

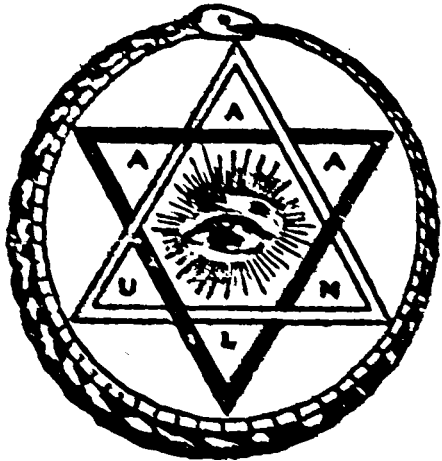
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# DIVINE · LIFE

A Mirror of the Soul

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TRUTH ALONE IS REAL.



JANUARY, 1909

THE · DIVINE · LIFE · PRESS · 255 · OAKWOOD  
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Those who wish to unite with the Uranides on this Continent may apply to the Association of Uranian Mystics at the Heart Center, Lodge 1., Urania Mission, VIA LAS CRUCES. N. M., or DIVINE LIFE CENTER, LODGE II., A. U. M., 255 OAKWOOD BOULEVARD, CHICAGO, ILL, or, GOLDEN TRINITY, LODGE III, A. U. M., 500 Carleton Way, Hollywood, Cal.

It has been intimated that since the "Divine Life" has been given up to the Uranian Mystics, it belongs more exclusively to mystics; and therefore, it has narrowed its field of usefulness in helping those outside of the Association. I do not see it in that light; how can that be, when Uranian means Universal? moreover, it has not been "given up." Uniting with the Association of Uranian Mystics, is only widening and deepening the channel which it was already in. The "Divine Life" and I have "entered the stream" and we purpose keeping the center of that stream; and letting all that does not concern the Divine Life, and does not stand on bed rock, float past us on either side. The letters that have been published speak for themselves; that there is a real demand for the "Divine Life," and the Uranian literature; that it is supplying a real want; that there are many who are ready for it. I consider that the article "Practical Preparation" in this issue, if carefully studied, is worth the price of a copy of the magazine. That the Divine Life has not as much reading matter as some of the one dollar periodicals is very true; but my aim is not quantity but quality; and not to augment its pages by inserting that which does not belong in its trend. Some fail to remember that Divine Life is absolutely independent and has not in any particular changed the tenor of its teachings. Its purpose is to demonstrate, not spirit life after death, but practical spirit life, or "being in the spirit," while living in the body and how to attain it; "that ye may have more life." The Beloved Master, Jesus, was the great demonstrator; and the Divine Life cannot go far astray if it follows in His footsteps.

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# The Divine Life

A MONTHLY MIRROR OF THE SOUL

*CELESTIA ROOT LANG, Editor and Publisher*

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VOL. III

CHICAGO, ILL., JANUARY, 1909

NO. 1

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## PRACTICAL PREPARATION

**N**CESSARY to reach the higher planes of consciousness, or in other words, to enter the Kingdom of heaven within. The Real man dwells perpetually in this kingdom; yet in order to convey the knowledge of this inner or higher kingdom to the outer consciousness or lower mind, there is the absolute necessity of taking this outer man in hand, and train him on at least three planes of being. Beginning with the rebuilding of the outer sheath, the physical body, through proper diet and strict regard to hygienic laws, we fully endorse the following quotation from the pen of a well known occultist, that "Nothing that a man can do to the physical body alone will turn him into a seer or a saint; but it is also true that inasmuch as the body is an instrument that we have

to use, certain treatment of the body is necessary, in order that we may turn our footsteps in the direction of the Path ; while dealing with the body alone will never take us to the heights to which we aspire ; still, to let the body alone will make it impossible for us to scale those heights at all." The reason for certain physical training, and readjustment of the physical instrument, is a very simple one ; the body of man being attuned to the vibrations of the material plane, it is necessary in order to reach the outer consciousness with the knowledge of the inner or higher planes, that this instrument be attuned to the higher rates of vibration corresponding to the vibrations of the planes on which, for the time being, the Real man is functioning ; we cannot emphasize too strongly the fact that all physical training or yoga practices are worse than useless unless the student lives his life according to his highest ideals ; this purgation must not stop with physical purification ; the Astral and Auric selves or sheaths must likewise share the quickening vibrations, resulting from mental and moral purity, thus attuning the whole instrument into harmonious vibrations with the super-sensuous worlds.

