



# TRAINING DAY

## CHANNELED BY GNYANGO

Please don't take this as a lecture As I am perfectly imperfect. Shit Who ever is your god or goddess of choice isn't even perfect. They probably have more of a sense of humor than even caring about being perfect. Obviously I wasn't put here to just speak my mind experiences and teachings to you. I am here speaking to myself as well because I need a constant reminder. We may have heard stuff like this before as we can take it for what it is as life is what you make it and apply it if we like. We can have our own interpretations understandings opinions of this guidance but at the end of the day it's going to take you to make sense of your own guidance. BASSÈ

IBOGA is one of the greatest teachers that will open the doors to all your senses in connection with elements and the senses that helped create us. The TRUTH MEDICINE. This journey we are about to face is between us

and the medicine. No one else... as the medicine was founded by the babongo (pygmies) they passed on their traditions to the Bantu from which whom formed the BWITI and its many different roots and branches. The tradition we are sharing with you is the Missoko tradition by way of the Assenguedia branch. The Missoko are considered the soldiers and healers of the bwiti traditions. IBOGA is the common relationship between all bwiti. As Iboga will reveal and show us the darkness that we need to heal it will also show us the light that will bring us great joy. The ultimate test is if we are going to look listen and learn from the medicine or not... that leaves our fate up to choices and decisions we make after receiving the truth and guidance from iboga. As providers We work on our selves with iboga until we become the medicine in order to help heal others. Iboga loves it when we all become the medicine helping to heal ourselves. Embracing iboga as a loved one is the way vs fighting iboga and resisting the truth is like fighting yourself with no possible chance of winning. The more barriers, layers, and darkness we let iboga defeat the better chances we have at a successful self discovery. IBOGA is our teacher as iboga opens the doors to the spirit world reconnecting us to our souls. So respect this great teacher as the medicine is only here to help. What we do with the gifts the medicine gives us is totally in our hands... why??? Because IBOGA LOVES ALL OF US the medicine just needs us to love ourselves BASSÈ

BWITI is The study of life is the greatest teacher of the great learning . The Study of life consists of the Study of Death The Study of the elements The Study of the senses. Each element of study is broken down to Art forms and how we develop relationships with these art forms. One of The greatest learning lessons of all is the art of knowing. The art of knowing

thymself. The art of understanding overstanding and innerstanding thymself. This to we can have an expertise of mastery humbly speaking. I don't speak in the way of masters of the universe but in a way of being the master of our own universe our own inner universe. BASSÈ

Once we accept acknowledge re-educate practice this way of inner living and self discovery we can reflect upon the outer living and discover life outside of us. But our main focus is how are we internally living. How ya living. How are you truly living The Who's what's when's where's how's and why's of truly living.

The study of life is just a way of many ways based off choices and decisions to make. Granted things do happen out of our control. But we are here now at this very moment to make a decision. A decision about the rest of our lives. Developing a relationship with Paradigm shifts and the trajectory of change. I love change no matter the outcome. I accept change no matter the outcome I am change as I would love to change for the better even if it's out of my control. From playing the blame game justification rationalizations personalizing ego pride etc etc... no matter what it is that holds us back it all starts within once we learn the art of self control we can have a better relationship with what's going on outside of us. BASSÈ

Beyond The limits of Control... some people push the limits some people loose it as this is a man made action word that carries great strength and responsibilities. Some have a good control of things most don't. Some act like they have good control of things but in reality they do not. The only thing we need to be controlling is ourselves controlling our minds

and bodies. The only thing that controls itself is our soul. This is why it's of great importance to reconnect and have a deeper relationship with our soul. Once that connection is made we can truly understand overstand and innerstand the strength patience tolerance abundance genuine spiritual love attitude is gratitude honesty willingness humbleness health wealth wisdom knowledge trust truth acceptance adjustments intentions enthusiasm and balance are just a few action words of many that can help lead to inner peace of the soul. Which brings me to the fact that there are no limitations to control and no limits to self discovery as limits are designed to control. Granted the many different scenarios and variables to life on life's terms bring great challenging tests that can either make or break us but at the end of the day the beginning of the day ALL DAY EVERYDAY for as long as we walk one foot in front of the next on this beautiful vessel of so called planet earth THE CHOICE IS YOURS You can get with this you can get with that (point to self then to others) THIS is where it's at. The Art of Control. Control Thy self . You control your mind do not let your mind control you. As we choose a path or a way of the road Less traveled as life mends and heals itself in its divine time simply because it's a living breathing thing like all living things on so called planet earth. We can talk the talk but bringing the talk to walk is easier said than done as that is the true test. BASSÈ

So when it comes to The Who's what's when where's how's and why's

WHO truly has control of their mind as I would like to say me myself and I he she them they US WE YOU. As who controls there mind is a daily practice.

