

"Seven was the Sacrifice that had to be made."



# THE SEVEN PRINCIPLES

7 Breaking the Cycle: a New Way to Seeing

BY DARVAD CEKE HSIE



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## From the Author

With-in me is information that NEEDS to be given out to the masses. It is like having a disk in me with information on it, and I have been directed to copy it and share it. It is my mission, “Journey Earth”. Life itself is a mission to me and I intend to complete this mission before going home.

I am the messenger DARVAD CEKA HSIE and I am here to bring a message. I am here to show others the pathway home (freedom of mental, physical and spiritual bondage). We are all prisoners in a spiritual concentration camp. And as the messenger in the camp, I will show you how to link all consciousness together. So we may transform and be free.

I will carry the baton and pick up the cause where my ancestors left off. As I know this could be our final hour!

I have been impregnated with the word (a knowing). The knowing I carry is Divinely inspired. It had been instilled in me with the purpose of awakening other souls to the knowing of the missing link. The link between all of humanity.

The plan for humanity it to free the individual self, help to free others and regain spiritual control of the planet; EARTH, QI, TIAMAT, ERIDU to include all of its sacred names.

~DARVAD CEKA HSIE





# INTRODUCTION

No matter a person’s gender, sexual preference, creed, culture, nationality, religion etc.. We are all in one world and one situation of separation. We are all humans and need to share this space we call earth. We truly need a common link, a link that connects us all as a family. The Human family!

Maybe, if we had this common link (that declares us a human family) between us; we would began to aid those beings we once judged. We would see another man’s problem as her/his own. We would not be able to see a human family member hungry, homeless or oppressed. Only then will we have empathy (the ability to understand and share the feelings of another) for every one we share our community with.

## ONE MISSION SEVEN PRINCIPLES



**THE PRINCIPLE OF WOMB SCIENCE**



**THE PRINCIPLE OF SPIRITUALITY**



**THE PRINCIPLE OF NATURAL LAW**



**THE PRINCIPLE OF LOVE**



**THE PRINCIPLE OF ECO-NOMICS**



**THE PRINCIPLE OF EDUCATION**



**THE PRINCIPLE OF SACRIFICE**

**Each principle has been given a color (divinely inspired). It is the life force of that principle. When meditating on the principles see the color not the word.**

### Example

Lets say you're meditating on the principle LOVE. In your minds eye don't see L-O-V-E. Fill your inner-sight with the color **Pink**.

But you should imagine the color from a living source; like a stone or flower etc.. Imagining the color from a living source gives it living / moving energy!

Join us in meditation twice daily 7am and 7pm. Also we meditate with meditation beads (these beads can be purchased by calling 443-934-9096 or see the instruction in a later chapter of these writings)

**SEE THE MEDITATION CHAPTER FOR INSTRUCTIONS.**





Link with brothers and sisters around the world. Eliminate the thought of separation. UNITY will free us all. Be an active part of the Unity/7 movement.

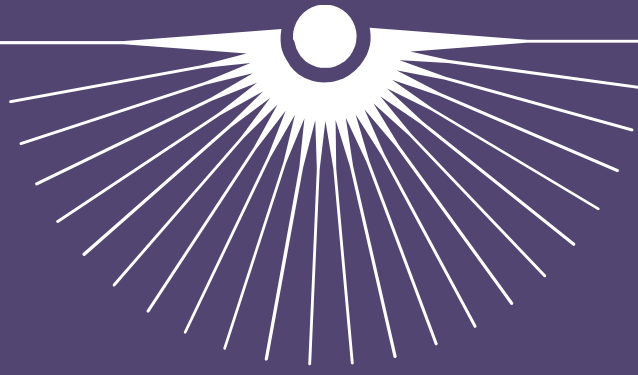
Throughout your day if you are in a challenging situation you can reflect on these principles. And you should wear your Principle Beads as a reminder of the principles.

Example of reflecting on the principles:

Let's say you are in a disagreement with female (for any reason). Reflect on the principle WOMB SCIENCE. Remember she is Mother GODDESS! Even if she is unaware of this fact. Your reflection will be an example to her.



# Let The Healing Begin From With-in!



These writings give a small glimpse into the complete writings on the 7 principles. The complete writings expressions and views are in the collection of writings called 7 (call for availability 443-934-9096 or go to [www.NATURE-RULES.com](http://www.NATURE-RULES.com))

The writings of 7 shows the passion that the author Darvad Ceka Hsie has in aiding the delivery of the Human Race to a higher state of consciousness. Under DIVINE instruction. She was adamant about not selling the Seven Principles. And said, “The principles belong to the people, the people. So I must give them, to them.”

In these writings you will receive the Seven Principles and (some) defining of each, and ways to implement them in your life. It is the responsibility of every individual that breathes the air of our host: the wonderful planet Earth, QI, Eridu, Gaia, and all the tones that express its being. It is our responsibility to bring peace to it’s essence. A peace that radiates far out into the universe.

We must partake in the Ascension in order to Ascend. Embrace these principles with fellow human beings. Regardless if you share the same sex, creed, color, tribes, nationality etc. as her/him that is also embracing these principles.

