



Quotes Book



By Brent IAm

The enormous quantity of prayers, affirmations, quotes, Biblical references and poems found in my *Spiritual training manual “15 Seconds”* and the *Daily Spiritual Diary* are now collated in this handy booklet so that you may have them nearby, either printed out or on a phone, tablet or computer.

All writing in this booklet is by Brent IAm unless otherwise indicated.

A few pieces of writing are also included from family friends Antony Bondelmonte and Sarah Staughton, as well as pieces by the late Count Leo Tolstoy and several others.

Copyright© Brent IAm 2018

Contact me at: www.anahatakarma.com.au

Quotes - General.....Page 3

Quotes Biblical.....Page 12

(All Bible verses are from NEW KING JAMES VERSION)

Affirmations.....Page 17

Prayers.....Page 21

Poems.....Page 23



**The Author
Brent IAm**

Quotes General

Brent IAM *“I do not know how, where, when or why, but God blesses all in my life to work together for my positive prosperity and my highest good.”*

Brent IAM *“The heart is a place that can be secured by a vault of many layers. Layers of fear, layers of failure, layers of loss, heartache and pain; but ultimately if we walk into the centre of the fire of life with open arms and an open mind, then our heart too, will open, and with it comes the peaceful serenity that is life resting gently in the hand of God.”*

Brent IAM *“Meditation upon the heart centre (Anahata) brings forth clarity as to who we are, what we are here for, and why we should embrace our personal pathway.”*

Brent IAM *“The love and light of God may only affect us to the degree that we let it into our lives.”*

THE NOBLE QUR’AN 6:61 [1] (a) *Whoever intended to do a good deed or a bad deed. Narrated Ibn ‘Abbas: The Prophet Muhammad, peace be upon him, narrating about his Lord said, “God ordered (the appointed angels over you) that the good and the bad deeds be written, and He then showed (the way) how (to write). If somebody intends to do a good deed and he does not do it, then God will write for him a full good deed (in his account with Him); and if he intends to do a good deed and actually did it, then God will write for him (in his account) with him (its reward equal) from ten to seven hundred times, to many more times: and if somebody intended to do a bad deed and he does not do it, then God will write a full good deed (in his account) with Him, and if he intended to do it (a bad deed) and actually did it, then God will write one bad deed (in his account).” (Sahih Al-Bukhari, Vol. 8, Hadith No. 498). (According to Islam this verse is only relevant for persons who perform deeds totally for God’s sake without any show-off or to gain praise, fame etc.)*

NOBLE QUR’AN 35:45 *“And if God were to punish men for that which they earned, He would not leave a moving creature on the surface of the earth; but He gives them respite to an appointed term: and when their term comes, then verily God is Ever All-Seer of his people.”*

PLATO: *“Knowledge easily acquired is that which the enduring self had in an earlier life, so that it flows back easily”.*

Brent IAm *“In a relationship we may find ourselves wanting things a certain way, we may feel that if we go too deep we may be abandoned; all these ways of thinking are blocking the highest potential of the relationship, for the onus is not on the other person, the onus is on us to give all, with all of our heart, for only then will we see the hand of God remove obstacles and bring about the greatness available in all relationships, with all persons, upon all lands.”*

Brent IAm *“Disappointment is a place given to us from our greatest teacher, self.”*

Brent IAm *“To annoy others, ensures that we too will be annoyed.”*

Brent IAm *“Fulfilment leads to a desire for further fulfilment, whereas contentment is God’s serenity, which leads to further serenity.”*

Brent IAm *“When we focus on the negative or the positive attributes of our spouse or friend, they grow.”*

Brent IAm (for Gladys): *“A friend can be like leaves in the wind, blowing through your life in gusts, one moment of supposed sincerity, another moment, stillness, gone. A true friend always sticking by; good, bad and at times just ‘to be’. Truth in friendship displayed by actions, compassion, continuum – even when they know all about you.”*

Brent IAm *“Children are innocent in their hearts and playful with their minds. These traits when mirrored by adults bring us closer to a true alignment with God.”*

Brent IAm *“Worrying about our children is a form of praying for what we do not want for them.”*

Brent IAm *“Mothers are the great bearers of burden, knowledge and wisdom. Fathers are the great carriers of burden, seekers of knowledge and slowest to gain wisdom. Children are the great releasers of burden, and sponges for knowledge and wisdom. Grandparents are either carriers of burden until they become ill, or they are the transformers of burden into knowledge and wisdom to be handed down the family lineage.”*

Brent IAm *“Society is fragmenting to the same degree that the elders of society are fragmenting away from their age-old positions of authority.”*

Brent IAm *“We are often trying to keep up with our neighbours; what would it be like if we tried to keep up with our innermost desires, without the opinions of others, aligned with whom we truly are?”*

