

COSMIC CONSCIENCE & SACRED OILS

The Way Back to Source



Based on the Law of One
and the teaching of perfect flow through the light fields

There is a Cosmic Law — a universal order that flows through everything. The Law of One teaches that everything is connected, that separation is an illusion, and that we are all expressions of the same Source.

With this law comes a Cosmic Conscience — an inner compass that helps you live in alignment with this natural flow. This conscience expresses itself through 13 Virtues: living qualities that arise when your system is in perfect flow with the light fields.

Sacred Oils are helpers on this path. When you anoint with the right intention and sound, you activate the spirit in the oil that helps you find your way back to perfect flow through the light fields — back to your own Source.

THE 13 VIRTUE NAMES

(Man-dha'-LA Codes)

Nr	Virtue Name	Virtue	Sign
1	TA-Jha'-RU	EFFECTIVE ACTION	Aries 
2	Ah-noo-NA-Ta	LOVE	Taurus 
3	O-ma'-TU	INTEGRITY	Gemini 
4	Pa-REi'-Ta	ETERNAL NATURE	Cancer 
5	Zhee'n-Tao	COMMUNITY	Leo 
6	Ri'Ki-Un	PROSPERITY	Virgo 
7	Sa-YeN'	COMMUNICATION	Libra 
8	DrA'-ga	POWER	Scorpio 
9	Tai-HnaN	CONNECTION	Ophiuchus 
10	Tat-TheN'	INTIMACY	Sagittarius 
11	WhU-Yuan	PASSION	Capricorn 
12	Whu-SeN'	FREEDOM	Aquarius 
13	Yhu-MEI-ZUN	ENLIGHTENMENT	Pisces 

THE 13 MANTRA TONES

Sounds for perfect flow through the light fields

Nr	Tone	Pronunciation	Virtue	Chakra
1	AUN	ow-n	EFFECTIVE ACTION	1 - Base
2	OU	ooh	LOVE	2 - Sacral
3	ZHA	zah	INTEGRITY	3 - Solar Plexus
4	UM	yoom	ETERNAL NATURE	4 - Heart
5	HUM	hum	COMMUNITY	5 - Throat
6	DHA	da	PROSPERITY	6 - Third Eye
7	MUAH	mow	COMMUNICATION	7 - Crown
8	TEU'A	too-ah	POWER	8 - Thymus
9	WHUN	w-un	CONNECTION	9 - Mouth of God
10	YHAN	yah-n	INTIMACY	10 - Soul Star
11	PTU	too	PASSION	11 - Galactic
12	SU'AN	su-on	FREEDOM	12 - Earth Star
13	AAH	aah	ENLIGHTENMENT	ALL 1-12

THE 5 ELEMENTAL COMMANDS

(Psonns of the Mashayahana Master Council)

Element	Psonn (Command)	Virtues
Earth/Crystal	Rha-sa-yuun	1 (Effective Action), 5 (Community), 9 (Connection)
Water	Sa-MĀ'-yah	2 (Love), 6 (Prosperity), 10 (Intimacy)
Air	Yha-Seph-ah	3 (Integrity), 7 (Communication), 11 (Passion)
Fire	BhRĀ'-ya	4 (Eternal Nature), 8 (Power), 12 (Freedom)
Ether	ShĀ-DhaL-uun	13 (Enlightenment) — Central Virtue, prefix for all mantras

THE COMPLETE MANTRA — Sing 108x

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Aah — AUN — HUm — WhuN

Aah — Ou — DhA — YhaN

Aah — Zha

Mauh — ptu — Aah — Um — Teu'a — SU'an

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VIRTUE 1: EFFECTIVE ACTION

Aries 

Virtue Name: TA-Jha'-RU | **Tone:** AUN (ow-n) | **Psonn:** Earth/Crystal

Chakra: 1 - Base | **Color:** Red | **Element:** Fire

Components: *Strength • Balance • Poise • Timing*

Effective Action means: doing what is needed, when it is needed. No more, no less. It is action that flows from inner clarity — not from fear, stress or haste. After true effective action you feel lighter, not exhausted. When you act from the Law of One, energy flows effortlessly through your light fields and manifests as perfect timing.

■ *After true action you feel LIGHTER, not heavier. This is the sign of perfect flow through the light fields.*

The Shadow Side

The shadow side is energy that gets stuck. You prepare endlessly but never begin. You procrastinate. Life feels heavy. The flow is blocked.

The Vice: Sloth

Sloth is stagnant energy. You know what to do, but don't do it. Something holds you back. You stand still while life passes by.

