

Turning Substance Into Sustenance

PART 3



Part 3



Virtue creates valor
Personal valor is the
path to victory

Our Goal *is*

to Preserve Honor – *The marvel of man is that our Beloved Father, God, seeks to preserve our honor and seeks to build upon our sacred honor through our individual choices.*

to Work for the welfare of the world – *To stop the trade in human misery.*

to Have no malice of intent – *Be an instrument to bring relief and end needless grief.*

to Support all of the saving graces – *No one is expendable.*

The Forthright Foundation

Unites us all.

1. ***Forthright Foundation*** Potentially operates
   - Retreat centers
   - Cultural, service and mercy malls
   - Healthy and Healing Seminars
   - Youth and elderly outings and excursions
   - Recovery (12 step Recovery Programs)
   - Individual self mastery programs
   - Community Improvement projects
   - The beginning four projects are to establish:

     Y.E.S. Eldercare **Holistic Health**
     STEPS **Earnest Seeker**

2. ***Forthright Foundation*** is destined to be an (international) interdenominational service organization, which seeks to extend love and peace in the world and assist in the ascendance of the human soul.

   The *Forthright Foundation* desires to be funded by and involved with:

   - Cultural festivals
   - Sightseeing and travel outings
   - Commissions and canister cavalcades
   - Musical and talent programs
   - Skill grants
   - Telethons to underwrite recovery and support group programs for rehabilitation
   - Businesses (from food, retail, manufacturing) making contributions
   - Life- prospecting seminars, life supporting and prospering symposiums
   - Turn around island expeditions – Island of Hope

3. The ***Forthright Foundation*** relies upon grass root participation, by encouraging local endeavors, under local administration and control. On such fronts as:

   - Fountain parks of contemplation
   - Proclamation Parks and Gardens
   - Sahome Homes – welcoming passer-byers into solace, for safety and sharing inclusion and insights.
   - Music hours
   - Choral programs for peace
   - Seminars to develop thought processes of virtue
   - Anti-bullying project for schools
   - Programs that encourage the soundest economy and economic development

4. Building trust and co-mingling on efforts to support and collaborate with other noble outreach charitable and assisting agencies, businesses, and institutions.
   - Mingling missions
   - Fundraising
   - Sharing expertise
   - Taking up the task, taking up the slack.

5. Placing all 24 Sahome lessons of up reach and uplift on the internet for anyone's use in order to build courage and lend support to every person's individual moral quest and progress, process, or project.

6. Molding and monitoring cell Projects of Progress on Sahome's website. Making them transparent and tractable, encouraging input and oversight.

7. Engaging in a miracle of motifs of accomplishment such as
   - A good citizen program for grade school curriculums
   - Disseminating the 2020 Peace Project to churches and faith communities.
   - Spawning a ***Movement to Momentum*** = a possible "s" political party.
   - Supporting local support groups as Ahshahnah Groups.

A Valuing Phenomenon

The Vessel is the Victor
Virtue Opens Valor

The ***Forthright Foundation*** mission statement: an organization dedicated to the service and advancement of mankind. • Many hands put to use! • 'Tis the season' to be clean and sober • Sponsoring freedom of worship • Advocating for truth, love and beauty • Assisting everyone in living wisdom, strength, power and virtue • Inspiring and helping the down trodden and disenfranchised to fulfill their God-given potential.

Priority 1: Preparedness, teaching personal healing, clean diet, health of body and mind.

Priority 2: Providing spiritual uplift. Providing resource enhancement.

Priority 3: Home enhancement

Priority 4: Unite elderly with youth (YES Program) and elderly services

Priority 5: An artisan mall

Priority 6: Mercy collaboration with other helpful agencies, to find our best future.

Priority 7: DBA • Sahome • Holistic Health • Earnest Seeker
• For Rest • Fail Safe • Fair Day
• STEPS to help people find their voice and build upon their strengths.

For 'Cause Carriers' the wishes of the heart become commitments!

Our over arching objectives:

- To provide service to help the advancement of all mankind by promoting the principles of knowledge, liberty, justice and love.
- To avoid abuses.
- To work on inner completion and correction.
- To insure and help the downtrodden.
- To emulate God's holy path, pleasure, purpose, and plan.

