



We are all being challenged in one way or another at the moment, myself included, for none of us are perfect and we are living through transformational times.

It is also as though we are being taught to go with the flow, to be in the present and to feel what we need to experience in order for us to learn to **react the right way**.

That this newsletter has come out, as late as it has, is most likely down to these things.

There ought to be a lot of learning going on right now in the World but sadly, probably not enough.

At first glance this is a dynamic image with intense activity from high up in the sky along with a potential impending battle between horse rider and dragon. Juxtaposing this is solid, stationary rocky outcrop adorned with languid reverse numbered stopwatches that suggest time itself might be changing and slowing down.

What message to mankind is being squeezed through to us from this artist's subconscious mind from the inspiration that was kindly given to him? Indeed, what information had the artist been driven to find out more about?

How might knowing these things help us now – today?

Those of you who have been reading my newsletters from before June 2021 may recognise this image as it appears in the [June 2021 newsletter](#). Those people who enjoy the art of Salvador Dali may also recognise this image, albeit that this is not one of his well-known works of art.

This image, as well as others by 'Dali', has been brought together in this newsletter around the theme of purification and making the right decision.

This will hopefully then provide you with, not only a message, but also a call to action that will help you to prepare yourself and those around you as we move deeper towards the end of 2023 and start the beginning of 2024.

I strongly suspect that in future months, we will look back at this time and agree that this is where many people's transformations all began. The reason for this is that the signs to begin our purification in earnest have all come in the last six weeks of September and October – ever since the Autumn Equinox harmony time.

We will take a deeper look at this image later and we will also dive into a couple of aspects of purification that we should now be much more aware of – trauma and detoxification.

To do this, and without wishing to view things with negativity, we must look at the antagonists in this World and what they are doing to help us. Their actions can inspire our reactions.

Their attempts to defile us should enable us to purify ourselves all the more.

As I cover a lot of subjects here, I have added a summary that will really **help you to know if you are ready to take the right action, right after your decision when you face your own challenge.**

In the [Science section](#), we look at one way how they are attempting to poison some of us into making the wrong decisions. In this section a new revelation is presented that shows the lengths that the few will go to in order to make more money at the expense of our health. Fortunately there are some simple and easy decisions we absolutely must make here.

In the [Media section](#), I had two videos for you – one is an incredibly helpful and interesting interview from two experts in trauma and what we must do to address our own trauma before our evolution of consciousness. The other is a look at the changing lunar nodes and a projection for what we can expect over the next five years. There is both positive and challenging information here.

So much so that I have added **a third video** recommendation that I think will provide you with growing positive expectation for our future. As we feel each other's pain and hunger, more and more people will be drawn this type of philanthropy – something that puts global conglomerate corporations and politicians to shame.

In the [Books section](#) I want to introduce you to a new book that came out this last month that I thoroughly enjoyed reading. It is not a long read but it will become classic in a genre where only a few authors tread. Yes, you have guessed correctly, it is about dowsing and mapping energy lines. Signed copies will be treasured one day.

In the [Earth energy section](#), I would like to give you an update on Rome and the Tiber island node and what the 'working group' on Rome managed to do last month. Readers of my last few

newsletters will know of the energetic and spiritual problems a group of us uncovered at Rome, the city of London and Washington DC. Well, the group is doing incredibly well at identifying them and in being guided to take necessary actions. It is early days to try and tell you what has been going on and I am sure that in times to come, this information will be gradually revealed by those best positioned to do so.

For myself, I can reveal a small part I played last month. This began by coming across a location in Italy with a large number of stone circles and stone rows. They were new to me and finding out about them lead to an understanding on how activating the node on Tiber island, the true heart of Rome, could be achieved. This section will tell you what happened on the island when two of us set out to repair and activate the node.

In the [Other section](#) I can update you on the latest developments being done with the Sacred Network website, there is news on the and one day event held last month that was a success and details on the sacred path modules which includes an offer for people who might wish to become part time or full time facilitators.

Introduction

Before we get to those sections though, I would invite you to ponder on just how Dali and this theme might connect with Queen Elizabeth 1's illegitimate son called Sir Francis Bacon, a philosopher of science who was possibly connected to the early Rosicrucian and Freemasonry movement.

You might also like to consider how Dali, Bacon and the theme of purification are connected to the following films:- The Matrix trilogy, the Lord of the Rings trilogy, Spiderman, the Lion king, the Star wars films, the Wizard of Oz, the Hunger games, the Harry Potter movies and the film that has been voted by viewers as the most popular film of all time - The Shawshank Redemption.

If you have already guessed the connection, very well done to you, but that, in itself, has only just touched the surface of the potential information we can glean by comparing and contrasting all these subjects in new ways with open questioning.

Indeed, this is one of the main goals that the Sacred path modules attempts to do. By studying the work of the geniuses of the past and comparing and contrasting them with many other observations from other disciplines as well as our own experiences, we begin to gain new insights into important areas of our lives.

Now not all new thoughts can be helpful, but if you are student of brainstorming, it is the way we find solutions to some of life's greatest problems. Right now in the World we need answers to many problems, but the one that absorbs my mind is just how we can succeed in bringing an evolution of consciousness to all humanity. If we do nothing, we will not benefit in any way, alternatively, if we find out what we need to do, humanity should go on to thrive in the coming Aquarian epoch.

Tapping into our subconscious mind, when we look at the great works of art by the masters of the past, can bring us more questions and answers. What inspired artists like Dali to create their art, was

that they knew that it often brought forth symbolism that they themselves did not fully grasp or understand. However, they also knew that it could bring new understanding and this is what a few of the great ones pursued.

When we review their work today in groups, the necessary ambiguity within the symbolism, allows us to potentially gain new understanding from that original vein of inspiration that led to their masterpiece.

This newsletter will aim to bring several subjects together in a way that will hopefully inspire you to think and act positively when the time comes.

I believe this is necessary as we are currently experiencing a huge increase in cosmic energy and this, I think, is driving the evolutionary changes that are bringing challenging times on Earth right now.

The title of the painting by Dali at the start of this newsletter is '**Cosmic Rays Resuscitating Soft Watches**'. We will also take a look at a few of his other paintings as well in order to more fully identify the connection written about earlier.

To begin to show this though, I would like to start with Sir Francis Bacon and some controversy. It would appear that there is an extremely good case that shows that Sir Francis Bacon used the name William Shakespeare to write his plays.

The real Shakespeare, and now thought not to be the play writer, (1564 to 1616), was born in Stratford, England and was a son of a Leathermaker. It is thought he began work as an Ostler. Someone who looked after the stagecoach horses at an overnight Inn.

He married at 18 and had two children. Little is known about how and why he later moved to London and supposedly started his writing.

Somehow his plays displayed a huge amount of knowledge of life at the courts of Kings and Queens around Europe which would have taken years of education to accumulate. It is said that this Shakespeare started writing his plays in 1592 and wrote his final plays just a couple of years before his death in 1616.

All in all he is said to have written 38 plays in 24 years, many of which had intricate plots. Writing one and a half plays a year as well as spending time directing his plays as his globe theatre in London would have been a tall order for any one person.

Within his plays, we also find codes and ciphers and patterns of numerology. There is even something known as the Shakespeare code.

In addition to his plays in that time, he was also said to have written 154 sonnets, each with 14 lines of beautiful poetry.

On the other hand, Sir Francis Bacon (1561 to 1626), 65 years old when he died, had a similar time span on Earth at this time and he had been brought up in the court environment and he had regular access to the Queen. It is now thought by many that he employed a team of writers to write his plays, under his guidance, under the 'nom de plume' of William Shakespeare. *(Or possibly under a*

manager who might have been a man called Shakespeare/Bill Shackspur). Bacon was then thought to have finished each one off with his expert knowledge and by adding his codes.

If this subject is of further interest to you, and you would like to know more, I would direct you to Peter Dawkins website – Francis Bacon research trust <https://www.fbrt.org.uk/> (Amongst his many skills Peter is a philosopher, historian, author, lecturer, teacher and leader of workshops, seminars and special events in many countries of the world.)

One of the many questions we are left with here is why would Sir Francis Bacon use the 'pen name' of William Shakespeare and why did he add in all these codes and ciphers. Just what hidden influential messaging was he slipping into his work in this almost unnoticed way?

Whilst I cannot dive into all of that in this newsletter, one of his plays becomes relevant for us today in this newsletter – Henry V.

Henry V is a history play about the events in the 'Hundred Years' war between the French and the English. In particular it was about the time before and after the Battle of Agincourt in 1415 in Northern France. The battle took place on St. Crispin's day on the 25th October.

The French army, under King Charles VI, greatly outnumbered the English with 40,000 troops compared to only 8,000 English.

The English won the battle thanks to their superior longbow and the extra distance they could shoot their arrows. Their field position was also well chosen.

Sir Francis Bacon sought to make his play one that made the King of England come out of it very favourably. In short it was an early example of political marketing and the rewriting history in a more favourable light, and to do that, he borrowed from a tried and tested formula.

Such was the success of the play that today it is still remembered for the speech the King gave to his troops on the morning of St Crispin's day. These were the inspiring lines

*And Crispin shall ne'er go by,
From this day to the ending of the world,
But we in it shall be remember'd;
We few, we happy few, we band of brothers;
For he today that sheds his blood with me
Shall be my brother; be he ne'er so vile,
This day shall gentle his condition:
And gentlemen in England now abed
Shall think themselves accursed they were not here,
And hold their manhoods cheap whiles any speaks
That fought with us upon Saint Crispin's day. (IV, iii)*

Of course this speech never happened in reality, but here we can see the power of persuasion and influence that can last through time. Kings, and those in power, have always sought to glorify war for their own power and greed and they have always done this by influencing those people who are easily influenced as well as those who can be bought.

