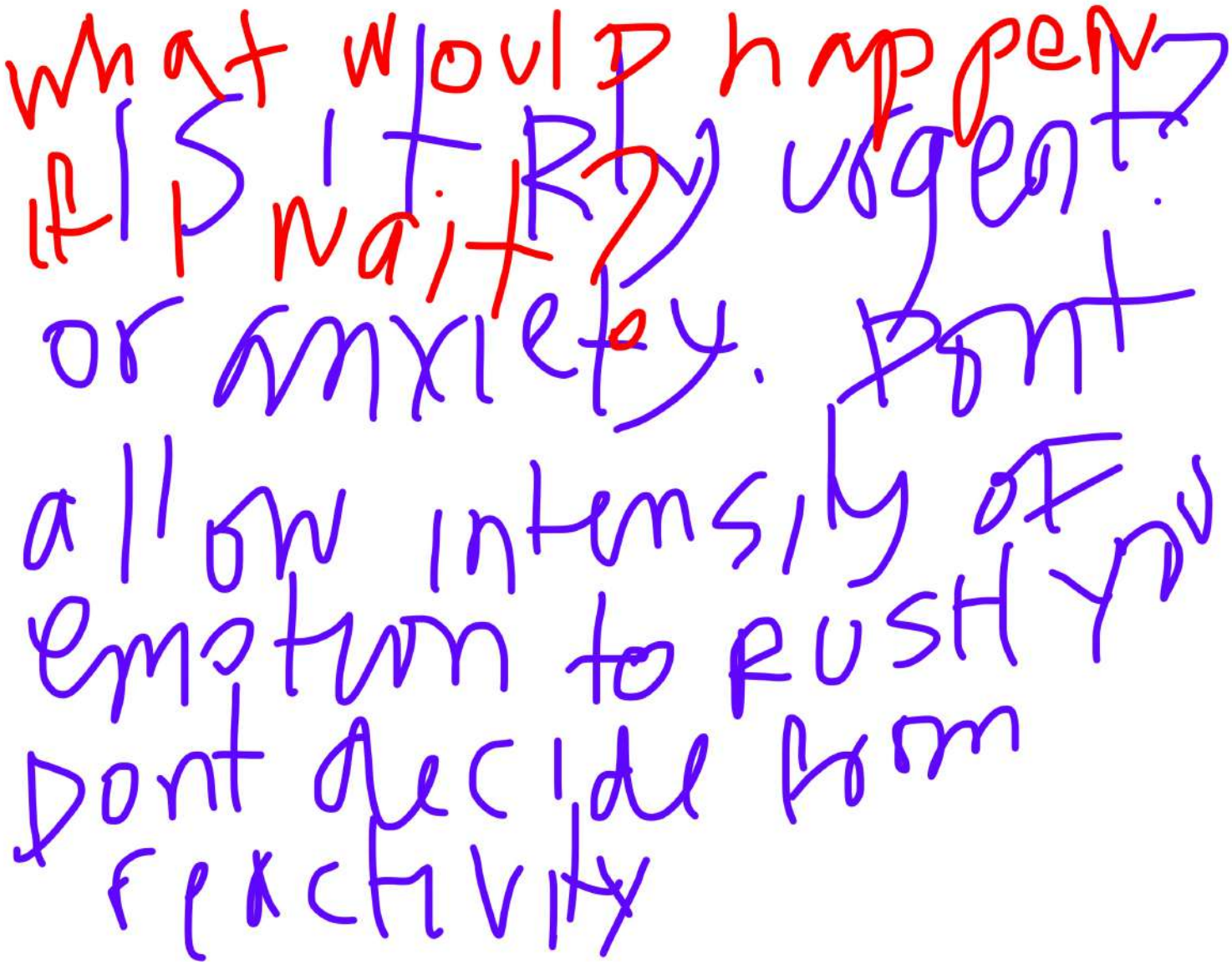
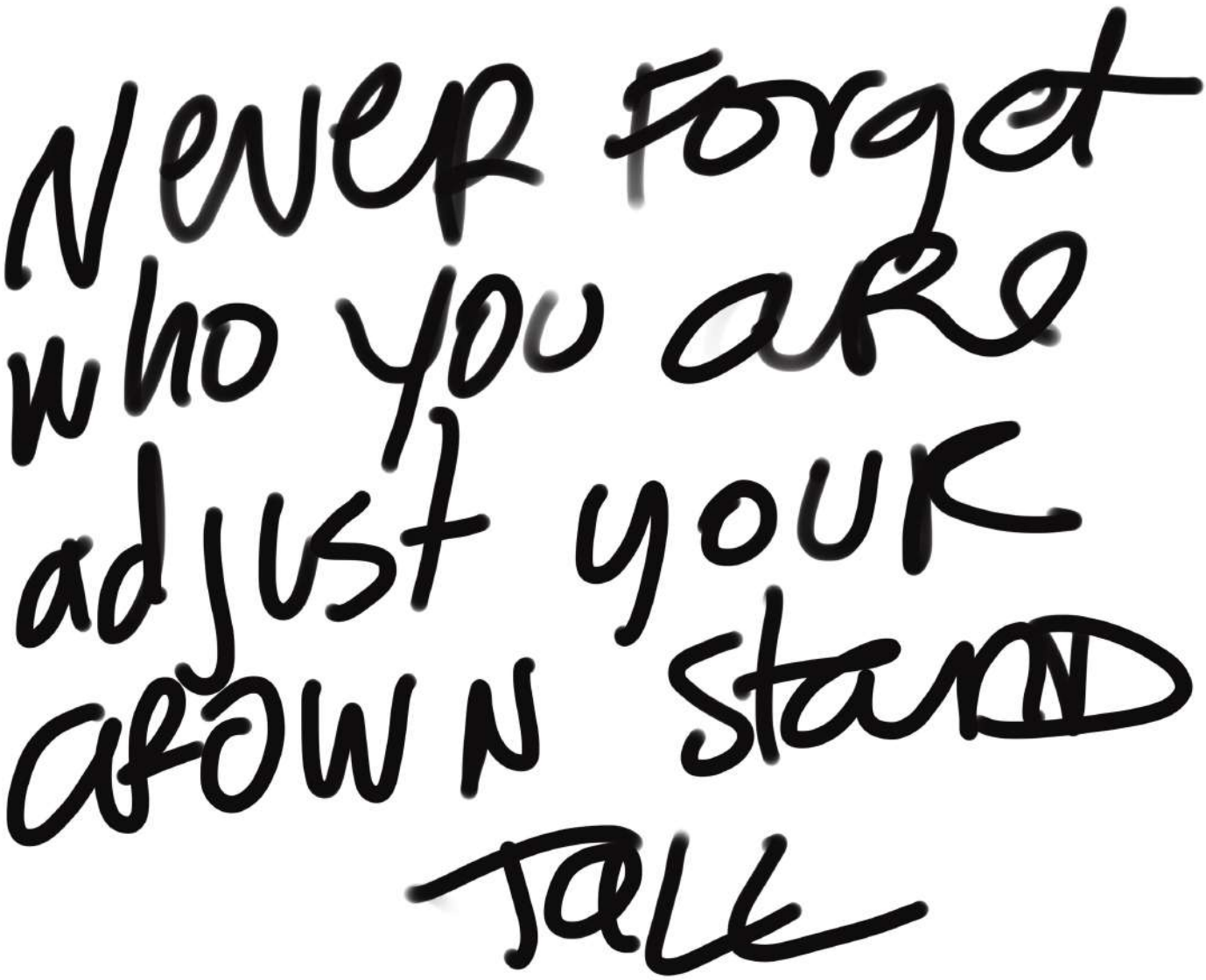
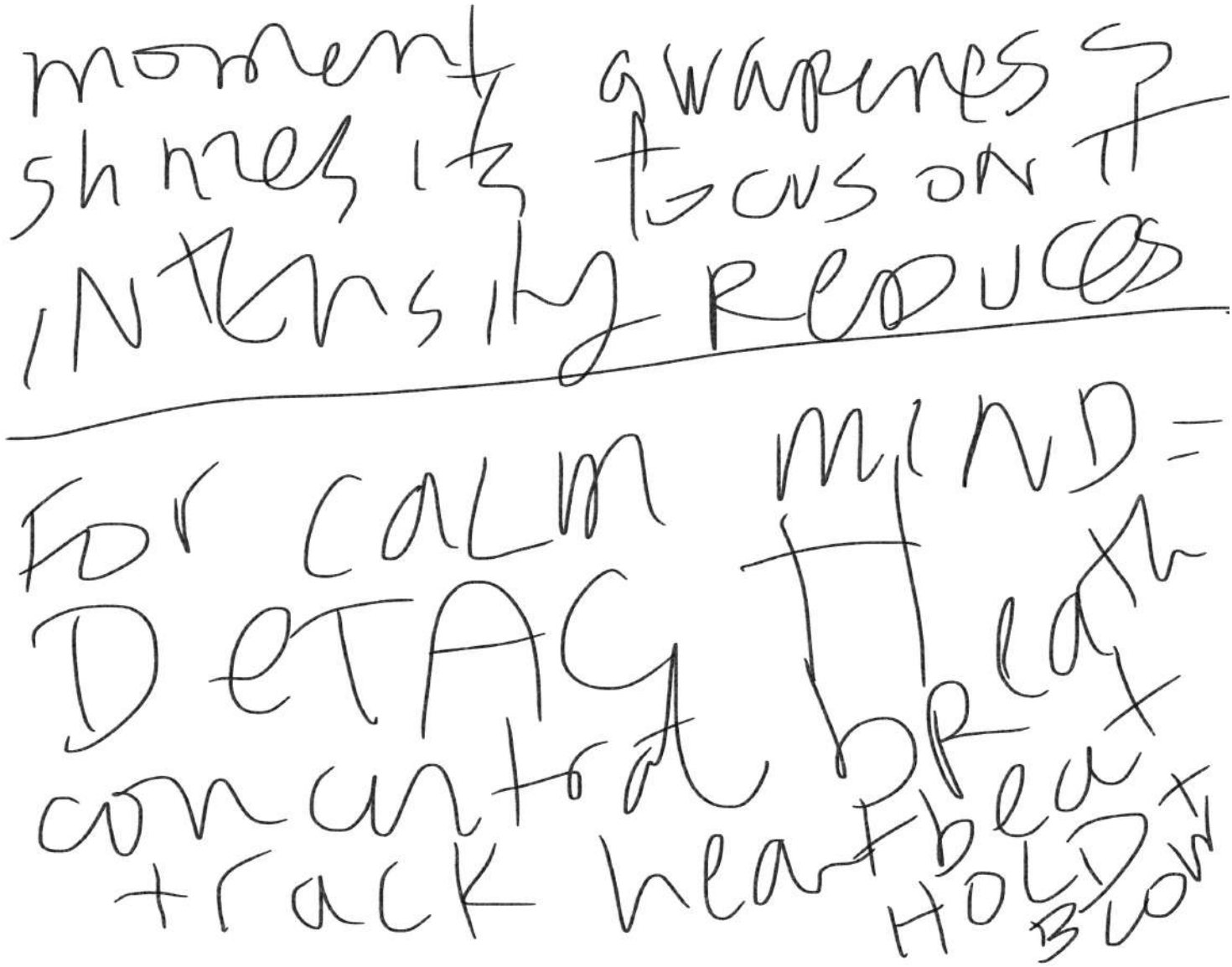

what would happen
if Spirit Say urgent
or anxiety. Dont
allow intensity of
emotion to rush you
Dont decide from
reactivity