Our mind is WHAT we need to take control of as our minds depend on it since we depend on our minds daily.

not now but RIGHT NOW is WHEN we need to take action and take our minds back.

Any Time Any WHERE place any HOW!

The way from my experience on HOW to achieve this is by walking through the doors of self discovery with critical thinking and discernment.

Developing a healthy relationship with thy self. Re connecting with our souls.

WHY??? Because our lives depend on it as we depend on our lives.

BASSÈ

No matter how bright our MINANGA shines (explain minanga) as some stars shine brighter than others. We are all still stars in this vast universe so we need to choose wisely on how bright we need our star to shine.

Moving forward

as we roll the dice to the blame game of this soap opera called the days of our lives we will look listen and learn how to strategically Play this game of chess while riding a freight train on a roller coaster ride blindfolded in this tornado we call LIFE! BASSÈ

The ART of HONESTY AND TRUTH: are one in the same and Honestly speaking the Truth will give us free as the truth is set in the eye of the beholder. So I we us are the true holders of our truth. As the truth can heal the truth can hurt so basically they are one in the same when it comes to healing and hurting hurting and healing perspectives. The only

differentiation is if we are going to look listen and learn from the truth. It's how we handle the truth and what we do with it as truth medicine. The medicine of truth will always prevail it just depends on how honest we are with ourselves. As truth is related to everything and everyone it is the balanced perspective of life. There is TRUE and there is FALSE we just have to choose which side we need to feed the most. When it comes to the truth The Bwiti say we should have a connection with at least 3 out of 6 of our senses in order to know it's real and true. They have tested these theories with the medicine by sending 3 shaman in the spirit world with the same question If 2 come out with the same answer and the 3rd one comes out with a different answer it's not true if all 3 come out with the same answer know it to be true. My Truth is depending on my honesty with self. We tend to gravitate towards what we like to hear especially if it benefits us in great ways even if it's a lie we tell ourselves. That's how much power we have we can manipulate and lie to ourselves that not only has an effect on others but we use that power against ourselves to get our own ways. Even if it's the truth we do not like to hear we quickly change the narrative to fit our complacency of what we want vs what we truly need for ourselves and that's the TRUTH. Can you handle it BASSÈ

The ART of STRENGTH: comes with great responsibility as we are the ultimate controllers of our strength. Strength comes in many ways shapes levels and forms with the variables of combinations. As we have this option to choose our strengths that best suit our needs. Strength is a balanced characteristic that develops itself within every being on this planet. Strength just needs our participation and guidance. As we can use our greatest strengths for dark and light good and bad. Realizing that strength is a great force of nature. So applying it to strengths we normally

do not apply strength to. like compassion for thy self so we can have compassion for others all the way down to the strength of the little things that matter like language. Which leads me to the strength in the things we say to our selves. Our words hold the power that unlock the internal doors of TRUTH. So we should choose the next words we say to thy self wisely as sticks and stones may break our bones but our words shall never hurt us. We need to Be conscious of the things we tell ourselves so our words will never hurt us. BASSÈ

The ART of PATIENCE: is a virtue and an action word at the same time if we decide patience is what we need in our lives. Sometimes patience is so virtuous that it even finds a way to slow our lives down whether we like it or not. Patience is a good way to actually fall back and to take a look at our actions while we are in action. The babongo or you may know them as the pygmies have a saying MALEMBE MALEMBE which means SLOW SLOW As the BWITI also have a saying "JUST BE". So really taking the time to trust ourselves in order to look and see the true value of what's important in our lives and really taking in the consideration of our approach to life as our approach is everything. So our approach to life will either be organized, planned or a dictated flow of what it is. It is what it is. So "JUST BE" BASSÈ

