

2nd Secret: As above so below

1. The Five Sun Ages

As we slipped into year C.E. (Common Era) 2012 desperation and curiosity got the better of us, and we started to air new approaches to the recent astronomical changes. Although we freaked out, we couldn't hide from the truth. Step by step we arrived to the 28th of December 2012, when the 5th Sun Age ended.

I am sure that the date I put the end of the Sun Age on, caught your eyes. I am known for altering long-established dates mainly because they do not fit into the laws of the universe and I am also known for not failing with my predictions. The idea is that everything is interrelated therefore the basic structure of every kind of energy has to follow the same pattern: the equilateral triangle with the 2 poles and their meeting point. In the case of earthlings this triangle rests on the perfect square of the 4 elements creating a pyramid.

Important events can only happen when both poles are at their best and this is at the time of the Full Moon. I have mentioned earlier that against all beliefs equinoxes and solstices happen on the day of the Full Moon. Therefore a Sun Age can only end on the day of the Full Moon, on the Winter Solstice when the new era arrives. This date was on the C.E. 28th of December, 2012. I understand the Mayan calendar very well and the conclusive date of the 21st of December derives from the false assumption of the time set for the 4 main spokes in the wheel of a yearly cycle.

At the beginning, in b.c.e (before common era) 20.238, the start of the First Sun Age, earthlings had the 22 star formation zodiac to help the 9 planets of the solar system for Venus only arrived to entertain us at the end of the 4th Sun Age in b.c.e 3113. The number 22 is 4 as a real number. It represents 3 + 1. The 3 + 1 elements, the trinity and the Creator Force, the cycles of the Moon, the 4 initiations, the 4 sides of the pyramid, the 4 directions and the keywords to the total consciousness of the universe. These are: Law, Order, Truth and Fulfilment.

Astronomical changes come with the constant motion of the universe. The change we are experiencing at the moment is the biggest in the life of earthlings for it is not only the quantum leap of the Solar System but that of the Galaxy I refer to by the name Kabutoreos.

A galaxy is a co-existence of star-formations travelling around a pulling power. Every energy particle, regardless of the size, is connected to a centre with a pulling power. The law of *likes attract* ensures that similar energies make up a unit. The particles near the centre have more

in common than those on the edge of the unit; I would say they are more “faithful” to the basic ideas of the component. Particles on the outer circle are easily lured into neighbouring groups or by becoming a pulling power they might start up their own circle. That is how star formations start or finish. It is interesting to observe that star formations have components connecting and shining through from other galaxies. It means that stars might centre on another pulling power also. However as energy they belong to another one. Looking at the *as above so below* idea I would say that they were swept away forcefully or they consciously stepped on the path towards change. As you can see we work the same way the universe does. We follow pulling powers that sometimes we change for another more forceful. The only difference is that our conscience can be more powerful in terms of deciding who to follow. A cycle is a three dimensional circle. It shows that nothing ever gets back to where it has already been. Everything moves in a spiral which leaps into the next dimension at the end of each circle. And that is what we are experiencing right now.

Souls are not the only energy that evolve. With the constant changes the entire universe goes through many experiences. From our point of view planet Earth could be the most important. As the planet is in constant motion the influences affecting it are changing. At the beginning of the First Sun Age the planet was influenced by the 22 star formation zodiac, then it slipped into the jurisdiction of the 12 star formation and at the end of the Fifth Sun Age she arrived back to the 22 star formation zodiac.

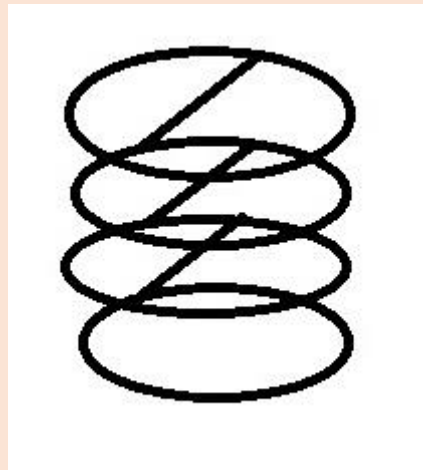
It is very much like human behaviour. At the beginning of a cycle we receive a key from somewhere. Let’s say that we read a book. We find a few interesting sentences which give us some clue for the path ahead. We get on with everyday living, collecting information, feelings and ideas, until one day the book speaks to us again. Reading it a second time we actually understand the meaning of it; or not, depending on the experience we went through, and the quality of our learning from the past. These are tests to measure the development of the particular energy.

Apart from the great cycle of the Sun Ages and the Galactic Quantum Leap, the next most important astrological event, the Precession of the Equinoxes, is in its last phase. Human life on Earth started at the time of Saturn and now we are in the phase of Uranus. These are stages of the precessions of the Equinoxes I will talk about in the next chapter.

In everyday life we have many cycles and therefore many quantum leaps. Some of them are conditioned, like time, for we tend to have more drive at the beginning of the hour than at the end.

I would like to give you a thought that one of my students *Katalan* came back with, after I sent them to the Orion for helpful ideas on the quantum leap. She was told that in the universe

past and present happen simultaneously. There is no time, only deeds. When you need to do, it is the time to do. One should consciously know when the time is right for deeds. Wait for it patiently and when it arrives, the chance shouldn't be missed. That is how time is counted in the universe.



Although the people of Khem – the name of ancient Egypt, hence the word Al Khemi - understood the motions of the Sky perfectly, the 5 Sun Ages were best remembered by the Maya. Their calendar system is still the most accurate for it follows the path of both the Sun and the Moon with detailed attention paid to the sky.

The type and the force of the quantum leap mirrors the value of the finishing cycle. It is a kind of stocktaking or an unspecified test on the path of evolutionary growth. Smaller quantum leaps that involve only the Self or very few people combined with the effect of the macrocosm are far less drastic than those at the end of galactic steps forward. Depending on our *eyesight* some of these events we notice and some of them pass us by without much consideration.

Ignorance has always been the downfall of humanity now more than ever. Without observing the greater picture we only look at life from a narrow-minded and self-centred point of view. When events are not happening the way we desire, the ego gets hurt and we start finding excuses for the outcome. According to which we usually do everything right but our efforts are not appreciated due to the flaws of the other side. When a bond breaks up you consider yourself winner or loser depending on who left whom. Even if the relationship was bad and you suffered, you take it very personally when the other individual involved breaks it up. The same consideration applies to bad relationships. Consciously you might be happy to be rid of but you are annoyed about not being the one who broke it off. It doesn't come to your mind to consider the feeling of the other person. Your thoughts centre on your own existence. And here comes the excuse: *I do not want to hurt him!* I never understand while people have this

idea that it is healthy to be in a bad relationship.

Whereas in the most important quantum leap in the history of humanity we are still keeping very close to home without comprehending that most of the blame falls back on us; on our narrow-minded views towards existence. So here we are, just after the Great Quantum Leap that some of us have never even heard of, and we are still far more worried about fashion and the neighbours' views than the most important decision in the existence of humanity.

Although earthlings refrain from understanding and having a say in this decision, changes are felt in every aspect of life. There are many different views on these changes. Some of them are pushed into our minds through the media and others are triggered through unsolicited experiences from the esoteric world. Here I would like to add that esoteric is a Greek word meaning the knowledge that is open for only a small or exquisite group of people. It doesn't mean that you cannot become a member of this group. It only means that it is hard work and solely Knowledge can pay your ways.

The Shift in Human Consciousness at the End of the Fifth Sun Age

We have arrived at the end of the greatest cycle in human existence. It is the end of the Fifth Sun Age and with it the end of the Five Sun Ages cycle. At the same time, we are in the last part of the Precession of the Equinoxes. The Five Sun Ages lasted for 22.250 years and the latter for 25.920 years. The first Sun Age started in 20.238 b.c.e (before Common Era).

1st Sun Age was between 20.238 - 16230 b.c.e. It lasted for 4008 years. It was the era of Water. The Maya said that the water ended this era and human beings turned into fish. Only one pair survived.

Reading the symbols, the First Sun Age period was a very trying era for the newcomers. Due to the permanent usage of the physical body and moving restrictions, the connection to Earth proved difficult even for those with Knowledge. It was the time when the ground moved and Atlantis – Toreos broke into several parts, and shifted towards neighbouring main lands. This movement forced the people to leave the land and migrate during the Jupiter era between 19597 - 17437 b.c.e. Water depicts emotion here and the pair who survived would be the 2 poles. The event was noted and put into all the countable mythologies amongst them The Bible with Noah being the rescuer of mankind and stock.

2nd Sun Age was between 16230 - 12220 b.c.e. It lasted for 4010 years. It was the time of the Water snake. At the end, humans changed into monkeys and only a pair survived.

These symbols are only slightly different from those of the first era. Monkeys represent Freedom, Knowledge and Consciousness. It was the era of golden civilizations, peaceful existence and perfect understanding of the Unity.

3rd Sun Age was between 12220 - 8139 b.c.e. It lasted for 4081 years. Fire finished it. It was the era of the pyramid consciousness, the understanding of the fingerprints of the Gods during the time of the Sun – Lion between 10957 - 8797 b.c.e when the Fireball was worshipped in every form.

4th Sun Age was between 8139 - 3113 b.c.e. It lasted for 5026 years. This was the time of fire and blood. Everybody perished.

It was the time when disastrous power struggles started. Knowledge was abused and secret societies were formed to keep the Haya Sophia, the Great Work intact by hiding it from the rest of mankind. As a result earthlings' connection to the macrocosm started to dilute. By the solar wind, Venus was turned upside down and became visible as the Morning and Evening Star to guide earthlings on their path. She is also the symbol of the occult, the hidden knowledge of the universe.

5th Sun Age is between 3113 b.c.e - 2012 c.e. It lasted for 5125 years. It is the time of the Sun and Fire. The planet moves and everybody perishes.

We have definitely arrived at the lowest point of our earthly existence and we took the planet with us. We turned away from spirituality and The Knowledge. We let consumerism take away our lives. We worship the dollar as the ultimate God and sacrifice ourselves and each other on the altar. Looking for redemption we join religious groups or bodies. We do everything to avoid responsibility for our existence, deeds and thoughts. Some clearing out has to be done.

2. The Precession of the Equinox

Earth spins anticlockwise around its axis that is tilted by 23.52 degrees. The tilt derives from the pulling power of its moon that makes the axis of the planet perpendicular to the equator of the Moon. A whole spin takes one earth day. Also anticlockwise, Earth travels around the Sun. It orbits the "master" on an ellipsis. On this ecliptic - equally 30° from each other, although not at the same height - are the 12 star formations of the zodiac that we use with great fondness to tell us a kind word about the future when life gets a bit rough around. During its orbit, Earth pays a visit to each star formation and spends equal time in their court.

This time comes to more or less a month. The whole circle takes a bit less than a year. It means that after each yearly circle our planet travels a bit further than the starting point. Over about 2160 years these bits add up to 30° degrees on the ecliptic, meaning that in every 2.160 years Earth slips back one constellation on the orbit therefore the Sun rises in the court of a different constellation when the Spring Equinox appears. Naturally, the connection between our planet and the Sun is changing accordingly. The key date is Spring Equinox. The constellation where the Sun rises - on the end of March or early April full moon at the time of the Spring Equinox, would bear a significant effect on the lives of Earthlings therefore we call it the ruling constellation. Since the calendar does not follow the movement of the Sun and Moon, the Spring Equinox is permanently set on the 21st of March. However Earth has been slowing down for quite a while due to its weight gain from the residue, therefore the shortened ecliptic is not in alignment with the Animal zodiac any longer. Simultaneously, by arriving back to the 22 star formations zodiac the planet closed a cycle and opened a new one; while the ruling planets of the old one continue adding to the energy field of Earth. Below there are the milestones of the Precession cycle. I added the ruling planet and the ruling star formations of the new zodiac to the present one.

b.c.e. 23917 – b.c.e. 21757

Ruling planet: Uranus

Effects from the 22 star formations:

Aquila, Delphinus and Cygnus

b.c.e. 21757 – b.c.e. 19597

Ruling planet: Saturn

Effects from the 22 star formations:

Draco, Serpent, Lyra and Aquila

b.c.e. 19597 – b.c.e. 17437

Ruling planet: Jupiter

Effect from the 22 star formations:

Centaurus, Ophiucus, Draco

b.c.e. 17437 – b.c.e. 15277

Ruling planet: Pluto

Effect from the 22 star formations:

Boötes, Corona Borealis, Serpens, Centaurus

b.c.e. 15277 – b.c.e. 13117

Ruling planet: Venus

Effect from the 22 star formations:

Andromeda, Eridanus, Perseus

b.c.e. 13117 – b.c.e. 10957

Ruling planet: Mercury

Effect from the 22 star formations:

Ursa Major, Crater, Argo Navis

b.c.e. 10957 – b.c.e. 8797

Ruling planet: Moon

Effect from the 22 star formations:

Orion, Canis Major - Minor, Argo Navis

b.c.e. 8797 – b.c.e. 6637

Ruling planet: Sun

Effect from the 22 star formations:

Canis Major - Minor, Draco, Ursa Major, Hydra

b.c.e. 6637 – b.c.e. 4477

Ruling planet: Mercury

Effect from the 22 star formations:

Perseus, Orion, Auriga

A quantum leap of the Solar System in b.c.e. 3113 shifted Earth under the watchful eyes of the 12 star formations zodiac.

b.c.e. 4477 – b.c.e. 2317

Ruling planet: Venus

Effect of the 12 star formations:

Taurus

b.c.e. 2317 – b.c.e. 157

Ruling planet: Mars

Effect from the 12 star formations:

Aries

b.c.e. 157 - C.E. 2003

Ruling planet: Neptune

Effect from the 12 star formations:

Pisces

C.E. 2003 16th of February

Ruling planet: Uranus

Effects from the 22 star formations:

Cygnus, Eridanus, Pegasus

We have stepped into the last cycle, the Age of Uranus, on the 16th of February 2003 c.e. However the effect of the shift arrived about 80 years before and brought us delightful fresh energy of change that unfortunately earthlings were not equipped to handle. Fear took over and powerful organizations used their material wealth to crush the evolution of humanity and the planet. As the result, we have been having wars ever since and the brainwashing power of media started to project a global consciousness with slogans we say but never fulfil. The male energy became stronger and it shifted Earth into a deadly one pole state. With the great effort from the macrocosm, with the Galactic Quantum Leap on the 28th of December 2012, the second pole was established in March 2017 and making its way down to Earth. **The shift placed Earth under the jurisdiction of the 22 star formations zodiac yet again.**

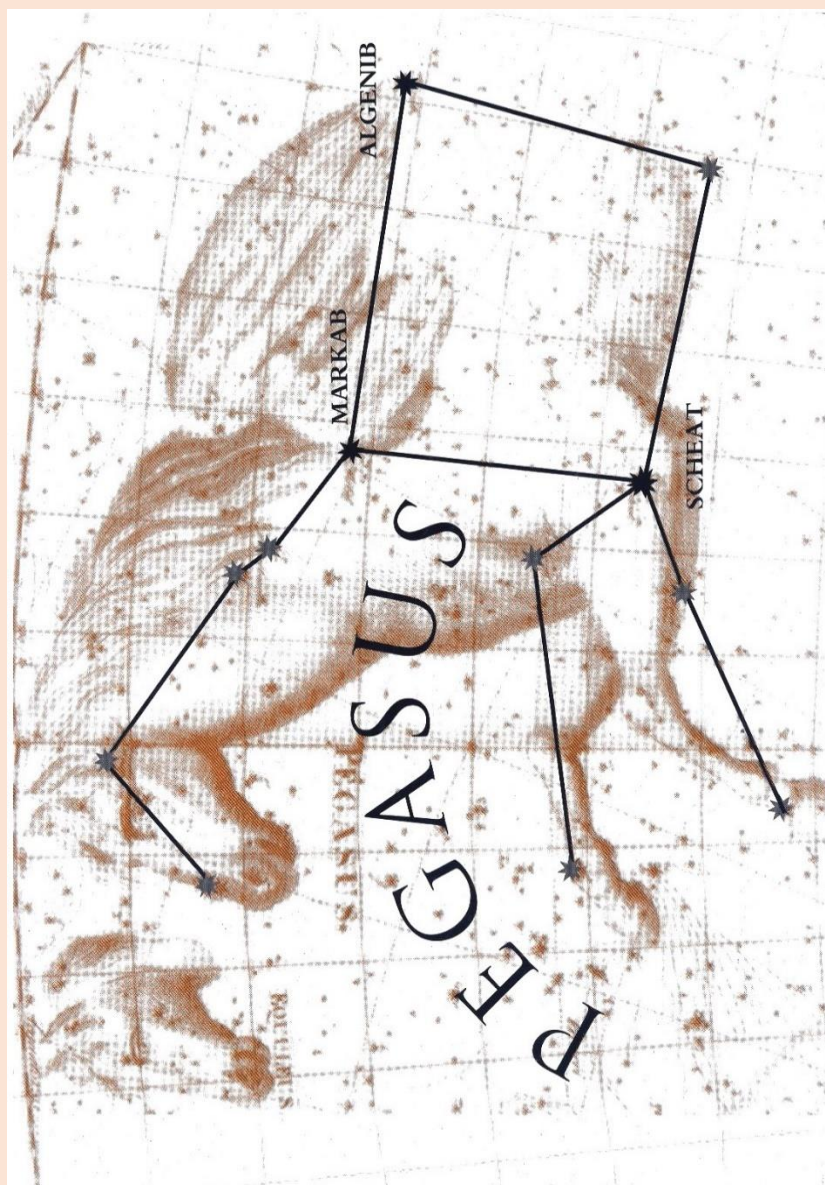
3. The 22 Stars Formations Zodiac

At the beginning of the cycle of humanity, this zodiac was addressed when influences and the future were concerned. As the Solar system where Earth resides moved up on the evolutionary ladder, the 22 constellations zodiac appeared again. It is very logical. We have arrived at a place and time when the make it or break it are real, and earthlings still have the chance of breaking out of the 1 pole system.