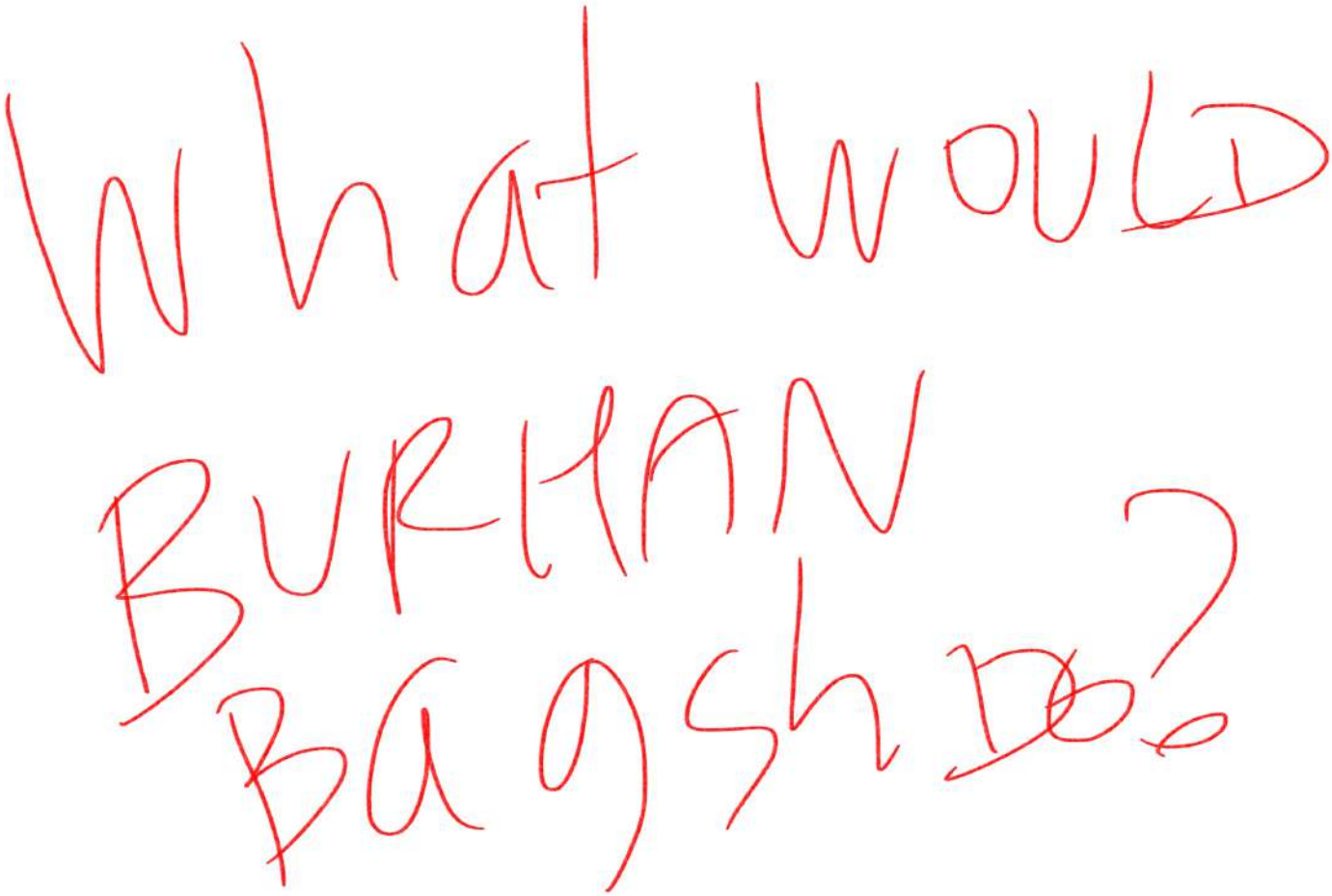

Never forget
who you are
adjust your
crown stand
tall

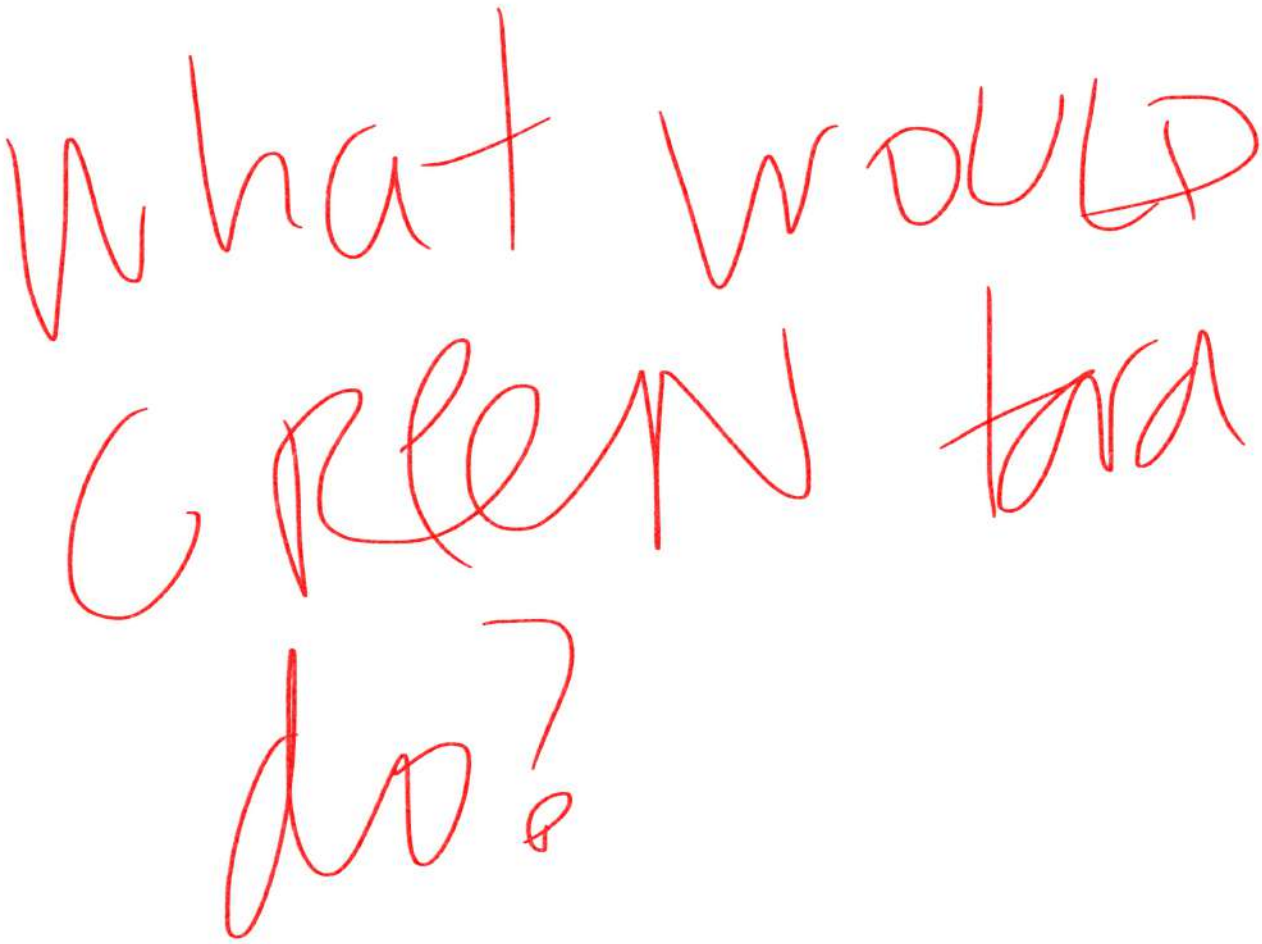


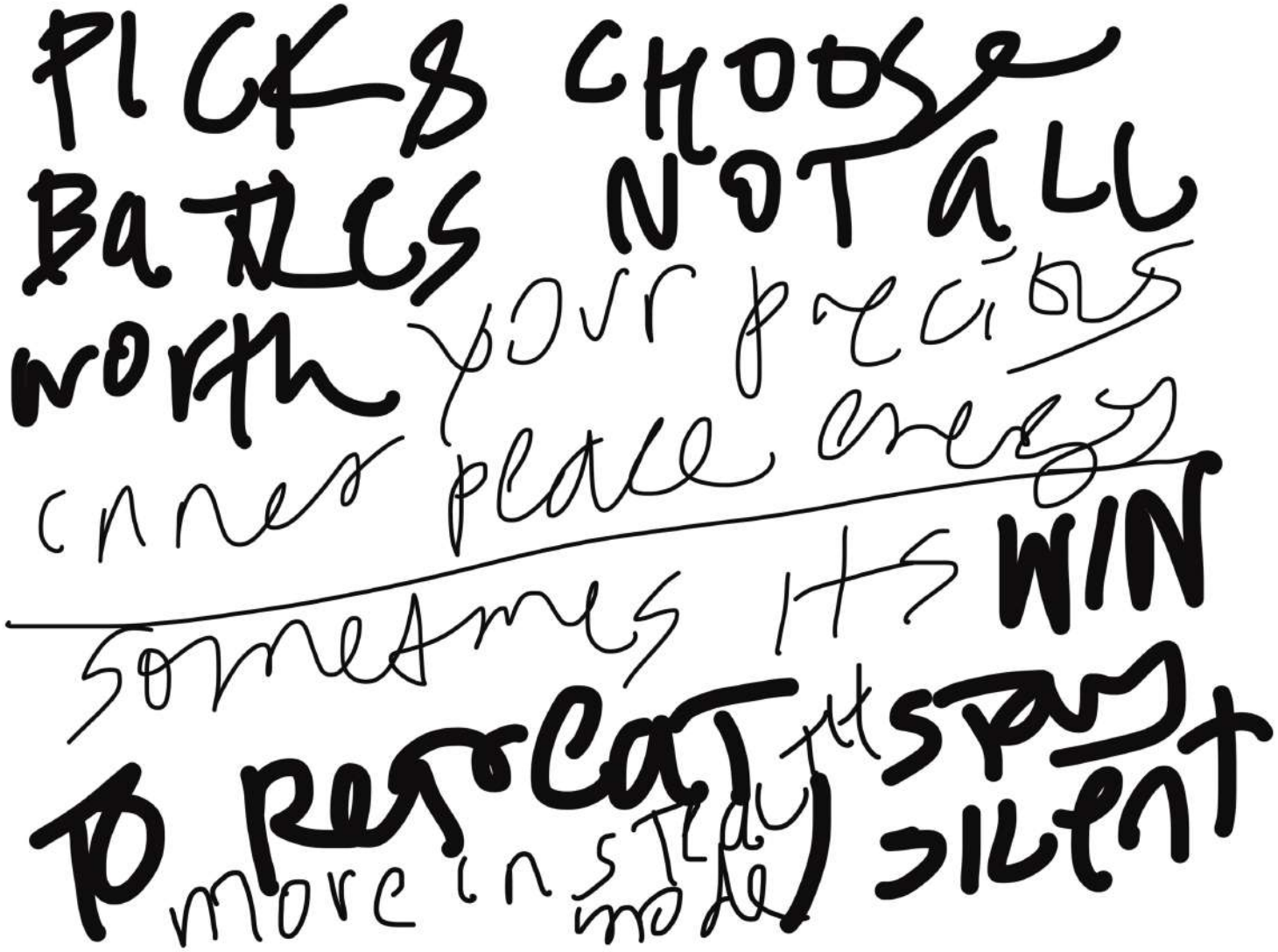
moment awareness
shines its focus on it
intensity reduces

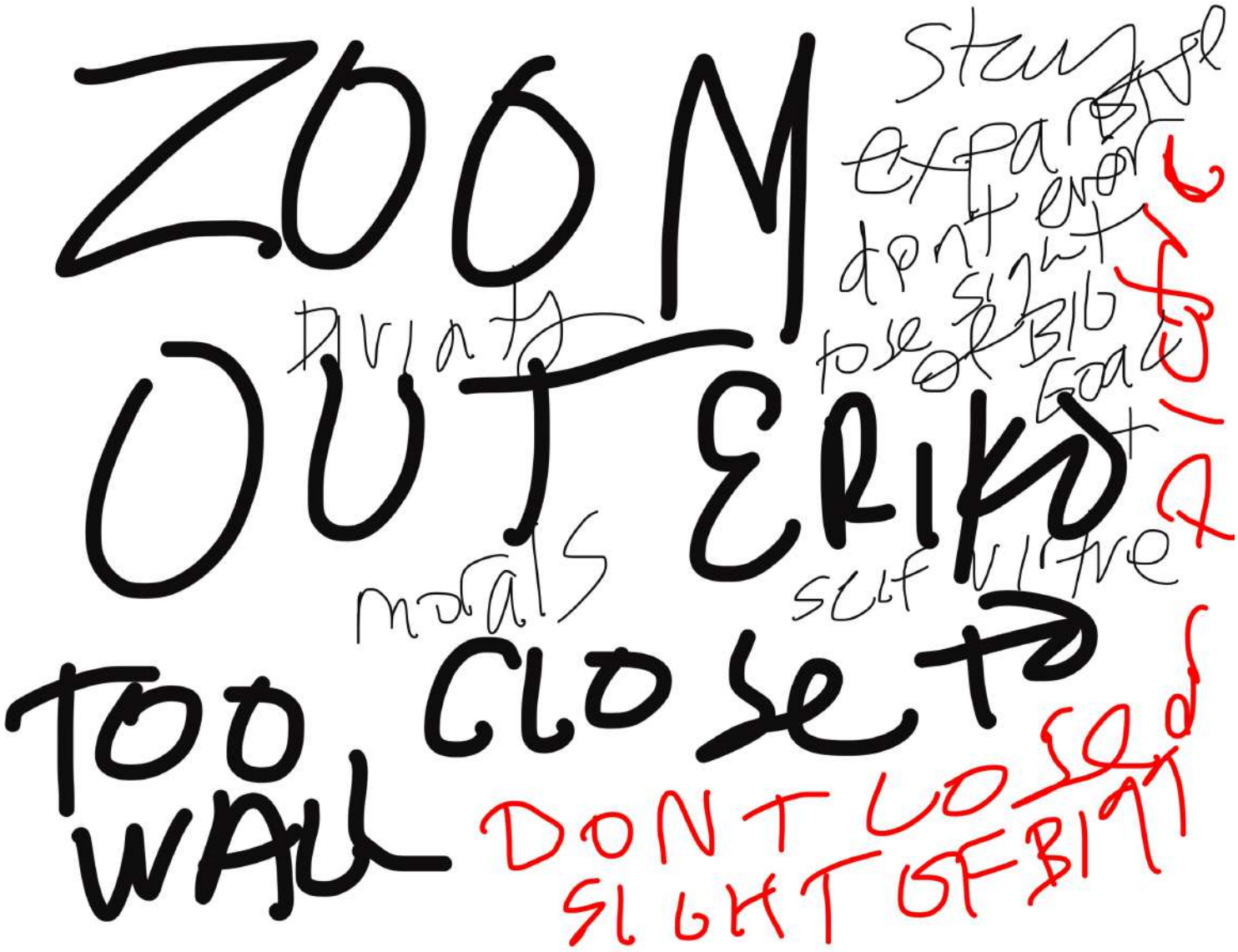
For calm mind =
DETAG
concentrate breath
track heartbeat
HOLD + BLOW

