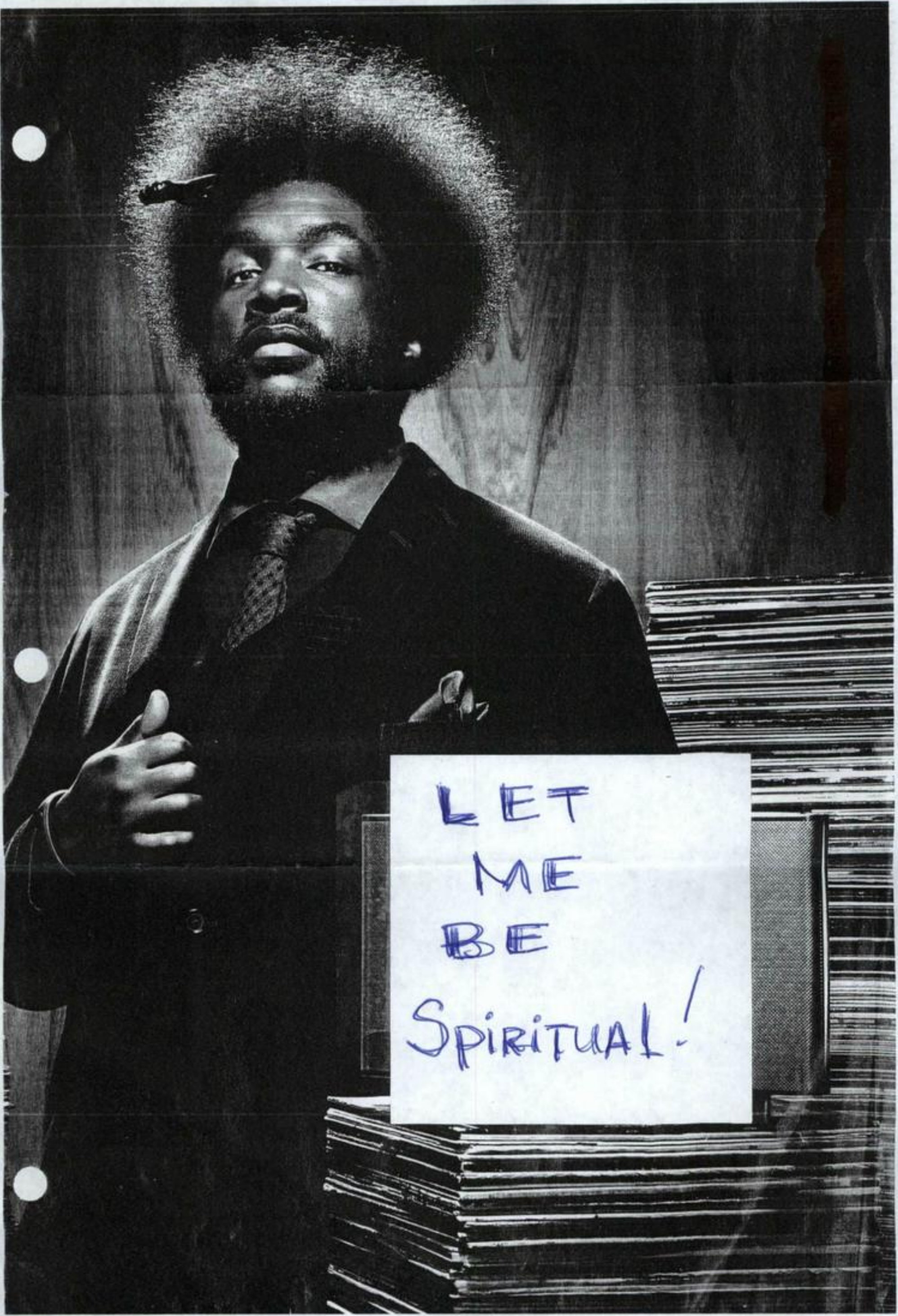


OCT
2014

LET
ME
BE
SPIRITUAL!



WE ARE NOT
NATURAL
BEINGS, HAVING A
SPIRITUAL EXPERIENCE.