Astrologers understand that something is not right with the current horoscope structure.

However, earthlings do not like drastic changes therefore they decided to introduce Ophiucus to the animal signs as a token of appreciation.

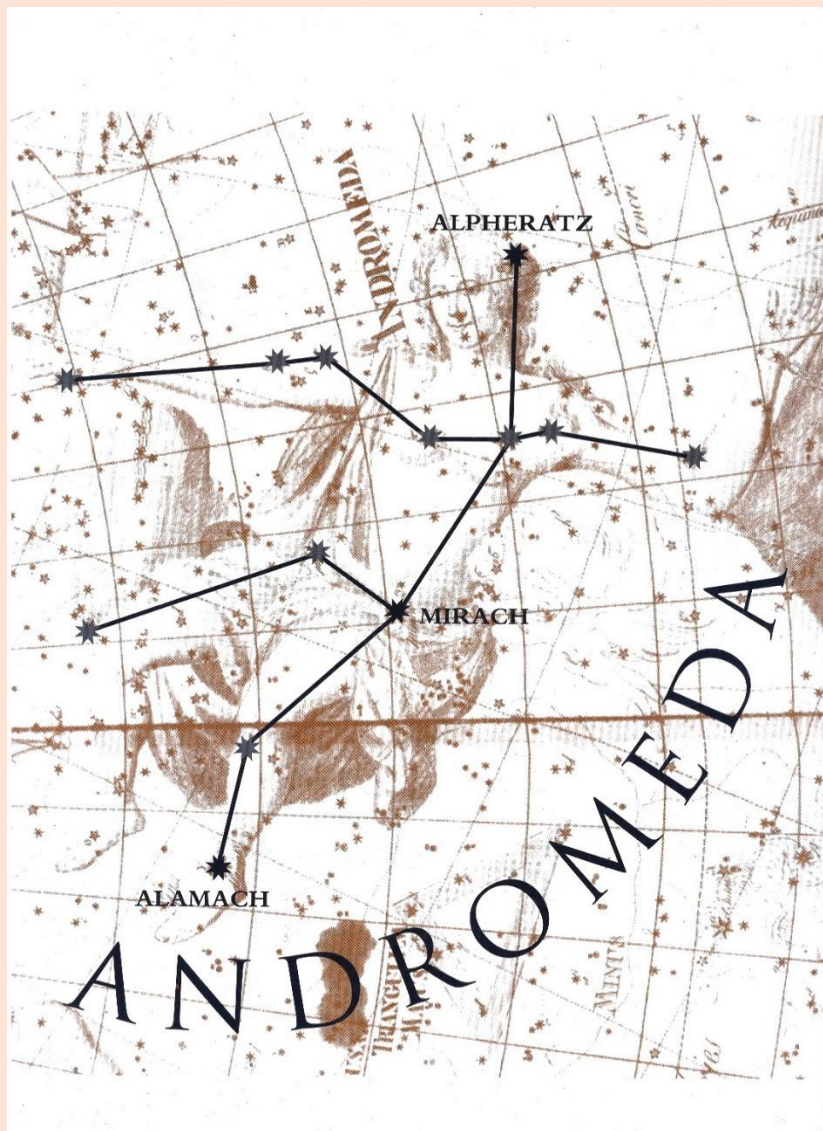
The number 22—just like the 12—carries an important meaning. Out of these we only mention the connection with the tarot's Major Arcanum for they play an essential role in modern fortune telling. Each star formation corresponds with a card in the Major Arcanum. The effects put a signature on the person's behaviour that happened to be born under their influence.



PEGASUS

The golden-haired, white-winged horse of the godly forces appears on the sky of the Northern hemisphere in the Eastern August sky and disappears in the West in January. In October it shines just above our head. Pegasus is very easy to find in the sky by the great square made up of the constellation's main stars. The saddle of the winged horse is the bluish-white Markab. The front of the animal is the enormous red star Scheat and the wing is Algenib. In ancient

Babylon, people looked to this constellation with respect. They believed that it was the leader and helper of the blessed dead. In the New Age, researches proved that souls, leaving the planet, stop there during their cosmic journey.



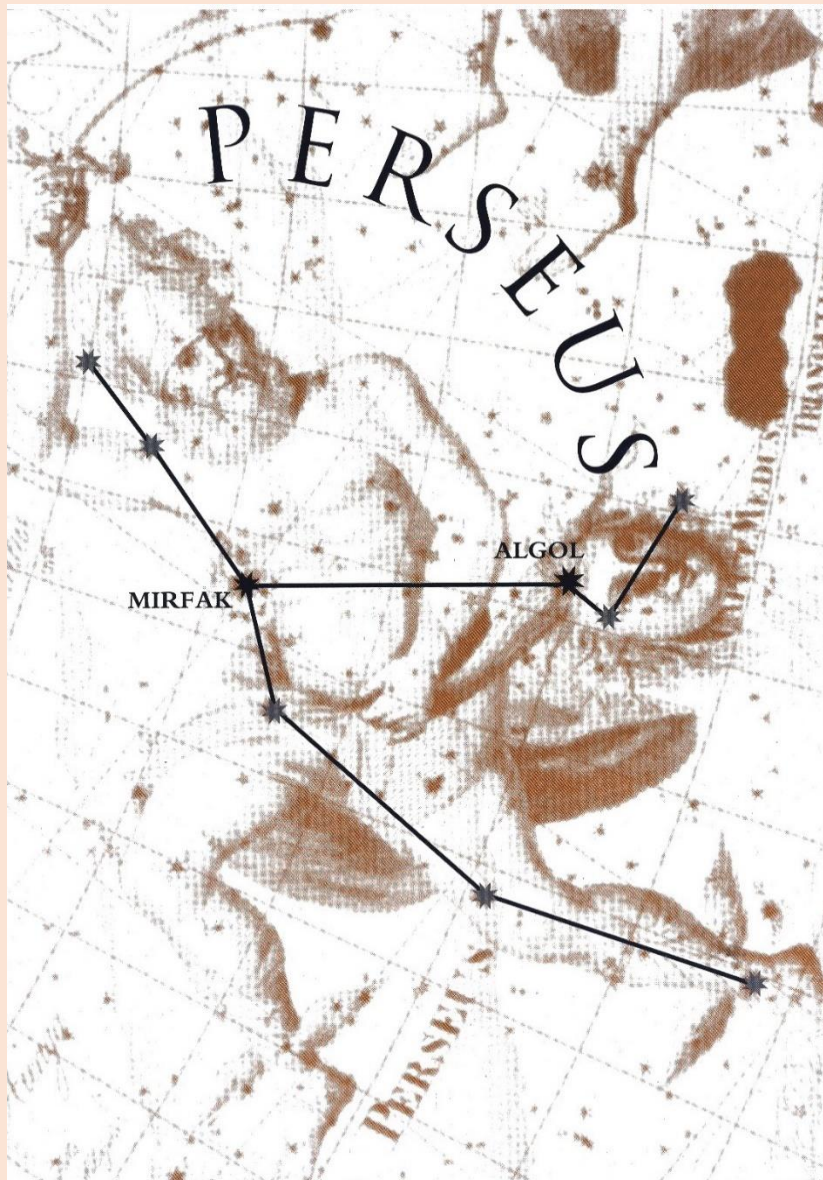
ANDROMEDA

She is the beautiful cosmic princess who is captured and chained by the Sea Monster. In her solitude, she waits for the great and courageous Perseus to free her. Andromeda appears in the Northern sky in autumn and winter. When looking for the constellation find the W shaped and bright Cassiopeia first. She is near the North Pole, and to the South of the queen lays her daughter, Andromeda. Under these two magnificent constellations is what the ancient Babylonians called the Sea. There is the Pisces constellation and Cetus, the Sea Monster who is waiting for the right moment to take the beautiful princess Andromeda, forever.



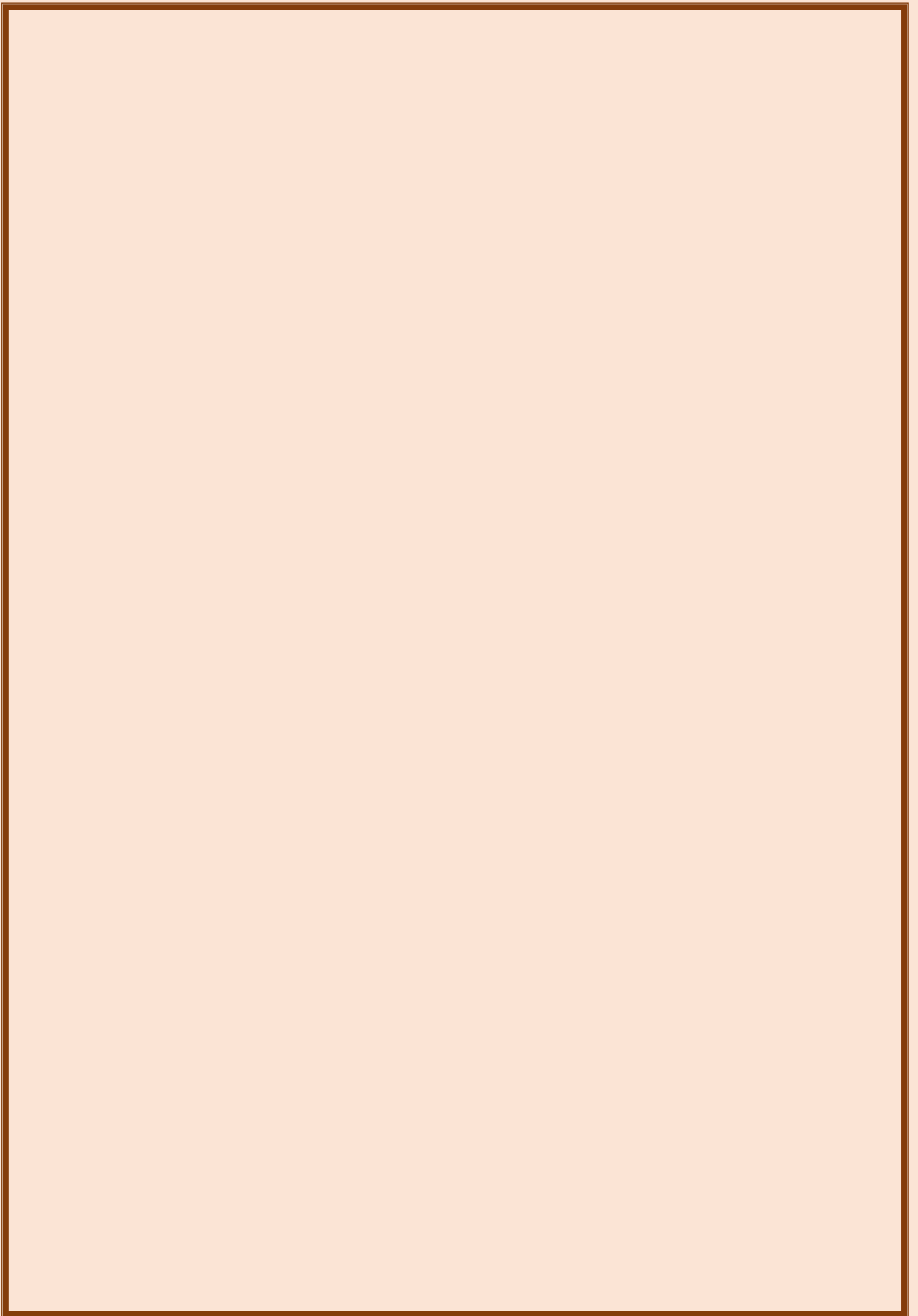
ERIDANUS, THE RIVER OF THE NIGHT

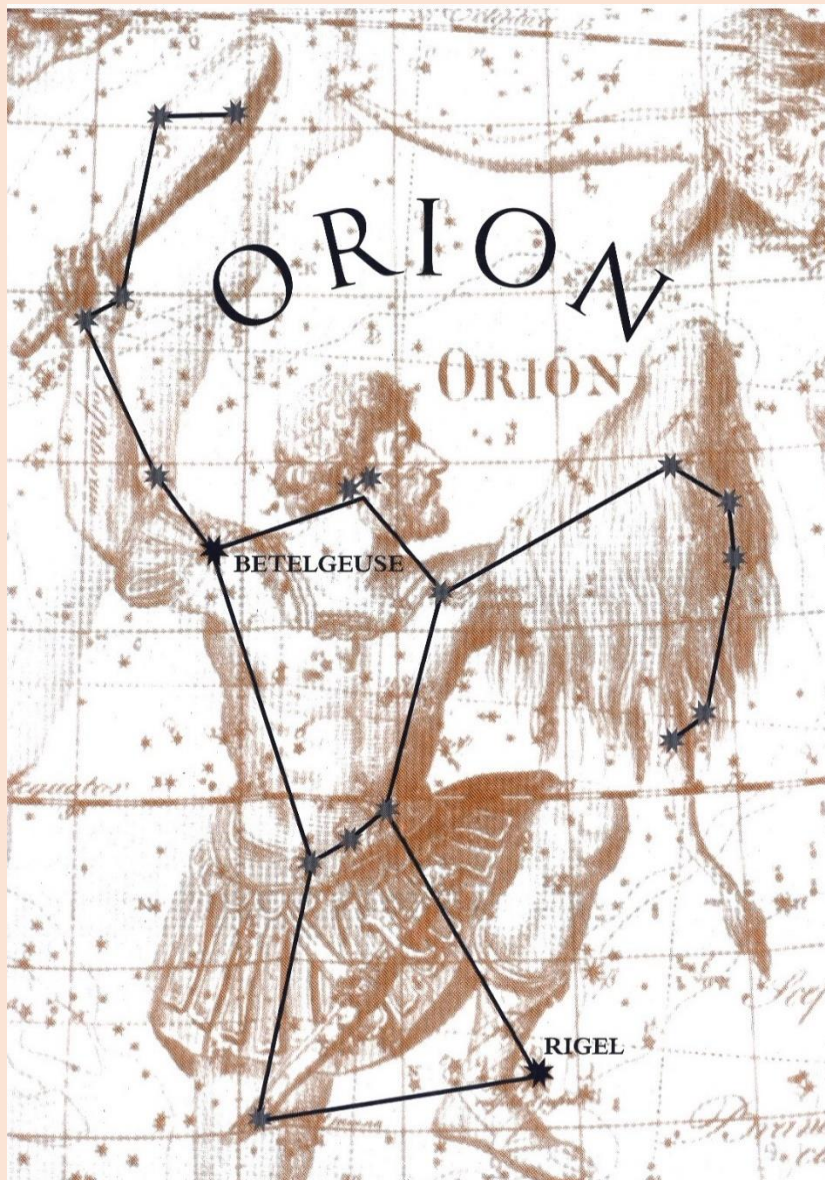
Babylonian astrologers named this constellation The River of The Night. It is one of the longest star formations in the sky, stretching over never-ending space. The river starts up at the Orion and flows down to the Southern Pole, giving earthlings the real comfort and feeling of immortality. Achernar is the last and brightest star of the constellation. It is only occasionally visible from the Southern hemisphere. It was the reason why Babylonians considered Acamar as the last link to the heavenly river. The easiest way to find the star formation is with the help of Orion. Look at the hunter's legs and to the West, you will see this flowing star formation.