"Do it because you care to be a part of the healing we all need!

Do it because it cost nothing but time and energy.

Do it because it pays well; it brings peace, love, unity/  
togetherness, elevation/ascension.

Do it for the next generation.

Do it as an example to those who are afraid to take the step!

LEAD!!! Lead by example."

You are encouraged to learn all u can about these principles. Don’t allow your learning to stop with these pages. Research and become, “The Seven Principles”!





# THE PRINCIPLE OF WOMB SCIENCE

**"We grew flesh, the portal in which we come through and the vortex we leave out of."**

Color: Black= the beginning and end of all things.

Black is associated with mystery, strength, authority, elegance, formality, sophistication. Black is required for all other colors to have depth and variations of hue.

Etymology of Womb: uterus=belly, womb. Latin- “carry” or “conduct”

Definition of Womb: the place in which anything is formed or produced

Etymology of Science: Latin— knowledge and by study

Definition of Science: science is a systematic enterprise that builds and organizes knowledge in the form of testable explanation and predictions about the universe. in an older closely related meaning “science” also refers to a body of knowledge itself, of the type that can be rationally explained and reliably applied. A practitioner of science is know as a scientist.

Hence the principle Womb Science ask all men to be scientist of the womb. Mankind should care to study it and know all there is to be known of it. Because it is the tool of her/his origin on this planet. All womb-man (woman) should view no-other spiritual practice higher than the study of the womb.

Young girls should start the science of the womb from as early as they have over-standing. All children surroundings should reflect knowledge of the womb. Males are the protectors of the womb and females are the guardians of such creative power and celestial links.

To prove that the womb is our celestial/spiritual links; YOU ARE HERE in the flesh not as flesh! The physical part of you that developed in the physical womb is different than the spiritual you. This is where the womb /star gate becomes also a portal, to allow you, the self, the non-tangible self to enter into the flesh.

The womb is also a celestial link for mankind. The womb and the moon cycles are in sync. This info has been known throughout human history. As early as 25,000 BCE notched bones from the Congo, Africa has been found. The markings on the bones represent a six month lunar calendar also reflecting the womb-mans menstrual cycle.