Roughly speaking, the methods of practical training are spoken of as Positive and Negative, or Active and Passive ; few recognizing the Positive-Receptive method ; yet, this method is free from the dangers that are interwoven in the very nature of the Active, or Passive methods.

There is considerable misunderstanding concerning the terms used by the various cults concerning the attunement of the physical instrument into receptivity to higher

vibrations ; some speak of this adjustment as "Spiritual development," others as "Spiritual unfoldment" and many other terms, indicating that it is the spirit that requires attention ; this is incorrect, for the spirit, the Real Man, is ever perfect, needing only a properly attuned instrument in order to transmit the knowledge of any one of the Seven planes, to his outer consciousness, or plane of earthly activities.

Of the different methods of training more or less familiar to the average student of occultism, that of the Negative or Passive is the most dangerous ; this method is generally spoken of as "Sitting for Development," negative both as to mind and body ; a method considered very dangerous by those who know how completely this attitude of mind and body opens the doors both to the lower as well as the higher spheres ; if the seeker be a singly character, free from moral taint or selfishness, seeking Truth alone for truth's sake ; connection may be obtained with the inner or higher worlds even through this dangerous method ; yet, there ever lurks a very real danger to the passive Neophyte—that of obsession ; often resulting in insanity. There is also the less serious, yet still undesirable unconscious trance mediumship as a very likely result: the danger resulting from this phase of development is that of establishing connection with decarnate entities, lingering in the Borderland "Earth-bound souls" seeking contact with the outer plane through the instrumentality of the unconscious medium ; slowly, but surely, this usurpation lowers the vitality of the instrument and disintegration follows, when the innumerable "lives" composing this

living instrument have lost their positive attraction, or cohesion to their own individualized center of consciousness, through long subsidiary use by alien entities.

The ideals of the Active method of attainment sound very alluring and are, apparently, free from danger; they claim active service to humanity; outward good works; labor without expectation of reward; patience and long suffering; unselfish fraternity toward all races; it is claimed that this is the slow yet ever safe Path leading to higher states of consciousness, yet not infrequently the active humanitarian places too great an emphasis on outer "good works, forgetting that the "upper chamber" is an absolute necessity of the soul; that through this "upper chamber" or supersensuous state, born of the silent retreat within, lies the Narrow Way to Christ-consciousness; the Positiveist or active Yogi is apt to class meditation, contemplation, concentration and devotion, as belonging to the Negative methods and therefore dangerous. A little thought as to what constitutes real meditation, concentration or devotion, will easily convince the student that any one of these methods is quite as positive, as any outward demonstration of activities; the attitude of mind which enables the Neophyte to hold a definite idea to the exclusion of all other subjects is in itself a very positive one; and yet reaching this state, the mind becomes keenly alert and perfectly receptive to the faintest whisper borne on the waves of intuition, from the shoreless ocean of consciousness; to be able to reach any one of these, whether meditation, concentration or devotion, is an assurance that the Neophyte has given the right knock; and that, sooner



or later, he will hear the Soundless voice of the messenger bidding him "enter in."

A great deal has been said and written concerning the Human Aura; still very few realize, that the aura is as susceptible of becoming a trained instrument as the mind or hand of man; that it is, in reality, the Sentinel guarding the Citadel of human individuality; and will prove faithful or otherwise, according to the training received.

It is of the utmost importance to the aspirant to practice occult knowledge, whether his aura be positive and alert, or negative and indifferent alike, as to whether good or evil enter into the citadel of which it is the real guardian; able, if trained, to recognize every shade of vibration, benificent or otherwise, directed toward its center of being. The aura is the synthesis of man's inmost thought life, conscious and alert; radiant and life giving, or the reverse, dark, stupid and indifferent; casting a pall of negation over all sensitives coming within its radius; a spreader of morai leprocy. In order that the Light from the higher planes of consciousness may illumine the whole outward life of man; the lower must be attuned to responsive accord with the inmost, the highest, through right thought, word, and deed, through the transmutation of the gross desires of the natural man to aspirations toward the Divine life, the embodying, in manifestation, his highest ideals; thus may he tread the spiral Path leading from brute instinct to God-consciousness.

Those who function consciously on the higher planes know that many vessels have been "made clean" on the outer plane, yet on the Astral side of life, these same

vessels are tossed helplessly in the maelstrom of desire, awaiting control, through strong moral thought currents, directed from the awakened Self toward its plastic counterpart.