PERSEUS

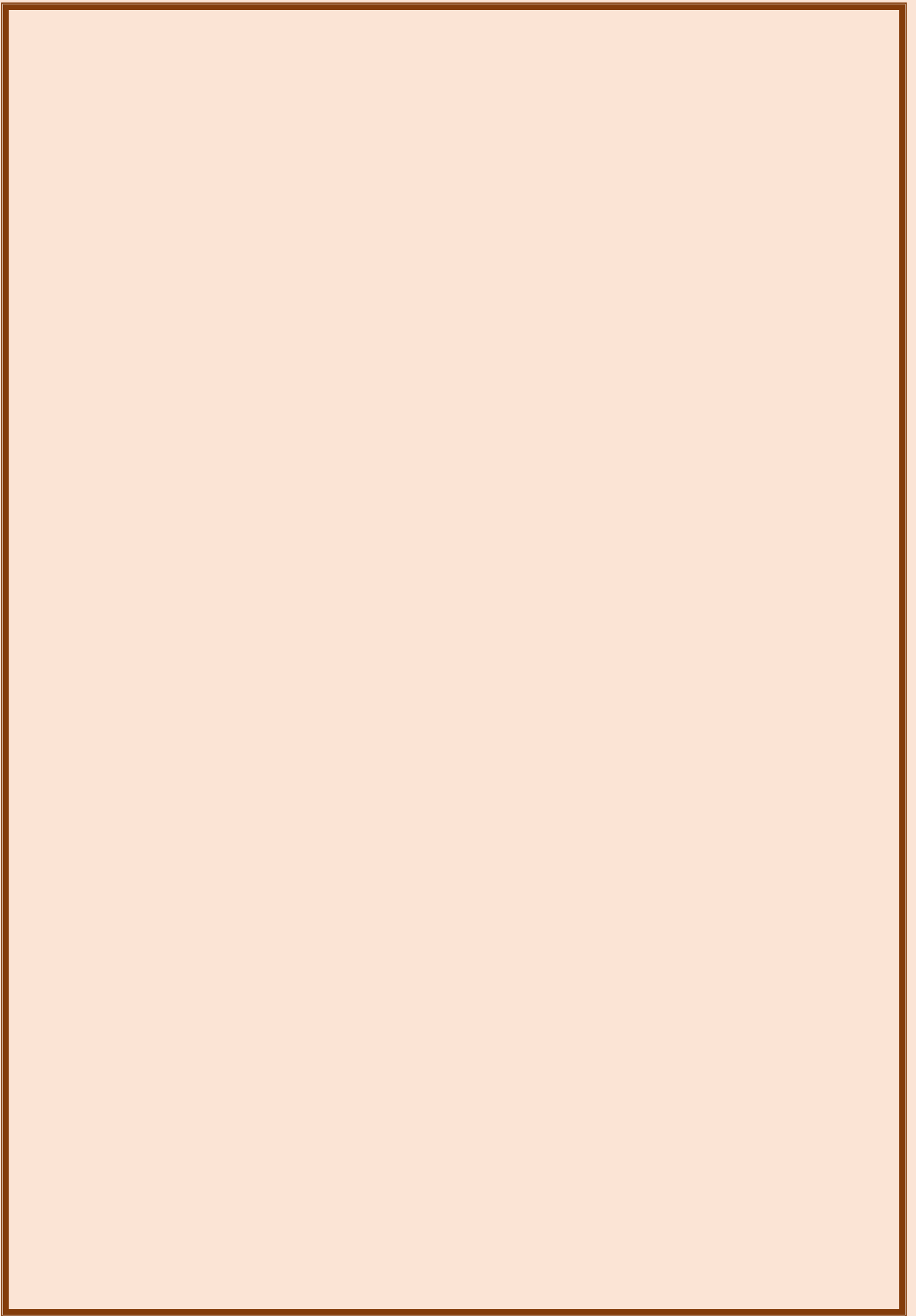
The stars of Perseus are found near the North Pole just beside the W-shaped Cassiopeia. The hero with the bright armours is getting ready to free his love, Andromeda. In the sky the arrival of Perseus is announced by the scintillating falling-star flood we usually refer to as the Perseides. Perseus is fully seen in December when it is the highest and the brightest star formation in the Northern hemisphere. From November he watches earthlings on the Southern.

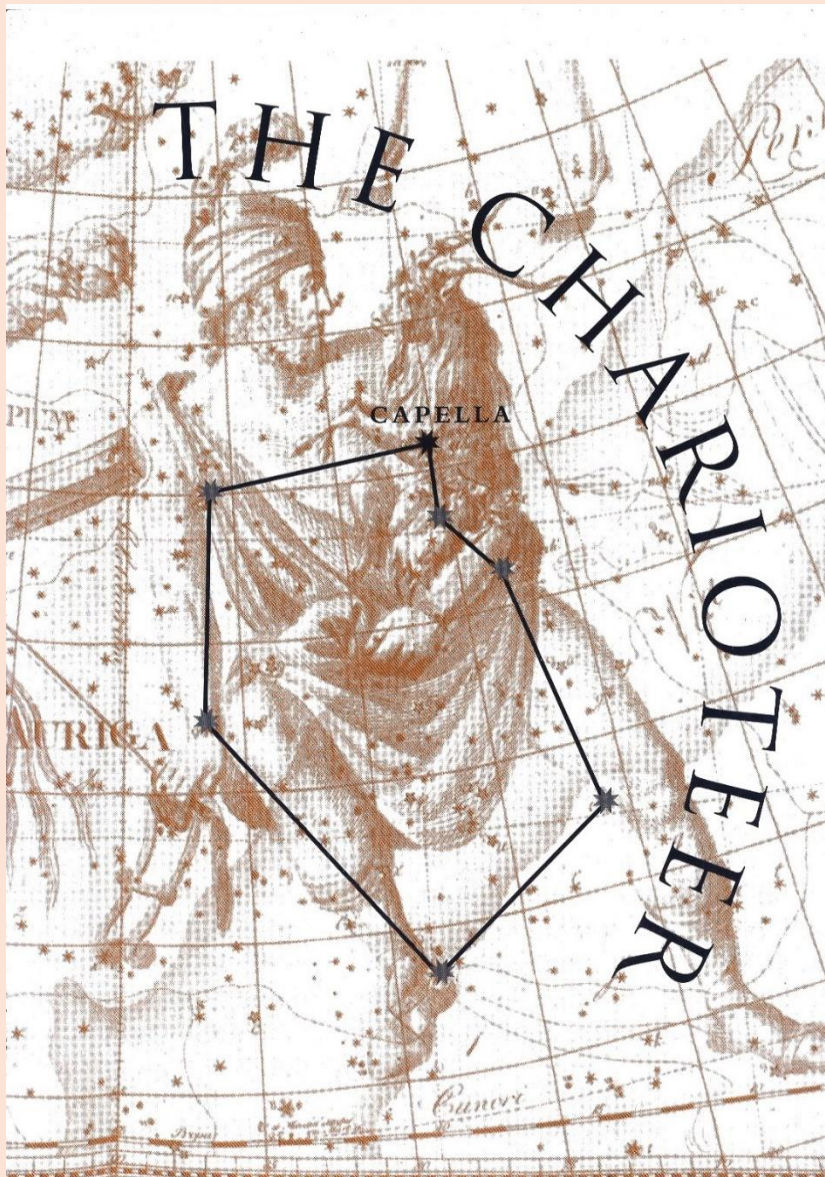




ORION

The Great Hunter is the most important star formation, not only in our galaxy but in the universe. Apart from the Plough, that is the part of the Great Bear, Orion is the easiest to spot in the sky. It is a very bright and grandiose constellation. It appears in the Northern hemisphere in October from the Southeast and leaves us in March on the Southwest. As he slides through the sky with the Dogs at his feet, he proves time and time again, that he was announced to be the handsomest and the best built man of all times, for obvious reasons.





AURIGA

This great fighter, on his amazing chariot, appears to the North of Orion. Capella, the Goat Star is the brightest of Auriga's star. It is also the nearest to the North Pole. Capella is the sixth brightest star in the sky.

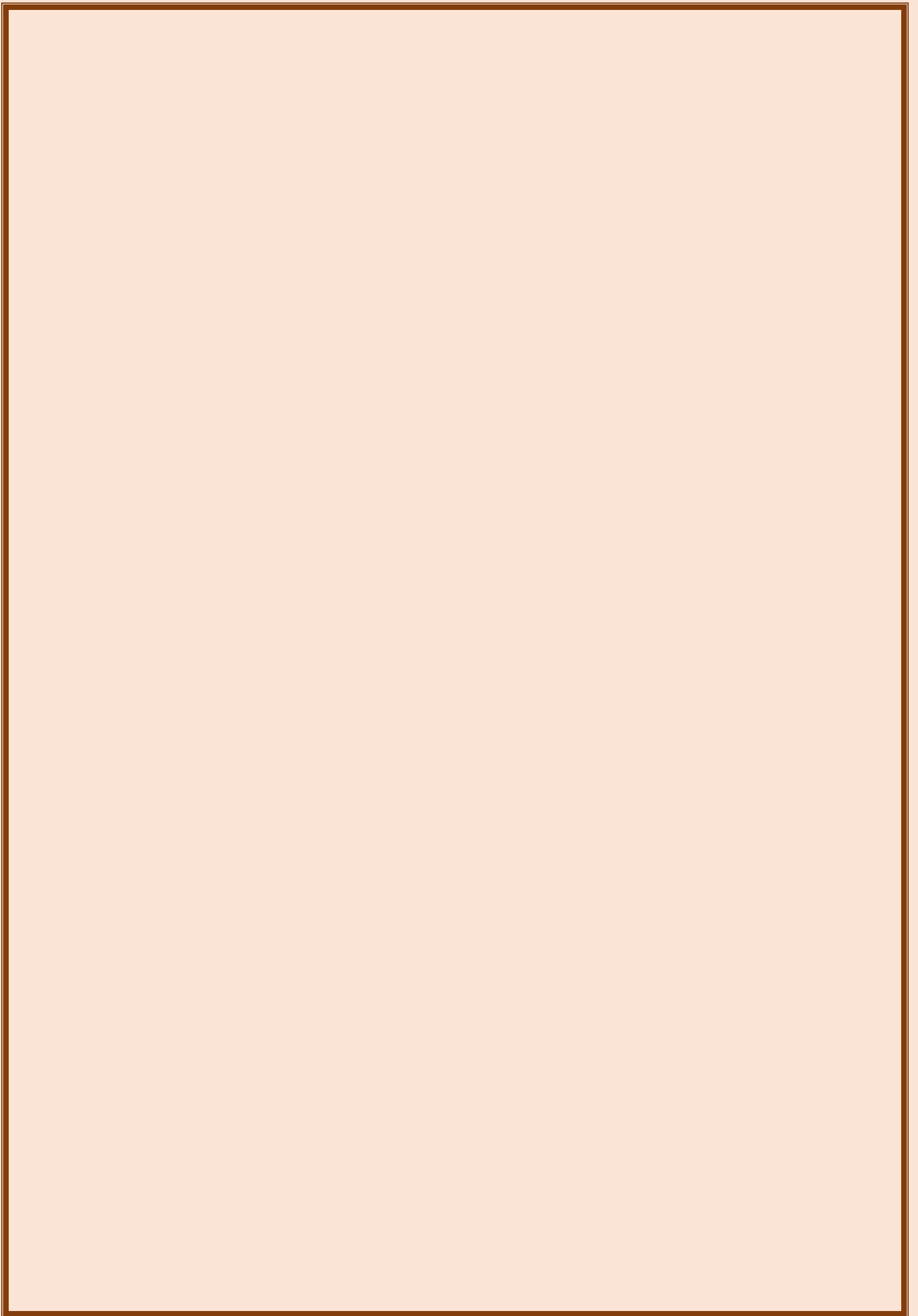
Capella was the star that guarded the dreams and lives of the ancient Babylonians. The astronomers of the past believed that this star brought them wealth, honour and the ability to be great public speakers or leaders. They also thought that Capella, the star with the golden

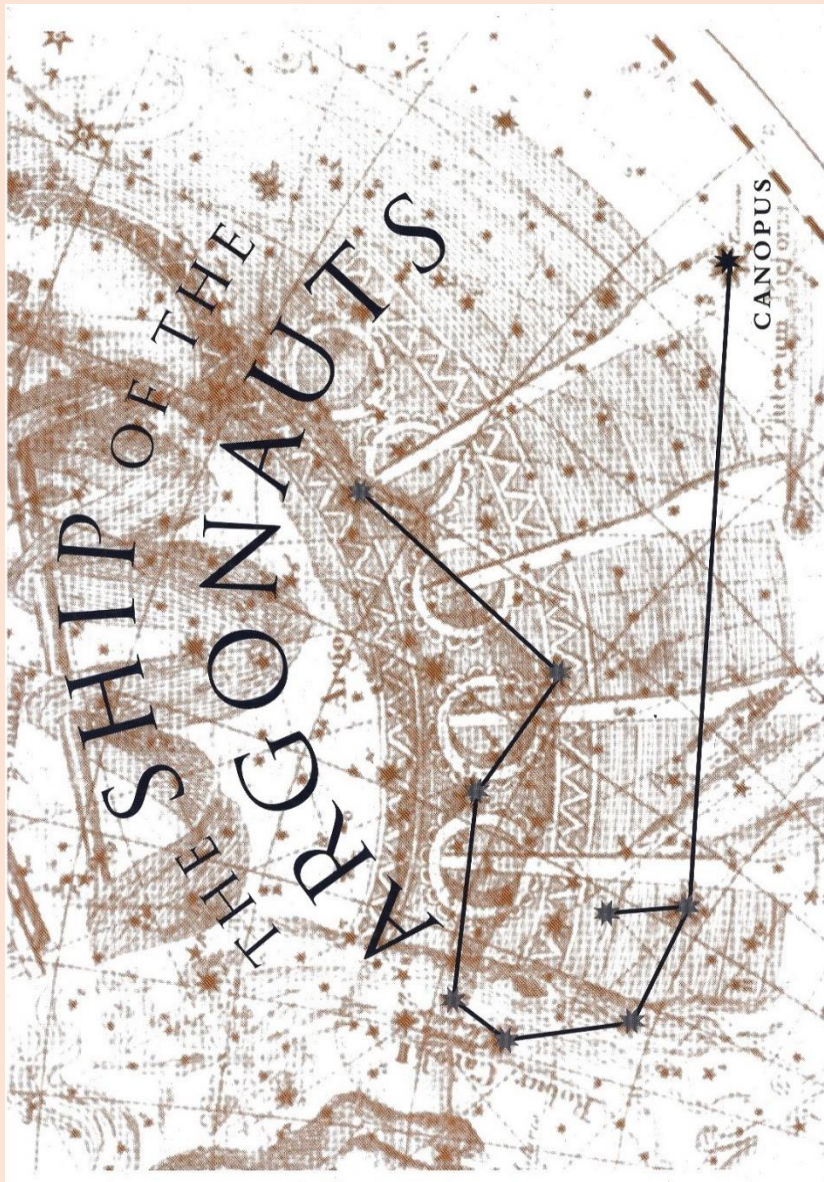
beam, awakened the thirst for discovering strange fields, and possessing strange knowledge. In India, people thought that Capella was the heart of Brahma. On the Northern hemisphere, Auriga is the highest in January.



CANIS MAJOR and CANIS MINOR

Once again I need to talk about the magnificent Orion mostly because it is a prominent star formation, it is easy to find, and even easier to relate other star formations to it. At the feet of the great hunter shines the Dog Star, Sirius. It is by far the brightest spot in the sky. Sirius is the part of Canis Major. A bit higher up from the mentioned star formation, you see Procyon, a member of Canis Minor. On the Northern hemisphere, the winter sky is the host for these beautiful star formations.