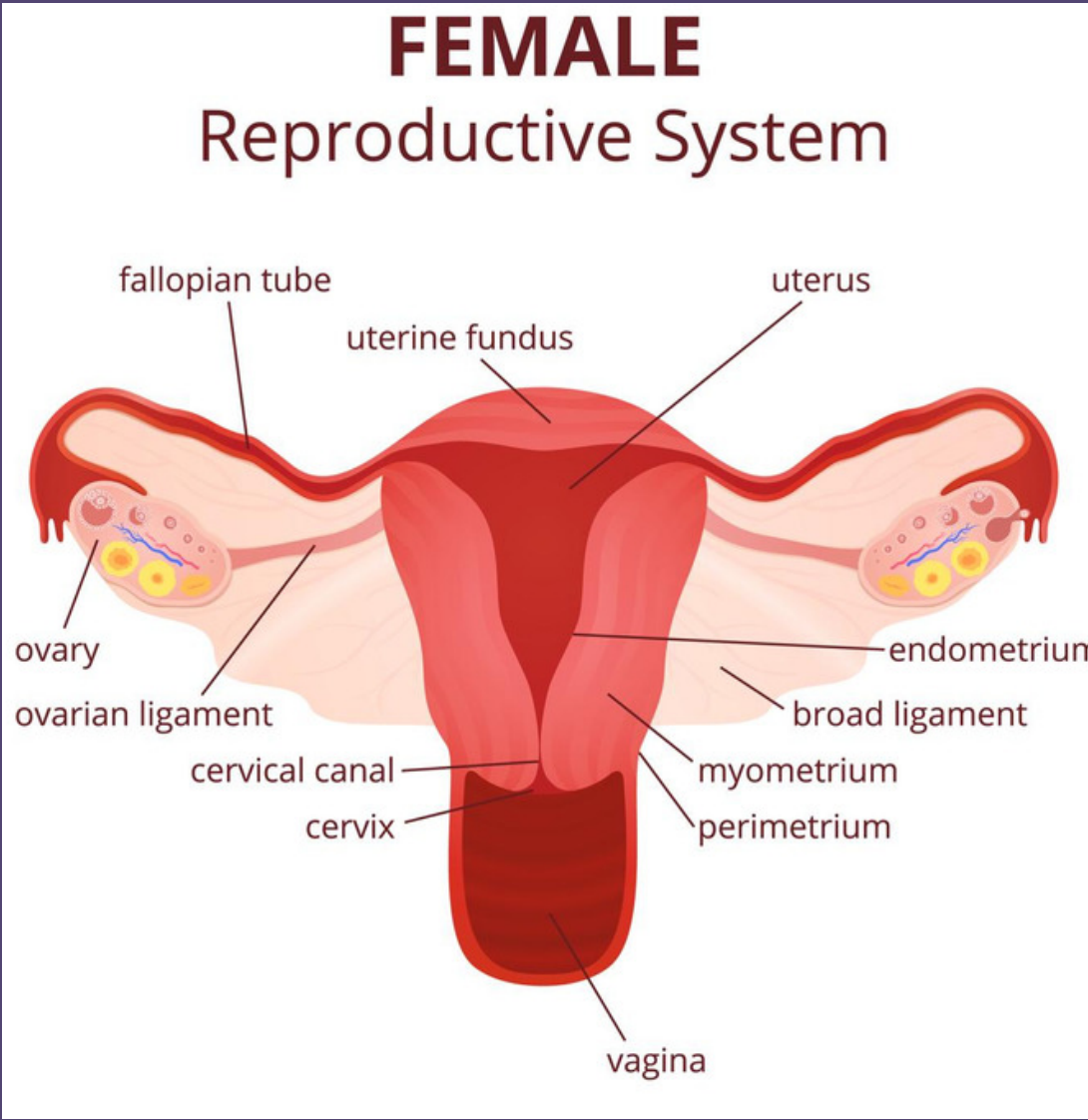




There are other countries where proof of the connection of the womb and the moon have been found! The Venus of Laussel; Base relief image from Laussel, France, 25,000 to 20,000 BCE. The horn has thirteen marks, the number of moons in a year: and records kept of the menstrual cycle. Hence the lunar calendar! (For more on thi refer to the complete collection of writings called 7 , by; Darvad Ceka Hsie)

She (womb-man) is and always will be mankind's link back to the heavens. She is Mother Goddess! It is proven in you DNA. To be exact the mitochondria DNA. This DNA comes from the mother who got it from her mother and so-on.

When an egg is fertilized, the cells of the resulting embryo contain the mtDNA and cytoplasm of the egg not the sperm. As the embryo continues to develop into a full grown Human, all of the cells in the resulting human contain the cytoplasm and mtDNA of the mother. Male carry it from the mother but the females pass it on.



Because of this DNA we can trace our ancestry back for thousands of years. And if all Humans have this DNA passed down from the mother/female SHE had to be the first to exist on this planet! mtDNA give energy to all cells. The cell could not exist without it!

Hence SHE is Mother Goddess of this planet and the womb is her tool. She is the guardian of the star-gate. Mankind must turn her/his sights back to the reverence of the womb. If the womb is in trouble than so is the whole of mankind.

If the womb is in trouble and not in its serene state than only disagreeable beings can come through it. But if the womb is in peace and in tune with universal harmony than agreeable beings can come through it. And these agreeable beings are your heavenly host waiting to come to your aid. They are standing by and waiting to help mankind restore order on her/his planet!

## Become a Scientist of the Womb!!!

(For more on womb science refer to the complete collection of writings called 7 , by; Darvad Ceka Hsie)





# THE PRINCIPLE OF SPIRITUALITY

**“Your Spirit is that Electrical You, that part that comes from the sperm.”**

Color: White= white is purity, innocence, wholeness and completion, light, goodness, virginity, safety, cleanliness.

Etymology of spirit: Latin- Breath

Definition of spirit; 1) the quality of being spiritual 2) incorporeal or immaterial nature. 7) of or pertaining to spirit or soul as distinguished from the physical nature; a spiritual approach to life 9) of or relating to the mind or intellect 1) the life principles of consciousness; the vital principle in humans, animating the body or mediating between body and soul.

The spirit is your life force energy, a form of electricity; light body. The spirit is the spark of life given to mankind from the mother's mtDNA. Without the spark of life force energy in all cells called mtDNA the cell could not survive.

The spirit the breath is taken first in the mother by the mother; in her waters (amniotic fluid) .The unborn baby exchanges oxygen and carbon dioxide with the mother through the placenta and umbilical cord. The mother's blood circulates through the placenta and also carries nutrients to the baby. The placenta is attached to the uterine wall and to the umbilical cord, which is attached to the baby. The mother, in effect, breathes for the baby. The second breath of a being is when the being exits the womb.

Spirit is the conduit (3.A means by which something is transmitted: in this case life force energy) between the flesh and the soul. It is the reason you are able to function in ur body. Without the spirit/electricity the generator/spine/nerve center would not operate. Again it is the spark of existence, and the life force of all organic (Of, relating to, or derived from living organisms) matter.

Electricity is the medium by which nerve cells pass signals to muscles. The body is electrically charged. Man is an electrical being.

Man is 75% water and electrically charged. Hence man is water and light! Some scientist say water does not conduct (To direct the course of; manage or control ) electricity (this is still a scientific debate) because pure water without minerals has no charge. But what is known is water is composed of H<sub>2</sub>O and all atoms has an electrical charge.