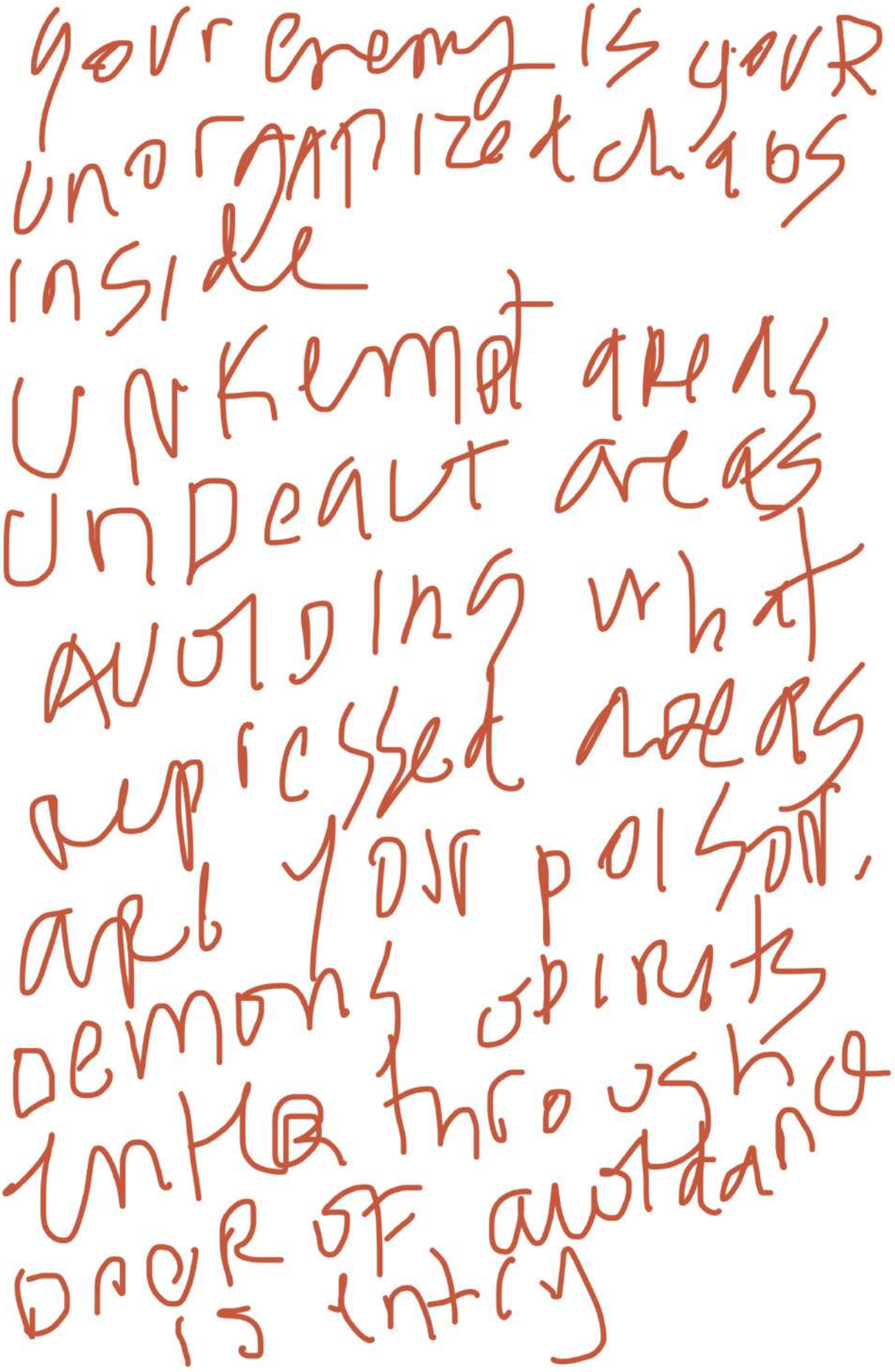
What would Papa Jo in your situation? How would he respond?


What WOULD
BURTAN
BAGSHAW?

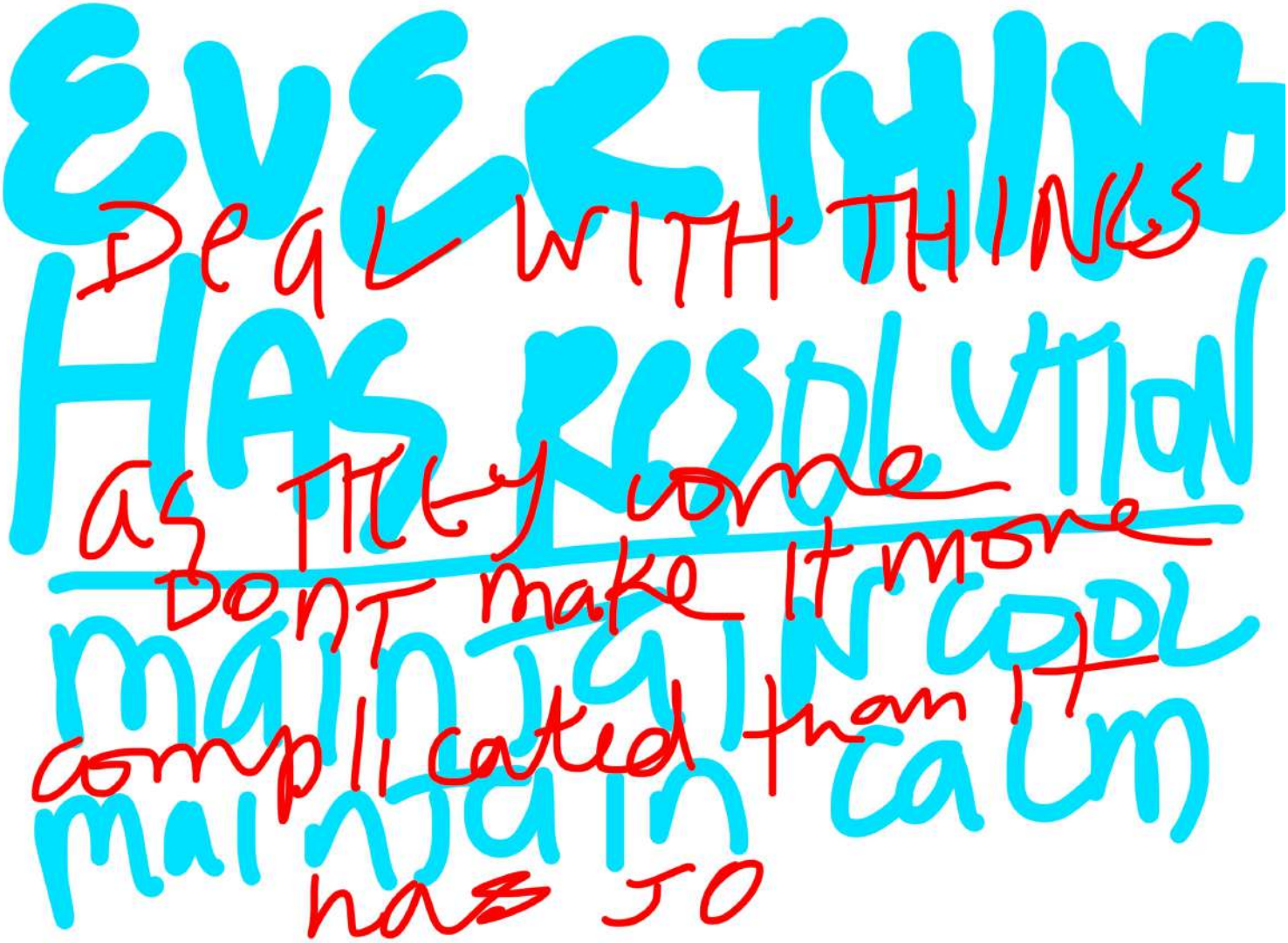

What would
Green tara
do?


PICK & CHOOSE
BATTLES NOT ALL
WORTH YOUR PRECIOUS
INNER PEACE ENERGY
SOMETIMES IT'S WIN
TO RETREAT IT'S SPIRIT
MORE INSTEAD SILENT


ZOOM
OUT ERIKO
TOO CLOSE TO
WALL
DONT LOSE
SIGHT OF BIG



your enemy is your
unorganized chaos
inside
unkempt areas
undeaut areas
avoiding what
repressed areas
are your poison.
demons spirits
enter through
door of avoidance
is entry



