

Celebrating Over 88 Years of Service to the Community  
1937-2026

“Whm Mes Tu: A Time of Renewal”  
Study Guide, Journal, & Workbook  
February 03 to April 30, 2026



Wednesday Sessions Facilitated By  
Rev. Erica Ni Maat Ra Byrd & Rev. Amadi George Hines



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# KRST Unity Center of Afrakan Spiritual Science

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To Access Zoom Link



## Whm Mes Tu



### The Repetition Birth

**Annual Spiritual Ritual  
& Enrichment Season**

**Feb 15 - Apr 05, 2026**

Reclamation, Renewal, &  
Revitalization of Spiritual  
Consciousness, and  
Communal Empowerment  
through Study, & Cooperative  
Action for the Good of All.

Join The Empowerment Service  
Sunday, Feb 15 (Introduction) - Apr 01  
Sundays 10:30 a.m.

Weekly Conversation & Deep Study  
Wednesdays 6:00 p.m. -7:30 p.m.  
Feb. 18, Feb. 25, Mar. 04, Mar. 11,  
Mar. 18, Mar. 25, Apr. 01

On April 05, we end this period with a  
Spirit-filled walk around the block - a ritual  
of reclamation, renewal, and revitalization,  
intended to empower participants and  
reinforce the mission and vision of the KRST  
Unity Center of Afrakan Spiritual Science.

## **Service Opens with Reflection and Meditation**

### **Welcome The Ancestors / Libation**

#### **“Ancestor Spirit Come By Here”**

Ancestor Spirits, won't you come by here;

We need your presence near.

One mind one power making all things clear;

Ancestor Spirits, won't you come by here?

Somebody's praying Spirit, come by here.

Somebody's singing Spirit, come by here.

### **Welcome Visitors / Introduction of Ministers & Staff / Explanation of Terms / Who We Are / What We Believe**

#### **STATEMENT OF BEING**

SPIRIT IS ALL; Both Invisible and Visible;

One Presence; One Mind; One Power is ALL.

This That Is ALL Is Perfect Life, Perfect Love, And Perfect Substance.

I Am an Individualized Expression of The ALL.

I Am Ever One With Its Perfect Life, Perfect Love, And Perfect Substance.

#### **MISSION & PURPOSE**

The mission and purpose of KRST Unity Center is to provide a loving and supportive atmosphere for personal and spiritual growth for all people to learn how to apply the KRST principles to master their lives.

#### **THE KRST PRINCIPLE**

The Kemetic (Ancient Egyptian) Principle of the Christ -

The Transformative power of The All that is within  
each and every person and thing.

#### **THE PRINCIPLES OF MAAT**

Truth, Justice, Righteousness, Propriety, Harmony,  
Order, Balance, and Reciprocity

#### **THE VIRTUES**

I Control My Thoughts

I Control My Actions

I Have Devotion And Steadfastness Of Purpose

I Identify With A Spiritual Life Or Higher Ideals

I Show Evidence Of Having A Mission In Life

I Cultivate A Call To Spiritual Orders Or The Priesthood

I Am Free From Resentment Under The Experience Of Wrong-Doing

I Have Confidence In The Power Of The Master To Teach The Truth

I Have Confidence In My Ability To Learn And Wield The Truth

I Am Ready And Prepared For All Initiation Processes

## WHAT IS WHM MES TU?



This is a spiritual enrichment process for the Reclamation, Renewal & Revitalization of Spiritual Consciousness and the empowerment to collective, communal and cooperative action for the good of KRST Unity Center of Afrakan Spiritual Science—its All auxiliaries, Family & Friends.

WHm Mes Tu is a period in the year where the entire community commits to Renewal, Revival Restoration and Regeneration of the Maatian mission,

vision and practices of their spiritual home.

"WHm Mes Tu ; pronounced by Nswt Bty Amenemhat, 2000 AFK was the first articulation of the concept of renaissance and revival. WHm Mes Tu was a call for the people to return to the fundamental concepts, ideas, thinking, features, characteristics and practices that had made KHMT (Egypt) a great nation.