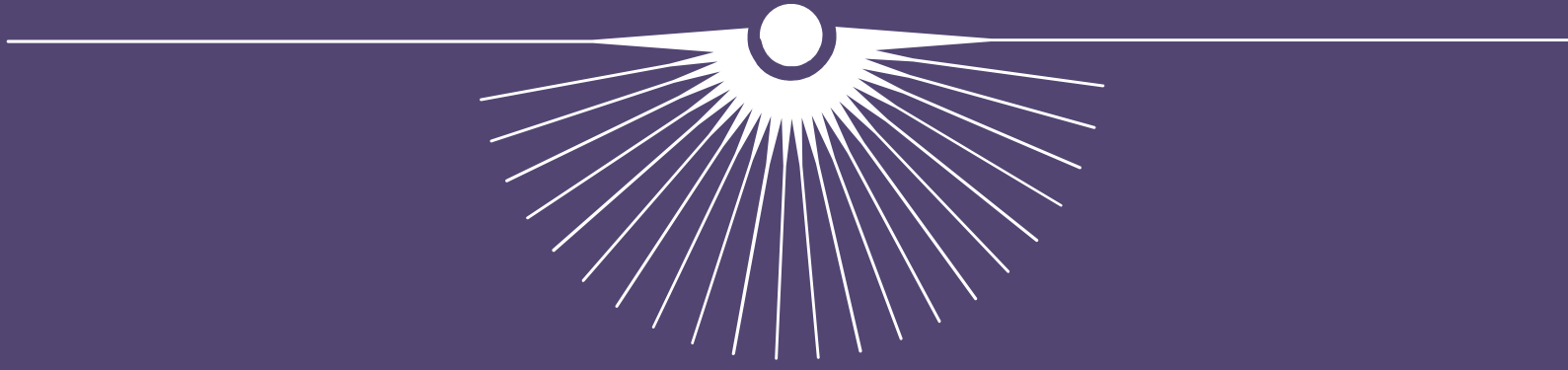
So it is either water conducts electricity which proves that the body spirit and soul are electrical in nature. Or water doesn't conduct electricity, yet it dilutes and spread minerals through out the body that actually conduct the electricity. Having proven the same process of thought.

Man is water and light and should consume water and light; or electrically charged foods or alkaline foods. (For more on alkaline foods refer to the complete collection of writings called 7 , by; Darvad Ceka Hsie)

Spirit and flesh must have a complete give and take system. The spirit and flesh must eat properly for this exchange. In order to reach the higher spiritual you, you must eat properly and breath good air and practice proper breathing techniques. Each is essential! By doing this the spirit can communicate messages from the spirit/etheric dimensions to you through the merging of the flesh and the spirit. Also, by merging the flesh and the spirit laden powers can be re-activated.



# Tools of the Spirit



## Solitude

It is good discipline for your spirit, to often silence your self. For hours or even days. It is at this time you can hear the inner voice and receive its messages.

## Eating and Fasting

Again the flesh must compliment the spirit and this can be done by the (electrical) foods you intake. And fasting is as some call it: “The gateway to the GODS”! Through fasting not only do you give the body the rest that it needs. You allow your spirit to elevate to higher vibratory levels. Because the bodies energy is still; and one can focus that energy spiritually.

## Meditation

Through meditation you are able to link with the inner-voice and your spiritual guides, you are able to set your focus on matters deserving your attention. Also meditation is the tool to use to hear in the spiritual planes.

## Breathing

Proper breathing techniques also link you to your higher spiritual self as it helps to release the toxins from the body.

## Chanting

Raises your vibrations and helps you to evolve on the spiritual plane as it helps to bring forth manifestation. You are a spiritual being on a Human journey. You must release your self from the realm of materialism and worldly ideas.

**”Become in tune with your inner voice. The way back to the plane of spirit and the GOD within is the JOURNEY within.”**

*(For more on spirituality refer to the complete collection of writings called 7 , by; Darvad Ceka Hsie)*





# THE PRINCIPLE OF NATURAL LAW

**“Nature’s Law. Cause and Effect. Reaping what you Sow. The Laws that govern us, not man’s law.”**

Color: blue= associated with health, healing, tranquility, understanding, and softness. represents knowledge, power, integrity, depth, trust, loyalty and seriousness. The abundance of nature in all the universe which reflects blue, we are governed by these laws.

Etymology of natural: Latin- “be born”

Definition of natural: exist in or formed by nature, of pertaining to, Etymology of proper to the nature or essential construction: natural ability.

Etymology of law: English- that which has been laid down , ‘laying, good order’.

Definition of law: a rule or principle of proper conduct sanctioned by conscious concepts of natural justice, or the will of a deity a moral law.

Natural Law would be the same as justice. The root word to justice is “just” and the etymology of this word is sacred formula, righteousness in general and with the process of law. Justice: a concept of moral righteousness based ethics, nationality, law, natural law, religion, equality and fairness, as well as the administration of law.

It is time man become his own judge. Each man stand against his own reflection. Each man try her/him self in a court judged by morality and a malevolent conscious.

There is process of natural law in nature that man must follow. A process that will be carried out with or without the consent or authority of man. This process is called The Happening! Natural Law!



Natural Law	Man's law
Based Upon Principles & Truth (Inherent To Creation)	Based Upon Dogmatic Beliefs (Constructs Of Mind)
Harmonized with, due to Knowledge & Understanding	Complied with, due to Fear of Punishment
Universal; exists and applies anywhere in the Universe regardless of location	Differs with location based upon the whim of legislators (Moral Relativism)
Eternal and Immutable; exists and applies for as long as the Universe exists, and cannot be changed	Changes with time based upon the whim of legislators (Moral Relativism)

The best example of natural law is found in nature. In nature theres a true system of justice and balance. The balance man some how ventured away from or at this point is just an observation of study.