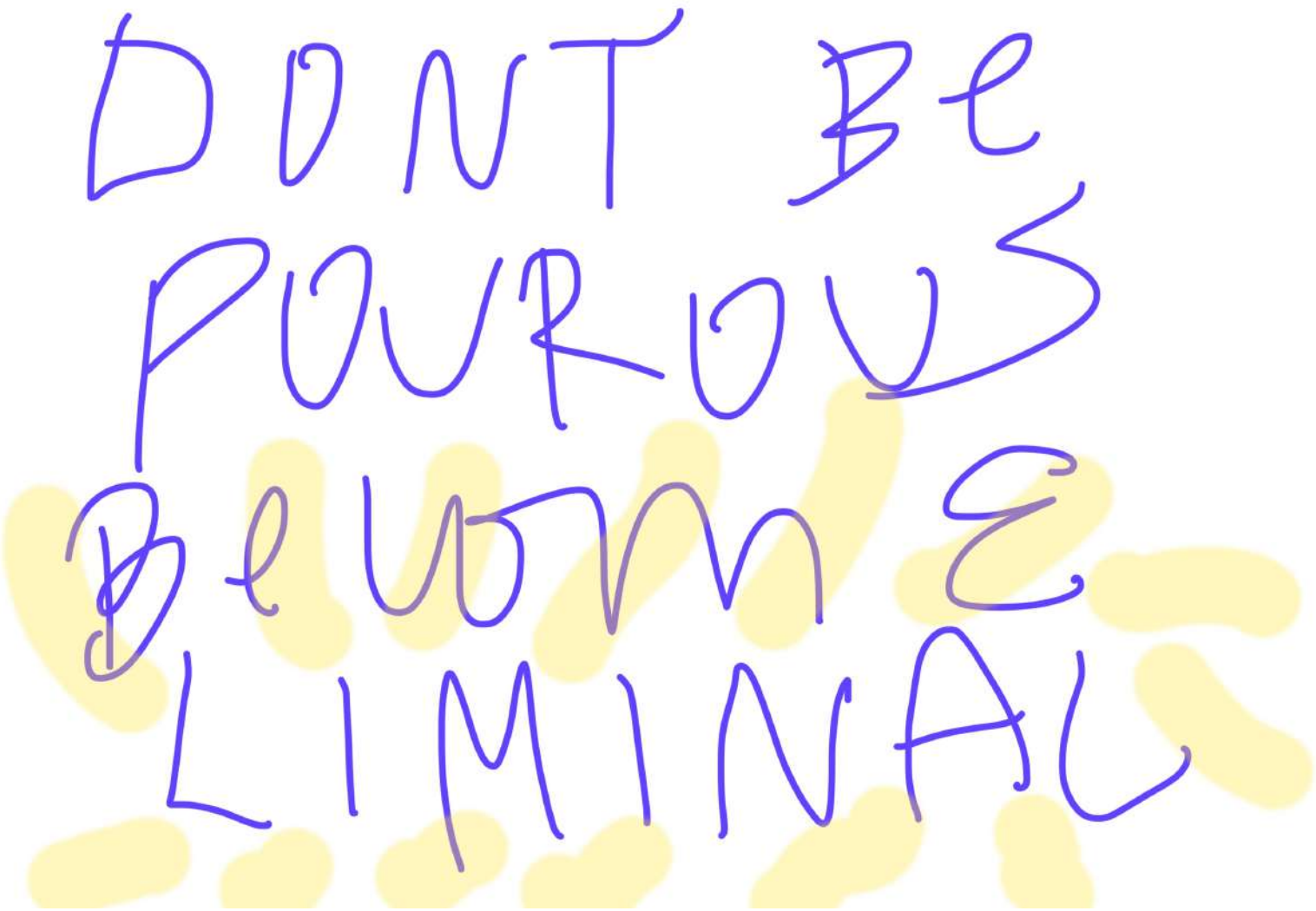
EVERTHING HAS RESOLUTION

Deal with things as they come

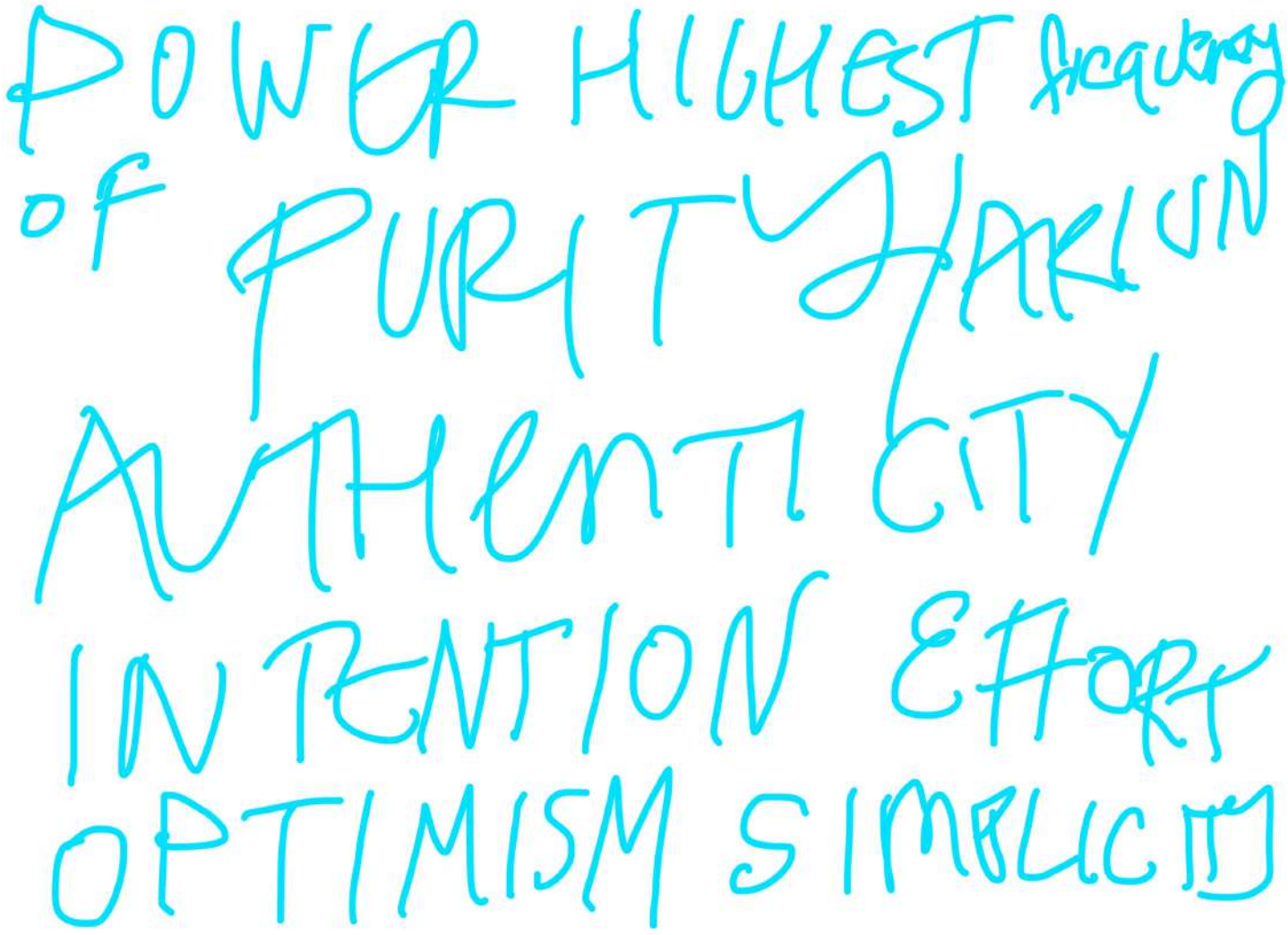
Dont make it more complicated than it has JO