This pronouncement was necessary because the people had begun to drift away from the principles of Truth. The Pharaoh's primary responsibility was to exemplify MAAT (Truth, Justice, Righteousness, Harmony, Balance and Unity). Amenemhat, understanding the law of Mind Action knew that unless his consciousness and the consciousness of the people were firmly grounded in Truth, the nation would decline.

WHm Mes Tu means "Go back to Principle and articulate Good Speech." Good speech is Speaking Good and Doing Good. (MAAT) (As our grandparents taught us "Pretty Is as Pretty Does".) His call was for an internal process of rededication to spiritual principles that would serve as an impetus for the corresponding actions of outer revitalization.

WHm Mes Tu, the articulation of Good Speech has the model for 2000 years... Whenever the nation drifted toward mediocrity, the call for renewal is pronounced.

We are calling now, for WHm Mes Tu to be established at The KRST Unity Center Of Afrakan Spiritual Science as a purposeful, conscious activity for the rebirth, reawakening and revitalization of The KRST Center, all its Members, Associates, Friends, and Greater Community.

Let us consciously search for, use and apply Good Speech and Good Action and focus upon fulfilling our mission and purpose: "To provide a loving and supportive atmosphere for personal and spiritual growth for all people to learn how to apply the KRST principles to Master our lives. " As we do so, our lives will be a shining beacon for all those who are feeling the stirring of Spirit and desire to actively participate in the spiritual awakening of our community and the world.

Our personal commitment must be to live the example of WHm Mes Tu as Amenemhat did. I invite you to join in a conscious communion of Unity in this process for the rebirth and revitalization of UNITY in our community. To do so we must focus our consciousness, our thought word and deed (Good Speech) upon our spiritual growth and our desire to serve NTR through serving all of life.

We can only fulfill our destiny, our responsibility for empowering our community from strength within our own spiritual selves. That can only come about as the result of the work we do to consciously be in oneness with NTR (NTR).

WHm Mes Tu is for the Spiritual resurrection of Community Unity that we may serve as a beacon of Truth for the building of a spiritually based Society, through the teaching of African Centered Spiritual Principles.

Our community is crying out for a knowing of ourselves as spiritual beings and the truth that we are created for mastering life's ups and downs through the practical application of spiritual principles. "Unity" is the answer. Unity of Spirit; of Heart, of Mind, of Purpose In the Revitalization and Practice, in our day to day lives of Afrakan Spiritual Science.

WHm Mes Tu offers us a spiritual tool and some methods of spiritual empowerment to assist us on our consciousness raising journey toward oneness with NTR, by which we will empower ourselves, our center, our village, our nation and the world.

### **WHAT WE BELIEVE:**

**We believe that the** Creator has infused itself in and as Creation. We are not in opposition to any religious belief or philosophy. Rather, we integrate the Truth which exists in all religions. Each individual is on his or her path of self-discovery and fulfillment. We offer practical methods that anyone may use to create a more harmonious, productive and loving experience of life.

**We believe** in the power of Affirmative Prayer. Through which the Neteru (forces of creation in nature) are revealed to us through self, as perfect health, abundance, prosperity, harmonious relationships and every good experience that enriches the quality of living through a greater realization of Neteru. We believe there is a power for good in the universe, a power greater than we are, able to influence all things. That power is the power of Creation. We call it Ntr (Neter). We teach you how to recognize your relationship with the Neteru and to use the KRST principle in you, for successful daily Maatian Living!

### **Virtues For Successful Living**

- ◇ Devotion: Dedication to a purpose or goal giving meaning to your life.
- ◇ Fortitude: Freedom from resentment under the experience of persecution and wrong. Victory over self.
- ◇ Temperance: Control of your actions and the passionate nature.
- ◇ Courage: The character not to allow fear or adversity to turn you away from your goal.
- ◇ Obedience: Being obedient to The Call-Vocation. One who has vocation hears the voice of the Inner Self. They are called.
- ◇ Confidence in the power of the teacher to teach the truth and in your ability to learn and master the truth.
- ◇ Prudence: Evidence of having a mission and the insight that befits the faculty of Seership. Intelligence or Understanding.
- ◇ Wisdom: Control of Thought in accord with Maat.
- ◇ Justice: Unswerving righteousness of thought and action - The ability to distinguish between right and wrong.