The ART of TOLERANCE: learning to tolerate ourselves first will help us tolerate the world outside of us. So developing a relationship with our tolerance can really push the envelope when it comes to what really TESTS us on a daily basis. These life on life's terms can be very extreme and challenging at times pushing our buttons of stress, anxiety, anger really putting us through the meat grinder of being under pressure. So

understanding overstanding and innerstanding that we need to rise above the pressure. This is where our relationship with tolerance comes hand in hand. Taking the time to realize that tolerance is our greatest ally to self discovery. Because we can't have self discovery with out pressure as self discovery is not just a pretty sight as it takes allot of tolerance to discover our true selves BASSÈ

The ART of ABUNDANCE: is a balance of duality. The laws of attraction can bring us just as much light as it does dark It's inevitable. I've seen the most positive brightest stars still get sucked into negative black holes and vice versa myself included. It really makes one think about the perspective of a negative and positive charge. Honestly the abundance of lessons we have in our lives brought us here to this very moment. Those lessons helped shape carve and form us into our greatest sculptures. Granted everyone wants to be great go down in history do something good for man kind etc etc. I can go down the lists of greatness we would like to achieve. One way we can achieve these things is learning the art of abundance within. Oh believe you me there will be hurdles speed bumps distractions temptations and a whole world of hurt included. A speed bump has a specific design so we can slow down open our eyes and look. We should look at these obstacles as hurdles building up to the trajectory's of change and treat them as such. It's not about telling ourselves "I fucked up"but the actions we take to reverse that language. No mistakes no fuck ups I AM IN LESSON I'm still learning. I can atone for my actions WHY??? Because there is always room for correction. BASSÈ

The ART of ATTITUDE IS GRATITUDE: being grateful one of the many things I myself have struggles with or it at least slips my mind because I'm so caught up in the moment that I tend to forget to be grateful for that very moment. In reality it's our actions of our attitude in any sense of life is what really matters. Our attitude is apart of our energy and if we apply this energy to all of our actions especially gratitude. Then our actions can help make life a little bit more easier or allot a bit. I suggest we learn how to understand overstand and innerstand how not to take disadvantage of ourselves. There is a balanced perspective of the word advantage. It can be used for good and bad but learning to differentiate the two perspectives is key. If we are taking ourselves for granted we are taking advantage of ourselves in a way that's not beneficial for the soul let alone others. This is why gratitude is important. The Bwiti say "THANK YOU FOR THIS DAY" as I express my gratitude for life THANK YOU FOR THIS LIFE THANK YOU FOR THIS... which expresses my gratitude to be ongoing. Like I said ... easier said than done this is why the lessons we choose for our life is the daily bread the daily practice. THIS IS TRAINING DAY!!  
BASSÈ

The ART of WILLINGNESS ,DEDICATION and DISCIPLINE. Learning dedication and discipline and applying sheer will. Having the courage of willingness is based off our dedication and discipline of self to change the things we can and cannot. These are definitely great characteristics of internal and external strengths. If we are willingly to dig deeper into our own willingness we would find the sheer will to learn how to be more open minded. Willing to let things go. So practicing our discipline with willingness is something to show dedication towards. Letting go of what holds us back is our dedication to holding on to what has an effect on us.

I call these negative addictions vs positive addictions and vice versa. When it comes to negative and positive addictions and differentiating the two is tied to our intuition. Our intuition within will help us decide what is right or wrong for us. So applying the dedication the discipline the willingness towards positive addictions counteracts the negative addictions. As these tools are very important when it comes to the integrative process of life. Finding if you haven't found it yet something you are good at have a genuine spiritual connection with or love to do and apply discipline dedication and sheer willingness guided by intuition. BASSÈ

The ART of HUMILITY has a relationship with gratitude. Humbleness is not only an internal perspective but an action word at the same time. I find myself having difficulty with humility at times as I need to constantly remind myself to be humble when it comes to my actions. Just like everything else these action words I speak of are not built within us when we are born or maybe they are and we just have to discover them as life lessons go on and learn them as behaviors to teach us how to act like human beings. Humbly speaking I'm going to learn what is needed for my soul and if humility and the Meaning behind these action words is just that then so be it. There is a reason why I need humility in my life as there is a reason for everything humbly speaking. BASSÈ

