

The Tens of Time



Om Aleph Yod Kaf Heum

1st Step

Blessed are the poor in Spirit for theirs is the Kingdom of Heaven.

Right View - Right Attention

Take the great bow of the Upanishads (The Breath of the Eternal - Prana) and place in it an arrow sharp with devotion.

Nature is the source of all material things: the maker, the means of making, and the thing made. Spirit is the source of all consciousness which feels pleasure and feels pain.

Thou shalt have none other gods before me.

And so the truly wise say:

Whoever bears the shame of a nation is fit to lead the nation; Whoever bears the sins of the world is fit to lead the world.

Hope, Faith, Love, Om, Christ, Holy Spirit, God

The Lord is my Shepherd, there is nothing I shall want.

1. A-U-M

Physical Incarnation

Conscious/Unconscious

(Acting Body or Gross Body)

(Seven Bodily Systems) (Seven Virtues)

Endocrine, Circulatory, Digestive, Respiratory, Muscular, Skeletal, Brain and Nerve

(Grounding, Sharing, Acceptance, Balance, Compassion, Humility, Alignment)

(Five Senses) (Five Essences)

(Touch, Taste, Smell, Sight, Hearing)

(Healing, Peace, Abundance, Joy, Love)

(Prana Yoga- Life Essence)



Om Reish Kaf Bet Heum

2nd Step

Blessed are those who mourn for they shall be comforted (mourn, miss, long for our One Creator)

Right Intent - Right Choice

Draw the bow with concentration on Him

The spirit of man when in nature feels the ever-changing conditions of nature. When he binds himself to things ever-changing, a good or evil fate whirls him round through life-in-death.

Thou shalt not make thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the waters beneath the earth: Thou shalt not bow down thyself unto them, nor serve them.

Thus, the weak can overpower the strong; the flexible can overcome the rigid. the whole world can perceive this; but does not put it into practice.

Miriam Yeshua, Yasodhara Buddha, Uma Brahman, Radharani Krishna, I Am That, I Am, Unmanifested One, Melchizedek

In verdant pastures he leads me.

2. A-U-M

The Thinking Body or Subtle Body

Collective Conscious/Collective Unconscious

(Akasha)

(Seven Auras of Light around the Body)

(Red, Orange, Yellow, Green, Blue, Indigo, Violet)

(Five Pranas of Light within the Body)

(Golden, White, Clear White, Secondary Clear, Primary Clear)

(Mantra Yoga- Prayers, Mantras)



Om Gimmel Lamed Shin Mem

3rd Step

Blessed are the meek for they shall inherit the earth.

Right Speech - Right Direction

hit the center of the mark, the same everlasting Spirit.

But the Spirit Supreme in man is beyond fate.

He watches, gives blessing, bears all, feels all.

He is called the Lord Supreme and the Supreme Soul.

Thou shalt not take the name of the LORD thy God in vain.

Holy are Your Names.

Beside the still waters he restores my soul.

Nothing in the world is weaker or more yielding than water; Yet nothing is its equal in wearing away the hard and strong. There is nothing quite like it.

3. A-U-M

Feeling Body or Causal Body

Cosmic Conscious/Cosmic Unconscious

(Seven Back-body Chakras, Seven Spirits)

(Hope, Faith, Love, OM, Christ, Holy Spirit, God)

(Five Front-body Chakras, Five Ascended Masters)

(Miriam/Yeshua, Yasodhara/Buddha, Uma/Brahman, Radharani/Krishna, I AM THAT I AM)

(Japa Yoga- Names of Our One Creator)



Om Daled Mem Tav Mem

4th Step

Blessed are those who hunger and thirst after Righteousness for they shall be filled.

Right Focus - Right Posture

The bow is the sacred OM, and the arrow is our own soul. Brahman is the mark of the arrow, the aim of the soul. Even as an arrow becomes one with its mark, let the watchful soul be one in Him.

He who knows in truth this Spirit and knows nature with its changing conditions, wherever this man may be he is no more whirled round by fate.

Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee Six days thou shalt labor, and do all thy work:

in business they work with quiet efficiency. Serenity is the goal of Tao; through it nothing is lost.

Your Kingdom come

He leads me in Paths of Righteousness for His Name Sake.

4. OM- Miriam and Yeshua

The Karmic Body- Golden Light

The Word Made Flesh in Miriam and Yeshua.

The Word is OM.