The Vulnerability: Ineffectuality

You begin to believe your actions don't matter. You lose trust in your own ability. You give up before you start.

The Noble Trait: Potency

Small actions have great impact because your timing is right. Things work because you do the right thing at the right moment.

Responsibility: Self-Actualization

Take responsibility for what happens in your life. Not as blame, but as power. Ask: What can I do here?

■ **Sacred Oil:** Anoint soles and base of spine. Sing AUN. This activates your ability to ACT from perfect flow through the light fields.

VIRTUE 2: LOVE

Taurus

Virtue Name: *Ah-noo-NA-Ta* | **Tone:** OU (ooh) | **Psonn:** Water

Chakra: 2 - Sacral | **Color:** Orange | **Element:** Earth

Components: *Acceptance • Gratitude • Generosity • Reverence*

Love is being open with strength. Connecting without losing yourself. True love makes you bigger, not smaller. It is sharing from abundance, not grasping from emptiness. True love is an expression of the Law of One — recognizing that everything is connected. From this arises perfect flow through the light fields.

■ *True love makes you BIGGER, not smaller. Does love drain you? Then it's need, not love.*

The Shadow Side

The shadow side is hatred — old pain that has hardened. Your heart closes off. Or you cling from fear of being alone.

The Vice: Hatred

Hatred is love frozen by pain. Someone hurt you, now you keep everyone at distance. Your heart is locked.

The Vulnerability: Disempowerment

You seek love to fill a hole in yourself. But that love is never enough, because the hole is inside.

The Noble Trait: Self-Empowerment

You can give without becoming empty. You can receive without grasping. Love flows freely because you have enough.

Responsibility: Self-Sovereignty

Be your own authority. You may exist. You may make choices. You are an expression of life itself.

■ **Sacred Oil:** Anoint lower belly and heart. Sing OU. This opens your ability to RECEIVE and GIVE in perfect flow through the light fields.

VIRTUE 3: INTEGRITY

Gemini ♊

Virtue Name: *O-ma'-TU* | **Tone:** ZHA (zah) | **Psonn:** Air

Chakra: 3 - Solar Plexus | **Color:** Yellow | **Element:** Air

Components: *Truthfulness • Honesty • Self-Disclosure • Transparency*

Integrity means: what you think, say, and do are the same. No masks. No hidden agendas. This is living according to the Law of One — fully integrated, without internal division. When all parts of you point in the same direction, perfect flow through the light fields arises.

■ *Integrity feels like coming home to yourself. No more energy needed for different versions of yourself.*

The Shadow Side

The shadow side is hypocrisy — when your image becomes more important than your truth. Eventually no one knows who you really are.

The Vice: Hypocrisy

The difference between inside and outside. You hide your real feelings. After a while you forget what you really think.

The Vulnerability: Pretension

Appearance becomes more important than being. You receive applause for someone you're not. The real you is never seen.

The Noble Trait: Humility

Seeing yourself honestly. You can admit mistakes without collapsing. You can grow without defending.

Responsibility: Self-Containment

You are responsible for your own energy. No one 'makes' you angry — you choose how you respond. You have the key.

■ **Sacred Oil:** Anoint solar plexus. Sing ZHA and feel your inner sun. This strengthens your ability to BE REAL — in line with the Law of One.

VIRTUE 4: ETERNAL NATURE

Cancer ☿

Virtue Name: Pa-REi-Ta | **Tone:** UM (yoom) | **Psonn:** Fire

Chakra: 4 - Heart | **Color:** Green | **Element:** Water

Components: *Being • Knowing • Remembering • Presence*

This is about KNOWING — not believing, but knowing deep inside — that you are more than this body. There is something in you that always was and always will be. This is the core of the Law of One — you are an eternal spark of Source. From this knowing arises perfect flow through the light fields.

■ *From eternity you make different choices than from fear. The rush disappears. Wisdom appears.*

The Shadow Side

Death anxiety — fear of finitude. 'I must grab everything now, because soon it will be over.' You run through life instead of living it.

The Vice: Finite Nature

When you believe this is all there is, you live in scarcity. You cling to everything — not from love but from fear.

The Vulnerability: Mortality

The deep fear that you will disappear. That nothing matters because it all ends. This fear can be paralyzing.

The Noble Trait: Perpetuity

When you feel you are eternal, deep peace arises. You can let things go. You make choices from wisdom, not panic.

Responsibility: Self-Discipline

Direct your energy toward what you want, not what you fear. Your thoughts and emotions are forces — use them consciously.