The ART of HEALTH and WEALTH are two different modalities but one in the same. Our health is our wealth and vice versa. It just depends on how we look at the perspective of things. Our health is our lifeline mentally physically and spiritually. It all depends on how we take care of ourselves is the true wealth to any human being . So how we decide to build up our

mind body soul immune systems will dictate the flow of its wealth. The better we treat ourselves the healthier and wealthier we are. This is not just about a materialistic view of things as that is just apart of life man has created. So understanding overstanding and innerstanding the differences between man made things and spiritually made things is the key to unlocking doors to the inner wealth of our health and vise versa. See it goes like this as I've observed this closely with my own life and experiences. I realized once I changed things in my life treating myself how I need to be treated. I was able to develop a healthy relationship with myself which made me the wealthiest man in the world WHY?? Because the universe sees that I am taking these steps of actions to help improve my life. Because of that the universe will take care of us in its own way in its own time. My grandfather used to say garbage in garbage out good in good out. BASSÈ

The ART of KNOWLEDGE and WISDOM and the wisdom to know the difference. Understanding overstanding and innerstanding the difference between our intellect, knowledge, and wisdom. Which are all great ways of life that can also make life difficult as we know it. Since our minds are very abstract and tend to overthink themselves into information overload until we SNAP some have mental breakdowns some lead into depression some go insane some have an addiction to knowledge and information etc etc. But tapping into our wisdom from which has deep connections to intuition can help us navigate these thin lines that holds our minds together. It's not necessarily being the smartest individual on the planet letting our ego mind thinking it's in full control. We have to make that connection with the wisdom of our soul that will allow us to be in control of our own minds. Which leads to the Art of Knowledge that opens the

doors to knowing. In order to know things we have to learn or relearn them. Taking the initiative to understand overstand and innerstand the differences between facts and fiction. Depending on how great we have a relationship with our intuition can open our minds to the greater knowing of what is best for ourselves. So the knowledge we choose to digest in our minds is our choice to decipher what is real and what is not. BASSE

The ART of TRUST is trusting thy self so we can be trustworthy to others. Really diving deep into why trust issues are a common factor amongst civilizations as we know it mainly with westworld. We either have been conditioned or conditioned ourselves to fear ourselves and others. Some are just naturally aware some put on a facade with their ego to overcome fear some are trained to face fear. Me personally I had to learn and relearn how to Trust myself in order to look and see The Who's what's when's where's how's and why's of fear. See trust and fear, fear and trust are like brother and sister in this spectrum of life. So in order to develop this relationship with trust I had to develop a relationship with fear. I put myself through the meat grinder many times in order to numb myself from fear and fear itself. Which lead me to a great disconnect from compassion and overtime as I'm still learning and realizing that compassion is another aspect and level of trust. I trust myself so I can trust others but at the same time knowing that trust is also related to discernment. As being discerning is not about letting the fear getting the best of us but in reality it's trusting ourselves in order to open our eyes and look listen and learn about what really applies to us and if it doesn't apply let it fly!!! BASSE

The ART of ACCEPTANCE and ADJUSTMENTS is to accept the things we can and cannot change and living with it. I honestly can live with that. I'd like to think that the ultimate goal is to accept change into our lives learning to relearn as these things take as much time and attention that we choose to give them. Developing this relationship with acceptance is another key to survival. Embracing acceptance opens up the doors to forgiveness Simply speaking. Accepting ourselves helps us forgive ourselves and forgiving ourselves helps us forgive others. Realizing there are no regrets as our choices and pasts have laid the foundations for our future. We just have to accept it for what it is and make the proper adjustments. Taking action while making adjustments and Repositioning our view points for the better in the best way we can and accepting our adjustments in life. Like a strategic game of chess analyzing and adjusting our every move. Just remember sometimes we loose pieces in the chess game based off of our choices and decisions. Doesn't mean we have to beat ourselves up because we lost something or something was taken from us. No it means we have more room for adjustments to pick ourselves back up to stay in the game and keep it moving. BASSÈ

The ART of INTENTIONS our intentions dictate the flow of every move we make only if we are aware of our intentions.