(Circulatory System, Touch, Sensing, Presence)

Hatha Yoga

The Earth of the Innocence of Miriam and Yeshua

We are Healing, Worry is Gone; We are Remembering to Smile

Salvation



Om Hei Nun Bet Hum

5th Step

Blessed are the merciful for they shall obtain mercy.

Right Alertness - Right Awareness

In Him are woven the sky and the earth and all the regions of the air, and in Him rest the mind and all powers of life. Know him as the ONE and leave aside all other words. He is the bridge of immortality.

Some by the Yoga of meditation, and by the grace of the Spirit, see the Spirit in themselves; some by the Yoga of the vision of Truth; and others by the Yoga of work.

Honor Thy Father and Thy Mother.

Your Will be done

Yeah, though I walk through the valley of the shadow of death, I will fear no evil

in government they foster peace and goodwill

5. Yasodhara and Buddha

The Mind- White Light

(Digestive System, Taste, Thinking, Guidance)

Raja Yoga

The Waters of Purity of Yasodhara and Buddha

We are Peace, Anger is Gone; We are Remembering to

Laugh

Enlightenment



Om Vov Samech Bet Hum

6th Step

Blessed are the Pure in Heart for they shall see God (Elohim)

Right Purpose - Right Reason

Where all the subtle channels of the body meet, like spokes in the center of a wheel, there he moves in the heart and transforms his one form unto many. Upon OM, Atman, your Self, place your meditation Glory unto you in your far-away journey beyond darkness!

And yet there are others who do not know, but they hear from others and adore. They also cross beyond death, because of their devotion to works of Truth.

Thou shalt not kill.

in words they are sincere

On Earth as it is in Heaven

For you are with me. Thy rod and thy staff, They comfort me.

6. Uma and Brahman

The Soul- Clear White Light

(Respiratory System, Smell, Feeling, Generosity, Blessing)

Bhakti Yoga,

The Fire of Love of Uma and Brahman

We are Abundance, Scarcity is Gone; We are

Remembering to Work Honestly and be Generous

Service



Om Zayin Ayin Bet Hum

7th Step

Blessed are the Peacemakers for they shall be called the children (Sons and Daughters) of God.

Right Effort - Right Communication

He who knows all and sees all, and whose glory the universe shows, dwells as the Spirit of the divine city of Brahman in the region of the human heart He becomes mind and drives on the body and life, draws power from food and finds peace in the heart. There the wise find him as joy and light and life eternal.

Whatever is born, Arjuna, whether it moves or it moves not, know that it comes from the union of the field and the knower of the field.

Neither shalt thou commit adultery
in friendship they are compassionate

Give us this day our daily bread

Thou preparest a table before me in the presence of my enemies

7. Radharani and Krishna

The Spirit- Secondary Clear Light
(Muscular System, Sight, Intuition, Anointing)

Ghana Yoga

The Air of Wisdom of Radharani and Krishna

We are Joy, Sorrow is Gone;

We are Remembering to Rejoice and be Thankful for our many Blessings

Grace



Om Chet Pei Bet Hum

8th Step

Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven. (Standing up for Truth and Right)

Right Motivation - Right Action

And when he is seen in his immanence and transcendence, then the ties that have bound the heart are unloosened, the doubts of the mind vanish, and the law of Karma works no more.

And when a man sees that the God in himself is the same God in all that is, he hurts not himself by hurting others: then he goes indeed to the highest path.

Neither shalt thou steal.

in the heart they Love what is genuine

and forgive us our trespasses as we forgive those who trespass against us.

Thou anointest my head with oil, my cup overflows.

8. I Am That I Am (I Am Presence)

The Will- Primary Clear Light

(Skeletal System, Hearing, Emotion, Love)

Karma Yoga

The Ethers of Creation of The I AM THAT I AM

We are Love, Fear is Gone; We are Remembering to be Kind to our Neighbor and all Living Things

Surrender



Om Tet Tzadi Bet Hum

**9th Step
You're almost Home**

9. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

9. Right Understanding - Right Understanding

9. In the supreme golden chamber is Brahman indivisible and pure.

He is the radiant light of all lights, and this knows he who knows Brahman.

There the sun shines not, nor the moon, nor the stars; lightnings shine not there and much less earthly fire.

From his light all these give light; and his radiance illumines all creation.

9. Just as the omnipresent ether is pure because intangible, so the Spirit dwelling in matter is pure from the touch of matter.

