

My Declaration of Self-Esteem

I AM ME

IN ALL THE WORLD, THERE IS NO ONE ELSE EXACTLY LIKE ME
EVERYTHING THAT COMES OUT OF ME IS AUTHENTICALLY MINE
BECAUSE I ALONE CHOOSE IT — I OWN EVERYTHING ABOUT ME
MY BODY, MY FEELINGS, MY MOUTH, MY VOICE, ALL MY ACTIONS,
WHETHER THEY BE TO OTHERS OR TO MYSELF — I OWN MY FANTASIES,
MY DREAMS, MY HOPES, MY FEARS — I OWN ALL MY TRIUMPHS AND
SUCCESSSES, ALL MY FAILURES AND MISTAKES BECAUSE I OWN ALL OF
ME, I CAN BECOME INTIMATELY ACQUAINTED WITH ME — BY SO DOING
I CAN LOVE ME AND BE FRIENDLY WITH ME IN ALL MY PARTS — I KNOW
THERE ARE ASPECTS ABOUT MYSELF THAT PUZZLE ME, AND OTHER

ASPECTS THAT I DO NOT
FRIENDLY AND LOVING TO
AND HOPEFULLY LOOK FOR
AND FOR WAYS TO FIND OUT
LOOK AND SOUND, WHATEVER



KNOW — BUT AS LONG AS I AM
MYSELF, I CAN COURAGEOUSLY
SOLUTIONS TO THE PUZZLES
MORE ABOUT ME — HOWEVER I
I SAY AND DO, AND WHATEVER

I THINK AND FEEL AT A GIVEN MOMENT IN TIME IS AUTHENTICALLY
ME — IF LATER SOME PARTS OF HOW I LOOKED, SOUNDED, THOUGHT
AND FELT TURN OUT TO BE UNFITTING, I CAN DISCARD THAT WHICH IS
UNFITTING, KEEP THE REST, AND INVENT SOMETHING NEW FOR THAT
WHICH I DISCARDED — I CAN SEE, HEAR, FEEL, THINK, SAY, AND DO
I HAVE THE TOOLS TO SURVIVE, TO BE CLOSE TO OTHERS, TO BE PRO-
DUCTIVE, AND TO MAKE SENSE AND ORDER OUT OF THE WORLD OF
PEOPLE AND THINGS OUTSIDE OF ME — I OWN ME, AND THEREFORE

I CAN ENGINEER ME — I AM ME AND

I AM OKAY

— *Virginia Satir*

Sahome Upholds Our Wish for Living Words of Wisdom

Approach each day with positive thoughts.

Believe in the goodness of others.

Create a better world by being a friend.

Decorate your life with beautiful things.

Educate yourself through the teachings of others.

Find friendship through giving of yourself.

Gain insight into others by being a good listener.

Hope will keep dreams alive.

Imagination is the key to success.

Judge no one but yourself.

Keep yourself focused on your goals.

Live life to it's fullest.

Make happiness your primary goal.

Nothing can stand in your way when you dare to dream.

Open your eyes to the world around you.

Persevere when it seems impossible.

Quality of life comes from doing the things you enjoy.

Respect the values of others.

Strive to do your best in all things.

Take hold of your own destiny

Unity of mind and soul makes for inner peace.

Value the little things.

Welcome input from others.

eXplore new opportunities at every chance.

You live your life, others will live theirs.

Zest for life will help you live at your peak.

*Sahome wishes these critical words of wisdom
to become a needed part of everyone's life!*

Rhymes

to overcome any schism or derision...

Cheer up, gear up, get up and going!

Gumption preceeds resumption

Upkeep manages upheaval

Readiness builds steadiness

Trying increases triumph

Caring comforts heartbreak

Deeds trumps creeds

Heed the need by deed

Thought precedes form

Improvement requires movement

Fairness fosters fortitude

Incentives invites initiative

Consistency is couched in caution

Democracy lessens atrocity

Inept can become adept...