A man and a woman alert is seldom hurt so being aware, conscious and open minded of our intentions will help guide us and unlock the doors of perceptions internally and externally. Our intentions is what helps us walk through those doors giving us a foundation to stand on. What we choose for that foundation to be or not to be is going to be the reason for

everything. So we really need to know The Who's what's when's where's how's and why's of our purpose in our lives. Some know that purpose some do not and that is fine just as long as we discover or know what our true intentions really are. Our self discovery of intentions can really help shape and focus what that purpose really is. So developing a relationship with our truest intentions gives our point of self discovery more fuel to its fire. This is why we connect with our souls we have this opportunity everyday to check in with our souls for guidance the only thing is if we are going to look listen and learn our intuition of intentions. BASSÈ

The ART of ENTHUSIASM is the ultimate appreciation and is heavily tied to gratitude. Sometimes our enthusiasm can get the best of us because we are caught up in the moment of excitement and loose track of that appreciation. This is why we have to learn to relearn on how to catch ourselves if we tend to stray then we put ourselves right back on track. Tapping into our enthusiasm is tapping into our inner child our fun self as I would like to call it. Realizing there is a balance of being serious and having fun. Taking life serious also having fun with life as well. Understanding overstanding and innerstanding the checks and balances of complacency. Sometimes we have to check ourselves when it comes to things we get comfortable with especially when a payday hits. So showing our enthusiasm towards the greater good is key while realizing the balance of our enthusiasm and not letting it get the best of us is where our appreciation and gratitude come into play. have fun learn lessons pick ourselves back up and choose life consciously we only have one player in this game. BASSÈ

The ART of BALANCE is inner peace and I trust we all need some peace in our lives. When the going gets tough the tough gets going. So it's time to get going. Within every Man woman woman man we have a balanced system physically mentally and spiritually. Depending on our decisions and choices can alter that balance. Yes there are circumstances where we are forced, pressured, taught, even had our choices taken from us which will also throw our balance off hence the lessons we learn in life that sculpted our lives. So when it comes to balance we have to know and develop this relationship with both sides of the spectrum. Like I said it depends on which side you want to feed the most. Deep down inside we all would like to be the best person we can be but in reality all we can do is our best to be our very own person. So JUST BE all that we can be we have to give it our best shot because we have no business moving forward in any direction unless we look listen and learn where we are going. BASSÈ

#### The ART of GENUINE SPIRITUAL LOVE

LOVE is the answer to all but at the same time understanding overstanding and innerstanding the different spectrums of love in it's entirety. Someone's perception of love can be totally different from your perspective of love and vise versa. As love is not only attached to a feeling but it has great ties to the mental physical and spiritual. Love is a great force of nature just like it's sibling hate and they are constantly battling each other within our balanced system. Trust you can't have one without the other and one isn't going anywhere without the other. So trying to defeat it is like defeating yourself it's like I'm my own worst enemy me vs 10 of me saying basically the 10 of me are all the

darknesses within that hold me back. There is a darkness within every man woman woman man that I like to call the nothing. So being aware of this darkness is the first and greatest step towards love you can give yourself. See if we can acknowledge these darknesses within we can definitely acknowledge the light. The best thing I choose to do is develop relationships with love and hate so I can get to know them better. Once I know my genuine spiritual self as best as i can I make that choice on which one I need to entertain. So we need to love ourselves in order to look and see that correcting ourselves is love

So we should CHOOSE LIFE in a way that best suits us. personally when something is out of balance with me I look at it correct it for as long as it takes to correct and say out loud NEEEXXTTT!!!even when I'm in the spirit world and see something I do not like I quickly fix it internally get rid of it and let it go and keep it moving as I CHOOSE LIFE because I genuinely spiritually LOVE MY LIFE.

BASSÈ

Moving forward

Time moves to fast  
If we don't slow down  
And open our eyes  
We're gonna miss it  
Why?

Because half the time  
We don't remember shit  
SINCE we are in such a rush to return to normal  
Use this time to consider which  
Parts of normal are worth rushing back to  
As we would like to control  
our time machine minds  
Sometimes  
it could be good  
Sometimes  
it could be bad  
Depending on what we bring to the timetables of life  
It better be timeless  
Because the only thing we should really take  
Is Our TIME.  
Take your Time  
As it's our only time card  
It's your time  
no one else's  
If not  
it's just another clock ticking away  
At the mind time Bomb  
Breaking us to the point  
Of a time out or a permanent time off.  
So be on time as we arrived here  
In our divine timing.  
Just be  
Just be here NOW

If there is a time to dream  
Then there is a time to WAKE UP  
Why?  
because  
this is my time  
This is your time  
This is our time  
As Yesterday is history  
Tomorrow is a mystery  
Today is a gift  
That's why we call it the present  
So just BE as LIFE IS A GIFT.

