



Sahome's



*Seven Sanctities
for a
Sound Mind!*

PREAMBLE

Sahome

HONORING OUR DESTINY

Because Sahome is a common denominator to build the common good through helpfulness for all people — Sahome opens us up to a shared destiny.

Sahome is a Pattern For Peace.

Sahome is represented by a 12 pointed star in a natural circle of caring.

Sahome is a guiding star that cradles and nourishes the whole human family within the caress of tenderness.

Our Way Forward With Sahome
uses this plaudit to express our joyous commitment —

Each day, by living Sahome, we can choose a destiny which will engage our moral imagination with vim, vigor, and virtue, so we rise up together as we:

- ♥ Abide good limits and good boundaries...
- ♥ Imbue all things with virtue...
- ♥ Share good graces...
- ♥ Are strategic and comprehensive — because systems matter.

We live to create order out of chaos.

PREAMBLE *(Continued)*

Each day, with Sahome, we can choose a destiny which will build upon firm buttresses by sharing:

- ♥ Proper incentives
- ♥ Helpful stages and steps
- ♥ Taking charge of change by goal setting
- ♥ Helping people feel at ease, at home, at one by sharing respect and honor

Each day, with Sahome, we can choose a destiny which will share a spirit of approbation and honoring as we:

- ♥ Give approval and justified praise
- ♥ Express joy and good will
- ♥ Share helpfulness and laudatory good wishes
- ♥ Unite with acclamation for a virtuous culmination of spontaneous, edifying, and unanimous magnanimous action
- ♥ Build upon everyone's goodness

Each day, with Sahome, we can choose a destiny which will overcome and surmount those privations, setbacks, and obstacles many of us are up against:

- ♥ Energy Wounds
- ♥ Being Pain Blocked
- ♥ Anxiety Disorders
- ♥ Being Shame Based
- ♥ Emotional Hurts
- ♥ Deprivations and Scarcity
- ♥ Loss and Suffering
- ♥ Torments
- ♥ Traumas, Abuse, Deficiencies

Each day, with Sahome, we can choose a destiny, through which we can share together grace and goodness, as a path that will lead us to reconcile, as one, with all truth and hallowedness. All reconciliation takes place on the level of hallowedness. Hallowedness opens us up to be revealed to on our deepest level of conviction.

*When we bring out the benefit in each human life
no matter one's ethnicity, race, creed, or religion, then
the human family has every right to survive into eternity.*

The Seven Sanctities of a Sound Mind

*These seven qualities that illuminate a
sound resilient mind are as follows:*

- ☞ **Delightfulness**
- ☞ **Flexibility**
- ☞ **Association**
- ☞ **Fascination**
- ☞ **Usefulness**
- ☞ **Connection & Affection**
- ☞ **Proficiency**

*The basic ingredients that constitute a sound,
resilient mind can be analyzed as follows:*

Delight

Delight creates our durable peace; our most significant outcome; our greater capacity for growth and development. The pleasure and joy we gain and share gives infinite worth, wellbeing, and meaning to all our human endeavors. Doing good, being good, nurtures the soul. Pleasing and prospering those we love, adds divinity to our destiny. We are no better than the delight that we create, with our lives. Each moment is sacrosanct, when it is made beautiful by our generous intentions. Acting upon our good intentions brings life's greatest satisfactions in what we enjoy,

provide, and preserve for a great society. We are no better than our best thinking. As an individual, our minds are not more refined than our best intentions. They form the sum and substance of the way we prove our self worth and our honor to ourself. Ourself esteem is based upon our capacity to give and live the delight in moral virtues. Our honorable thoughts and efforts form the crux of mental stability. Amplification upon the delights strengthens our character, enhances our outlook and lifts our spirits. By putting kindness, grace, goodwill and compassion to a noble purpose, we expand the deserved delight and expertise of the mind needed to tackle problems and resolve issues successfully. Being a competent person is a delight. Enjoying life's many satisfactions is a delight. We were designed for delight. Let us be a delight.