The first step in practical training, regardless of the method to be followed, is the old question, "Whom will ye serve? If the Neophyte decides to walk "in His steps" he will require dauntless courage to face the warring discordant elements aroused to active vibration to combat the effects of any practical attempt to attune the instrument to meet the requirements of higher rates of vibrations, connecting his consciousness with the inner planes of being. For a time all life will be to his sensitive hearing, the voice of travail, yet, if his courage is steadfast, ere long, he will hear a burst of melody, the Song of Life; a human instrument attuned to the Voice of the Infinite.

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This subject was taken up because of the constant inquiries concerning our attitude toward practical methods of training or exercises; as some such have always been a recognized part of Yoga training; for the simple reason that through these exercises control is first established over the physical body; a primary step, yet necessary.

The method followed by the Teachers of this Center; embrace, meditation, contemplation, concentration and devotion; the Positive-Receptive method, which may be followed while actively engaged in other "good works"; once establish the attitude of mind, and in time the physical instrument will respond.

## YOGA

The joy, the ecstasy, of meeting those who have "crossed to the other shore"; no pencil can paint in its sublime coloring; eye hath not seen, nor hath it entered into the mind of man to perceive the joys that are in store for those that love their Lord, or have entered into union, Yoga, the higher rates of vibration; there seems to be a halo encircling each brow; the limners who first painted the ideal portrait of Jesus, with the halo encircling His head like unto a crown of glory, must have caught their inspiration from a glimpse within the veil. But the joy, the ecstasy of it all is, that we can meet our Lord and those that have "crossed to the other shore", while we are yet in the body; that it is not a post-mortem scene, but a real experience, when we have learned that "crossing to the other shore" means entering more interior planes of being or higher and higher rates of vibration; the higher the rate the more interior the plane, then, we begin to comprehend the occult meaning of this sentence in "The Voice of the Silence" "This earth, O ignorant Disciple, is but the dismal entrance leading to the twilight that precedes the valley of true light (illumination)—that light which no wind can extinguish, that light which burns without a wick or fuel." This earth or sense plane is only the entrance, dismal at that, to higher and higher or more interior planes of consciousness which the disciple enters as he comes into closer union—or yoga—with the SELF; but one must be a disciple indeed, before he can

reach these states of consciousness or degrees of yoga; and his mind disillusioned of the idea that "yoga" is a state of unconsciousness; that while the disciple is in this state, his body is in a hypnotic state, and his soul active and conscious on other planes; that may be in the highest degree of yoga; but as I know it, yoga, is purely natural, and, practical, it is union with one's own Higher SELF; it is the work of ages, of successive incarnations, to accomplish this union; but when it is accomplished the disciple has reached the goal, and there is no more "going out" or reincarnation for that entity; thereafter, it lives a dual life, it lives and works on the interior planes, while it lives in the physical body and works on the plane of normal consciousness. Now, this knowledge of Yoga was lost to the world, as Krishna said to Arjuna: "through length of time;" and it was Krishna's mission to restore this lost knowledge to the world; and the scripture of Yoga is found veiled in the discourse between Krishna and Arjuna, and is the central teaching of the Bhagavad Gita; why I say veiled is because it does not lie on the surface; it can be read only by the mystic or student of occultism. I have heard those who speak of mystics with contempt, say, "Jesus spoke in plain language." Did He? Show me a sentence that fell from the lips of our Beloved MASTER, the Prince Adept, Jesus, that has not a hidden meaning, that is, that the true meaning does not lie on the surface patent to every reader; and until the church, of whatever denomination, sees within the "letter" the teachings of the MASTER, Jesus, will remain a sealed book.

**DEVOTION**

I do always those things which please my Father. I am ready at all times to prostrate myself at his feet. Is not this supreme love and devotion, to the One, the inmost? He filleth my consciousness! He reneweth my soul! and this consciousness is my Father's House. «In my Father's House are many mansions » or degrees of consciousness which are divided into the Higher and lower; if you live in the Higher consciousness, then are you One with « my Father ». This ladder of consciousness ascends from the lowest depth to the Akasic heights—Nirvana or heaven; and it is a very easy matter to tell from which plane of consciousness the soul speaks, The Psalmist sometimes spoke from the lower depth. «If I make my bed in Hell! Thou art there», but he had this assurance, that he was never separate from his Higher Self, his Lord, after the union was once formed; although, by his fleshly desires, which he had not overcome, the Light was obscured and he descended to the lower vibration.