9. Neither shalt thou bear false witness against thy neighbor.

9. the foundation on which the home is built;

9. Lead us from temptation

9. Surely goodness and mercy will be with me all the days of my life

9. Unmanifested One

The Higher Self –Invisible Light

(Brain and Nerve System, Perception, Reason)

Laya Yoga

The Fields of Divine Nature of The Unmanifested One

We are Life, Separation is Gone; We are Remembering to be Happy

Remember



Om Yod Kuf Aleph Hum

**10th Step
You Made It!**

You are the salt of the earth: But if the salt loses its flavor, how shall it be seasoned? It is then food for nothing but to be thrown out and trampled underfoot by men. You are the light of the world. A city set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lamp stand, and it gives light to all who are in the house. Let your light shine before men, that they may see your good works and glorify your Father in Heaven.

Right Relationship - Right Home

Far spreading before and behind and right and left, and above and below, is Brahman, the Spirit eternal. In truth Brahman is all.

And even as one sun gives light to all things in this world, so the Lord of the field gives light to all his field.

Neither shalt thou desire thy neighbor's wife, neither shalt thou covet thy neighbor's house, his field, or his manservant, or his maidservant, his ox, or his ass, or any thing that is thy neighbor's.

In the home the truly wise love the humble earth

and deliver us from the veils of illusion For You Are the Kingdom of the Innocent (East) You Are the Power of Purity (South) You Are the Glory of Love (West) For You are Home in the Heart of Om. (North) Om Mani Padme Hum

and I shall dwell in the House of the Lord forever.

10. Melchizedek

The Sacred Heart

(Kundalini Yoga)

The Heart of Hearts and the Home of Homes

We are One with the Great Being, Loneliness is Gone; We are Remembering the Greatest Gift of Love And Returning Home.

Jacob's Ladder

Yud Kaf Aleph									
Tit Tadi Beit									

Note: The above table is a reconstruction of the handwritten grid. It contains several handwritten entries and references to biblical verses and Hebrew letters.

Key handwritten entries:

- Cell (row 1, col 1):** Yud, Kaf, Aleph
- Cell (row 2, col 1):** Tit, Tadi, Beit
- Cell (row 3, col 2):** Chet, Poi, Beit
- Cell (row 4, col 3):** Zayin, Mem, Beit
- Cell (row 5, col 4):** Vav, Samekh, Beit
- Cell (row 6, col 5):** Hei, Nun, Beit
- Cell (row 7, col 6):** Daled, Mem, Tav 71400
- Cell (row 7, col 7):** Gimmel, Shamed, Shin & 300
- Cell (row 8, col 8):** Reish, Kaf, Beit 200
- Cell (row 9, col 9):** Aleph, Yud, Kaf P 100
- Cell (row 10, col 10):** (Shaded area)

Biblical References: Matthew 21:42, Rom. 1:8, Pkuf-100, Trad-90, Pei-80, Payin-70, Samed-60, Nun-50, Mem-40, Shamed-30, Kaf-20, Yud-10

Vertical References (Right Side): Yud 10, Tit 9, Chet 8, Zayin 7, Vav 6, Hei 5, Daled 4, Gimmel 3, Beit 2, Aleph 1

The Language of Love

Sacred Heart of Melchizedek	Smile	Laughter	Generosity	Rejoice	Kindness	Happiness	Forgiveness
Unmanifested One Higher Self	The Path	The Truth	The Light	The Fields	Divine Nature	The Way	Home
I AM THAT I AM	Healing	Peace	Abundance	Joy	Love	Life	Friendship
Radharani and Krishna Spirit	Presence	Guidance	Blessings	Anointing	Love	Knowledge	Yoga
Uma and Brahman Soul	Prayer	Concentration	Meditation	Contemplation	Illumination	Realization	Devotion
Yasodhara and Buddha Mind	Salvation	Enlightenment	Service	Grace	Surrender	Remember	Home
Miriam and Yeshua Karmic Body OM	Logos of the Circle Seven	Wellspring of Nirvana	Breath of the Eternal	Fountain of Youth	Shining Way	Tai-Chi-Tu	Elohim
Kabbalah Feeling Body a-u-M	Hope	Faith	Love	OM	Christ	Holy Spirit	God
Eyes of Melchizedek Thinking Body a-U-m	Sensing	Thinking	Feeling	Intuition	Emotion	Reason	Logic
Rainbow Man and Woman Acting Body A-u-m	Touch	Taste	Smell	Sight	Hearing	Perception	Discernment
Body	Mind	Soul	Spirit	Will	Higher Self	Sacred Heart	
Miriam Yeshua	Yasodhara Buddha	Uma Brahman	Radharani Krishna	I AM THAT I AM	Unmanifested One	Melchizedek	