JULIAN OF NORWICH *“And all things shall be well; and all things shall be well; and all manner of things shall be well.”*

Brent IAM *“If what we think is so, then why should we think negative thoughts?”*

Brent IAM *“When I assess all situations, I view them positively and optimistically. (This causes us to 'attract' a more positive outcome.)”*

CHEROKEE WISDOM *“When you were born, you cried and the world rejoiced. Live your life in such a way so that when you die, the world cries and you rejoice.”*

Brent IAM *“When we give to others with a loving heart, we are likely to receive gifts from others, and the things that we own are more likely to be secure and in a positive working state.”*

Brent IAM *“What we appreciate grows, whereas conversely, what we knowingly do not appreciate also grows.”*

Brent IAM *“When all feels as though it will never change for the better, just remember that this is your mind talking. The reality is that whatever you focus on for the greater good, cause's unseen forces in the universe to activate and begin to bring your hopes, dreams and desires into action. What you think, is, and will be.”*

Brent IAM *“When it annoys us that others are lazy, we too, most likely are lazy”*

THEODORE ROOSEVELT *“Far better it is to dare mighty things, to win glorious triumphs, even though chequered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much because they live in the grey twilight that knows neither victory nor defeat.”*

Brent IAM *“To shift our negative thoughts, we need to shift our feelings, as when our feelings shift, the consciousness of our thoughts shift. For example, if you think positive, you will feel positive and attract further positive thoughts, which in turn attract further positive events.”*

Brent IAM *“To not believe in love, is to not believe, for love is the basis of all things, it is the conduit between all things and it is all things in their purest form.”*

Brent IAM *“I do not know how, where, when or why, but I love myself dearly; therefore, I can love others fully.”*

Brent IAM *“Cars may transport us, food may feed us, friends may make us laugh; however, without a peaceful time out to nurture the soul, we may never find true peace.”*

Brent IAM *“Temptation is like love; we have options to the way in which we choose to react.”*

Old English Saying *“It's hard to soar like an eagle if you hang around with turkeys.”*

Carl Jung, *“Things that happen, seemingly by chance or coincidence, with no apparent cause, but which still have meaning of some kind”.*

LAO TZU *“There is no crime greater than having too many desires; There is no disaster greater than not being content; There is no misfortune greater than being covetous. (Wanting what others have.)”*

Brent IAm *“When we are selfish towards others, things we own and cherish are likely to be lost and damaged.”*

Christopher Skelly Senior: *“People idolise their material possessions, yet when they die we do not see pack racks on hearses and the shroud covering the deceased is even without pockets.”*

ST FRANCIS *“It is in giving that we receive.”*

Brent IAm *“Prayer is our greatest ally, for it is in prayer that we fulfil God’s desire for us to commune with our Lord, and this in turn automatically brings with it blessings of grace and miracles to renew and replenish our faith.”*

LAO TZU *“Seeing the faults in others is wisdom; recognising the faults in yourself is divine.”*

HERBERT *“He who cannot forgive others burns the bridge over which he himself must pass.”*

Brent IAm *“Being loving towards and giving gifts to our enemies aligns them with the greater, higher good, the peaceful integrity of God.”*

Brent IAm *“I do not know how, where, when or why, but I forgive myself fully; therefore, I forgive others (for my sake, not theirs), and I am enjoying each moment of my life.”*

Brent IAm *“When we act with hatred and wish negative events upon others, we actually wish for this to come upon ourselves.”*

Brent IAm *“Others may only hate us to the degree that we have not resolved our inner turmoil, hatred, heartache and pain.”*

Brent IAm *“Listen, think, ponder, reflect, meditate and then act for the greater good.”*

ALBERT EINSTEIN *“Insanity is doing the same experiment (or thing) over and over and expecting a different result.”*

Brent IAm *“Both directly and indirectly we are in control of our destiny; we alone are responsible for all that we are, all that we attract, and all that we do.”*

Brent IAM *“Life is a jungle of confusion and uncertainty to the exact degree that you choose it to be.”*

Brent IAM *“As the trees drop their leaves in autumn, so too we must shed the layers of grey, layers of untruth, layers of deception, layers of negative habits; for it is only when we achieve this, that we may blossom forth as new growth in the springtime of our lives.”*

Brent IAM *“As grass becomes greener with watering, so too, our soul shines brighter the more we meditate. As a desert becomes drier in the blistering sun, so too, our soul becomes more clouded when we are neglectful of our spirit.”*

Brent IAM *“Intuitive ‘knowing’ and communication with others on the telepathic plane of consciousness is developed through regular meditation.”*

Brent IAM *“Solitude has two aspects; loneliness, which stems from a dysfunctional disposition of self, and blissful contentment, which is best cultivated through meditation.”*