When we have once entered in, there is a dual consciousness, we are always conscious on the Higher plane, of the Presence, our Higher Self, our Christos, OURSELF, no matter what we are called upon to do, we do it unto Him. «Whatsoever ye do unto one of the least of these, my brethren, ye do it unto ME.» Unto Jesus? No, but unto OURSELF, our Christos, and we are ready to follow the path He points out, for we know it is the right one for us.

## WHAT IS THE DIVINE LIFE ?

I HAVE been asked what the DIVINE LIFE means ? It means everything to one who has attained it, and lives the life. First, the «Divine Life» is a synonym for the «Masters», and vice versa; and for your own Blessed One. I feel at times that I cannot separate it from myself; the magazine? No, but that for which it stands. I am merged in it, literally swallowed up in it; it is the greater part of my life; I do everything for the «Divine Life,» I live in it, and it lives in me; then, should it be thought strange that the magazine goes out freighted with life? «My words,» those of the Christos or Higher SELF, «they are Spirit and they are Life»; and if they go unalloyed they carry life and give life; they are a quickening power to dormant souls.

I, the Divine Life, am teaching the Heart Doctrine; my head or intellect has no part in it, save as translator of the Soundless Sound. I take no credit to my personal self “Not unto us! not unto us!” I take no praise and no blame; as Krishna said: The Lord (the Higher SELF, the Christos) takes not upon Himself the sin, nor even the well-doing of any.” In a letter to Sister Onfa, the correspondent was disgruntled because we were going the way of all new organizations, making ourselves public and leaving the exclusiveness which alone made us attractive to real Seekers, criticising us generally, and in several particulars. The fact of the matter is; there was no ground for complaint in either case; but personalities do not like to be surprised, and always resent any move that gives

them a start. In this case the correspondent failed to remember that *DIVINE LIFE* is absolutely independent and has not in any particular changed the tenor of its teaching.

“A few days ago I received a letter from an associate requesting to have her name scratched from the Book; the same mail brought three applications for membership; and two of the letters I send you copies of; so we can readily see who are touched by the advanced movement we are helping to carry forward for the Brotherhood of Love and Wisdom; it is personalities alone, the Individual Souls are deeply thrilled and will rally to our support, and wherever a weak link severs three strong ones will take its place.

“I am slowly but surely getting things into shape here, so that I can take up the work of the booklets soon, and I will rewrite *Reincarnation* the first thing and we must manage to get it out, for there is such a demand for it.

“When will you be able to get out the leaflet *The Seven Principles*? for I want to follow it with “*Color, Sound and Number*.” The burden of material work falls so heavily upon me that I have little time for the real work, simply because there are so many things that must be done here in order not to make other things already done useless. I could not get American workers at any price, and have had to depend upon entirely incompetent Mexicans; much of the carpenter work I must do myself, such as laying the floors, etc., for Mexicans do not have floors, and do not know how to put them down. I tried to save myself this hard work by letting a Mexican try laying one floor; it makes us dizzy to walk over it, it is like the waves of the sea. I have no ceilings overhead yet, only

the old thatched roof with the blackened beams, black with smoke and age, and over this, through which pour muddy rivelets, or torrents when it rains. I must go upon this half acre more or less of roof, with mud and trowel, must repair this myself and try to make it water-proof.

The yard must be graded, because the drift of the sand has banked up, in some places, three feet above the foundation of the house ; thus the floors are sunk beneath the level of the courtyard. I am obliged to do everything myself, or watch it done, throughout the day ; for the moment a Mexican workman is left alone, he sits down and smokes ; well, these are only trivial things, but they take my time that belongs to the blessed work ; and I grow at times impatient to be about the real things of life ; yes, it is only the body that is frail, and even my frail body is an instrument of tremendous endurance ; and so great is the welling up of the power from within that at times it seems that the frail body will be wrecked in the effort to respond ; and I know perfectly well this is the case with you, neither are, by nature, fitted for great physical burdens, yet we must also work physically as well as mentally and spiritually until the good Law sends us relief."

Is not this experience, in the laying of the foundation of the Heart Center, on the Desert, which I am proud to place on record, sufficiently practical to satisfy those who are complaining about the work not being practical?