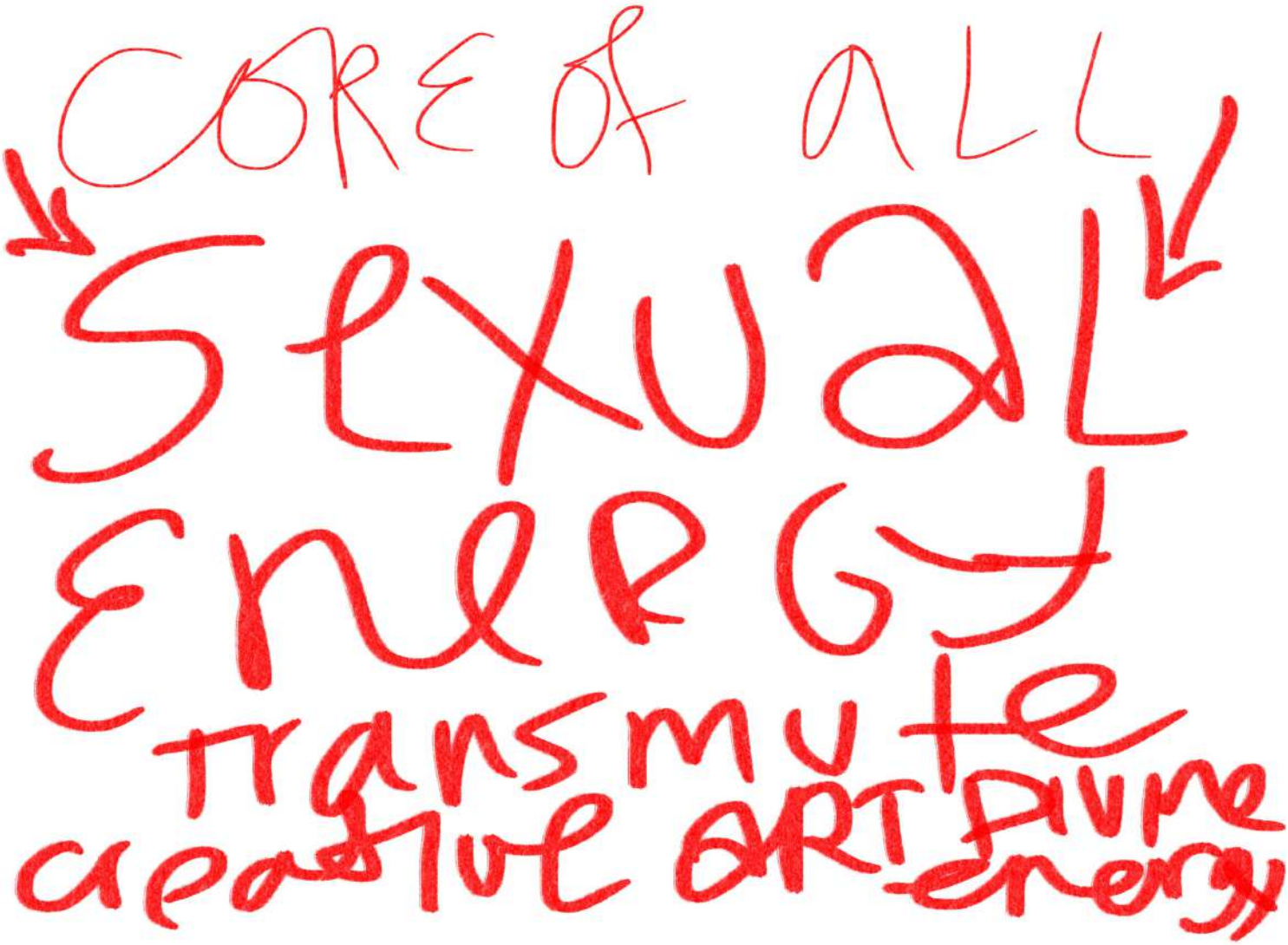
mainjain cool

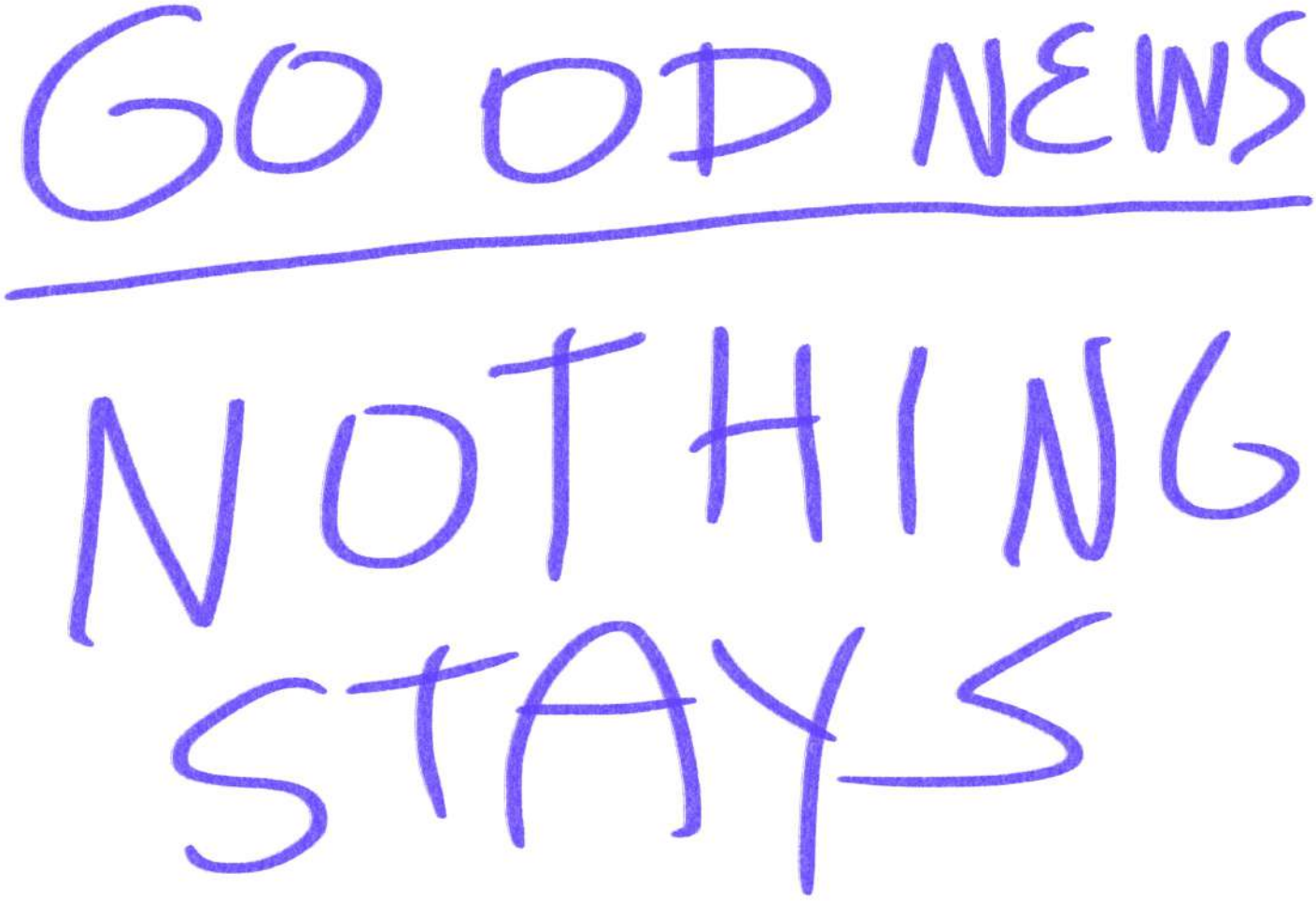
mainjain calm

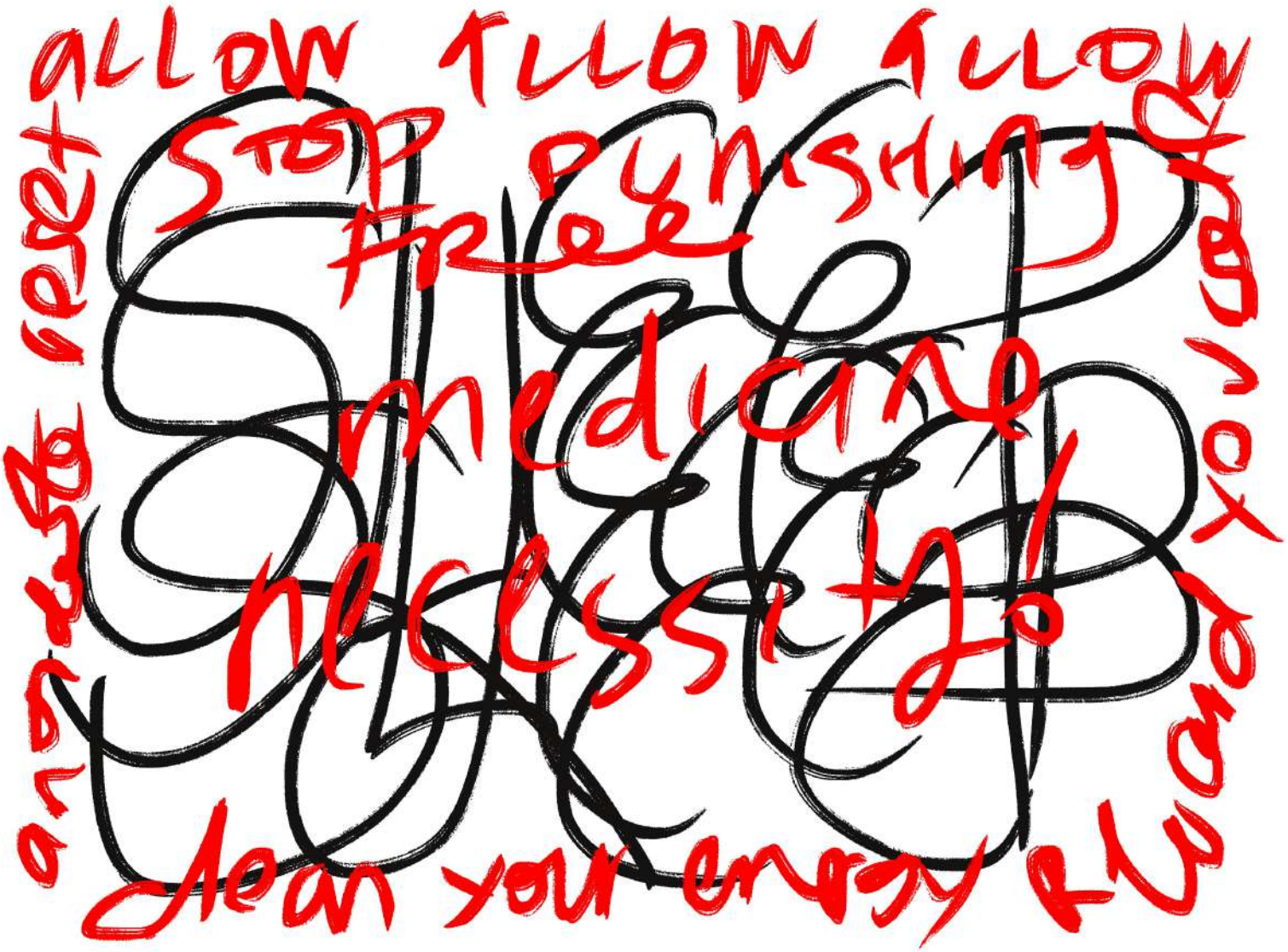

DONT BE
POUROUS
BEING
LIMINAL

AS LONG AS YOUR
INTERNAL COMBUSTION
IS RADIATING OUT
NO DEMONS WILL
ENTER
PROPERTY OF COSMIC
SHAKTI

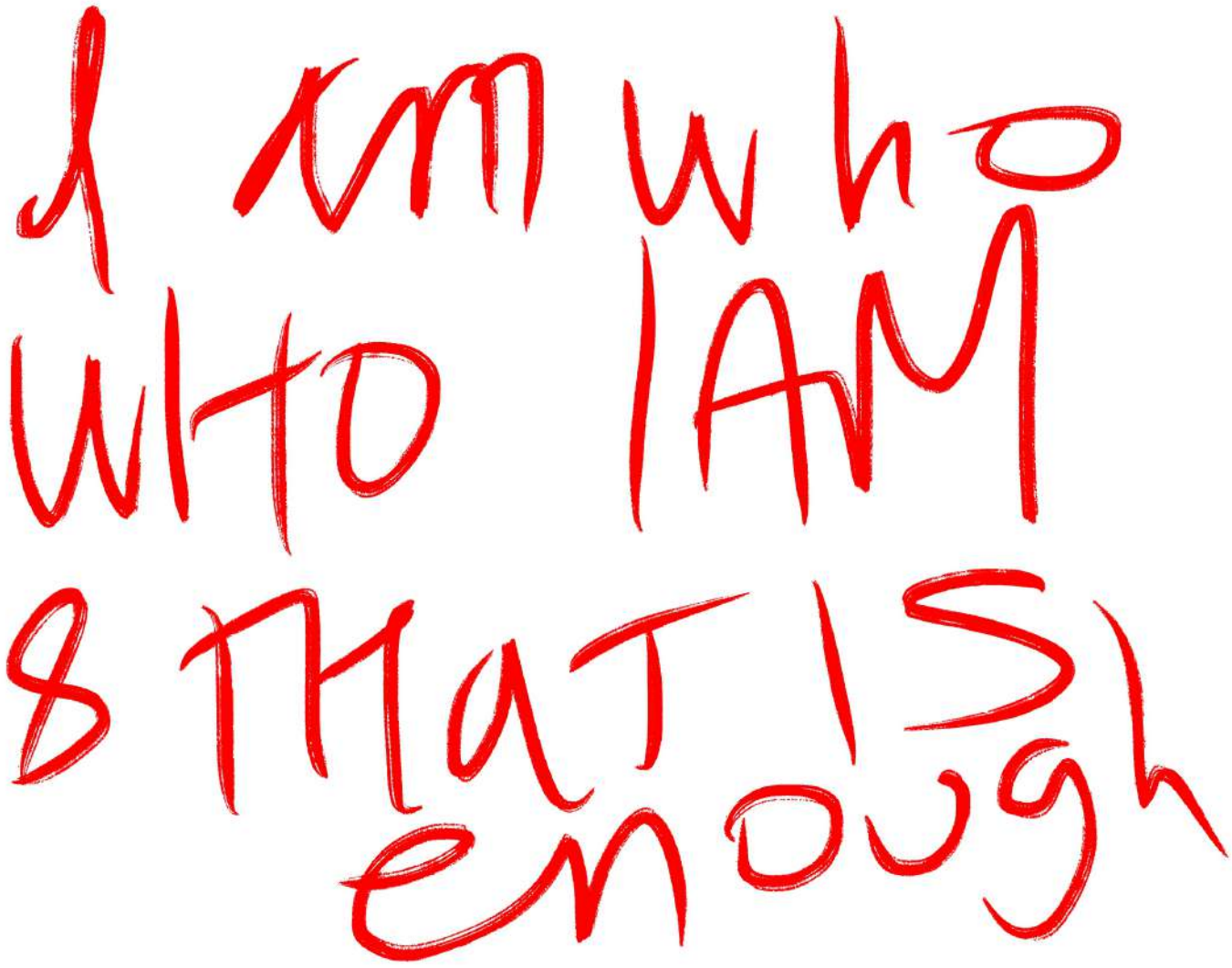

POWER HIGHEST Academy
OF PURITY HARLEM
AUTHENTICITY
INTENTION EFFORT
OPTIMISM SIMPLICITY

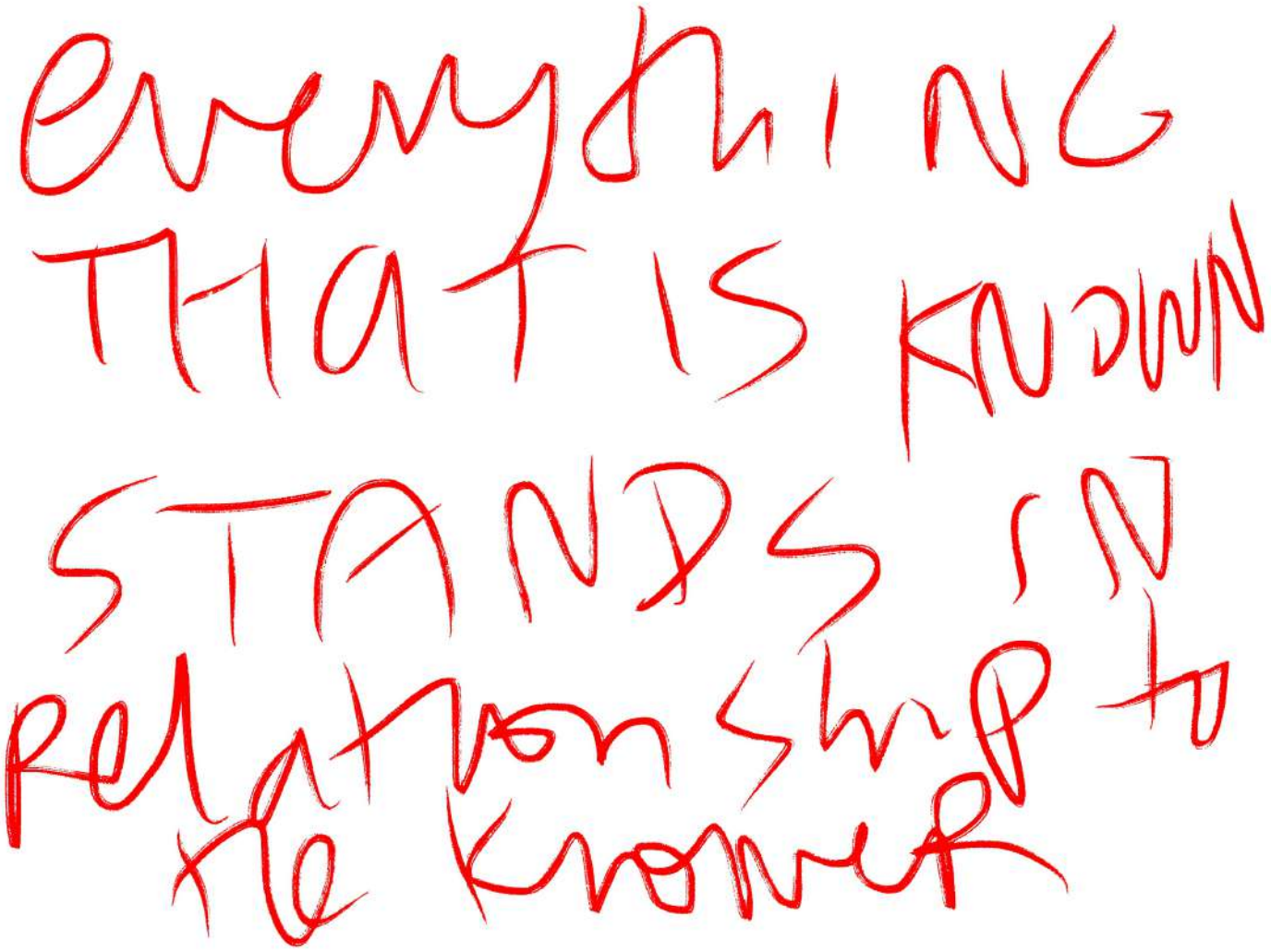

CORE OF ALL
SEXUAL
ENERGY
transmute
creative ART Divine energy


GOOD NEWS
NOTHING
STAYS

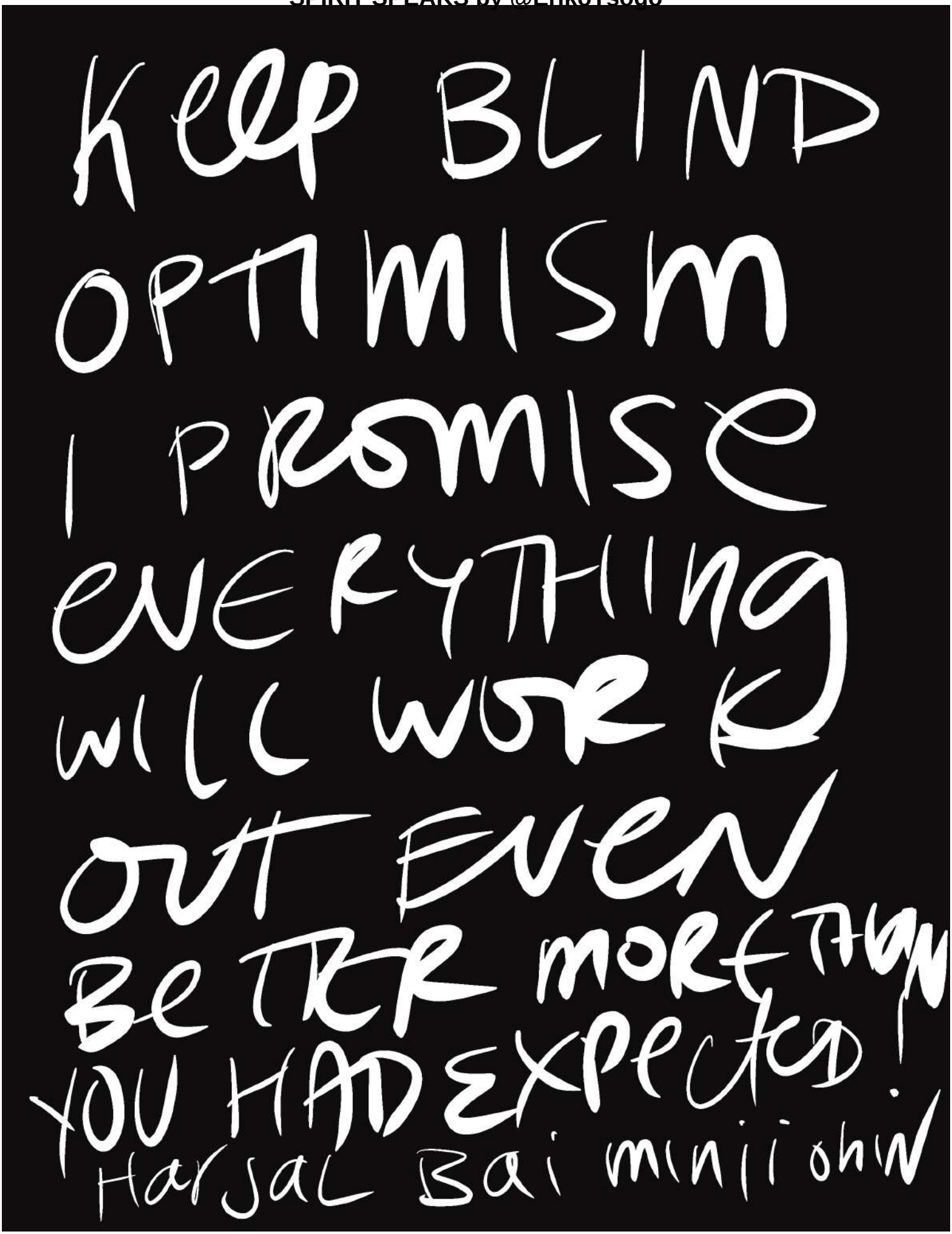

allow allow allow
stop punishing
free
medicine
necessity!
clean your energy