So

Don't fold; unfold, uphold!

Be progressive and productive.

Weather the worst. The weather will change.

Let Sahome's message of hope turn each of us into messengers. Let us become that 'Messenger of Mitigation' to bring hope to the wider world.

*God's Heaven is working on us
through many faith paths...*

Let us not violate Heaven's generosity!



Sahome's
Poems
of
Edification



*Sahome's
Poem of Peace and Sacred Excerpts
from the Holy Quran*

**Know and Be, it is the truth!
Humble yourself and take hold of the
Merciful and Forgiving Allah,
Who is affectionate and merciful to the people!**

IMPLIED THROUGH FIVE ILLUMINATIONS!

Illumination I

“And He is Who has created the heavens and the earth with the truth; and on the day He says: Be, it is.

“His word is the truth, and His is the kingdom on the day when the trumpet shall be blown; the knower of the unseen and the seen; and He is the Wise and Aware.

“He it is who make the sun a shining brightness and the moon a light, and ordained for it mansions that you might know the computation of years and the reckoning. Allah did not create it but with truth; He makes the signs manifest for a people who know.

“Aggressively and justly guard against evil and do good spontaneously. Pray, fast and give thanks.

“Abide and convey good news to those who believe and sow good deeds.

“Seek assistance through patience and prayer from your Lord who made the earth a resting-place for you and the heaven a canopy and Who sends down rain from the cloud then brings forth with it subsistence for you of the fruits; therefore do not set up rivals to Allah but serve your Lord.

Illumination II

“Surely those who believe and do good and humble themselves to their Lord, these are the dwellers of the garden, in it they will abide.

“Take hold with firmness, hear and obey the covenant we have made with you: Exalt the greatness of Allah for His having guided you, that you may give thanks. Covet not, effect a redemption by feeding a poor man. Allah desires ease for each of you, which is to say understanding, and he does not desire for you difficulty. Recognize the favor of Allah, do not deny or be ungrateful.

Illumination III

“Do not quarrel one with another. This is the announcement which We reveal to you: Do not hinder or persecute any man. This is the way of Allah. He gives life to the earth after its death, most surely He will raise the dead to life; and He has the power over all things. Do not continue any malicious act. Do not bear false witness.

“And seek by means from what Allah has given you the future abode, and do not neglect your portion of the world, and do good to others as Allah has done good for you, and do not seek to make mischief in the land, but Allah does not regard mischief-making but Allah regards those who restrain their anger and pardon men and Allah loves the doers of good to others.

“Allah is Forgiving, Merciful to those who repent and amend.



Illumination IV

“I am very near; bear witness and verify what I have given you through the prophets. My covenant has come to the believing through apostle, Book, and wisdom and what has been revealed: that I am no respecter of persons but impartial, kind and mutually adoring. This is what had been revealed to Abraham, Ishmael, Isaac, Jacob and the tribes. Do affirm it in your actions and deeds.

“Be patient under that which afflicts you. All will be made to turn to your advantage. Spend benevolently out of what We have given you. I do not ask you anything in return except that you, who will, may take the way to your Lord who’s reward is forgiveness. Do not be a rejector of peace but the lovers and doers of good. These are the times appointed for the benefit of men and for the pilgrimage of the heart and for righteousness.

“Be careful of your duty that you may be successful. Recompense and rewards, consequences and trials comes to believers and unbelievers alike. Cast not yourselves to perdition with your own hands. Turn your face to heaven.

Illumination V

“You shall not answer for the misdeeds of others but you shall have what you earn. Abstaining from evil is better for you. I do not lie. Punishment cannot be averted from those guilty. Abstain from evil and take hold of My all encompassing mercy.

“Warn one another, and do not stray. Warn one another to not be overly entangled in your possessions. Do not follow that which comes of naught. Keep your communications open and remind one another often. Strengthen one another’s heart with patience.