Example:

if you throw a rock in a pond the water will ripple, the rock will settle at the bottom. If you don't drink water for four days you will die!

From where you are on the planet, the earth will rotate facing the sun, and then turn away from the sun. Twelve hour a day ultraviolet rays will rest on plants and the process of photosynthesis will happen.

My point is that all of this happening will happen with or with-out the consent of man. Although the process of natural law can be the cause of the effect of man. Man must over-stand she/he is not above natural law. She/he is not bigger, stronger or more powerful than nature and natural law.

Nature is and always will be her/his provider. Man seems to think she/he is above this order, this process, this law! Nature has provided man what is needed that she/he should consume in the body. So that man may live in perpetual harmony within her/his self, the world and the universe.





But instead man denies the gift of life provided! Yet natural law will prevail. When man eats unnatural foods she/he pays the ultimate price. Natural law shows who is boss and the process is always happening. Diabetes, heart disease, obesity, cancer, psoriasis, muscular diseases, blood diseases, etc.. Become the judge, jury and warden. Man smoke cigarettes because she/he can.

And because natural law can enforce the happening his lungs pay the price.

In natural law death begets death! Man is killing as if he is the creator of life. Death is everywhere; on tv; including kid shows, video games, music, movies, in the streets, at war EVERYWHERE!!! Chemicals (called chem trails) are being sprayed in the air daily; killing plants, animals and people.

There are cancer forming agent in tooth paste called fluoride. Death has no respect anymore. Death has become the new fad. It is fluently and lightly spoken in everyday phrases. Children play killing games with each other. Death has gone rapid on the earth.

But know this! Death will have the upper hand. Because death is a part of natural law as all things are.

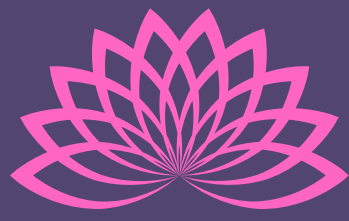
The more energy man puts into death, the more death man will see. But the winner of the death game will be natural law.

Man will pay for the lives he has taken; as nature is showing us who is boss. With tsunamis, hurricanes, earth quakes, freeze overs, avalanches and tornados. No man can do more damage than those things mentioned. But all men can aid in its happening!

Natural law is the law of cause (**Karma**) and effect. You will reap what you sow (Karma). If every individual takes responsibility (**Dharma**) and be more conscious of her/his actions, there would be less benevolent effects in her/his world. And there wouldn't be a need for mans justice systems and criminal courts.

Stand and face your self and judge your self for your actions. Introduce your self to Dharma (the body of doctrine pertaining to the purification and moral transformation of human beings. For the word, the "path of righteousness" ). In other words Dharma is balancing your Karma (action, work or deed ). (For more on natural law refer to the complete collection of writings called 7 , by; Darvad Ceka Hsie)





# THE PRINCIPLE OF LOVE

“You Must Love Yourself First. All parts of you. Know your body system and how to treat it.”

**Color:** Pink= Romance, love, feminine qualities, and passiveness

**Etymology:** love, dear, ‘strong desire’ praise, belief, find pleasing, to trust.

**Definition:** interpersonal affection, pleasure, emotion of a strong attraction and personal attachment. 1) virtue representing Human Kindness, compassion and affection. unselfish loyal and benevolent concern for the good of another. 2) and it may describe compassionate and affectionate actions towards other humans, one’s self or animals.

**Divine love.** Divine= shinning, god-like goddess. Such things are regarded as divine due to their transcendal origins, and or because their attributes or qualities are superior or supreme relative to the things of earth. Divine things are regarded as eternal and based in truth.

Man has witnessed the teachings of love in a variety of settings.; home church, community temple etc. And in most/all of these settings she/he is taught the love of GOD first. Because of the eternal love God has for man.

Man was/ and is being taught to love her/his neighbor as she/he loves their self. Yet in all of these settings the students of love are unfulfilled and lacking the concept of true love. And that is because so are the teachers in most cases.

Most beings have never had love defined in its true essence. So how could man know the true meaning of love? And in how many settings is man taught to love thy self? Some would answer that as “many”. So what are the lessons; to buy the self an occasional rose, treat the self to a movie or buy the self something long desired?

And after these so called-profound lessons of love, how complete is the man in, “ the lesson of love”? Through meditation and divine inspiration one can learn the true meaning of love.