- To assess alternatives for problem solving.
- To create victories • Joining Providence with self help.
- To help each person find more ways to serve and give assistance to others.
- To teach truth, hope, love, respect, and self responsibility.
- To help earnest seekers become more fit for their calling and achievement of goals.
- To expand the strengths, wisdom and powers within each individual.
- To fortify individual, family, and community preparedness.
- To help bring belligerence and alienation to an end and help alleviate pain, suffering, abuse through humanity – using a mercy mall and providing grants for apprenticeships – "to find the life you want."
- To start gardens for the homeless and "earning while learning."
- To build and encourage men and woman of goodwill to further their good works and the helpful work of the world.
- To design and develop environmentally sound and socially advanced ecco projects.
- To fortify and assist in building 'Zion Mindedness.'
- To receive the righteous desires of the heart, to inspire the best choices of the heart.
- To prosper and advance peaceful prepared homes.
- To practice self care and to encourage best conduct.
- To police ourselves by nurturing value centered living.
- To promote tangible solutions to human struggles and apprehensions.
- To ask for and accept help.
- To express ourself in and through support groups.
- To provide healing and fitness services and support health centers and food co-ops.
- To donate.
- To better deal with people who are suffering and alleviate harm and hurt.
- To teach and tutor literacy, awareness therapy, home study and helpful childcare.
- To create and publish a newsletter.

No sham scam

The desire of the Forthright Foundation is to create useful

Sahome Service Projects

Sahome Central

Teaching in colleges and fraternal organization the social graces
Teaching the power of education in schools
Teaching the code of Sahome in prisons and after care in treatment centers
Teaching anti-bullying in a Rehabilitation program for schools and campuses

Sahome Gardens

Planting plots with insignia statements
Installing the pillars of Sahome
Sharing garden plots

Sahome Homes

Refuge and contemplation points
Caring for the weary, worn, troubled
Inspiring the seeker and the leader
Bringing goodness forward, honoring the noble among us and in all of us

Sahome's Steady Study

Study groups, advancing literacy
Building the Acclaim Academy

In Sahome, the world is our forum.

Becoming Authentic

"I have to be me! I want to be me!"

This is the clarion call of our generation. We don't want to be misjudged, ridiculed, or teased for wanting to be who we are. When we are accepting, with appreciation, of everyone's uniqueness, then love can build reliability into the human family. Life is a banquet of beauty, diversity, and we can all share in it. Deformity or loss may enter life uninvited, unexpected, unwanted but we can cope not mope. Loss is apart of our legacy as a human family. We are agile enough, as resilient beings, to be up and coming rising to new heights when beckoned by our faith paths and one another. We are responsible to create the opportunities for one another to get ahead, get relief, get answers, and get awareness to get going onward and upward. ***Except supplied by us to us, the muss and fuss will engulf us.*** Only we can stop the fighting, the blighting, and the frightening. Life was meant to be good for us. If love is our central truth and if it is expressed in well-caring, we all can share in it. Love helps us to live our fullest truth. Love is the truth that we can all live by.

Let us remember that a crime buried without justice is never laid to rest. We only hold our fire, and give peace a chance when atrocities are met, dealt with and resolved with compatible justice and mercy. Then truth and righteousness can sweep over the earth. War, which is about the grief of scarcity, too often can be a struggle for human rights, redress of grievances, or about commodity deprivation or abrogation or abscondence of dignity, and other harms and atrocities. Extending kind consideration and deliberation from the fair treatment wished for by everyone leads to peace. Fair treatment is the essential our lives require. Fair treatment is the banner of solidarity that underpins society. Fair treatment rests upon full disclosure and impartial justice, with all deception put aside, so we don't grate upon one another's nerves. Arms control means self restraint. The world is resplendent, wonderful, magnificent, and delightful when justice and mercy lead us to resolve our differences peaceably. Thereby we can share and shine the best light into the world. If we all live benevolence, the past will not defeat us! Community centered goodwill is the Forthright Foundation's wish for all of us.