“Do not forsake one another but strengthen one another’s resolve. Profit from one another’s experience. Support one another. Be contrite. Follow the Lord of the heavens and the earth. Support the covenant with which we are bound together. Unite your hearts with My will.

“Take hold of what I have given you with firmness and be obedient. I desire ease for you, not difficulty, and that your face will turn bright with glory.”

Sahome's Poem *the Mantel – the Message*

A two part spiritual poem

Part I – the Mantel

Pay the price to build your divine nature, stop sin and destruction.
Do not stagnate or stalemate or offend or grandstand.
Be like a frontier town on the verge of a growth spurt;
upgrade, update, refine or repair.

Become a model monitor,
overcome, do and dare.

Set your moral compass,
release your powers with care.

Live good sense and a generosity of disposition.
And you will harvest direction, correction, protection, connection.
Live sacrificial love, give service and consideration.
And you will train yourself, inform yourself
to be more morally essential more wise and aware.

The fruit of such obedience is a clearer vision of the
Glory of God — a glory He wants to share.

Now wear the mantel of this inner vision
by following the words of the apostle Paul:

*This is a faithful saying, and these things I will that thou affirm constantly, that
they which have believed in God might be careful to maintain good works by:
being a lover of hospitality, a lover of good men, sober, just, holy,
temperate, gentle, showing reverence unto all men;*

*being discreet, chaste, attentive to home and family,
sound in faith, good in charity, sincere and patient.*

*According to the common faith of God's elect:
being not unfruitful, but manifesting
goodness, mercy, and peace.*

Sahome's Poem *the Mantel – the Message*

A two part spiritual poem

Part II – the Message

Now ask yourself: “Am I satisfied?”
“Have I improved? Have I reached for my optimum?”
If I have low purpose, weak ambition — seem to be
following the unseemly ways of popular culture;
Remember, we are all children of the same God.

Remember, He has given us a warning:

To walk in wisdom's path — grace for grace.
Not to boast, to do no iniquity, but do good.

Now let his mercies and good counsel
rule and reign over our heart.

Be restored through repentance and good works.

Let the Lord our God be our guide.

Let us live His messages found in the words of the Prophet Ezekiel:

Moreover the word of the Lord came unto me saying:

*He shall surely live who hath not oppressed any, neither spoiled by violence; but
hath given his bread to the hungry and hath clothed the naked and hath been honest
in all his dealings.*

Through his righteousness that he hath done he shall live.

*According to the common faith of God's elect:
being not unfruitful, but manifesting
goodness, mercy, and peace.*



Going Forward by Using Sahome's Poem

From the Judeo-Christian Scriptures

The Poem

Come home, step in without abuse.
Live to principle, not to expediency with joy.
Be comfortable expressing your will and having prosperity.
Let your desires express your truth with well caring,
then be free to receive a feast of gladness.

The Scriptures Based Upon this Poem

COME — Come to them

“For I have given you an example, that ye should do as I have done to you.
Ye call me master and Lord: and ye say well: for so I am.

A new commandment I give unto you. That ye love one another: as I have
loved you. That ye also love one another.

By this shall all men know that ye are my disciples, if ye have love one to
another.

Let not your heart be troubled: Ye believe in God, believe also in me.

In my father's house are many mansions: if it were not so I would have told you.
I go to prepare a place for you. And if I go and prepare a place for you, I will come
again, and receive you unto myself: that where I am, there ye may be also.”

*Jesus
as recorded in St. John
13 & 14*

HOME — Reveal home to them and take them home

“But the Lord knoweth all things which are to come: wherefore He worketh
in me to do his will.

And in the strength of the Lord we contend for the lands of our inheritance.”

*Mormon's words to
his son Moroni*

*STEP IN — Give them full latitude to find themselves (step out of the way)
the process is self-generating*

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”

James
James Chapter One
Verse Five

WITHOUT ABUSE — Give a sense of independence, self trust and reliance. They are a quality being. Recoop through recompense.

