



YOUR WORD OF THE YEAR ONE WORD

A HELPFUL GUIDE FOR LIVING MORE
INTENTIONALLY IN THE NEW YEAR

Energy flows where intention goes.

YOUR WORD OF THE YEAR



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Nandi Dass is a registered 501c3 non-profit that provides teachings, retreats, publications, and sacred ceremony, all designed to provide an experience of beholding and being beheld by the Divine. Our vision is revealing the living embodiment of expanded awareness in All.

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Nandi Dass

PROLOGUE

More than a decade ago, the words '**Solution Already Exists**' landed with great precision and exactness in my psyche.

I was traversing the Pyrenees between France and Spain on the first day of walking the famous Camino de Santiago (the Way of St James) across the country of Spain. I was worried about the unknown accommodations I would find that night. "How would it be? Will there be a bed for me?" Those words that entered into my awareness encouraged me to relax and to stop focusing on the what if's. Be in the present. Look at the majesty of the Pyrenees and realize that you may never pass this way again. Enjoy the adventure around you instead of worrying about some perceived negative unpredictability in the future. I took it to heart and, yes, there was a bed for me at the end of the first days pilgrimage and a bed every night afterwards.

Since then, **Solution Already Exists**, has been a steady mantra I have returned to time and again.

It taught me how valuable a word or phrase can be to bring me back to center, to home, to the awareness that all is well, for all is God.

I have relished adding a new word or phrase every year to enhance my practice of remembering that love and

fulfillment are all around me. Nothing is lacking and everything has already been created. Think of it as living in the Quantum field of the All. Everything you desire simply awaits your recognition of it.

To recognize something means to have an awareness of that something - to embody its prototype into your consciousness as already done.

What good, solution, fulfillment do you want to recognize more and more of this year?

This ebook will be your guide to choose a word, phrase or mantra that will be your cornerstone of the year. Consider that what you long for is already here. Consider that what you strive to be you already are. Let your word polish the window of your consciousness that clearly views a life of infinite possibility.

Happy New Year

~ David Ault & Jai Ram Lentine - Co-founders of Nandi Dass

STEP ONE

NOTICE

Everything is an invitation to notice God.

The end of a calendar year contains so much added permission. This permission doesn't come from anything outside of us. It's merely that we tend to be more willing to hit the reset button on our perceived mistakes, regrets and foibles at the end of December than at any other time. We are more compassionate at gifting ourselves a sense of hope that things will be better, that what was painful will be resolved and that our lack of fulfillment might be eased.

There's no need to make that wrong. But you can understand that a reset is available at any time. Mental course correction is always an option.

But since you are likely viewing this at the end of another year, let's take advantage of the timing.

Start by making a request of the Universe that you become open and receptive for your right and perfect word or mantra for the coming year.

Then notice. Really pay attention.

One of the great influential spiritual teachers of the 19th/ 20th century was a powerful woman named **Emma Curtis Hopkins**. Her seminal work, *High Mysticism*, was a treatise on cultivating a consciousness of ‘high noticing’ or training the dual mind to see the unfailing presence of God in all things.

She wrote,

“The world will persist in exhibiting before you what you persist in affirming the world is.”

Begin to affirm that the Universe is *persistent* in delivering to you exactly the word that will guide and hand-hold you into your next stage of evolution. Dedicate your time to being receptive to conversations, books, podcasts or other teachings that will toss perfect word towards you in a divinely designed way.

***USE THE WORKSHEET AT THE BACK OF THIS EBOOK TO RECORD YOUR ‘HIGH NOTICING’ WORDS.**

Affirm:

Universe, God, the great All in All, I am ready and enthusiastic to welcome an expanded intentionally into my life this year. I ask that you deliver to me my divine word. Make its presence known to me in an obvious way.

Thank you and so it is. Ashe' Amen and Blessed Be.

Our experience

(David) At the end of 2020, I was privileged to attend a time of silence and meditation at a Franciscan retreat center. Covid still influenced everything and so attendance was purposely sparse. The only speaking came from a priest who gave a daily homily. I was in *high noticing* for my word.

In one of his talks he used the word **alacrity** to describe a particular saint's behavior. He knew that it might not be a word that was familiar with everyone and so he offered its definition immediately.

'to be highly enthused....to approach with zeal'

That was my word! I not only wanted to incorporate more alacrity within my own life but with people who served on my non-profit board. I did not want people to serve out of obligation but from a place of enthusiasm. I no longer wanted to have to pull 'service' out of anyone. I wanted to

surround myself with people who were enthusiastic about whatever project or opportunity was before us.

It has been a fantastic intention to hold sacred in 2021.

Alacrity has opened countless doors for expansion.

(Jai Ram) We have been in awe of a divination deck of cards named Mystical Shaman Oracle Deck and Guidebook. This past year, whenever we felt drawn to pull them out and incorporate their wisdom, we have been taken to a deep, rich space of insight.

One particular draw for me was titled **The Blade**. Its invitation was to cease wasting time with idle talk or hide from the inevitable. Heaven and Earth are aligned to support me in claiming my power, so take decisive action. Overcome the fear of 'hurting' others and become accustomed to cutting the energetic cords of drama. This has been super powerful and perfectly timed at this stage of my life. **Blade** has been my current word and may continue to be my word throughout the next year.

STEP 2

WELCOME

I am the host and my heart is the home.

A hospitable environment contains a sense of welcoming and sustainable nurturing. It is attentive and conscious to the needs of its guest.

Welcome your word. Nurture its arrival. Even deeper, welcome the fact that you are so loved by the Universe that it is thrilled to gift you with your request.