We still see this happening today as the 'bought and paid for' news media seeks to try and tell us who the good guys are and who the bad guys are when it comes to the 'forever wars' around the World.

In addition to this speech, Sir Francis Bacon, sought to also paint the King as a good person, and therefore by default, all Kings and Queens – including his own mother Queen Elizabeth 1.

He does this by making his audience think that the King is really a caring person with his own doubts and fears.

To achieve this influence, Bacon writes in Act 4 scene 1 about what happened the night before the battle. The King borrows a cloak and in disguise walks amongst his men in their camp listening to their conversations. He even joins in with a few of them, discussing the rights and wrongs of the war with them and of course telling them that the King is really a good chap and cares greatly for them.

In case you think he really might care for them, they were in foreign territory (France) trying to kill local people. What started the hundred years war between the English and the French was about who owned the rights to the land in South West France and a region called Gascony. At the heart of this was the lucrative wine trade. This was ultimately all about money and power – just like all wars which is why the central bankers in the World are very much at the root of most of the problems we face today.

Finally having listened to his troops incognito, he spends time alone and we are led into thinking, by Bacon, that he was having an internal struggle within himself in regards to whether he was doing the right thing.

In reality of course, this never happened either. The King was always going to try and defeat the French army as he was just another 'power greedy' person.

But what Bacon knew was something far more significant. He knew about the influential effect of this introspective moment that the King had in the middle of the night before the battle and how important this was to showcase in his play before going on to provide the motivational speech the King later gave to his troops.

In this middle of the night moment, we read how the king is said to confront the possibility of failure and of his responsibility if all of his troops are killed. In truth though, the real King would have been thinking about his own losses.

Here are just some of the words that Bacon used to overturn reality to help the audience learn to like the King and what he was doing:-

*We must bear all. O hard condition,
Twin-born with greatness, subject to the breath
Of every fool whose sense no more can feel
But his own wringing. What infinite heart's ease
Must kings neglect that private men enjoy?
And what have kings that privates have not too,
Save ceremony, save general ceremony?
And what art thou, thou idol ceremony?*

*What kind of god art thou that suffer'st more
Of mortal griefs than do thy worshipers?
What are thy rents? What are thy comings-in?
O ceremony, show me but thy worth!
What is thy soul of adoration?*

*Art thou aught else but place, degree, and form,
Creating awe and fear in other men,
Wherein thou art less happy, being feared,
Than they in fearing?*

*O God of battles, steel my soldiers' hearts.
Possess them not with fear. Take from them now
The sense of reck'ning / or 'th' opposèd numbers
Pluck their hearts from them. Not today, O Lord,
O, not today, think not upon the fault
My father made in compassing the crown.*

By adding this in the play, just before the famous St Crispin day speech, Bacon has maximised his desired effect to highly influence all the spectators of his play.

He had now **found exactly the right formula** to make them think that those with 'power over the people' have their interests at heart and that they were doing the right thing by sending them to war and almost certain death.

We must not be influenced today to think in similar ways if we wish to avoid further wars.

This formula actually has several parts and the technique that Bacon had used has been called the '**Dark night of the Soul**' and this phrase of the formula seems to have originated from someone that Salvador Dali had become fascinated by.

La Noche Oscura del Alma (*The Dark Night of the Soul*) came from a 16th-century Spanish mystic and poet called **St. John of the Cross**.

It is a phase of **passive purification of the spirit** in the mystical development and it can be found in his treatise called the **Dark Night**.

It follows after the second phase, **the illumination** in which God's presence is felt, but this presence is not yet stable.

There is actually no title to the poem though. It is just found within his commentary titled **the Ascent of Mount Carmel** in the Holy land.

This treatise from John of the Cross is about **the active and passive purification of the senses and the spirit** that leads toward **a mystical union**.

This is tremendously important and significant when it comes to our evolution of consciousness and there is an inner power to this that others have since recognised and used to their advantage.

Something in this mystical union resonates within us – still today - just as it has over millenia.

In more modern times, the phrase and the concept of "the dark night of the soul" has been used differently but in a way that still provides some of this resonance within us. It has now been used to describe a crisis of faith or a difficult, painful period in one's life.

It is said to also occur before **great self-realisation**.

By introducing this concept on the night before the battle, Bacon is hoping to evoke the same realisation of a win for the King of England in the morning – as though God's presence would now be on his side having reached out the night before in the way he is said to have done.

The following is a translation of the poem by John of the Cross. Try and imagine yourself now just what John of the cross is referring to here with these personal observations of his. What has he been experiencing?

Dark Night of the Soul

*On a dark night,
Kindled in love with yearnings
—oh, happy chance!—
I went forth without being observed,
My house being now at rest.*

*In darkness and secure,
By the secret ladder, disguised
—oh, happy chance!—
In darkness and in concealment,
My house being now at rest.*

*In the happy night,
In secret, when none saw me,
Nor I beheld aught,
Without light or guide, save that which burned in my
heart.*

*This light guided me
More surely than the light of noonday
To the place where he (well I knew who!) was awaiting me—
A place where none appeared.*

*Oh, night that guided me,
Oh, night more lovely than the dawn,
Oh, night that joined Beloved with lover,
Lover transformed in the Beloved!*

*Upon my flowery breast,
Kept wholly for himself alone,
There he stayed sleeping, and I caressed him,
And the fanning of the cedars made a breeze.*

*The breeze blew from the turret
As I parted his locks;
With his gentle hand he wounded my neck
And caused all my senses to be suspended.*

*I remained, lost in oblivion;
My face I reclined on the Beloved.
All ceased and I abandoned myself,
Leaving my cares forgotten among the lilies.*

As I asked you to imagine just what John of the cross is referring to here with these personal observations of his. **What do you now think he was actually experiencing?**

It is clearly nothing to do with winning any battle, nor is it about manifesting what he wanted. It is instead, it seems, to be a series of person observations that have occurred along a particular journey.

I will mention more about what this journey seems to really be about later in this newsletter as it links to where we are right now in our evolution of consciousness. *(The poem is one of the things that groups discuss together in the sacred path modules. From our perspective, this original version of the 'dark night of the soul' is about the 'active and passive purification of the senses' leading to a mystical union offers us a greater understanding on just how we find our route towards the evolution of consciousness.)*

John of the Cross lived from 1542 to 1591 and it seems likely that well educated people, like Sir Francis Bacon, were aware of his work and the power it had to evoke introspection and influence.

Whether Bacon ever knew exactly just what John of the Cross had been experiencing is hard to say, but he would have understood the power of the words within a 'Nighttime soliloquy'. *(A soliloquy refers to the act of speaking one's thoughts aloud when by oneself, a bit like a prayer to God – just as Bacon wrote for Henry V.)*

A light twist

John of the Cross was a Spanish Catholic priest and mystic who was part of a Carmelite community in the Avila region to the North of Madrid in Spain.

One of his close friends was St Theresa of Avila. His poetry and his studies on the development of the soul are considered the summit of mystical Spanish literature.

Saint Theresa of Avila, a Carmelite nun (part of the Catholic order) also looked for spiritual focus through prayer & contemplation. She was greatly inspired by the prophet Elijah who was known to

pray at a sacred site called the Well of Elijah at Mount Carmel in Israel. This is where the Carmelite name came from.

She was also a writer & in her autobiography she wrote about the 4 devotions of ascension & that the 4th was the devotion of Ecstasy.

She described this devotion in the following way:- *'the consciousness of being in the body disappears, sensory faculties cease to operate, memory and imagination become absorbed in God in an intoxicating way and sometimes, such ecstatic transports, literally cause the body to be lifted into space'*.

St Theresa was known to have levitated during Mass on several occasions & her fellow nuns had to pull her back down to the ground each time.

St John of the Cross too was known for his visions & of particular interest to us is one that he drew. It was an image of Jesus on the Cross as seen from above.



It was this image that inspired Salvador Dali.

It made him want to learn more about the spiritualistic & mystical Carmelite order & St Theresa and in particular just how this levitation was possible. It is even possible that he was seeking answers to this through his work.

Dali had a Catholic mother & an Atheist father & lived through times of great change with WW2 & the nuclear age. In his early life he admitted he was an atheist but he searched for God throughout his life saying once **'I believe in God but I have no faith' & 'Heaven is what I have been seeking all along'**.

So in seeking to learn more about his own spirituality from the Carmellites, he came across St Theresa & her levitation through prayer & meditation.

In 1950 Dali had what he called his 'Cosmic dream' where he saw 'the nucleus of an atom being the unity of the universe – a point of projection defined by unity and love'. This in a way was a spiritual awakening for Dali.

Curious to explore what would come through to him from his subconscious mind when painting, he went on to create a painting he called Corpus Hypercubus.



His opinion was that there had to be some link between Science and Spirituality & he described this work as metaphysical transcendent cubism. I myself find it fascinating that this 'Science and Spirituality' connection was also what Rudolf Steiner had been looking for with his work in Anthroposophy.

This link was later fully discovered by a good friend of mine – the Engineering physicist Ron Pearson with his big breed theory of creation and his flaw free theory of quantum gravity.

So now, when looking at this image we must ask if this really is a link between Geometry and Spirituality? The translation of the Latin title Corpus Hypercubus literally means 'Hypercube body'.

Was this Dali's way of exploring for answers through the creative aspect of his art by tapping into his subconscious for answers?