Brent IAM *“A major key to happiness is developing our meditation to achieve an ability to discern which path we should take, at each crossroad we reach.”*

Brent IAM *“Meditation is a friend who does not judge, a friend who encourages slow, gentle growth.”*

TOLSTOY *“The greater or less blessedness of a man depends, according to this doctrine, (Inner perfection in the imitation of Christ, and outward perfection in the establishment of the kingdom of God) not on the degree of perfection to which he has attained, but on the greater or less swiftness with which he is pursuing it.”*

Brent IAM *“Fear and love are like the controls of a car; they drive us exactly where we direct.”*

Brent IAM *“When we are worn out and do not take time out to rest, we will attract causes into our life which will make us rest; and this may include sickness, injury or delays with what we are trying to achieve.”*

HIPPOCRATES *“Let thy food be thy medicine and thy medicine be thy food.”*

Brent IAM *“If you continuously force toxins into your digestive tract and never clean it, eventually the system will fail to function correctly.”*

Brent IAM *“What we place into our mouth does not have to pollute us; it is what comes out of our mouth we need to be wary of.”*

Brent IAm *“Plastic surgery does not repair defects in our spirit; and it is only when we work on our spirit, cleansing away the negative, that we may glow with all we truly are. Plastic surgery creates a plastic glow that loses nature's intention.”*

Brent IAm *“Failure to act is an action which plants a seed towards the collective destruction and chaos of the Earth. Mother Earth wishes for harmony to all who act with love and care upon her. Mother Earth will reap havoc upon all who act without love or care upon her.”*

Brent IAm *“Animals only have the voice that we give them, therefore, please act with love to all animals no matter how great or how small, for this, Mother Earth, is their home just as it is ours. Animals offer us insight into all human conditions, for they have lived a millennia and their wisdom carries with it patience, understanding and contentment.”*

Albert Einstein *“Our separation of each other is an optical illusion of consciousness.”*

Albert Einstein *“Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.”*

Brent IAm - Quote from daily Spiritual Diary: *Whilst procrastination has been named the thief of time, implementation of a solid action plan is the key to truly finding inner peace.*

Brent IAm - Quote from daily Spiritual Diary: *The past is behind us, the present is a time to better the past, and tomorrow is a day to better today.*

Brent IAm - Quote from daily Spiritual Diary: *When we give our all to a task, it does not matter if we do not receive praise or recognition, as in one's humbleness, greatness surely does follow.*

Brent IAm - Quote from daily Spiritual Diary: *We are either walking towards the light or walking away from it.*

Brent IAm - Quote from daily Spiritual Diary: *To love another with all our heart is to love ourselves and God with all our heart.*

Brent IAm - Quote from daily Spiritual Diary: *Children are our teachers, the elderly are the caretakers of knowledge, and we are conduits of the wisdom in between, should we choose to be.*

Brent IAm - Quote from daily Spiritual Diary: *Focusing on shining bright within ourselves, will cause those around us to change for the better.*

Brent IAm - Quote from daily Spiritual Diary: *A healthy fear of God is obtained through one's healthy fear of the consequence created by negative actions. To truly fear God is to also love and respect God.*

Brent IAM - Quote from daily Spiritual Diary: *There is no such thing as 'luck'; we attract all things into our lives through our thoughts actions, words and deeds or 'karma'.*

Brent IAM - Quote from daily Spiritual Diary: *The things that we want will eventually come; however, it is the things that we 'need', God will always provide in the living now.*

Brent IAM - Quote from daily Spiritual Diary: *Fear controls us to the degree of our faith in a particular fear.*

Brent IAM - Quote from daily Spiritual Diary: *The Devil uses fear as a manipulative tool for evil; therefore, to face our fears with positivity, faith, love and light, we render the Devil powerless.*

Brent IAM - Quote from daily Spiritual Diary: *Just as a flower grows from a seed, so too we plant seeds with our fears, which in turn grow to the degree we 'water them' by focusing our thoughts and words on such fear; until the fear is attracted to us in the form of a negative person, place or event.*

Brent IAM - Quote from daily Spiritual Diary: *The art of discerning whether we are acting from a state of fear or love is cultivated through meditation upon Anahata.*

Brent IAM - Quote from daily Spiritual Diary: *Should we be unsure of which path to take we must consider: 1. Do I enjoy this or the result it brings? 2. Does it facilitate the greater good? 3. Does doing this fulfil use of the personal abilities God has given me?*

Brent IAM - Quote from daily Spiritual Diary: *The devil is our best friend at all times in the beginning; however, when spiritual law kicks in, he always leaves us posted.*

Brent IAM - Quote from daily Spiritual Diary: *No one is born evil. We are all bright shining lights within. It may be externally that we have layer upon layer of grey built up either from this life or our past lives; nonetheless, we are pure in soul and can always return to this state of purity, should we choose to.*

