

DAILY MESHKENET SACRED WORK CHECKLIST

Follow this structure for a season and observe the miracles.

	S	M	T	W	Th	F	S
1. Shower in alternating hot and cold water, or take a tub bath in 4 to 8 lbs. Epsom salt or 1 to 2 lbs. Dead Sea salt.							
2. Anoint with lemon or fennel oil.							
3. Libation to the Sacred Guardian, Ancestors, Elders, and Contemporaries.							
4. Recite Sacred Work Prayers and Affirmations.							
5. Fire Breaths, 1,000 to 1,200 over the course of the day: 300 Fire Breaths each at dawn, sunrise, midday, and sunset.							
6. Perform the Meshkenet Breathing Meditation.							
7. Herbal tonics of dandelion and gotu kola.							
8. Sacred Work Journal Writing (work on business plan and/or website).							
9. Closing Sacred Work (share with Sacred Work Team daily/weekly).							
10. Follow Meshkenet Natural Living Dietary Laws to support the birth and radiant health of your Sacred Work. Live primarily on live, organic greens to nourish properly.							
11. Study/research Sacred Work.							
12. Network/outreach Sacred Work.							
13. Promote/develop marketing for Sacred Work.							
14. Sacred Work environment development (Sacred Space for Sacred Work).							
15. Consumption of Asar Prosperity Green Vegetable Juice (1 pint).							
16. Consumption of 1 quart of distilled water and 2 limes for clarity of vision.							
17. Building Sacred Work economic fund via proposals, savings, investments, fundraising.							
18. Reach out to Meshkenet Birthing Circle Support.							

Make twelve copies of this Sacred Work checklist to cover one season. On a daily basis, strive to complete your checklist throughout and after Sacred Work conception and afterbirth, to keep you focused on the growth of your vision.