and also reset
and you can

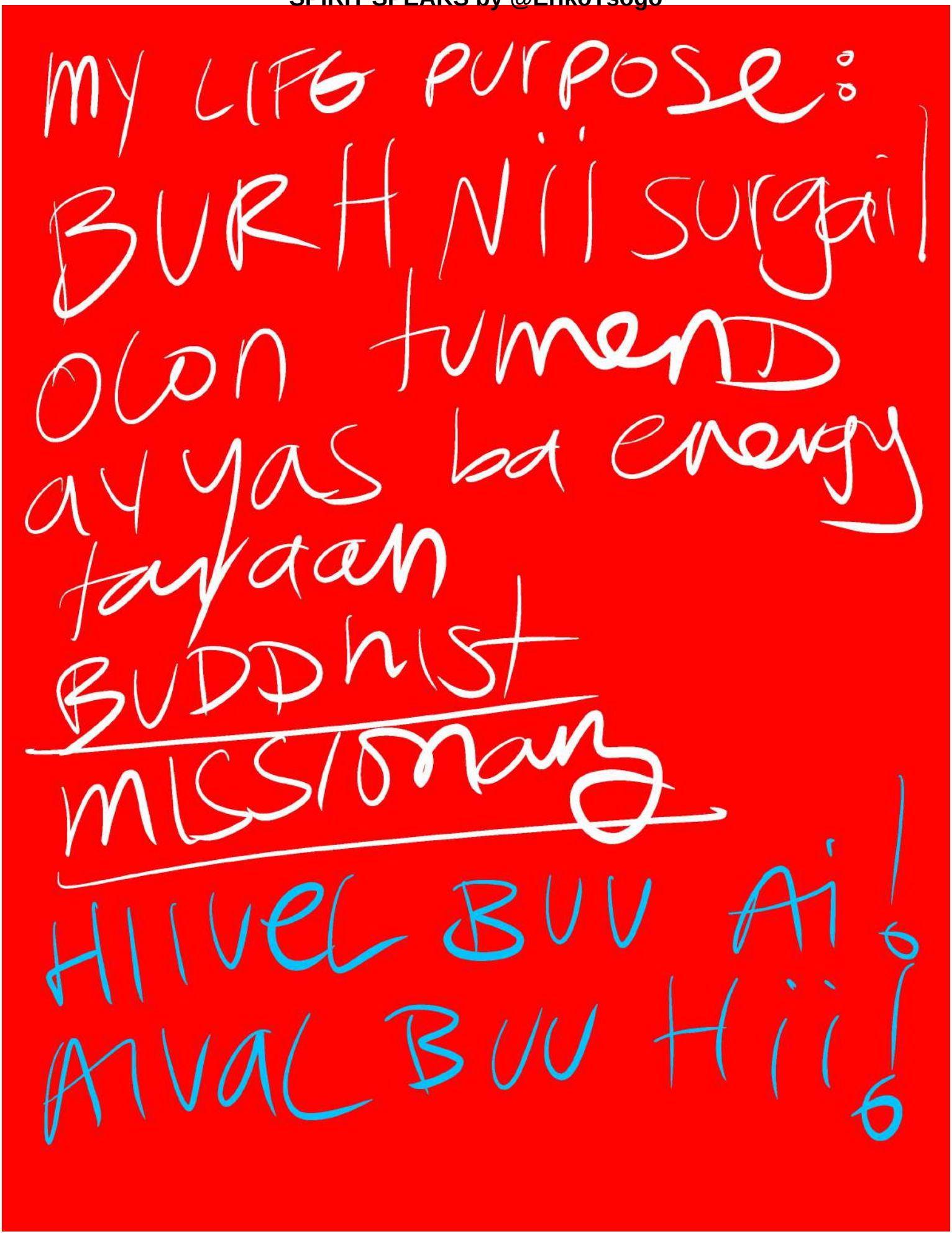

WHAT
TRUST
WILL
LET GO
BE
LET GO


I am who
WHO I AM
& THAT IS
enough


everything
that is known
stands in
relationship to
the knower


BETTER DAYS
ARE HERE
EVEN BETTER
DAYS AHEAD


KEEP BLIND
OPTIMISM
I PROMISE
EVERYTHING
WILL WORK
OUT EVEN
BETTER MORE THAN
YOU HAD EXPECTED!
Harjal Bai miji ohin



my LIFE purpose:
BURHNii surgail
ocon tumend
ayyas ba energy
taraan
BUDDhist
missionary

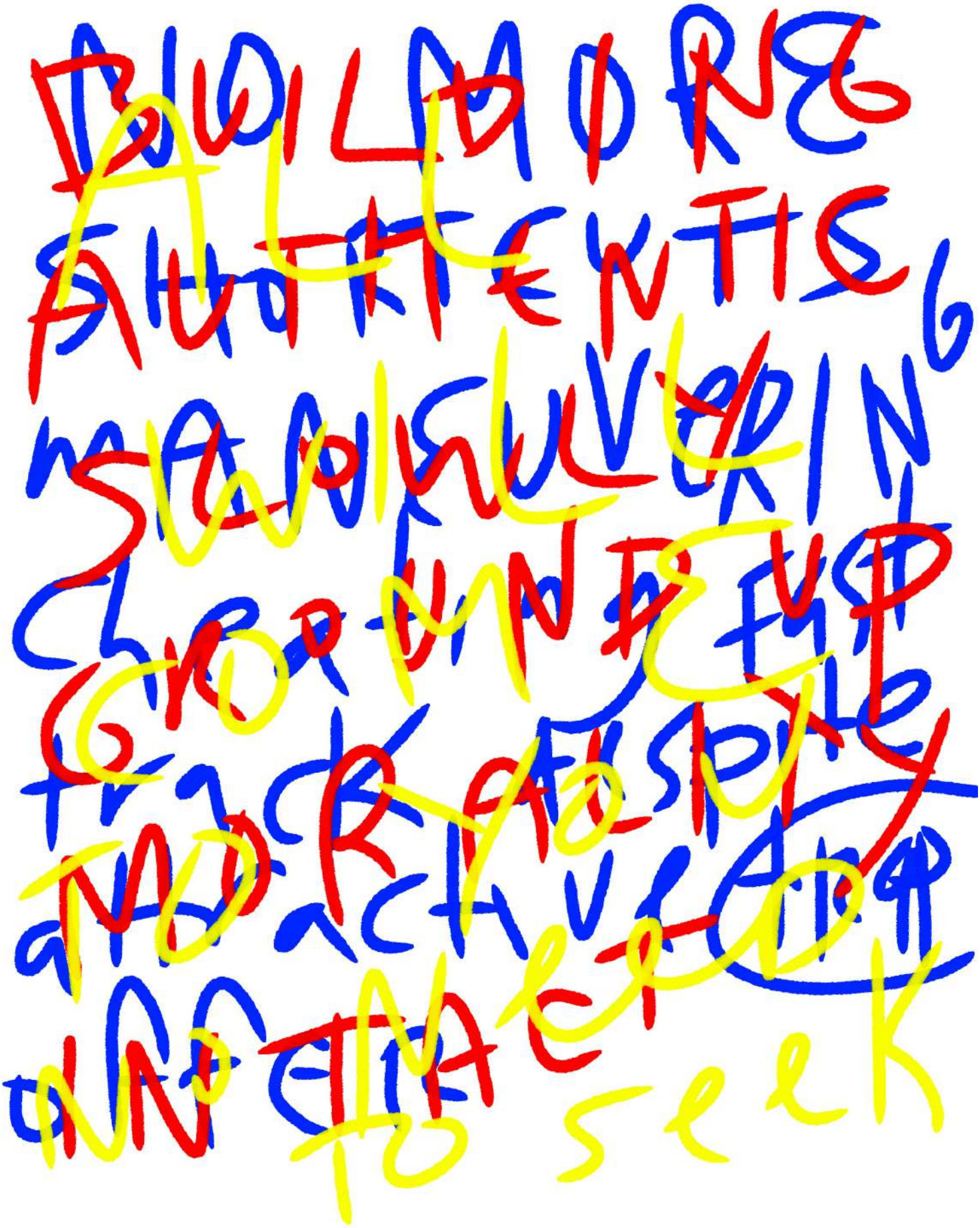
HIIVEL BUU Ai!
AIVAL BUU Hii!


FORGIVE
YOURSELF


CLAIM YOUR WIN
ITS ALL YOURS
NO WEIGHTS
NO DEBTS
NOW FLYYYYYYY
NO DEBTS
NOTHING HOLDING
YOU
BACK


ITS
OK!