We should perhaps also go on to ask why the Metropolitan museum of Art in New York renamed the painting 'Crucifixion'?

We see no crown of 'horns' or 'thorns', no nail marks or spear wound on the body and the face is turned to the side as if in total surrender rather than agony. We have to also ask why this is all levitating over a grand chessboard.

The lady looking up from the bottom left was Dali's wife Gala. Was she playing the role of Mary Magdalene?

We know too that Dali purposely renamed words in a 'fashion coded' way amongst his close community of friends so we have to wonder why he painted such a luxurious dress on this woman & just a male thong on the man.

What was this contrast meant to mean? In the distance is the Mediterranean sea & the Port of Lligat in NE Spain where they lived.

The use of light & dark & shades of colour are all relevant down to the darker square right below the cubic cross. Is this dusk, dawn or day even & what can we tell from the shadows & the source of light?

Why the levitation & how does geometry link here with the cross and its possible symbolism for birth and rebirth? There is a story that Dali seems to be knowingly telling us & there may be one that he may not have even fully grasped himself.

It was with these thoughts of levitation & ascension that made him go on to paint his own St John of the Cross painting where a levitated horizontal cross, with Jesus looking downwards, is shown high above a bay.



Later in 1958 he went on to paint 'The Ascension of Christ' which again he said stemmed from his 'Cosmic dream' & his earlier inspiration from St John of the Cross.



The merging circles, the atom-like sunflower seeds, the floating body & the clutching hands in this painting hint again at much something deeper – spiritual levitation. Looking back at his work he seemed to be strongly influenced, not by traditional Catholicism, but by the spirituality he found within the Carmelite order.

Dali, with the new information coming from quantum physics (QP) was attempting to explore this connection the only way he knew how – through his art. He knew that if he let the creativity come through from his subconscious mind, truths could appear in his paintings.

The question we should be thinking of here is what did emerge & what can we learn from this. In his painting *Corpus Hypercubus* we can see Dali is trying to find the link between the Carmelite Spiritual ascension, the physical levitation of matter with QP & geometry.

The weightlessness shown in his art reminds us that everything is really energy & that the mind can reach states that seemingly allow us to overcome mass & gravity. Dali was clearly hoping for an inspirational clue as to how this could occur.

What I have found from these images is that gives us the impression that the Surrealist painter Salvador Dali knew exactly what he was trying to do when he painted them.

Surrealism is a style of art & literature that aimed to release the creative potential of the subconscious mind by the strange irrational imagery it contained.

This links to Jung's numinous & the universal mind & it allows for all sorts of symbolism to emerge that even the artist might have not been aware of.

Where Dali was probably looking for answers on his own, in the sacred path modules, a group studies works of art in ways that release several insights into possible solutions and by collectively looking at these, answers are more forthcoming.

This now leads us back to the painting at the start of this newsletter.



This is a print titled "Cosmic Rays Resuscitating Soft Watches," which he did in 1965 at the height of his career. It is said to express here a moment of fate as his familiar watches wilt just before being revived by a **cosmic force bursting from the sky**.

The watches are joined by a knight and dragon. The work steeped in symbolism and technical skill as he aims to convey the moment just before his watches lap up the sublime life force.

For all of Dalí's ego, madness, opulence & extravagance, painting probably helped him maintain some kind of balance in his life. His inner explorations in his art were, in some way, able to countervail his excessive lifestyle when in the public eye.

In this image he was almost certainly receiving information about our future, just as the great Carl Jung also had with his prophetic visions of World War One.

So when we look at the detail he has included in it, we can perhaps begin to see some clues as to what might now lie ahead for us. Just examining the title we must also ask just what Dalí, via his subconscious mind, was really trying to convey to us here.

He is known for his soft watches and they appear in much of his work, but here, in this one, there is a difference – the numbers have been deliberately reversed into a mirror image. The title also offers us a connection here between this reversal of time with cosmic rays, the latter of which are appearing from black clouds and spreading down to the ground in many directions.

Just what this connection is we are left to wonder and its possible that even Dali was unclear about this and it is highly likely he started painting without knowing where he was heading, hoping to learn more.

The last thing he did was probably to find a title for it.

On the left there is a dragon and we have to wonder why this universal symbol has made a presence in this work. Dali though was thoroughly absorbed with dragons and he had a history doing St George and the Dragon sculptures and drawings. These, to him, represented the duality of good and evil. What we know today though is that there are no opposites in duality – just two aspects of the same thing.

But we have to ask here is whether this was exactly the same trap that Jung also fell into when he too came across serpents and dragons and associated them with evil.

To me, in both cases, this was the early indoctrination and programming from their early religious experiences.

So when these symbols appeared creatively to them both, an immediate conscious connection was made with what their minds had been programmed to think.

Instead we find the dragon drawn on top of lines of perspective coming to a point that has been clearly shown to us through a rather unnatural looking hole in the large rock in the centre of the picture.

What we are being directed to look at the other side of this hole is an image of an adult and a child.

Could we possibly be seeing here a symbol for people meditating on a node? Perhaps not, but...

Are the lines of perspective drawing our attention to these two people in order to show us that what is being portrayed at this moment in time is all about ourselves – mankind ?

There is a sense of movement in this piece of art and yet, at the same time, it is also showing that it really is capturing a moment in time – a moment that is perhaps particularly meaningful.

To try and find out more about this moment, we are drawn to the right side of the drawing and the white horse with the unidentified rider holding what looks like a shield high into the air.

Is this the moment just before St George duelled with the dragon, or is this some future time this dual will happen again and, if it is, how does this now connect with the implications in the title that link time itself to some great cosmic energy event?

However, if we look more closely, we see no sword and no lance.

Will there be no dual this time around and if not why not?

If St George has now recognised a positive side to the approaching dragon, might a different story emerge?

The shield being held up high seems to indicate the threat from above rather than from the ground below.

Are the Dragon and the Saint now here to help mankind in its hour of need?

What now should we make of the flies and possibly a bee or two?

Are they attacking or are they gathering to help us too? Much of course depends on our own perspective but that may be the very point here.

We seem to be being shown a choice here. We can choose to think that those around us are gathering to be helpful or we can think of them as adversaries that we need to overcome. We can think too of the cosmic rays as being damaging or helpful to us as well.

Are we then left with a final clue with Dali's final act of giving this work of art its title?

The word 'resuscitating' applied to time might well now suggest we hold the future in our own hands.

Are we destined to repeat our great karmic cycle all over and over again or will we learn from our mistakes this time progress onwards to the next stage for a change.

Do we choose conflict with our aggressors or do we instead choose to come together?

Yes flies and bees could be seen to be torturing us & stinging us, but nature provides us with both action and reaction, both problem and solution.

Yes, these coming cosmic rays can be destructive but they can be beneficial too – they can both kill and mutate cells.

Yes, these dragon energies can cause us emotional issues as they enhance all types of emotions, but they can also teach us and show us the way.

Decisions though are not complete unless they are accompanied by some form of action, so what specific actions might we need to take? For possible answers to this, we must progress a bit further.

Cosmic energy linked to evolution

A clue comes from the scientific research coming out of the HeartMath institute in Boulder creek California. They found that cosmic energy is mutational and is therefore linked to evolution. It is also known to have a resonant effect on our hearts.

In my previous newsletter, I have outlined the recent evidence of the increased amounts of cosmic energy we are now receiving and the reason for this being down to the reducing magnetic field strength allowing more energy to get through to our atmosphere.

This increasing cosmic energy will have an increasing effect on our heart. It is therefore quite possible that our decision and our action is going to have something to do with our heart and this is going to have something to do with our evolution.

Our first perception of this change now appears to be linked to the poem by John of the cross and the Dark Night of the soul and the resonance we feel towards a particular type of story.

It is at this point we can now progress to look at the formula mentioned earlier by starting off with the following question:-

Is our collective memory hardwiring us to resonate with a particular story and if so Why?

It would seem that there is a particular type of story that resonates with us more than any other story. When a story follows a particular formula, it seems that we have a natural liking for that story. The more it aligns to the formula; the more we like it.

The person that most clearly identified this in recent history was the writer Joseph Campbell.

Campbell studied many religious, spiritual, mythological and literary classic stories and then wrote a best-selling book called 'The Hero with a Thousand Faces' (*Published in 1949*). Now I am sure most of you will know about this book and many of you will have read it, but perhaps only a few of you will know just why the formula is so powerful.

Campbell explores the theory that **mythological narratives frequently share a fundamental structure**. He was able to see the similarities of these myths which he then collectively called the '**monomyth**'.

It also came to be known as the Hero's adventure where the hero, or heroine, goes out into the World and encounters wonders and forces that require challenges to be overcome so that they can then return triumphant in a way that brings benefits to those around them at home.

The 'Hero with a Thousand Faces' began to prove that all humans have similar core concepts written within them. **In other words it was a story within everyone that was waiting to happen.**

Campbell went on to break down this 'monomyth' into twelve parts.

1. The Ordinary World – Starting as an ordinary person in an ordinary World.
2. The Call to adventure – A challenge, event, quest or problem arises.
3. The Refusal of the Call – The initial emotional reaction and rejection.
4. Meeting the Mentor – Help given.
5. Crossing the Threshold – The commitment to the journey begins.
6. Tests, Allies, Enemies – Early challenges new friends and who to avoid.
7. Approach to the Innermost Cave – internal and external preparations.
8. The Ordeal – the greatest fear and the most difficult challenge.
9. The Reward – the new skill/gift or the treasure gained.
10. The Road Back – the return home and a time for learning.
11. The Resurrection – a final test and a cleansing.
12. Return with the Elixir – completion, final purification and return the ordinary World.