## NEFER WHM MS TU HERU

Discussion Guide created by Rev. SMSUT Sa-t Beset based on a  
Sermon created by Senior Minister Rev. Richard Meri Ka Re Byrd

1. The Ritual service that is celebrated as Easter is one of the most profound legacies attributable to our ancient African Spiritual Heritage.

**Response: What has come down to us is barely recognizable in the form that it has taken since the council of Nicaea 325 AD, when the whole meaning of, “The Sun S.U.N. of God resurrects at Zep Tepi (On the First Occasion) was shifted to the state religion of the Roman Empire where the duties of the state are not to enlighten the people seeking truth, but to suppress truth, especially truth clothed in Afrakan Cloth.**

2. Today this universal resurrection drama is still focused upon the blood sacrifice of a mythological Jesus, about who Rev. T.D Jakes preached, “That God Killed His Son, to Save Us from Our Sins”.

**Response: This type of teaching stirs the Christian’s fever with a crusaders heart, and stagnates his mind and provides the basis for all the misguided religious outpourings of yesterday and today.**

3. A lamb cannot die for your sins. A man cannot die for your sins! We’re missing the mark. You must do your own work of redemption. The resurrection is for everyone.

**Response: To come to know you are a divine being, as a living process, is what our lives are all about. To come to a place of consciousness where we are intentionally calling out our own growth is why we are here.**

4. Why is it important to engage in a life course of intentional conscious practice and application of African spiritual principle: The conscious reordering; the learning to get a grip on our own lives, participating in our redemption as individuals for the sake of the world community?

**Response: It calls us back to ourselves, back to the ancestral teachings for the reclamation, renewal and revitalization of spiritual consciousness and the empowerment of collective, communal and cooperative action for our good and the good of the KRST village and all its members and friends.**

5. What is the purpose of the 47 day WHM HM MES TU process that we call for every spring?

**Response: The purpose of the Whm Hm Mes Tu is the articulation of the re-birth, renaissance, and a return to the principles, concepts, thinking, characteristics and practices that make us a great nation. It is a realigning ourselves with the cycles of the greater universe using African centered approaches informed by the laws, principles and processes of divine spiritual science MDW NTR (Divine Speech) and MDW NFR (Good Speech).**

6. Our Ancients purpose and the KRST purpose is the redemption and perfectibility of mankind from a lower state of consciousness to a higher one. Our life is meant to be used as a workbook for soul unfolding and demonstrating the perfectibility story; Mankind subduing the lower by moving to higher and higher states of consciousness and the complete returning to oneness with God. That’s the so called mystery of Heru Em Akhet the Sphinx: transformation!

7. You would not be here today in this service, right here at KRST Unity if you were not already prepared and ready for the inner journey that will bring you ultimately into unity with all that is NTR.

**Response: Through the inner process of resurrection we will graduate from the Old Testament mentality of Blood Sacrifice to the Aquarium Age, higher teachings of NTR within us, acting through us in joyous service for the highest good for all.**

8. We are all somewhere between the New Birth of consciousness and the resurrection but the processes, the challenging experiences in the middle often feels like Crucifixions.

**Response: Crucifixion is the human feeling we experience when we have resistance to the experiences playing out in our soul journey here on earth. We forget that we have joined as co-creators of those experiences to sharpen our skills as Sacred Men and Women in training. (Divine beings in a state of remembering)**

**We are sleep walking through those circumstances, often missing the blessings, that have been lifetimes in forming getting the relationship, the people and events lined up just right that prove to ourselves our spiritual capacity to rise above earthly limitations, to cross out all the false ideas, beliefs and values, destructive emotions, feelings negative states of mind that stand in the way, hold us back and keep us in bondage. So the experiences are necessary. They are how we learn, that we know, that we know.**

9. The true story of today, that is celebrated as Easter is for us to demonstrate the resurrecting power of the KRST within us; to bring about our own divine possibilities; to experience for ourselves the divine resurrecting power, demonstrated by the KRST in the KRST principles.