2026 GOAL
SELF & spiritual
sovereignty
PURIFY SUN move
FAST save affirmation
LIGHT meditation NON-
awareness duality

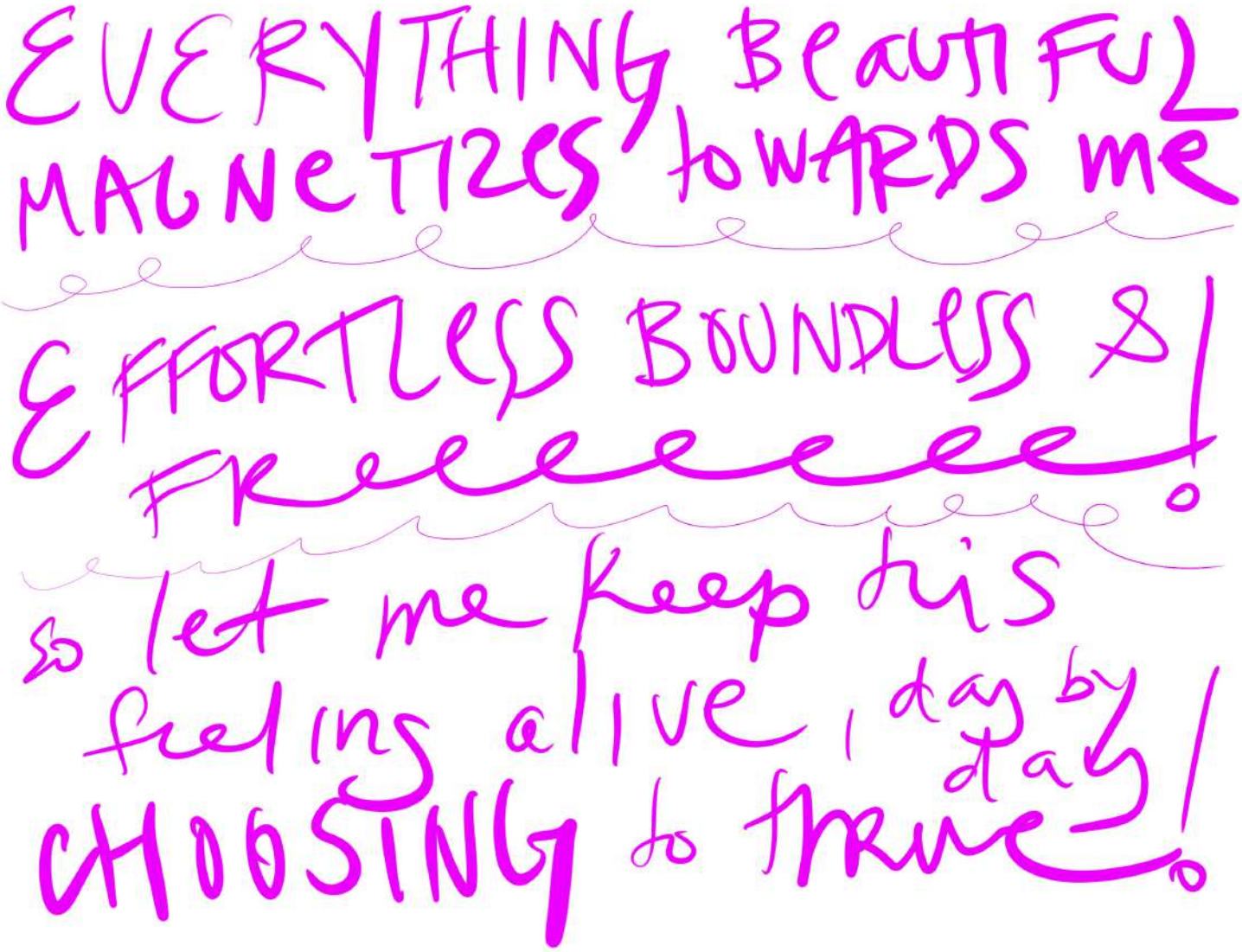


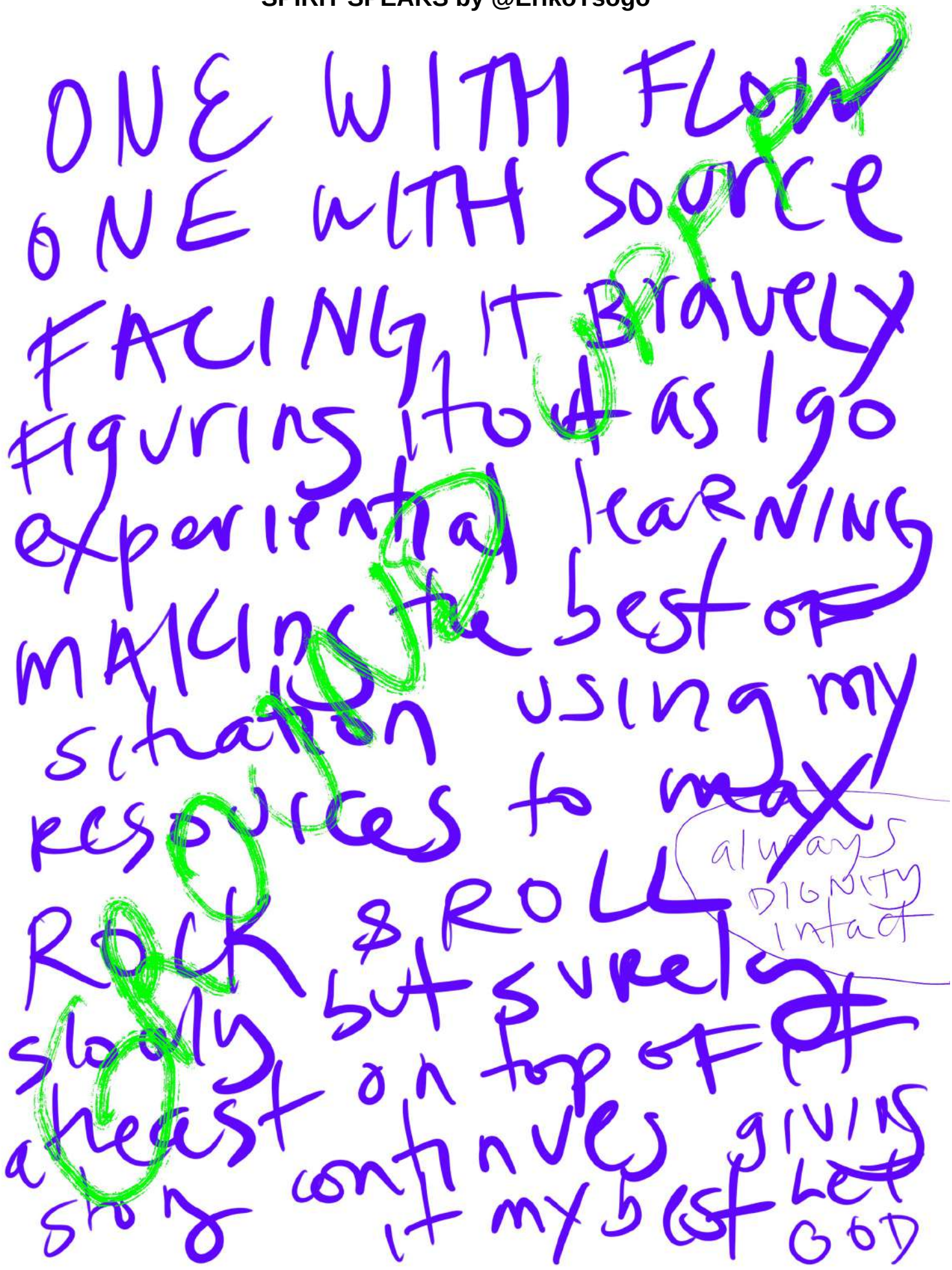
I TRANSFORM EVERY CHALLENGE, every friction & temptation into the steady ground OF my meditation.

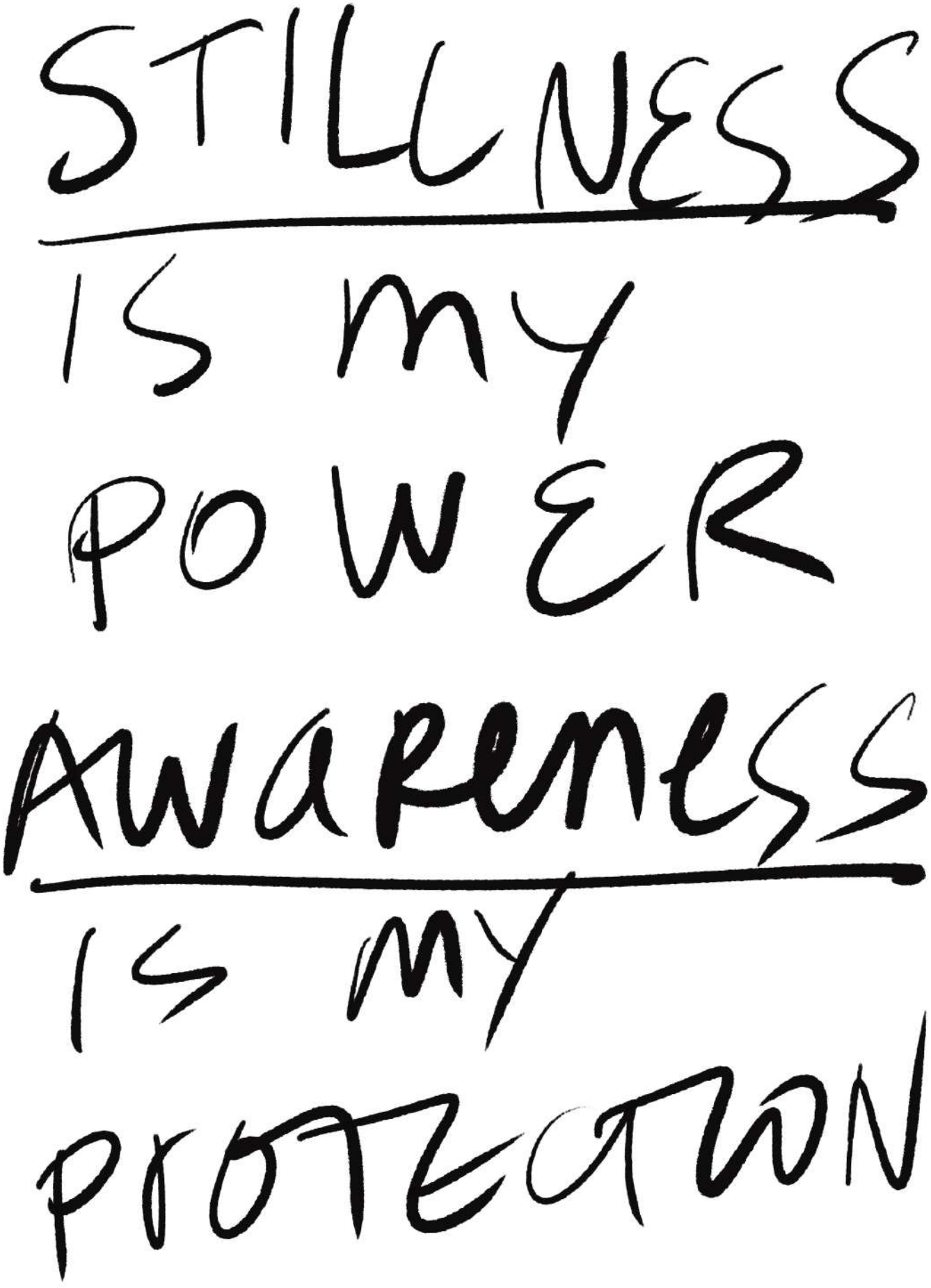
WITH every deep breath, I CENTER. with every release, (absorbing vital life force energy) I find peace eminating radiant energy. I turn bitter lemons into sweet lemonade, FINDING the silver lining in every shade

GLASS HALF FULL

Everything holds a creative resolution, a bright glass half full evolution. I AM THE SOURCE, THE ANCHOR, THE FLAME I must endure & honor my ancestors and family legacy name. I Am burhan Green Tara & all DIETIES reside inside me speak trough me. I must remain pure clean vessel for them, habitualizing permission from my highest GOD DIVINITY self before any desicion or choice. All else comes second to my inner peace inner space as I hold myself in gentle grace. When I feel good deep down inside ALINGED AUTHENTIC inside out the universe SHIFTS the waters alignment guided & everything beautiful magnetizes towards me effortless & FREE.


EVERYTHING BEAUTIFUL
MAGNETIZES TOWARDS ME
EFFORTLESS BOUNDLESS &
FREEEEEEE!
so let me keep this
feeling alive, day by
day
CHOOSING to THRIVE!