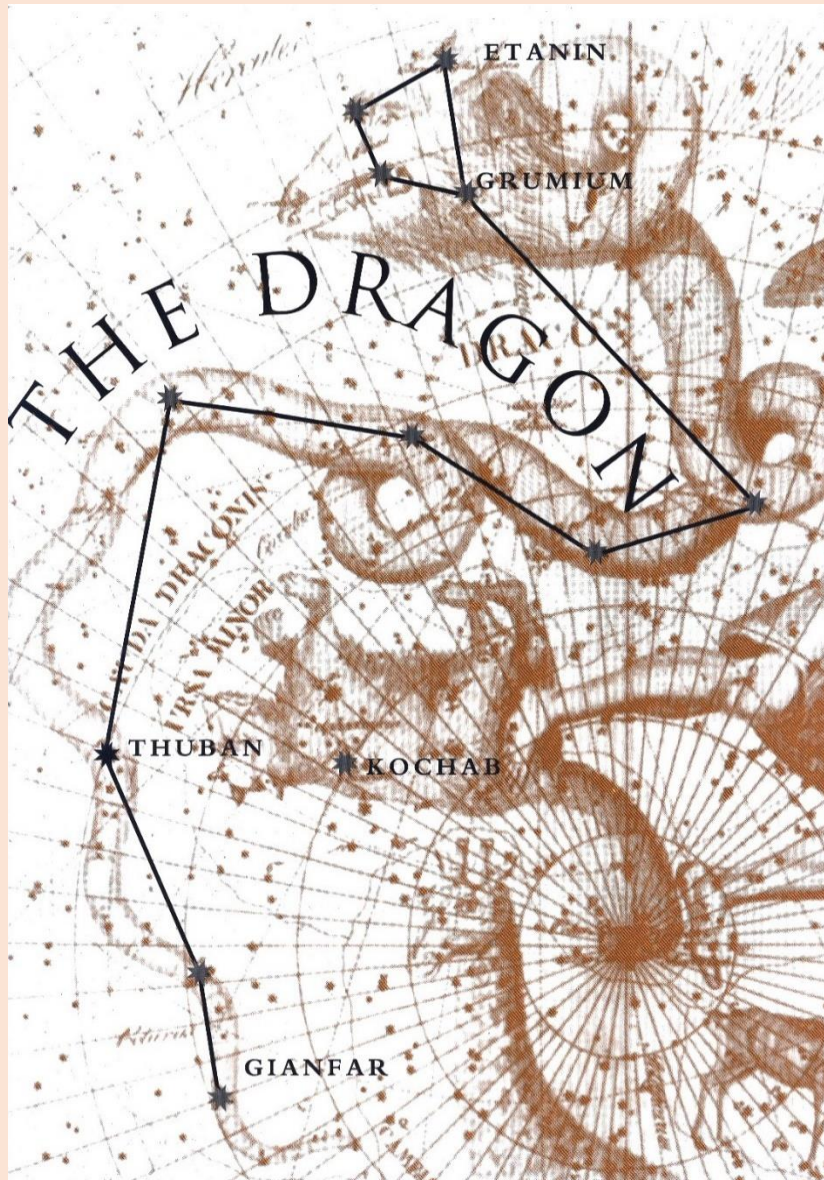


ARGO NAVIS

This constellation is far bigger than any other one in the sky. The floating ark was used by a bunch of people to accompany Jason on his trip to find the Golden Fleece. These people were named Argonauts after the Argo Navis they travelled on. The ship follows the path of the Milky Way.

The water vehicle has three parts: Carina, Sail and Puppis. Carina is the bottom of the ark. Its brightest star is Canopus. People of the desert believed that all of the precious stones came

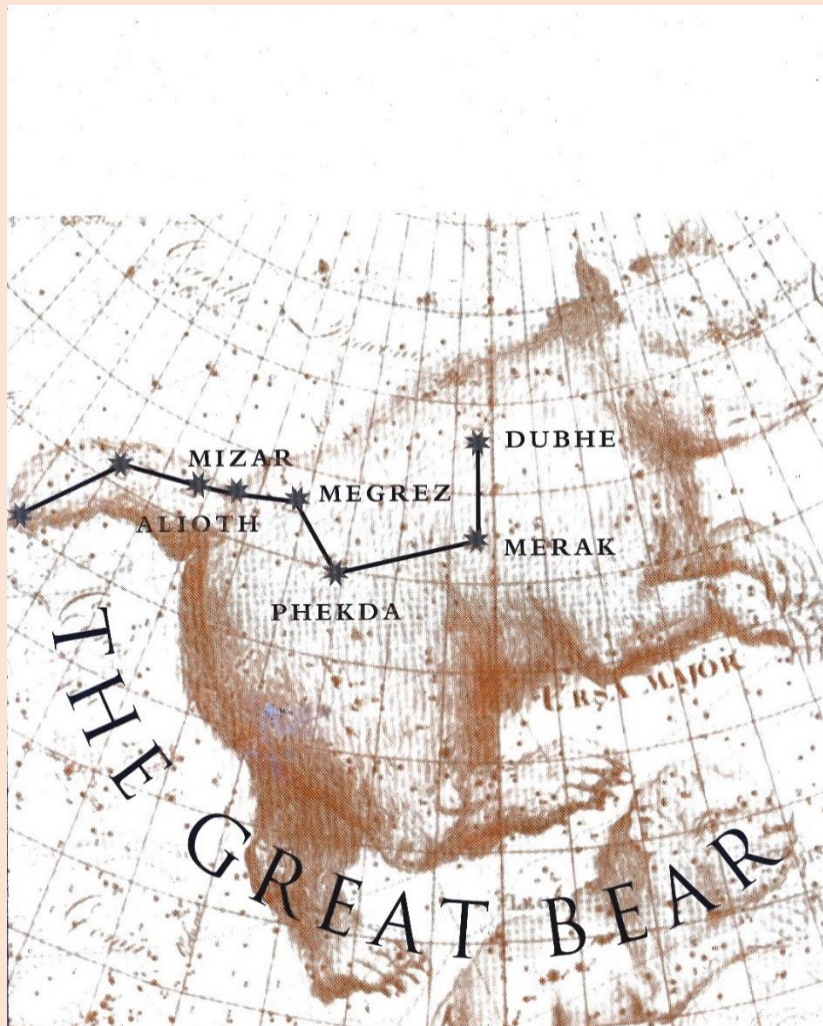
from there. This star appears in the Northern hemisphere around February. The star carries the name of a Greek captain who conquered Troy. Travellers of the Arabian Deserts also respected Carina. They named the star Suhail. The word is still in use as an expression for shining objects while amongst the People of the Sahara Carina became the adjective for pretty people. The constellation takes over the Southern hemisphere from January till May.



DRACO

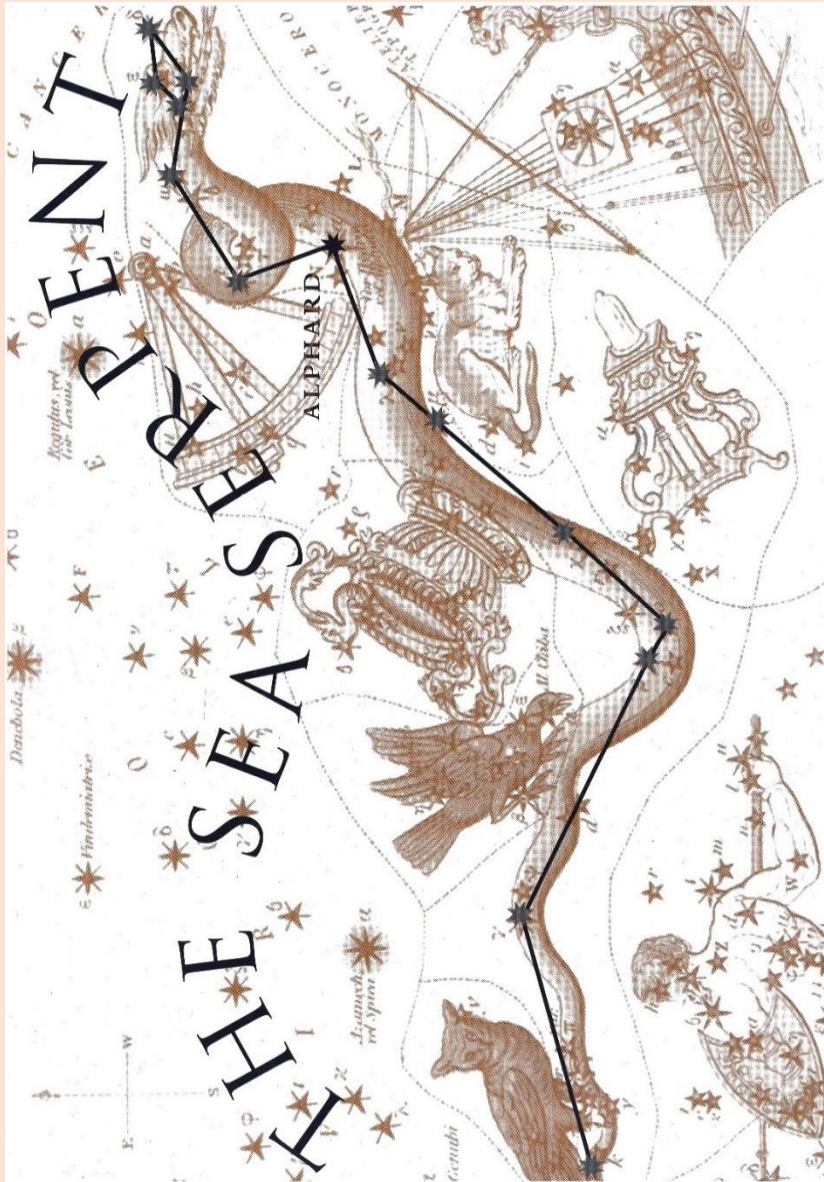
The **Draco** star formation is the faithful keeper of the North Pole. It is to be found between Ursa Major, The Great Bear and Cygnus, the Swan. The dragon twists and turns around Ursa Minor. Its most important star is Gianfar which represents the tail of the dragon. The other prominent star is Kochab that is known to be a part of Ursa Minor now. However, 3,000 years back it was the wing of the dragon. Grumium is the chin of the exotic animal while Etanin makes its ear. The Draco, like many other star formations, played an important role in ancient

Babylon. However, the Chinese astronomers put it on a well-deserved pedestal. The Draco is still the guest of honour on the Chinese New Year, as well as other national celebrations.



URSA MAJOR

This constellation is the best known and the easiest to find. Look for the Plough, the Ladle or the Saucepan as a prominent part of the star formation. The Great Bear shines on the Northern hemisphere around the Pole. The two stars, Dubhe and Merak which make the right side of the Saucepan, are pointing directly to the North Pole. The constellation is a favourite sight in the sky from Babylon, through Greece and India, reaching even the North-American deserts. The Greeks saw Callisto, the nymph of the mountainous Arkadia in the constellation.



HYDRA

This is the longest constellation in our galaxy. The Sea Serpent takes its place from Cancer to Libra, to the South from the 12 constellations zodiac. Behind it, there are the Corvus and the Crater constellations. Again, Orion directs us to the star formation. The leg of the hunter leads you to Alphard, the heart of the water snake. This star is the one that takes care of art and music, guiding all those shows interest in humanity at large. According to ancient beliefs, Alphard awakens wisdom and feelings in people. This constellation, like many others, was the

discovery of ancient Babylon. It became the role model in the frightening, female-centred society, representing the dangerous twisting and turning of the “weaker” sex. Since then, it has always been looked at as an untamed animal favouring mostly male victims.

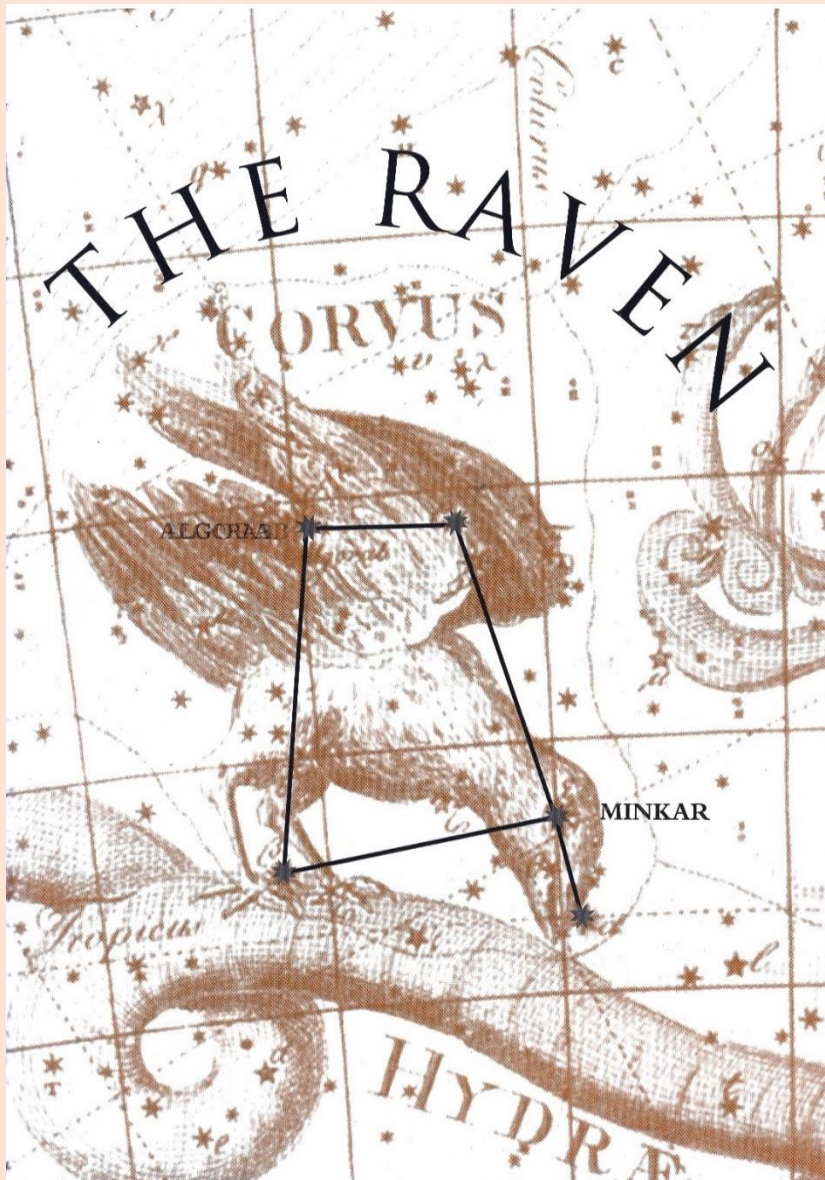
Opposite to the Babylonian mistrust, the Maya respected the snake-like God and was deeply respected.



CRATER

Crater or Cup constellation is connected to Dionysos, the Greek God of wine, enjoyment and sensuality. The untamed and young god showed mortals the brighter and better side of living. The cup became the essential belonging of Dionysos and his followers. Despite all this history and heritage, records show that Greece became a wine-producing country long after Dionysos. For many years, they called the calming and soothing liquid *dark water* which takes away the reason and wisdom of human beings. The constellation is found behind Hydra, the North of

Corvus and to the South-West of Virgo. Its main star is **Alkes** which is on the base of the cup. It is mainly spotted in the Southern hemisphere.



CORVUS

The Raven constellation travels the sky standing on the back of Hydra.

It appears a bit to the South of the heavenly equator and to the South-East of Virgo. To the West of the star formation is the Crater constellation. Its four main stars make up the body of the bird. **Minkar** is the eye of the bird and **Algorab** makes up the open wing. The Corvus is seen only in spring in the Northern hemisphere. However, one can see it all year round on the Southern.

THE BEAR KEEPER

IZAR

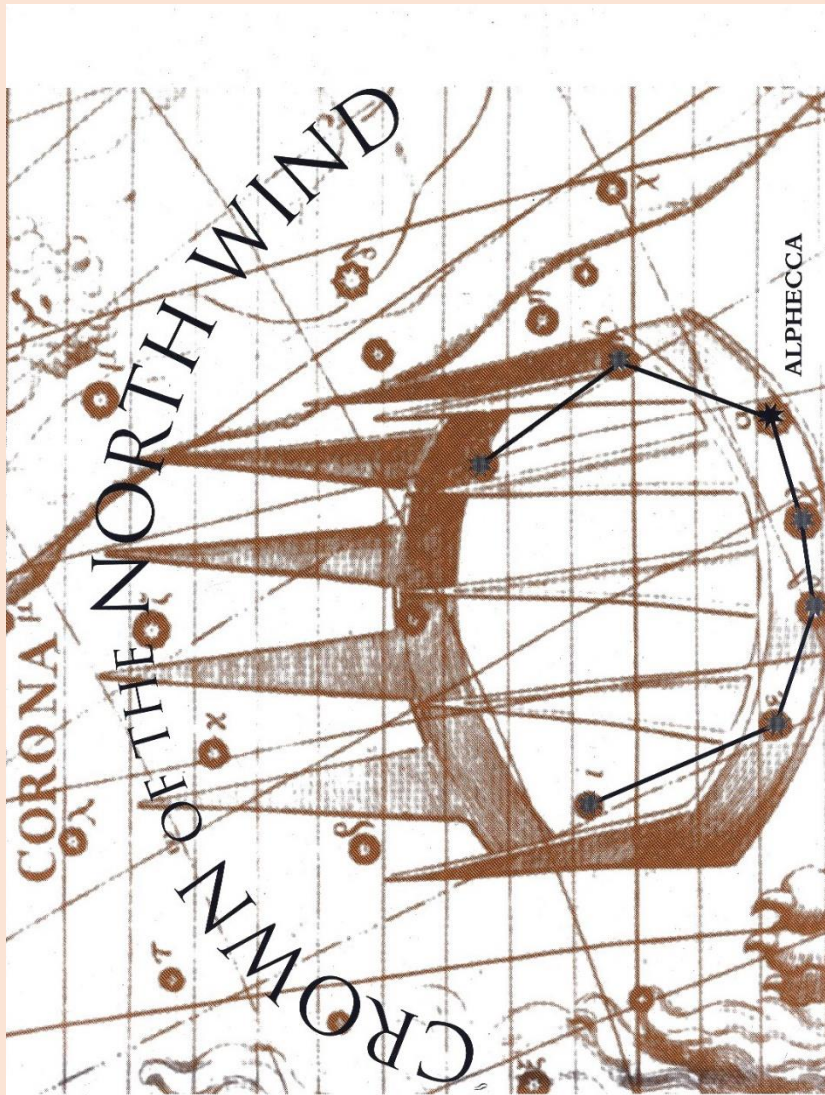
ARCTURUS

BOÖTES

The Bear Keeper lies between two well-known constellations. To the North, there is the Great Bear and to the South the Virgo. **Arcturus**, Boötes' biggest star makes up the knee of the robust gentleman. The golden-yellow beam of the star travels very far. The Boötes star formation is easy to find if you follow the tale of the Great Bear, downwards to the edge of the horizon. The Bear Keeper was the symbol of the grape harvest in ancient Rome. The sailors looked at it as the forecaster of storms and imminent danger.

