

Spiritually Speaking

The Sound of AH'



The Ah sound is one of the first sounds we make when we are born. It is also the cry we make during sexual ecstasy and the human noise that is associated with discovery, delight, joy and surprise. Many cultures Believe that AH' is the breath of God, the intent for creation. It is the sound of perfection and love. The Ah sound is associated with the Heart Chakra. As devotion is love, and 'God is love', it is reasonable to find the sound 'AH' contained within the name of God in various languages, (Jehovah, Yhwh, Gaia, Krishna, Buddha, Allah, Brahma, Shiva, Maheo, to name a few) and also in sacred words (Amen, Alleluia, Aum) thus showing clearly that this sound is universal in context, with the creative element of breath that is used to manifest events. The Ah sound is used to open up the diaphragm and remove blocks and increase the powers of the imagination.

Now that you all have been using the Om sound meditation for gratitude to the Universe it is time to add the Ah sound to bring things to you. I use the Ah sound as my morning meditation to greet the Sun and start the day. For me the Ah is the creator of my day and I believe it should be done in the morning hours possible even while you are still lying down in bed. It will enliven you; fill you with energy and enthusiasm. It is the true sounds of manifestation so think about all the positive things you want to bring to you in your day. *Smile, it brightens everyone's day*

In Love and Light, Patricia

*When you change the way you look at Things,
The Things you look at Change!*

Recommended Material

Books: Meditation for Manifesting by Wayne Dyer
Sacred Signs by Adrian Calabresse
DVD's: What the Bleep do we know & What the Bleep do we Know / Down the rabbit hole
Both By Captured Light productions and Lord of the wind Films



OSTARA March 20th

Ostara, Spring equinox is the time we emerge from the cloak of winters darkness and we are restored to balance. It is the time for new beginnings, new relationships and new projects. It is a time of fertility. Be specific and plant your seeds wisely.

When you continue to focus on a thought, the universe brings more "like" thoughts to you because *the Law of Attraction* makes more thoughts like it available to you. Then you develop a mood or an attitude, which will then send out a vibration equal to that thought. That is how events, things and experiences are manifested and why it is so important to keep thinking positive thoughts.

STORY LINE BOOKS
Sanford Flea World BOOTH
T- 17

Dawn has what you need to read!
Questions Call
321-377-0584

Pretend that you are a writer and anything you write will be performed exactly the way you wrote it. The only thing you have to do is describe every detail exactly as you want it to be!!



ZODIAC PISCES

February 19th - March 20th

Sensitive, Imaginative, Vague, Kind, Intuitive, Easily led



Pisceans are sensual emotional, creative, sensitive and richly imaginative. They are the other worldly dreamers and poets of the zodiac. Deeply affected by the dual nature of their sign Pisceans are torn between wanting to do something real and valuable in their world and retreating altogether into their private world of imagination and dreams. They almost always suffer a lack of confidence. When this can be overcome they can be one of the finest humanitarians and artists in the world.

MEDITATION CLASSES

Guided Group
Meditation classes
The 1st and 3rd
Thursdays of every
Month. Please call
Patricia for class
Schedule or directions
407-792-9227



Art Work By Patricia