Independence through self-trust — recompense anything that distracts from your quality as a human being.

“Then came Jesus forth, wearing the crown of thorns, and the purple robe. And pilate saith unto them, behold the man!

Jesus answered, thou couldest have no power at all against me, except it were given thee from above: therefore he that delivered me unto thee hath the greater sin.”

As recorded in St. John
19

LIVE TO PRINCIPLE, NOT TO EXPEDIENCY

“Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

That ye may be blameless and harmless and of God, among whom ye shine as lights in the world...”

Philippians Two

WITH JOY — Know your own stride, pace, readiness with a willingness to experiment and to evaluate new improved life styles to find goodness and tranquility.

“By the which will we are sanctified through the offering of the body of Jesus Christ once for all.”

Hebrews Ten
The great born again letter of Paul
Penned to the Hebrews

BE COMFORTABLE EXPRESSING YOUR WILL — Comfort

“Serve the Lord thy God with joyfulness and with gladness of heart for the abundance of all things.”

*Deuteronomy Chapter
Twenty Eight Verse
Forty Seven*

*AND HAVING PROSPERITY — Magnified through peace, dreams
and prosperity*

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

*III John
Verse Two*

*LET YOUR DESIRES EXPRESS YOUR TRUTH
WITH WELL-CARRING*

“He hath shewed thee, O man, what is good: and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?”

*Micah
Chapter Six, Verse Eight*

“Finally, brethren, whatsoever things are true, are honest, and just, and pure, and lovely, and of good report; If there is any virtue, if there is anything worthy of praise, think upon, seek, and desire these things.”

Philippians Four

“Therefore, my son, see that you are merciful unto your brethren: Deal justly, judge righteously, and do good continually: and if ye do all these things then shall ye receive your reward: yea, ye shall have mercy restored unto you, and justice shall come to you and righteous judgement, and ye shall have good rewarded unto you.”

*Alma to his son
Chapter Forty One
Verse Fourteen*

“And let us not be weary in well doing for in due season we shall reap.”

*Galations
Chapter Six, Verse Nine*

“Through God we shall do valiantly.”

*Psalms
Chapter One Hundred and Eight
Verse Thirteen*

THEN BE FREE — Loosen / Get loose

“Let your light so shine before men that they may see your good works, and glorify your father which is in heaven.”

*St Matthew
Chapter Five
Verse Sixteen*

“But know that faith without works is dead.
Even so faith, if it hath not works, is dead being alone.”

*James
Chapter Two
Verse Twenty, Seventeen*

TO RECEIVE — Let all the good responses and deeds you have (done or) made come back to you.

“But the fruit of the spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance, bear ye one another’s burdens, and so fulfil the law of Christ.

For he that soweth to his flesh shall of his vulnerability to the flesh be hurt. Look to that which is everlasting.

Remember, faith worketh by love. Fulfill the potential of the spirit.”

*Galatians
Chapter Five, Six*

A FEAST OF GLADNESS

“Rejoice, and be exceeding glad: for great is your reward in heaven: ye are the light of the world.”

*St. Matthew
Chapter Five
Verse Twelve and Fourteen*

“Ye love the thought of Jesus and believing ye rejoice with joy unspeakable as full of glory.”

*Peter
Chapter One
Verse Eight*

“Oh Lord of hosts: glad is the man that trusteth in thee. Glad is the man whose strength is in Thee: in whose heart are Thine ways: for the Lord God is a sun and a shield. The Lord will give grace and glory. No good thing will be withheld from them that walk uprightly for the Lord is our defense and the Holy one of Israel is our king. Let the beauty of the Lord our God be upon us.”

Giving the Love of the Psalms

Living Sahome Says Yes To Life!

Says Yes... in the search for wisdom and truth, to be a pursuer!

Says Yes... to standing up against the hullaballoer, with all due candor, becoming a prime mover!

