

Ten Things I Know  
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- One, the human life is a rare and precious thing and not to be wasted.
- Two, when the mind is silent, the sapphire eye of compassion opens.
- Three, all of the deep and wide things can be put in one place.
- Four, color and form can be created by sound.
- Five, the body is a vessel of light that flows forth.
- Six, healing is the highest human act we are called to create within ourselves.
- Seven, The Mother is the source.
- Eight, fear is the friend of pain and the enemy of being. Ward off fear by expanding.
- Nine, now is the time of accelerated healing. From this place flows wellbeing.
- You are held in the hands of the Mother, close to Her breast.
- Ten green apples, give to the ten who come to be friends.