BUT WE ARE
SPIRITUAL
BEINGS, HAVING
A NATURAL EXPERIENCE.

SPIRIT BEINGS
LIVING THIS
NATURAL EXPERIENCE.

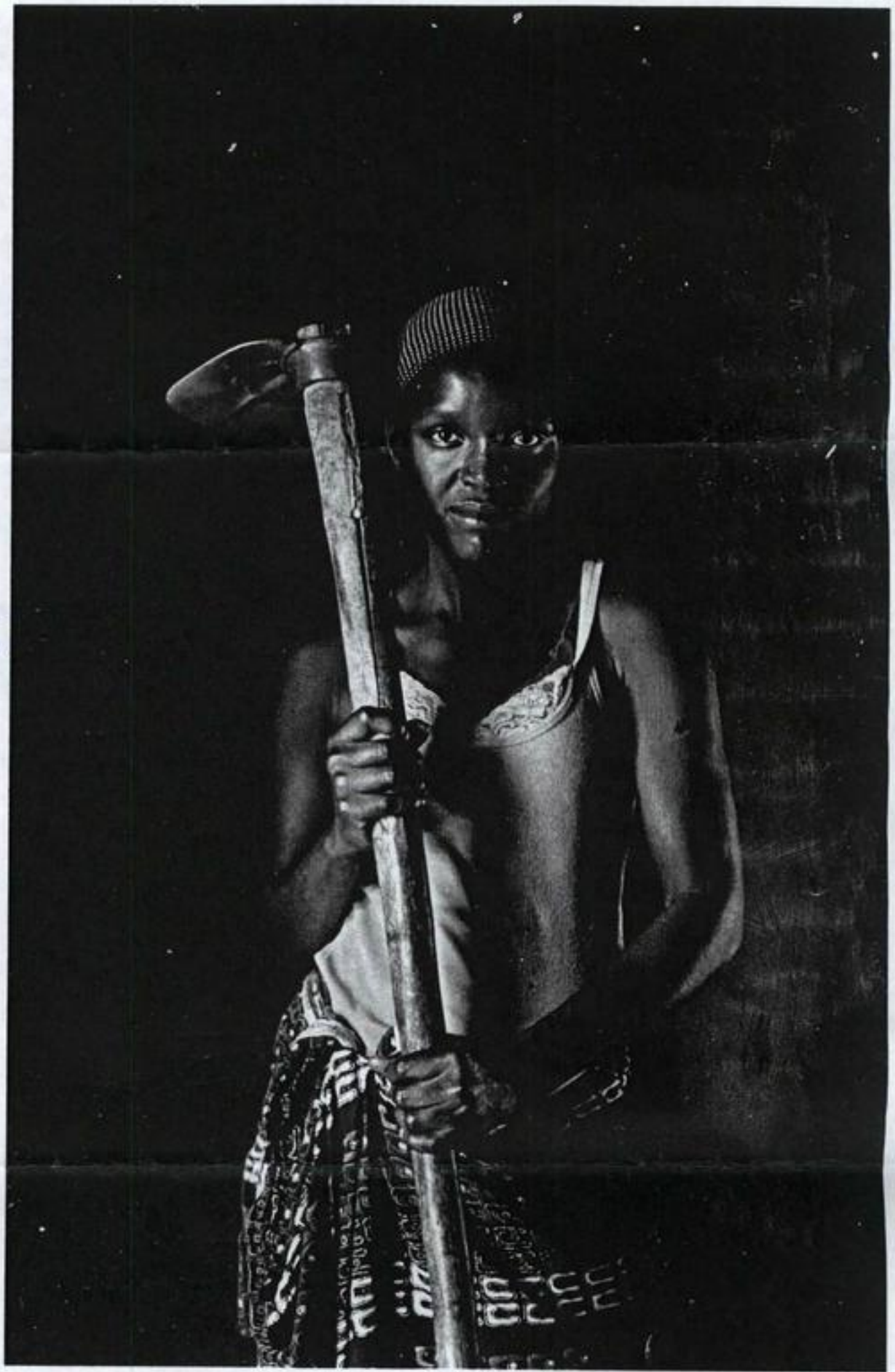
EVERY DAY WHEN
WE WAKE, OUR
REQUEST SHOULD
CONSTANTLY BE

LET ME

BE

SPIRITUAL.