Brent IAM - Quote from daily Spiritual Diary: *Evil brings weeds that try to strangle plants around them, whilst love brings trees with deep strong roots that grow upwards at a slow rate, weathering life's trials of storms and drought, and building strong supportive branches filled with life's wisdom.*

Brent IAM - Quote from daily Spiritual Diary: *Our love for others fulfils to the degree we learn to love ourselves.*

Brent IAM - Quote from daily Spiritual Diary: *Hate towards others highlights the need for repair in loving and forgiving our self.*

Brent IAM - Quote from daily Spiritual Diary: *The more love we give, the more love we receive in return.*

Brent IAm - Quote from daily Spiritual Diary: *The more money we give with a loving heart, to those truly in need, the more money and opportunity to make money, comes our way.*

Brent IAm - Quote from daily Spiritual Diary: *Money is not evil; the more money you make, the more people you may employ and/or assist, thus the more money you make. When giving with love, on behalf of God, this creates exponential energy.*

Brent IAm - Quote from daily Spiritual Diary: *When we fear giving our money to those in need, we block the full potential of our own ability to attract further wealth.*

Brent IAm - Quote from daily Spiritual Diary: *We are limited in earning capacity only by our imagination as a seed, combined with our karma and our faith as an action.*

Brent IAm - Quote from daily Spiritual Diary: *From a seed of faith in obtaining wealth, comes whatever we wish, to the degree we purify our karma and walk with positive thoughts, words and deeds.*

Brent IAm - Quote from daily Spiritual Diary: *We can and perhaps will bring about great wealth; however, unless we seek to go within; peace of mind will never be more than a fleeting glance in our lives.*

Brent IAm - Quote from daily Spiritual Diary: *Wealth must be balanced with work, family, friends and time to nurture one's own soul.*

Brent IAm - Quote from daily Spiritual Diary: *True wealth and fulfilment may only ever be found in giving to and helping others.*

Brent IAm - Quote from daily Spiritual Diary: *To accept money and assistance from others is not a sign of weakness, providing that with a loving heart we then give money and assistance to others when we are in a position to do so.*

Brent IAm - Quote from daily Spiritual Diary: *“Dis-ease” or ‘ill at ease’ (stress) of the mind firstly seeds discord in our aura, and if left unchecked manifests in “disease” through our body; be it joint pain, skin issues or at a more acute level, heart disease, cancer and the myriad of modern physical concerns.*

Brent IAm - Quote from daily Spiritual Diary: *When we maintain a personal state of love or “Anahata” through physical, mental, emotional and spiritual levels, we cause healing to take place at the core of our being, which in turn allows all levels of healing to emerge.*

Brent IAm - Quote from daily Spiritual Diary: *Our external state of health directly represents our internal, spiritual state of being.*

Brent IAm - *Quote from daily Spiritual Diary:* *To heal we must face all truths about our self and come to peace with them.*

Brent IAm - *Quote from daily Spiritual Diary:* *External sickness is nature's reminder for us to maintain and nurture our soul within.*

Brent IAm - *Quote from daily Spiritual Diary:* *In our relationships, a partner may only find union with us to the degree that we give out love.*

Brent IAm - *Quote from daily Spiritual Diary:* *When we focus only on our partner's positive attributes, and we are grateful for these, then we assist a blossoming of our loved one, which in turn brings forth a positively blessed union.*

Brent IAm - *Quote from daily Spiritual Diary:* *What we see and dislike in our loved one's generally highlights that which, we too, need to address in our self.*

Brent IAm - *Quote from daily Spiritual Diary:* *Better to love with our whole heart, walking straight into and through any fears; for only then can we truly feel all that love has to offer.*

Brent IAm - *Quote from daily Spiritual Diary:* *God is always there surrounding us in a blessed, blissful state; it is therefore, up to us, to be calm, still and silent, so that we can be part of this; feeling and being in a blessed, blissful state.*

uotes Biblical

1 THESSALONIANS 5:21 *“Prove (test) everything; hold fast that which is good.”*

GALATIANS 5:22: *“Love, joy, peace, patience and longsuffering, kindness, goodness, faithfulness, gentleness and self-control.”*

1 JOHN 2:3-5 *“Now by this we know that we know Him, if we keep His commandments. He who says, “I know him”, and does not keep His commandments, is a liar; and the truth is not in him. But whoever keeps His word, truly the love of God is perfected in him. By this we know that we are in Him.”*

JOHN 14:23 *“If anyone loves Me, he will keep my word; and My Father will love him, and We will come to him and make Our home with him.”*