Arcturus is 20 times bigger and 115 times brighter than the Sun.

It appears in June in the North sky of the Southern hemisphere.



CORONA BOREALIS

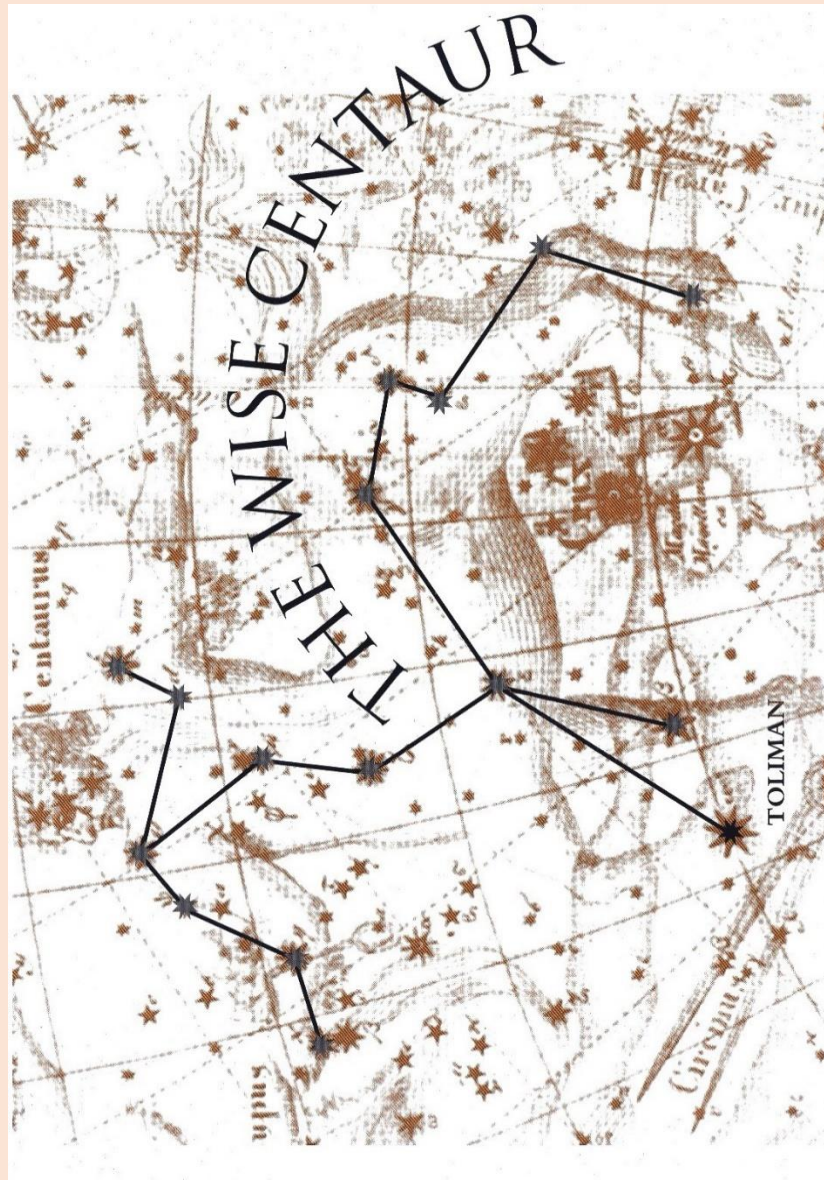
The Crown of the North, or the Crown of the Northern Wind, lies upside down behind the back of the great hero, Hercules. The main star of the small, but shining constellation is **Alphecca**, the brightest jewel on the reddish crown. According to mythology, Ariadne wore it while she was the princess of Crete. Corona Borealis is a resting place for victorious souls leaving Earth. The constellation is to the East from the Lyra's **Vega** and to the West from the Bear Keeper's **Arcturus**. The star formation is clearly visible during the summer.



SERPENT

These days the star formation is divided into two parts. One is the reptile's head and the other is the tail. The serpent is the guardian of medicine and birth. In the Northern hemisphere, it

is visible during the summer months. Ophiuchus, the Serpent Keeper looks after the constellation. The serpent's tail is to the East from Ophiucus. Going to the Southwest you see **Altair**, the shining star of Aquila constellation. The Raven flies on the Milky Way. **Unuk Elhaia**, an orange star, is the heart of the serpent. This star is to the West from the Keeper and to the East from **Arcturus**. It is mostly visible in the Southern hemisphere during the winter months.



CENTAURUS

Alpha Centauri or **Toliman** is the main star of this beautiful constellation. This star marks the leg of the Wise Centaur. **Toliman** lies nearest, only 4 light-years away from our Sun. The Centaurus is a Southern constellation therefore it is best seen in the Southern hemisphere. **Alpha Centauri** played a very important role in the lives of people who worked on the river Nile. The star was worshipped for its brightness and influencing power. It is seen to the East of Virgo and very near to the Ship of the Argonauts.

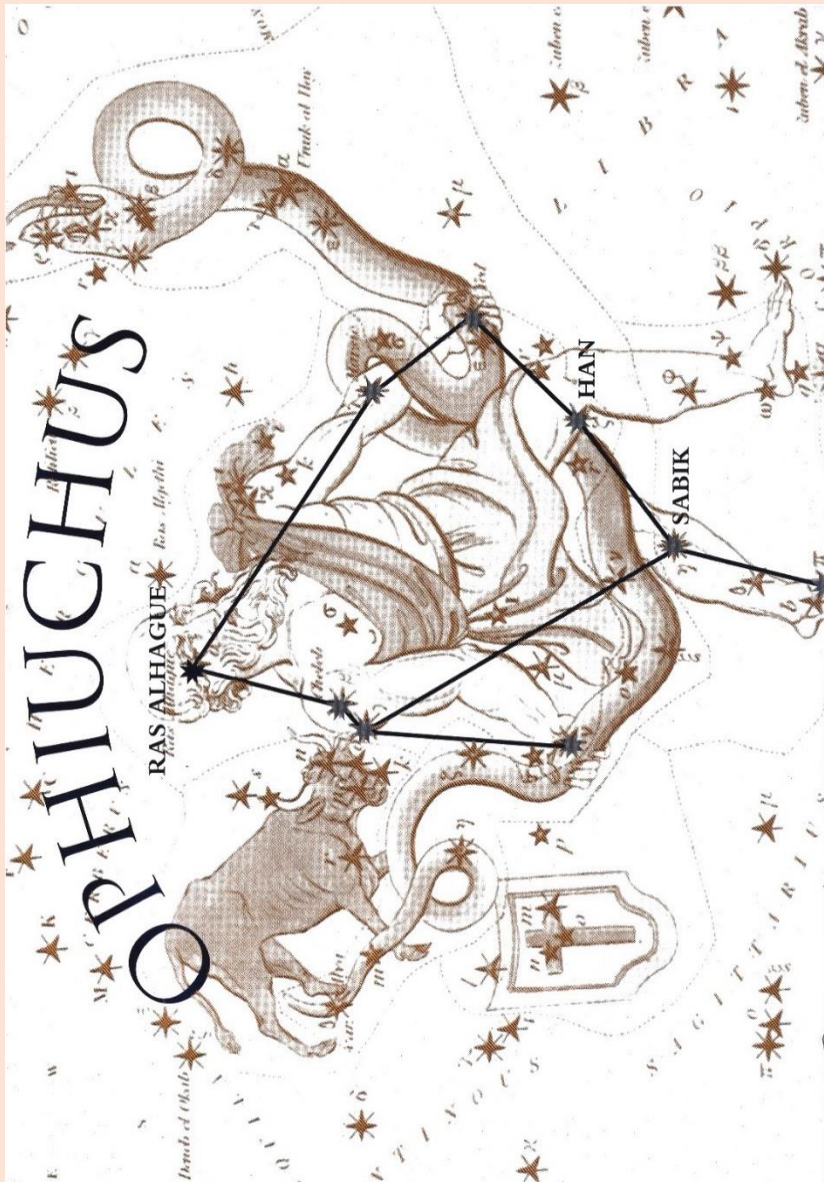
Toliman means “up to this point” and “after that”. The astronomers of ancient Babylon believed that it would bring honour, wholeness and a great number of friends.



LYRA

Vega, the amazingly bright main star of Lyra shines in pale sapphire colours in the sky. It is the fifth brightest star in the visible heavens. This musical instrument belongs to Orpheus, the God of the Underworld. He played the lyre so beautifully that he enticed all the wonderful women to come down to him and say good-bye to earthly existence. Many years ago Vega was the star of the Northern Pole. It is still quite near the pole lying at the far Western end of the Milky Way galaxy. Vega is on shows during the whole summer where together with **Deneb** of the Cygnus constellation and **Altair** of the Aquila constellation make up the summer

triangle.



OPHIUCHUS

Part of this long constellation lies between Scorpio and Sagittarius. Ophiuchus, the God of Healing, who holds in his hands the tools of medicine and rebirth, was hit by lightning and disappeared into the Underground World. Sometimes after he rose up to the sky and continued his eventful life as a constellation. This is why this star formation disappears in autumn and reappears in spring.

The easiest way to look for it is via Vega. When you spot the bright star look south on the

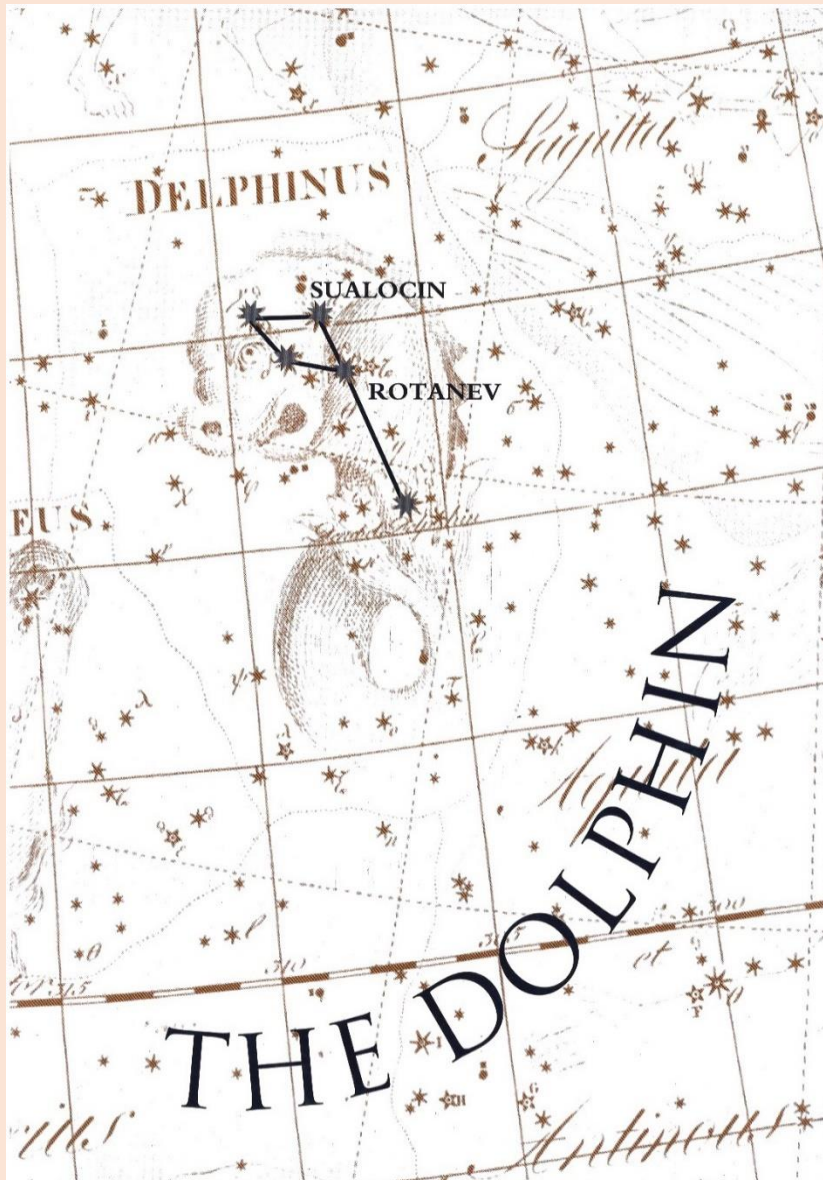
horizon and you'll find **Ras Alphague**, the head of the Serpent Keeper. Ophiucus helps to form the thinking of mankind. Astronomers in ancient Babylon gave the power of honourable courage and dedication to Sabik.



AQUILA

Aquila, the Eagle flies on the edge of the Milky Way. The bright star of the star formation **Altair** marks the throat of the bird. The same star is a part of the bright Summer Triangle with **Deneb** from Cygnus and **Vega** from Lyra. Looking for the Eagle, the symbol of Shamanism in the sky, you should spot Cygnus first. It is quite easy to find on the Milky Way, as the open wings of Cygnus the Swan, makes up a cross, the pagan symbol of mankind and earthly existence. This cross takes you to the triangle-shaped Eagle with its guarding stars

Tarazed and **Alshain**. They are on one end of the Milky Way while Vega is on the other. The Eagle is on the Western horizon from June till October.



DELPHINUS

Once upon a time, the stars of this tiny constellation were called the jewel of all-stars. The best time to see it is summer in the Northern hemisphere.

The star formation lies in the "Ocean of Heavens" as the ancient Babylonians called it. It is to the East of the mentioned Summer Triangle. The main stars of the diamond-shaped constellation are the pale yellow **Sualocin**, and the darker green **Rotanev**.

The heavenly counterpart of the friendly animal had a great effect on human beings, according

to the wise Babylonians. The Greeks believed it to be closely connected to Poseidon. The Maoris in New Zealand also respected it highly.

Which Is Yours?

Autumn **Mercury** 24th of August – 23rd of September

24th of August - 10th of September **Ursa Major**

11th - 21st of September **Crater**

22nd - 23rd of September **Argo Navis**

Autumn **Venus** 24th of September - 23rd of October

24th - 28th of September **Argo Navis**

29th of September - 11th of October **Corvus**

12th - 23rd of October **Boötes**

Pluto 24th of October - 23rd of November

24th - 26th of October **Boötes**

27th of October - 10th of November **Corona Borealis**

11th - 19th of November **Serpens**

20th - 23rd of November **Centaurus**

Jupiter 24th of November - 21st of December

24th of November - 5th of December **Centaurus**

6th - 16th of December **Ophiucus**

17th - 21st of December **Draco**

Saturn 22nd of December - 22nd of January

22nd - 23rd of December **Draco**

24th - 28th of December **Serpens**

29th of December - 13th of January **Lyra**

14th - 22nd of January **Aquila**

Uranus 23rd of January - 19th of February

23rd - 28th of January **Aquila**

29th of January - 8th of February **Delphinus**

9th - 19th of February **Cygnus**

Neptune 20th of February - 20th of March

20th - 29th of February **Cygnus**

1st - 12th of March **Eridanus**

13th - 20th of March **Pegasus**

Mars 21st of March - 18th of April

21st of March - 1st of April **Pegasus**

2nd - 9th of April **Andromeda**

10th - 18th of April **Eridanus**

Spring **Venus** 19th of April - 20th of May

19th of April - 8th of May **Andromeda**

9th of May - 15th of May **Eridanus**

16th of May - 20th of May **Perseus**

Spring **Mercury** 21st of May - 21st of June

21st of May - 31st of May **Perseus**

1st - 7th of June & 17th - 21st of June **Orion**

8th - 16th of June **Auriga**

Moon 22nd of June - 22nd of July

22nd of June - 27th of June **Orion**

28th of June - 7th of July & 18th - 22nd of July **Canis Major & Canis Minor**

8th of July - 17th of July **Argo Navis**

Sun 23rd of July - 23rd of August

23rd - 25th of July **Canis Major & Canis Minor**

26th of July - 7th of August **Draco**

8th - 15th of August **Ursa Major**

16th - 23rd of August **Hydra**

General Golden Era Horoscope Forecast for the time between Litha and Mabon

9th of July – 5th of October 2017

The full moon at the beginning of July, marks the real summer turning point where the effects of the two poles are equally considered. After a day of ecstatic dance, the Sun bows out and slowly hands over the governing responsibilities to the Moon. It is time when Fire gives into Water yet again, creating experiences and emotional lessons in preparation for future battles and learning. The two opposite governing poles, the Sun and the Moon, do not exist separately, regardless of one's view on the subject.

