

## **Group Meditation news Spring 2024 – Rory Duff**

One of the great pleasures I have had over the last few years is to read the emails from people who have been holding group meditations at sacred sites. They kindly wanted to let me know what they had experienced.

I have written about a few of these in my newsletters but a good friend recently suggested I put a compilation of these together in a separate group meditation newsletter. As we are now transitioning into group consciousness, it seemed more than just a good idea. So this is the first of these and hopefully the start of many. I would like you help with this here though. It makes sense to do these quarterly at the beginning of the month following the previous harmony time beginning.

If you would like to share your own group's experiences, please email me a few words and maybe a photo or two and I will add it to these newsletters. Over time, I fully expect them to become a record of how we all experienced the energetic changes we are going through. It will most likely show just how we find ourselves changing and it will also provide a wonderful way of highlighting the similarity of these experiences all around the World.

Reading about what other groups are finding is one of the best ways of consolidating learning and understanding and that will help us all grow and progress.

In other words, the act of sharing and reading what other groups are finding will greatly assist the evolution of consciousness.

I have selected just five messages I received recently from the Spring harmony time meditations and the first comes from a relatively newly rediscovered and activated node where the meditation was facilitated by Peter and Zla.

### **Vancouver island, British Columbia Canada**

*"We had our first Node Meditation at noon on Sunday, March 17th at the Flagpole Node at Beacon hill Victoria, and all went very well.*

*The weather was crystal clear, sunny, and warm - the first real spring-like day we have had so far this year. When we arrived at 11 am, there was a First Nations ceremony happening at the bottom of Beacon Hill, with singing and drumming - they were directly aligned with the node point at the top of the hill! Just as their ceremony was ending, ours was beginning. We had 40 people attending (a surprise – we had thought maybe 25-30); many had travelled from other parts of Vancouver Island and the mainland.*

*We started with a sharing of our first name and a word representing the energy that each of us was bringing to the circle - we had "synchronicity," "love," "gratitude," "direction," "harmony," and many more...*

*Peter guided us in a heart-centering meditation and then Zia drummed a heartbeat rhythm that slowly sped up until Denise chimed a chime that took us into silence. We followed your protocol for the meditations and for this first one, the focus was on what we needed to know or do at the site at that time. Beacon Hill is a beloved spot for many in Victoria, so it was especially busy that day. There was a great deal of external noise, but everyone in the circle held the space so well, and the supposed "distractions" around us were synchronicities in their own right.*

*A conversation between two males could be heard, and amidst their talk of car repairs, one of them began speaking very respectfully of the land, the First Nations peoples, and the burial cairns that are in the area. As he was speaking, many of us felt the presence of the ancestors coming in and joining us in the circle. It was as if he were calling them in without really knowing he was doing so.*

*After the first meditation, we had a brief sharing period. One woman had felt the whales arriving out in the ocean and said that they were holding the circle with us. Another shared a heart-felt song.*

*Then we went into the second meditation, inviting everyone to do whatever they were feeling called to do and to radiate love out into the world. Zia played the crystal bowl. One woman walked around the circle, playing a flute. Three more went to the stone that is the node point, working with the energies through movement and breath.*

*When it came to the sharing after the second meditation, one woman said she felt called to guide us in a process to honour our feminine lineages. She asked us to go round the circle, and one at a time, step forward and say our name, our mother's full maiden name, and our father's mother's full maiden name. This turned out to be a very powerful experience and many felt very emotional as their turn came. Many of us were shaking with the energies being released and one young gentleman could barely speak when his turn came as it was touching his heart so deeply. This is something that none of us would have ever thought to do on our own, and yet it came up spontaneously and felt very cathartic.*

*For the third and final meditation, we invited everyone to do their own personal processes with/for themselves, family members, and loved ones. About halfway through, we felt the energy deepen even further, and everything around us seemed to go very still. Even though there were still lots of passersby around, they were very quiet and seemed to feel the sacredness of what was happening. Near the end of this round, two bald eagles were circling*

*above us, whistling.*

*We had our last sharing, which was very short at this point as everyone was feeling complete. We closed the space with cascading tones with all of our voices, inviting the harmonies to come through.*

*Afterwards, some went off to eat lunch in the park, where the yellow daffodils and pink cherry blossoms are absolutely resplendent right now.*

*You could not have found a better Garden of Eden for us to gather in, Rory - the place is so magical! We are including a few pictures.*

