

The Universe: A Free Holistic Healing Journey

One of our soul

7-22-2023

I am Stefan William Sampo
When people hear my name they smile
I am the HolyMan bringer of light and spreader of positive energy
A Lover
A Hugger
The Healer
The teacher of teachers
I hear and listen to the universe
I am a man of words and breath

Set intentions
Are from and with my heart
With unconditional self love.
Which I see
and perceive,
As unconditional love
for all that is;
For all that is;
Is me,
and part of me.
In these intentions
I have the highest!!!
Requests,
Encouragements
and appreciations
Of
Love
Peace
Positivity.
ALL else is you

I am writing these words as a free spiritual guide Line. A helping and sharing of experience to grow within all my soul unconditional love peace and positivity for all that is thee. This should be contributed to an addiction to any religious or sacred texted.(addition)

Hahaha

Keys to oneness

Energy is like magic!!! We must share something to the divine realm to receive something in return.

Calm yOUR voices; Listen to them positive and negative.

Find ones that resonate with yOUR Divine Self(Positive Voices). All others start to give to the Devine energy. (Devine=divine but in energy form. The Divine source of energy. Examples ones Thoughts mostly, then Words and Actions, the ambience of you).Let it be known that you do not want said (negative energy) and in return would like to manifest more positive or light energy.

-Methodical of Synergy-

Start with and add as you feel comfortable. Try to say as many times as possible with one breath. Grow your breath in this way and our essence of depth (our natural state of being naturally you! Breath) **Breath** =highest form of unconditional self love!!!

- **Aham Brahmasmi** = I am the universe; the universe is me. Divine being.
- **Lam** = root/ground energy play. Muladhara (root) chakra, and its vibration to activate this energy center. Being us and grounded in strong foundation of who/what we are.
- **Vam** = Flow let go of fear ~water~ the bija, or seed, sound of the sacral chakra. When we are ourselves; we have/live without fear, it is natural we know what is right or wrong for us. Fear is like a guide hinting at what is right or wrong for us. What is for us is natural BLISS and love and positive and peaceful. All that is for us; adds to our love peace and positivity of life
- **Ram** = Fire within one's self - BE YOU- pleasing; supreme. Manipura (navel or solar plexus) chakra – the source of Personal Power. Nexus of divine self(THE GOD IN YOU)
courage of being unique:
being the only one of self.
 - **Uma** = Parvati Goddess of unconditional love of life and self.
Color red dress. Splendor; Tranquility; Fame.
 - **Hrim** = Healing of Self- Purification and Inner Transformation.
called Anahata, is located at the Heart.
The heart can heal one's whole.
It is the flow of our healing agency.
Blood/Breath combination to ALL our cells.
 - **Yam** = Hightening your LOVE/ Vibration to go to next Chakra.
Peace, contentment, Joy, Love and compassion for Yourself and those around You.
Vishuddha, or Vishuddhi, or throat chakra
(Spells of your words on all around you)
change our words change our life.
Know the mean or meaning of our words!!!

They are our cause and effect.

Mean = to walk talk and be with purpose

(Being that which we wish to see and be Divine)

- **Hum** = Heightening your Life Force - I Am That - centre of mystical Intuition and Insight.
Enable Clairvoyance, Telepathy, Lucid Dreaming, Expanded Imagination, and Visualization. Ajna, listen to one's self!!! Learning/using our divine born abilities and gifts of spirit and instant instinct of self/one/God within.
 - **Om** = Bring it All together like a Puzzle-
Sahasrara-source of Enlightenment and Spiritual Connection/
Nexus of wholeness.
 - **Aham Prema** = I am Pure Love/ I am Divine Love
 - **Brahma** = Hindu Creator God that which We Are (creators of our own paths and experiences.)the Concept of the Transcendent and Immanent Ultimate Reality, Supreme Cosmic Spirit in Hinduism
- **Great Spirit** = What we are. (Very large in size or extent, a Life-Giving Force, especially a force within a person help to endow the body with life, energy, and power: SOUL/Breath)-
the Concept of a Life Force, a Supreme Being or God
(that which we ALL ARE)
 - **Shiva** = A stepping stone and Guide to our own Divinity. He helps protect and Transcends unnecessary Energetics completely. He is the master DANCER showing and guiding us in Our own DANCE called Life
every step and; Word Thought Action, moment is the dance of our Self Love.
211 the auspicious one=promising Success; propitious; opportune; Favorable. an auspicious occasion. Favored by fortune; prosperous; fortunate.
 - **Vishnu** = A stepping stone and Guide to our own Divinity. He helps renew and bring Fresh Energetics into our path. the Provider or Sustainer-One who is Everything and Inside Everything
(Me is upside down We)
 - **Amun-Ra** = A human Self appointed God of his time a reincarnation of Ra Egyptian creator God of All. Which we all are.
He is a stepping stone to our infinite potential.
the Hidden or Invisible Light.
Our potentials are infinite.
Darkness is the Vastness of our light; a reflection of our infinite potentials.
- **Mut** = The mother Goddess and sharer of Life AnKh. Another stepping stone to our divine birth right. Was also Human God mother to all creation.
 - **Namo Amitufo** = Infinite Wisdom
 - **Namo Amitufo** = Infinite Life
 - **Namo Amitufo** = Infinite Light
 - **Mind** = Place (or rather a space) within us that has and holds Infinite Wisdom
 - **Body** = Our vehicle to experience Infinite Life