All the five points on the star of the yearly cycle are equally important. I am not suggesting that they are alike in strength but they follow each other in perfect order, always adding to the work of the previous one. After initial clearing, cleansing, learning and cultivation, the time has arrived for the harvest of your work. Gathered information turns into experience, promising a level up on the ladder of your evolution.

The meeting and mating of Water and Fire are very powerful, for they fight for survival. A careless step could extinguish one of them. Translating it to human behaviour: the strength you gained in the first half of the cycle is available now to be invested in the future. If it is not enough Water gains an advantage over Fire, and brings a flood of emotional trauma putting a strain on aims and living conditions.

Looking at the energies of this particular era, it is going to be very colourful in emotions. Irreversible decision makings are on the agenda. Possibilities are endless, the only thing you need to do is start walking on the chosen path. There is no turning back! Learn new skills if you must, to add to the capabilities needed. Be persistent! The reward will be enormous! By

starting to understand the human emotional structure you would get to know the Self also. There will be an answer to many of your questions.

Litha and Mabon are Celtic words, depicting the summer solstice and autumn equinox respectively. It doesn't mean that the energy cycle was invented by them; I only use them because they are well in the circulation.

Here I give you the prediction for this period according to my horoscope system.

Horoscope according to ruling planets:

Autumn Mercury

24th of August - 23rd of September

You are one of the lucky people who will receive love and affection sponsored by **Ursa Major**. Your relationships are working smoothly on every level and you feel wanted and respected. However, you seem to aim for more and it sometimes backfires. **Crater** speeds up events and reactions that sometimes you are not equipped to handle. **Argo Navis** supports the fear of failure and false worries about everyday life.

Conclusion: Life gives you a lot of pleasure. Take it gracefully and do not look for more.

Questions: What sort of changes can I allow into my life? How to dismiss my insecurity?

Autumn Venus

24th of September - 23rd of October

Argo Navis pushes you into self-assessment and to look at your life from above. By doing this you will gain a lot of self-respect and confidence. **Corvus** takes it further and teaches you to live without pretences and be proud of who you are. However, **Boötes** plants worry into your mind about the material stability of the future, and puts strain on your decision-making process.

Conclusion: Enjoy the confidence and remember the feeling when life gets rough. Remind

yourself that the chosen decision is the right one, whatever it is.

Questions: *How do I hang onto my newly-gained confidence?*

Pluto

24th of October - 23rd of November

You spend time on trivial matters during this period. It is due to your lack of courage that forces you to stay on the surface of events. **Boötes** strengthens the feeling of insecurity and cultivates worries about the material. **Corona Borealis** would force you to observe and learn. Stocktaking of life and feelings are imminent. **Serpent** lures you into a situation you are not equipped to handle due to lack of information. Finally, **Centaurus** clears the air and helps put you in a position where you only need courage to walk your desired path.

Conclusion: *Without adequate information fear sets in and poisons life. Do not let it happen. Learning is a virtue.*

Questions: *What are my aims in life? Am I ready to pursue them?*

Jupiter

24th of November - 21st of December

The power of **Centaurus** puts you into some kind of depression for no reason whatsoever. It makes you realize that your life is not on the right track even if it seems fulfilled. **Ophiucus** furthers this feeling by shutting down your emotions and makes you focus on material welfare. **Draco** takes this idea into consideration and shows you the possibilities of gain.

Conclusion: *The motion of life comes from emotions. So whatever happens you should not avoid them. We have only one life where material supports emotions and emotions make material available.*

Questions: *How do I use convert emotions into power?*

Saturn

22nd of December - 22nd of January

Draco puts emphasis on pleasure and indulging that makes time stand still for a while. Fortunately, **Serpent** arrives and wakes you up to endless possibilities for the future. Using its power combined with **Lyra** you should start making changes in your life. Demolish all unwanted loose ends and put closure on the rest. **Aquila** will bring back the pleasure once again. However, this will be a satisfactory and fulfilled state of mind.

Conclusion: Idle pleasure wastes your time and energy. There should always be something satisfactory to look at while resting.

Questions: How can I get ready for new challenges?

Uranus

23rd of January - 19th of February

You need to change aim in your life, for you seem to chase your own tails. **Aquila** makes you realize, that your cycles have no credit because you do not learn from them and feel stuck. Open your eyes with the aid from **Delphinus** and learn. Observe situations and people around. **Cygnus** helps organize your thoughts, creates new ideas and gives you the possibility to widen your horizon.

Conclusion: Make an inventory of your life. Look at the past present and future. Remember, that this exercise should not involve anybody else and your happiness in your hands.

Questions: What is out there for me? How can I arrive there?

Neptune

20th of February - 20th of March

Cygnus helps understand that your life is really on track and should enjoy daily fulfilment. Do not be shy to admit your achievements and be proud of who you are. The cautious energy from **Eridanus** convinces you to put your eggs in more than one basket. On the other hand, **Pegasus** sweeps away matters from the past and forces you to focus on the present and the future.

Conclusion: It is really important to admire the fruits of a well done job. Gain energy from it and use towards the future.

Questions: Am I happy with my existence? What is my next project?

Mars

21st of March - 18th of April

Past events hardened you and **Eridanus** makes you realize that as the result you lack emotions in your life. However, **Andromeda** pushes confidence and the feeling of security ahead, and makes you feel comfortable in new situations. Through which new power is gained by the help of **Pegasus** and you are ready for new challenges.

Conclusion: Emotions are needed for living. Gain power from them and push life ahead.

Questions: Who should I allow into my life?

Spring Venus

19th of April - 20th of May

Perseus brings you a very successful period with victories in all aspects of life, supported by others around. However the energies of **Andromeda** force you to pay more attention to your emotional welfare and channel this power towards your long term goals. **Eridanus** allows you to daydream in a comfortable manner. However, do not forget to act on them.

Conclusion: Every aspect of life is important, for they interrelate. Do not stay with one longer than necessary.

Questions: What is the next step in developing?

Spring Mercury

21st of May - 21st of June

A well-deserved rest is sponsored by the energies of **Perseus**. It is an end of an era, and definitely the beginning of a new one. Life will never be the same again. The overwhelming energies of **Orion** push new thoughts of changes into existence. Finally **Auriga** clears up situations and events and if everything goes well, it could turn out to be the most fulfilling time of your life.

Conclusion: After conscious hard work it is time for the harvest. Enjoy!

Questions: What is it I need to change in my life to fit the present situation?

Moon

22nd of June - 22nd of July

Canis Major and Canis Minor do not let you forget your usual moodiness. In the ups and downs, you find that nothing gives you satisfaction. **Orion** makes you understand that this situation is a waste of time and energy and the only way to get out of it is to look at past achievements. **Argo Navis** boosts your will-power and launches a new attack on life.

Conclusion: Being lost is the beginning of new paths. Find it!

Questions: Is there anybody with whom I would like to enjoy my life?

Sun

23rd of July - 23rd of August

Hydra makes you sensitive and puts your expectations high that results in disappointments. **Dogs** soften emotions and allow you to dream about a better future. **Draco** presents you with the thought that everything is possible, and you can actually take on any road you choose. **Ursa Major** gives you the courage and the confidence to back up the theory.

Conclusion: Do not be taken by disappointments! Learn from events and change your attitude!

Questions: Where is the road to take? How will I find it?

Energy shift around the Litha full moon

After establishing the cosmic and natural date for Litha, we must look at the energies we are facing in our lives on Earth.



Full Moon in Chichen Itza Mexico taken by the author

Raising Your Macrocosmic Consciousness

Looking at the political situation, I would say that humanity is losing it more and more, and

real desperation is setting in. On the surface financial insecurity is to blame. However, the truth and the essence of the matter are always hidden. The surface only talks to the eyes and occasionally to the ears. It only connects to the conscious and as such, to the experience we have encountered during this particular lifetime. As we established earlier, the conscious represents Earth energies that are connected to the material, while the subconscious talks to you from the emotional, the Water aspect of the matter. The more we are open emotionally – and I am definitely not talking about being empathic in any way – the more we see the generally hidden aspects of reality. Since reality, like many other expressions we use wholeheartedly, is an illusion, my theory should be looked at with an open mind, without limitations of the physical senses and boundaries of the brainwashing global consciousness. Being able to do that is the first step towards the quantum leap.

With this desperation, the moral standard suffers and turns into an authoritative behaviour pattern. Then we supposedly have the right to kill, to wipe out nations on fabricated grounds; and we have the courage to actually praise ourselves for the deed, just because they live life differently – most of the time better than we do – or believe in something different.

This violation of free speech and free will shows that our belief system is very fragile indeed. We want to force it on others because we want to strengthen our own involvement and devotion. It is a desperate weakness due to the codes involved. Since they are not based upon the interrelation of energies, they are only wildings and designed to take us away from the really important issues.

Codes are thought forms and behaviour patterns being encoded into the energy field. Against the popular belief that codes cannot be altered for they form a genetic inheritance passed down to us by our earthly ancestors, I would say that codes are part of the evolutionary cycle and they are constantly changing. The speed and the level of the change depend on many factors indeed. Since everything is energy and lives in interrelation, the code is strongly formed by the closest surrounding. It is the family first of all. We take on family values that are shown, explained or simply given to us without further ado, paying no attention to their validity or use in our lives. We don't question them for we are guided by another code that urges us to respect our fore-parents and follow their footsteps. Therefore their behaviour pattern and way of thinking would become an illusion of stronghold in permanence and security.

There is an even bigger influence interfering with our lives; it is the mass media, the global consciousness. Remembering that consciousness is related to earthly issues, so they would focus on the material rather than understanding emotions. On the other hand, because emotions are created by thought forms it would actually bring certain feelings on the surface; however, none of them would put us on the path to become an enlightened human being.

During the 5 prominent festivals of the Natural or Pagan Year, as channels open and communication established, we have the opportunity to make it or break it. They provide very different but fast energies in order to aid humanity. **Yule**, the winter solstice, calms the mind and body for plans ahead. **Oestara**, the spring equinox, brings fire and energy to put the plans into action. **Litha**, the summer solstice, is for learning from the experience and embracing emotions. **Mabon**, the autumn equinox, is the stocktaking of the work and thanksgiving to Earth, the Macrocosm and yourself. Finally, **Intaara Ton**, the New Year at the end of October or the beginning of November full moon, is the strongest to bring necessary changes into existence. It pushes us to the edge, where we either jump into the bottomless well of misery or stand up, allow the wind to guide and pay attention to individual moral standards.

These festivals are also the time to break from codes, as the individual way of thinking and analysing come into fashion. Although we are presented with more and more alternatives, this is not one of them. As the frequency of the surrounding energy elevates we have no options but get out of our cage and start looking at life from the macrocosmic point.

The first step is taking stock of the past, as we need to look back upon the years behind. Gain strength and knowledge from it to build our confidence and courage to invest in the future. Make an inventory of the present. Look at the place where you are, the direction you are facing, and establish if it has any connection to the dreams of the innocent childhood. You might need to revise or redesign the path. Do it thoroughly and with affection. Remember, you are making decisions about your own life, as an individual, a path that doesn't include anybody.

When it is done you need to set your goals. They are not the ultimate destinations; however, they are needed to put the road in motion. The real value is not in the goal but in the countless experience that meets you on the road leading there.

Meditation to Raise the Frequency of your Energy Field

The next step is the cleansing of the physical body. Do it with the following meditation: Light 2 white candles and incense. The candles need to be real candles regardless of the size. They represent fire, knowledge and the Sun. All of them are needed with meditations. Sit down on the floor with a straight back and crossed legs. Open your knees as much as you can. Your hands should be on your side or knees, comfortably. Imagine that roots are coming out of your sole and find their ways into the dark fertile soil. Take deep breaths down to the diaphragm. As you breathe in you feel the black Earth energy

coming up into your body through the roots. Don't be afraid of the dark energy. Remember, the darker the soil is the most fertile it would be. The physical body carries all the substances of the planet. Relax and breathe. When you feel that your whole body is black and Earth energy comes out on your pores, your hair and nails are filled, concentrate on your organs and wash them one by one in this healing energy.

When you finished, you imagine that the energy centre on the top of your head opens and allows in the golden light of the macrocosm. As you breathe in the golden energy pushes the earth energy into your aura with all the illnesses, sorrows, sadness and residues from your body and fills you with the light of knowledge and life force.

Send the light back to the universe with appreciation and bring your roots back. Thank Earth and the universe for the help.

House Cleansing Rituals with the Litha Full Moon

There are certain tasks you need to accomplish around the house before the full moon at this time of the year. Again, as always when rituals are concerned, you need to pay attention to your bedroom and your kitchen the most. It comes through understanding the importance of life on Earth. The real essence of existence here is connected to those two places for the only difference between souls living on Earth and elsewhere is that earthlings do have a physical body. We are in need of it, for the feeding procedure and the reproduction of the little physical bodies. The feeding generally happens in the kitchen and the reproductive exercises in the bedroom. The other rooms in the house act as bridges between the two.

First of all, you need to clean the rooms. Naturally, it would be better to clean the whole house but if you do not have the time then just concentrate on the two.

Kitchen

After cleaning your kitchen thoroughly, you need to pay attention to the cooker and the table. These are the places of cooking and offering.

Now that the main cultivating procedure is over, we get ready for the harvest, and the larder needs to be cleaned and organized. Everything old and useless should be thrown out and replaced by fresh products. Think about your eating habits and food. As a unit, you need to produce the same meals for the whole family regardless of individual preferences. Food needs to be respected and only consumed when hunger strikes. Get rid of artificial products and time filling between meals sweets and crackers. Also, beverages have to go, apart from water and some wine you use for the ritual.

The fresh food in the larder should not be looked at as calories but as carriers of certain energies you need, to keep your body attuned with the universe. From now on earthbound living is definitely not the centre of our concern. We are stepping up on the evolutionary ladder and cannot poison our temple i.e. the physical body, with heavy and slow energy products. We do not realize but the food we eat alters the way we think and the attitude we use towards life and fellow human beings. I am certain you have seen programs in TV where they compared the behaviour pattern of people eating artificial and slow energy products with those having a healthier approach to food. The latter is more peaceful, having less stress and violence. I also want to remind you that it is not a choice anymore. We are actually fighting for survival here. It is not an individual survival but the continued existence of the human race. Therefore, it is essential to involve the whole family in the procedure.

A colourful present for the kitchen is a good idea also. A lively kitchen takes pleasure from cooking and feeding your family and acts as a channel to bring in the blessing of the universe. The best present of them all is the preparation of the ritual food that is shared with the whole universe. For this event we use certain recipes you find below. Thanks should be given at the table with the understanding that we are responsible for each other's thought-forms and deeds for everything is interrelated.

All organic energies exist under the jurisdiction of a ruling planet. As my research shows earthlings tempt to favour food belonging to the same planet as they are.

Recipes for Litha Rituals

leek and potato soup

Ingredients:

500 g potatoes *mercury*

1 leek *mercury*

2 tablespoons butter *sun*

4 spoons of natural yoghurt *venus*

1 pinch of salt *moon*

1 pinch of freshly ground black pepper *mars*

4 pinch of grated nutmeg *mercury*

1 pinch of dried marjoram *sun*

3 bay leaves *mercury*

cooking instructions:

Peel and dice potatoes. Wash leek thoroughly and chop.

Melt butter in a big saucepan, throw vegetables on it, and turn over few times. Pour on 2 litres of water; add marjoram, bay leaves with salt and cook until soft. Mash in food processor add yoghurt and serve with nutmeg and black pepper to taste.

useful hints:

When you clean a leek, chop off the top leafy part. Cut a thin slice off the other end also. Slash open length wise to the middle and wash under running water opening up between the leaves.