ALLOW ME TO LOVE IN THE SPIRIT



Mozambique

Fatima Alex

f

BEING
SPIRIT-
UAL
WILL
PRODUCE
FRUITS
OF

THE
SPIRIT.

LOVE,
JOY,
PEACE,

FOR-
BEARANCE,
KINDNESS,
GOODNESS,
FAITHFUL-
NESS,

GENTLENESS,

AND

SELF-
CONTROL

LET ME
BE
SPIRITUAL.

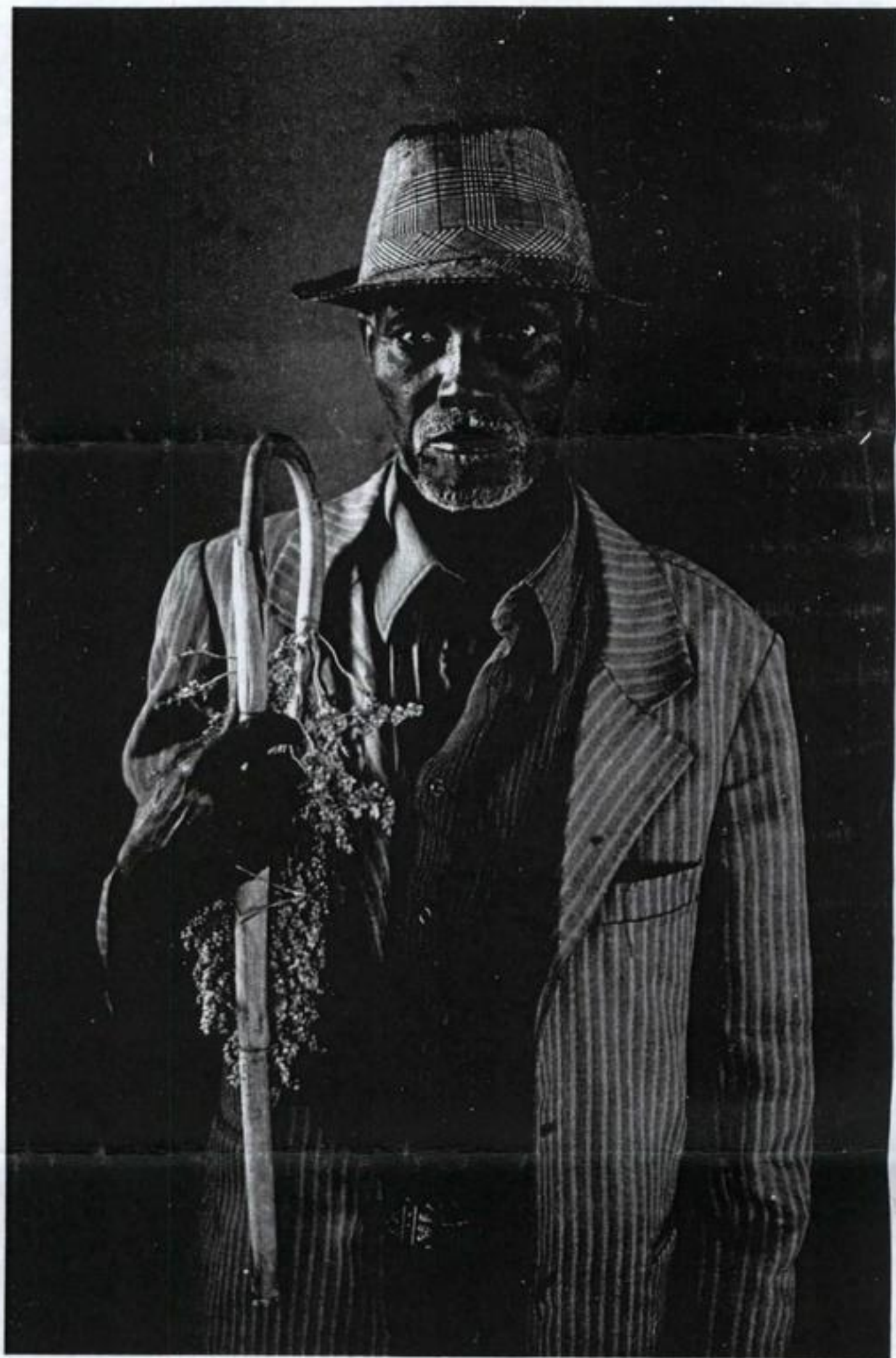


I OFTEN CRAVE
SILENCE. IT IS
HOW I HAVE
LEARNED TO
BALANCE OUT THE
VOLUME AND STATIC
NOISES AROUND
ME. SILENCE
HAS A SOUND
THAT IS CALLED
AWARENESS.

THE MORE I
RETURN TO THIS
STILLNESS —
THE MORE I AM
AWARE OF MY
AUTHENTIC
IDENTITY, MY
HEALTHIEST SELF
IS REMEMBERED,
ALONG WITH THE
ROOTS OF THE STRONGEST

ME. I HAVE

PROMISED "ME" NOT TO MISS THINGS
THAT MATTER TO ME.



Ethiopia

Greda Telila

* Telila grows stalks of

I, ME AND WE
MATTER BECAUSE