**Response: Unless this drama leads us into our own resurrection experience. It has little value. It is for us to come to the realization that we too can overcome all challenges, all difficulties of life. That through the KRST in us we can overcome any false appearance, even the false notion of the permanence of death!**

10. This inner resurrection is the event that is constantly attempting to unfold in our lives at Sep Tepi, that is now and also for eternity.

**Response: Resurrection is a process for us to be involved in. It is to sacrifice our own human/creature natures, and through the righteous practice of MAAT, Propriety, Justice, Righteousness, Order, Balance, Reciprocity, Harmony, Balance: To uncover our divine natures so that we can live victoriously and to come down from every cross to rise up to triumphant life.**

11. We are the scouting party for the New Age. Our responsibility is to get the lay of the land, to determine the best way to navigate for our people the unknown land, or consciousness.

**Response: Our ancestors have opened these new ages many times before. How well we lay out the pathway is dependent upon our ability to listen to the guidance of spirit as spoken by the ancestors. Our job as pioneers is to indeed scout out the land (consciousness) but then to stand and point the way. Each must ultimately find the way for themselves.**

12. The driving force of this new dispensation is a departure from the old. I believe, I have faith, must give way to "I Know!"

**Response: To know requires the active participation of those whose desire to know, is a self-sacrificing insperience. It is a pathway of work. Unfolding as deep study, meditation, questioning, seeking, practicing, work, work, work, to realize to practice the Heru, Hero's path.**

## The following steps will help you in your celebration of WHm Mes Tu:

- Establish a weekly commitment to act on the principles of Khepera (action, transformation, rebirth) in my heart/mind as WHm Mes Tu Day and Celebrate this first 100 Days beginning February 15, 2026 through April 05, 2026 For WHm Mes Tu Observances.
- **Prayer:** Conscious attunement of our heart/mind in this First 100 Days of the Spiritual Renaissance with the All Good, One Presence, One Power Spirit/NTR. We realize our perfect connection with Spirit/NTR. We frame our thoughts and speak our desire for the highest and best for spiritual unfolding.
- **Meditation:** Meditate daily for spiritual empowerment in these 100 days.
- **Spiritual Season:** Lovingly give attention to the spiritual empowerment of Unity and all of our Brothers and Sisters everywhere. During WHm Mes Tu Day, Let us gather together, in consciousness at 6:30 PM , wherever we establish as our place of meditation, for a inner generated meditation processes for the spiritual regeneration of consciousness for all.
- **Spiritual Renewal Activity:** In this First 100 Days of the Spiritual Renaissance, commit to at least one hour daily of conscious participation in an activity for spiritual renewal; formal classes; reading spiritually centered books, sharing truth principles, visiting hospitals, nursing homes, volunteering, being of service to one another.
- **Commitment of Time, Talent and Treasure** for the spiritual renewal of consciousness: Each of us has gifts to give and all giving returns to the giver multiplied. During WHm Mes Tu Day: in your prayer and meditation, affirm your desire and gently ask Spirit's direction for how you can best serve through the gift of your Time, Talent and Treasure for the rebirth and revitalization of spiritual consciousness in your life, in the dynamic life of The KRST Center, The Village and any of your organizations.
- **Keep a Journal of my Thoughts & Actions** During this First 100 Days of the Spiritual Renaissance of WHm Mes Tu Observance. Journaling is a powerful Spiritual tool that will help you to focus upon your commitments. After prayerful consideration, write your desire for how you intend to observe WHm Mes Tu. Remember, you design your program. (Note) Stretch a little! Journal your preparation process, your thoughts, feelings, experiences, successes, where you may have missed the mark. (This is your private journal). You will begin to see a pattern of growth and unfoldment that will astound you!
- **Spiritual Fasting:** During WHm Mes Tu Day; Commit to the conscious activity of fasting from negative thinking, negative emotions, and negative states of consciousness. This spiritually empowering process will help you to "cleanse the temple" in preparation for your personal spiritual renewal and for your joining in consciousness for the regeneration and renewal of The KRST Center, The Village & The Nation

**Physical Fasting During WHm Mes Tu Day:** Our purpose is to use this self-discipline activity to assist us to focus on our spiritual processes of renewal, regeneration and the uplifting of our consciousness. The physical resting of our body's system will also bring wonderful attendant benefits. Make your commitment based upon your individuals prayerful choices and requirements: Here are some possibilities and choices or you can create your own program; a. Liquids only, b. Meatless/Sugarless c. 24 hour period. Sun up to sundown. Fast 1 meal or 2.

