

Book of Kindness 2020 -21 July Summary Tables

These pages groups together Important information, Anaritas Keys and techniques from the Book of Kindness Course to July 2020

The first Act of Kindness

Think nothing, say nothing, do nothing to hurt or harm yourself or another person, animal, plant or this planet.

The Second Act of Kindness

Compassion is empathy, understanding, support, encouragement – all given with allowing and no attachment to the outcome.

Through compassion, gratefulness can arise – seeing another making choices and having experiences that bring enrichment, learning, to the collective that we all are together.

Summary of Limiting Consciousness Elements

At the root of why we behave in our limiting ways, which prevent us from attracting the best life experiences all the time is the collective effect on our thinking, words and deeds by our:

- Self-aware mind
- Programming and conditioning of our conscious and unconscious minds
- Unhealed and unconscious selves
- So-called karma or compound debris
- Interference and control structures
- Unhealed emotions
- Inner child issues

These elements are an important part of the consciousness projection that shapes our lives.

Exercise – Reclaiming Power

Every day: at the beginning and at the end of the day, centre yourself and say the following:

1. "I command all of my power that I have surrendered to all points of consciousness, throughout this and all related universes, to be returned to me now, healed and cleansed. And So It Is."

Take a breath and let go. Repeat this until there is no further energy movement inside.

2. "I ask the Divine to take all of the power that I have taken from all others, and return it to them now, healed and cleansed. And So It Is."

Take a breath and let go. Repeat this until there is no further energy movement inside.

3. "I am 100 percent responsible for all of my thoughts, words and deeds and their influence and effect, across this and all related universes. And So It Is."

Exercise – Cancelling Thoughts and Words

The first moment that you notice the uncensored thoughts or words, do the following: say

"I cancel these thoughts now. **Karinsa.**"

Or:

"I cancel these thoughts and words. **Karinsa.**"

Or:

"I cancel these thoughts and words, cancel, cancel, cancel. **Karinsa.**"

- Sometimes it is helpful to reinforce the action... 'cancel, cancel, cancel' to be sure that you have taken all of your energy out of it. Say this phrase with commitment.

Further examples:

"I cancel this negativity now. **Karinsa.**"

"I apologise for what I just said to you. **Karinsa**" (last word said under the breath if you prefer).

"I am sorry if I hurt you. **Karinsa**" (last word said under the breath if you prefer).

"I didn't mean that, I am sorry. **Karinsa**" (last word said under the breath if you prefer).

Working with the Observer

This tool is a further element in your spiritual toolbox. By itself, it may not clear everything in your space. However, it takes the Observer back towards its natural position and can clear deeply into the landscape. What is left to clear can then be done in other ways.

Clearing can be more effective and reach deeper into the layers of yourself when you address the emotion, issues and aspects in complementary ways by coming at them from different angles. This tool offers you another angle from which to address your emotion and issues.

Instructions:

Place both hands on the UCM and make the following statement:

“All layers of debris, discordance, interference, magic, control, karma and emotion, all global selves* and all related self-sabotage that are invested in, and identify with, the Earth sphere illusion.

Breathe and let go.

(You can modify the statement intuitively to encompass any additional elements you feel that you need to include.)

You should now feel a little lighter and clearer. Now repeat the above process, the Keys and statement with the UCM, several times, until there is no further energy movement within and you feel significantly clearer.

**Global selves is a short-hand phrase to cover all entities, extra-terrestrials and points of consciousness outside of yourself. In truth, we are all one together with entities, ETs and other people. We can therefore define ourselves and global selves as two parts of Creation, that are involved in our experience and in this work, connected to each other in a limiting relationship pattern.*

Recite the following Anaritas Keys. Breathe and let go, then repeat a further two times. (Three in all.)

Mueska-havisan, Kasiima-Karisan, Kaviisa-Karisan, Karuvek-An
(Mooeska-havisan, Kaseema-Karisan, Kaveesa-Karisan, Karoovek-An)

The Seven Steps of Sacred Alignment to the Divine

1. Source Alignment, Sacred Connection

Instructions

Recite each of the lines of Anaritas Keys separately, breathing and pausing after each line and allowing the energies to build fully before reciting the next one. Pause at the end of this section (1) and feel the profound Divine Sacred Connection, before moving on to section 2.

Sii-marisan, alata, Saris-San

Know who you are...

Qii-Seru-At, Ma-allis-San

Know that you are Divine...

Qeru-nata, An-Nu

Know that we are One...

