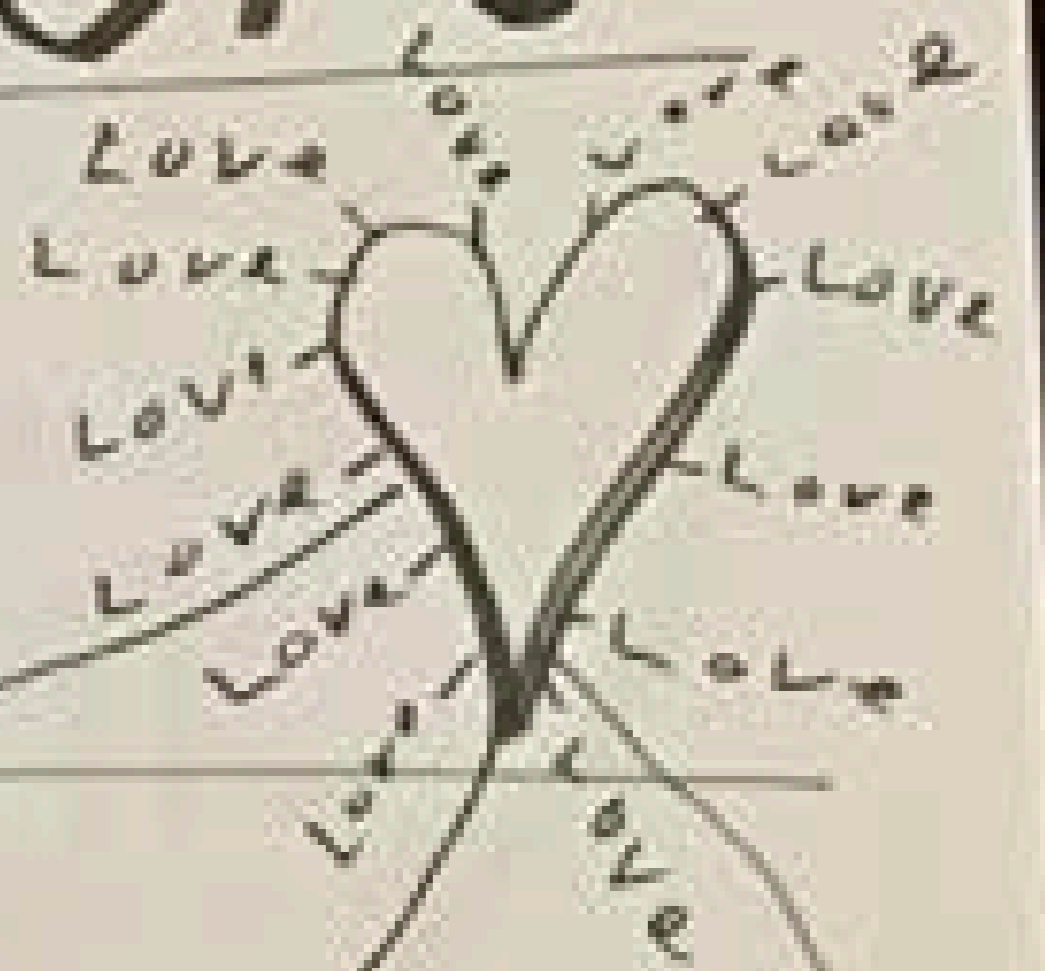
KELLY'S MOM - JANELLE MASH - IS WEAK, AFRAID, SUFFERING.
LORD JESUS
CHRIST
WHAT JANELLE IS GOING THROUGH IS EXACTLY
SON OF
THE SCENARIO OF MY BAD DREAMS OF MOM + DAD, ISOLATED, ALONE.
GOD HAVE
MERCY ON
JANELLE.



I grieve for her. Surround her in love. In peace.

May Janelle feel my love.

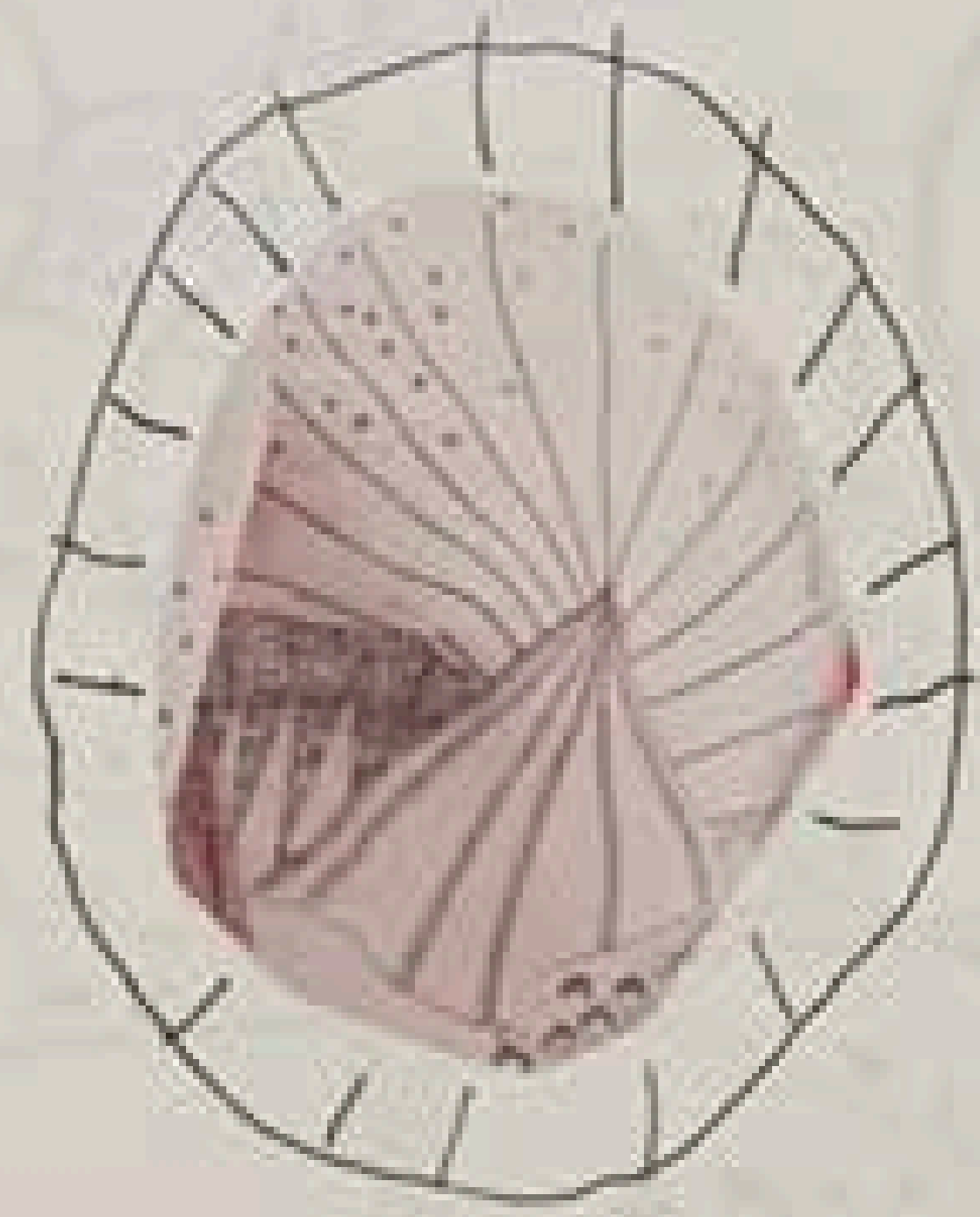
LORD JESUS
CHRIST SON
OF GOD
HAVE
MERCY ON
JANELLE.