Flexibility

Though we suffer our insufficiencies, and know our weaknesses, out of our struggle, self reevaluation and reinvention we create self betterment. Innovation, the capacity to adapt, to overcome our drawbacks and difficulties, and compensate in a positive inventive way for our short comings, is at the basis of self transformation. We are the beneficiaries of heaven's grace, heaven's forbearance, and heaven's forgiveness. The God core in us is providing us the proper direction and guidance, preservation and promptings, to be close to the great creator of our souls, on goingly. However we are also co-creators in and of ourselves. We have free agency, the right of self determination and individual prerogative. That is what is, also, shaping our destiny and that is what we will individually be judged upon. What we do with our lives comes from our own self determination. Did we rise to the task and apply ourself, with discipline? The uniqueness of our emotional self, and the astuteness of our will and mind, to shape matters to benefit our life and other's lives, shows our intent to be in sync with joy and mutual dignity.

Did we appreciate the nurture of heaven and earth to spare us rescue us and safeguard us from self abasement, degradation and humiliation, with all of those distortions that can come upon our tentative self? Did we help others to shape successful lives by living noble intentions and actions? Did we improve upon our lot in life and bless others by our attitude and assistance? Were we flexible to master our disposition and make it our positive reality, as a conquest for our "sanctity of soul"? Our individuality is the prime essence of the creative genius in the universe of which we are, all, apart. We cannot separate ourself from the variation and variety that we, all, represent. As the delightful license plate confirms in its six-letter signature: URU – IMI. You are you and I'm me. I am me and no one is quite like me. And I do represent the goodness of God, Our Beloved Father to the rest of you.

Association

We enjoy associations and friendships with those we share delights and have an affinity with. Through out our life, we appreciate anyone who merges with us, and quenches some part of us. The dearer they are the more they speak to our innate goodness, our true identity. They bring out our best behavior. They nurture our needs. In the case of the companionship of marriage, conjugal love is responded to by the sharing of eroticism and deep physical and emotional attraction. We generate health of body, mind, and spirit together. With children our joy is in their uniqueness and achievements made real, increasing our delight, appreciation and wonder.

Further Associations in Our Lives:

- ☞ ***With our pets.*** Dog, cats, you name it, we include them in our family. We relate generously and tenderly to our pets. They provide needed comfort, open us to wonder, and put us at ease. They help us come to balance, both to vulnerability and security, in a more competent, compassionate way. We relish our moments with them. They are our buddies. We feel a kinship as we learn from them, because we teach each other. Pets slow us down, take us out of the fast lane of busy bluster and help us to be more calm and deliberate about gentleness. We are better, together, with our pets as companions.

- ☞ ***With our comrades*** at work and school. Those whom we associate with help us to express excellence of understanding, bring us more mindfulness, and help us develop better observations, good habits and increased awareness in our lives. With good people around us encouraging us, challenging us, informing us, achieving with us, lifts our spirits and our accomplishments to a higher level of satisfaction. We are better sharing life together.

- ☞ ***With our subconscious dream life.*** Dreams are about self protection and self resolution; dreams help us associate our struggles with right problem solving. Dreams are felt in an inner awareness that can speak to how we solve uncertainties and reach new perceptions and perspectives. They provide avenues both for handling solutions, and an impetus for organizing ourself to do mental housekeeping, so that we can test various scenarios and plans, to get things to fit, and to play out the struggle between good and evil that all mortal life faces. Dreams can also produce pre-cognition, warnings and healing, so that we don't go into dissolution

or dissipation. And dreams have efficacy because they are a way we retain insights about ourself. In them we can go from zero to hero. Further, dreams help us to scale up to better handle risk.

- ☞ ***With our community.*** We all want good governance, safe streets, and the physical and social grid of a prosperous functional society. We want circumstances to surround us that avail us of utilities and facilities which can provide healthy lifestyles, good nutrition and adequate drinking and culinary water. Many hands make light work. If currently, we have made too many claims on wealth and capitol, both in our community or nation, we need to bring things back to equilibrium and balance. We need to be thrifty.