■ **Sacred Oil:** Anoint your heart. Sing UM and feel the vastness of your soul. This opens the gate to perfect flow through the light fields.

VIRTUE 5: COMMUNITY

Leo ♌

Virtue Name: *Zhee'n-Tao* | **Tone:** HUM (hum) | **Psonn:** Earth/Crystal

Chakra: 5 - Throat | **Color:** Blue | **Element:** Fire

Components: *Connection • Belonging • Participation • Service*

Community means belonging somewhere without losing yourself. Being part of something larger while remaining fully yourself. The Law of One teaches that we are all cells of the same body. When we recognize this as lived experience, perfect flow through the light fields of collective humanity arises.

■ *True community doesn't ask you to change. You belong BECAUSE you are yourself, not despite it.*

The Shadow Side

Separation — 'us versus them' thinking. You build walls instead of bridges. Or you disappear into the group completely.

The Vice: Separation

The belief that 'different' means 'apart'. You withdraw or form a small club that feels superior. Separation is loneliness disguised as strength.

The Vulnerability: Isolation

After pain in groups you keep distance to be safe. But safety becomes a prison. You protect yourself from connection too.

The Noble Trait: Communion

You can be part of the whole again. You give freely and receive with open hands. Together, in unity while maintaining uniqueness.

Responsibility: Self-Love

Love yourself. Not narcissistically, but as foundation. Self-love is a prerequisite for healthy relationships.

■ **Sacred Oil:** Anoint throat and shoulders. Sing HUM and feel your connection to the whole, in perfect flow through the light fields.

VIRTUE 6: PROSPERITY

Virgo 

Virtue Name: *Ri'Ki-Un* | **Tone:** DHA (da) | **Psonn:** Water

Chakra: 6 - Third Eye | **Color:** Indigo | **Element:** Earth

Components: *Abundance • Sufficiency • Flow • Gratitude*

Prosperity is the deep knowing that there IS enough. Abundance as an inner state — independent of your bank account. The Law of One teaches that the universe is infinitely abundant. When you internalize this, perfect flow through the light fields arises and abundance naturally flows to you.

■ *Abundance begins with gratitude for what already IS. Lack is a lens, not a fact.*

The Shadow Side

Poverty consciousness — always lacking, always afraid to lose. You can have millions and still feel poor.

The Vice: Destitution

The lens of 'not enough'. You focus on what's missing. You hoard out of fear. This creates exactly the scarcity you fear.

The Vulnerability: Poverty

Deep down you believe the universe doesn't take care of you. That you have to fight for every crumb.

The Noble Trait: Abundance

When you truly see how much there already is, everything changes. The less you grasp, the more you receive.

Responsibility: Spiritual Integrity

Act with integrity, even when no one is watching. The universe works with reciprocity. What you send out comes back.

■ **Sacred Oil:** Anoint third eye. Sing DHA and see abundance everywhere, in perfect flow through the light fields.

VIRTUE 7: COMMUNICATION

Libra 

Virtue Name: Sa-YeN' | **Tone:** MUAH (mow) | **Psonn:** Air

Chakra: 7 - Crown | **Color:** Violet | **Element:** Air

Components: *Expression • Reception • Clarity • Understanding*

Communication is more than talking. It is clear exchange — speaking and listening. According to the Law of One, all communication is ultimately communication with yourself, because everything is One. When you realize this, perfect flow through the light fields arises.

■ *The best communication makes BOTH people freer. Does one person become smaller? Then it's control, not communication.*

The Shadow Side

Hiding — you swallow your truth. Or you use words as weapons. Both are dishonest communication.

The Vice: Concealment

Hiding your truth. You say 'yes' when you mean 'no'. After a while no one knows what you really think.

The Vulnerability: Suppression

Your voice wasn't welcome. As a child you learned: being quiet is safe. Now your throat is constricted.

The Noble Trait: Expression

Your voice flows again. Conversations become dances of giving and receiving. Truth becomes a gift you freely share.

Responsibility: Appreciation

Appreciate what you have. Now. Gratitude is not a trick — it's a way of living.

■ **Sacred Oil:** Anoint crown and throat. Sing MUAH and let your truth flow, in perfect flow through the light fields.

VIRTUE 8: POWER

Scorpio 

Virtue Name: *DrA'-ga* | **Tone:** TEU'A (too-ah) | **Psonn:** Fire

Chakra: 8 - Thymus | **Color:** Gold | **Element:** Water

Components: *Creation • Manifestation • Will • Presence*

This is not power over others. This is creative power — the ability to manifest what you envision. True power feels calm, not forced. The Law of One teaches you are a co-creator of reality. When you accept this, perfect flow through the light fields arises.