1 KINGS 8:57-58 *“King Solomon said, “May the Lord our God be with us, as He was with our fathers. May He not leave us nor forsake us, that He may incline our hearts to Himself, to walk in all His ways, and to keep His commandments and His statutes and His judgements, which He commanded our fathers.””*

Commandment No. 11: Love Thy Neighbour:

JOHN 13:34-35 *(Words of Christ) “I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.”*

1 JOHN 2:8-11 *“Again, a new commandment I write to you, ... He who says he is in the light, and hates his brother (fellow man or woman), is in the darkness until now. He who loves his brother abides in the light, and there is no cause for stumbling in him. But he who hates his brother is in darkness and walks in darkness, and does not know where he is going, because the darkness has blinded his eyes.”*

Commandment No. 12: Good and bad both require you love them:

MATTHEW 5:38-48 *“You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’ But I say to you: Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other to him also (NOTE: This is a particularly important teaching in relation to world peace and is constantly disregarded by church and political leaders who endorse war and violence against evil in the world); and if anyone wants to sue you and take your coat, give your cloak as well; and if anyone forces you to go one mile, go also the second mile. Give to everyone who begs from you, and do not refuse anyone who wants to borrow from you. You have heard that it was said, ‘You shall love your neighbour and hate your enemy.’ But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax-collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect.”*

GALATIANS 6:7 *“Do not be deceived; God is not mocked: for whatever a man sows, that he will also reap.”*

EPHESIANS 2:8-9 *“For by grace you have been saved through faith; and that not of yourselves: it is the gift of God: not of works, lest anyone should boast.”*

PROVERBS 20:7 *“The righteous man walks in his integrity; his children are blessed after him.”*

1 CORINTHIANS 7:3-4 *“Let the husband render to his wife the affection due her, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does.”*

1 CORINTHIANS 7:5 *“Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.”*

EPHESIANS 6:4 *“And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.”*

PSALM 90:12 *“So teach us to number our days, that we may gain a heart of wisdom.”*

“At the Garden of Eden God said to Adam, “I’ve got good and bad news for you. The good news is that I have given you a brain and a penis. The bad news is that I have only given you enough blood to operate one at a time!””

ROMANS 12:6 *“Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith.”*

GALATIANS 6:9 *“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”*

MATTHEW 5:16 *“Let your light so shine before men, that they may see your good works (Karma – “Action” or “Deed”) and glorify your father in heaven.”*

EPHESIANS 3:20 *“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us”.*

ROMANS 8:28 *“And we know that all things work together for good to those who love God, to those who are the called according to his purpose”.*

2 CORINTHIANS 12:9-10 Christ said: *“My grace is sufficient for you, for My strength is made perfect in weakness.”* Paul said: *“Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore, I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong.”*

ROMANS 5:3-4 *“We also glory in tribulations, knowing that tribulation produces perseverance; and perseverance character; and character hope.”*

JAMES 2:17 *“You have faith, and I have works (Karma – “Action” or “Deed”). Show me your faith without your works, and I will show you my faith by my works.”*

HEBREWS 11.3 *“By faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which are visible.”*

HEBREWS 11.6 *“But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.”*

2 TIMOTHY 1:7 *“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”*

1 JOHN 4:18 *“There is no fear in love; but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love.”*

JOHN 13:34-35 (Words of Christ) *“I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.”*

1 JOHN 4:8 *“He who does not love does not know God, for God is love.”*

PROVERBS 3:5-7 *“Trust in the Lord with all your heart; and lean not on your own understanding. In all your ways acknowledge Him, and He shall direct your paths. Do not be wise in your own eyes; fear the Lord and depart from evil.”*

1 CORINTHIANS 3:7 *“So then neither he who plants is anything, nor he who waters, but God who gives the increase.”*

JOB 15:20-21 *“The wicked man writhes with pain all his days, and the number of years is hidden from the oppressor. Dreadful sounds are in his ears; in prosperity the destroyer comes upon him.”*

2 CORINTHIANS 4:18 *“While we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.”*

MATTHEW 16:26 *“For what profit is it to a man if he gains the whole world, and loses his own soul?”*

PROVERBS 3:9-10 *“Honour the Lord with your possessions, and with the first fruits of all your increase; So your barns will be filled with plenty, and your vats will overflow with new wine.”*

MARK 11:24 *Jesus said, “Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”*

LUKE 11:9 *“So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”*

ROMANS 12:19-21 *“Vengeance is mine, I will repay, says the Lord. Therefore if your enemy hunger, feed him; if he is thirsty, give him drink; For in so doing you will heap coals of fire on his head. Do not be overcome by evil, but overcome evil with good.”*

EPHESIANS 4:26 *“Do not let the sun go down on your wrath.”*

EPHESIANS 5:18 *“And be not drunk with wine, in which is [excess]; but be filled with The Holy Spirit.”*

PROVERBS 23:7 *“For as he thinks in his heart, so is he.”*

PSALM 103:10-12 *“He has not dealt with us according to our sins, nor rewarded us according to our iniquities. For as the heavens are high above the earth, so great is His mercy toward those who fear Him. As far as the east is from the west, so far has He removed our transgressions from us.”*

PSALM 1:1-3 *“Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; But his delight is in the law of the LORD; and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season; whose leaf also shall not wither; and whatever he does shall prosper.”*

affirmations

Prayer/affirmation/mantra:
I do not know how, where, when or why, but God
blesses all in my life to work together for my
positive prosperity and my highest good.