May the Lord of Love be with Janelle. May she feel peace coursing through her. May she feel our love & gratitude.

Z B B

W
W
W



X X X

K P Q Q Q V V
B B B B F K K

INTENSITH.
CALM.
ELEPHANTS.
COURAGE.

TEAR DOWN OF TREES NEXT DOOR. MAINTAIN.



BRAVE HEART. LION HEART. ELEPHANT COURAGE.

LORD JESUS

CHRIST SON

OF GOD

HAVE MERCY

ON ALL

OF US.

8.15.20



Janelle Nash. I love you. Honor you. Respect you. Remember you.

you are my heart. your children want to see you again.

LORD JESUS
CHRIST SON
OF GOD ☉☉☉
HAVE
MERCY ON
JANELLE.

janelle is failing. Strength. Love.

SURROUND JANELLE IN COMFORT,
UNSHAKABLE FAITH, KNOWLEDGE
THAT SHE IS LOVED.



SURROUND Janelle in YOUR Love + peace

8.16.20.

KEELY'S MOM, MY MOTHER IN LAW, COURAGE, KNOWS HE IS
LOVED. COMFORT. PEACE. FAITH NOT FEAR.

LORD JESUS
CHRIST SON
OF GOD
HAVE MERCY
ON JANELLE

Love not fear.

Faith not fear.

envelop Her in Love + peace.



LORD JESUS

8.21.20

CHRIST SON

OF GOD

HAVE

MERCY ON

JANELLE.

KEYS mom. STILL IN LOCKDOWN IN HOA AT 11:00 AM
in Omaha.



Janella

Dana, Don, Tami and many more in California have
been evacuated from their homes due to fires.

LORD JESUS

CHRIST SON

OF GOD

HAVE

MERCY on

US all.

Animals

PLA

JANELLE

People

Animals

Flowers

Trees

CA

Historic fire page in California. Don + family had to evacuate. Janelle is alone and afraid in Nebraska.

LORD

CALIFORNIA

Jesus

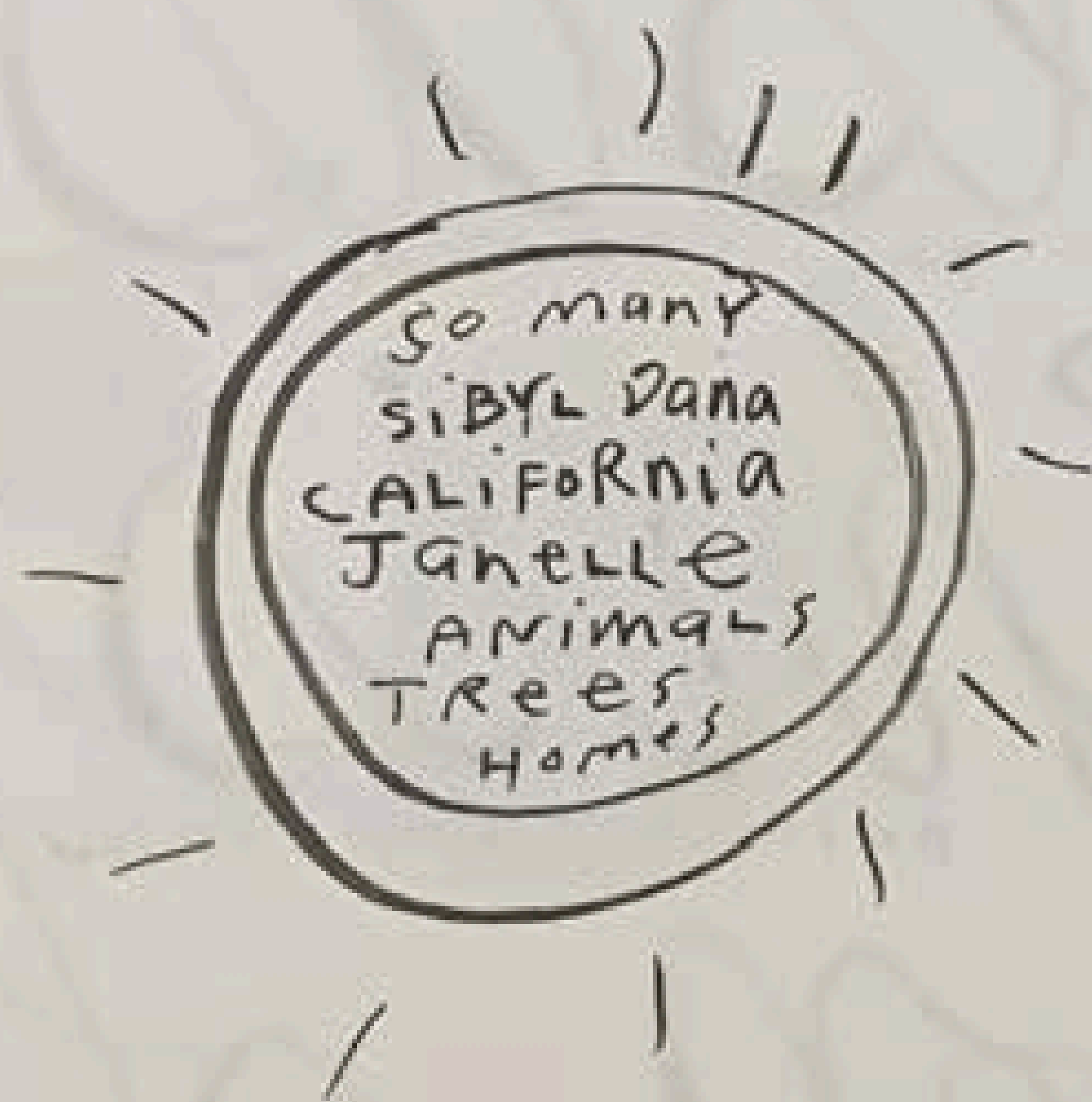
THE CREATURES

Christ

para DON JASON

Son of
God
I have
never

Janelle



JANELLE. Peace. COMFORT.

FIRST in CALIFORNIA.