FORTHRIGHT FOUNDATION

Through Living Sahome

Let us learn to meet needs, through a balance of giving:

- I was a hungered – ye fed me.
- I was a thirst – ye gave me drink.
- I was a stranger – ye brought me in.
- I was naked, tattered – ye clothed and comforted me.
- I was sick – ye visited me with relief.
- I was castaway, in prison – ye forgot not but came to my rescue.

Let us end harm, mend hearts, lend a helping hand.
Let us do what we can do at each day's intersection, to share goodness.
Let us live the moral enterprise of Sahome.

Thank you for all the good you are graciously doing!

Please refer to Sahome.org

Sahome is a D.B.A. of the Fortright Foundation
and is to be a practice to achieve the aims of the Foundation

The Forthright Foundation inspires

Our Vision Quest

**To increase and find our voice – find our footing –
find our future – find our sacred honor.**

We have a great need for 'concurrence'.

- To build upon our best choices.
- To increase self understanding, personal effectiveness and motivation.
- To support self discipline.
- To do things with dignity and style.
- To edify the way our brain works – so we can trust it.
- To identify the power to create and therein know our "power of intent".
- To stop blight and to live virtues and values – self love comes from loving the way we think.
- And to come to our own truth.

May we ask:

- What is not working for us? Why? How? Who can help?
- What will improve our passion and motivation?
- What is most essential to achieve our goals?
- What will best resolve problems? Why?
- How can we now get organized and succeed?
- Why should we assume we are limited, or bring limitation upon ourself?
- Why not avoid being stricken or stunted but rather be emancipated and liberated?

"Identity exists in the midst of immensity!"
— Neil A Maxwell

The best gift one can give another is helping them to feel whole.

Let us:

- Turn rigid process into awakefulness that honors individuality!
- Turn coercion into sweet biding!
- Turn wholesome self-recognition into an outreach of benevolent thinking!



The 10 Solutions

From the
Forthright Foundation

The Forthright Foundation provides these



Solution One: *Sustaining positive energy!*

When confronted with the derogatory and the defamatory, we must go from being smitten to being divinely favored by upgrading our attitudes and actions to express our goodness. The enemy is that which disparages us.

The craven and the cranky can be countered and conquered by turning from being bound into a rebound. To move forward, is to take care, improve, and grow so we become more valuable and more valued. This is done when we let feeling and dealing become healing as a cessation of grief by a new proclamation of our strength of character and goodwill. We need to bring awareness and acceptance, as Jon Kaba-Zinn explains it:

"When we get caught up in either pursuing and clinging or condemning and rejecting, in seeking our own position or gain, we easily can falter. But stillness, insight and wisdom arise when we settle into being complete within ourself, without having to seek or hold onto or reject anything as being an obstacle. We then can surmount our fears, distain, insecurities, and disgruntlement by letting go of our narrow views and self serving point of reference. To be transparent and hopeful and positive requires that we allow fears, revulsion or insecurities to play themselves out in the field of full awareness. This is quenching.

Being of a positive mind means living the ancient formula of the 'Golden Rule': To comfort and bring honor to everyone in any of life's circumstances. Thereby we connect to something larger than ourself. Self-knowledge and generosity will sustain positive energy."

Solution Two: *Developing the art of conversation!*

The dialogue we have with one another is the wellspring through which we quench our need to be our brother's keeper.

The laws of nature will take precedence, but the living of virtue can create their outcome. What you think about you bring about on that continuum of universal consciousness. When

we know better we do better. Sharing what we know to be better can bring out the best in ourselves. In our hyper intensive automated and interconnected world of virtual reality we will want to be sure we transpose our connectiveness towards greater interpersonal face-to-face connectivity with one another. Personal connection increases our learning of the virtues of love, generosity, fidelity to purpose, skill, discipline, reverence for all life; these will build a tender social and physical environment. This requires polymorphic learning. That is it must be learned by opening to many different developmental forms, occurring in or passing through several or various conditions of expression, for greater quality of being. Cyber security is only one part of our greater security. Our personal development is to be found in our fondness and readiness to interact and share the gamut of human adoring, compassion, understanding and helpfulness, person to person. Sharing great moments of conversation at the dinner table, places of worship, job and work sites, during travel and at school, replenish the soul. They can all be an open heart because they can contribute to an adaptive upside to our life's adventure. They help us know ourselves better. These conversations can do more than bring out the best in ourselves, they can help us be survivors, derivers, thrivers, and deliverers all of our lives.