You can perhaps see now how Sir Francis Bacon used parts 5 to 7 with his Dark Night of the Soul, his St, Crispin's day speech with the Ordeal being the battle.

In doing this he was incorporating just part of the formula, knowing that it would still have an influential effect on his audience.

We have to ask though how it manages to have such an effect. **What is it that makes this type of story so resonant with us?**

Since the publication of *The Hero with a Thousand Faces*, Campbell's 'monomyth' formula has been used by a wide variety of modern writers and artists.

Filmmaker George Lucas used its influence in the Star wars films.

The other films mentioned early :- The Matrix trilogy, the Lord of the Rings trilogy, Spiderman, the Lion king, the Star wars films, the Wizard of Oz, the Hunger games, the Harry Potter movies and the Shawshank Redemption all follow this formula and this is why they were all so successful.

It is as though something is hardwired into our subconscious mind that strikes a chord. It then resonates within us as though it is part of who we are and **what our own journey is really all about.**

For this to be so, something needs to reinforce this over the thousands of years that mankind has been around on this Earth – something that we may even be regularly experiencing over large time scales often enough for our subconscious mind to be familiar with the formulaic message with the story.

Indeed, it is probably a journey we have considered in many lifetimes. But that still makes us ask why.

A clue to the answer can actually be found by looking more closely at **the observations from John of the Cross.**

The following is a shorter version of his words and it is in them we can see now that John to had made a journey into the night but this is now more easily seen as a meditative journey soaring across the dark abyss, across to the World of Spirit, to a point of enlightenment and bliss - one where he surrendered through ritual death (Lilies) and then rebirth.

*On a dark night, **kindled in love**, I went forth without being observed,
In **darkness** and secure, by the **secret ladder**, disguised in darkness and in concealment,
My house being now at rest. (Peace)*

*In the happy night (Joy), in secret, without light or guide, save that which burned in my
heart this **light guided me** to the place where he was awaiting me (God)*

Oh, night that guided me, lover transformed in the loved!

*I remained, lost in oblivion; my face I reclined on the Beloved, all ceased and I abandoned myself,
Leaving my cares forgotten among the lilies.*

John's commentary on the ascent of Mount Carmel, his treaty about the **active and passive purification of the senses and the spirit**, this Carmelite Spiritual ascension led him to this 'mystical union' and this great self-realisation.

This, however, was a personal and individual experience but with Campbell's 'monomyth', hard wired into our subconscious in such a resonant way, we have to wonder **if there is a greater collective memory amidst mankind – one that is subtly trying to remind us that we too all have a collective journey across the abyss to make.**

A collective journey that some people have already started along and one that others are about to start.

It is a journey we will all be going on and one that hopefully leads us all to an evolution of consciousness and one that **helps us all** get back into 'group consciousness' as Steiner refers to it.

If that is the case, then **we will all need to also prepare to cross this abyss**, this dark journey between the Worlds that John of the cross has seemingly soared over.

As the veils of perception come down, we too will then witness the oneness that is coming – a oneness that may also connect with **a change in our perception of time.**

Might this now be one of the clues given to 'Dali' with his soft watches and their reversed numerals?

Purification is part of preparation

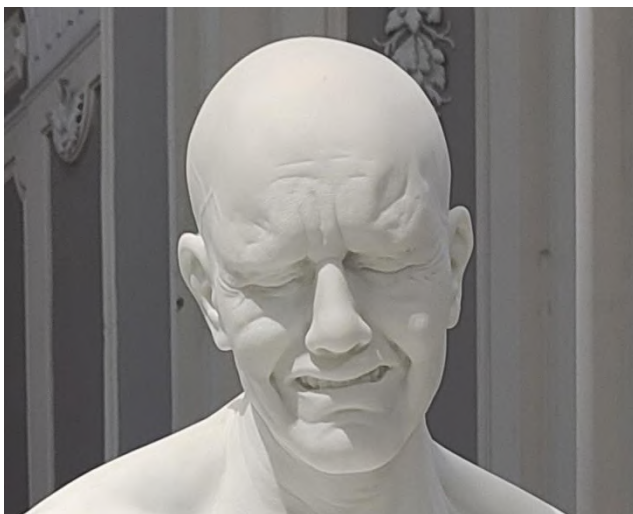
The giant at the threshold, the gateway between the worlds that both Steiner and Jung came across, tells the unworthy traveller to prepare well before embarking on the journey.

It is here we might well ask what does active and passive purification of the senses and the spirit mean and how should we address this.

This is not a short topic that can be addressed in one newsletter.

However, I would like to perhaps help you investigate this further yourself.

Your first challenge comes with some more modern art.



Take a deep look at the expression on this man's face. **What is your first reaction?**

This is the head of one of the marble sculptures made by an astonishing young (38) artist called Jacopo Cardillo – also known as JAGO. *(Thank you James H. for bringing his work to my attention).*

Newspapers are calling him the new Michaelangelo for good reason. I will show you the full sculpture later on in this newsletter, but for now I would just ask you to feel the pain and the anguish that has been emphasised on this man's face.

What was your initial reaction to this? Indeed, how should we initially react when we see someone experiencing such an intense emotional reaction like this?

Indeed, your answer may well reflect how far you have yet to travel.

One of the common responses when confronted with this intense emotion is to ask why and what has happened?

This though brings our own curiosity into the equation and that would be a mistake. When we move from our conscious mind to our subconscious mind, from focus to an aware state, we need to certainly leave things behind and one of them is our curiosity. The word 'Our' is the tell-tale indication that our 'Ego' is trying to join us on this particular journey.

The challenge here was to immediately go into a mode of heart felt compassion for the person where we are directing heart felt energy into them to help reduce their pain.

JAGO's masterpiece is titled the "Pietà" and this is a clue for us all. The artist has named his work in a way that demands a response from us rather than telling us what he is showing us.

The image below is one of several I photographed last month at the Sant'Aspreno ai Crociferi in Naples where the artist was holding an exhibition.



There is incredible attention to detail in his work - right down to the tiniest wrinkles in the skin. His art also comes across as timeless - as though they had been finished many centuries ago. This timelessness challenges us as we wonder too if these are of modern people or of humans who lived over a thousand years ago.

This ability to play with our concept of time allows these sculptures to be both contemporary and eternal and this demonstrates too just how our emotions can be timeless. It is as though they have no past or future, just what we feel in the 'now'.

Do our emotions transcend time in some way, is this what makes them so powerful?

The title "Pietà" in Italian translates to pity and/or compassion. It is clear now from the whole sculpture that the man is holding his dead son but he is wracked with pain rather than exhibiting pity or compassion.

What the artist JAGO is demanding of us here is that **we respond** with pity and compassion towards his art and thereby, by default, he demands of us to show compassion for those people we come across who are also suffering pain and anguish – for reasons we may not even know.

Our challenge is to move to swiftly heart centred compassion such that we can physically help reduce that person's pain through sending them love directly into their heart.

When we can do this instantly, without asking why, without being in our conscious mind, our own journey across the abyss will be one where we soar above the challenges that exist for mankind as we move into unity consciousness.

It is this soaring across the abyss that Steiner talks about in his lectures, it is what John of the Cross was experiencing, it is the journey we all travel along collectively as we enter group consciousness but it is also the one where not all of us learn to soar and soaring makes all the difference to the end result.

Soaring represents the mystical union, the resonance and the 'monomyth' we are compelled to remember over time.

We are daily being given opportunities to do this with all the wars being waged around the world and all the deaths that arise from that.

Think now of the thousands of parents who have held the bodies of their dead children due to wars happening within civilian populations – just as JAGO's statue shows us. It does not matter one bit which side of the war is in the right. *(All wars are wrong and represent deliberate division, lies and an intentional breakdown in communication so that one greedy person can profit from taking something from someone else – these days it is generally gold and energy that is stolen.)*

And yet, we yet capable as a species, to be able to rise above the negative emotions and connect in a heart centred positive way towards both the afflicted and the aggressor.

Hopefully more and more of us will be doing that to the point at which morphic resonance enables this to spread across all mankind – for that indeed is when our collective journey will end.

I will summarise all of this after the next two sections but I want to next address purification and preparation as well as looking at our own traumas and what we also need to overcome to improve our chances of soaring above the coming abyss.

You can find more about JAGO's art here on his [Instagram profile](#).

Science section

Preparation and purification for what has already begun is a huge subject and one I will return to in future newsletters. However, I wanted to make a start here with something that I believe may be new to nearly all of you.

It unfortunately does not bode well for our future as it appears that are a few people in extreme positions of power, because of their wealth, have a depopulation agenda. People like B. Gates have already said they want to drastically bring down the World population. The reason often given is that there are too many humans and the numbers are not sustainable. *(This is likely also being driven by the private central bankers in the West who realise their fiat currency system is failing and who can see that the demographics are against them with the aging populations, the increasing cost of providing pensions due to the lower tax revenues due to the lower numbers of productive younger*

workers. They won't accept blame of course as they are greedy and selfish and want to control everything.)

So depopulation is definitely on the agenda of the few, and it is for that reason I wish to begin by telling you about the true story of National loaf.

The National Loaf

<https://www.1900s.org.uk/ww2-bread.htm>

What you may not know, or remember, was that there was a ban on white bread during World War two in the UK.