8.23.20
LORD JESUS

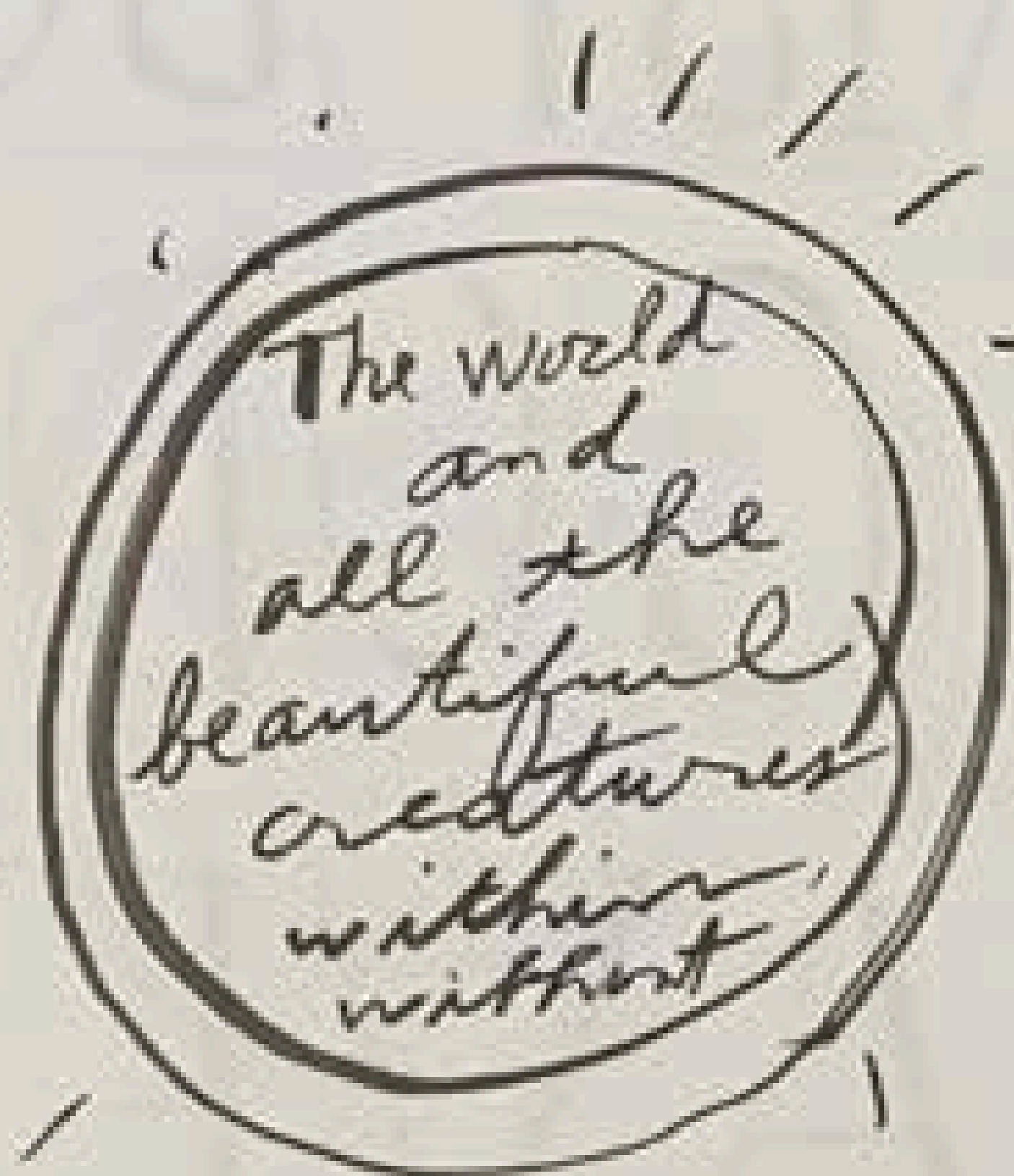
CHRIST SON

OF GOD

HAVE

MERCY

ON US.



THIS WORLD.
Lord Jesus
Christ Son of God
Have Mercy
on us. Lord
Jesus Christ Son
of God Have Mercy.
on this beautiful world.

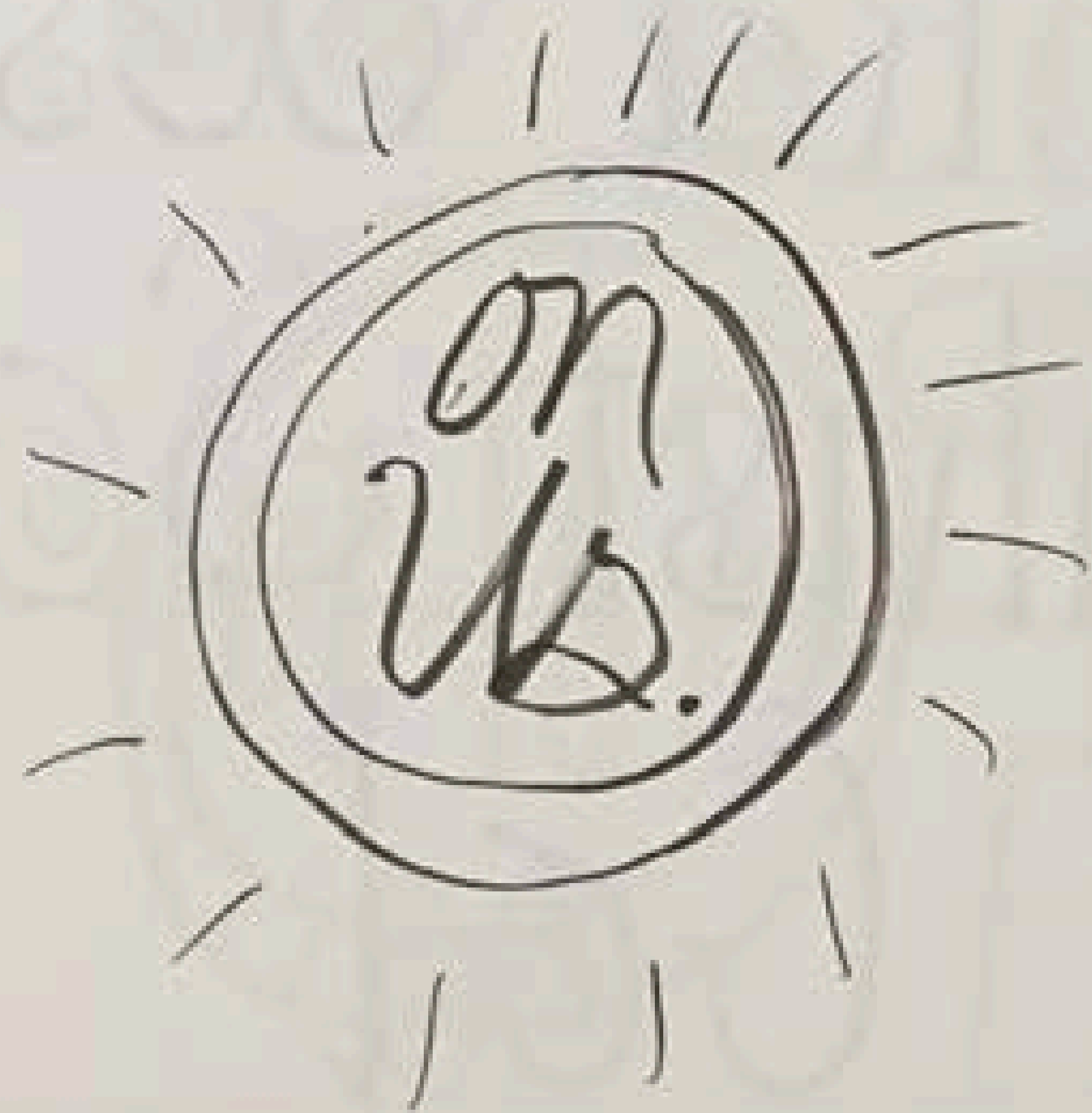
y x v
A A F F
A D E E
Z K I W F

BETSY

BETSY Beck-memory ISSUES - OLD FRIENDS

8.29.20

Betsy Beck
LORD Jesus
CHRIST Son
of God
Have ME
Cy on US.