We live in a world that has moral beauty. We all build upon the foundation of past goodness and the ethics bequeathed spiritually and tangibly to us. Our job is to garner and consolidate around building today's moral leadership. The better the community, the more intimacy we feel with the wider world around us.

- ☞ ***With those suffering.*** Our heart and helping hand, our voice of commendation and uplift, should always undergird the fallen, the hurt, the disabled, the disenfranchised or rejected. We are on their side.

Inspite of our frailties we give what we can give!

Fascination

Fascination proceeds devotion!

We speak to our life through our thoughts. Stinkin' thinkin' can short circuit a healthy productive life. If we only find fault, we are partial to the 'have gots' ahead of the 'have nots,' are obstinate, petty or mean spirited, then our life and our mindset can consist of demeaning and dividing rather than unifying. A constructive happy life values all life, including our own. Are we happy with ourself? Our thoughts are us. If we can't be bothered to better our life and everyone's life around us, life can dwindle into uncertainty. When we enjoy the fascination of knowing, helping, and prospering each other we are more likeable and more easily unified, edified and able to rejoice in each other's progress. Our manner and manners are what draw us forward. ***Let's celebrate everyone in their talent, craft, skill and the way they contribute to our lives.*** They contribute fascination to us.

Hobbies leave room for all comers. Hobbies ground us by fascination with particulars. The work of the world is accomplished in specifics. The play and recreation, the avocations of the world are accomplished in the delights and the energy of the soul. They bear the omens of success and favor our fascination. They mirror life back to us in a prosperous, fortunate, favorable, propitious, promising, encouraging, advantageous way. That makes each time, each day into auspicious moments and life lasting joy.

Charity and service projects help us pitch in and help us help out. We all have our share to do to make the world hum along smoothly. Thank goodness that there are so many wonderful people doing to many right things to make the world a better place to live in.

What a fascinating world we live in!

Usefulness

Dignity is created and validated when we do what we do in a way that reveals the good in all of us. We want to live a life that is lucid, shining, bright, clear, mentally sound, understandable and that reflects well on others and their hopes and dreams, actions and attitudes. When we so live, we find we can put all of our energy to work, have full participation in the doing, and be gratified by best outcomes and results. That fulfills our promise because we were designed for usefulness. ***Invitations abound for us to be useful*** if we respond in the affirmative. When we are useful our helpful attitude and actions keep us from being burned out and from burning others. The genius of this world is that we put one another to use. Our growth, through usefulness, increases our ability and maturity, which increases our usefulness.

Law enforcement is chiefly to undergird societies usefulness. Our efforts should compliment rather than be distracting from law and order. We don't want to live in an environment of intimidation. Deadly weapons can deaden our humanity. Their menacing use can become obscene. Obscenity can be remedied by putting education to its proper use. We can do this by considering 'rate of return'. What accrues the best profit and reduces loss? Our human victories, long term, are what optimize best outcomes. Usefulness and best outcomes are at the heart of the basic economy of the universe. We derive our strength by putting our strength to good use.

*Sahome wishes all of us
to maximize our usefulness!*

Connection & Affection

If we just keep on trying life makes fortune come our way. We are never a failure as long as we keep trying. When we say, "The third time is the charm" we are also saying that we had to handle failure and embarrassment at least twice in the process. Our job is to 'keep good going' to get a return on our investment. We must learn from our own and from other's successes and failures. As we so often say, sometimes our failures are our best teachers and connect us to our future successes. We may have to play 'catch up' or 'shape up' or 'rise up' again and again but eventually success cannot be denied us if we qualify for it. (However, if we don't learn from our mistakes, misdeeds and misfortune we can dead end on the treadmill of failure. Our future can take a downturn. But if we will learn by life's rules and turn our mistakes to our advantage, we will be less apt to have our mistakes create and catapult us into even more mistakes.) To get things off 'on the right foot' takes repeated effort, concentration, 'paying it forward' and as they say 'getting our ducks in a row'. It doesn't do itself, we do it. We make the connections. We are in the drivers seat. Sahome wishes all of us best outcomes, to receive maximum self derived pleasure with success. The affection of connection with Providence allows us second tries, self-strengthening and a second wind and more second chances and more confirmation in our connection to heaven. We are to become successors to all mending and happy endings. May we go for it, is Sahome's wish for every life. May love, joy and satisfaction come to all of us. *May we abundantly share the affection, found within our hearts, for the good in others, with all others.*

Our love is the stairway to the faith of the soul.

