



- Never reverse the lower loop,  as it reinforces self-sabotage and supports you in finding excuses that you can't do or be something.
- Never inscribe a stick in the lower zone.  It states: "I'll let somebody else do it."

The Letter Gg

Soul Quality: Prosperity on all levels of our being.

Many persons who have heard me say that the Letter Gg reflects prosperity have stated, "I need to bring more money into my life so I'm going to practice the letter Gg." My response is to smile, then reply with a convincing "Whoa!"—for only a small piece of prosperity is related to money. Prosperity implies having success in *all* areas of life: spiritual, material, professional, and creative, for that is true wealth.

Prosperity is built on a foundation of gratitude and generosity. From practicing the Letter Gg faithfully,

the first opportunity you are offered is to sweep away attitudes you hold in which you are pointing accusing fingers at someone else, in particular at male authority figures in your life, now or in the past. The Letter Gg can shift your awareness dramatically, allowing you to see that it is never the other person you are upset with, but your expectations of who you want(ed) them to be. If you are committed to replacing judgment with gratitude, keep writing the Letter Gg with determination. Within 40 days you may be graced to learn that everything and everyone in our lives has come to us by our own personal invitation in order to give us the opportunity to experience "spiritual growth spurts," sweeping clean our karmic path. Generosity flows naturally from gratitude, which rolls out the red carpet for prosperity.

Declaration of Intent: Everything in my life is a gift—everything.

Element: Air.

Air has no shape but flows freely around us unrestricted—like judgment-free attitudes.

Alphabetical Family: The Letter Gg is the fourth member of the Family of Communication and the first letter in that family to drop into the lower zone—the zone of relationships.

Gender: Masculine.

The Letter Gg generates the energy to support us in releasing negative attitudes that hold us to the past, thus opening the door to gratitude.

Gemstone: Blue sapphire.

This magnificent stone is one of the seven precious substances of Buddhism. It is known for its ability to help us maintain determination to stay on a spiritual path and to transmute negative energies into positive ones. If you choose to absorb the energy of this stone, find a raw one of at least two carats that has not been heat-treated or polished.

Animal: Elk.

The elk is known for its resolute nature—i.e., it just keeps on going no matter who or what's in pursuit. Ponder the elk if negative judgments seem

to chase you; don't give up, rather be like the elk. Keep on writing your Letter Gg from a light and determined heart, paving the way to understanding, acceptance—and gratitude.

Guardian Protector: Ooniemme (Oh-nee-EM)—the angel of gratitude.

What do you give thanks for? It's natural to give thanks for parking places, green lights, and delightful relationships, but what about that toothache, the boss who simply doesn't listen, the raise you didn't get, and those pounds you seem unable to lose? Ooniemme's job is to allow you to see everyone and everything in your life as gifts designed especially for you, and to accept them as that: gifts. When something drops into your life that you want to wish away, call on Ooniemme to have you see it as a lesson that will boost your spiritual growth and fill you with a feeling of gratitude.

How to Inscribe the Most Self-affirming Gg

Uppercase

- Inscribe a generous three-quarter circle open to the right, filling the mid- and upper zones.

- Now draw a softly curved line from deep inside the circular shape, ending at the baseline.
- Do not let this second stroke touch the initial stroke.

Lowercase

(The only lowercase ‘g’ I recommend is the Figure-8 g, because of its gentle, evocative nature.)

- Begin by inscribing a clean letter c in the midzone.
- Curve the stroke as you come to the baseline, dropping it into the lower zone in a long, full lower loop on the right— “like a full water balloon,” as one of my young students described it.
- Finish by coming back up to the baseline with a curved, forward-ending arc.

The Letter *Ah*

Soul Quality: Dynamic self-expression.

The Letter *Ah* emits one of the most powerfully propelling energies in the entire alphabet. Just look

at it. It introduces itself with two “I am” strokes. It doesn’t get much better than that! If you practice it daily and draw into your life as many of its aspects as you possibly can, get ready for the adventure of your life. We often backpedal rather than share the vision of how we want to shape our dreams in the world. Why? We’re convinced that someone will douse our dreams with negativity. The Letter *Ah* won’t allow it. It not only moves you forward, it invites you to learn necessary lessons from the blind alleys you encounter along the way and guides you through them with dynamic, not-for-sissies energy. If you want to put firm footing on your intended life path, this is the letter to adopt. As a sidebar, I have practiced the Letter *Ah* daily for more than 30 years; not surprisingly, I experience its “Just go do it!” energy each day—yes, *each day*. Miracles and open doors greet me everywhere I go.

Declaration of Intent: I live my life path with the zeal of an evangelist and the wide-eyed innocence of a child.