The ART of DEATH is The STUDY of LIFE we can't have one without the other within the spectrum of balance. What happens beyond life is ultimately up to ourselves . This is where the creative aspects and juices start flowing in the mind body and soul. As we have the choice to create our own lives we have the choice to create our own life after death. it's as simple as that. The Dogmas that have conditioned us to believe a way... is just that.... A WAY.... and if that's what you want to believe vs knowing then that's your prerogative. Me personally I choose the continuum of life as the buck does not stop here. Who is to say that I cannot create my life after this one. WHO?? MANZAMBE to whom you know as the word GOD. How does one know what MANZAMBE is thinking. How do we know if the great master spirit MANZAMBE isn't speaking through me right now and all of us on a daily basis? How do we even know who MANZAMBE really is? The medicine and My intuition tells me the great universe is

MANZAMBE and the universe is very creative. Just look at all the life it created here on so called planet earth hence the word CREATION. It's all an art form so I choose to create my life as I choose to create my life after death. I'm not making my life a complex burden I'm creating a life that I'm comfortable with as I should do the same with my life after death decisions decisions to make. My relationship with MANZAMBE is my relationship and my responsibility no one else's. So who ever you LOOK UP to or down to or all around to is literally up to you. Don't let anybody come in between that. As our perspective and perceptions of life and death and all the in between's are our very own so own it. I can be a circus clown that dives into giant banana split and in mid air I'm singing kumbaya to a group of aliens if I wanted to satisfaction guaranteed. 110% and if i loose 10% I still land on 100. But I understand overstand and innerstand how to decipher the differences between imagination and reality.

Our imagination is the fuel for our creativity but embracing reality at the same time can help restore balance and vice versa. So stay creative my friends our life and death depend on it.

BWITI is the STUDY of the ART of the SENSES

We have 6 senses known to the human body as our senses are technically our super human powers we have to keep sharp on a daily basis. we are so used to them because we use them on a daily basis so our acknowledgment of them is natural as we use the art of knowing for them to be true. It just depends on how we develop relationships with our senses. Now understanding overstanding and innerstanding our senses and there true purpose and their relations to other aspects of life is how we develop true relationships with the intentions of our senses.

What are the 6 senses? Seeing, Hearing, Tasting, Touching, Smelling, 3rd eye VISIONS universal intuition

Most of these senses circumference around the brain as they are all basically stuck to our face. Its the fastest way for the brain to receive the messages. Don't get it twisted the rest of our body is just as connected as it's just as important so do not take your body for granted it just serves a different purpose for the mental physical and spiritual. Our senses tell the truth and help guide us with our awareness in life. So connecting with the truth can be based off connecting with at least 3 senses out of 6 to know it to be true according to the Bwiti. Our senses keep us alive. Which leads me to...

The ART of SEEING and LOOKING is one of the greatest transmitters of information to our mind body and soul. As everything we see experience and know is feed through our looking glasses our windows to the soul. It is our Rolodex of memories that feed our subconscious to conscious mind. Which helps us to understand overstand and innerstand our physical selves. Of course it's our choice of what we want to ingest through our eyes and feed our minds so we definitely have to be conscious of what that is. As the mind is fragile and sensitive our vision is especially sensitive that's why our eyes are heavily guarded just like the rest of our senses. So as we begin to open our eyes and look to really see how important these senses really are it brings us to a whole different level of gratitude to appreciate what our senses really do for us. Our eyes literally are the physical windows to the soul so when we look into that mirror we are literally looking at our souls.

(MIRRIOR : LOOK AT WHO YOU ARE GOING TO LOVE FOR THE REST OF YOUR LIFE,

WHEN: ARE YOU GONNA START LOVING YOURSELF

WHAT: DO YOU LOVE ABOUT YOURSELF

WHERE: DOES THIS LOVE COME FROM

WHY: DO YOU LOVE YOURSELF

HOW: ARE YOU GOING TO LOVE YOURSELF EVEN MORE

WHO: DO YOU LOVE

BASSÈ!!!