We are asking for your personal commitment and the involvement of all The Village, individuals, auxiliaries, organizations, who share our consciousness for the uplifting of Spirit and the realization of our oneness with NTR and all of life. Through our joining our consciousness in oneness (UNITY) we are recreating ourselves, and our Community in order to better serve as NTR's instruments for the unfolding of Its good on earth, as it is in heaven.

**And So It Is!**

#### **Suggested Guidelines for Affirmative Prayer:**

Prayer is any conscious attempt to experience, and realize our oneness with NTR. It is opening ourselves to the power of NTR to move and act through us. "The Kingdom of NTR (consciousness), is within." As our awareness of the inner presence of NTR expands, we experience ourselves as centered in NTR, and perceive things from the divinity within. We do not pray to NTR as something separate from us, but from Its sacred presence within, our very essence. NTR is good all the time. The purpose for prayer is for us to come into conscious acceptance of the all-good nature and reality of NTR. Prayer does not change things for us, it changes us for things by changing our minds about the things. We acknowledge the presence of NTR within us, and in every situation and give thanks for perfect outcomes.

- 1. BECOME STILL:** Acknowledge and realize the presence of **NTR** and announce your intention of opening yourself to the presence of **NTR**. Even if our prayer is for a specific thing, the underlying need is to feel oneness, and to sense the comfort, guidance and healing which rise up from Spirit within yourself.
- 2. ASK:** Confidently make your desires known of the One Power, One Presence, All Good, Mother/Father/Spirit/All That Is (Whatever you call **NTR**) **Within You**.
- 3. AFFIRM:** That what you have asked will be done through you. Spirit can only do for you what it can do through you.

**4. GIVE THANKS IN ADVANCE:** Move forward in your life as if your prayer has been answered.  
**Suggested Guidelines for Meditation:** Meditation's essential purpose is the realization of union or oneness with NTR. It is a turning from the tumultuous outer world to drink of the deep reservoir of unlimited Spirit within and the returning with a sense of oneness to the outer world. It is a listening to the still small voice within. It is therefore a very personal experience and cannot be measured by someone else's experience as to what is supposed to happen or be experienced.

**Let us speak good speech and declare WHm Mes Tu for our lives:**

Where two or more are gathered agreeing upon anything, there I am in the midst of them. Take your position, stand still and see the victory of the lord [law] on your behalf. It is the heart [mind] which causes every completed concept to come forth, and it is the tongue which announces what the heart [mind] thinks. Thus all the NTRs [forces, powers] are formed... Indeed all the divine order comes into being through what the heart [mind] thinks and the tongue commands. Ancient Kemetian Scripture from The Book Of Coming Forth by Day.

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**I Desire Spiritual Renewal for Myself, KRST Unity Center Afrakan Spiritual Science, The Nation and The World.**

1. The establishment of Every Sunday in my heart / mind / actions as: WHm Mes Tu and this First 100 Days of the Spiritual Renaissance, For WHm Mes Tu Observances.
2. Prayer: Conscious attunement of my heart/mind with Spirit / Ancestors in this 100-Day Spiritual Season.
3. Meditation: Consistent meditation for spiritual empowerment in this 100-Day Spiritual Season.
4. Spiritual Renewal Actions in this First 100 Days of the Spiritual Renaissance: Study, Contemplation & Service.
5. Commit my Time, Talent & Treasure in this First 100 Days of the Spiritual Renaissance.
6. Keep a Journal of my Thoughts & Actions During the WHm Mes Tu observances.
7. Spiritual Fasting During WHm Mes Tu: Consciously releasing negativity. Proclaim "Mdw Nfr".
8. Physical Fasting During WHm Mes Tu: Actioning life principles for spiritual empowerment.