Sept. 5, 2020

Lord Jesus
Christ

Son of
God

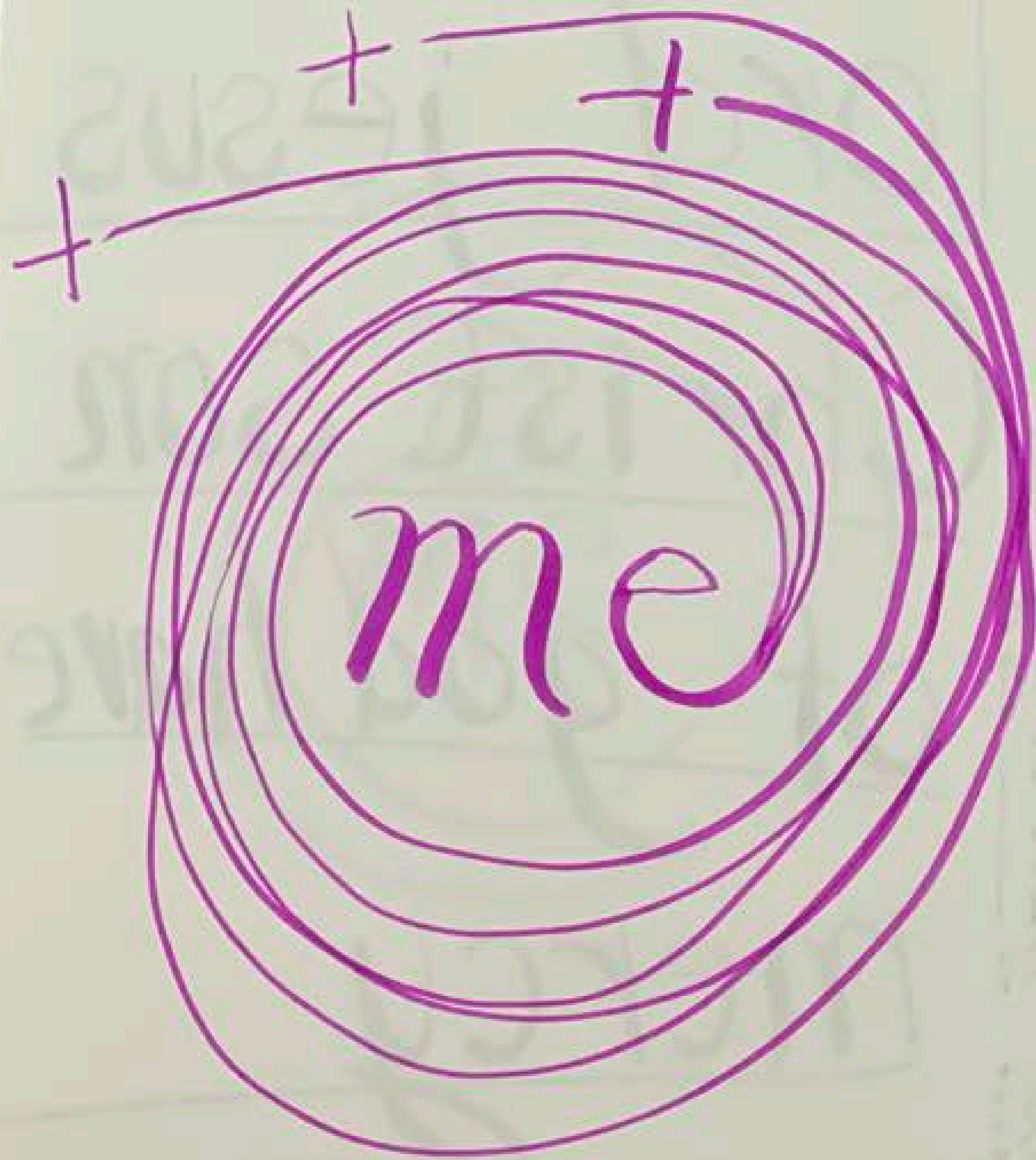
Have
Mercy.

Den's Birthday. Le. Shields's Birthday

me

slow down. STATE FACTS. WHAT DO I/we want?
REDIRECT TO ⊕

lord jesus
Christ son
of god have
mercy
on me.



lord jesus
christ son
of god
have mercy
on me.