THE "GREATEST"
SPIRIT CREATED
US IN IT'S
IMAGE. SO

I WONDER WHO
THEY ARE?

THEY WHO
COULD NOT PUT
ONE STAR IN
MOTION, THEY,
WHO COULD NOT
BUILD ONE
MOUNTAIN OUT
OF EARTH, NOR
COULD THEY TRACE

THE PATTERN OF A SINGLE SNOW FLAKE, THEY, WHO CANNOT
FASHION ONE SMALL BUD, RELEASE ONE RAINDROP, NOR
CAN THEY CAUSE ONE DAWN TO SHINE. THEY WHO DOUBT
BECAUSE OF FORGETFULNESS, BUT CANNOT CREATE ONE MIRACLE,
HOW DARE "THEY" DOUBT THE ONLY "ONE" WHO CAN.
OH CREATOR, YAHWEH, FATHER; MOTHER OF ALL THAT
IS — LET ME BE SPIRITUAL!



LET
ME

BE
S
P
R
I
T
U
A
L



LET ME BE NOW,
AND CONTINUE TO
BECOME SO

SPIRITUAL THAT
I REMEMBER ALWAYS
THAT EACH HUMAN CARRIES
A UNIQUE AND UNREPEAT-
ABLE GIFT THAT IS
POWERFUL ENOUGH TO
CARRY US THROUGH
ANY STUMBLE OR FALL.