The ART of HEARING and LISTENING I HEAR YOU

I listen with my ears and hear from my heart. To be honest Another characteristic of mine that I need to work deeply on. Hearing and listening are another important source for the mind body and soul to receive information. What interests me is that some people are born or loose some of these forms of senses. The beauty of that is that it enhances the other senses 100x more giving them a deeper connection to their senses. Another interesting thing is that most people are born with all these senses especially hearing and either do not utilize them to their fullest potential or they choose not to or they just do not understand overstand and innerstand how to. It's not anybody's fault we just have to choose to listen to ourselves in order to look. So listening to self first is very important as it helps guide us to listen to others which opens up the doors to hearing from our heart. This is why the bwiti music is so important as it helps us to open up beyond ourselves and guides us to the spiritworld through our sense of hearing to the point we can see the music through listening. BASSÈ

The ART of TASTE and its perspectives. We taste things in a physical sense that helps us dictate our lives whether we like it or not. Some build up tolerance for certain tastes some don't. As another perspective of taste can dictate the flow of our style and who we are as individuals. It just comes to show how important taste is as something so minuscule can lead to many great things in our lives. Our tastes literally feeds our physical bodies. Just like the taste of iboga it's an acquired taste. BASSÈ

The ART of TOUCH reach out and touch someone or something but do not forget to touch yourself.( no pun intended) Our touch is deeply related to our feelings and our feelings have deep ties to our reactions. Which leads me to reacting vs responding and vice versa. The levels of reactions are based off over reacting, aggressively reacting, or the most concerning one of all having no reaction at all. These reactions are tied to how well we have a relationship with our sensitivity. Some are more sensitive than others and either do not know it or they choose not to acknowledge it. I think we just show sensitivity in many different ways. So our physical touch connects us to the reality outside of us that acts as the conductor to the reality of our sensitivity internally. Interesting the relationship and play of the words sensitive and senses are very similar on a side note. So being in tune with or sensitivity helps us control our reaction time and turns it into our response time. So responding vs reacting is ideal but like I said easier said than done as it is a daily practice to work at such things. Yes so if you put your hand in the fire you are going to get burned sometimes it takes us to experience something physically to really internalize it and learn a lesson. Some people it takes multiple times of experiencing something mentally and physically to

really learn to know whether it be negative or positive. So don't put your hand in the fire if you know it's going to bite back ... but the choice is yours. BASSÈ

The ART of the SENSE of SMELL. Another important sense because it has two functions one of the major functions is helping keeping you alive by blessing you with major breathing time. But at the same time it's taking in all these flavors of the earth and it's inhabitants. Some flavors not so great but as I would like to consider the sense of smell in a deep relationship with tastes they are Two different functions but similar in their responsibilities. We also internalize smells as well and they can seriously have an effect on our mind body and soul at the same time. See our sense of smell holds memories to the point where we remember how that smell made us feel that very moment. Some peoples sense of smell literally is the best way they see things. BASSÈ

The ART of UNIVERSAL VISION As our senses are heightened our 6th sense is the sense that relates intuition to all the senses at once at the same time. Our inner vision to most known as the 3rd eye vision is one of the keys to connecting with thy self internally. The only thing is knowing how to connect with this inner vision and open that eye. First being aware and acknowledging it's importance is a great step to not being so internally blind anymore and accepting it. Realizing this is a power that connects us all as human beings and beyond. See our inner vision is the gateway to our inner soul our inner soul is the gateway to the spirit world. Our inner vision is beyond imagination and reality as we know it but at the same time protects us from False reality's if we are In tuned with our intuition to really see. Our inner vision is not only connected to our mind

and soul it's connected to our hearts at the same time which represents for the entire body. Hence having a deep relationship with the rule of 3's mind body soul opens not only the doors to self discovery but to the doors of our ancestors who are true masters of the inner universe. So the lines we draw of respect for ourselves is also the bloodline to our ancestors so we best show them respect as well. We are not alone nor are we doing this alone. Because in the physical world we live in they say it takes a village well that village does not stop in the physical world. So developing our relationship with our inner universal vision helps us develop our relationship with our ancestors. Like I said this power connects us to the beyond that means the all living and the non living. Which brings me to our inner visual connection to the elements and how they relate to our existence. We are alive and we are connected to all as one. BASSÈ

The ART of the ELEMENTS!!! The GATEWAYS to the SOUL and the SPIRIT WORLD. Are deeply connected to our senses as our senses are deeply connected to our mind body soul All as one. If we really understand overstand and innerstand the relationships between the elements and us us and the elements we would be able to see the great connection the great knowing the great study of life coming together as one. We just need to trust our selves in order to look listen and learn while becoming one with ourselves. The elements carry great responsibilities just as much as we do. It's of great importance as well that we help take care of the elements since they helped create and take care of us. This is not just a mutual discussion between humans this is a mutual discussion with all life as we know it. See I would like to think that we as humans are very intelligent well at least i trust we are. So intelligent that we created these

ways of survival by respecting the elements using the elements building with the elements over time. I also know that it's the responsibility of our intelligence that needs to learn how to live more consciously with the elements to continue our survival WHY? because our lives depend on it literally. As these great elements are the givers of life they are the takers of life as well because of their balanced perspectives. So look listen and learn from all of our teachers not just the human kind but ALL KINDS.