mini's BROTHER JOHN from Karen Bessen

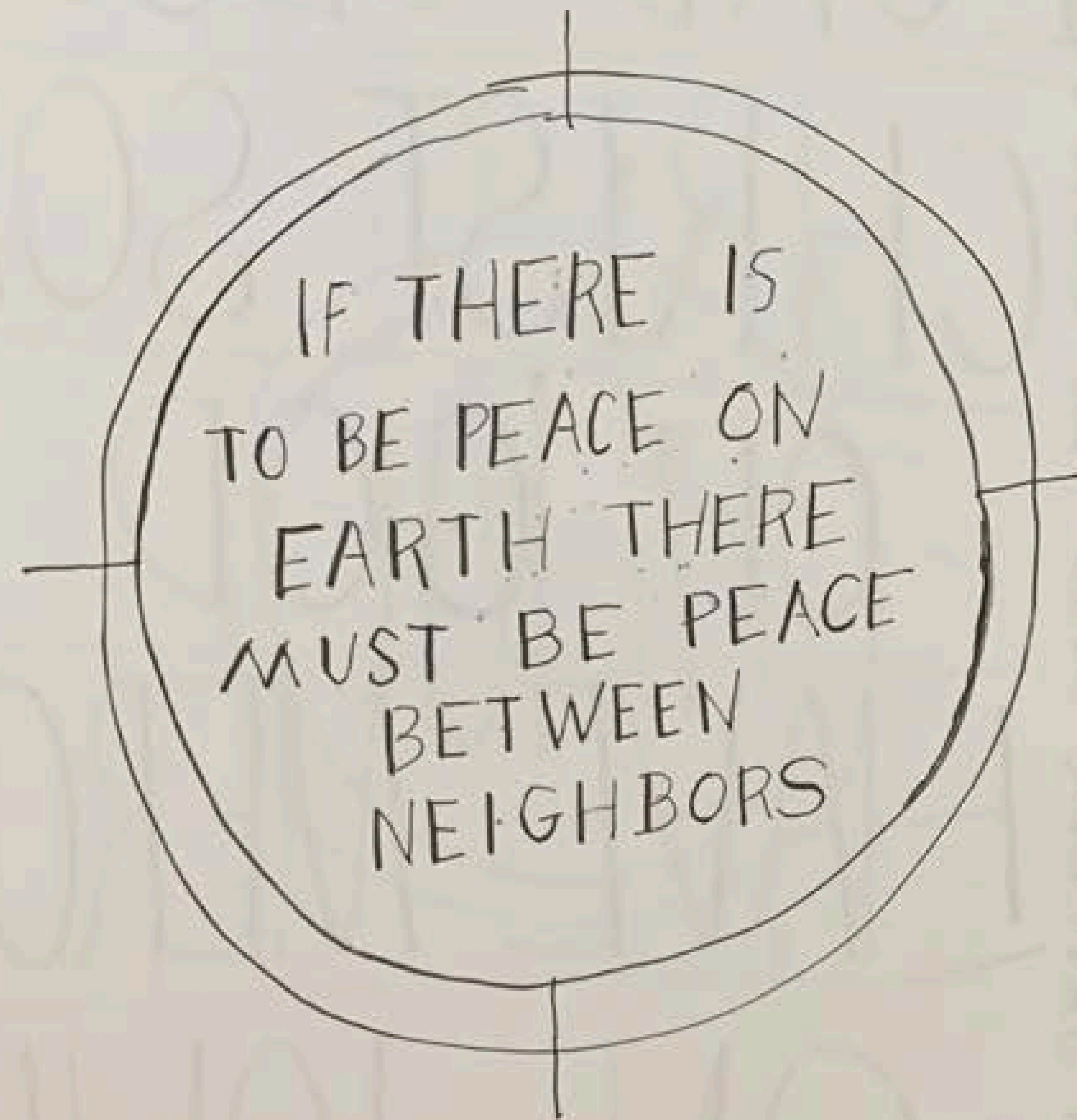
Sept. 9, 2020
LORD JESUS

CHRIST SON

OF GOD

HAVE MERCY

ON JOHN.



LORD JESUS

CHRIST SON

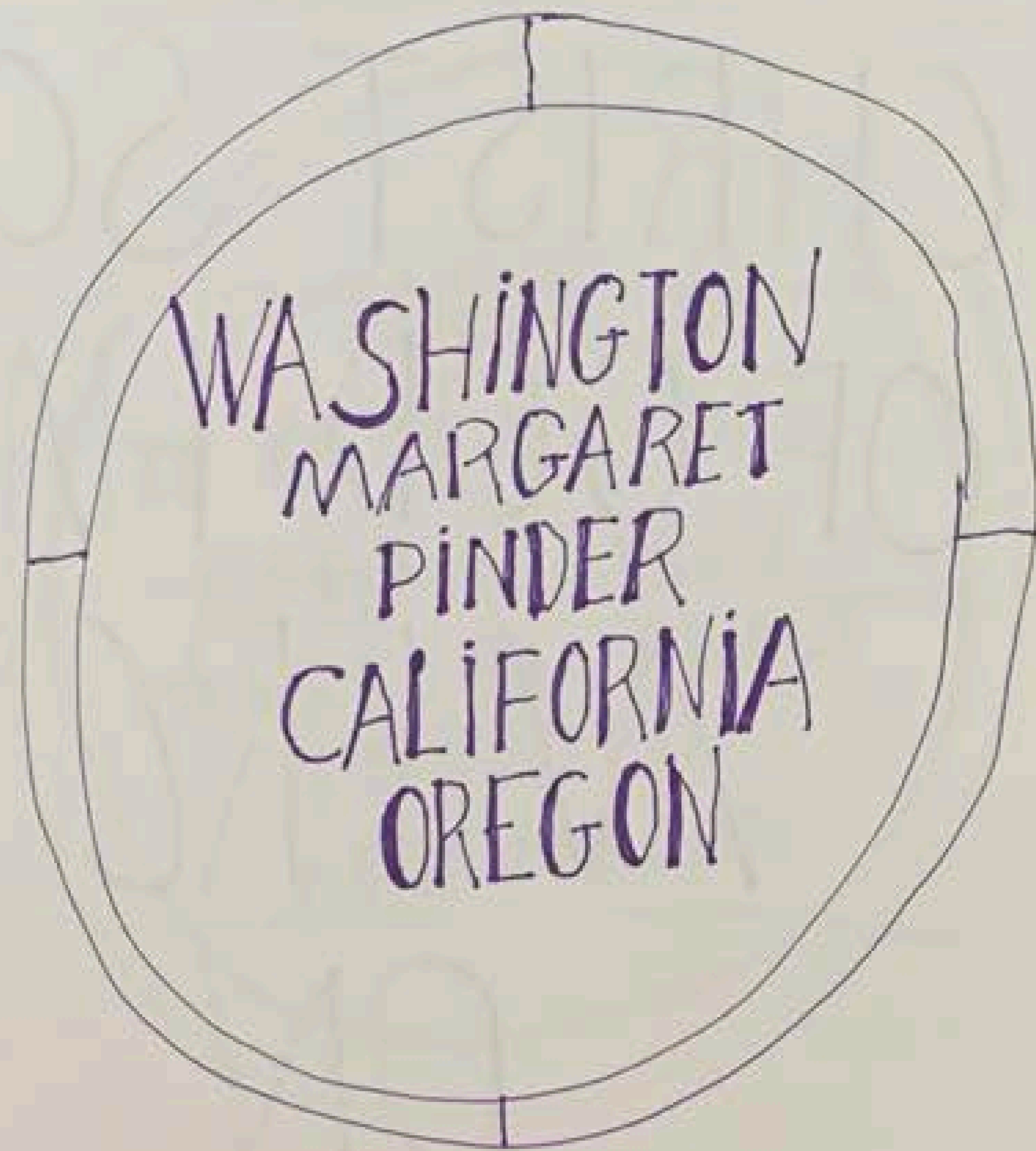
OF GOD HAVE

MERCY

ON

US.

9.10.20



LORD JESUS
CHRIST SON
OF GOD
HAVE
MERCY
ON US.

People
Animals
Washington
California
Oregon
Trees
Homes
Schools
Businesses

9.12.20

LORD Jesus
Christ Son
of God
I
Have
Mercy
on US.



VICKI - MICHAEL MILLICAN'S GRANDDAUGHTER WILL W. C. WOOD 19.