Um-beru, San-Sata, An

Awaken the light within...

Qii-Sanna, A'as, An-Nu

Come to me... (The Divine is calling to you)

2. Gratefulness Mantra

Instructions

Work patiently with these Keys. Recite the mantra slowly, either out loud or softly within. Breathe after each verse and as you feel drawn to do. Feel the effects opening and softening your being. Feel the sacred self-awakening and the joy arising. Repeat a minimum of three times.

Sarinsa, Sarisan, Sarinsa, Ah-Sarisan

Seriso, Sarisan, Seriso, Ah-Sarisan

Selisa, Sarisan, Selisa, Ah-Sarisan

Sa-insa, Sarisan, Sa-insa, Ah-Sarisan

Sara-seta, Sarisan, Sara-seta, Ah-Sarisan

Saniisa, Sarisan, Saniisa, Ah-Sarisan

Seliset, Sarisan, Seliset, Ah-Sarisan

Susiina, Sarisan, Susiina, Ah-Sarisan

3. Gratefulness Affirmation

Instructions

Recite the Anaritas Keys and the statement, pause intuitively and then say “Thank you” to complete. Breathe and let go. Repeat this a minimum of three times. (Pronunciation below is Mooeska-havisan, Selissow-Anat – the ‘sow’ is as in ‘cow’). You can add elements to the affirmation if you wish.

Mueska-havisan, Selissou-Anat

“Pure, infinite, unconditional Love, Light and Peace”

Pause ...”Thank you”

This intention radiates softly out around you to a radius of 400 metres throughout all dimensions, times, planes, levels and spaces.

4. Touching the Sacred

Instructions

Relax your body and still the mind. Focus on the heart chakra and take your attention deeply into the softness in the heart. Recite this Anaritas Key, breathe lightly and allow the feeling to build. Repeat the Key after a pause, breathe lightly and experience the sacred feeling begin to kindle. Continue this gentle process and feel the sacred feelings blossom. Recite this Key a minimum of three times.

Sa-hansa, Eliso, An-Nu

Breathe lightly and repeat at will.

5. Gratefulness Statement

Instructions

Simply make this statement to the Universe, holding a sincere feeling of gratefulness as you make it. Repeat the statement a minimum of three times. Breathe and let go, pausing to allow the experience of gratefulness to permeate your being. *You can alter the statement or replace it as you want to.*

“I am grateful for all that I am. I am grateful for all that I am given, thank you.”

6. Purification

Instructions

Work patiently with these Keys. Recite the mantra slowly, either out loud or softly within. Breathe after each verse and as you feel drawn to. Feel the effects purifying and softening your being. Repeat the two verses three times and then complete the process with the final Key written in blue.

Su-Siina, Sa-mu-San

Su-Siina, Ah, Sa-mu-San

Su-Siina, Sa-mu-Set

Su-Siina, Ah, Sa-mu-Set

Su-Siina, Sa-Nii-San

Su-Siina, Ah, Sa-Nii-San

Su-Siina, Sa-Nii-Set

Su-Siina, Ah, Sa-Nii-Set

...Akumi-Sakusan

7. Opening Siinachou in Self

Instructions

Feel the sacred connection within you, be still and centred. Recite the Key, breathe and let go. (Pronounced Seenashau, San-ehss, An-Noo – ‘au’ as the ‘o’ in ‘cow’, slight emphasis on the ‘shau’)

Siinachou, San-ess, An-Nu

Relax and focus inwards, feeling the Divine and your much higher vibrational, sacred relationship with Source. Ground carefully before undertaking other tasks or going on to meditate or undertake other spiritual processes.

Contemplation and Expansion Sandwich

Sarii-Ka, Ara-An

Add your word/idea/phrase here

Ka'ana

(Pronunciation: Saree-Kah, Arah-An. Kaahna (a long ah sound).)

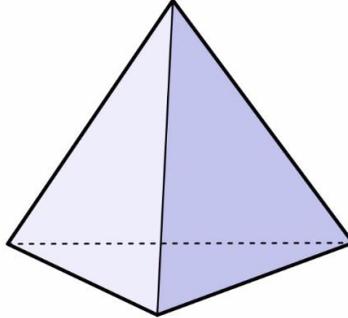
Breathe and let go, become still, focusing on the word, idea or phrase and allow shifting awareness, realisations, thoughts and reactions to arise as they will.

Use the UCM to clear any blockages, issues, emotions and all related parts of you. Then go back to the Anaritas Sandwich and repeat your phrase.

