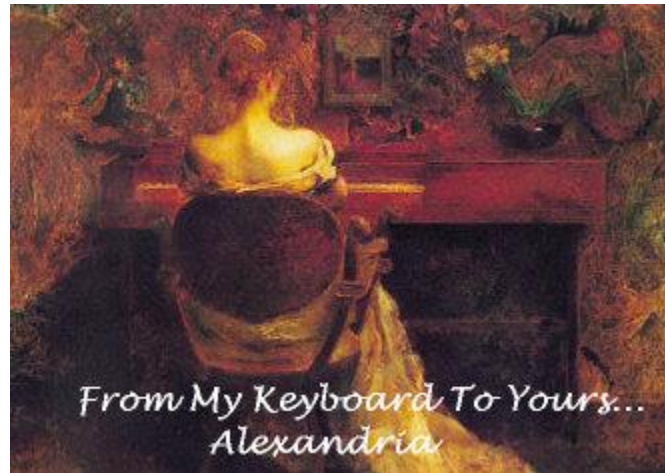


# SonLight & Laughter August 05

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Alexandria & Friends



## Fullness Sounds

**The sound of a Ram's horn Shofar calling you to stop what you are doing and come gather together and listen to instructions, wisdom, or warnings; the sound of a voice as of a trumpet calling with authority and encouragement to 'Come Up Here!' by God's Grace to a Higher Blessing viewpoint In Christ of awareness, discernment and diligence; the still small voice as of the Holy Spirit whispering All Things of His Love you need to know into your heart to your core; the sound of a mighty rushing wind as the Holy Spirit coming in to fill your empty places; the sound of gentle tinkling glass as the Presence of the Lord is manifesting; the rustling of Angel's clothing and wings; the rumbling, rolling thunder of God reminding us of His omnipotence and He is here; the sweet singing voices of praise of the birds living in the Pavilion of God; the sound of prayerful surrender and thanksgiving; the sound of dogs barking in the distance reminding you to pray for those still outside the Peace and Grace of God; the sound of perfect and complete Love, surrender, and commitment to the Will of God at the Cross, the sound of Repentance and Redemption also there at the Cross; the sound of harmony, and unity, of the Body of Christ at the Communion Table; the eagle's shrill cry of discernment and knowing; the sound of children 's yielding and lead to befriend the Holy Spirit and dancing a Jewish circle dance around our delighted Lord Jesus; the sound of a laughing brook running through the Garden of Life, the sound of skipping along on the Garden path holding hands with the Lord Our Husband, the sound of sitting at His feet under the Tree of Life, resting and receiving more than you had ever hoped or dreamed of,**

**SHHHHHHHHHHHHHHHhhhhhh**

And if you listen *real close*, you may even SMELL these good things, and more...Mmmmmm  
----- inhale ---

God is so good to us

Take the time to take notice of and surround yourself with, good sounds this month. Soak up the good sounds around you and notice what irritates you and try to eliminate it., re-train it, or drown it out, or move. Remember I said our four kids and their friends were so loud and rowdy that I asked the Holy Spirit if He could please speak up louder – and He told me He was the still small voice and that I was to learn to LISTEN in the midst of any situation. Noise or confusion outside of me, or in quiet times. He catches our attention and anoints our ears. He then opens our literal and spiritual ears to HEAR.. You need both. As a Christian, start practicing. You not only will hear God's Good sounds He has placed around you and give thanks for them, but His voice of Love to you, inside you.

These Fullness Sounds mentioned above from on the "[Darkness To Dancing In His Light](#)" music CD are a jumpstart to receive an anointing to LISTEN and HEAR.

Don't just believe me, try it yourself. .. and RECEIVE.

## Be Still and Sit a Spell Prayer

"Lord, forgive my previously taking for granted all the Good sounds you have placed around me. Forgive my allowing or inviting the negative ones into my surroundings to influence me and bombard your Presence with me and drown you out. Forgive my insensitivity, and/or lack of knowledge. By Your Grace catch my attention, anoint my ears to LISTEN and HEAR all Good Things you place around me and your voice differentiated clearly within me, that I may live here and now 'in earth as it is in Heaven'. Teach me to focus intently, to DISCERN and Receive. I RECEIVE Your True Love, Joy, & Peace extended to me through All Good Things you send through Sounds around me. Let these be established in your Garden of Life within me, now in this earthen vessel, as it is in Heaven. Let us sit, talk, laugh, walk, run, dance, and skip together.

 Thank You. In Jesus Name."



**"You have made known to me the Path of Life,... with eternal Pleasures at Your Right Hand," Ps. 16:11**

## **Laughter**

**Hear the Lord chuckle as He is pleased with you.**

**Feel His Joy bubble up in you and laugh with along with Him through the Garden of Life...**



**Alexandria "SonLight Be! In your understanding today!"**

**+ Please inform us when your e-mail address changes**

**+Or if you want to be off our list**

**+Please send us testimonies of results from applying The Already Completed Work of Jesus' Cross. (Remember to print/read The Excerpt of The Already Completed Work of Jesus'**

**Cross Prayer HandBook from off the website) \*The Completed Work of Jesus' Cross Prayer HandBook  
Overview;[\(click on blue line here\)](#)**

**+ Please send this e-mail to a friend and encourage them to visit the Website [www.fullness.org](http://www.fullness.org)**

**+ Come again to visit us too See you soon!**