I Proclaim this WHm Mes Tu, The First 100 Days of Spiritual Renaissance,  
Through The Power of NTR In Me

This 15th Day of February 2026 (6268) AFK

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_



Exploring the spiritual essence of the Whm Mes Tu process can help you connect with themes of transformation, rebirth, and the quest for knowledge. In this workshop, you'll discover how the symbols and teachings from our ancestral teachings makes this a remarkable process that will inspire your own spiritual journey. *Get ready to uncover the wisdom that comes forth through Whm Mes Tu.*

These Valence Tables are recommendations for individuals to create a personalized version within the overall context of the five phases. Each phase relating to the refinement of each of the four corners of the temple, Physical, Emotional, Mental and Intuitive culminating with the 5th phase of building of the Divine Community of liberated souls.

### **Valence Table Schedule**

#### **1st Ten Days: Physical Purification**

Date: \_\_\_\_\_

Squaring the Physical Body - Observation and consciously constructive actions: This phase should include a daily practice of a healthy diet and nutrition; meditation, physical exercise, deep breathing, fresh air, eight glasses of water, sunlight breaks, rest and relaxation. Keep a journal of your experiences, dreams and intuitive insights.

#### **2nd Ten Days: Emotional Purification**

Date: \_\_\_\_\_

Squaring the Emotional Body - Controlling the passions by living a life of virtue: In this phase, continue physical disciplines and add the study and practice of the 10 Virtues. Focus on one Virtue each day.

#### **3rd Ten Days: Mental Development**

Squaring the Mental Body - Investigation into the inner meaning and purpose of life and your role within the Creator's Master Plan: Continue the physical (daily exercises, meditation, healthy diet & nutrition, water, sunlight, fresh air, rest & relaxation) and emotional disciplines (use one of the 10 virtues as a daily affirmation) and add a 10 day research project on a topic of spiritual importance to you. Write a minimum one-page paper on your research and deep thought.

#### **4th Ten Days: Intuitive Development**

Date: \_\_\_\_\_

Squaring of the Intuition, extending the sensitivity of the five senses: Continue physical, emotional and mental disciplines and, if possible, participate in a three to ten day fast. Extend your meditative and contemplative practice. Increase your deep breathing exercises; try to maintain an attitude of serenity, peace and calm. Record and reflect on signs appearing in your life.

#### **5th Phase – Seven Days: Social Development**

Date: \_\_\_\_\_

Squaring the Social Body - Building the Collective Summon Bonum, a Divine Community of Liberated Souls. Gather together or communicate with other members of the KA community for discussions, join, support, participate, give service for the uplifting of our community. Come together for group meditations and reflections on insights from the Oo-Hm Mes Tu.



## 1st 10 Days: Physical Purification— Daily Log

Chart your progress and active participation in each of the daily valences.

The Virtues	Steadfastness	Fidelity	Devotion,	Fortitude,	Temperanc e	Courage	Obedience	Prudence	Wisdom	Justice
<b>Chakras</b>	Root/Red	Sacral/ Orange	Solar Plexus	Heart/ Green	Throat/ Blue	Brow/ Indigo	Crown/ Violet	Union Of All 7	Union Of All	
<b>Thought Control / Positive Mental Attitude</b>										
<b>Exercise</b>										
<b>Breathing Exercises</b>										
<b>Meditation</b>										
<b>Diet &amp; Nutrition</b>										
<b>8 Glasses of Water</b>										
<b>Fresh Air</b>										
<b>Sunshine</b>										
<b>Rest &amp; Relaxation</b>										
<b>Journaling</b>										

**Note your physical as well as spiritual participation.**

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## 2nd 10 Days: Emotional Purification— Daily Log

Chart your progress and active participation in each of the daily valences.