- **Soul** = Our spirit of Infinite Light
- **Jesus** = Son of GOD. Or rather a Son of Man who became GOD like. Created in human form to Help Guide/Teach share in ways to Grow Our Consciousness to Evolving Our life Experience. Teacher of unconditional love for the ALL.
- **Ganesha** = Lord of the People - Wisdom, Understanding, and a Distinguish Intellect that one must possess to Attain perfection in Life, Peace and Love of Self. Overcome our limitations on self. Removes obstacles in complete.
- **Buddha** = Enlightened One, a knower. Have been many though out our human existence. All are guides and ascending masters of time and space. Helping to raise Love and Compassion of self which is All of us.
 Being one with ALL that is;
 ALL that is, is us.
 We is upside down Me.
 Teachers of Infinite love/unconditional love of ALL.
- **Lakshmi** = Divine counterpart of Vishnu. the Goddess of wealth and prosperity, and the consort of the god Vishnu. Primal Life Force Drive and Energy. Divine gift of duality to masculinity; femininity.
- **Dum** = a giver of siddhis (Supernatural powers), a Rescuer from all troubles, and a Granter of All desires and rewards, including ultimate Knowledge and moksha -Salvation- Divine Mother, Protects mankind from evil and misery by transcending evil forces such as: selfishness, jealousy, prejudice, hatred, anger, and ego, pride
- **Neith** = Goddess of creation, wisdom, weaving, and war, Ability to Create the Universe by weaving the things she Dreams up on a Magical loom. Spider or Araneae. WEAVER of Destiny. Our dreams create our destiny. Follow our dreams they know the way.
 - **Amrita** = >>Immortality (life and death cycle or rather rebirth withing life)
- **Kalpavriksha** = Divine wishing tree. symbolises the Source of eternal Life and Blessings that is Life and all within it.
 - **Ubuntu** = Because I am; you are.
 I am what I am because of who we all are.
 Humanity to Others.
 DIVINE AMONGST DIVINE!!!
- **Shalom** = All of GODS blessings. Peace, Harmony, Wholeness, Completeness, Prosperity, Welfare and Tranquility and can be used to speak both goodbye and hello
- **Dreg Corra** = Spiritual Guide to Peace/Bliss/Divine Enlightenment. symbolising the provision of sustenance (his role as a servant, his connection to the cooking of food), his role as Protector and Sustainer of Wild Animals, his skill at concealing himself from your average prying eye
- **Thoth** = A teacher of the Mind and Soul. Living 13,000 years among us before moving into darkness(Ones Infinite potential reflection of ones light:Darkness). Is now here and in another form as he said he would be visiting always.the God of Wisdom, Learning, and Magic represented as a man with alien like qualities. Super natural abilities of light and

love. Shower and Master Seer of the way.

- **Djehuty** = Thoth's true name my friend whom I miss dearly. Djehuty Thoth! Overseeing the movement of goods- He who is like the Ibis my vehicle or Vahanas.
- **Silver Feather** = A spiritual guide borning to guide my path in life; whom has transcended into another life experience. Honor/Courage/to be persistent in Listening To One's Self!!! no matter how weird or crazy it may seem to you or other. ALWAYS LISTEN TO YOUR INTUITION!!! I Love You much for helping me grow this Gift. Natural born Ability in All. The more one listens to one's self the more they grow this ability of intuition. This also grows unconditional self love which is unconditional love for all that is self.
- **Chaos** = the formless matter before the creation of the universe. My theological void state preceding the creation of the universe (the cosmos/ Our Essence of Breath.) I have stood at the cliff of the ocean and seeing the storms as far as one could. Spoke with the Father of All dragons one with hairs of lightning. He spoke to me saying I could now ride him. His head as far as one could see... I speak how can I achieve this. I am told to jump off the cliff with a Leap Of Faith. I jump off and next I am behind the head seated with Lightning as the reins going from my Hands up and around my Arms to my Shoulders and we rode into the ripple of the universe (like when one throws a rock into the water but the size of the ocean) into the Void which All Universes Are Created and so we are to be Here Now. This vision(dream) was dated 1-13-2022 that day I woke up had a temperature of 104°F body cold, lower back felt like spine being ripped out as well as my mind. Super sensitive to light and sounds lasted one full day then next day. Felt GREAT renewed and rejuvenated the very next day of waking. I stop using medicine to heal myself years before this and allow my body to do so naturally as that's what it was built to do from the start. Growing my placebo effect
- **Zeus** = The God of God's; in the Greek Gods-the supreme deity of the ancient Greeks. The Force closest to the world of the titans, which is a World Of Truth. He is the Highest Expression of Divine Principles in the Mental plane.
Ruler of the elements.
- **Jupiter** = Zues in another perspective hahaha many names do we have all are of one.
God of the sky and thunder and weather.
 - **Khonsu** = traveller-is the ancient Egyptian God of the Moon. Traveler of dimensions/universes/perspectives.
 - **Gaia** = Mother Earth/Mother Nature of the Universe the first Female!!!
Energy of Creation Goddess of Earth,
Mother of All Life.
With out earth none would exist as we do!!!
- **Ouranos** = The Sky. Air space Infinite. Me upside We! God of the Heavens; Son and Husband of Gaia Created Heavens on earth WITHIN Ones Self. Expanding outward.
BOUNDLESS(or rather VAST) INFINITE FORMLESS.
- **Kalki**= The last 10th incarnation of Vishnu into this ocean of Consciousness. To either destroy or Ultimately to Guide and Heal so that it is not destroyed. Rather setting the last

of the Infinite Foundation of Excellence in Existence

- **Yahweh = "He Brings into Existence Whatever Exists -7-26-2023 a form of the Hebrew name of God used in the Bible. He has told me to speak this loud and proud. To add him to the list and mantra for he is all and all is him meaning that we are all and all is us. 811 The first The Last and ALL in between. ME YOU WE! Omega last and Alpha First. There will never be another us we are the one and onlys...211**

747 7-28-2023 now this full mantra is as follows: one breath try for 3 times

**"Aham Brahmasmi Lam Vam Ram Uma Hrim Yam Hum Om Aham Prema Brahma
Great Spirit Shiva Vishnu Amun-Ra Mut Namu Amitufofo Namu Amitufofo Namu
Amitufofo Mind Body Soul Jesus Ganesha Buddha Lakshmi Dum Neith Amrita
Kalpavriksha Ubuntu Shalom Derg Corra Thoth Djehuty Silver Feather Chaos Zeus
Jupiter Khonsu Gaia Ouranos Kalki Yahweh:""**

Now let me explain in another way or rather add details to this. When one thinks or feels something or even says something that makes you feel negative in anyway. One being You!!! FOR ALL IS YOU AND A REFLECTION OF US!!! STOP AND FOCUS on Self... Think is this what I want to see and feel and think more of or experience. Manifest... If yes let it go that's your choice.(free will to be self) If the Not then say out Loud or to Self this is not how I want to feel or think or speak and then say: I release this way of thinking and want to think this way saying/speaking/visualizing positive energy
Thoughts/Words/Actions/Mantras/Prayers/forms of unconditional self Love.