I do not know how, where, when or why,
but God blesses me to attract the perfect
(partner) (job) (medical assistance)(other)

Brent IAm - www.healer.international

Brent IAm - Gifted Spiritual Teacher and Healer
*It is very important that you do the following in order
to facilitate your prayer/affirmation/mantra:*

If it refers to a partner, job, medical assistance or
other, then please write down what it is that you want.
Then say a single prayer to God for it.
Then, whenever you have a thought that doubts
this - feel a very strong and positive emotion for up to
15-seconds and repeat (*mentally*) the words on the
front of this card.
Then - allow the Grace of God to bless you.

I do not know how, where, when or why, but God blesses all in my life to work together for my positive prosperity and my highest good.

A specific version of the affirmation for jobs, partners and medical or other matters follows:

I do not know how, where, when or why, but God blesses me to attract the perfect (partner) (job) (medical assistance) (other).

Gratitude: Thank you, God, for... *(List all the things in your life that you have to be grateful for. This includes necessities such as clothing, food, shelter and job; however, should also extend to positive family members, friends and associates, love and kindness from others and the myriad of small and wonderful things that you have in your life to be thankful for. The reason that we do this kind of affirmation is that it takes us away from self-destructive negative thoughts about our life, our possessions and others around us. Using this type of affirmation, we soon discover that the more times we say thank you, the more things come our way to be thankful for!)*

Smoking: I do not know how, where, when or why but I have released smoking. I am now a non-smoker and do not feel any cravings. My lungs feel cleaner and cleaner every moment.

Healing: I do not know how, where, when or why, but my body, emotions, mental state and spirit are in a complete state of wellness – I am stronger and more youthful – thank you for my healing! (Use this affirmation to assist curing of all ailments and disease and to maintain one's youth. To assist this affirmation to work, it is imperative to visualise oneself as vibrantly youthful and healthy, even though this may contradict your 'actual' current state.)

Health: I do not know how, where, when or why, but my mind, my memory, my eyes and my body are glowing with wellness. I age gracefully. *(Perfect for people who are over fifty.)*

Health: I do not know how, where, when or why, but my eyesight is clearer and stronger every day.

Weight Loss: I do not know how, where, when or why, but I am thinning. (For weight-loss, it is essential in your speech and thoughts to focus on being "thin" and do not tell people that you are "losing weight", as the subconscious mind hears "losing" and "weight", tell them you are "thinning".) (Feel joyous emotion about this as you see in your mind's eye your slimmer self.)

I do not know how, where, when or why, but my memory is excellent and it gets stronger and clearer each day.

I do not know how, where, when or why, but I always remember the names of new people I meet.

I do not know how, where, when or why, but I am always careful, secure, sure-footed and stable when interacting with all that surrounds me. *(To assist changing clumsy habits.)*

I do not know how, where, when or why, but I sleep through the night for... hours with a comfortable, deep sleep and wake up each morning feeling refreshed, energised and positive. *(Do not use the expression – "I sleep like a baby" – for most babies wake regularly...)*

I do not know how, where, when or why, but as I walk humbly with God, my living experience transforms, where I can see and feel that all upon Mother Earth is intrinsically linked, divinely beautiful and overflowing with love. Through being a channel of God's love, light and peace, I find that all beings reflect this eternal truth back to me. *(Great affirmation for all.)*

Business / Success Affirmations:

I do not know how, where, when or why, but I create personal wealth with great ease, and I use it for my personal needs and the greater good.

I do not know how, where, when or why, but I am always ready and prepared to embrace opportunities when and where they arise.

I do not know how, where, when or why, but my business is successful, as I carefully research and plan all aspects for the short and long term, including infrastructure, cash-flow, employment and marketing.

I do not know how, where, when or why, but my employees work productively and with integrity, as I make them feel appreciated as an integral part of the business.