921320
LORD JESUS

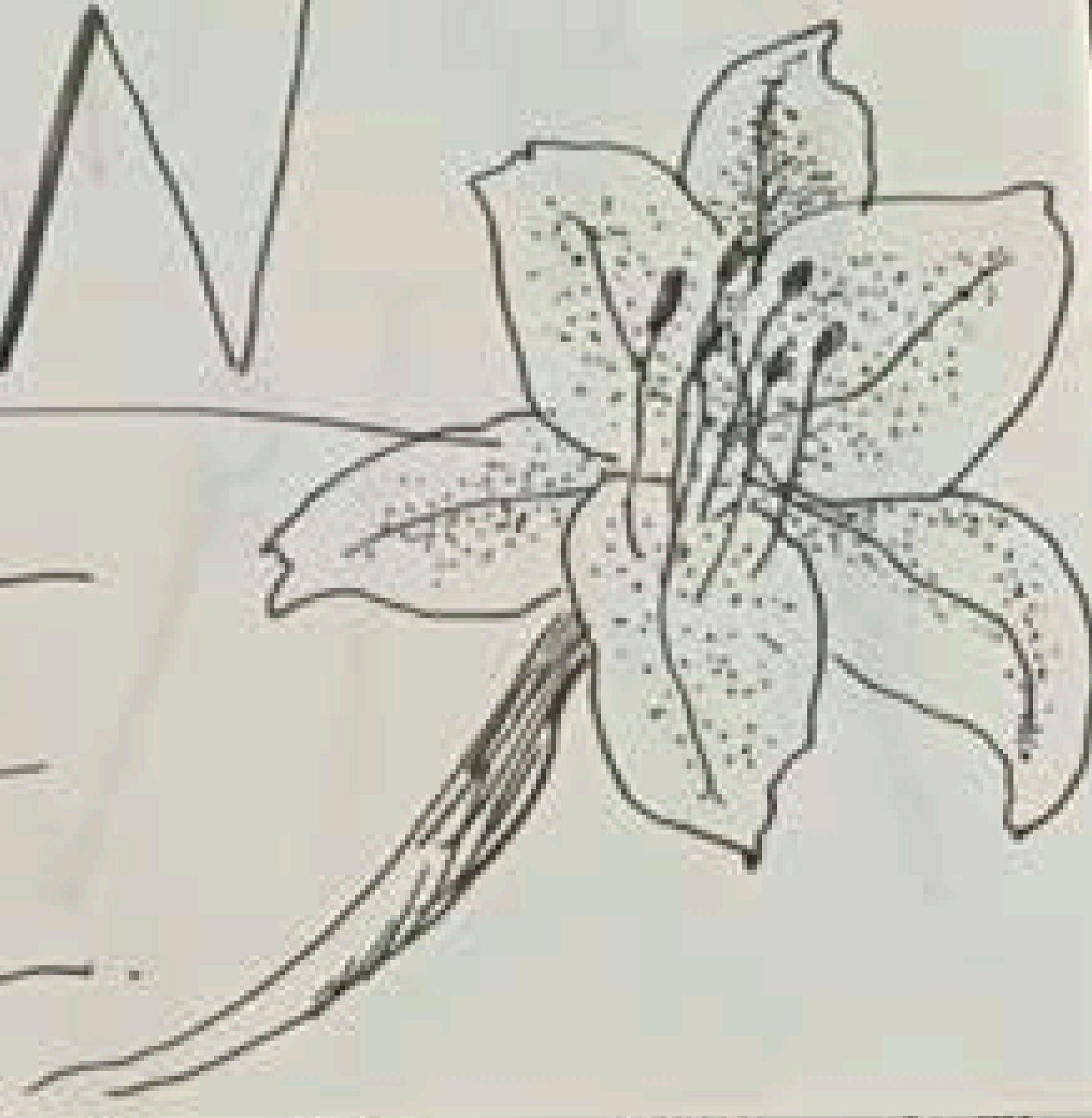
CHRIST SON

OF GOD

HAVE MERCY

ON

LILLIE



9.13.20



BETSY

LORD JESUS
 CHRIST SON
 OF GOD
 HAVE MERCY
 ON BETSY.

A row of eight small, simple line drawings of flowers with stems and leaves, positioned at the bottom of the page below the prayer text.



LORD JESUS
CHRIST SON
OF GOD
HAVE MERCY
ON
MARK & UITE

KELLY

LORD JESUS

CHRIST SON

OF GOD

HAVE MERCY

ON KELLY.

9.16.20.

TODAY
THE
COMMITMENT
LESSON
9.17.20

Z

W

Q P

K

F

B

X

9.17.20

LORD JESUS

CHRIST SON

OF GOD

HAVE

MERCY ON
ME.

KNOW NAMES
CONNECT
COMMUNICATE
EVERYONE

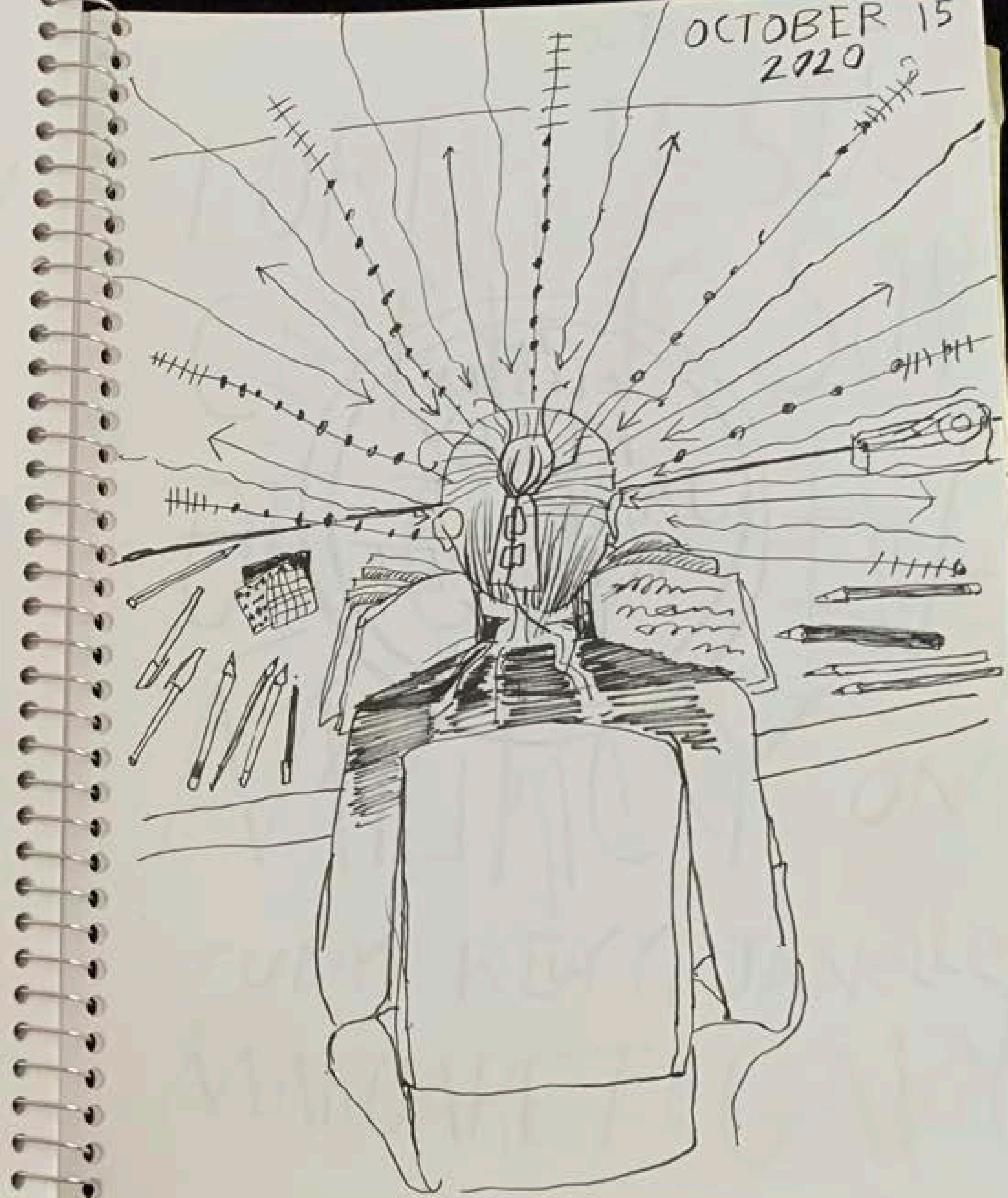
MY COMMITMENTS

PATIENCE
RELATE
PRESENCE
SMILE
MANTRAMS
BREATHE
OBSERVE

THE ONLY WAY
TO PEACE
IS TO STAND
IN ALIANCE
WITH NATURE
EVERY DAY.