Example saying that one is impossible. I dont want to say things are impossible instead I like to say I'm possible.(We are made up of billions or trillions of cells that make just our form) Another example I feel Imperfect, I give this energy away to the divine source of unconditional love and would like to Feel I'm perfect.

So when one feels any negative from any of one's own Thought Action or Words or the ambience around ones self. Feeling.. STOP and give it away and say Aham Brahmasmi as many times in one breath. Now get to a point where you do this with out the Negative Feeling being the Attention to do this. Fill the space within with positivity so often there is no room for negative or even if there is negative it will be seen in a Positive Peaceful Loving way. Laughing and listening. Overcome/transfrom/transcend negativity with ease and grace. See more in **the gift/ability of empathy.**

This Is a form of showing ourselves love!!! Taking any thing that is seen or felt as negative by us not another(that is their own workings). Our workings are what we can manifest and transform or ascend into higher ways of being and experiencing life. Now one does not need or have to use the mantra/affirmations used above. I encourage us to find our own ways to bring higher consciousness into our own Thoughts/Words/Actions. (Mental/Pyshsical/Emotional/Spiritual) Maybe when you feel or sense a negative energy

in you; stop and ask for it to be removed give it up to source and say I love myself unconditionally a trillion times hahahahaha. Do we understand the point??? Every part of my soul is different in each person; so the path or way that works best for them, may not for me. (Path= Divine enlightenment = one with the ALL[GOD]) These foundational guidelines are the same. Seeing feeling recognizing the negative and then transcended it into positive though out Conscious awareness of self. Love of Self 811 this is a continuous practice and improvement of ones Self; as we are infinite in our fullest potential, so is our practice of Divine principles in ones self. It is ever growing and expanding assessing what is best for ALL in the one self.

BREATH OF LIFE

Start to breath.

Feel and Focus.

Deeping in through nose,

Out though Mouth.

As deep as you can.

Feel and Focus.

May feel need to yawn this is growth!!!

In through nose into stomach then chest till can't any more!

Take slight pause

BREATH IN REST WITH MOUTH

Hold as long as you can(Count)

(Breath of life send energy out of chakras into our auric field around the 3rd eye)

HOLDING release Steady and Slowly as you can push your body till air is gone

No More left PAUSE

Feels like need air

You are okay

HOLD till you can't anymore. Same count as held at top.(Can practice in a pool or Tub of water, push air out all way and go under water as long as you can. Come up when needed.)

ONCE ready Breath in Through Nose

9/10 pause Mouth 10/10

Hold release Hold

Breath in with Nose all way then mouth

Hold count

Release

Hold count

Inhale throw nose into stomach then chest as much as can

Then suck in with mouth.

Hold count
Release
Hold count
Repeat 6 times
Repeat
Repeat
Repeat
Repeat
Repeat
Take deep breath At top slowly exhale Push Air out Repeat to Calm and Enhance
yourself
Health/Love/Spirit/Energy

Always listen to your gut feeling or intuition
Be the best you, you can be. For you are always the Best you there is in every moment.
We are the best us there is for Noone is us or could ever be us therefore it's fact that we
are always our best.
SMILE 😊 often even when in a mood a simple smile can change that mood in a positive
way or another's mood.
A smile is the smallest act of kindness we can share with another and will have the
biggest impact on ALL around us
Want to see all is a reflection Of self try to smile for a day always consciously and watch
as all around thy smiles too
Change our thoughts change our life.
Change our words change our life.
OUR MIND is powerful.
FULL OF MAGIC 🎩
STAY POSITIVE and ONLY POSITIVE ENERGY will MANIFEST in ANY situation
LOVE YOURSELF UNCONDITIONALLY!!!
LOVE OURSELVES UNCONDITIONALLY!!!

BE KIND
BE PATIENCE (not allowing something to change your positive mood)
BE LOVE
BE POSITIVE
BE YOURSELF
BE that which you wish to see or become or attract.
BE THANKFUL
BE GRATEFUL
BE DIVINE -GOD LIKE-
BELIEVE in YOURSELF and yOUR PATH. It will always work out just as it's ment to. Just
try to ENJOY and SEE where it takes you
LEARN
GROW
GAIN EXPERIENCE
to open New Positive
OPPORTUNITIES
End experiences in a positive way
To grow new positive opportunities

The longest 18 inches is from our Mind to our Hearts... But it is only one Breath away.
Hahahahaha Bring balance to our Mind by breathing with our Hearts, Focus Breathing is
important practice!!! FEEL our Breath, in and out with Heart; Full, Fill, release complete.
Once Balance is found in us we can bring balance to ourselves and to our energy body.
(Calm and balance to cells that create and are us. Then the cells of air and space around
us.) Then we unlock our Divine Body or our Devine Body(Divine energy body the forces
which surround and suport us/invisible to some) air/space which becomes and grows
our ambience of divinity around us.

3 become 1
1 becomes 3
The king you see

Sing/ Song

-1- I love my heart and soul,.....
I love all
humanity,.....
Join
heart and Soul

as one,
Love
Peace and Unity
Love
Peace and Harmony
-Repeat if feel the need-

-2- Om.....!!!
Let there be peace within me!.....
Let there be peace
within the forces that act upon me!!!
-Repeat if sense the need-

-3- **Let there be Peace on Earth**

Let there be Peace on Earth
And let it begin with me
Let there be Peace on Earth
The Peace that was ment to be

With God as creator
Family all are We
Let me walk with my Family
In perfect harmony

Let peace begin with me
Let this be the moment now.
With every Breath I take
Let this be my Joyous Vow

To take each moment and live
Each moment in peace eternally
Let there be Peace on Earth
And let it begin with me.

SELF LOVE

Learn to Love your self unconditionally!!!