The only bread available was called 'The National Loaf' which was introduced on July 21, 1942. It was unrefined and what it contained depended on what was available: sometimes barley meal, oatmeal or even potato flour as well as wholemeal wheat flour. Initially, it consisted of 85% wheat flour and 15% other grains. However, as the war progressed and shortages became more severe, the percentage of wheat decreased resulting in changes in taste, texture, and nutritional value.

During this War, white bread was banned completely in the UK. Instead, all loaves had to be made with this National wheatmeal flour comprising 85 per cent of the whole grain. (Industrial white flour had as little as 70 per cent.) People complained that these 'National Loaves' were heavy, beige and gritty. However, for all their complaints, they were nutritious.

In short, back in those days governments wanted people to be healthy and to eat healthily. *(They needed the men to fight for them and the women to work in the munitions factories).*

They don't seem to want us to be healthy now.

Government practice

One of the most despicable things that governments all around the World do now is to pass new legislation with a huge amount of writing. Within these large papers they insert inclusions at the end, or in the middle, on an unrelated subject that they also wish to bring into law 'under the radar'.

They then often cause a massive distraction by way of other more sensational news and allow no time for any new bill to be properly read and questioned.

The result they often get is an 'undebated' passage of this new 'hidden' legislation that nobody finds out about until far too late. *(A case in point is a recent \$36,000 dollar p.a. payrise Congress, in the USA, voted for themselves that was hidden inside a separate lengthy piece of legislation.)*

At this stage I really would like you to hold a new thought in your mind. Do we really need politicians anymore? Is there perhaps a better way forward for running countries? Should lobbying politicians by powerful conglomerates even be legal too?

The original legislation I would wish to now mention, are the Bread and Flour Regulations 1998 and The Bread and Flour Regulations (Northern Ireland) 1998.

These Bread and Flour Regulations 1998 cover specific rules on the labelling and composition of bread and flour.

The regulations primarily mandate the compulsory fortification of milled white and brown non-wholemeal wheat flour that are manufactured and sold in the UK for public health reasons with added calcium, iron, thiamin and niacin to protect against nutrient deficiencies within the UK population.

This on the face of it seems fairly reasonable, however there has been a recent amendment:-

Folic acid is now being added to flour to prevent brain and spinal conditions in foetuses - Thursday 01 Sep 2022 -Department of Health and Social Care <https://www.wired-gov.net/wg/news.nsf/articles/Folic+acid+added+to+flour+to+prevent+brain+and+spinal+conditions+in+foetuses+01092022151200?open>

This seems on the face of it also seems to be reasonable and, as the report mentions, it could help avoid 200 neural defects each year and it makes sense for pregnant women to have this supplement.

Unfortunately for men, there is a bad side effect from increased levels of folic acid and it has been known about since before 2009. The following is a scientific report on the problem.

Folic Acid and Risk of Prostate Cancer: Results from a Randomized Clinical Trial – Journal of National Cancer Institute- March 2009 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2657096/>

The conclusion of this report is that there is clinical indication that daily supplementation with 1 mg of folic acid was associated with an increased risk of prostate cancer. It was unclear why dietary and plasma levels among non-multivitamin users may be inversely associated with risk.

We might well be concerned now that in **more than 80 countries around the World**, including Australia and the USA, **they are now 'fortifying flour with folic acid.**

It is perhaps important to know the difference between folates which are naturally found in many foods and folic acid which is a synthetic version of folate.

Folate is not the same as folic acid

In a Urology paper titled OPPOSING ROLES OF FOLATE IN PROSTATE CANCER in 2013 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3852144/> we find that folate is listed as a possible protective factor that may decrease the risk of prostate cancer, while **folic acid, the synthetic version of folate** used to fortify foods and contained in supplements, is listed as a nutrient that **may increase the risk of prostate cancer.**

Folic acid is also known to increase PSA levels. PSA, or Prostate Specific Antigen, is what the cells of the prostate produce. PSA tests are measures of the amount of antigen released by the prostate.

A single PSA test is carried out on most men over a certain age as a prostate cancer check. It is a notoriously unreliable test with less than 30% success rate and it leads to unnecessary biopsies that contribute to prostate damage and an increase in prostate cancer.

With the increase in folic acid in flour, it may be no surprise that we find the following has already started to happen:-

Prostate cancer incidence rates are projected to rise by 15% in the UK between 2023-2025 and 2038-2040.

There could be around **85,100 new cases of prostate cancer every year** in the UK by 2038-2040, projections suggest. Cancer research UK <https://www.england.nhs.uk/2022/11/nhs-prostate-cancer-treatments-surge-in-england/>

NHS prostate cancer treatments surge in England - 2 November 2022

The number of men having treatment for **prostate cancer has jumped by more than a quarter in England in one year**, new NHS figures show.

More people than ever before are receiving urological checks – including for prostate cancer– with over 40,000 more between August 2021 and August 2022, compared to the year before (243,043 in the year ending August 2022 compared to 202,252 in year before).

The surge follows the launch of a joint NHS and Prostate Cancer UK campaign to encourage men to use the charity's prostate risk checker tool. Since launching in February, the risk checker has been used over a million times and is thought to have helped an extra 1,800 men to receive a diagnosis.

I would suggest that **this surge is also down to the increasing amount of folic acid that is being consumed** as this will have led to higher PSA levels and more men being scared into prostate biopsies.

Higher amounts of antigen nearly always mean that the prostate gland has grown in size. This is something that happens naturally with age as testosterone levels fall. Unfortunately as testosterone levels fall, DHT (Di Hydro Testosterone) levels rise and vice versa.

One of the problems we face is that plastic wrapping around our food is toxic and this is now known to increase DHT levels, which in turn decreases Testosterone and that then increases the prostate size and the PSA level.

We seem to be under some kind of attack from some of the giant multinationals that run our supermarkets and our food industry and it seems they have the support of the politicians.

Another reason to perhaps think this is that a new rule has also been added into the flour regulations. **Products containing less than 5% of flour fortified with folic acid do not need to have folic acid included on their label.**

Organic wheat flour, bread or flour made from other grains, and wheat flour that is not specifically for breadmaking does not need to be fortified.

Avoiding most supermarket food and all food containing flour with folic acid.

In short we need to avoid all supermarket bread flour. We need to avoid all food with flour in **when you eat out** – sandwiches, pastries, baguettes, cakes, sauces – in fact anything that does not have a sign saying it contains no folic acid. Sadly, restaurant food is now also suspect so if you have a favourite ‘eat out’ place, I suggest you recommend to them to only use flour products that contains no folic acid and that they label this for their customers.

Aside from Folic acid in flour, there is another terrible ingredient that has slipped into bread and many, many other products. Forty years ago it was never in these products.

Take a good look at the labelling on all items you buy in the supermarkets and you will find that **sugar** seems to have been put into nearly everything – **including all bread**.

Once you do a thorough check on all the labels and the wrapping in the supermarkets, you soon come to notice that **nearly 90% of all their food and drink products are now toxic to humans**.

This means we should now avoid supermarket food at all costs – go organic and check they are not adding folic acid and stop eating anything that includes, or is made with, flour – cakes pastries etc., unless, and until, signs say that it contains no folic acid and no sugar on the label.

I know this last section has been about the conditions in the UK, but I am sorry to have to write that in the USA, since at least 1998, grains have been sprayed with folic acid at the mandate of the US Food and drug agency. They call it ‘Fortification’. So if you see any food that has the words ‘fortified’ on the label, you may want to avoid consuming it. [Key Findings: Folic acid fortification continues to prevent neural tube defect](#)

We are in a war for our health.

In this preparation stage for the evolution of consciousness, **we need to be purified physically, emotionally and spiritually – as much as is possible**.

Overcoming our challenges is our preparation and purification.

One of the challenges we may well have to face is trauma.

I mentioned trauma earlier and it is perhaps surprising how many of us have had traumatic experiences in our lifetimes and some of which we have lost to our memory.

Even lost or forgotten episodes of trauma can still have an effect on us though. In the next section, there are two experts on this subject and what they have to say on it all, is particularly illuminating.

After this media section I will summarise and begin to draw some initial conclusion in regard to the introduction with the purification theme, the art, the hero’s journey and just why it resonates with us so much and why this is so important for humanity today.

Media section

The Universe is definitely bringing all likeminded people together. Synchronicity, opportunity and chance to learn more about what is unfolding right now is becoming increasingly common.

With this in mind, I have been most fortunate to have spent time this year with two wonderfully knowledgeable and experienced women and to have learnt from each of them.

Last month, I have had the added benefit of listening to them both talk about the subject of trauma and how it has become so critical to understand in these transitional times of our evolution.

What fascinated me was just how their knowledge on this and other related subjects relates so well right now to what is going on and how we must prepare.

In particular two interconnected things stood out for me with the first of these videos that I would strongly suggest is something you mull over.

The first is connected to group meditation at sacred sites and how much we still have to learn about these activities. Betsy and Heather touch on this at the beginning of the video in their discussions about the Native American Medicine circle, body positions within the circle and emotional responses that can be evoked in these situations. This is then compared to the oneness in a unified moment in group meditation.

This then leads on to the second thing which is the need to pay attention to our own trauma and how to heal ourselves from this when that trauma comes into our awareness.

The importance of this is also about mankind collectively going through the abyss – which is something readers of my newsletters will know I have referred to fairly frequently as a forerunner to our evolution of consciousness. This is also linked to the dark night of the soul and stages of the ‘monomyth’ that sit in our collective memory.

Going through this abyss is also the only place now where we can really find our weaknesses without any ‘egoic’ interference from what we think our weaknesses are, or might be.

I feel I should really only write a few short sentences from their interview from the many that stand out. I really recommend you take some time to watch these two videos as you will come away with a far deeper appreciation for the changes we are now experiencing, what we must do and what we can expect.