The Virtues	Steadfastness	Fidelity	Devotion,	Fortitude,	Temperance	Courage	Obedience	Prudence	Wisdom	Justice
<b>Chakras</b>	Root/Red	Sacral/ Orange	Solar Plexus	Heart/ Green	Throat/ Blue	Brow/ Indigo	Crown/ Violet	Union Of All 7	Union Of All	
<b>Thought Control</b>										
<b>Exercise</b>										
<b>Breathing Exercises</b>										
<b>Meditation</b>										
<b>Diet &amp; Nutrition</b>										
<b>8 Glasses of Water</b>										
<b>Fresh Air</b>										
<b>Sunshine</b>										
<b>Rest &amp; Relaxation</b>										
<b>Journaling</b>										

**Note your physical as well as spiritual participation.**

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### 3rd 10 Days: Mental Purification— Daily Log

Chart your progress and active participation in each of the daily valences.

The Virtues	Steadfastness	Fidelity	Devotion,	Fortitude,	Temperance	Courage	Obedience	Prudence	Wisdom	Justice
<b>Chakras</b>	Root/Red	Sacral/ Orange	Solar Plexus	Heart/ Green	Throat/ Blue	Brow/ Indigo	Crown/ Violet	Union Of All 7	Union Of All	
<b>Thought Control</b>										
<b>Exercise</b>										
<b>Breathing Exercises</b>										
<b>Meditation</b>										
<b>Diet &amp; Nutrition</b>										
<b>8 Glasses of Water</b>										
<b>Fresh Air</b>										
<b>Sunshine</b>										
<b>Rest &amp; Relaxation</b>										
<b>Journaling</b>										

**Note your physical as well as spiritual participation.**

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### 4th 10 Days: Intuitive Development — Daily Log

Chart your progress and active participation in each of the daily valences.

The Virtues	Steadfastness	Fidelity	Devotion,	Fortitude,	Temperance	Courage	Obedience	Prudence	Wisdom	Justice
<b>Chakras</b>	Root/Red	Sacral/ Orange	Solar Plexus	Heart/ Green	Throat/ Blue	Brow/ Indigo	Crown/ Violet	Union Of All 7	Union Of All	
<b>Thought Control</b>										
<b>Exercise</b>										
<b>Breathing Exercises</b>										
<b>Meditation</b>										
<b>Diet &amp; Nutrition</b>										
<b>8 Glasses of Water</b>										
<b>Fresh Air</b>										
<b>Sunshine</b>										
<b>Rest &amp; Relaxation</b>										
<b>Journaling</b>										

**Note your physical as well as spiritual participation.**

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## 42 DECLARATIONS OF INNOCENCE

The foundation of everything we do should be rooted in the 42. At the end of the day it's about RESPECT! Respect for Our Spiritual Center. Respect for our Founder and Senior Minister Rev Meri Ka Ra. Respect for ourselves. Respect for our Sisters and Brothers. And Respect for our relationships with our Sisters and brothers.

1. I have not done iniquity.
2. I have not done violence.
3. I have not stolen.
4. I have done no murder or harm.
5. I have not stolen food.
6. I have not swindled offerings.
7. I have not acted deceitfully.
8. I have not told lies.
9. I have not wasted food.
10. I have not caused anyone or anything pain.
11. I have not closed my ears to the truth.
12. I have not committed adultery.
13. I have not caused anyone to shed tears.
14. I have not committed fornication.
15. I have not cursed.
16. I have not laid waste to the ploughed land.
17. I have not stolen anyone's land.
18. I have not been an eavesdropper.
19. I have not falsely accused anyone.
20. I have not committed a sin against my own purity.
21. I have not seduced anyone's wife.
22. I have not polluted myself.
23. I have not terrorized anyone.
24. I have not polluted the earth.
25. I have not burned with rage.
26. I have not cursed god.
27. I have not worked grief.
28. I have not caused disruption of peace.
29. I have not acted hastily or without thought.
30. I have not overstepped my boundaries of concern.
31. I have not exaggerated my words when speaking.
32. I have not worked evil.
33. I have not used evil thoughts or deeds.
34. I have not polluted the water.
35. I have not spoken angrily or arrogantly.
36. I have not cursed anyone in thought, word or deed.
37. I have not placed myself on a pedestal.
38. I have not spoken scornfully.
39. I have not stolen from or disrespected the deceased.
40. I have not taken food from a child.
41. I have not acted with insolence.
42. I have not slaughtered animals.