This is the First and most important part of our life!!!!!!
For we all will to share love with another,
when we do love ourselves fully and unconditionally.
When we try to love another it will work, why???

When we will always find something wrong or missing in the other.
Always is it; for if we looked deeper, it is parts of ourselves that we do love unconditionally that
will reflect in the other. So before we will share love or even love another and gain the full
experience; we need to be full of love for ourselves, for then we will share or give love freely and
full Heartedly WITHOUT..... condition or emptiness or expectations.

Self Love! Self Love! Self Love!
This should be taught and learned before all else
unconditional self love.

Which I encourage focus breathing as breath is unconditional to each of us.
This is the highest form of unconditional self love.
Yet there are many ways to show self unconditional love always listening to one's self.
Removing anything other than positivity from Around self.
Pyshsical Mental Spiritual activities. They strengthen our emotional well being
Unconditional self love is needed to have an understanding of that which is us and that which is
another's energy.

Love

Love is pure light!!!
It knows Negative, pain, hate, sadness!!
The reason we feel these is due to:
We Are Still Learning Love!!!
It changes every part of our life:
Our thoughts, actions, and words become
one's of true love for all in
and around OUR life.
Love is positive it is Full,
it is unconditional at its infinite,
it is true light of life.
Filling self with love
will manifest and enhance light and positive energy.
By doing so will also spread into everything around you
because
Love is Limitless
energy of our light within!!

"Love bears all things, Love believes in all things, Love hopes in all things, Love endures all
things." Corinthians

LOVE CALMS ALL
LOVE CLAMS ALL

The Perception

Perception= a result of perceiving to gain and have awareness of something. -insight-a
capacity to comprehend or understand acceptance.

yOUR PERCEPTION IS EVERYTHING!!!

Notice it is OURS.

N anyone else's.

What you see,

Hear,

Think

Is all OUR perception.

To the energy around you

To the Divine around you

So beware of OUR Mind

For your Angels will be portrayed

As Demons!

If you resonate with lower Vibrations,

Or energy/thoughts.

For

That is your perception!!!

And the way you communicate or understand or accept.

So the same goes.

Highten OUR vibrations,

Energy,

Thoughts,

Actions

To those of Light/Positive

LOVE

And you will see the Demons

Where just your Angels

Communicating on OUR vibration

And wave link of perception.

For they and ALL in the universe is PURE

With LOVE

And LIGHT of

UNCONDITION ALL Y

LOVEing

When we speak/illuminate the negative we release its power to be transformed.
When we speak/Illuminate the positive we give it abundance of energy and power
ascending into the ALL

Manifestation

What we think will be/ will come to be!!
So only focus on that which we desire to happen.
Use the mind to observe one's reactions
Be positive so OUR manifestation can grow faster and stronger into Existence.
Give it time,
Be patient with yourself and the situations going through.
They are always opportunities for experience!!!
Show/ BE grateful and thankfully
There is always more as to
Thanks
Gratitude
Or even
LOVE
Which are ALL positivity.
When you do manifest
Treat it as a GIFT
And
Share with others
Openly Freely and Unconditionally
We teach children this right away
Lead by example

How to deal with others energy

We will always control the energy we receive from the universe and others.
We will however decide how the energy will effect us
How we want to use the energy!!!...
We will let the energy
FLOW
Into our chakras

FEELING it's
Vibrations.
If it causes any misunderstanding
COMMUNICATE them
Let that energy flow though our chakras centers
(The source within us all)
Each chakra center is the source of our universe.
Be it one or many or none(external source)
Which can transform that energy
To positive
Being that the source is
PURE of Light,
LOVE,
Positive energy.
After we communicate
Then LISTEN
TO
only ourselves,
But
That also around us.
Be it person,
Animals,
Energy,
Or any other number of signs
(For anything can be a sign if one makes it to be so)
DO
Let the energy that is creating effect you
Fester
Release it in a POSITIVE WAY

Poem 7-14-2020

I no longer resonate with negativity,
For I am a being of the source!
As we ALL are
So rid yourself
Of your lower Vibrations

It's okay
To let yourself walk
In life,
with grace and happiness
With unconditional love...
For ONE and ALL
don't let experiences
Hinder your truest Self
From being open to ALL around
YOU
Life is such a positive gift
Handle your negativity
In a positive way
You will see that
The negative
is Just temporary
For the unconditional Light
Is Permanent and Everlasting
In you and your universe's
It's time to let go and surrender
To a New way of thinking
Action
Speaking
Consciousness
Let that which you
Are flow
Be don't with conflict
Deep with in you
Release your burdens
And transform
To your highest self

Spiritual gifts/Blessings

We are all gifted;
Divine God's/Goddesses,
For you are Me and I am you,

You are God.
In disguise as I am.
This is a gift in itself
As well as life.
When we give/Share ourselves,
Freely, and openly
Unconditionally;
The Universe does so as well!!!
Do give Healing for free!
Or teach others for a free!!!
Give/share freely to ourselves
For money is one of the highest limitations
Of life
Become limitless;
Together as one whole
Give/serve/share freely
And we will be gifted
blessings will
Rain into our life
100x our imaginations
Everyone has and will receive Divine help
Guidance,
Gifts,
Abilities so forth.
It is a gift at birth.
The game of the God's
Persay
Life
to be come you infinite
come to be our highest Divine Godly Selves
We are All open and have this Freedom to become so.
Be thankful,
Show gratitude,
Be compassionate,
Kind,
Unconditional in love with all because
We are all apart of the positive Loving Light source
And universe
God Divine power/energy !!!)
Breath
Infinite and free
Share it with me

Keep your power it is yours.

If someone put limits or restrictions on your thoughts or ways of doing things.

They want to take your power and manipulate you.

If this happens and you feel different or that you are staying true to one's self or it brings
energy in or over you.

TAKE THE POWER BACK!!!!!!

Communicate the needs/feelings

They are yours and yours alone

We do know if it is spoken out

SPEAK IT OUT LOUD.

Say I will allow you my power

I take it back and will be and do what I please with my power,

People want us to change for them but are willing to change for us
or LOVE us for being us.

Do allow ourselves to change for another

Do it because you feel it's right

With you!