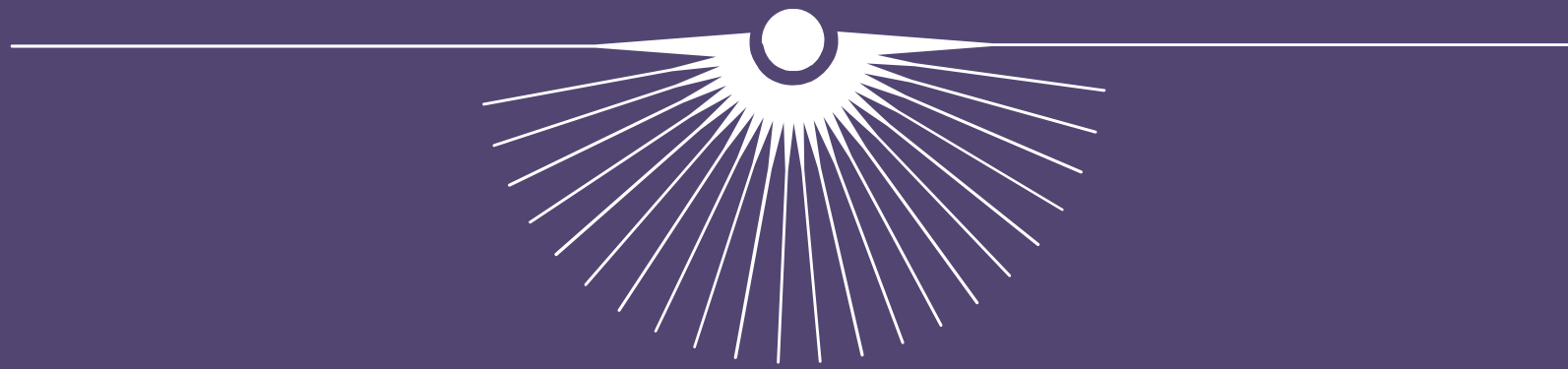
In order to truly love anyone or anything you have to first learn to love yourself. Your whole self, the entire self!

You must love your mind, flesh, etheric self, conscious self, and the soul self. Love each part of you for what it is and the purity of the self. And that is a lesson most of mankind has not yet been taught.



# THE PARTS OF SELF

## (AND WAYS TO LOVE IT)



### **FLESH/ELECTRIC**

Love yourself enough to feed the body what it should have and not what it wants. (break the cycle) Electrically charged foods

### **ETHERIC/ELECTRIC**

Love yourself enough by going into meditation and opening up your spirit to the harmony of the universe. Allowing the spirit to re-charge.

### **MENTAL**

Love the self enough by exercising the brain (by indulging it in thoughts of universal harmony)

### **CONSCIOUS**

Love the self enough by connecting to your awareness (through meditation and becoming one with the universal all)

### **SOUL**

Love the self enough by perfecting the other self loves which cleanses the soul.



When u learn what true love is, by loving the whole self, then you can love everything else in wholeness. You will truly love your GOD, family, earth and all living things.

Loving the whole self creates a magical world of connecting to all things called THE ALL.

Loving the whole-self removes blinders that have been over your eyes since exiting the star-gate and entering into the realm (realm= rule of the king) of being dumbed down.

Love begets love! perfecting the love of self radiates love and brings love in abundance in your life.

**“Man Love Thy Self”, is ‘Man Know Thy Self’!**





# THE PRINCIPLE OF ECO-NOMICS

**“The Wealth of the Entire Community. The exchange in nature. The eco system.  
Planting a seed and continuing to eat.”**

Color: Green= growth, hope, free passage, nature, harmony, healing, freshness, fortune

Etymology of Economics: Greek term for household management to the natural realm. A public administrator of the affairs of state. From Alfred Marshe— 1890— in his textbook that extends analysis beyond wealth and from the societal to the microeconomic build; it enquires how he gets his income and how he uses it. Thus it is on the one side, the study of wealth and on the other and more important side, a part of the study of man.

Definition of Economics: The study of man in the ordinary business of life. A recent review of economics definitions include a range of these in principle textbooks, such as descriptions of the subject as the study of:

Eco: prefix; mostly relating to ecological or environmental terms

Eco: currency

Wealth: core meaning; as held in the originating Old English word weal, which is from an Indo-European word ‘stem’.(1) in this larger understanding of wealth, an individual, community, religion, or country that possesses an abundance of such possessions or resources to the benefit of the common good is known as wealthy.

Coordination: 1) the organization of the different elements of a complex body or activity as to enable them to work together effectively.

Resources: is a source or supply which benefit is produced. Typically resources are materials, service, staff, or other assets that are transformed to produce benefit, and in the process may be consumed or made unavailable.

Environment: 2) the surroundings of a physical system that may interact with the system by exchanging mass, energy or other properties .

Currency: from Middle English currant, meaning in circulation. A much more general use of the word currency is anything that is used in any circumstances as a medium of exchange.





It is imperative that you receive all of the definitions of the above words. For the most part people freely use these words but don't really know the meaning or etymology (origin).

As you see from the above meanings economics is much more than making money as most people define it. It is also the study of man in the underlying business of life.

Economics is about the growth of fortune and wealth of an individual and her/his community. It is about currency; a medium of exchange in circulation. **This does not only apply to money.**

An idea for the exchange of willing and benefiting participants to bring it to life is currency. Nation building for the betterment of all is currency. The core meaning of economics is not getting a good job and making money to buy up the material world!