■ *True power feels CALM, not forced. Those who have to push don't have real power.*

The Shadow Side

Powerlessness — the belief you have no influence. 'It all just happens to me.' This lie keeps you small.

The Vice: Impotence

Blocked creative power. You push and pull but nothing moves. Your creative fire is extinguished.

The Vulnerability: Powerlessness

You were held back again and again. You stop trying. You give your power away.

The Noble Trait: Competency

You become effective. Not by forcing, but by being clear. Things work because you're aligned.

Responsibility: Patience

The universe has its own timing. This is active trust. Do what you can, then let go.

■ **Sacred Oil:** Anoint thymus. Sing TEU'A and feel your creative fire, in perfect flow through the light fields.

VIRTUE 9: CONNECTION

Ophiuchus

Virtue Name: *Tai-HnaN* | **Tone:** WHUN (w-un) | **Psonn:** Earth/Crystal

Chakra: 9 - Mouth of God | **Color:** Silver | **Element:** Ether

Components: *Linking • Bridging • Relating • Unifying*

Connection is contact that stays alive through difference. Two whole people touching — without one disappearing into the other. The Law of One teaches that diversity and unity are two faces of the same truth. In perfect flow through the light fields you can connect deeply while remaining yourself.

■ *Connection doesn't mean merging. Two whole people can touch deeply without disappearing.*

The Shadow Side

Judgment — you filter contact through 'right or wrong'. You analyze instead of meeting. This keeps you 'safe' but lonely.

The Vice: Judgment

You don't meet people, you judge them. Everyone is weighed and found wanting. You remain alone.

The Vulnerability: Discrimination

You protect yourself by rejecting first. Better alone than hurt again.

The Noble Trait: Harmony

You see people instead of categories. Differences become interesting instead of threatening.

Responsibility: Kindness

Be kind. Not as a trick, but as a way of living. Kindness is strength that chooses connection.

■ **Sacred Oil:** Anoint base of skull. Sing WHUN and feel the bridge between worlds, in perfect flow through the light fields.

VIRTUE 10: INTIMACY

Sagittarius

Virtue Name: *Tat-TheN'* | **Tone:** YHAN (yah-n) | **Psonn:** Water

Chakra: 10 - Soul Star | **Color:** Sapphire | **Element:** Fire

Components: *Closeness • Vulnerability • Trust • Depth*

Intimacy is daring to be close. Being seen without a mask. Vulnerability as strength. The Law of One teaches that true intimacy begins with intimacy with yourself — with the Source in you. From there arises perfect flow through the light fields.

■ *Intimacy grows through HONESTY, not through perfection. You don't have to be perfect to be loved.*

The Shadow Side

Hostility — replacing vulnerability with attack. Or distance — staying so far away that no one can touch you.

The Vice: Hostility

A wall of thorns. When someone gets too close, you attack. Anything to keep the other at distance.

The Vulnerability: Alienation

Intimacy was unsafe. Now you keep distance, even in relationships. You can lie next to someone and feel alone.

The Noble Trait: Endearment

You can be soft again. Closeness becomes nourishing instead of threatening. This is what your heart was made for.

Responsibility: Conservation

Use your energy sparingly and consciously. Choose where you give your life force.

■ **Sacred Oil:** Anoint heart and crown. Sing YHAN and let yourself be seen, in perfect flow through the light fields.

VIRTUE 11: PASSION

Capricorn ♄

Virtue Name: *WhU-Yuan* | **Tone:** PTU (too) | **Psonn:** Air
Chakra: 11 - Galactic | **Color:** Platinum | **Element:** Air
Components: *Cleanliness • Sobriety • Restraint • Discretion*

Passion is being alive and caring about something. Fire that you nurture, not fire that consumes you. The Law of One teaches that passion is the fuel for evolution. In perfect flow through the light fields, passion becomes a sacred force giving your life direction and meaning.

■ *Passion is a flame you NURTURE, not fire that consumes you. Burned out? Then it was obsession, not passion.*

The Shadow Side

Indifference — no longer caring about anything. Life becomes gray and flat. The flame is extinguished.

The Vice: Indifference

Emotionally checking out. Nothing touches you. It looks like peace but it's numbness.

The Vulnerability: Apathy

Indifference that deepens into paralysis. You don't know what you want. Everything feels meaningless.

The Noble Trait: Independence

You move from your own choice again. You feel the spark — that thing that makes you live, not merely exist.