Protection prayer/affirmation:

Dear Lord – Christ before me, Christ behind me, Christ to my right, Christ to my left, Christ above me, Christ below me, Christ within me. Christ in the heart of all who think of me, Christ in the mind of all who speak of me, Christ in the ears of all who hear of me and Christ in the hands of all who reach for me. A-men'

I am calm, I am still, I am silent and in the grace of God

“Everything in my life is going wrong – nothing seems to work out for me”

(This is a form of prayer for this to continue)

We could try saying:

“Everything in my life seems to be going wrong; however, I know with a positive attitude things always change for the better!” *(This causes unseen forces in the universe to begin conspiring to bring about positive conditions in our future)*

There is a repetitive mantra that I hear from people as they age, “***My hearing, sight and memory ‘are’ getting worse every day!***” While organs do slow down; the mind is capable of high functioning into our 100s and in fact, as we age, we should be and can be ‘*getting smarter*’, and remaining healthy.

While ageing is a part of life that should be embraced; we also need a positive mantra such as, “***My mind, my memory and my body are glowing. They are positive and filled with wellness as I age gracefully***”.

When we have a situation, it is wise to ask our self, “*Have I done everything that I can physically do in relation to the issue at hand?*” To stress over what “*I could do*”, what “*I would do*”, or what “*I should do*” is negative karma. Our focus must be on what “*I can do*”. For example if our loved one is sick in hospital (*the suffering is their karma, although we also have the karma of suffering in that we are related to them*) and we are away working, we can pray; we can make phone calls, and we can visit, hopefully often, when and if it is appropriate for the circumstance. Once we have done all that we can do about the situation, then it would be unwise to ‘*stress*’ over the circumstances, as this will create further negative karma for ourselves, planting the seeds for similar circumstances to again arise.

“I do not know how, where, when or why, but I am confident and organised; I carefully plan and reassess my written tasks each day.”



Prayers

THE LORDS PRAYER - MATTHEW 6:9-13 (Words of Christ):

Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our [sins], as we forgive those who [sin] against us. And do not lead us into temptation, but deliver us from the evil one. For yours is the kingdom and the power and the glory forever. A-men'

GENERAL PRAYERS:

General Personal Prayer: Dear God, thank you for all that you provide – the food, the shelter, the lessons of learning and growth; thank you for the angels and guides that surround us and protect us; thank you for providing what we need and teaching us to be patient with what we want. Please make us a channel of your peace, your love and your action as we go out into the world today. May your will be done through us. A-men'

Protection Prayer: Dear Lord – Christ before me, Christ behind me, Christ to my right, Christ to my left, Christ above me, Christ below me, Christ within me. Christ in the heart of all who think of me, Christ in the mind of all who speak of me, Christ in the ears of all who hear of me and Christ in the hands of all who reach for me. A-men'

Prayer For others: Dear God, I pray for please protect them, bless them, keep them safe; give them love, peace and healing; let them feel my love and the loving presence of your Holy Spirit. May your love, light and peace shine through them to bring out the highest good that exists in them, now and always. A-men'

Prayer To Align With God: Lord, today may your thoughts be my thoughts, your words be my words, your actions be my actions, your compassion be my compassion, your empathy be my empathy, your healing be my healing, and your love be my love toward all beings. Today may your will be done through me. A-men'

PRAYERS TO DEAL WITH CONFLICT:

Lord please remove the burdens and negativity previously created between _____ and I. Please fill us both with your love and assist us to bring out the highest good between us, with harmony, forgiveness, acceptance, compassion, empathy, understanding, respect and a focus on positive attributes and love. In your mercy, please intervene Lord. A-men'

Lord – Christ is in the heart of all who think of me and (name of person), Christ is in the mind of all who speak of me (and name of person) and Christ in the ears of all who hear of me (and name of person) and Christ is in the hands of all who reach for me (and name of person). A-men'

PRAYER FOR ATTRACTING A LIFE PARTNER:

Perhaps you want to have someone to share your life with. Spiritually, we block this from happening – due to subconscious conditioning with thoughts such as “*Maybe it won’t happen*” or “*My last three relationships were terrible*” and so on. For a simple solution that will guarantee you find a life partner quickly, do the following:

Write out a detailed list of the person that you want including hobbies, spiritual type, faithful, dedicated, hardworking, loves travelling, etc. Be aware that what you write is basically what you will attract – so be careful what you wish for...

Say a prayer (either to God or if you do not believe in God, then to the Universe). I pray to God also known as The Great Spirit or Wankantanka; however, I always ask Jesus to intercede on my behalf. Your prayer needs to be specific – something like:

“Dear Jesus, please intercede on my behalf with this prayer to our Lord Wankantanka (or God). Lord please send me with the speed of your wind, a woman (*or man*) as I have listed, to spend my days on this earth with, to love and to cherish, and to receive such in return – to bring immense pleasure to each other in good times, and to be there for each other when days are grey. Lord, please bring this person into my life now. A-men’.”

