

# II SPIRIT SPEAK

## THE ACTS OF STATERA & CONCORDIA LESSON I FROM "S'ENTRAÎNER" - SOMENESS

NICOLE BONOMI // SPIRIT SPEAK

The humble art[ist] of "someness" says "some is not All but some is better than none"

↳ *[amend 'better']*

**[Some is not All but some is not none].**

I teach you someness not just for [the concepts of] moderation but for "progress".

Progress thrives on someness.

Allness is explicit [from Latin].  
Someness is implicit.

[You say] "If I do not practice daily", it is not "all and every" - but **it is a someness you [automatically] vilify as "not enough".**

You chastise yourselves (there).  
When someness is chastised none shall proceed it.  
When All is expected, someness is chastised.  
When someness is celebrated, All progresses.

This is I of 'X' lessons in **THE ACTS OF STATERA AND CONCORDIA**.  
And, freedom from a toxic, burdensome "not enoughness" mental prison wired by the human condition.

I AM All - You are Some of Me.  
I am *not* none but neither are you.  
You are enough (All in fact, is too much. Some is enough).  
You are enough.

*[More than, full, SATIS in someness of doing, of being, of having etc].*

*Nicole Bonomi*