The ART of WIND the great 4 WINDS the great WIND SPIRIT GHEPEPE. The strong spirit winds of OPOUNGA . Winter spring fall and summer. The great winds flow from east to west north and south as the great winds are all around us spreading the oxygen we need to breath. When it comes to our physical body system and the importance of the great winds and it's relationship in creating us. The winds represent the air flowing in and out of our lungs making it very important on keeping us alive. Feeding oxygen to our mind body and soul. So as we take a deep breath we look listen and learn how to appreciate every breath that keeps us alive. Understanding overstanding and innerstanding the influence the wind has on our breath that helped create our voices and in turn runs a full cycle of life. So the things we speak are deeply guided by the winds that are connected to the universe. So if we use critical thinking and really think about the connections here what we really say matters WHY? because it's apart of the energy we put out into the universe. WIND IS LIFE. BASSÈ

The ART of WATER the great WATER SPIRIT MAYINGO that consists of MBEYE which means the great flowing rivers. To the great OCEAN SPIRIT MOUBOU And the great RAIN SPIRIT MFOULA. In relation to the creation

of the map of the human body. Water is the physical representation of the blood running in our system through the streams of veins that make connections to the ultimate source of the ocean. The interesting thing is that you need air to keep the momentum of water flowing in full cycle just like you need air to keep the blood pumping in our veins feeding everything in our system that is a direct replica of the great Mother Earth. We need MAYINGO to live because WATER IS LIFE BASSÈ

The ART of FIRE the great FIRE SPIRIT MUDJI and it's relation with the physical self building up the fire within and the fire in our mind body and souls. As MANZAMBE sends NGADI the great lightning spirit to crash upon the earth to bless our ancestors with fire. Bringing a whole new perspective of let there be light. The FIRE spirit is the source of energy that keeps the ceremony going. From internal combustion to the electricity running through our minds and hearts shows me our relationship with fire is closer than we think. Even though the balanced perspective of all the elements within are equal MUDJI carries great energy that needs to not only be respected but honored because FIRE IS LIFE! BASSÈ

The ART of EARTH THE GREAT SPIRIT MOTHER MUTAMBE as we wouldn't exist unless it wasn't for her. In the physical sense the Great mother is the form of all the elements that helped shape and form us as a whole like her top soils that represent the many layers of our skin suits that protects her CORE our HEART which is one in the same. She grows trees like we grow hair she has water flowing in her veins like we bleed blood she rains like we cry she produces wind like we breath air her core produces fire like our hearts produce fire Her earth body filters just like

our body of earth filters. So we must be greatly mistaken if we just think she is a rock floating in the universe that isn't alive like the rest of us. As we make these choices to disrespect her in ways by taking advantage of her with no respect. YES. she wants her children to live off of her just like a baby breastfeeds but she needs us to do this consciously. WHY?? our lives depend on it. MUTAMBE will keep going with or without us just like every other planet in the multiverse. EARTH is LIFE BASSÈ

The ART of the UNIVERSE the great UNIVERSE SPIRIT TSENGUE. The creator of creators in collaboration with MANZAMBE To who we know as the word GOD. As the Multiverse has deep connections with our inner universal vision it has connection to all the senses and all the elements as one. So technically the universe decided to mix everything up in the earth beaker and create humans in an evolutionary perspective. Now the universal connection with universal vision is of great importance because this is the great doorway to our souls of the spirit world. As all plant medicines are in cahoots and are technically soldiers in this spiritual war put here on this earth by the universe for a reason to help us with our self discovery giving us the tools and weapons in our arsenal to be the best universal SOULdiers we can be based of our SOULutions for self. So what ever way we decide to connect with the universe is our choice of course we just have to understand overstand and innerstand just that... discovering A WAY. As long as we discover what WAY best works for us to connect with the universe the important part is making sure we stay connected with TSENGUE giving thanks to the great MANZAMBE. As The great UNIVERSE IS LIFE. THIS IS THE WAY BASSÈ!!!