Elzekaria

ingredients:

- 1 cup dried butter beans ***mars***
- 1 small white cabbage ***saturn***
- 1 big onion ***mars***
- 2 cloves of garlic ***mars***
- 2 thin slices of smoked bacon ***jupiter***
- 1 tablespoon corn oil ***mars***
- 1 pinch of salt ***moon***
- 1 pinch of freshly ground black pepper ***mars***
- 100 g Greek yoghurt ***venus***

cooking instructions:

Soak beans overnight in 3 cups of water.

Next morning bring beans to boil with the water. Add more water if needed. Remove from heat and let it stand for 1 hour. Drain and remove accessible skin from beans.

Slice bacon and fry on corn oil until brown in a big saucepan. Clean and chop onion, crush garlic. Add to bacon.

Clean and slice white cabbage and add to the onion mixture with the beans. Pour in 2 litres of water and cook over low heat, covered for 2 hours. Add salt and pepper and cook until soft. Add water if needed.

Serve warm with a tablespoon of yoghurt on each plate.

useful hints:

Bacon is optional.

Add salt at the given time. Beans cook faster without salt.

Sunday parsnip

ingredients:

4 parsnips *mercury*

2 tablespoon butter *sun*

2 tablespoon Dijon mustard *pluto*

1 tablespoon honey *venus*

4 tablespoon good whiskey or brandy *pluto*

1 pinch freshly ground black pepper *mars*

2 tablespoon finely chopped parsley *saturn*

cooking instructions:

Peel and chop parsnips.

Melt butter and brown parsnips on it. Add ½ cup of water and cook for 5 minutes. Add mustard, honey and whiskey and cook for further 3 minutes.

Sprinkle with pepper and garnish with parsley.

useful hints:

It is the icing on the Sunday roast.

fainting aubergine

ingredients:

2 smaller or 1 big aubergine *venus*
2 red onion *mars*
2 green pepper *saturn*
500 g tomato *sun*
4 cloves garlic *mars*
3 tablespoon olive oil *sun*
1 cup finely chopped fresh parsley *saturn*
4 cardamom *mercury*
4 cloves *venus*
½ teaspoon ground cinnamon *venus*
½ nutmeg—grated *mercury*
1 teaspoon paprika *mars*
1 pinch of coriander powder *pluto*
½ teaspoon freshly ground black pepper *mars*
2 lemons *venus*
1 cup finely chopped fresh coriander leaves *venus*
1 cup of water *moon*
1 tablespoon salt *moon*
½ teaspoon salt *moon*

for the rice:

2 cups of long grain rice *moon*

8 cups of water *moon*
1 pinch of salt *moon*
4 tablespoon butter *sun*
1 tablespoon water *moon*

for garnish:

½ cup almonds—blanched *venus*
½ cup sultana *sun*
2 tablespoon olive oil *sun*

cooking instructions:

Wash aubergines, remove ends and slash open at one. Place in deep bowl with 1 tablespoon salt to soak for at least 2 hours.

Remove from water, squeeze them out and wipe off excess water with a tea towel.

Mix cardamom, cinnamon, cloves, nutmeg, paprika, and coriander powder, black pepper and grind together. Clean and chop onion, pepper, and tomato.

Peel and chop garlic. Throw it on hot olive oil and brown.

Remove garlic pieces from oil and put aside.

Reheat oil and brown the aubergines on it. Remove from oil and put aside. Lower the heat under oil, add onion, pepper, coriander, parsley, tomatoes with a pinch of salt. Cover and cook until soft. Stir in the spice mixture and leave to cool. Line a big saucepan with half of the aubergine. Fill with the mixture and put on the other half. Sprinkle with the tablespoon water and the lemon juice. Cook over low heat for 1 hour.

Pour the 2 cups of rice into 8 cups of boiling water. Add 1 tablespoon salt and cook until outside is soft but inside is still hard. Drain.

In a separate saucepan heat 2 tablespoons butter. Scoop on 2 tablespoon rice and arrange on the bottom of the saucepan.

Spoon the rest of the rice on the top. When all the rice is in the saucepan make a hole in the middle with the handle of a wooden spoon.

Melt the other 2 tablespoon butter in a small pot, mix with 1 tablespoon water and pour into the hole you created in the middle of the rice. Cover the pan with a clean tea towel and put the lid on the top of it. Cook over low heat for 10 more minutes.

Remove from heat and leave to stand for further 10 minutes still covered.

While the rice is cooking, heat 2 tablespoon olive oil in a small pan. Fry almond on it for 5 minutes. One minute before being ready add sultanas and fry together.

Place aubergines on a big plate carefully. Pour rice onto another and decorate with the almond and sultana mixture.

You may offer pitta bread—***mars*** with it.

useful hints:

Always soak aubergine in plentiful of cold, salted water to absorb the salt. Wipe aubergine dry before frying to make it crispier.

I like to use small aubergines.

The cinnamon, cloves, nutmeg, paprika, coriander, cardamom and black pepper make up the most popular spice mixture called baharat. Advisable grinding a bigger portion and keep in a tightly closed jar.

melon bowl

ingredients:

2 potatoes cooked in skin ***mercury***

1 small melon ***venus***

1 tablespoon sherry ***moon***

1 tablespoon honey ***venus***

1 tablespoon finely chopped fresh dill ***jupiter***

100 g single cream ***mercury***

12 strawberries ***venus***

1 pinch of salt ***moon***

1 pinch of freshly ground black pepper ***mars***

2 stems fresh dill ***jupiter***

cooking instructions:

Peel cooked potato and dice.

Halve melon, remove seeds, slice, peel and dice. Put into food processor with the honey,

chopped dill, single cream, sherry, salt, pepper and mash. Spoon diced potato into a glass bowl. Pour on mash and cool.

Serve decorated with strawberries and dill leaves.

useful hints:

The sherry you preserved you ginger in comes very useful with this dish. Gives a bite to the blend.

Bedrooms

Apart from reproduction, bedrooms serve as a place for resting and subconscious channelling. Here I would like to remind you that electronic equipment such as television, video player, computer and others are really unhealthy to keep in the bedroom. They contain a very large amount of slow energy which they spread continuously.

From our point of view channelling is the most important in the bedroom. While we sleep the astral body starts working. It goes through dimension and time zones to bring useful keys to help enhance life. It keeps you out of trouble or gives you a tip on your next move. Most of the time we do not remember of dreams due to the common belief that good

Bedrooms should have some colourful textile for this period. Air it properly, burn some incense and light a pink or purple candle.

4. Effects of Planets in the Solar System

Together with the Moon, we have 10 planets in the Haudi solar system which influence our earthly journey. Below are examples of the spiritual views related to a few of these planets.

The Sun

The beautiful and extremely dangerous fireball is the centre of the Solar system taking up 98% of the group. A turn around its axis takes 37 earthly days at the poles while due to the pulling power of the tiny Mercury it is reduced to 26 days at its Equator.

Looking at the details of the motion, the power of Mercury is clearly visible:

One circle is 360°

360° takes 37 days at the poles

During a day the Sun turns 9.729°

360° takes 26 days at the Equator

During a day the Sun turns 13.846°

$$13.846 - 9.729 = 4.1$$

The ecliptic of the Sun is shifted by 7° to its equator so is that of Mercury.

The latter needs 87.969 days to complete a turn on its axis.

360° degrees takes 87.969 days

During a day Mercury completes 4.1° on its axis.

As Mercury travels on the line of the Sun's equator it pulls the fireball by exactly 4.1° . The tearing motion results in the solar wind loops.

The plasma within the fire-wind is magnetically charged and when strengthened by Uranus has an enormous effect on Keta.

In the interrelation of energies the effect of the Moon becomes more apparent.

The task of the solar flare is to pull the karma out of Keta that has been deposited by earthlings as a result of unsolved and unfinished deeds. The mishandling of nature and its natural resources add to the karmic blockages.

From a macrocosmic point of view, every planet is an organic energy mass and as such has a soul.

There are 4 separate star gates on the Sun. They house different help centres for the spiritually aware astral travellers.

A star gateway is a space that is cut out of the cosmos by a geometrically designed form. The purpose of a stargate is to manipulate the energies within by filling it with an adequate substance, different from that of its surroundings. It is like creating an isolated microcosm with no or very little effect from the macrocosm. The shape and the filling substance always depend on the usage of the space.

In everyday life, we have many *star gates*. The place we call home is one of them. The energy within is created by the inhabitants, mirroring their thought forms, behaviour pattern, belief system, individual emotional state, health and the quality of the relationship they have within. The shape of the dwelling is also important, for walls and corners alter the flow of energy. Having separate rooms for every member of the household is great in many ways. However,

they are actually small *star gateways* within a larger one nurturing individual energies and isolating the possibility of blending. As a consequence earthlings with ample accommodation would usually be stricter, closed and unchangeable. They often value only their own opinion. Last week in Luxor Egypt I was puzzled by the houses most of them have no windows but instead let the energy of the world pour into the house through the beautifully- shaped opening.

Other star gates are the workplace, schools and community places where we change behaviour patterns according to the purpose of the setting.

I could go on and on about the subject however I only intended to explain the function of a star gate.

Mars

He is very exciting for us. In my teachings, we frequent Mars for various reasons. There are learning centres, helpdesks and above all, every soul living on Earth has a house there to use for spiritual exercises, rituals and relaxation. Everything happens around the 7 pyramids and the Sphinx. These monuments faithfully follow the interrelating data of Orion and the complex on the Giza plateau.

The functions of the 7 pyramids vary. Here are a few examples:

1. The one on the left of the belt is a central tool warehouse. It houses some of the tools we use for healing, psychic reading and meditation; for example crystals, swords, shamanic robes, and stars.
2. The middle one of the belt is an energy manipulation centre. Souls use it prior to trans-galactic travel when the astral body needs strengthening or alteration.
3. The one on the right is the pyramid we go to for relaxing and rejuvenating bath.

The other 4 are helping centres where files of the subconscious can be opened, and energy level can be harmonized. There is one for time travel and thought organization.

Sirius

This heavenly body is part of the Canis Major constellation. After the 1972 star gateway opening many souls arrived on Earth from this shining star.

Sirius has always been a curious subject. Its power and healing energies are legendary. Great Shamans and energy manipulators are in constant communication with the planet using its energies for healing.

Sirius houses the largest hospital in the galaxy where various healing methods are used to cure the physical bodies of earthlings. Only healers with great value and permission may frequent the place for it is not equipped to welcome idle visitors. The first generation Kronos lent his soul to the planet.

Early civilizations from Sumer, Babylon, Assyria and Egypt, respected Sirius and used its power for rituals and events. Phoenix the firebird is the symbol of rejuvenation and the cycle of interrelated energies represents the bright star. The African Dogon embraced the same idea and followed the cycles of Sirius faithfully.

Due to its importance unsolicited visiting is not allowed.

Moon

The influence of the Moon is constant. We do not give it much thought but the axis of Earth is tilted by 23.5° to make it perpendicular to its equator. This is due to the pulling power of the silvery planet.

As I explained earlier earthlings have a ruling planet from the Solar system as does every other organic energy like vegetation and animals. This is important because we are in the cycle of nature for our nourishment and as my research shows we subconsciously favour the food grown under the influence of the same planet.

Libraries in the Galaxy

Akasha

It is a diamond-shaped star gate near Rigel of Orion. Everything connected to earthlings is there - the birth of the planet, the plan to save Earth, the arrival of the first earthling, events throughout the 5 Sun Ages, the history of energies and their effects. Souls living on Earth would find the documentations of their origin with the previous cosmic as well as earthly lives in this star gate.

A visitor's pass can only be obtained by permission.

There are further libraries on Venus, Galluba and Xerox.

5. The Shift of the Poles



Here are the 7 major chakras of planet Earth:

Base chakra – Lalibela, today Ethiopia

Sex chakra – Nile delta

Solar Plexus – The plateau between Euphrates and Tigris, today Iraq

Heart chakra – Tereos today referred to as Atlantis

Throat chakra – Ganges delta

Forehead chakra – Bermuda triangle

Crown chakra - Carpathian basin

During the 22.250 years of the 5 Sun Ages, with the interrelation of energies, our planet that I call Keta, has changed. Like every organic energy mass, it also has seven major centres that are responsible for the same activities as those of an earthling. It means that the Base centre

is responsible for connections and ties to all the living energies on the planet; the Sex centre is responsible for reproduction, in this case healing the wounds inflicted by those living energies; the Solar plexus centre connects her to other planets in the Solar system; the Heart centre takes in emotions; the Throat centre is where responsibilities live; the Forehead centre establishes connection with the outer world; and the Crown takes in the Knowledge and fast energies from the universe.

As Earth is in the evolutionary process and going through the necessary changes, the energy centres have shifted to the place where they are now. Nevertheless, with a substantial help from us earthlings, the planet is becoming heavier and denser while hanging onto her place within the Solar System and taking advantage of its pulling power. The planet works and behaves like us. Leaping into the future and a higher evolutionary place requires faster, lighter energies of courage and openness. They are achieved by using the unlimited help of the Fire element from the universe. However, unsolved issues, the misery of the past and present with the unconscious floating, earthlings are not ready for an advancement, and hanging onto everything they find. The principal mass energy around them is the planet itself therefore, they use the Earth element to tie them to the place where they are, keeping the planet from advancing. And Keta strikes back. She looks for the weakest link in the chain to break the self-demolishing cycle for the evolution process cannot be stopped. Eventually she needs to connect to the Macrocosm with the aid of Fire, the highest frequency element, to meet the heavenly triangle. This motion results in volcanic activities, ground movements, viruses and other natural disasters we experience right now. It is the way the planet shakes off the hindering factors that keep her captive and reaches out for freedom.

Looking at human beings, we are shifted towards lightness, to enable us to release the spring of light within. To find the Fire element, which has been planted into our energy field, the chip connecting us with the universe or let's say the Creator force, has to be activated, for that is the starting point of existence. The place of the chip varies according individual spiritual development. If you are Earthbound then it is down in the Base chakra and it rises when you advance on your spiritual education.

Old souls would find it very difficult to leave the tight boundaries of the planet therefore they would have this chip, which I call the centre of gravity, others might refer to it as hara, down in the Base or Sex energy centres. In this case the individual is tied to the planet very strongly, meaning that it doesn't care for changes and is extremely narrow-minded. They would end up with kidney problems and very often with severe depression. These are the results of never changing and refusing to go with the flow.

In this case, the 2 poles are represented by the axis. The 2 energy centres delimit the axis

are connected to form a tube along the spine. These are the Base and the Crown.

We need to get back to the basic understanding of *as above so below*, and with this principle, we are able to see the whole universe within us. Let us talk about the triangles again.

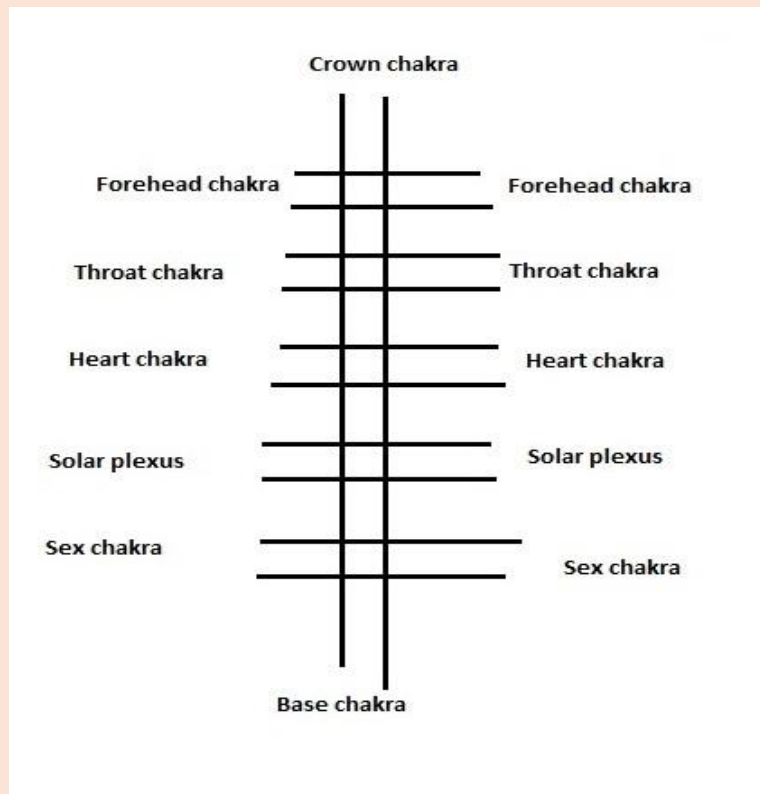
The whole universe is made up of numbers. They each carry certain data. Numbers create the structure of the universe. Regardless of the number and data, the structure itself consists of segments. Every segment carries the structural numbers. Therefore the whole is the part of the one and the one is the part of the whole. The number 10 Akia-Path-Finder says:

Only through the universe you can get to know yourself.