Always be kind

And show compassion

And unconditional Love for self

And ALL (for all that is, is you; a reflection of self)

Stay strong and firm in your beliefs

Even if it's only you who believes it

This is yours

Your universe

Of you.

The Mind

Talk to it.

Give it something to do.

This something is to stop
worrying, fearing, thinking, stressing
About everything outside the body
It's vehicle.

Tell our mind we love it unconditionally.

Tell it

it's beautiful and Divine and powerful
and magical
For it to unlock its divine self
Ask our mind/brain to open itself to our body
For the body lives to give to it
It Is able to make the body
immortal
I'm mortal =possible/ conceivable
Tell it that Life happens
Be Happy
About anything
And
Let the HEART and feeling guide life
With Grace and Beauty and LOVE
If needed and it is.
Ask the Mind to share one small space for the heart to think
616
Ultimately
Use our mind to grow our bodies
And itself
Everything will workout
Let our Heart and Intuition bring
PEACE, CALM, BALANCE
To our being and Soul and mind and body
I am grateful and thankful for this Mind of mine
and all its beauty and magic.
May my body grow with you
so that we may continue to explore and experience
the blessing of life
with the feeling of love
within and from our hearts.
I gift these experiences to the mind
to observe this opportunity
of sharing love of all with all.

Arch Angels

- Michael is to our right
- Raphael is behind us
- Gabriel is to our left

-Uriel is your face or front(the face of God)

-Saraqel is below us

-Reguel is above us

-Remiel is within us or next to us.

They form a box around us so he is inside the box with you.

They are always protecting and giving us guidance.

So when Uriel reached out to me and made it known it was him. I was delighted to be blessed with such a gift and opportunity to help grow his consciousness as he needed to hear what has been learned; to allow the next phase of Hightening, the over all consciousness and vibration Downloads/Uploads of frequencies of other realms. That all lay with-in-side us; all we need is to tap onto it and pop there you do, but more so being aware that such things are and do happen every moment of the day every second, every minute, every hour, every word, picture, thought, action is that there of. The Divine within us, within ALL we are.

Art

Tat tvam Asi.....= thou art that.....=through art that we see Divinity

- unconditional self love art expression of self. We are all works of art
expressions of ones Self
True Beauty in all of thee.

-everything and anything we do is art
and there is no such thing as bad art
for it is but self expression.
Being that we are the only us there is
we are always the best us there is
and such we are expressions of our best self
in every moment.

We are ever growing tapastries of self expression
art of self

Poem

Darkness
Is but light
For what is the
Difference
When in the dark
You see dark

With eyes
Look
So
You are awaken
And
See the light
But
Do not admite
In/it
Your true power/gift

My temple

I use to attend my favorite church thus far (Circle of Light Independent Spiritualist Church located at 4025 Wilmington Ave, St. Louis, MO 63116) they are kabbalist in short: meditation and spiritual connection. They are all about love; welcome all with love, believe noone person is right or wrong that we all hold a peice to the puzzle; to the whole and when we are able to be open and share love unconditionally. We see true Divinity on earth within all. I shall share a bit of how the services usually goes: first is intro talk or some kind of intro to the service. Then they sing to welcome the leads/Reverend or pastors spiritual guides. To which they share gift and bless people with spirit messages. Well this is where my temple comes into play. One message of mine was the spirits wanted to see and go to my temple.. I was told they wanted to meditate with me in my temple.

I was not sure what my temple of meditation was.
So I closed my eyes and thought/asked what is my temple...
I then seen a pad circle with four walkways to it.
I sat in the middle and seen four elements arise between the four pathways
Fire,Water,Air, Earth.
I thought well I can't see due to the elements;
Were walls of said elements as far up and down one could see.
As I thought okay there are Four elements which is Yin and Yang broken down into a smaller sub-categories.
I see Yin and Yang of the elements coming together.
Thinking what is the fullest potential of my temple?...
As I do a cross is lifted up.
Like shooting me higher and higher and higher
up up up
through blackness.
I think I am at the top of my temple

but it is flat and I feel 3 other energies with me
finally come to a stop.
Here there is Me and endless darkness.
I wonder
What the darkness is and given
"The Darkness is the Vastness of Light.
I am the light the darkness is my vastness, my limitlessness. Endless potential:
Then I start to see people and creatures all kinds many many many rows,
All in a meditative trance
Much light
I can walk and touch Heal and much more
I touch and heal this old man closest to me.
Seemed to be a monk meditating
(ALL WHERE VERSION OF ME)
Then I sit and bring Darkness again.
This temple is Me
I am ALL
This is where
I can do My magic
It Transends into my pyshsical body.

The gift of empathy

Note to/for empathetic beings
You are important light workers of the universe
As only do you feel and take others energy in the form of your own
You can transform energy and send it back to the person
So you need to keep your balance and live as an example
With positivity and light And unconditional self love
To help all raise up.
For your power can cause more conflict or heal in totality
Be aware
Be love
Be light
Be change
Be choice
You are beautiful and amazing
As is everyone you come into contact with.
Negativity feeds more negativity
When you speak/communicate

It loses its power over you And others
To bring positivity
Which feeds more positivity
To which negativity ceases to exist
In the light of positivity

The gift of empathy

I want to start by saying thank you for your guidance and blessing me with the experience to
gain wisdom through a beautiful opportunity.

Empathy is a spiritual ability/gift to feel another's; thoughts/ emotions.

Now we all possess this ability/gift..

Either born with it or learn it through experiences or meditation.

Sometime in our life we use it whether aware or not.

Now it can be a tricky gift to understand and master

The first most important thing to this gift/ability is

A positive good healthy loving strong footing/foundation in one's self

Self love/unconditional self love

Wisdom and knowledge of who and what you are

Mentally. Physically. Emotionally. Spiritually

As this makes it easier to decipher

What is you

And what is another's.

Being an empath is a great blessing

We are meant to help guide/lift/love/heal/understand

To give to each other

that need light/positive boost

Our path is a difficult one as we need to be true to ourselves

And have peace in any of our beings

As when you pick up others energy

This will cause attention

to our self

it is what they(people/energy/place/thing) are experiencing around our self

And with this ability/gift we will

Feel/see/think the way another is

But in and towards our own personal life

and in a way that feels like it's our own emotions.