In regard to the Divine Life Center: The Divine Life Press, sounds as though it might be a Publishing Company; not so. For the past eight months, since the Divine Life



Press was established, I have been doing the work of three persons, in three different departments. A correspondent asks: "How can you who have reached the higher planes of consciousness get ill? This I would like to know. Shape has only the sensations that the consciousness puts into it, since everything is first in the mind before it shows on the body, and you are above your body, and are greater than your body, therefore Master, for you have the mind in you that was in Christ Jesus; besides you seem to live entirely on the higher planes. That which lives in God must be like God; where ever God is at all He is there in His fullness; God cannot be limited."

If my correspondent can tell me, by what power I have done the work of three persons for the last eight months, I may be able to tell her how I become over-worked and my body succumbed to illness for a short time. Her idea of God is a personal God; if God is there (in me) at all He must be there in "His fullness"; all of God. How can all of God, "and he cannot be limited", be contained in one mortal body? There is where the fallacy comes in; in making Jesus equal with God; praying to Jesus as though he were God. I am sure I have at times all the "fullness" to which this frail body can respond. Doing the work of three persons was necessary in order to lay the firm foundation of the Divine Life Center, and I have builded better than I knew; and now the time has come to further build the structure of the Divine Life Press on the foundation which is laid; we have only a small press and besides the Divine Life, we have the Uranian and the Divine Life leaflets; and Oh for a press and help that we

might print them for free distribution! that all those who are athirst for the waters of life may come to the fountain and drink. Ere long may offerings be sent, that gathered together, may be sufficient to purchase a new press; that the Divine Life Press may be able to supply the demand; a call for Uranian literature is coming to us from India; and the response is a long drawn sigh, almost a groan, that we are not able to meet it.

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#### FROM THE HEART CENTER

Beloved Sister Celestia: It was with a feeling of intense relief, I recognized among the heap of letters the anxiously awaited one from you; for I have been fully aware of the conditions you mention and have tried to tide you over yes, for the dear works sake, but not only for this Sister mine, but also because those born into the Brotherhood of Love and Wisdom are knit together in bonds of unity and love that is immortal. We should know of each others trials and burdens, for we can always share and lighten them. I am sure within a very short time you will realize that your silent cry was heard, and an effort made to render aid and bring to your assistance, help, love, and understanding ere your letter reached me, You have echoed back to me my very own words written propably on the same date. Most certainly, we shall continue to stand on bed-rock in the middle of the stream; we know, whether others do or not, that DIVINE LIFE was born under the protecting wings of the Great Lodge; that both its inception and birth were mystical; it was watched over until the Cycle of Expression of the A. U. M. was ripe; then it was called to the vangard; because you, blessed one, had

proved faithful, like the worthy husbandman that you are; you, sowed the seed of DIVINE LIFE intrusted to your keeping, watched over and tended the little harvest until the Master called you to broader fields, and to recognition from Those who had silently watched you pass tests of endurance, surmount all but impossible difficulties; for these we must face of our own free will and conquer, ere we can receive recognition. The demand for DIVINE LIFE and the message that we bear to the world is real, is from the depth of hungry hearts, from despairing souls; I will enclose some extracts from letters, but only those referring to Divine Life can be sent, which I hope will reach you for the next issue of our blessed messenger. Dear One well we know that at every call to "Come higher beloved" that we shall have to part company with some who have journeyed with us for a little way; for as the atmosphere of divine life grows rarer, rarer also must be the souls to breath it. That which is mystical to the ordinary or personal man, and is ever inimical to the personality or lower self, is the ideal in realization, to the Real individuality, the awakened soul. The great masses have not yet developed strong personalities, therefore, they are readily associated in organizations such as churches, and the larger the organization of this class the greater will be the number attracted to its membership, because this class of humanity depend upon numbers for their strength of faith and consciousness of well being, and rely upon a few at the head of their organization to do their thinking; all these associations are good and useful and in the churches or associations the weak and the unthinking remain; those in whom the potentialities of higher ideals lurk, will work their way out; will pass through the phase of egotism or personality wherein they imagine themselves to be able to stand alone, aloof from all associations of united efforts

with their fellow men ; theirs is to be some unique unfoldment ; some path untread by other mortal feet ; ah well, we all know this cycle of personalities ; and how some day from the pinnacle of our tower of aloofness we shall sadly realize a great fundamental principle in human evolution, and how that, "the lone ascetic opposes both the law of nature and of supernature" that all association, all united effort, all attempt to work in unison, is a part of the divine plan ; is the first simple lesson of true living, and when we have thoroughly learned this lesson (and it must be learned if we are to be called higher) we are merging from our crasis of personality into that of individuality, that will some day fit us to enter the Mystical Association of "the few," those who know the Word ; the A U M throughout the eternal ages ; into this company of the elect is bidden the "twice born", the lowly ones with bared heads and thorn-torn feet, to this union, this feast of love supreme, love purified, love splendid, may be gathered two or three in His Name, and lo! the Master stands in their midst.                      Silently and Fraternally,      Sister Onfa.

