

Concentrate at the Navel Point, exactly 84 degrees down. Concentrate at the 3rd Chakra, squeeze it; and project out the trinity: noble, you and God. Seal it. Breathe without letting the lock of the navel go; that's the point of the mother, lock it.

4. To End: Shake the arms above the head. **30 seconds.**
Shake up your body so that the energy can to all the healing areas you need. When a woman wants to shake something she can shake the Earth with it. Come on! I don't want you to be spaced out.

Nobility

Noble is a virtue of the presence of God.
Greatest virtue that can be expressed.
Noble to everyone whoever they may be
Before the One God, equality

Chorus

Noble is a virtue that affects every soul, as innocence affects the heart.
Woman has one virtue, to be noble 'til death.
Living nobly is very blessed. Living your truth is happiness.

A noble woman gives birth to a noble life. Noble
children and surroundings be.
A noble woman look and lives nobility
Even if she lives in poverty

And though a mirror's distorted when it is cracked, Noble
habits build a noble life.
Don't barter character values for benefits.
Noble one of God does not forget.

Nobility is manufactured inside, Training
of exerting self-esteem.
To see herself confirms a virtuous face, Selfless
living, grace, through time and space.