Responsibility: Co-operation

Collaborate. Look for solutions where everyone wins. When everyone wins, the gain is sustainable.

■ **Sacred Oil:** Anoint forehead and heart. Sing PTU and feel your life force ignite, in perfect flow through the light fields.

VIRTUE 12: FREEDOM

Aquarius

Virtue Name: *Whu-SeN'* | **Tone:** SU'AN (su-on) | **Psonn:** Fire

Chakra: 12 - Earth Star | **Color:** White | **Element:** Fire/Ether

Components: *Resolve • Release • Trust • Confidence*

Freedom is being able to choose from within. Not bound by expectations, fear, or others' approval. True freedom is not escape — it is choosing with your whole heart. The Law of One teaches that true freedom is the presence of conscious choice. In perfect flow through the light fields, freedom is your natural state.

■ *True freedom INCLUDES responsibility. Escape is not freedom but another prison.*

The Shadow Side

Bondage — being trapped in patterns, relationships, or beliefs that keep you small. The cage doors are open but you don't see.

The Vice: Bondage

Being trapped — in a job you hate, a relationship that drains you, beliefs that limit you. You feel the walls but don't dare move.

The Vulnerability: Codependence

You shape your life around another. You disappear into the relationship. You don't know who you are alone.

The Noble Trait: Wisdom

You see patterns clearly. You choose consciously. You can say 'yes' with your whole heart and 'no' without guilt.

Responsibility: Sense

Use common sense and inner knowing. True wisdom combines head and heart.

■ **Sacred Oil:** Anoint soles and crown. Sing SU'AN and feel the space in your soul — your birthright, in perfect flow through the light fields.

VIRTUE 13: ENLIGHTENMENT

Pisces ♓

Virtue Name: *Yhu-MEI-ZUN* | **Tone:** AAH (aah) | **Psonn:** Ether

Chakra: ALL 1-12 | **Color:** All Colors | **Element:** All Elements

Components: *Grace • Eloquence • Patience • Humility*

Enlightenment is not a final destination. It is a way of seeing — seeing more of what is true. The Law of One IS enlightenment: the realization that everything is One, that separation is illusion. In perfect flow through the light fields you are home — here, now, in this body.

■ *Enlightenment is not an endpoint but a way of SEEING. Every day you can see a little more.*

The Shadow Side

Prejudice — stuck in beliefs, refusing to see what really is. You think you already know the truth.

The Vice: Prejudice

A closed mind. Your opinion is ready before you look. New information bounces off. Everything stays the same.

The Vulnerability: Ignorance

Not stupidity — the refusal to know. You avoid uncomfortable information. You look away from truth that hurts.

The Noble Trait: Courage

The courage to look at what is. The courage to update your beliefs. From that openness, wisdom can grow.

Responsibility: Synthesis of all 12

The merging of all responsibilities. Returning to source while fully in your body. The circle is complete. You are home.

■ **Sacred Oil:** Anoint your whole body. Sing AAH as prefix for each elemental mantra — the complete circle of return to perfect flow through the light fields.

THE WAY BACK

to perfect flow through the light fields

The 13 Virtues are not rules. They are qualities that naturally arise when you reconnect with your source — when you live according to the Law of One.

Sacred Oils help with this. The oil carries the frequency. The sound activates. Your intention directs. Together they open doors to perfect flow through the light fields.

The Law of One teaches: there is only One. Everything is connected. Everything is sacred. When you truly realize this, you are home. The light fields flow freely through you. You are who you always were.



Aah — AUN — HUm — WhuN

Aah — Ou — DhA — YhaN

Aah — Zha

Mauh — ptu — Aah — Um — Teu'a — SU'an



"The oil is the bridge. The sound is the key. The Law of One is the truth. Your soul is the way."

ABOUT THIS WORK



This document is an original creative work by Ras, inspired by universal spiritual principles found across many wisdom traditions worldwide. The concepts of virtues, shadow work, and spiritual transformation are timeless teachings shared by countless cultures throughout human history.

The integration of Sacred Oils with virtue-based practices represents Ras's unique synthesis, developed through years of personal study, practice, and direct spiritual experience.

The sacred sounds, mantras, and elemental correspondences presented here draw from ancient wisdom traditions that belong to all of humanity. These teachings are offered freely in the spirit of service.

INSPIRATION

This work honors the many teachers and traditions that have preserved and shared wisdom about human consciousness, spiritual development, and the path of return to Source. We acknowledge that truth is universal and belongs to no one.



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With gratitude to all seekers of truth