Solution Three: *Thinking through – What choice do we have?*

Anti self destruction relies upon us rising above false premises. The quantified-self emerges when our focus is on 'being' rather than on only 'having'. We want to bring this solution to all who are resorting to distortion or destruction to gain pre-eminence. Any version of infidel, fury, and falsehood couched in bombastic rhetoric, or greed without heed for the repercussion on others, is sorted out best when everyone is to be safeguarded. Everyone should have a seat at the table of life, respected, and appreciated. Everyone's best development is a project needing all of our attention and helpfulness.

Solution Four: *Showing love is the way, the truth, the light.*

Love is the heightening of joy. Love is grace by living a spirit of compassion, so things happen for everyone's benefit. Love is principled and is a noble bearing. With love we strengthen our mutual belief, behavior and belonging.

With love, may we live in peace by fostering peace. May we spend our lives sharing love, so we are not engulfed in self indulgence or mutual indifference, but rather are building mutual confidence through being peacekeepers and makers. Through love we become the hope of heaven's to come. Love is to be the truth we can live by!

Solution Five: *Living the honorable life.*

By living our best of intentions we mitigate hurt and harm. The honorable is to strive to live by showing caution. Showing caution consists of careful attention to the probable effect of our actions, be they helpful or harmful, useful or hurtful. We need to live good heed and forethought so that we avoid danger or disaster. This requires vigilance, watchfulness, and careful observance of rules, admonitions, and by abiding proper limits and helpful boundaries, which will provide us safety. The injunction to live by is to use prudence, kind regard and good advice as security and as a guard against evil or abuse. Caution, when lived, is a continuous decision for courtesy. Wariness to not over react or become a violation to someone or something is what caution provides. Caution contributes to honor. Caution undergurds peace.

Solution Six: *Turning downsides into upsides!*

The disconcerting may come to disturb our composure. Frustration and unsettled moments do come along life's pathway. But when life's unexpected challenges, stresses, troubles, and hindrances do come and are not perceived as threats, but as opportunities to be judicious, considerate, showing prudent patience, then we can overcome aggravations with honor, balanced observation and respect. Thereby, we make less mistakes, cause less deprivation, violation, and make our best case scenario more easily obtainable. To be honorable is to be responsible. Thereby, we move towards well being for all involved. By giving space and time to consider careful adaptation we avoid being too hasty, impetuous, awkward, and belligerent. We need to disconnect from the discouragement of false starts that can throw things into chaos or disorder. Proper oversight allows for happy hindsight. Heaven doesn't preclude anyone from living honorable, appreciative, righteous lives. To live in harmony with our environment is to share vigilance, watchfulness, and courtesy with all those things and persons around us. Being honorable is living best principles and best practices. We are to live by this faith in cautions so our faith turns into confirmation.

Solution Seven: *Being willing to learn!*

We all can master new information, fresh insight, added knowledge and better approaches when we become entrepreneur learners. As we learn to share our talents, gifts, ingenuity, work ethics, we foster civility of soul. We overcome the sedation of sedition. Rebellion and discontent are transposed into orderliness. Human life is about learning and applying our learning. As we prove ourself to ourself, we prove ourself to others. We all have something to prove. This requires learning, education, skill development and the agility of learning so our ability is refined. Given the chance to learn, every life matters equally. Our life becomes the high adventure of human emancipation, self exploration and mutual contribution. Literacy

is freedom to delve. We all must counter the reluctance found in ignorance. We are on a more solid footing when we want the solution to remove uncertainty, be above and beyond "stuff." Learning emancipates the mind to fulfill our dreams.

Solution Eight: *Being stewards of goodness.*

We don't prey on one another when we overcome deceit and the self inflicted harm of illicit drugs and drunkenness which cost society dearly. Leniency to vices can lead to larceny. The proper way to police society is to help people police themselves. Policing should always be a two-way communication: more conversational and less confrontational. This conducive approach becomes an alliance of goodness that leads to friendship. We become stewards of others goodness. Thereby harmful habits are more apt to give way to long term, healing and the pursuit of the righteous desires of the heart. Thereby we correct misjudgments and maximize delight for all of us. "If we don't discipline ourself, others are going to have to discipline us for us." That's a predicament we don't want to find ourself in. We live better when we want everyone to excel and do well. We want to encourage best self invention. It is never too late to reinvent ourself.