In each segment, there is a trace of the 4 basic elements that make up the universe. On Earth, the 2 most important are Earth and Water. They create the straight horizontal side of the lower triangle, while Air makes up the peak of it. The macrocosmic triangle consists of Water and Air as the straight line, while Fire makes up the peak facing downwards. The 2 triangles slip into each other, depicting the meeting of the 2 Trinities. This is the Trinities of the Elements.

Everything in the universe is evolving. So does Earth and earthlings. This evolution is provided by the 4th element Fire, by making its way through Air into the dense substance of Water and Earth. As it plunges deeper into the earthly triangle it brings the evolutionary point nearer; when the Fire element takes over and Knowledge becomes available.

To arrive there the ties and connections in the Base chakra need to be cut and forgotten. Forgetting means that you have learned everything handed to you through these ties and connections. If they were consciously not adding to your life, they would keep coming back to you in a different form until you understand the reasons behind the teaching. With ties and boundaries, the evolution is not possible. The shadows of the past should be cleared to give way to the light and the future.



In this process, your centre of gravity moves towards the universe until it reaches your Crown chakra where it becomes the Base of an evolved energy mass, and connects to the Creator force. The planet goes through a similar procedure. This shift of the poles doesn't mean that the planet is turning upside down. The shift happens within the Carpathian Basin where the Crown chakra of the planet becomes the Base. Ideally, it maintains all the characteristics of the Crown with its openness and connection to the universe while pulling the old Base to override it and develop into an evolved higher plane as the new Crown.

The Carpathian basin is a very interesting place geologically and energetically. Visibly, it looks like a brain and it has all the help for spiritual development. It is rather unfortunate that the people living in it, do not reflect that. Historically its connection to the universe was cut by different groups and the Knowledge disintegrated. The place that was originally occupied by the Magi, the educational department of Atlantis, has been fragmented by earthly superpowers who left only the small centre for the Magyars, we usually and falsely refer to as Hungarians. Although the language was put through drastic changes – first by Christianity and later by the Habsburg's – it still carries the essence of the oldest language on the planet.

6. Life Forms on Earth – Embracing the Light

Embracing the light begins the moment when the Earthling becomes connected to earthly

living and somewhat disconnected from the universe for the first time. The degree of attachments is made up of many circumstantial events starting with the soul's experiences brought over from previous lives, the tasks the soul has signed up to achieve, the understanding the chosen parents carry, and the random genetic inheritance. Going into detail let us first talk about reincarnated souls.

Most earthlings born before the great star gateway openings on the 28th of February, 1972 will fit this category. To understand the necessity of reincarnation we need to talk about the souls' tasks, duties and free will on Earth.

Keta is the hardest school out of the 16 Earth-like planets. This is due to its special situation. There is the solar system, called Haudi by the Torean and also the galaxy by the name of Kabutoreos that we lovingly refer to as the Milky Way. This galaxy, the one we are currently living in, is the magma of the macrocosm, meaning the universe. As Earth connects to the Sun through its centre, so does Kabutoreos to other universes.

Once in its infinite lifetime, every soul should visit Keta for fast track learning, which is actually intended to last the period of one's earthly existence. During which the soul lands in the chosen family with a chosen gender in order to provide the most optimal place and circumstances for growth. The degree of evolution is set up before the journey and the spirit guides are selected to aid the soul throughout the procedure. Initially, the stay planned for only one lifetime, it very seldom finishes. The souls that are not accustomed to the prison of the physical body entangles in various emotional battles and preserves slow energies as a result.

In the case of the souls visiting Earth for the first time since the big star gateway opening at the beginning of 1972 c.e. they only have experiences from different parts of the universe. It doesn't mean that they are young but never lived on Earth before. Previously souls with karma had the priority to touch down on the planet again, for karma is the unsolved state of mind that connects its bearer to a subject – usually a family member or someone close – which needs to be cleared. Souls without karma have a great advantage over those with it, for they are lighter, brighter and more connected by nature. Unfortunately light doesn't exist without dark. Their understanding of the planet is limited therefore they find earthly existence quite unbearable. The soul imprisoned in the heavy and dense mass of the physical body loses its connection with the macrocosm and out of fear becomes attached to the microcosm of material earthly living. However this attachment lies only on the surface.

Not having previous lives on Earth has its advantages and disadvantages for everything has 2 poles. The advantage is that without karma and prior knowledge of the man-made moral structure of the planet they are lighter, nearer the universe and better at communicating with

it. These are also shortcomings. They are lighter and therefore very airy and floating. Having no experience here makes existence very difficult indeed and very often they are frightened of communication. Now that we are having the second generation of new souls the change in their behaviour pattern is very noticeable. They are seemingly unhappier, noisier, more uncertain and physically frail. It makes them much longer to grow up and to stand on their own feet – if they ever do.

There are physical bodies that do not have souls attached. I call them robots for they only use the experience of the current life without having previous earthly and extra-terrestrial life to fall back upon. In addition, there are temporary visitors from neighbouring planets, acting as informers or fulfilling their curiosity about the state of the planet.

Although they are not souls we cannot really forget about the suppliers of our livelihood: vegetation and animals. They are here for a lifetime and they do not reincarnate despite the understanding of various philosophies and beliefs.

First, let us talk about animals. Their behaviour pattern and way of life is encoded into the physical body with additional help from the belonging entity. During their lifetime they learn however they do not evolve. They are superior to humans with certain tasks nevertheless their activities are limited. Animals are in the cycle of life and therefore useful in one way or another. Sadly enough today most animals live in captivity unable to use their encoded abilities. Throughout the years, earthlings have taken away every bit of dignity they had in their natural environment.

Vegetation is essential for the livelihood of humanity, the animal kingdom and other organic energies on the planet, for it is the only organic energy that is able to take in the Light from the macrocosm that none of the animals or human beings is designed to do. I am aware of the claim amongst earthlings of feeding on light. However, it never turned out to be entirely true for it cannot be. Our connection to the Fire of the universe is through vegetation. Without them, all life forms would perish.

They have the highest energy frequency and can communicate with the macrocosm through their natural communication channel between the 2 planes easily.

We are made to believe that earthlings are the most intelligent energies on Keta. However, trees overwrite this theory. They are great communicators and mediums, healers, guides and are mostly responsible for balancing the energies on Keta. Without their work we would not have enough oxygen to breathe and the physical body would give up. Everything they do is conscious, unlike the deeds of earthlings.

When not re-arranged by earthlings they live in groups. Within the group, there is a Father and a Mother tree with the highest knowledge and certain responsibilities assigned to them.

After the death of these trees, the group chooses new leaders. The leaders assign certain tasks to the members of the group. According to the task given a tree could be a:

- Sentinel
- Communicator
- Library
- Soul despatcher
- Star gateway keeper
- Healer
- Informer

The trees communicate with each other and other groups in order to harmonize their tasks. The vibration they release is detected from far on the planet. When trees fall in the tropical forest of Amazon those in Canada sense their cries.

I have to mention here that cutting trees in the Amazon is unnecessary for Brazil has vast uncultivated land, lying idle because they are properties of certain people who do not provide work on their lands to feed the less fortunate. As a result, people are forced to *steal* fertile grounds from wherever possible. However, the really important factor behind the tree-cutting mission in Amazonia is curiosity and fear.

Similarly to earthlings trees have souls. Tree-souls are immortal. However, they do not evolve and therefore do not multiply. Different types of trees need specially trained souls to look after the tree and help the work. Tree-souls live inside the tree. Without souls, trees are not complete and their livelihood fades away.

With my students, we have tree healing missions when we find new souls for abandoned trees or change them if necessary.

There are different ways to communicate with trees. To start with go to a tree you feel connected to. Sit down in front of it and ask permission for connection. When your intuition says yes, start asking the questions you seek answers to. Take the very first that comes to you.

7. The 4 Basic Elements – Initiations

On the evolutionary path, the understanding of the 4 basic elements is a must. They are assigned to the 4 steps of the ladder, the 4 sides of the pyramids and the fourth dimension.

Earth represents Earthly living, the physical body, material, human connections and ties, inherited ideas and moral standards. Essentially it is everything that should be strongly reconsidered and reorganized to make the second step available.

Water as the second step represents the emotions you only able to unleash once you have understood the first step.

The third is Air which is between the micro and macrocosm lifts the soul up to the blending point where the 2 triangles meet. Communication skills should be learned here as well as introductions to the different entities in the universe.

The fourth element is Fire. It represents the Great Knowledge and the subconscious.

We run 4 days initiation camps where through exercises you are connected to the elements within, step by step and one at a time to put you on the physical, the emotional, the spiritual and the holistic plane.

I enclose here 4 meditations you might want to do at home at your convenience in order to get in touch with the 4 elements within.

EARTH MEDITATION

Sit down on the ground, with your back straightened and legs crossed. Open your knees as much as you can; your arms comfortably beside you or on the knees. Relax.

Breathe slowly and deeply from above through the top of your head. Bring the air down along the spine.

One-two-three-in and one-two-three-out. One-two-three-in and one-two-three-out.

As you are sitting there, imagine that roots are coming out of your sole. Very thin, little roots searching for a channel in the ground. You greet the insects in your way, chat with worms and respectfully lower your head in front of the hard rocks while walking around them. You are searching for water and nourishment. The deeper you get, the thicker you become.

When the roots reach 25 metres under the ground, imagine the black healing energy to shine up from Mother Earth. Do not be afraid of colour black. Remember, everything comes from earth, and the most fertile soil is black. As you inhale the energy spreads into your body further, tickles your sole and caresses your feet. Runs up on the shin and reaches the knees. You see your body losing its original colour gradually and absorbs the black hue of earth, healing your organs and cleansing your digestive system, soothing the ailing points in your body. Cleans your throat, your tonsils and teeth. Your hair and your nails are all black now and gradually you blend into the energy of the beginning and the end.

You understand that grew out of it and now you want to be part of this magic. Through Mother Earth, you become life-giver and life-healer. Your physical body disappears. You are only a small heap of dust that enjoys the warmth of the beaming sun. After a while, the warmth turns into burning. You are thirsty. You need water to survive. You struggle for a movement, gasping for air, weak and almost motionless.

The rain starts up. Slowly open your arm and your whole body, your soul to take in more and more from the life-giving force.

As the rain gets heavier and the drops grow, you find it more and more difficult to hold your form and energy together.

You give up the fight. Merge with the water and through the field happily, enjoying the power of the double life-force working in unity.

The rain stops. The Sun comes out again and caresses your scattered body parts. Helps you gather them. First, your head emerges from the ground, your upper body, your arms and finally your legs. Bring your roots back, thank Mother Earth for the healing and the exercise and come back to your earthly existence.

WATER MEDITATION

Sit down on the floor with a straight back and legs crossed. Open your knees as much as you can. Your arms on your side or your knees, comfortably.

Relax.

Open your crown chakra, that is above your head and take a slow and deep breath. Down into the diaphragm.

Imagine that the energy above your head becomes a thick silver prism of light. As you breathe in the prism reaches the end of your spine, the Root chakra at the caudal vertebra to create a wonderfully glowing cleansing and healing connection between your energy centres. Slowly release the air from your lung. As you do it slowly, feel the oxygen reaching even the smallest corner of your body making you feel hot. One-two-three-in and one-two-three-out. One-two-three-in and one-two-three-out.

Keeping the breathing rhythm, crouch with your head at the knees, imitating a drop of water. Then stand up and stretch, try to reach the sky. Crouch again and stretch. As you repeat the motion a few times, you feel the sensation of growing. Your belly grows your chest and your buttocks. The movements get slower and the drop longer. You cannot hold it together anymore. The drop starts its journey. It collects the smaller drops on the way. It waters the

trees, offers a drink to the birds and caresses the bathing animals.

Grows and grows, running on the road faster and faster. It gets wider and deeper, searching for a safe channel. It washes away the dirt and the trees, moves the rocks.

The Sun comes up. Playfully caresses the water, dances on the waves. The exercise makes him thirsty. Drinks from the water and continue the movement. The beams want more and more water. The dance fastens and you get smaller. Animals cannot drink from you anymore. You are stranded. Every move hurts. Crouch and offer yourself to the universe.

Send back the silver energy, thank for it, and come back to your earthly existence.

AIR MEDITATION

Sit down on the floor with a straight back and legs crossed. Open your knees as much as you can. Your arms on your side or your knees, comfortably.

Relax.

Open your crown chakra, that is above your head and take a slow and deep breath. Down into the diaphragm.

Imagine that this air turns into a thick and dense pink prism of light.

As you inhale the prism slides down and reaches your Root chakra at the end of your spine, producing a bright, cleansing and healing connection between your energy centres.

Slowly release the air. Inhale and exhale, and inhale and exhale.

One-two-three-four-in, one-two-three-four-out and one-two-three-four-in and one-two-three-four-out.

Keep the rhythm. Feel the light slowly filling your whole body until you become a dense and pink energy mass. Your legs disappear, your hands disappear, your thighs, your arms, your lower body and your upper body. You have no head anymore. Only the beam of pink energy exists.

You keep the rhythm still, feel and see that the pink energy starts blending into the endless universe. As you become lighter you start floating and get nearer and nearer the universe. Gradually you become one with the whole. Transparent, mysterious, invisible and impenetrable. You are in everything. The whole Earth has you to thank for its life. You are the breath, the life-force, the Creator. You are the Everything, and the Nothing.

Enjoy existence. Start moving. Look around in your empire. Caress the people and enjoy their smile. Lift the hair of the girls and let it fall back slowly. Talk to the leaves and listen to what they say. Tousele the water and push the sails. Help the bird to fly.

You feel stronger and stronger. People tremble from your strength and girls chase after their hair. Leaves rattle as they try to hold onto the bond of living.

Birds give up the fight. Waves pull people into the abyss. Sails are torn, boats turn over. The fight for survival starts. You sweep everything out of the way. Trees are forced out of the ground, Houses lose their roofs, and some even collapse under your strength. You do not consider anything and anybody anymore, only the force exists. Only you exist. The greatest, the mightiest, the life and the death.

The sky darkens. A lightning dances at a distance. The sound of thunder reaches you. Then the lightning gets nearer and forces you to slow down. Suddenly it hits you. You weaken.

Continue the breathing rhythm, slowly and deeply. As you calm yourself down, your body changes back into the pinkish energy mass.

You are a beautiful, glaring pink light. As you slow yourself further, feel the weight of your head. Gradually your body regains its original form.

Send the energy back to the universe and thank it for the help.

Come back to your earthly existence.

FIRE MEDITATION

Sit down on the floor with a straight back and crossed legs. Open your knees as much as you can. Your arms on your side or your knees, comfortably.

Relax.

Open your crown chakra, that is above your head and take a slow and deep breath. Down into the diaphragm.

Imagine that this air turns into a thick and dense golden prism of light.

As you inhale the prism slides down and reaches your Root chakra at the end of your spine, producing a bright, cleansing and healing connection between your energy centres.

Slowly release the air. Inhale and exhale, and inhale and exhale.

One-two-three-four-in, one-two-three-four-out and one-two-three-four-in and one-two-three-four-out.

Open your heart. As you exhale release the golden energy through this open gate. See the end of the golden energy prism disappearing in the distance.

This is the path. The path you need to follow.

Step out of your heart and follow the road. You arrive at a meadow. Observe the vegetation, the plants, the flowers, butterflies and insects. Talk to them. Question them about their lives.

Continuing your path you reach a creek. There is a bridge over the water. Step on it, lean over and look at your reflection.

Continue on the path until you reach 17 steps going downwards. Every step is different in colour. As you walk down, stopping on each step, absorb the colour, let it fill you, let it heal you and let it take you to another dimension.

At the end of the 17th steps there is a very nice spacious clearing. A campfire is lit. Sit down next to it make friends with the fire. Slowly take your clothes off, enjoy the warmth and the soothing softness of the flames. Stretch your arm and take a handful from it. Feel the fire on your skin. Play with it.

Put it into your solar plexus. Let it light up in your body and allow it to lift you up and take you away.

The playful flame looks for life-force. It touches everything around. Burns the grass, the bushes. As its appetite and needs grow, it takes a bite from the forest. There is no stopping now. The flame becomes fire and fights for its existence. Wants more and more. Its power is growing constantly. Becomes mighty and unstoppable.

Suddenly it starts raining. Plitch-platch, plitch-platch. As the raindrops grow, you feel your power slowly fading away.

Pay attention to your breathing. One-two-three-in and one-two-three-out. One-two-three-in and one-two-three-out.

The rain becomes a waterfall. You collapse under its weight.

Pull the path back to your Heart chakra. Send the light energy back to the universe, thank it and come back to your earthly existence.