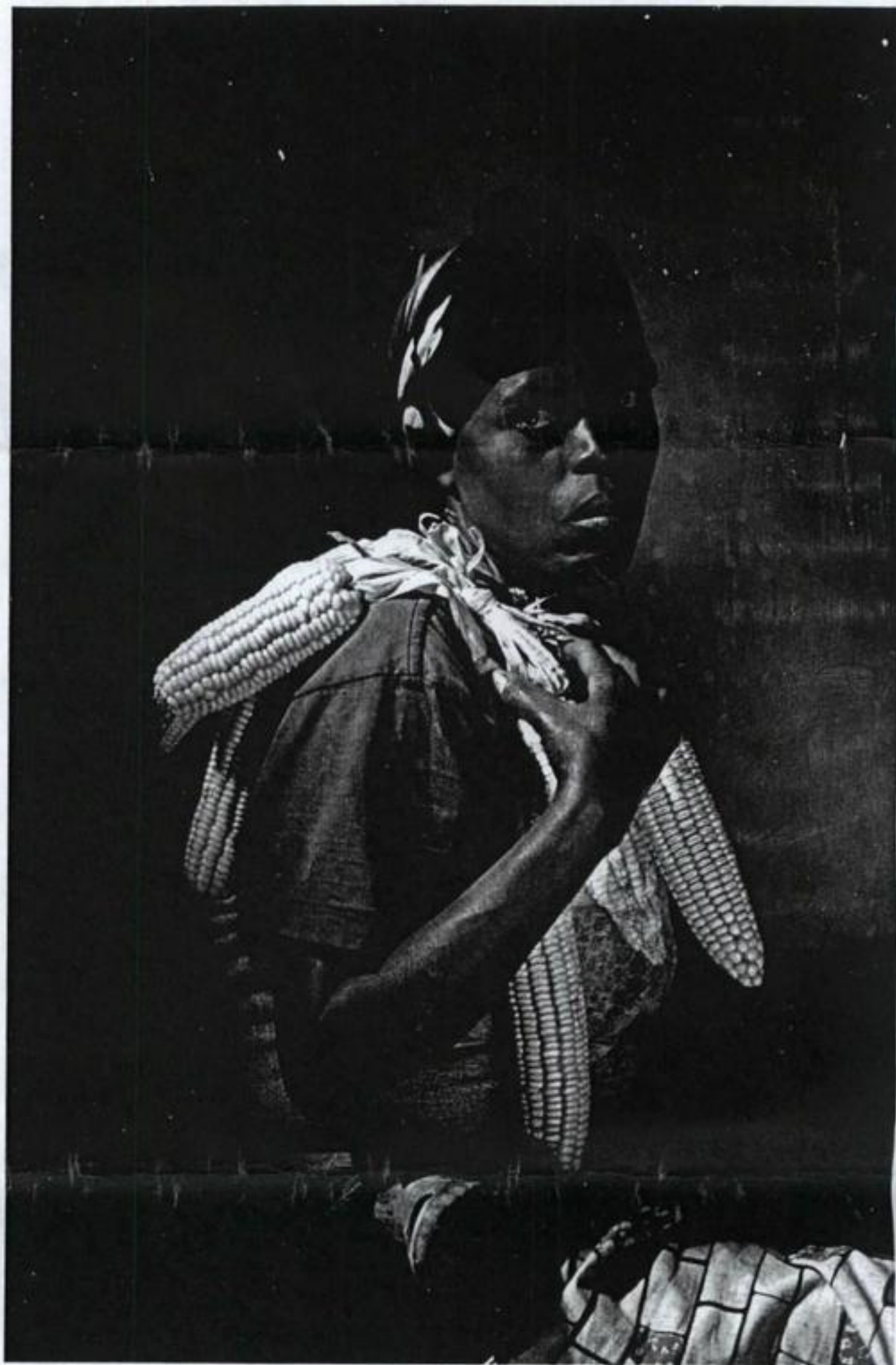
LET ME BE SO

SPIRITUAL THAT I
FIRST SEEK TO SEE
THE "LIGHT" THAT HAS
BEEN PLACED IN ALL.
AND MOST OF ALL

I PRAY TO BE SO

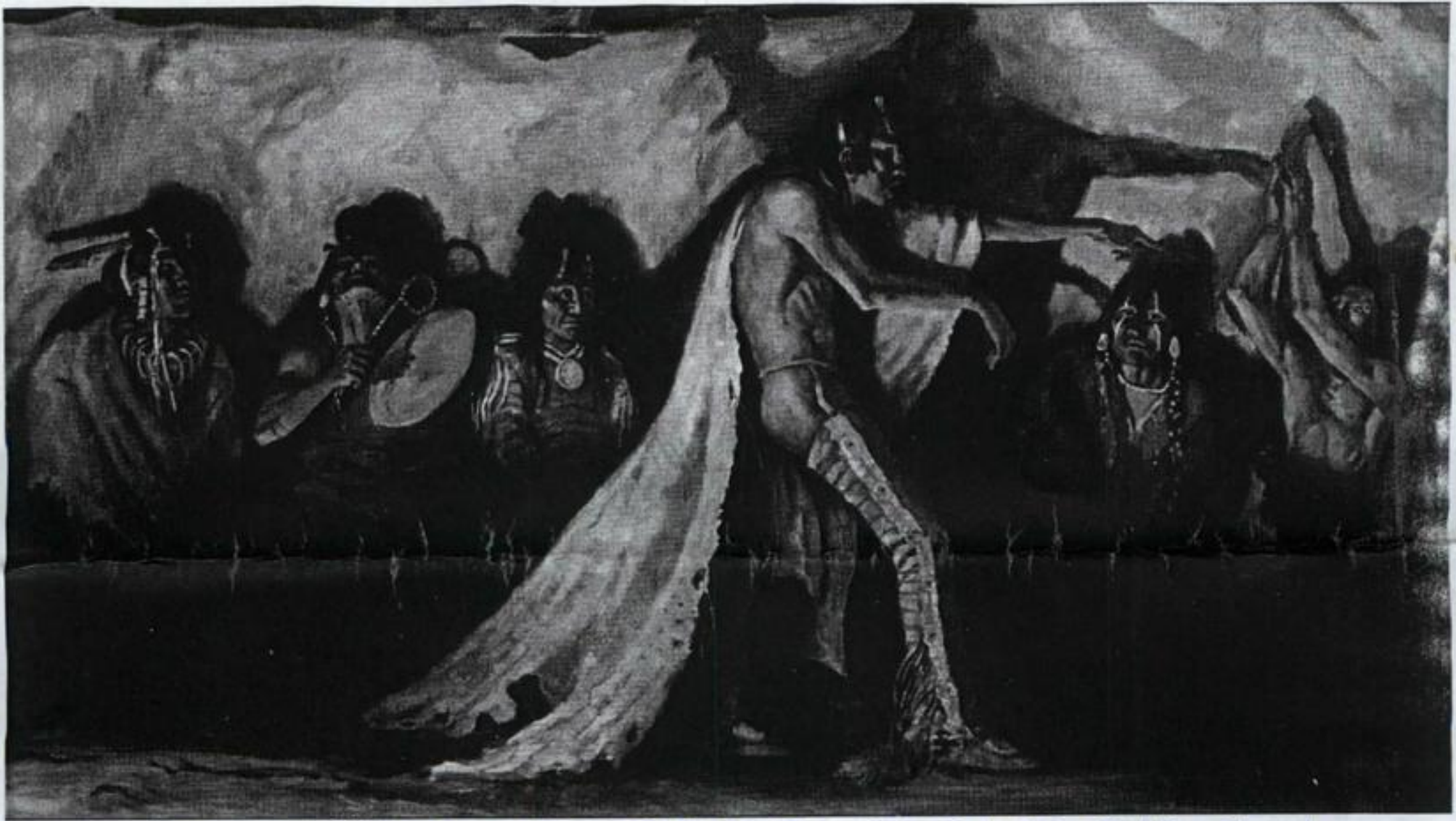
SPIRITUAL THAT I
CAN UNDERSTAND,
ACCEPT, AND SUPPORT
THE TRUTH THAT EACH

PERSON MUST SEEK OUT AND
CHOOSE TO EXPERIENCE ON THEIR OWN
TERMS. EACH LIFE IS COMPLETELY GIVEN TO EACH ONE
OF US TO BE RESPONSIBLE AND ACCOUNTABLE TO; EVEN
OUR MISTAKES. WE CHOOSE "HOW" WE WANT TO LEARN.
SOONER OR LATER WE LEARN WHAT IS HEALTHY OR
UNHEALTHY AND HOW STRONG WE ARE, OR WANT TO BE.
"LET ME BE SPIRITUAL."



Rwanda

Marie Mukarukaka



COMPLETE ATTENTION MUST FIRST BE GIVEN TO OUR OWN HOUSE. AWARENESS OF THE DETAILS IN OUR OWN MIRROR REFLECTION, IF WE "RECOGNISE" AND HONOR OUR OWN LIGHT THIS WILL CAUSE OUR DARKNESS TO BEGIN TO DEPART. WHAT WE CONTINUOUSLY FOCUS ON AND GIVE OUR ATTENTION TO IS WHAT WE GROW AND ATTRACT AROUND US, TO US, AND THROUGH US.

I AM DEDICATED TO SEEKING OUT A PATTERN IN MY LIFE THAT WILL ALLOW ME TO BE

SPIRITUAL!

I AM AN AFRICAN CLASSIC
X-Day