*Some of us gathered at a friend's house for a potluck after the event and as we were sharing our experiences from the day, a rainbow "crown" appeared on top of the Buddha's head. The sun was shining through a crystal in the window, creating this effect. Our friend said she had never seen this happen before – please see the picture below."*



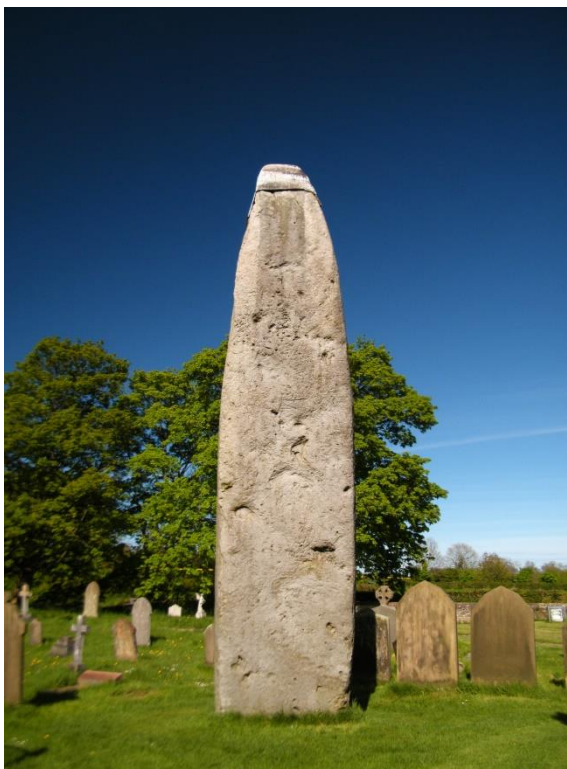
The above is the flagpole at the top of the Beacon hill and yes that is a pyramid shaped stone that happened to be there. The Buddha image is explained later in the text.



The wonderful view from the node.

The second report comes from a group who regularly meet around the UK's tallest standing stone – the Rudston Monolith. At 25 feet high it stands close to the Rudston church in the graveyard and on a powerful 5<sup>th</sup> order node where a pair of type 4 earth energy lines cross over one another. The following report comes from Lily B.

### **The Rudston, Yorkshire, UK**



Lily first remotely tuned to the gathering at Oliver's castle in at midday on the harmony day:-

*"I managed to tune in yesterday sitting on a bench meditating beside Leeds Corn Exchange! Not the best place since it was very busy but I did "see" a number of things.*

*I beamed into Oliver's Hill and saw a group of around 30-40 people, you were wearing blue and black.*

*Weaving in and out of the circle of the people gathered was a spotted Jaguar. This was unexpected but it seemed to be creating a warp thread connecting you all. I was in my eagle bird form and I flew down to the Jaguar and we started to weave together half playing half chasing in and out of the standing people. It felt like a game. It was fun.*

*The next impression I had was of harmony, everything at Oliver's Hill merged and blended, people trees, birds grass were all One even with the worms under the earth! It was all Light.*

*I know it's not much but it was all I could do under the circumstances. The Rudston crew are meeting with me on Saturday and I'll let you know what transpires at the Rudston node then."*

Lily seemed to pick up on the right numbers of people who were at Oliver's castle as well as nature weaving in between us all there – as you will read later on.

Lily's second message came from when the group she facilitates all met at the Rudston.

*"We all felt the presence of The Ancestors at the Rudston. There was no wind but on the wind (paradoxical I know) I could particularly discern whispering, others heard it too. There was a sense of relief coming from all around the Rudston church graveyard of "others" joining us with relief that some still reMembered the Old Ways.*

*Spontaneous humming happened, and rose and fell like cicadas with a huge sense of harmony between the human participants, the unseen and animal/bird realms. Magpies and crows were particularly vocal AFTER we had chanted and hummed and we discovered why they were calling to each other when a female sparrowhawk briefly alighted on the top of the Rudston and pointedly looked down at us all.*

*Instinctively everyone bowed to her! Equinox and earth energy lines were still very high, palpable and evident at the Rudston, and throughout its immediate environs.*

*I visited the source of the Gypsy Race River alone afterwards and sang the Algonquin Water Song with the robin who always seems to come and find me whenever I visit, there were also geese in the field beyond who listened quietly. I've only seen fish in this part of the river in summer but there were some little sticklebacks dancing in the aerated water bubbles!"*