Solution Nine: *Being in sync with the evolution of order.*

There is progress to be made on all fronts of human development. This is why civilization can advance through time immemorial, because it allows people to be strong. That is the hope of the Forthright Foundation and is the spirit of Sahome. Let the spirit of Sahome be lived near and far. Many more solutions are explained on our Sahome internet site: Sahome.org.

We wish everyone an ordered mind, on open heart, a willing and generous disposition to do good and to work for everyone's best good. You are apart of helping with this. May we rejoice in the solutions, around us that you are supporting! ***Thank you for the good you do!***

Solution Ten: *Desiring Delight and Building Destiny.*

As contingent beings exquisitely designed and fine tuned for our life on earth, may we safeguard all the attributes of good health physically, mentally, emotionally and spiritually, that help us sustain the balance, order and wellbeing of all peoples in the world. Derivation, not deprivation or deception, is to be our way forward. Our lofty destiny should be our discourse.

Having such a lofty destiny comes through justice and mercy! Science is not enough to build our lives upon. There is more truth in the world than that which can be found in a petree dish. A generous heart, faith and foresight, devotion to virtue, and love, build the trust that the order in the world rests upon. Only through this greater trust and order can we build something greater than ourselves.



We are meant to fulfill the efficacy of the universe. We are meant to share light and share in everyone's light. We do so

- by **sharing** our witness, our conviction, our hopes and dreams.
- by **absolving,** solving, and resolving problems and quandaries.
- by **overcoming** and flourishing.
- by **growing** towards ceaselessness, earnestness, contriteness, holiness, completeness.
- by **honoring** virtue – to end the chokehold of prejudice.
- by **fairness** "two wrongs do not make a right." Mercy mends. Justice resolves.
- by **not enslaving** others or ourselves, by not turning any person or people into chattel by neglect or oppression.
- by **abiding** proper limits and helpful boundaries.
- by **knowing** we are human beings with limits to be observed.
- by **effort** and **being willing** to be ambitious…
  - We are meant to fulfill the measure of our creation and have joy therein and meant to measure up to our full promise.
  - Capacity building comes through effort…trying!
- by **building** on the capacity for sanctity – in a hypercritical world we need to build on forgiveness, forbearance, patience, and kindness.
- by control of our **wellbeing,** health and safety by **monitoring** our habits, cravings, and indulgences for our best good and good health.
- by **becoming** moral leaders, Path Finders, and Sahome cause carriers.

- by **relishing** unfolding's…by being apart of the beauties in the world of accomplishments.
- by **artistry** as the way to share the best in the human spirit.
- by **overcoming** folly. We can succeed or succumb depending on our astuteness, prowess, and awareness.
  - When we feel threatened we can, too easily, forget who we are.
  - Complacency complicates life. Complicity to ignorance denies our future hopes.
- by **overcoming** deprivation, despair, and extremism.
  - We need an alliance that creates value for everyone.
  - We are always co-mingling the goodness of others with the goodness we personally seek and strive to do. Life is changed for each of us if life is a consolidation of many good people doing so many right things to make the world a better place to live in.

The goodness in all of us belongs to all of us!

We each can launch positive efforts to polish the light between us. We can be wise and vigilant. We can be authentic, truthful, and consistent. We can edify and uplift. We can be courageous and build respect and kind consideration to foster everyone's best good and benefit. We can reflect well upon the bounties of nature, the virtue in the free enterprise system, the freedoms and liberties that bind our hearts together and upon the advances and intellectual properties of an ever developing society to bring peace and prosperity to everyone. Our lives can enhance those lives around us in so many helpful ways if we inhabit the moment with grace and goodwill. This brings our self acceptance to the level of benevolent beginnings that turn lack and laps, depletion and deterioration into bounty, beauty, pleasure, thank you's and irrevocable nurture full of positive purpose and projects. There may be signs of world wide productive over capacity and industry desperately trying to compete for market share, but the qualities of empathy will turn abundance into new hope for all to enjoy a higher standard of living and the grace of heaven.



