

HONOUR

Honour is a noble word. When you Honour a person or an experience or anything, you are expressing a divine quality of your Soul. Honour is an expression which represents deep appreciation and gratitude.

Make a statement - I Honour myself and all of creation. I Honour and give thanks to all which supports me daily from my simple toothbrush to my comb.

Honour creates positive vibes in you and in the person or objects you Honour.

The greatest honour which is needed now is to Honour Mother Earth. Mother Earth is the divine provider of all which nourishes life - everything in our life comes from her.

Honour her body, her mountains and rivers, her forests and waterways and all living beings on her body.

True Honour comes from a place of deep love within you. So, when you Honour, you are opening a deeper part of you. The love energy from which you choose to express Honour is what creates energy.

All things created are just energy vibrating at different levels, creating matter.

Honour is another word for blessings. When you bless a person, you are also honouring them for who they are. Can you bless and Honour another for who they just are and not for anything they accomplished?

True Honour and Blessings are part of the Unconditional Love of your Soul. Make Honour and blessings a part of your daily make up.

When you wake up, Bless and Honour the Earth Spirit first, then the Sun which nourishes all of life, and then yourself. When this becomes a part of you, you will create a new pathway for your life.

Honour also opens the doorway to having connection with your guides and supporting energies.

Honour is also a means to acknowledge and acknowledgement creates its own pathway for the sub-atomic particles, which carry the consciousness within them, will then start to release what they hold.

Start to Honour the awareness and consciousness within your cells. One of the laws of the Universe is - what you acknowledge, acknowledges you back.

Exercise

There is an ancient sound which represents perfectly the meaning of the word Honour. It is TONANCIN.

While holding the left index finger upright (all other fingers are closed) and the righthand fingers are all opened, chant the word TONANCIN while keeping your eyes closed. Do it for a minimum of 3 minutes. It will start to create an energy field around you. This energy is the energy of gratitude.

Honour stems from gratitude. The awakening energy will slowly sweep into your auric field and it will start reflecting in your daily life. Gratitude and Honour will slowly become a part of your daily living energy.