Proficiency

Though we live in a world of dateline journalism, in which much of our daily life is conducted on a time sensitive basis; each day should take shape around structured accomplishment. Listing tasks in a 'To Do' sheet may help compose and best utilize our energy to focus on specific achievements. Proficiency is about reflecting, replenishing, repositioning, repairing, rescuing; all of which may be needed to ready us to open our way forward. *A lot of what life is about is about upkeep.* If we are proficient with our upkeep of body, mind, and spirit then life thrives. As we are self-regenerating, we 'get our stuff together' and we advantage our actions to produce desired results. We become compatible with best practices, best outcomes. Contemplation, meditation, remediation

form some clear needful preliminary steps and stages to help us become compatible with our best future. *The life of the mind is to be built. The spirit is to be ennobled. The body is to be nurtured so we can be proficient.* At many points in our life, we must be willing and able to part with our old life and move into our new life. What may seem improbable today may, with self renewal and self reinvention, become the proficient life that awaits us. Collaboration with the goodness of others may speed the process. We hold the key to our future, and for helping to unlock the door for others to realize their fine future. Persistence leads to proficiency. Proficiency embodies delightfulness, flexibility, association, fascination, usefulness, connection, and affection. They all add up to our appreciation and gratitude that makes life blessedly rich.

These Seven Sanctities yield the resilience of a sound mind, because they yield to inner peace, insight, inquiry and creativity. *These Seven Sanctities speak the wisdom of the mind and speak the language of the heart.* By incorporating these Seven Sanctities we can be a help to everyone so that we all do our jobs better, our citizenship better, our parenting better, our relationships better.

*This grand vision is
Sahome's hope for all of us!*





*These 7 Sanctities will
generously provide positive
Self-Validation*

Our self-validation requires discipline for self nurture which sanctity makes possible. Thereby our temptations recede, our opportunities proceed. Deceptions become less, suffering and loneliness become less, and our emptiness and unmet needs become less assaulting because we take them to this new higher ground of wisdom and self worth. The vitality of spirituality relies upon the necessity for grace. Debilitation fades by insights gained from the lessons we've learned. Thereby we are better able to show compassion for others in their sorrows and suffering, by our concern and support. Those years trapped in guilt and shame in a mental prison of our own making or being incarcerated behind bars by poor choices can be changed by rekindling kindness. Kindness for ourself quenches emotional hunger when it is built upon being clean and sober, clean and chase, clean and tidy in our habits, thinking and actions.

*We want to have a flower garden
up in our heads and minds
and not a weed patch.*

Thereby we confront the triggers that lead us to anesthetize our grief and afflictions in drugs or alcohol or sedatives and prescription medications. As we live sanctions of sanity and sanctity of soul we can find and achieve eventual elimination of vile dependencies and vices. We repair. We rectify. We refine. We renew. We resuscitate goodness and worthiness in our life. We reconstitute remedies that ends what imperils us. May we embody all that love reveals to us.

We find mercy and we live positive validation, on a higher level of self-appreciation, as we nurture all the goodness in each of us and respond generously to all the goodness life has to offer us.

May it be ours!



*“That is why we were put on earth:
It was to put love to work!”*

Love is the best guarantee we can give.

The genius in the human soul is that we can love.

Love brings light upon ourself. When we bring light upon ourself we will never feel lonely or abandoned. We will feel the Heaven’s open grace upon our souls.

*Sahome wishes this great validation
to come to every human life!*