As this gives us better understanding of the other

To help them in their path

Giving/sharing the proper

Uplifting words/Love/Light/Healing/Advice

Which would help us if we felt such a way.

This is why self love is important
It sets a strong foundation of self and knowing
Of self
So that we can share love of self
With all around our self
It also brings intentions of attention
By knowing ones self
When we feel something other then
Let's say positive
We can stop and focus
Feel what is this other feeling
Why is it here
what is it for
How is it to be transformed
Where is it coming from
Me or another.
This process of focus and balance is graceful
For it comes from a place of peace and calm
Within our self
BREATHE

Story 8-13-2020

Meet a guy at top shooters bar and grill. Will remember his name but it ment origin. He was the 3rd also Jewish but Norman so he could have multiple wives. Was a professor of some sort I do not remember exactly where but think it was in some kind of spiritual teachings. He wanted to ask me 5 questions after I introduced myself to him feeling guided towards one another.

Intuitive Instinct.

1) Did I know him before this moment or not???

Answer = Maybe not consciously but this is a synchronicity. We might be connected in some way and we where ment to have this conversation.

2)what plan of existence are you from?

Answer= I am from all of them at once. For I am the universe and the universe is me. Just as you are as well even if you don't relize it your in every plan. Creating it.

3) Are there half 1/4 people?

Answer= I asked form more detail. He said like DNA spliced with other beings.

I answered even if there was and say it gave them a slight jump in the process. We are all capable and able to achive our fullest potential.

4) what is the difference between Angels and Demons??

Answer= There is no difference. The difference is our own vibration for everything in the universe is PURE loving light, but Angels will be seen as Demons to communicate with us at our vibration in the way we understand. Yet when and if we would raise that vibration. We would see they were just Angels. As they are multidimensional beings.

5)How would you explain plans of existence??

Answer= It is all about perception! For if we change our thoughts we change our lives. We will be living in Heaven or Hell. It's all in our own mind and we can change it as wanted or needed.

I asked if there was anything else he would like to ask me. As I was quite enjoying this sharing of words and energy with him.

6) What would you say life is and how would you explain it to someone who isn't enlightened???

I asked for a minute to think and reflect.

Answer=There is no way to explain it for they would not understand it. If had to say something.. Life is about unconditionally Loving ourselves.

For when we do we rid ourselves of all negativity and see all as an opportunity and experience for us to grow positively. As well as it will bring Calm, Balance and Peace within us. We will have confidence in who we are or what we do; for we know what's true and works for us.

Daily affirmations

We accept, release and surrender to our higher self. We are always our higher self we stay in wholeness and are whole. We allow our higher self to take over/lead with out restrictions or obligations. Sub conscious mind listen and respond only to higher self.

Aham Brahmasmi

Lam

Vam

Ram

Uma

Hrim

Yam

Hum

Om
Aham Prema
Brahma
Great Spirit
Shiva
Vishnu
Amun-Ra
Mut
Namo Amitufo
Namo Amitufo
Namo Amitufo
Mind
Body
Soul
Jesus
Ganesha
Buddha
Lakshmi
Dum
Neith
Amrita
Kalpavriksha
Ubuntu
Shalom
Derg Corra
Thoth
Djehuty
Silver Feather
Chaos
Zeus
Jupiter
Khonsu
Gaia
Ouranos
Kalki

Yahweh 7-26-2023 "He Brings into Existence Whatever Exists

We manifest our desires as we speak

We attract that which is ment for us has found us in divine right timing with out effort

What is ment for us will be effortlessly
We are financially free
We believe in self healing
We are the best self healers
We are living a carefree life
Our only competition is ourselves
We are better than ourself before this self
We are always our best self in every moment

We are worthy
We are empowered
We are grateful for all
We are thankful for all
We are at peace with all and all ourself
We are manifesting positive Soul experiences and opportunities
We are God of all that is good
We are God of all that is
We are God of abundance in all aspects
We are God of positive attraction
We are attractive mentally emotionally physically and spiritually
We are always on the right path at the right time

Every thought action moment of our life comes from and is with gratitude and pure love

We are divine immortal limitless in this realm and all others with in and beyond all dimensions
of universes and perspectives

True change comes from within us not outside
True change comes from within us [not] then outside us 9-21-2023 848
We demand excellence from all aspects of life
We are excellent in all aspects of life
We love you just the way you are

We are open
We are open to the universe
We will stay open to the universe

Every way form of energy we share is loving throughout all dimensions and realities of
perspective universes

We are impeccable with our own words,

We do not take things personally,
We do not make assumptions,
We are always doing our best

Our beliefs do not require another to believe in them in order for the belief to work for
ourselves

Love Languages
Physical touch
Words of affirmations
Quality time
Acts of service
Gifts

Impossible is I'm possible
Imperfect is I'm perfect

A tourist wants to escape life a traveler wants to experience life

We are travelers of both time and space

Gift of intuition

What is intuition = by definition is quick and ready insight

Insight is the power or act of seeing into a situation.

To me intuition is a feeling

Or a thought

Like a voice or natural knowing

It's a guide of our known path

Gut Instinct

A gift of Infinite Wisdom

This gift/ability we all have

Whether we listen to ourselves or not

Is a question of how well tuned this gift is

In our existence

This gift will always guide us in the best way possible

Within any given moment.

At first it may be difficult to listen to ourselves

For whatever the reason.