Inevitably you will then have thoughts throughout your days or unhelpful associates with dialogue like: “*What if I don’t find the right person*” – “*All the good partners are either gay or taken*” – “*I have been let down three times before I don’t feel it can change*” – and so on. The moment you notice such a thought, speech or comment appearing in your mind or your presence, stop, feel the emotion of joy overflow you for 15-seconds, as you repeat the affirmation:

I do not know how, where, when or why, but God blesses me to attract the perfect partner

Native American Indian Prayer: *Sky Spirit Wakantanka (God), as you sit in the sky and look down upon us, hear our prayer. Help us to walk the straight path, neither to the right with jealousy nor to the left with hatred; help us to walk as two-leggeds, in balance and harmony with all your ways; let your blessed rain wash away our pain, wash away the impurities of the earth, and our bodies and cleanse our hearts and our minds. A-men’*

oems

ANAHATA “THE ONE POWER”

By Antony Bondelmonte © 2018

I am effervescent and iridescent,
Yet transparent,
I am the vortex of vibrant colours,
I am the depth of peace,
And the magic of love,
I am the power and the way,
I am Yin, Yang and that of God,
I am the essence of tranquillity,
I am Anahata,
I am the heart chakra, centre of all.

BRING ‘EM BACK

Antony Bondelmonte ©2018

Bring back the dragons that stood so bold,
The unicorns and phoenixes born of old,
And where is the magic that
was throughout the land?
Lost knowledge and wisdom
in the memories of man,
I want the dwarves, elves and sprites,
The fairies of mist of the northern lights,
And where are the Mohican’s
that were here in score?
It’s unfair I bear witness to my people no more,
Druids, magicians and elders lost to the past,
Time takes all in its stately march,
Bring back Robin Hood and the Merry Men,
And all the above all over again,
Bring back forgiveness and
compassion of the heart (“*Anahata*”),
Humanity and morality the forbidden art,
The soul of yesterday and Yin and Yang,
I pray bring ‘em back all over again.

Positivity

Positive or negative,
It is our choice,
The results our doing
Positive output often requiring a change of focus
To be negative is also to be lazy
God gave us legs, to be lazy, I think not
Life is bliss until we mess it up
Easy to blame others,
Heroic to stand on our own two feet
Seven days' hard work,
May only bring a little fortune
To have something though,
Is better than nothing
My life's a mess we say; is it?
Are our arms and legs working?
Do we have food?
Do we have a roof over our head?
If the answer is yes; then we have life
To flow with it,
Being positive, thinking positive,
And to enjoy the small things
Positivity will follow suit.

Brent IAm © 2018

Kindness

An act of kindness, so easy to perform
Yet so often, we walk away
Parting company from our true inner self
We appreciate kindness
But that small extra effort,
Often easier to let alone
Our selfishness, like a subconscious plague
As if to be kind was somehow out of character
We justify our actions
However, on that rare occasion when we look in the mirror
We would detest our reflection
Life so full of misery, sad things near and afar
Catastrophic global chaos,
Amongst but some of life's dilemmas,
Moving through our journey in life,
For it to truly feel right,
And ultimately for those close to us as well
At each moment of our path,
The only medicine of balance
Is that in the end,
Only kindness matters. **Brent IAm © 2018**

Change

The inevitable part of our life path, at times we may fear its ever-looming presence.
Change at the core of life's web; sometimes we're left in wonder at the road we chose.
To look back is not an option now, rather *'letting go'* and
acceptance is our only choice – if we truly wish to flow with life.
We often paint pictures in our minds of smooth roads ahead, then from left field – change.
An opportunity for growth and improving who we are – change is the beauty of life.
Brent IAm © 2018

Weakness and Strength

Don't mistake me for a strong person
It is in my weakness
My meekness and my striving for humility
That God flows through me
Making me strong.

Any brightness you see in me
Is me letting go
Allowing God to shine through.

The harder I push
The more life is a challenge
The more I let go
Allowing God's grace to guide me
Then all I truly need is revealed.

It is this path of surrender
The journey of weakness
That aligns us with the one true strength.

Brent IAm © 2018

Peace

Peace is already there
Not a distant mirage
Not some wistful dream
Deep within us
Our inner true self
Lies peace
We may search afar
With money and gold
To seek a Master or Guru to be told
But if we stop
Just be calm, Be still, Be silent
Peace was there all along.

Brent IAm © 2018

TIME

by Sarah Staughton ©2018

I think time is one of God's greatest gifts.

It is a space, a state of mind, a distance, a measurement and a medicine.

To me it feels like a blanket woven out of all the above. Each strand interlocked by the other and within its folds we experience the sway and flow of our lives.

Time allows us to heal, to focus, to gain perspective, hope and understanding.

Time is ever-present, untouchable, unchangeable, invisible and eternal.

Most of the time we who live amongst its power and beauty, take it for granted.

Time is both subjective and objective in a manner unlike anything else.