Says Yes... to being a solution doer, helpful embuer and sticktoer!

Says Yes... to be a part of the renewers and not the poopooers or the spewers!

Says Yes... to rally around the to-doers and the 'see it throughers'!

Says Yes... to giving credit where credit is due and avoiding the miscontruers!

Says Yes... to overcoming sloth and slander to being true-bluers, so we are not a shirker, but an upright honest worker and renewer!

Says Yes... to being a supporter of all good deeds, as an up builder and honorable provider and noble pursuer!

*Sahome wants everyone to design their
best life and live their best purpose!*

The Poetry of Moral Courage

Moral Courage can live within all of us whether we work in oil or gas extraction as a drill operator, as a dental hygienist, as a shipping clerk or transportation driver, as an applied technician, or an electrical engineer, as an air traffic controller or whatever our career path may become. Through our careers, moral courage can form the poetry of our passion and pursuits by our devotion, emotion, and forward motion. It becomes our tour-de-force through which we become more gracious, persevering, and more persistent which in turn prepares us to heighten our generosity, arouse our curiosity, accentuate our empathy, and school our compassion.

In the face of adversity, we become bonded, integrated, and grow to know our strengths together. Thereby, by using our resources and resourcefulness we stand as preeminent bastions of optimism to expand and share our social and emotional learning. Our habits of mind and our training of attitude create our positive outlook on life!

Moral Courage reflects the executive function of the brain so that we become prime movers.

Our values and hopes give us bounteous reasons to look forward to tomorrow; and give us life's richest benefits, that are more deeply known, seen, self-actualizing and wanted, when they connect us to our optimal self expression of moral courage. All virtues connect us to the rightful habits that lift our moral courage and integrity. Our compliance to the angels of our better nature ensures that the multiple layers of our life form the bulwark and bastion of eternal glory.

This is Sahome's wish for each and every one of us, as we strive together to realize an ample peaceful new social order, which will bring peace, harmony and help find benefits for all of humanity. May we ever join our skill, moral courage, resources, and energy to become allies in moral leadership to realize goodwill, brotherhood, and peace. Sahome is our initiative together, to get this noble effort accomplished!

*By sharing Sahome together, we wish an abundance of
moral courage to bless every life!*