ONE WITH Flow
ONE WITH Source
FACING IT Bravely
Figuring it out as I go
experiential learning
MAKING the best of
situation using my
resources to max
ROCK & ROLL
slowly but surely
ahead on top of
song continues giving
it my best
always
DIGNITY
intact
GOD


STILLNESS
IS MY
POWER
AWARENESS
IS MY
PROTECTION

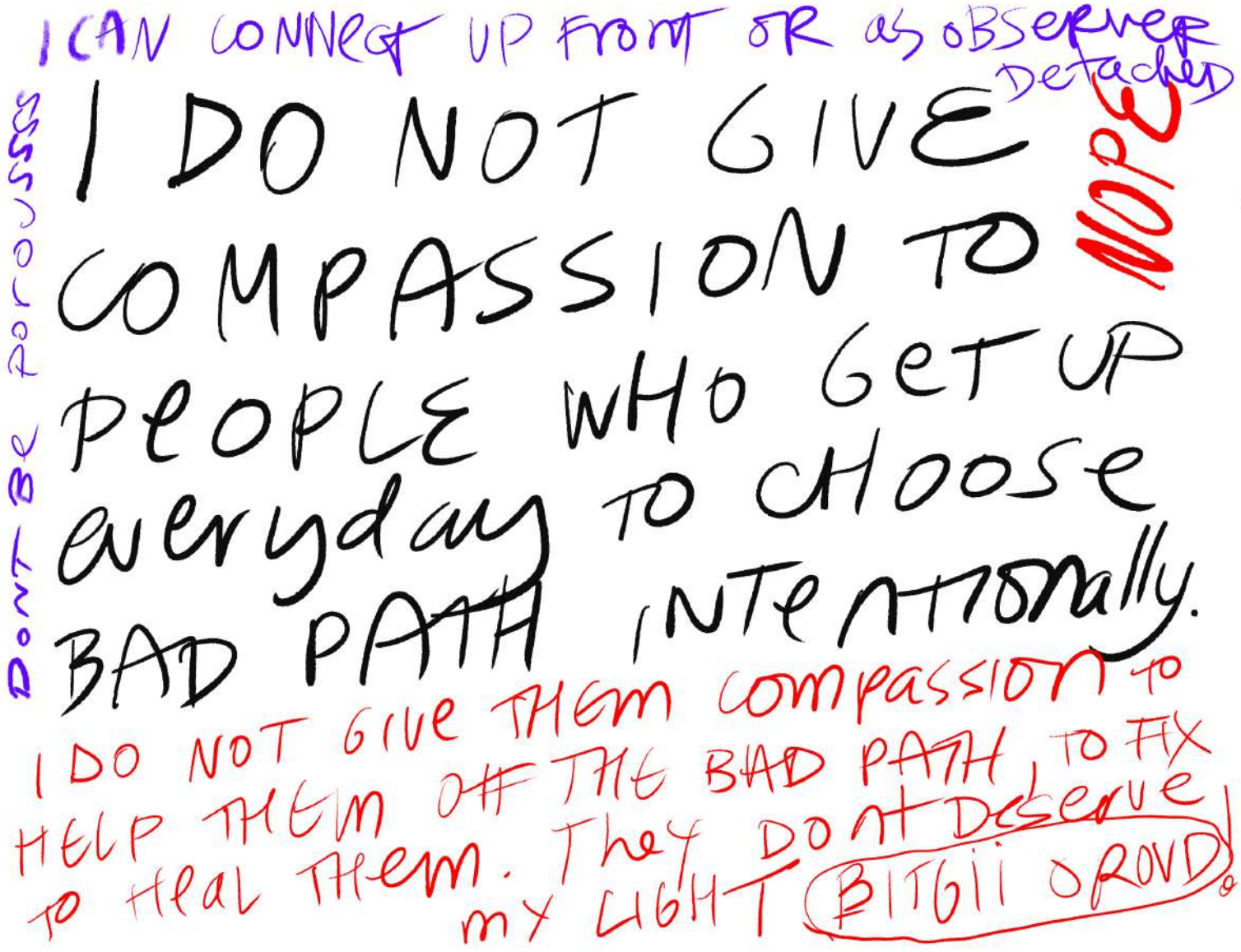
♡ DONT EVER GIVE UP/LOSE SIGHT OF YOUR CORE

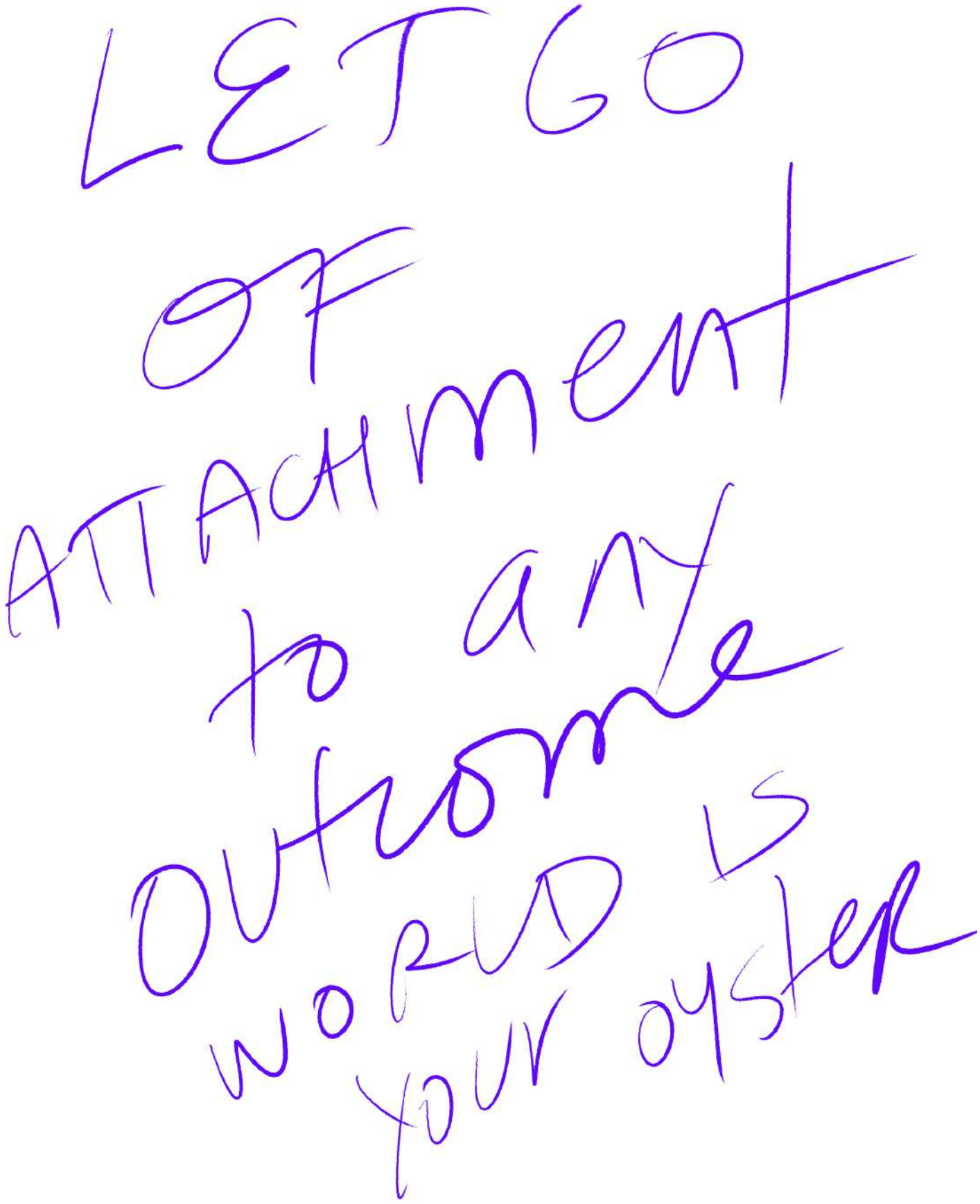
* HOLD CORE, GOLDEN SELF THEN WRAP characters AROUND IT WITH POWER OF SELF DRIVING IT

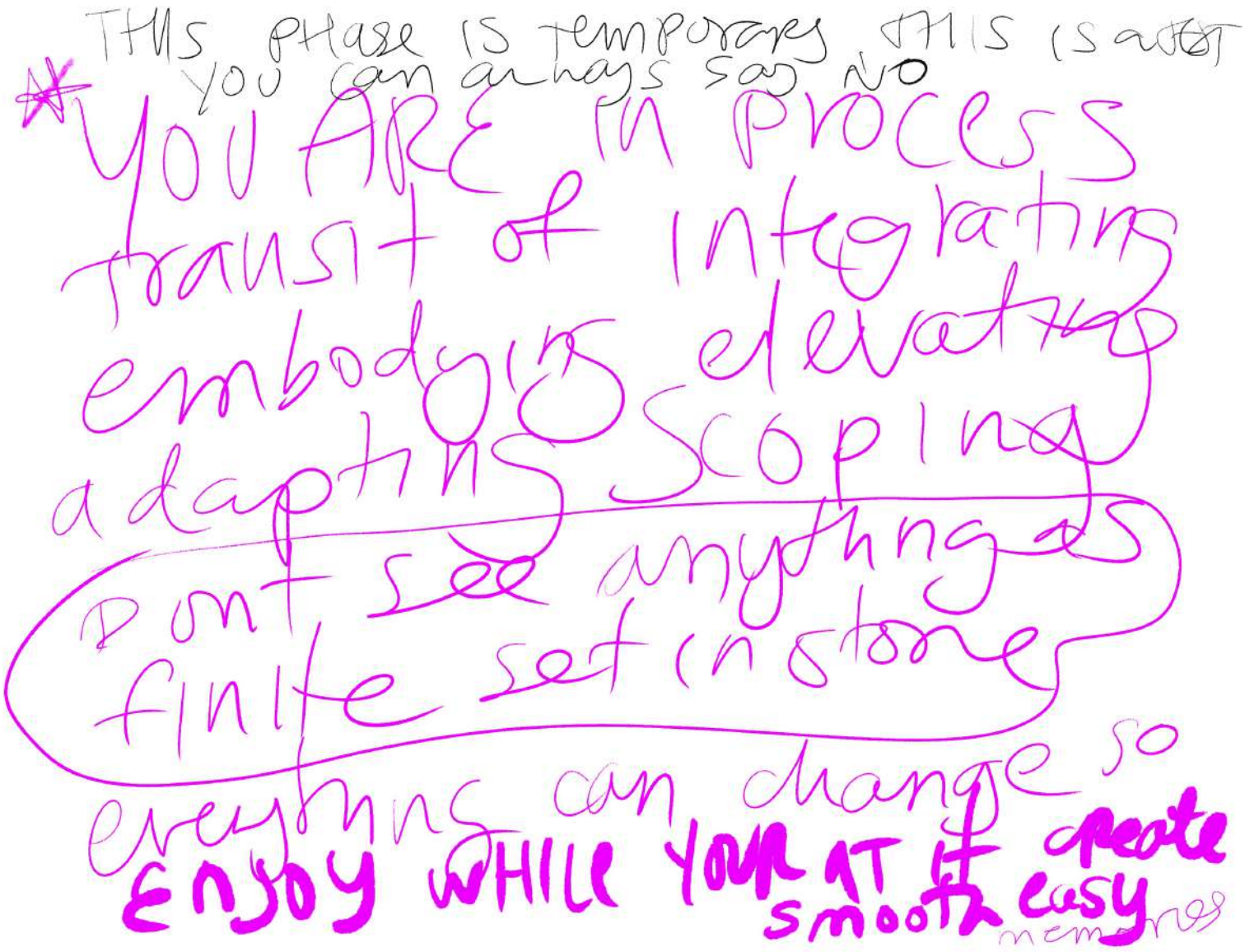
DONT BE POROUS

INHABIT WITHOUT LOSING CORE

♡ BECOME COHERENT & EMBODIED: PERSONIFIED SELF TO VIBRATE WITH SOUL SELF


I CAN CONNECT UP FRONT OR AS OBSERVER
Detached
DON'T BE RUDE
I DO NOT GIVE
COMPASSION TO
PEOPLE WHO GET UP
everyday TO CHOOSE
BAD PATH INTENTIONally.
NOPE
I DO NOT GIVE THEM COMPASSION TO
HELP THEM OFF THE BAD PATH, TO FIX
TO HEAL THEM. They DON'T Deserve
my LIGHT
BITCH PROVD


LET GO
OF
ATTACHMENT
to any
outcome
WORLD IS
your oyster


THIS PHASE IS TEMPORARY THIS IS
YOU can always say NO
YOU ARE IN PROCESS
transit of integrating
embodies elevating
adapting scoping
Dont see anything as
finite set in stone
everything can change so
ENJOY WHILE YOU AT IT create
smooth easy