

Blessings of the Cosmos book with CD

Title	Use	Words used	Page	Chant	Track	Notes
Invocation of the Light	For a blessing of permission to shine, and to be connected to the divine 'I AM'	NUHRA and NINHAR NURAQUN QADEM BNEYNASHA	p4	C	1	Nuhra = light, consciousness, knowing (within us). Ninhar nuraqun qadem bneynasha = "permission to shine", or "Allow the sacred light of your being to illuminate all of your communities, inside and out."
Way of snake and dove	For wisdom, with spiralling emotional energy, and straight passionate energy.	HU HAKIMA WA TAMIMA	p10	C	2	Hu hakima = Be like Holy Wisdom. Wa tamima = Be complete, live fully with wholehearted passion and joy.
Making a decision	For decision-making, releasing unripeness	MALKUTA	p16		3 (a)	Malkuta = the 'I can' of the Cosmos within us. Bring alternatives to the mirror of your heart when making a decision, and notice feelings change. Repeat several times.
(Not on the CD)	Releasing something that's no longer ripe in your life	YAUMA	p17		3 (b)	Yauma = illuminated period, a 'day'. Each yauma has its perfect complement (sephaq) of unripeness or inappropriate action (bishtah). Therefore, even every unripe action has its place
Returning to ripeness (Beatitude no 1)	When needing strength, abundance, and to get back in rhythm	TUBWAYKHON MESKINA	p22		4	Tubwaykhon = sense of blessing, ripeness. Meskina = welcomes the weak, over-extended parts of us
Touching emptiness (Beatitude no 2)	When feeling unfulfilled and empty, lacking in natural power and energy	TUBWAYKHON KAPHNA SABA	p24		5	Tubwaykhon = sense of blessing. Kaphna = opens a channel to the hungry, empty place within (for a new feeling, sensation or direction to enter). Saba = sense of fullness, abundance that brings joy and a renewed sense of purpose.
Discovering a fluid self (Beatitude no 3)	For letting go of painful events from the past	ALAHA	p27		6	The lens of the heart gets clearer. View events from the past (ones of both devastation or elation). *All* is in the heart of Alaha. Let *all* go if no longer needed.
A particularly bad day (Beatitude no 4)	When feeling hurt, abused or unjustly dealt with	ALAHA	p29		7	Listen to your Higher Guidance.
Food for the journey (Beatitude no 5)	To transform negative experiences or emotions	ALAHA HEDI (+ HAYYE)	p32	C	8	Hedi = the sense of abundance, rejoicing, and guidance that life presents us with. Hayye = life energy.
Breath of loving warning (Beatitude no 6)	When negative 'voices' of your self need to be compassionately confronted	WAI TUBWAYKHON (1)	p36		9	Wai = A cry of alarm, divine warning; also, being cut off from the sacred flow of life. Tubwaykhon = say it strongly as a sense of blessing. Some aspects of self shout loudest, but damage us e.g.shame.
A voice from the heart (Beatitude no 7)	How to lose old messages about your voice. How to remove unnecessary 'fullness' so that true purpose can be expressed.	ALAHA	p38		10	Alaha = use the name of the Holy One to centre yourself. *Feel* the sound.
Shifting priorities (Beatitude no 8)	When dissatisfied with how we're living our life	WAI TUBWAYKHON (2)	p40		11	Invite to Wisdom's table aspects of ourselves that want amusement in ways that no longer satisfy us.
The gifts of light and darkness (Beatitude no 9)	When needing to reconcile positive/negative aspects of ourselves to be whole	HESUKA NUHRA	p42		12	Hesuka = the darkness, what we don't yet know about ourselves. Nuhra = the light, what we do know about ourselves.
Renewal of the Holy One	For rest and renewal	ALAHA NYACH	p49	C	13 (a)	The rest of the Cosmos. Resting in the arms of the Holy One.
(Not on the CD)	Releasing the day's negative impressions		p48		13 (b)	Place your forehead on the earth and rest in the peace of the One. Peacefully allow impressions that don't benefit your purpose in life to return to their source.
Following desire to its source	When focussing on a goal to be achieved, or a desire in your heart, or to let the sound out	KUSH WA ETH- PHATAH / INANA THARA	p54	C	14	Kush wa eth-phatah = knock and be opened. Inana thara = the 'I AM' connecting with 'the door' between all worlds. Our life as it is now and as it can be.
Opening to the next step	When looking for the next steps in your life to be revealed	INANA URHA SHRARA WA HAYYE	p62	C	15	Inana urha shrara wa hayye = being in a state of simple presence is the place, the path where we can place our feet, the sense of right direction (that is, how to decide), and the life energy to travel, to keep walking.
Creation and service	For when we need to relax and feel at ease, and feel that anything is possible	ABBA ABADA	p66		16	Breath itself is a prayer, work done through us. Abba = the continual process of the One giving us life each moment. Abada = the way we live our lives is our service, work, our gift back to the Cosmos.
Original peace	To feel a sense of deep peace and feel your place in the caravan of life	SHLAMA	p70		17	Shlama = deep creative peace. Imagine the caravan of Creation. Body prayer uses rocking back & forth with breathing.

The love that created the universe	For establishing respectful love and friendship with your inner being and outer community	ALAHA HUBA and DET HABWOON HAD L'HAD AYKANA D'ENA AHEBTAKHOON	p76	C	18	Huba = the love that brought the universe into existence, that knits it together in this moment. Try to feel this love within, and to share it with others. Det haboon had l'had aykana d'ena ahabdakoon = Love one another as I have loved you.
Dedicating work and life	When reviewing work/life roles, current projects and images of yourself	ALAHA SHEBAH	p80		19	Shebah = dedication, the return of all the light and power and song and glory of the Cosmos to the One Being. Take the opportunity to review your life and various roles. Dedicate them all to the Source / Sacred Unity.
Rebirth of sacred purpose	For feeling our purpose in life more clearly	MELEET TAIBUTA	p86		20	Meleet = full, complete. Taibuta = ripeness, being blessedly in this moment. In every moment, we're becoming more and more ready to fulfil our purpose in life, in tune flexibly with the Cosmos.