It is coordination, beings working together for a joint community chest that every individual in that community owns. A community chest that provides for every woman, man and child in the community. Although some may think we are beyond this way of thinking. Remember it is just that, 'thinking', a state of mind. **True Economics** is just a **Manifested Thought** away from becoming a reality!

Economics is a tool man should use in her/his households and communities to create fair exchange amongst themselves. Economics is about studying the affairs and decisions, and creating social customs to benefit the common good of the whole community.

Economics is about gathering all of your resources mental, spiritual and material, and circulating them throughout the community for the common good of every individual.

**If every individual saw from this view of economics; then every member of the community would be an asset to it!!!**





# THE PRINCIPLE OF EDUCATION

**“True Education starts with learning about Nature in Nature...All other areas of study will be covered in the process.”**

Color: Yellow= joy, happiness, intellect, energy, stimulate mental activity.

Etymology of Education: “lead out” ‘bring up, rear’

Definition of Education: developed faculties and powers (of a person) by teaching, instruct, school, drill, indoctrinate. To develop or train.

True education is a principle that has not been practiced in this society. Most people today have not been educated (lead out or brought up). Education is also, but much more than ABC’s and learning to speak and spell. It is more than learning to memorize today’s academics (course of study) as they are taught.

Education starts at home, not at school (an institution designed for the teaching of students under the direction of a teacher; etymology of school is ‘leisure’ ) (institution; a society, or organization founded representing religion, educational, social, or similar purpose. Any structure or mechanism of social order giving the behavior, of a set of individuals with a given community; human or animal ) in the womb the child's education starts. In the womb the child is affected by all the mother does sees and hears.

And the mother is and/or should be the first teacher. She is the guardian of the being/nation who came through her star-gate. She does not own the child but is responsible for their well being, protection and guidance.

Being the guardian gives her the responsibility of being the first teacher. Yet mothers today aid in the dumbing down of her offspring’s spirit, mental and soul. It is a cycle, because the mothers today have had the same happen to them. She has also been misguided.

Both parents should reflect the SEVEN PRINCIPLES. The male of the household should also aid in the proper guidance of the offspring, but more importantly he is designed to be the protector and provider for the family.

Every child is a reflection of what tomorrow will hold for this world!

The child needs spiritual (not the same as religious) education. The child needs to learn the truth about his surroundings. The child needs to be educated on the self and all the parts of it. The total self; mind, body, spirit etc..

Most children today are coming into a world of uneducated people teaching the ignorance of self! Again, that is because it is a cycle of ignorance. This cycle must be broken!!!





The adult beings must re-educate the self. The adult beings must investigate the world they live in. The adult beings must come into inner-peace, to find the simplicity of the world in order to connect with it.

Once the adult beings are re-educated then she/he can properly educate the incoming beings and be true guardians and protectors.

**EDUCATE EACH OTHER ON THE SEVEN PRINCIPLES!!!**





# THE PRINCIPLE OF SACRIFICE

**“Mastery of the Principle of Sacrifice Perfects all Seven Principles.”**

Color: Red= stimulates to make quick decisions, courage, fire, blood, energy, war, strength, power, determination, love, desire.

Etymology/definition of Sacrifice: 3) the surrender or destruction of something prized or desirable for the sake of something considered as having higher or more pressing claim. 4) the thing surrendered or devoted. Recently it has also come into use as meaning 'doing without something' or 'giving up something'

Sacrifice it is the last principle in these writings but by no means is it least in importance. Via sacrifice is how man will come back into the folds of the Human Family! It is the tool she/he will use to get back on the journey of spirit beings.

The principle sacrifice is the binder between all the other principles!

Man must go deep with-in the self and grab hold of her/his WILL and bring it to the surface. For it is the determination of the WILL that will demand sacrifice in one's life.

**“The One Thing Constant in the Universe is Change”**

~Ancient proverb

And this is a time for change!

In order to implement all of the principles for this change man will have to make some sacrifices. Don't allow these words to discourage you. You make sacrifices all the time for things you desire.

Like when you want/need extra money: you do over time at work. That is a form of sacrifice. You are sacrificing your time. Time you could be using to relax or spend time with a loved one or whatever.

Some woman say they sacrifice their lives for their children. For at least 18 years of the child's life, most of the mothers life is on hold.

And every man can name things he sacrifices unwillingly. Sacrifice is a part of man's existence.

Now it is time to chose to sacrifice for the sake of coming into your wholeness and aiding or doing your part for Humanity, the planet and the universe (etymology of universe: whole entire. Definition of universe: all existing matter and space considered as a whole; the cosmos.) you reside in.





The individual must stop making excuses for what she/he can not do or how hard it is to let go of something. Take a stand for you inner freedom. And the outer world will reflect the image you cast. Lead by example! Create an effect for change.

It is time to sacrifice your image, the food you adore, the places you travel to, the words you speak, etc..

If it is not with-in the confines of righteousness (the quality of being morally right or justifiable), universal harmony, love, education, natural law, womb science, sacrifice, spirituality, and economics than you probably shouldn't be doing it.

Man have been taught in faith or through a belief system that a deity will do for her/him all that needs to be done. Now how does that empower the man. That kind of information is in circulation to prevent man from real-eyeizing her/his own true and powerful potential.