The principles of attunement:

Attunement is like the drawing of the bow; we become the total experience and through Attunement we know the whole experience. We become the action and the bow and the target and successful hitting of the target and the joy of having hit the target and being hit correctly. We are one in and through the whole event. This causes our soul to experience creation and life with greater intensity and satisfaction. We have an eagerness about the energy that is generated through this apparent discipline in a total way that says: "I will channel this energy into the best service, the best relatedness, the best communication that I know how to create." Attunement enhances action and expands its effectiveness. With Attunement we become not just the doing of the act but the act itself.

Attunement opens us to a natural principle or process by which something is changed or transferred from one state of being to another. Our "will" is the process of translating energy from one level to another and releasing potential. We are total with all things through "will". With "will" there is faith, there is trust, security, lack of tension or worry; action becomes a joy and is truly fulfilling. "Will" is generated through the relaxed yet single –hearted affirming of the imagination to form an image and to summon all the forces of consciousness to flow into and through that image for a certain desired result. Will is a force created through the purity of concentration; not through pressure or strain. "Will" needs not be generated through tension; in fact straining will dissipate this power. The essential nature of this kind of willpower is that it does not dominate or manipulate; it clarifies and vibrates virtue through a situation. It becomes to a degree, effortless. To such a person it becomes effortlessness because clarity overcomes conflict, which overcomes obstacles. Inertia melts away. On this human level, effort becomes intuitive to the needs of the material being working within us. For example, if he's working in steel, he becomes intuitive to the laws of working with steel; if he's working with clay he becomes intuitive to the laws of working with clay. We enter into a relationship, mutuality with whatever manifestation we are dealing with and we manifest to the extent of that relationship in "right doing". This simply means that we accept the reality of those laws into ourself and mold our being accordingly. Attunement allows for a shift of perspective so that while we still affirm and deal with our own needs and the needs of our immediate environment we begin to see ourself as "source", a radiant source, to participate in the creation and co-creation of our world. Through Attunement we become intuitive about the healing and enfoldment of our world.

Man's necessity is to be at one and to obey the rhythms of his oneness, to accept the responsibility of his creative power, but at the same time to accept the implication of it in

terms of the freedom and expansion of consciousness of the whole. Once he learns that, he will be given abundance, for man will not be limited only to need.

The Principles of Creativity:

There is nothing simple or passive about the truth and purity in being, which is the quality of dynamic creativity. With purity, our being is centered within our identity and oneness. Being one is to be attuned to the world, in and through all things present.

Therefore, each person must learn his individuality, convincingly, of the reality of God's Presence, of his attunement with Him and of their consequent oneness of being, as a new brotherhood of illumined consciousness, God-Men and God-Women. Each must learn to see himself not as a child who has a right to expect to be taken care of, who is dependent on a heavenly Father-Mother or on any external source, but as a maturing soul, a co-creator with God, the Beloved, meeting the challenges of creativity with zest, with joy, and with all the attributes of unfolding divinity blending mankind with the Whole of God, which is interpreted to us as joy, love, wisdom, balance, harmony, perfection, oneness, abundance, vitality and a chance to manifest on that greater level of consciousness, as "source." We wish you chance in all its magnitude to achieve being "source."

Give Yourself That Chance

Those who interpret life as meaning only a complacent state of drifting, a non-directed stream of consciousness and activity are missing the point of it all and will find themselves unable to manifest. With self purity and attunement we can build a sense of wholeness and oneness with all things. We are successful if our "will" manifests our true need, the inner state that will give us peace. We will open a route for the releasing of potential as heat is released from coal. The answer is that abundance and divinity and creativity are within humanity.

However that abundance will cease or that divinity will never develop is we do not move beyond the concrete levels of life as receiver. Man must redefine himself from being a receiver into being a pure divine creator. This is the reason for the off-repeated suggestion to keep our speech and actions pure, clear and positive as well as sacred, using the power of language and action economically so as to conserve and magnify their power.

'Attunement' is adapted from the writings of David Spangler