Your affirmative prayer, chant and/or intention has collaborated in bringing your word into the forefront of your awareness. If you doubt whether or not the one you have chosen is your word or if you sense that you are 'holding out' for a better word, then consider these two things

- *There is no wrong word.* The one that is before you may be the one that is wanting your collaboration in the moment.
- Sometimes the word feels *uncomfortable*, even scary. Perhaps it is wanting to shake you out of some conformity. Dive into your resistance to see if this might be true for you.

Another way to welcome insight is to meditatively reflect upon a lifestyle reset. My dear friend, author and motivator Edwene Gaines, just sent me these:

*Do what you love to do with joy.
Love yourself and let yourself be loved.
Look for ways to serve.
Give yourself permission to change.
Treat everyone and everything with kindness.
Release your need for everyone's approval.
Stop hanging out with folks who don't respect you.
Keep learning and have fun!
Be true to yourself.
Bring order into your home and activities.
Add more things you are ready to do to this list.
Finally, do what is yours to do and quit worrying.*

Each of the above steps contribute to preparing an inner hospitality for wisdom to reside.

Affirm:

My heart is the home of God. It welcomes the highest and best. I am grateful for the precision that delivers to me exactly what I need in the manner I can understand and see it. I am receptive to its arrival. I give thanks knowing that it is already so. And so it is. Ashe' Amen and Blessed Be

STEP THREE

PRACTICE

I commit my time, my talent and my treasure.

Upon choosing your word (or perhaps the word chose you), it's time to begin the practice of preparing your sacred partnership.

For decades I have helped lead, as well as participate in, something called the White Stone Ceremony at the beginning of a new year.

It is a ceremony to take a white stone and write your word in order to make a talisman for yourself. This stone is placed in a prominent place (your altar or puja) and serves as a visual reminder

*of your commitment to practice the essence and meaning of the word.

*to revere the intention of the word.

*to make choices that are in harmony with your word.

People often ask, "Why a white stone?"

Many reasons have been offered but one of my favorites is this. In the courts of ancient Greece, juror members would cast a white stone to signify an acquittal whereas a black stone proclaimed the defendant guilty.

Scholars believe this is where the symbolic reference in the book of Revelations comes from; *"To the one who is victorious, I will give some of the hidden manna. I will also give that person a white stone with a new name written on it, known only to the one who receives it"* ([Revelation 2:17](#)).

When you personalize the white stone in combination with your word, there rises within the one practicing, a tremendous self-directed love and compassion that reminds us we are guiltless and free. When you consider how often you gaze upon this talisman (hopefully daily) it is a constant loving reminder to embrace and accept your value and worth. You are found 'not guilty' every day by the Creator.

Affirm:

I recognize the One Power. I see it as Love. I revere it as me, in me and through me. There is no guilt or shame that can be held against me for I am free in the Spirit. And so it is. Ashe' Amen and Blessed Be.



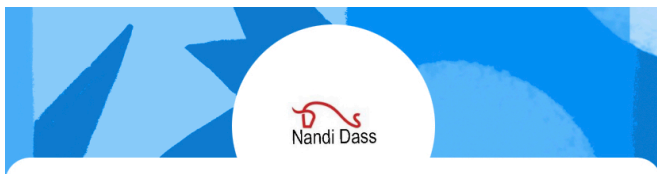
We thank you for being in our lives. As a new non-profit spiritual organization, you have championed us with your energy, time and resources. Thanks to you, we have been able to accomplish many of the essentials necessary to launch a new work.

We celebrate the ongoing advancement of a world that can comfortably and consciously hold in-person gatherings and look forward to producing more retreats. We are exploring opportunities to provide scholarships for those who are desirous of spiritual community but may not have the means to attend. We are collaborating with co-founder David Ault's foundation, **Kaleidoscope Child Foundation**, to travel overseas and offer service to his global school communities, and we are committing to monthly Meet-Ups and virtual teachings to supply you with fertile spiritual tools for your personal enrichment.

We move ahead with these goals because of your kind support.

If you receive value from our work, we gratefully accept your tax deductible donations through this website and/or Venmo QR code

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NANDI DASS FALL 2021 RETREAT - THE WORTH WORK

ABOUT THE FOUNDERS



DAVID AULT

For over 30 years David Ault has been a prophetic voice in the traditions of consciousness/mental science/New Thought divinity studies. As an ordained New Thought minister, he served as the minister at Spiritual Living Center of Atlanta for 8 years after ministries in Los Angeles, CA and Mobile, AL. David is the founder of Kaleidoscope Child Foundation, whose mission is to advance vulnerable children and communities worldwide with sustainable education, life skills and freshwater. With schools in Siem Reap Cambodia, Bodhgaya and Lakhanpur India, and

literacy programs throughout Guatemala, Kaleidoscope serves more than 1,000 children annually. He is the author of the bestseller, *Where Regret Cannot Find Me* and the multi-award winning, *The Grass Is Greener Right Here*.

JAI RAM LENTINE

A dedicated yogi, devotee of Neem Karoli Baba (Maharaji-ji), and student of Ram Dass, Jai Ram Lentine is beloved by the world-wide Ram Dass satsang and a leader in the Atlanta yoga and chanting community. Jai Ram became close to Ram Dass between 2015 and his death, traveling to Maui many times to be with him. Ram Dass gave him the name Jai Ram (Victory to the One) on the Summer Solstice in 2018. Jai Ram serves on the organizing committee of Chantlanta, an all-volunteer run chanting festival that generates money for charity. He has a master's degree in Public Health from Emory, and serves humankind as a policy analyst at the Centers for Disease Control and Prevention. 2020 saw him providing leadership on congressional affairs for CDC and in COVID emergency response management. He is the proud father of two daughters, both in university.

PERSONAL WORKSHEET

Words from practicing High Noticing

A relationship starting out as one that awakens love can only remain a living vehicle for love to the extent that it is continually made new or reconsecrated.” – Ram Dass