The next message comes from Olivers Castle in Wiltshire in the UK

### **Oliver's Castle**

*The group met early in order to prepare for the meditation. Walking out to the dew pond in the middle of the old hill fort, Shirley C. spotted a Sparrowhawk flying below us in the valley. Above us the red Kites were circling on the updrafts of wind caused by the chalk escarpment. The Sky larks were singing and the crows constantly reminded us of their presence. We gathered in silence in a circle getting into a positive frame of mind waiting patiently to begin as we attuned deeper into our surrounding and connected with each other.*

*With our shoulders swaying slowly in a figure of eight fashion, we sent heart felt blessings to one another. Jo W. had carefully placed quartz and tourmaline crystals at the heart of the node and then began to recite a Hopi Indian prayer:*

*"Thank you to the East, House of Light, may wisdom dawn in us so we may see clearly,*

*Thank you to the North, House of Night, may wisdom ripen in us so we may know all from within,*

*Thank you to the West, House of Transformation, may wisdom be transformed into right action so we may do what must be done,*

*Thank you to the South, House of Eternal sun, may right action reap the harvest so that we may enjoy the fruits of planetary being*

*Thank you to the House of Heaven, where star people and ancestors are gathered, may your blessings come to us now,*

*Thank you to the House of Earth, may the heartbeat of your crystal core bless us with harmonies to end all war,*

*Thank you to the Galactic Source, which is everywhere at once, may everything be known as the light of Love,*

*Ah Yum Hunab Ku Eva Maya E Ma Ho, Ah Yum Hunab ku Eva Maya E Ma Ho, Ah Yum Hunab Ku Eva Maya E Ma Ho. (translation = all hail the harmony between mind and nature)*

*(The spelling might not be correct but this is what she had been taught verbally to chant.)*

*The first of the group's three meditations was to connect with the spirit of the place and to ask if there was anything we needed to know or do. Discussions afterwards revealed the need to ask for greater purification. In this regard both fire and water came through and blasting each of us where we stood.*

*A large worm was then spotted slithering on the surface of the grass towards the centre of the node, Next an overly large bumble bee flew in between us all weaving its way around our circle. There were no flowers in sight and yet it stayed with us for nearly an hour. This weaving had been seen in the meditation of several people with the energies forming a web as they meditated. It was all a sign to hum in our second meditation.*

*During this we each held in balance within us the theme of peace and positive expectation. Several people afterwards said that we were surrounded by many 'Beings' from the Spirit Worlds who were interconnecting with us all. The overwhelming feeling afterwards was that we had moved a wonderful positive future into the now. Our positive expectation had become the reality. What we had held within was what we now experienced around about us. There were smiles all around.*

*The final third meditation was held in that same state along with heart felt joy. We each sent these feelings out into the World to friends and family who needed help.*

*Nature too had again joined in as the Sun broke the clouds and warmed our faces and backs.*

The next message came from Collette who has been running harmony time meditations for her group for a few years now on the Sunshine coast of Queensland Australia at Yarumba beach.

### **Yarumba Beach group meditation**

*"A few pictures to make you smile. We went to the Yaroomba node again today and were surprised to see a small rivulet had appeared which we hadn't seen before. It looked like it may have been snaking along with the energy lines.*



*The weather has been very hit 'n miss here with lots of showers but we took our chances. About 5 minutes after we arrived a group of mums with 25 young children arrived and proceeded to play on and around where we thought the node was. It was perfect. So much joy and laughter from the children as they splashed about and slid down the sand banks of the rivulet.*

*As before the sea eagle appeared from nowhere and circled us. We sat for about 30 minutes but the rain became torrential so we squelched back to the car. Great fun though.*





The last of the five messages come from the South East of the UK from Mandi C. who has been facilitating group meditations at this node for a few years now.

### **Ashdown Forest Sussex, UK**

*“Wow what a great equinox. Did you all have a wonderful experience?”*

*I just wanted to quickly pencil down what people experienced on the node before I forget. And we also had three new node hunters join us, which was magic. Yeeha.*

*Firstly, the node felt incredibly calm and not as chaotic as it has done in the past. However, there was no feeling of wishy washy energy. I felt and it seemed so did others, that we needed to be clear and solid in our presence and our guided meditation. (not fixed and inflexible but just super solid and clear) . It was quite in the atmosphere whilst we gathered but as soon as we went in..... it changed.*

*The birds seemed to get louder and louder and for me it was the wind again. And what I noticed, was that the wind came up interchangeably from all directions, it was fantastic, literally from north, south east and west and with some intention . I loved it.*

*Dawn had the vision of a bird of prey and specifically it's green eye. Others felt immense amounts of energy and a strong feeling of being observed by the elementals around us. Some people had feelings of excitement, feelings of being on the right path - also feelings of our potential and being supported in that.*

*The general feel was calmness, strength, energy, connection, support, excitement and magic.*

*I can't wait to hear what others felt, hope you all had a magical time."*

### **Next Harmony time meditation time**

We hold the harmony time meditations on the first day that harmony begins – the time when all the energy lines move from side to side in harmony with one another – the time when all the nodes open and flower into a double torus energy shape – a time when the connections open to the Worlds of Spirit in ways in which all of us can benefit from.