"Dear Sister Onfa:—Thank you for the copy of "Divine Life:" it rings true to the "Heart Doctrine" and will fill the soul of every Initiate with rejoicing, and thrill with quickening aspiration the Neophytes at the threshold of the Higher Life ; URANIA indeed has a mission for this sad old world, and "Divine Life" will express the message with invincible courage and power ; "Divine Life"—there is no taint of tinkling cymbals or sounding brass about it, its notes vibrate to the Harmony of the Spheres ; it is the divinest thing I have yet encountered afloat upon the current of advanced literature. I add my blessing to that which is already thrice blessed ; and I deem it a great privilege, as well as pleasure, to send a little "Love offering" to the A. U. M. Peace be unto thee—Love Immortal.  
Your Co-Associate,      E. C. G.

This comes from an old F. T. S., a Brother in India :

Srinagar Kashmire, India.

My much beloved Sister Onfa:—I was awaiting your letter. I feel a relief that our dear Lord has been pleased to remove you to a place more pleasant in every way gives me joy ; a place where you will see our Lord's Love reflected in everything; the little flowers will smile His loving message to you from their sweet faces ; the birds will sing His divine harmony into your own soul ; all the beauty of nature will be a reminder of that Most Beautiful One.

The booklets so kindly sent have afforded me great pleasure: they contain untold treasures for their readers and my heart is thankful. Your thoughts are firm-footed, you have reached the foundation and are poised serene and unshaken in this world of delusion. Love is the torch that has lit your way; it is the divine theme, it is all powerful.

Love alone diminishes all distance bringing the beloved near unto each other; it is love alone that unites us with each other and unto our Dear Lord; love toward Father, Mother, wife, husband and children is but a lesson to teach us love to our Lord which unites us with All. It is love which either binds us here in this material world, or love that makes us free to fly to the feet of our Lord. Earthly love does not allow the soul to rise above material, carnal ties; above interest in material and transient things; while divine love makes us forgetful of this world and gives dove pinions to the soul, ever bearing it higher and higher until it rests secure in the things of Eternal Beauty. Many are deluded as to what real love is ; attachment to worldly objects for worldly purpose ; for the gratification of sense desires, is not love in the true sense at all ; but may be called passion, emotion, attraction; in all the busy superficial world you will not find the real lotus flower of Love. If you would know this divine love seek it in soli-

lude, retreat within, and know this Holy Love which ever brings fresh life forces; while worldly love consumes both the lover and the beloved, leaving but the ashes of lust. If we have this Holy Love we will express our joy in our efforts to share this great happiness with all beings; we cannot be idle one moment, but we must not mistake the relative value of the modes of action; the silent doings are the most powerful. Silent prayer goes direct to our Lord; formal prayers and ceremonials do not reach the Holy spheres. Do you not know that it is in solitude and afar off from the haunts of mankind that the life giving herbs grow? exhaling their essences and power, unseen, unknown like yourself. I too love the solitary places more than the busy cities. There is neither near nor far to those who have entered the Lotus Heart of Love; for Love annihilates all distances; the body of the devotee, the material temple, may retreat to the mountain fastness or in forest depths; yet, the silent powers of the soul embrace all in the universe and stir the hearts of men to aspirations toward the realm of Love Immortal, toward union with our dear Lord.

May our Lord keep you strong in body and in spirit to the fulfillment of your mission to the blind and forgotten.

Most Affectionately, H. B.

Beloved Sister: I send you the name and address of Lodge 111, A. U. M., in order that it may appear in the January issue of Divine Life. Thus we begin the year with a Trinity of Lodges; Golden Trinity, Lodge 111, A. U. M., 100 Carlton Way, Hollywood, Cal. You will receive a letter from the Chief Counsellor, Sister Rosella Dennis; I have just had a letter from her; she was most liberal in her praise of Divine Life and she especially enjoys the letters.

Lovingly, Sister Onfa.