

70.015

## I Live and Move in Afra's Heart

(10.014)

Om Mani Padme Hum Aum

In the name I AM THAT I AM, my beloved Holy Christ/Buddha Self and Holy Christ/Buddha Selves of all lightbearers throughout cosmos, beloved Afra, The Spirit of Ghana, Lady Adelpia, Lady Viollette, Lady Eunice, Lady Angelica, Lady Eleisha, Lady Louisa, Lady Buddhi Ma, Lady Valeria, Mother Maathai, Lady Marchette, Sam McGill, Saint Germain, Surya and Cuzco, Lanello, K-17, Kali, the Buddha Mother and all true messengers of God, all ascended and cosmic beings, legions of angels and archangels, Elohim, Buddhas and bodhisattvas of heaven, gnomes, undines, sylphs and salamanders, I pray:

1. The rhythm of the soul I sense,  
A six-eight pulsing beat.  
As violet fire swirls all about,  
I feel its blazing heat—  
A dancing, singing, spinning flame  
That weaves a joyous chord;  
A cosmic melody of love  
Intoned as sacred word.

*Refrain:* I live and move in Afra's heart;  
His rhythm guides my soul.  
In sweet communion with his spirit  
I am now made whole.

2. His graciousness and savoir faire—  
True brotherhood he knows.  
Rekindling all within that's pure,  
My flaming heart now grows.  
His perfect tact, diplomacy  
And tenderness I see.  
His love inspires my quest for  
Freedom, cosmic liberty.

(Continued)

*Refrain:* I live and move in Afra's heart;  
His rhythm guides my soul.  
In sweet communion with his spirit  
I am now made whole.

3. United for a holy purpose,  
All his chelas see  
That Africa now lives as one  
In perfect harmony.  
Our voices rise in rhythmic chant,  
With Afra's aura merge;  
Arcturus' dancing violet fire—  
We feel its cosmic surge.

In the fullness of your cosmic joy, we accept this prayer manifest here and now with full love, wisdom and power, anchored in the earth, air, fire, water and ether and tangibly manifest in our lives and in the lives of all evolutions of light throughout cosmos!

Om Mani Padme Hum AUM