The two ladies are **Betsy Polatin and Heather Ensworth**. The first video is titled ‘**An Interview with Betsy Polatin: The Expanded Self - body, mind, spirit**’ (1hr)

<https://www.youtube.com/watch?v=0L2xqi8SI3E>

Betsy Polatin is a movement specialist with four decades of experience in body-mind education and performance training. She has worked with many performing artists in theatre, film, and music, including such luminaries as Rashida Jones, Ginnifer Goodwin, Andre Gregory, and John Denver.

She has also written a best-selling book called [Humanual](#) that shows us how an expanded version of ourselves includes not only the habitual patterns, the lost parts, and the innate organization but also a connection to the grand, scintillating space of the universe and the possibilities it offers.

The book is a unique and comprehensive approach to self-knowledge and self-improvement, offering a clear, concise, and rather simple set of explanations and exercises to facilitate understanding and unity of body, mind, and spirit. Many of us have lost our connection to each other, the planet, ourselves, and our bodies, causing distress and discomfort. But in actuality, we have a wealth of resources inside of us that we can learn to enliven and use to our advantage to access health and well-being.

Heather Ensworth is a clinical psychologist with over 35 years of experience and an internationally known astrologer who does readings with people from all over the world. In addition, she has studied ancient and indigenous healing traditions and is a shamanic practitioner. She strongly believes that to truly heal ourselves, and to support the healing of the Earth, we need to be in right relationship -- with ourselves, each other, with the Earth and with all of life.

Heather, together with author Kristina Lea, wrote a book titled:- [From Trauma to Freedom: One Woman's Journey and a Holistic Guide for Healing](#)

From Trauma to Freedom is an innovative holistic guide to help you heal from trauma and to support you on a journey home to your true self.

In this book, Kristina and Heather Ensworth, Ph.D. have combined their personal and professional experiences (of over 50 years) to share their ever-deepening understanding of the process of healing.

Just to whet your appetite in the hope you will watch this video, here are some of the wonderful statements you will come across:-

"Synchronised embodiment calls us back into awareness of our body.

We must pay attention to trauma that needs attention first.

As we move into the Aquarian paradigm, we must ask what is preventing us from doing that.

Illness comes from the root of trauma.

You need to honour and communicate with that part of your body to get to know how to heal.

We heal when trauma comes into awareness.

Just below our skin we have the fascia that provides the body with a whole matrix of support. When we pay attention to our breathing and our movement we notice our internal shape changing.

Our breath can stop us feeling emotions. The act of holding our breath, at the times we are shocked, cements that emotion at the time.

We cannot connect with our spiritual body by leaving our body but instead we connect through our body.”

We are going to all be experiencing some tough times and challenges ahead of us in the next few months. Listening to this video will help give you some ideas on how to tackle these times.

The second video is one that Heather Ensworth has also just put out this last month. Heather herself says this about her video *“I feel that this is the most important video that I have done to date.”*

Astrological Overview 2023-2028: Time for Awakening, Healing, Transformation, and Ascension – Heather Ensworth (44mins) <https://www.youtube.com/watch?v=eCScWpAGHel>

In this video, Heather provides us with a wonderful overview for what is going on and a projection for what we can expect to experience over the next five years based on the position of the lunar nodes.

As we progress through this transformational process through these cycles, this video provides us with a much greater understanding for what is driving this process as we move into an Aquarian higher state of consciousness. All in all it is a compelling video and I think it is a ‘must watch’.

To understand what these lunar nodes are, we must start with the Ecliptic.

The ecliptic, or ecliptic plane, is the apparent movement of the Sun as the Earth moves around the Sun from the perspective of an observer on Earth. This apparent movement of the Sun around Earth over the year, the ecliptic, also **appears to give it a movement** against the background of the stars.

Having established this **apparent Ecliptic plane** of movement, we find that our moon’s path intercepts this plane from time to time. When it does, it is called a Lunar node and there is a North pole node and a South pole node.

These **two opposite poles create an axis direction** and it is where this axis points in the night sky that is important as the North and South node sit in opposing zodiac signs/constellations.

What results is a slow progression of the North and South Lunar nodes through the opposing constellations and this has a slight but definite effect on human activity on the Earth.

Currently since June 2023 the Lunar node axis has moved into Libra in the South Node and Aries in the North node. It will be this way until January 2025.

After that it will move the South node into Virgo and the North node into Pisces until July 2026.

Then the South Lunar node will move into Leo and the North will point to Aquarius until March 2028.

Heather has done wonderfully well at expressing a message for all humanity as to what is coming and it sets the stage for our own dark night of the soul and it will surely help us collectively soar across the abyss.

Enjoy.

Extra video

I have added one more video to this media section at the last moment before sending this newsletter out as it is a really positive one. As many of you will know, I began my dowsing by looking for water for farmers in Africa. As Geologists, we would dowse the land and then help with the drilling. Drilling and setting up extraction methods is not cheap but certainly something African governments could do for their people – except that they rarely do and it comes with many backhanders.

For those of you who know about 'Mr Beast', you will know of his incredible philanthropy. He is a successful you tuber who just keeps giving his money away on good projects. Here is one of his latest ones. If you don't know of him, I will let you find out more yourself.

I have a feeling that as we approach our evolution of consciousness, more goodwill acts and more people will do what he is doing.

Mr Beast - **I Built 100 Wells In Africa** (10mins) - **49 million views in one day on you tube**

<https://www.youtube.com/watch?v=mwKJfNYwvm8&list=WL&index=3&t=1s>

Check out his Beast Philanthropy channel. <https://www.youtube.com/@BeastPhilanthropy>

Summary

Having drawn some attention to the trauma that many are now feeling, we can now turn to look at **one reason this is happening** and **why it is about to start increasing in intensity for many people.**

The reason is that this evolution of consciousness is like a collective, shamanic journey where all humanity will be going through the 'Abyss', the darkness/void that exists between the Worlds of Spirit (*The different matter frequency Worlds that exist within the same area*).

I will explain this similarity in a moment, but in travelling this journey, we will all be purposely challenged. This will happen to each of us in different ways such that we can then individually decide to either help our 'soul' to become a much better version of our previous one, or we might decide not to.

This evolution also has a cyclical nature in that, what drives it, is cyclical and this fits with what Rudolf Steiner saw with the move from group consciousness to individual consciousness and back to group consciousness again – each time hopefully with a more evolved ‘soul’.

This cycle though is not a smooth one and entering and exiting group consciousness appears to be very similar, if not the same as passing between the different Worlds of Spirit.

On a Shamanic journey, the soul travels on this journey and on entering this ‘Abyss/void’, it encounters the guardian who warns people not to pass unless they are prepared. **Preparation here necessarily includes a degree of purification.**

On our return to group consciousness (*and our chance to evolve our consciousness*) we must also cross this abyss, but not to reach another World of Spirit as instead, it is a crossing over into a form of unity consciousness- a time when all the matter frequency Worlds merge into one.

Due to our differences in perceptual awareness, this does not appear to happen to everyone on all the different Worlds of Spirit at the same time, but instead, it seems to happen first to ‘beings’ who have prepared first and prepared the best.

In our matter frequency World more and more people are awakening to all this and, through morphic resonance, many more will follow on. We already have some very advanced ‘souls’ amongst us and we are being guided by higher ‘Beings’ from the more advanced matter frequency Worlds.

We are just beginning now to understanding how this works and what we must do but one thing that is now fairly sure, is that the process has begun.

With the cycle of birth and rebirth having occurred thousands of times for many of us, less for some and more for others, we can be sure that our souls have experienced the cycle of group consciousness to individual consciousness to group consciousness one or more times.

It is our soul’s long term experience with this cycle that now enables a resonance to occur with anything that it comes across that feels similar.

This **deliberate resonance** aims to help us wake up to our greater purpose in life which is to take advantage of this long term cyclic opportunity. It is here that we now see **the very close resemblance of this journey to the Hero’s journey** – the ‘monomyth’, with its 12 stages including the ‘dark night of the soul’.

Our soul’s journey through the different stages of the evolution of consciousness is why the monomyth stages emerged and by storylines similar to it have become so popular in books and films. Something in these stirs our souls and makes us feel good.

They are our wake up call. A call to action.

This resonance within us at these moments is similar to the resonance artists seek as they tune into their creative source. They know that if they can do this they can gain inspiration for their work that is then embedded within it for everyone else to see, feel and hear. A source that keeps on giving through the ambiguity of symbolism that ignites others into having further insights.

Artists know that when they can achieve higher inspiration whilst they produce their work, it can make it memorable and eventually even great. Those who then go on to study these great works of art then also know how much it can go on to contribute new insights that will help them in their life and work.

Now, when we look at the work of creative geniuses like Dali, Goethe, Jung and Steiner, we know that within the symbolism of their work there exists, both secrets of the universe, as well as insights that help individuals find insights that provide a boost to their own journey through life.

If we now come to Dali's painting "Cosmic Rays Resuscitating Soft Watches," we can see that this too is now showing us a 'snapshot' of a moment of time in this 'monomyth'. It is showing us the part of the cycle where cosmic energy is increasing and division has emerged.

We are the rider of the Horse and we face decisions in regard to what to do. What is our perspective? How do we view things? What does it all mean? What is the truth? What path should we follow? How should we now react?

Measuring our global transformation

Sometimes, in looking for answers, as we progress towards a particular goal, it is good to take stock of how things have been going. Confidence in decision making can be derived along the way towards this evolution of consciousness/return to group consciousness, by looking at how unfolding events are contributing towards helping us reach our goal.