OCTOBER 15
2020



EVERY DAY
OF
OCTOBER
2020

OCTOBER 15, 2020




JUDY
BLESSEN
KELLY
JANELLE
MARGARET
GARY
BLESSEN

OCTOBER 15, 2020

LORD JESUS
CHRIST SON
OF GOD HAVE
MERCY ON
JUDY, KELLY, JANELLE,
MARGARET & GARY

October 25, 2020

LORD JESUS

CHRIST 

SON OF

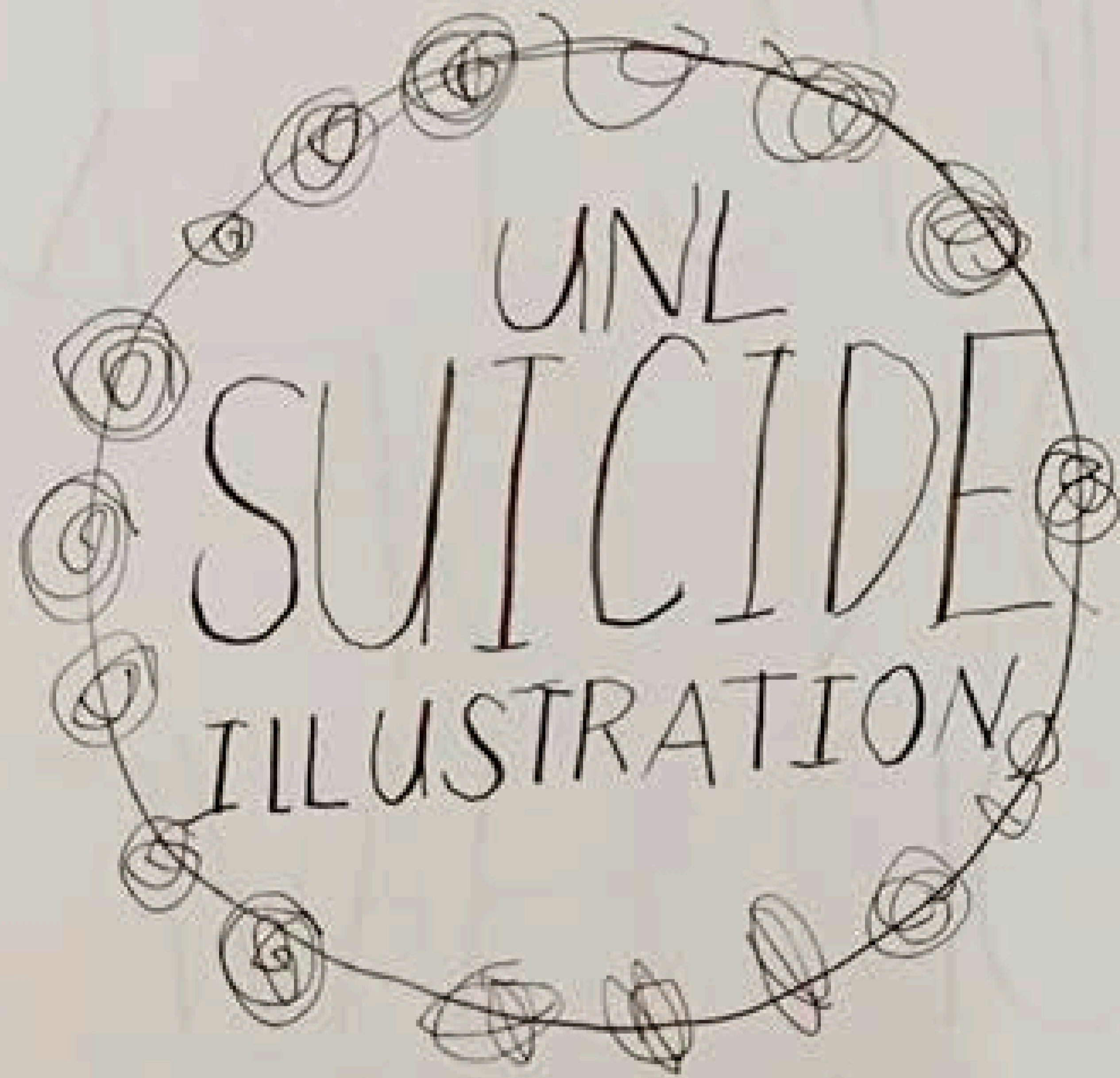
GOD HAVE

MERCY

ON US.

!!! The Lamp of Wisdom - Fall 2020 - J. K. R. !!!
Prayer for Peace.
Swami, Ontario.

BMMCM



DRAWING :: COMMUNICATIONS :: UNL LETTERS CALLS

OCTOBER 27
2020

LORD JESUS

CHRIST SON OF

GOD HAVE MERCY

ON ME. ✪ FAITH ✪

CONCENTRATION ✪

FOCUS ✪ LORD JESUS

CHRIST SON OF

GOD HAVE MERCY

ON ME. ✪ SKILL

INSPIRATION ✪

INSPIRATION

10.29.20

LORD JESUS CHRIST SON OF GOD HAVE MERCY ON ME.

Beauty

LORD JESUS CHRIST SON OF GOD HAVE MERCY ON ME.

Focus

LORD JESUS CHRIST SON OF GOD HAVE MERCY ON ME.

Flow

MERCY ON US LORD JESUS CHRIST SON OF

Concentration
GOD HAVE MERCY ON US
Prayer in 2 of us
it.