The next harmony time starts, as they always have, on the day before the solstices and equinoxes. The next one is on **Wednesday 19<sup>th</sup> June**.

Do not worry if you cannot make it on this day. Since 2017 the harmony time has gradually lengthened from 12 hours long to 50 days long.

By the end of 2024 all four harmony times will be over 96 days long and, as such, we will have entered yearlong harmony time as we transition fully into the Galactic current sheet. This will continue for over 200 years and in that time we are going to experience many things that mankind have not experienced for over 12,000 years.

A lot of people ask me what will happen when this starts. The best answer I can give at the moment is as follows:- The harmony of the energies will bring base energy frequency stability. With all the energy lines in stable resonance, it will help us to learn and develop more quickly in this highly energised environment.

This will not be easy though and many people are already feeling the increasing intensity of the waves of energy as they come through. They are getting bigger and lasting longer and we need to acclimatise our mind and body with them. Meditating in groups on the sacred sites will help considerably with this acclimatisation.

The importance here seems to be about becoming more heart centred. Learning to outwardly and inwardly feel the movement of energy away from and back into our heart. We do this with our brain mind all the time as this is where we spend most of our time thinking. Feeling our way through our heart mind is what we need to practice. The one overriding reason for this is that you will be able to know the truth this way when it comes

to what you feel see and hear. The heart mind is just one of several other 'awareness centres' in our body that we will need to develop.

In the years ahead there will also be times of confusion as our heightened senses pick up unexpected feelings, visions and words. These will be ones that we have not ourselves consciously made. They will come from a variety of external sources. In order to navigate through this very different environment, we will need to be able to switch to 'heart-centredness' quickly and accurately. If we cannot, we will need help.

The final outcome is now becoming much clearer. We will either be able to help others through being able to be 'heartcentred' enough to discern what is happening or need help from others.

This division will not be one of based on any financial differentiation. We will find that the wealthy people who have greed, and the selfishness to want more and more, are going to need help, as well as those people who have nothing and who have no idea what is happening to their mind.

## **London Seminars**

I hope you will not mind me next bringing your attention to the seminars I am running this year.

There are still a few places left for my seminar in London on the 20<sup>th</sup> April. I know it is short notice but I will be sharing what I have learnt about the coming spiritual struggle and how mankind has gone through this before and how we can and how we need prepare to go through it successfully this time in a way that will be with far less hardship and difficulty.

Over the last 30 years I have had the privilege to have met, interviewed and become friends with some incredibly talented people. Along with my own research into Earth Energy lines and grids, it has provided a unique perspective on the true nature of reality.

With the sound scientific grounding of a full and complete theory of quantum gravity (*One that does not need the absurdities connected to relativity theory, the big bang and the many worlds 'multiverse'*) it has become possible to see the implications of living in a universe that is constantly created by a 'universal intelligence' through the use of sub quantum vibrations.

With the 'cycles within cycles', the 'spheres within spheres' and 'worlds within worlds', it has become possible to see how our part in this universe has purpose and meaning and direction. With just this small amount of knowledge we can much more easily see the path ahead and, with this ability to foresee the near term future more clearly. This in turn will give us all much more hope.

Learning how to become a prophet is not hard but there are methodologies we need to learn. Some of them come from the great Carl Jung himself who found that he too had become a prophet. He and his work is just one of the people we will look at more closely in this seminar.

The clues have been with us for centuries, more clues are being found every day – including **one brand new Universal prophecy that has appeared in the last six months** – one that comes from an absolute genius in his work. Watching his work is tremendously enjoyable and it knocked me for six when I saw the symbolism and just how much it was linked to the same universal cyclic event we are all heading towards.

The London seminars this year will also be my last seminars for some considerable time as I must return to conclude my research to finish off the level 5 guidebook for the Sacred path modules. Some deep reaching synchronicity in the last few weeks has made me change my direction for the time being.