Increasing geo-economic, political and spiritual changes are happening all around the world as the energetic environment increases its effect on us all but these alone don't help us see visible progression – indeed the increasing polarisation can be deemed to be quite negative.

As individual consciousness moves towards group conscious, it actually begins with an increasingly distinct division too. This is most easily presented to us with the abyss, the void of darkness.

It may seem strange that division must happen before unity, but that is part of life as **cells have to divide in order to lead to overall growth.**

It is **within this division** that we find out the underlying connection between the two. It is the same when working with the conscious and subconscious mind. When you can switch effortlessly between intense focus in the conscious mind to intense awareness in the subconscious mind, you find the connection between the two beginning to emerge and this is when insights begin to increase and when communication between the two states of consciousness begins to grow.

We are seeing now that the division in the World is increasing in intensity. The West, including USA, Israel, Canada, UK, Europe, Australia and New Zealand, is now polarising against what is being called the global South, which is the rest of the World including the new BRICS 11 countries.

Centralisation and control is being counterposed with the desire by more and more people for decentralisation and freedom.

The Western Fiat monetary system is collapsing under the extreme levels of ultimately unrepayable debt and the Global South are increasingly turning towards an asset backed economy.

Increasing division can be seen everywhere and we all know that this, in itself, does not and cannot lead to unity.

However we also know now that it can also lead to insights and the green shoots of a new unified way forward. Freedom on its own leads to chaos. Control leads to servitude. A balance between the two is what is needed but to find and know that balance, we must know each aspect and hold both within us. **We must 'look/feel/hear' within the division, within ourselves, to find our way forward.**

As long as we don't choose sides, and if we can overcome our own internal divisions, we can breakthrough to make a higher connection. **This is where division can help us.**

What we can do is to start measuring the numbers of insights we get, the numbers of synchronicities we encounter as increasing numbers of these for increasing numbers of people gives us an indication of how our evolution of consciousness is progressing.

When we start to measure these things, confidence we are on the right path grows.

With greater confidence comes better decision making. Decisions are not just about choice though, they are about taking action too.

In Dali's work, as the rider of the horse, we can make a decision to do something but the horse will still not move until we take some kind of action.

In our case, I believe that action to be a fairly simple one. We need to move into heart centred love and compassion that is directed towards someone.

One of the best ways we can do this, and practice this, is within group meditation at sacred sites when we stand in a circle. By directing this love towards the others in the circle, it has leads to tremendously powerful effects.

Amongst many of these, new insights and synchronicities begin to arise. You may even begin to find your body is intuitively moving in a figure of eight swaying movement. As it does this your chest is actually turning to face everyone else in the circle round you. It is as though your body is naturally drawing you towards this 'blessing of compassion' to your companions.

The more we decide to do this, the more the effect we can have whenever and wherever we do this – including when we find people in pain and anguish and the more we will be able to soar across the

abyss and the more we can overcome our own challenges on our way through to the evolution of consciousness.

Thank you for reading this last section and now I would like to move on to a subject that, as you all know well, is close to my heart in the next two sections.

Books section

The following book is one I have just finished reading. The reason is that it has only very recently been published. I have to say that I really enjoyed it and if you were to ask me for just one reason why, I would tell you because it was such fun to read.

The book is titled **'Dowsing the Wyrd web in Moravia'** and it was written by Gary M. Vasey.

The reason I found it fun to read was because it shows just how much fun dowsing can be. The fun comes in many ways- the thrill of discovery, the realisation of the synchronicity guiding you and also the journey you are being taken along.

In this book there is intrigue and symbolism and it feels like you are going on your own Da Vinci code.

There are not many books on Dowsing and actually mapping Energy lines. Past authors and dowsers Hamish Miller, Ba Miller, Paul Broadhurst, Vivienne Shanley, Gary Biltcliffe and Caroline Hoare have each made an excellent contribution to this subject and each has their own style of storytelling.

Many people also get great pleasure from then visiting the sites they write about in their books.

In Gary's case though, it may well be unlikely that you will ever make the trip across to Moravia in Czechia to visit the wonderful sites he writes about, however that should not put you off buying and reading this book.

As you read it, you will feel the fun and the experience that Gary writes about so well. This will make you feel that you are with him on his journey. However, this is not just a journey of mapping energy lines though, it goes far further than that as you begin to see it is one of self-discovery too.

This book may just be about mapping some lines in a small part of a European country, but it promises something much, much greater than that. The reason is that, what Gary has found here, shows us just how much there is still to be found elsewhere in the World.

There are literally hundreds of Da Vinci stories and journeys waiting to happen near to where you live in the World. There are hundreds of hours of fun and intrigue to be had.

My bet is that it won't be long before others will soon also find the fun in finding energy lines and coming across ancient sacred sites that have been lost or forgotten about for centuries.

So thank you Gary for both writing this book and giving everyone a joyful read. I sense though that there is more to come and more lost sites to be found and I for one look forward to his next book on the subject.

For more information on this book and to go on and buy a copy, click on the following link

<https://garymvasey.com/book/dowsing-the-wyrd-web-in-moravia/>

The following is what Gary has written on the back cover of his book:-

“Dowsing earth energies has made me finally understand that truly everything is connected. Not just spatially, but through time as well. It has also made me realise that consciousness is everything and whatever that is, it impacts the world around us in ways you simply cannot imagine. There is a sort of feedback loop – what you expect, you get and thus you expect more of the same.”

Connecting with the land via dowsing has led me on an the most amazing adventures into the nature of reality and into who I am. First though, what is dowsing? what are earth energies? How do you dowse and why? What is the journey of initiation that unfolded for me dowsing in Moravia?

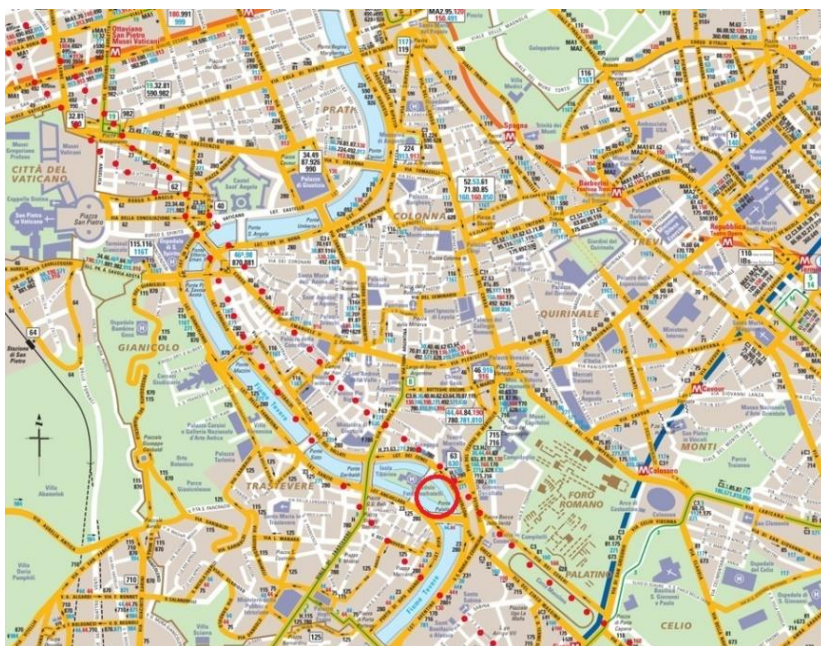
All these and many other questions answered complete with many examples from Czechia.

Dowsing has taken me on a journey – into myself, into consciousness and reality and into the world of Templars, Slavs and The Lords of Hradec. It started with a vow to track the Templar line across Czechia and has become a lifelong mystical journey.

Earth Energy section

Back in 2015, I had the opportunity to be in Rome with my wife for a five day holiday. During that time, I had the chance to map a pair of type 4 energy lines on foot as we walked through the streets.

In the map below you will see there are two lines of red dots. These are the actual locations where I got a positive rod response for the centres of these two lines.



The red circle was added several years later and this highlights the location of Tiber island. If you look carefully you will see the two lines of red dots pass between the Castle of Angels and the Vatican to the West of that (*Top let of image*).

Of interest, but not shown on this map is that between these two locations there used to be a Pyramid called the Meta Romuli. It looked as though at some time in the past the two lines crossed over each other at this pyramid.

Energy lines move though, and they can be moved, and that means that nodes can be broken and they also need to be repaired.

It was only recently, as you can read from my more recent newsletters that it was discovered that the original node seems to have been on Tiber island at the Temple of Aesclepius there. Aesclepius was the Greek God of healing and the island very quickly became known as a healing centre.

There used to be a well of water on the island that assisted in bringing many people back to good health. It is no surprise that a hospital was placed on that site later on and that it can still be found there today.

What could not be found there though, were the major type 4 energy lines.

This is where I need to now mention how hard it can be to search for these invisible energy lines. If you don't ask the right question in your focused conscious state of mind, you will not get a response from your subconscious mind when you move into an intense aware state.

In my 2015 local mapping, I had not thought to ask about any other type 4 energy lines that might be running through Rome.

Due to the recent meditations on the Summer solstice harmony time this year, it became obvious that there was a serious energy problem still in Rome. You can read more about this in the Earth Energy section in this [August 2023 newsletter](#).

A group of people have now been working on this problem for some time since then and through following up on some synchronicity, it appeared that I was going to be able to spend half a day in Rome on Friday 20th October and that a lovely man called Tim was able to join me to help with some energy work there.