The power of The Most high is with-in you!

You just have to find the tools that you already posses and use your abilities to bring forth your power.

If you make the decision to aid in this needed change, you will be an asset to humanity.

Although the change wont be easy, YOU CAN DO IT!

Remember you are not working alone. You are working with every other spiritual being that finds the truth in these pages and have decided to implement these truths in there lives





# MAKING MEDITATION BEADS

## Supplies Needed:

49 of each color small beads (the order they will appear)

7 of each principle color:

7 Black (The Principle of Womb Science)

7 White (The Principle of Spirituality)

7 Blue (The Principle of Natural Law)

7 Pink (The Principle of Love)

7 Green (The Principle of Eco-nomics)

7 Yellow (The Principle of Education)

7 Red (The Principle of Sacrifice)

Each threaded seven times.

Strong bead string 3'4" long,

14 small copper beads, and copper crimp beads.

Step 1. At one end of string thread on seven copper beads and then two crimp beads.

Step 2. Clamp the crimp beads in place at the very end. (This will prevent all the beads from sliding off.)

Step 3. At the other end of the string thread two crimp beads. Slide all the way down to the other end and clamp them. (This locks the copper beads in place from the other side.)

Step 4. Thread two more crimp beads. Measure one inch space away from the crimp beads already locked in place and clamp the crimp beads you just put on. (This will keep all the beads from sliding to the bottom.)

Step 5. Thread 7 of each color bead on the string in backwards order from above. (red, yellow and so-on) continue until all beads are threaded. Ending in black.

Step 6. Lock in place with two crimp beads, leaving a half inch space between the beads and the crimps. (Leaving room to slide the individual beads during meditation or chanting)

Step 7. Thread seven copper beads and two crimps, with the left over string fold it into the two crimps and clamp the crimps.

This will leave a finger hole to hold the beads when wearing or meditating.

For more bead instructions see YouTube Chanel: butto11 "Living Free: making 7 principle beads.





# MEDITATION INSTRUCTIONS

With loop of beads on middle finger. Grab beads individually and say aloud the principle. Repeat until you have pulled every beads and every color on the string. Then sit with eyes closed and meditate on the color while chanting (repeating over and over again) the principle. Do this until u feel the vibration. Do this for each color starting with black ending with red.

Before meditation be sure to wash face and hands thoroughly. If you are going to meditate on a meditation mat (recommended) wash your feet also. Be sure all of you personal areas are clean. (if you are in a situation where using a mat or washing is impossible, don't allow that to stop you from meditating)

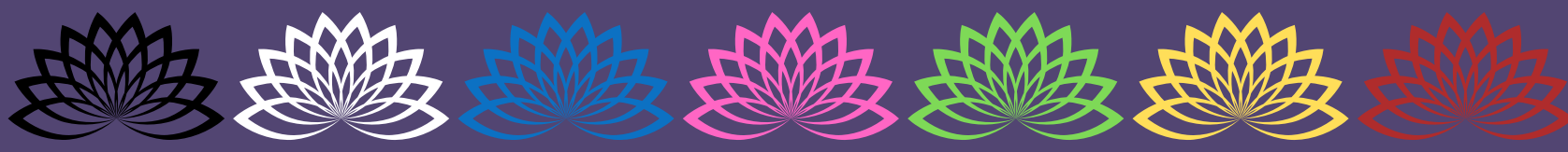
"Link with sisters and brothers around the world! Eliminate the thought of separation! Unity will free us all! “

A Sister of 7”

7

## 7 More than a Number: It's a Movement!





You are Loved and Highly Favored!!!



## HOW TO CONTACT US

Ways to show your support and contact info:

[www.nature-rules.com](http://www.nature-rules.com) (online store: high quality incense, body oils soaps and more)

Donations are appreciated and will help with the printing of the writings but not necessary to receive a copy of the writings.

You can send a email to [le7el7@yahoo.com](mailto:le7el7@yahoo.com). Subject seven principles and you will receive a PDF copy. ( if you care to donate you can send a money order to 115 E Pinal St Huachuca City AZ 85616 or via paypal click the donate link on the NATURE-RULES website. [www.nature-rules.com](http://www.nature-rules.com))

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# AN EXPRESSION FROM IN THE A.M.



## MOTHER'S TEARS

Wet is her belly. Life ever developing with-in.

Simultaneous dry and moist is her skin.

Her arms stretched forth to the heavens, oxidizing the air I breathe,

Yet bringing forth life to nourish my needy flesh.

Strong is her arms when I fall. Never breaking her concentration.

As she stand amongst her counter parts, gracefully spinning around her source of light  
and life. Defying space and time she remains suspended in the deep of darkness.

The ancient monuments and relics that rest upon her breast,  
proves her renown.

To the suspicious, speculating parasites, aiming to degrade her face, defile her breath,  
control her ability to procreate, reproduce and evolve, and fill her essence with blood  
and death

Comforting is it to watch her anger erupt.

She look to the heavens for a cure, for those now becoming her cancer.

I pray with her for an antidote,

So I may benefit from Earth's new purified existence!!!