So if you would like to listen to me talk and to answer any questions you might have, the London seminar on 20<sup>th</sup> April and the ones on 22<sup>nd</sup> June and the 6<sup>th</sup> and 20<sup>th</sup> of July and the Irish Emerald Awakening seminar in Dublin in August will be my last until 2025. The main reason for this is that I have to conclude my more recent research for the last part of the level 5 sacred path modules. Synchronicity has struck again and I need to follow that path.

More details are found on my website [www.roryduff.com](http://www.roryduff.com) but here are the basics now:-

**London Seminar 20th April 2024– The Evolution of consciousness, Symbolism and Prophecy** - Learning to understand what is going on and recognising the signs

Time 11.00am to 5.30 pm Venue near Ravenscourt park, London. If you would like to get a ticket go to my website <https://roryduff.com/sacred-network/> and click on the poster images



**THE EVOLUTION OF  
CONSCIOUSNESS.  
SYMBOLISM AND  
PROPHECY**

WITH RORY DUFF

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IN THE WORLD AND HARDLY ANYONE IS TALKING  
ABOUT IT - BUT MILLIONS ARE FEELING IT"

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**20 APRIL 2024**

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**TICKETS £120**

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### Rory Duff dowsing courses

It appears that the days I set aside to run my dowsing courses in Bath in May have all been sold out. I do though have a small window of opportunity at the end of August and early in September. I might be able to run two more – one level 1 and one level 2 course. If you would like to join and advance notification list, please let me know and I will be in contact with you directly. Level 3 courses will still go ahead on a one to one basis but please contact me soon in this regard.

One of the issues I face is that with all the energy line frequencies becoming the same, teaching beginners to dowse earth energy lines, and to distinguish between them all, is actually going to be much harder – even though it will also become more necessary as nodes will still need to be found and repaired and looked after.

This will actually mean designing a completely new beginners course for 2025. A year ahead from now is going to be a very different World from the one today though.

**Level 2 dowsing course 19<sup>th</sup> May** – There are a couple of places left on this day so if you have done the level one course and you would like some training on how to track and map energy lines with greater effectiveness, you may like to come along on this day.

## **The Perpetual choirs**

What I would like to end this newsletter with is an introduction to the good work being done by a lovely couple - Giles and Juliette Bryant. Amongst the many good things they do, they have also started to encourage people to get to their nearest sacred site and to join in with some singing. As this is so close to my own goals to do the same, I wanted to bring it your attention.

Years ago in the early 8th century in the UK there was the phenomenon of '**The Perpetual choirs**'.

In ancient times, a continuous perpetual choir was maintained at places around the world, to resonate healing vibrations into the planet.

There were three perpetual choirs – One at Amesbury in Wiltshire in the UK, one at Llantwit Major in Wales and one at Glastonbury in Somerset in the UK. They were known for their 24/7 non-stop singing from 40AD. It continued for around 700 years. Obviously they took it in turns to keep the sound going, but it was still an incredible achievement and all because they deeply believe that they were having a highly beneficial effect on their own health and that of the land.

### **Perpetual choirs with Giles and Juliette**

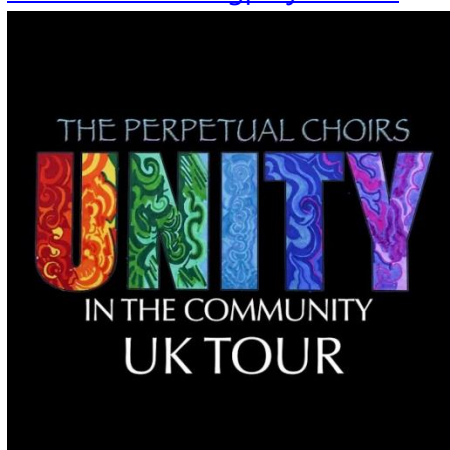
Amidst all the work they currently do, Giles and Juliette have decided to start this practice again by singing on the energy lines and their energy centres.

The Perpetual Choirs launch their album UNITY, a global collaboration with musicians and singers focusing on bringing peace to the world, on May 1st.

### **May 1<sup>st</sup> 2024**

Giles and Juliette Bryant will lead a perpetual choir starting at sunrise on May 1st and singing up the St Michael line finishing at sunset at Bury at Edmunds abbey. They encourage people of the world to visit there local sacred sites and sing songs of peace. For more info visit

[www.worldhealingproject.com](http://www.worldhealingproject.com)



Thank you for your time reading this group meditation newsletter. If you would like to contribute to the next one with a short description of your own groups meditations from the next Summer harmony time, please do send me then along with a photo too if you have them.

Many blessings

Rory Duff