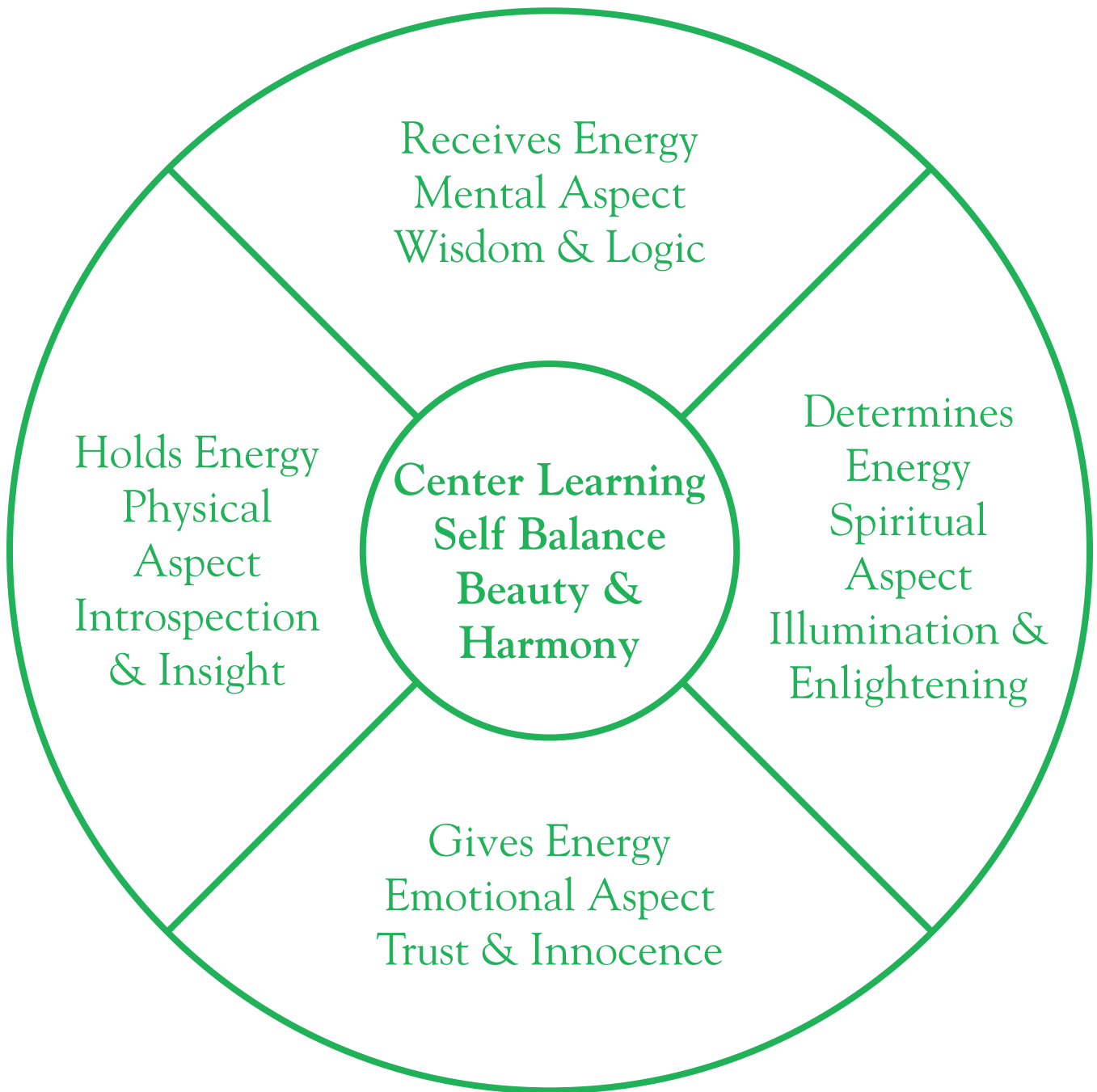


Smiles

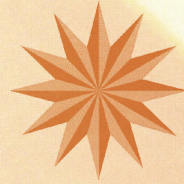
- One who smiles rather than rages is always stronger.
- Everyone smiles in the same language.
- Start everyday with a smile and get it over with. – *W.E. Fields*
- A laugh is a smile that bursts. – *Mary Wadrip*
- Beauty is power, a smile its word. – *Charles Reade*
- The shortest distance between two people is a smile.
- Wear a smile — one size fits all.
- A smile is a curve that sets everything straight. – *Phyllis Diller*
- Wrinkles should merely indicate where smiles have been. – *Mark Twain*
- A smile is an attitude that compliments others well being.
- Smiles almost always determine our attitude in life.
- Smiles capture your heart and your imagination and make memories worth keeping.
- A smile envisions the strength and power of the team.
- Smiles give us the hope that leads to believing and succeeding in our tomorrows.
- Smiling is good for your teeth.
- A smile happens in a flash, but its memory can last a lifetime.
- A smile is a light in the window of the soul indicating that the heart is at home.
- Smile, it makes people wonder what you've been up to.
- A smile is an inexpensive way to change your looks.
- Smiles are like sunshine, they bring us together.

Sahome wants to put a smile on everyone's face!

The Indian Medicine Wheel



*In Sahome
we are all honored
and
we always will
have*



FAMILY LOVE JOY FAITH PEACE COMMUNITY RELATIONSHIP PURPOSE HOPE

FAMILY LOVE JOY FAITH PEACE COMMUNITY RELATIONSHIP PURPOSE HOPE