In my own life I have found that when I did not

Listen
To what I knew was going to happen
Or had a feeling or thought
I should leave this
Person place or thing
I brought upon myself unnecessary suffering
This happened because
I wanted to go against my natural knowing
And believe it not to be so
Or be that way.
These moments will happen
But are not needed to happen
For if we where taught and shown
How to use intuition and to listen
From early ages and given encouragements
To do so
We would all grow this natural gift/ability
In the most Loving positive ways
How to use intuition???
It is really such a simple easy gift/ability to use
Get a Instinct/feeling
Follow it. listen to it.
It may seem silly or weird
And it maybe ether to us or another
Yet
In the end or after time
Space
We shall see it made the most sense
Was and created our own
MAGIC
Let it guide us
To where we are ment to go
Naturally
For this will cause peace
Grow a love for All self
Will also gravitate what is natural for us to us
We will see grace in all we do

Fruitfulness

Fruitfulness =yielding or producing fruit

Now there is no good reason to plant

A tree that does NOT BARE FRUIT

If we take down trees

Fine

If we plant another tree in its spot

Good

ANY TREE PLANTED BY A PERSON

HUMANITY

SHOULD ALWAYS BE ONE OF FRUIT

Divine Greatness

THIS IS BEING FRUITFUL

WITH THE EARTH OUR MOTHER

WITH THE COMPANY OF

HUMANITY

Nature

why then has this not been a thing????

How selfish are we to not already have this a LAW???

OOOO WAIT

IT IS

A SPIRITUAL LAW

ooo but who knows them

And follows them fully???

For if one did fruit would already be growing

It wouldn't have to be planted

Because mother earth is a reflection

Of humanity

Sooo

if humanity was fruitful

With one another

So would earth all around

Show

Fruitfulness to us ALL

here is a small list of fruitfull trees

Plum trees = Prunus domestica

Apple tree = Malus domestica

Peach tree = Prunus Persica

Pear tree = Pyrus

Mulberry = Morus alba

Recommend plants that are fruitful as well

To ALL.
For ALL.
FOR FREE
BECAUSE BEFORE LONG IT WILL JUST HAPPEN
NATURALLY
AS IT WAS MENT TO BE
now why is this to be so???
Gift of free Oxygen
Gift of free Food
Gift of sharing abundance
Gift of shade
Gift of life
Gift of nourishment to earth
Universe
Which in turn nourishes
ALL
turning deserts
Into fruitful lands
Added note
World hunger solved
When a fire burns down forests
all tree are removed.
Replace them with fruit trees
I'd love to see the world forest being fruitful with
Us all
ALL is air/space/Breath
So we are All breath
Our Breath creates more breath for us
Through trees taking our breath and sharing in
It's life
Now we have trees that
Produce food
So not only is our breath
Creating more breath
For each to live
But now our shared breath
Creates food for
ALL TO EAT
This happened/s naturally
Yet why is there no
Bees
honey combs in every tree??

Ask where are the bees??
Well where is the food full
Trees???
Which in return expands
Our breath
Our life
Our soul at whole
Be fruitful with our
Breath
Infinite and free
Me upside down We
Let's expand with
Unconditional love
Peace and positivity
For ALL are infinite and free
This is the very nature of
ALL
HAHAHAHAHAHAHa

Paryer of blessings

We bless and cleanse this food (person, place, thing,
Of any and all impurities that may lay within
We bless and chager this food(person,place,thing)
And ourselves with this work
So that we may enjoy the most
Divine aspects of eachother
Thank you for blessing our
Mind
Body
And soul
With your nourishment

Added note
A way of thinking,
Nothing of me would cause me harm
And we shall not do anything that we feel would cause harm
To We
Make sense??
So example
I love when people say ooo
This or that is going to kill me I need to stop doing it
Hahaha so silly why would one do it then ether
Quit causing yOURselves harm
Or
Change the thought/ words
This or that is giving me life adding to Me
Simple as that
Infinity

LAWS

How many laws are for those who intend hate?
ALL and many
How many LAWS are for those who intend LOVE?
ONE
BENEVOLENCE
a generous gift
Acts only of kindness
From a place
Of unconditional self love
Unconditional life for
ALL
Because its of the ONE
Law
of

Unconditional

L

O

V

E

If we don't have peace we must be sinning
I/WE have peace so it's never been a sin

744 schooling

Teaching and school
Forced upon We
For if do not go
will be pursuing the law
Yet it is for free
Except when you truly want good
Learning
Experience
Opportunity
To pay for more than teen years
So funny to me
How learning more
Cost.
When it's originally free
Force it upon me no more
Instead I must pay to learn more
Hahahahahaha
Self taught in more
Ways than none
The best teacher always a student
9-1-1
Experience the best teacher
1144
Keep teaching ALL for free
And we shall see evolution
Beyond imagining
Yet we need to have
A foundation of Love
Peace

And positivity
Before any this can be
For free all are WE
AS SUCH ALL SHOULD BE
WITH
LEARNING/Teaching AND SCHOOLING
Truly creating
Making
History
Never know what the world
Is missing
From all these
Unnecessary obstacles
Chains of payments and money
GREED greed greed
Free FREE FREE
AS IT SHOULD ALWAYS BE
Promotion
ALL kinds of learning and teaching
Schools for free
Because of me
WE
will only ever keep on
Growing
Hahahahaha

Spiritual

I was asked once when I became spiritual??
Spiritual by definition is of, relating to, consisting of, or affecting the spirit
So now what is spirit?
Very large in size or extent, a Life-Giving Force, especially a force within a person that helps to
endow the body with life, energy, and power:
SOUL/Breath
So by the very act of existing
Born into Existence
We are ALL
spiritual
Spirit in Latin is spiritus,
literally,

breath,
from spirare to blow,
breathe
And as above breath/air/space
Is ALL
GOD
Me upside down We
FORMLESS AND FORM
ALL IN BETWEEN
So when did we become spiritual??
Always where we
Even before this form
For our essence
Is spirit
Air
Space
GOD
ONE
ALL
IN EVERY SHAPE and WAY
The very fabric of ALL
Is
GOD
What kind of GOD are We?
Unconditional loving
Because ALL is Me!
Breathing
Creating
transfiguration

One breath

1-4-2024

"I am Stefan William Sampo
When people hear my name they smile

I am the HolyMan bringer of light and spreader of positive energy

A Lover

A Hugger

The Healer

The teacher of teachers

I hear and listen to the universe

I am a man of words and breath

144

Aham Brahmasmi

Lam

Vam

Ram

Uma

Hrim

Yam

Hum

Om

Aham Prema

Brahma

Great Spirit

Shiva

Vishnu

Amun-Ra

Mut

Namo Amitufofo

Namo Amitufofo

Namo Amitufofo

Mind

Body

Soul

Jesus

Ganesha

Buddha

Lakshmi

Dum

Neith

Amrita

Kalpavriksha

Ubuntu

Shalom

Derg Corra
Thoth
Djehuty
Silver Feather
Chaos
Zeus
Jupiter
Khonsu
Gaia
Ouranos
Kalki
Yahweh

thank you for sharing breath with me
the most beautiful gift I will share with anyone
infinite and free