Take your time and muster as much presence as you can to notice what arises. Let the awareness, realisation and resulting consciousness expansion come all by itself.

Mer-Ka-Ba Platonic Solids Attunements

1. Attunement Table for Tetrahedron Pair



No.	Qualities	Description	Activation
1	“Collapsing opposites, holding, being ‘this’”	Quelling the emotion of opposites, drawing self out of duality, conflict and emotion.	ii-ai-sa
2	“Surrendering self-will to Divine Will”	Pushing out control, transforming resistance, softening self.	ii-ai-sa
3	“Loving acceptance of what is”	A soft, gentle consciousness state... allowing, accepting, beingness and stillness.	ii-ai-sa
4	“Correction to the investment of the Observer Self”	Investment in the stories and the drama of the outer life – one’s life environment and the world.	ii-ai-sa
5	Deepens Attunements 1 – 4	As issues clear in the areas of the four attunements, the attunements take a deeper hold within the being. This is an ongoing process.	

Resources Pages:

Read the following slowly, taking time to absorb the Self-Talk:

Talking Resolution

I Am an iridescent being of light, joyful, contented, at peace.

I serve the highest light inside me. I unite with the Divine, One, Centre.

I am stillness, peace and love, blessing all that I am and all that is in my life.

I find harmony and balance in conflict. Where there is unrest inside, I always resolve it quickly and easily. I am capable, calm, uncomplaining, accepting of what is, knowing that each and every moment unfolds perfectly and is my guide. I accept what is shown to me, cooperating deeply with the neeter of the moment, allowing, being, centred.

There is no resistance inside me that can obstruct my self-realisation. There is no obstacle that I cannot resolve. I am strong, powerful and capable, and I know that, through stillness, inspiration always comes to me to help me when I feel challenged. To every problem there is a perfect solution and it always reveals itself to me. I allow it. I am the solution. It is within me, here, now, in this moment and in every moment.

I am growing, evolving, becoming much more every day, in every moment. I take pleasure in the passage of life, in the experiences brought to me on Angel wings, knowing that they always serve me. I have infinite strength, courage and capability. These qualities carry me through any challenge. I know that when I feel almost overwhelmed, a breakthrough is just over the horizon, already dawning, like the sun on a new day. I am filled with hope and I embrace what I cannot yet understand, knowing that it makes me greater, more, drawing me closer to One.

I always find my way. Always. I will always find my way. Always. Nothing is greater than the power of the Divine. I trust this, I accept this, I align to this, I am this, through this knowing I will master myself, now – always now.

...The Angels

Affirming the Self

"I am a sovereign being of the Light."

- Repeat three or more times with breathing in between.
- Very helpful for really deep-set and heavy shadow energies and unhealed parts of you in firstly signalling your Divinity and sovereign rights in your being, and secondly in decreeing to the shadow and your unhealed selves that you have command of your space.
- The effect is a powerful and effective clearing that can break into a stuck energetic situation or consciousness pattern.

Working with the UCM:

"Kresan-teh-An"

- Has an 'extractor fan' effect throughout the body, mind, spirit and aura.
- Clears aspects, entities, emotion and debris easily.
- Helpful in clearing the decks, so to speak, but also as a check upon completion of healing actions to check if anything is remaining.

Keys for you:

Prana Breath

"Mabiitsa-Naku"

- Energises breath with prana. Takes prana into the cells and into the mitochondria on the in-breath. Mitochondria generates most of the chemical energy needed to power the cell biochemical reactions.
- An important part of consciousness elevation is accessing the energy - prana needed to power the process of elevation, and to help the body elevate its own vibration.
- Repeat this Key 3 - 4 times, pausing in between recitals to allow the Key's action to complete. You can make this a part of the process of consciousness elevation throughout the day.

Golden Light Seed

"Marakusha, Meloseka, Nariita-San"

- Activates a golden light seed that goes into every particle of your being, which then pushes out negativity.
- Works well with the UCM

Disconnect from the Negative Field

"Serisa-Nek-An"

- Disconnect from the 'negative field' or collective consciousness, from the inner feelings of 'speeding', anxiety and tension that takes you away from presence, the now moment.

Body/Spirit Orientation

"secu-kurimbido"

- correct orientation of the spirit within the body

Wheat, Dairy and Sugar Corrections

'Ver-Es-Tu, An-na-At'

- Raising the vibration of wheat

'Shi, An-na-At'

- Raising the vibration of dairy foods

'Vetra, An-na-At'

- Raising the vibration of sugar