UNL
SUICIDE
STORY

10.30.20

LORD Jesus

intellect
Christ Son of

Feeling
God have

Concentration
mercy on

Steady hand
FOCUS
me. Full heart
Keen Mind

Nov. 1, 2020

Lord Jesus

CHRIST SON

OF GOD

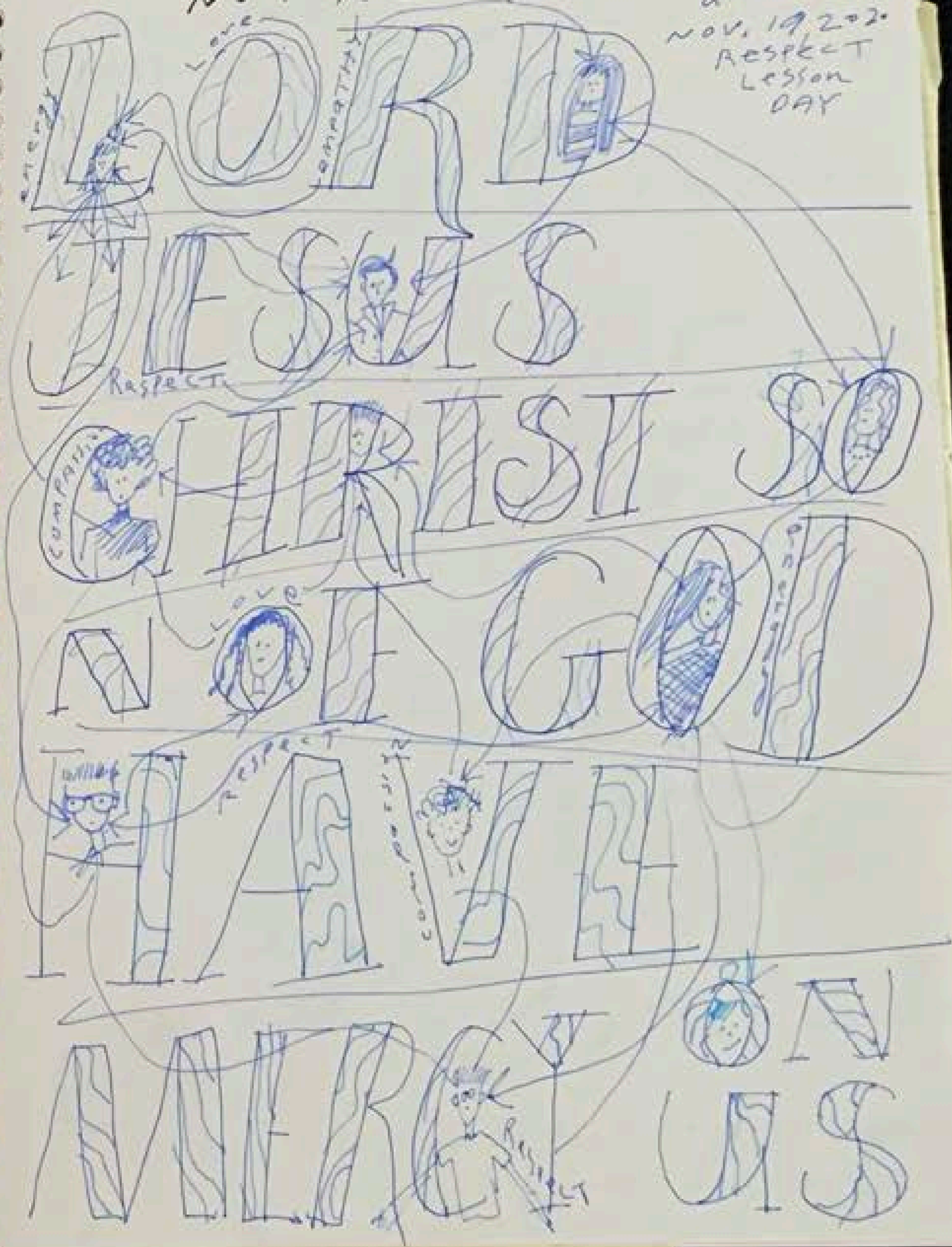
have Mercy

ON Me.

NOV. 4. FOCUS. CONCENTRATE. SLOW.

NOV. 3, 2020 - ELECTION DAY
and
NOV. 19, 2020 - RESPECT
LESSON
DAY

WORLD
PEACE
FRIENDSHIP
LOVE
GOD
FAITH
MERCY
MERCY
US



The right page of the notebook features a series of words written in a decorative, hand-drawn style. Each word is integrated with small illustrations of people and symbols. The words are: 'WORLD' (with 'WORLD' and 'PEACE' written vertically), 'PEACE' (with 'PEACE' written vertically), 'FRIENDSHIP' (with 'FRIENDSHIP' written vertically), 'LOVE' (with 'LOVE' written vertically), 'GOD' (with 'GOD' written vertically), 'FAITH' (with 'FAITH' written vertically), 'MERCY' (with 'MERCY' written vertically), 'MERCY' (with 'MERCY' written vertically), and 'US' (with 'US' written vertically). The drawings include various figures, some with glasses, and symbols like a heart and a cross. The words are arranged in a grid-like fashion, with some words appearing twice.

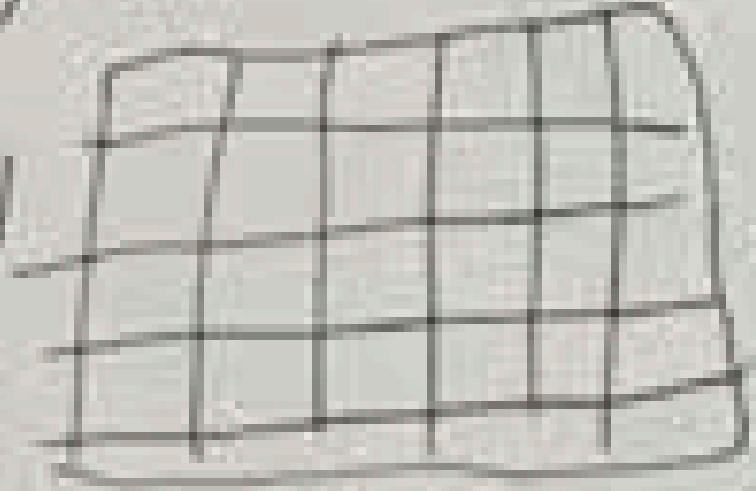
Nov. 19, 2020
Connect. RESPECT Training
RESPECT. Respect can get devalued so easily.
Someone says or does something we don't
like and we get snippy.
Lord Jesus Christ Son of God have mercy on
me. Lord Jesus Christ Son of God have
mercy on us.

meditation practice

"Make me an instrument of peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is despair, Hope,
Where there is sadness, joy.

Lord Jesus Christ Son of God have
mercy on me.

Lord Jesus Christ Son of God have mercy
on us. Lord Jesus Christ Son of God
have mercy on me. Lord Jesus
Christ Son of God have mercy on me.
Lord Jesus Christ Son of God have
mercy on me. Lord Jesus Christ Son
of God have mercy on me.
Lord Jesus Christ Son of God have mercy
on us. Lord Jesus Christ Son of God
have mercy on us. Lord Jesus Christ
Son of God have mercy on
us. Lord Jesus Christ Son of God have mercy
on us, Lord Jesus Christ Son of God have mercy



Lord Jesus Christ Son of God
have mercy on us. Lord Jesus Christ
Son of God have mercy on me.

Lord Jesus Christ Son of God
have mercy on me. Lord Jesus Christ
Son of God have mercy on me. Lord
who do I respect?

people who are kind
Mother Earth
the sanctity of all things,
people who persevere through
difficulties,
LIFE - all of God's
creatures.



Trees
How do I show Respect?

I care
Listen
Feed
Water
Defend



LORD JESUS CHRIST
SON OF GOD HAVE
MERCY ON US.
LORD JESUS CHRIST

SON OF GOD HAVE MERCY ON US.
LORD JESUS CHRIST SON OF
GOD HAVE MERCY ON US.
LORD JESUS CHRIST SON OF
GOD HAVE MERCY ON US.
LORD JESUS CHRIST SON
OF GOD HAVE MERCY
ON US. LORD JESUS CHRIST
SON OF GOD HAVE MERCY
ON US. LORD JESUS CHRIST