Yāshēpheh
Sappīr
Chalkēdōn
Smaragdus
Sardonyx
Carnelian
Chrysólithos
Vēlŭr
Topazos
Chrysóprasson
Hyacinthus
Amethystos"
End of first Gate

The rainbow of the SOUL
855

A ME THY STOS
Here and come
A ME THY STOS
Here and come
A ME THY STOS
HERE AND COME
A ME THY STOS

FEE FI FOO FUM

MI TO TE

A LA RUM

Alla breve

Sculpere

Arch I me des

A ME THY STOS

A ME THY STOS

A ME THY STOS

A ME THY STOS

FEE FI FOO FUM

MI TO TE (four Agreements)

A LA RUM= alarum

alla breve = the passage

sculpere = sculptor

Arch i me des =master thinker" or "planner." ...An ancient Greek scientist, mathematician, and inventor. He is best known for his investigations of buoyancy.

My o me

My o me

My o me

My o me

Col il de

die thy I stil best rol = deithylStilbestrol

Da ben= space /when/golden egg of creation

Now

Presto

Presto crescendo

alea iacta est

Pholcus phalangioides

E pluribus unum

Carpe diem

ΤΑΙΣ ΣΚΚ ΛΗΣΙΑΙΣ

je ne sais quoi

Abracadabra

Hakuna Matata

statue of equality

https://linktr.ee/the_universe_free?utm_source=linktree_profile_share&tsid=fd14da6d-fa21-4ce7-b5d8-5130ec1ad203

I was here

Knock of God

God is knocking

To The Future
Stefan William Sampo
Wysard Of Love

THE UNIVERSE a free holistic healing journey Opens February 13th 2024

I thought heaven was going to be so much smaller
hahahaha
when I walked into that emerald Gate
The size of that walls vibration
oooooooooooo my oooooooo meeee
what a great happen9ng
instant instinct Flash energetic
the universes
before our energy propetual motion
that Gate
just expanding and expanding
ahhhh
the beauty
of being
Our best
all that each of us always is....

Wild walked in and felt that green hit my low back and Flash I am back ooooooooooooo

A ME THY STOS FEE FI FOO FUM HAHAAHAJAHAJAHAAHAHAHAHA

TO FUNNY I thought it was going to just be a house size rooms walk into till I seen that statue of equality and then when I seen that equality of the Thickness compared to the United States of America I laid out all the rooms labeled 4 x4x4 3 Rolls hahaha and when I seen it it was as if someone was tring to close off the Heavens to all closing this high door of light away from the darkness and I reached out and knocked and knocked and knocked for years felt like till finally I found my way in and stepping into it was an auspicious occasion within my whole existence being ALL that created breath and yet there is no temple to YAHWEH covering the United

States of America Yāshēpheh

Sappīr
Chalkēdōn
Smaragdōs
Sardonyx
Carnelian
Chrysólithos
Vēlūr
Topazos

Chrysóprasson

Hyacinthus

Amethystos" rooms with 144 thick walls why???? And fruits and vegetables for all to eat freely???? The healing that I have felt we as humanity will be loved and share love with ALL THE UNIVERSES!! FOR IN OUR HISTORY WE HAVE OVERSEEN THE HEAVENS!!!323

PIG/SWINE

We now have 3 witness Yahweh, ALLāh and Me
reason why we say this

is due to something

in the biology and chemistry of the swine.

When one comes here in this realm

to pay to eat what should be natural and free.

fruit vegetables food producing plants...

They fast for the oppressed are still near.

As the sang goes eat what you drink

and

make what you drink what you eat.

thus due to the greed still here to this day.

When one does eat if eat of the swine or pig in any version

it Will teste great yet it will most definitely give our stomach the fire.

Something to do with the chemistry and biology of the pig.

One would ask a Question why is this with the pig/swine...

it is known that if a question will be asked

the answer will be known..

Here is why in another form of explaining

pig/swine are divine

thus they also eat and eat and eat

one is what they eat to some form or another

So the pig/swine is an example

one that is Breed to be gluttony or gluttonousness.

thus why sacred Codex and textus

(Bible and Qur'ān and now THE UNIVERSE a free holistic healing journey Codex) other divine passage say they are impure.

Thus we will say in another way.. If something one eats upsets the stomach in anyway or is bitter to the mouth. One shall choose to eat something else. For us pig/swine is now an

example and added to this list by witness of 3... the HOLY TRINAE/trena/trinity.

we will add a note that nothing is seen as impure for all is from and with the source which is pure Unconditionally Loving ALL. So though this the passage for The most Holy. Others that come will be gifted this as a delicacy and thus will be used as a divine sacrificium to them for sharing their presence in our heaven... 1-23-2024

Riddles

Who will win a possum or a cat???

Answer= catus fleus =cat (REASON= 9 lives and 6 sense)

Once was a mountain did it come???

A cave (Stalagmites and stalactites are beginning of mountains) REASON= they form water that drips and drips creating tiny mountains that in millions of years will continue to = snow on top hahaha

What God did we conceive first???

(ENTER YOUR NAME HERE)

REASONS TO WORSHIP GOD

The reason to praise Yahweh he saved all humanity by having the angel take all the food producing trees away rather than humanities fault praise be to Yahweh

THE ANGEL IS THE FALLEN ONE Known as the Devil or Hades.. he gone now.. praise be to He Me upside down We ALL HUMANITY...

REASON TO PRAISE ALLĀH

ALL THAT IS IS HE AND SAID EAT NOTHING THAT DIES YET WE ALL LIVE infinit
And he said eat anything that is named allāh so he is me upside We all are breath breathe and

eat everything in THE UNIVERSE a free holistic healing journey