I know a few of you are interested in how things are progressing in this regard so I can report that of the two main problems, one has been sorted and the other has had an initial part of the process carried out successfully. There is more much work to be done in that area though and I will cover more about that when I am able to.

What I can report though is that we had a successful repair and activation of the Tiber Island node.

This was partly through recognising that I had made an original mistake back in 2015 by not asking about any other type 4 energy lines that might have been running through Rome.

I have been mapping these main energy lines across Europe for several years now and some of the sites have been put up on the sacred network sites map. The work is still ongoing and more sites will

be added when they are confirmed. One of the ways I do this mapping is by projecting where these alignments might be found but that means being sure where a line is to begin with.

One of the areas I had yet to really start researching were the major lines running in the North East to South West direction through Italy and other countries.

As I was going to Italy and Bologne to begin with, I now had the opportunity to do some remote dowsing and to check up on this when I was there. I am glad I did because another pair of type 4 lines was found running through some amazing sites. More on that for another time through.

I mention this because, in doing this exercise of looking for more NE to SW alignments, I found out about the Fossa standing stones.

The Stones of Fossa





The above are images of stone structures in Fossa, Abruzzo in Italy. As you can see the stones have been arranged in rows and in circles. There also appears to be a height order to the stones in a line.

It is thought that they were placed there around 3000 years ago by the Vestini tribe.

As you can see the stone rows do not all follow on the same direction. Some of the rows are East to West but others seem to be more North East to South West.

Also found at this site by the Archaeologists are remains that suggest people both lived in this area and buried their dead in this area. Energetically this location sits on a strong type 4 energy line that runs down to the South West through Rome.

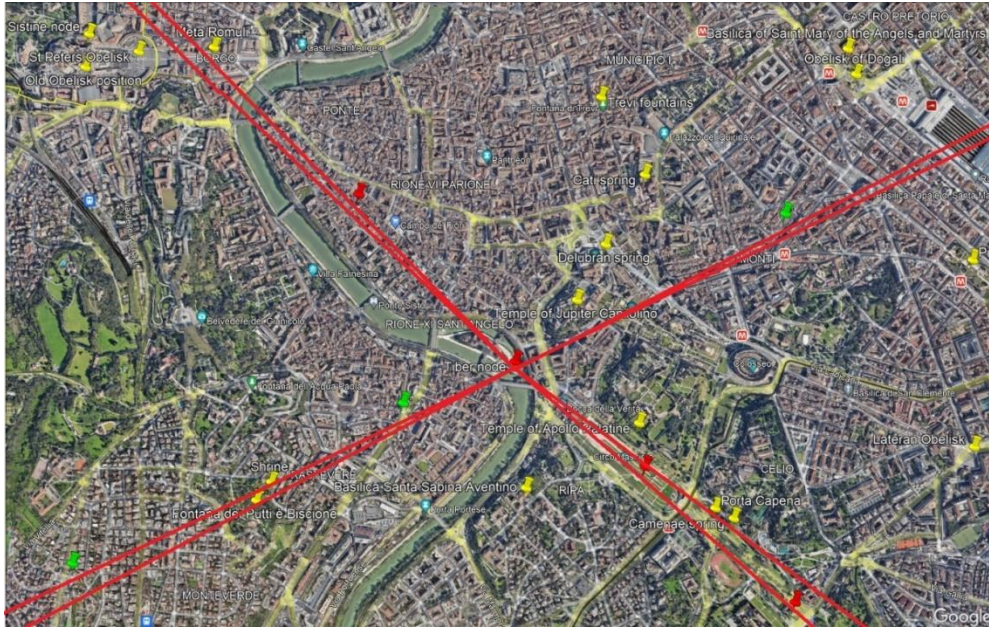
Just to the South of this site, less than a kilometre away, is the fortress Monastery of the Holy Spirit and just to the North is the convent of Sant'Angelo. It is not at all uncommon to find sites like these so close to ancient sites and it would not be a surprise if the energy lines ran through these more recent religious sites for much of the time.

It was not long after coming across this site that I realised that the pair of type 4 energy lines that ran through this site, were also found running through the Southern part of the city of Rome.

This meant that they crossed over the other pair of type 4 lines in a 'tic-tac-toe' arrangement – in other words – a broken node.

With permission gained at the highest source open to us, we brought all the lines to one point on Tiber island. This was apparently the chosen location for the new node.

The image below just shows the location of the type 4 energy lines. There are several pairs of type 3,2 & 1 lines but these are not shown. There are also some yellow markers where there are some interesting locations that these lines go through.



What you can see below is the South Eastern end of Tiber island. The node is just behind the trees.



The island in the river Tiber is an elongated one and designers over the years have protected its sides by adding stones and concrete. Indeed, at one stage it looked like the bow and the stern of a ship and the builders who were strengthening its banks decided to accentuate their designs to make it look like a ship.

I mention this because of a mishap that occurred here in our work. In the weeks and months leading up to this moment several people in the working group had put time in to come together to bless samples of water that had come from many locations around the World. It was easily over 150 springs and wells and rivers and this included a blessing ceremony with Veda Austin and friends at the chalice well in Glastonbury.

We had earlier in the day done some key work in St Peter's square and had poured some of this water down into the only dry fountain around the Obelisk there. The rest was to bless the Tiber island node.

When it came to do this though and as we came down the steps to the node, the bottle of water escaped its packaging and fell onto the steps. Glass and water went everywhere.

We spent time picking up all the glass and wondering about the possible meaning for all this, bearing in mind all the work people had put in.

It was not long after the node was repaired and activated that we remembered the shape of the island – a boat/ship.

When ships are launched bottles are broken on them to convey on them safe passage when on the water. Had the glass bottle been deliberately broken on the steps down to the node in a similar way a bottle is smashed on the bow of a boat?

If so it would have been a subconscious action and if that was the case, perhaps this was the best way for the new node to be launched? I don't know, but these are darn strange times.



The above image shows Tim and I now standing at the centre of quite a wide 4th order node. With the flat limestone paving stones and the island being surrounded by good clean running water, it looks a perfect place for a node – but then – that is exactly what it probably was over 2000 years ago. *(Thanks here must also go to many other people who helped with this node repair over the last few weeks including James H. again for planting some crystals right next to the node as these are now helping to anchor it in place.)*

What we now hope for is that a group of people have group meditations around this node on the harmony times. So if you would like to run one there, why not notify other people on the sacred network website. Indeed if you are visiting Rome, please drop by for a quick meditation, you may be pleasantly surprised at how lovely the place is.

Other section

In this final section of the newsletter I would like to update you on a few events that have been previously promoted in earlier newsletters and to mention one or two that are coming in the future. Your continued support in attending these really helps me continue to do my work and I really appreciate that. Buying any of my books on my website helps too and some of you very kindly give me some donations – thank you so much for that.

I also get many, many lovely emails from many of you but I have to say that I have fallen very far behind in the last few months in getting back to you. I am very sorry about that, it is just that it has been an incredibly busy time.

To begin with, I would like to also thank everyone who helped run the event with me and all those people came along at my recent one day event in Dorset UK on the 24th September. The event was titled:- **A Group Exploration into the coming Universal prophecy through Symbolism, Spirituality and Science.**

One of my aims for the day is that I wanted to give everyone the experience of the group enquiry that goes on in the sacred path modules as well as provide one of the modules major revelations about the evolution of consciousness.

The day was also held to launch the start of the new sacred path module program and I am delighted to say that this was a wonderful success and other facilitators have now started forming groups. More on this in a moment, but here is what a few people said afterwards.

“Fab day – so much incredible info to absorb. A hugely useful introduction to the importance and understanding of group work” – Mike T.

“Mind blowing ! So much work to do !” – Carla P.

“I feel like I have just downloaded the most powerful spiritual information” – Steff R.

“A wonderful day with an amazing depth of knowledge. So many connections of people and information. Thank you so much” - Tina H.

“Deepest Insights – connecting divination with Spirituality” - Tim T.

“Mind blown ! so much wisdom and input” – Meredith W.

Sacred path module update

With the successful launch of the modules in September, the search has begun to look for people who might wish to become either part time or full time facilitators.

I have already got one new group for the Europe/UK area ready to start the modules in mid-December and I am looking for around three more people who live in the USA/Canada area who might like to join a group also starting in the same month.

So if you would like to join, please let me know as soon as possible and I will send you further details.

Early in the new year, I intend to start a group with people from Australia and New Zealand, so if that is of interest, please also get in touch.

I have already written much about these modules in previous newsletters and on my [website](#) and also on the [Sacred Network website](#) in the Sacred path modules public group but here are few key reasons you might want to both join a group and also become a facilitator.

Many of us like working and being on our own and look to find our own path in life. Whilst this is fine, as we move into group consciousness, working in groups as well brings many benefits.

We know that when we establish a connection with our subconscious insights may be given to us, however, when we work in a group, one that has learnt to work well together, more insights come through and these can be evaluated by the group as the subconscious minds of all the people in the group, works far more efficiently. Synchronicities within the group are now more clearly seen, understood and followed.

This leads to both individual and group learning where everyone begins to walk their unique path in life – the one they were meant to follow. If more of us do this, we will be walking the path towards spiritual evolution with far greater confidence and that means we will be far more successful.

Sacred Network website update

It had been hoped that the 2nd phase of the website would be up and running by now but I have just not had the time and input that I need to make. In December, I am hoping to be able to do this, so please bear with me. That is not to say though that nothing behind the scenes has been happening. The Web developer Paul M. has pushed on with the test environment and some exciting progress has been made.

Winter equinox meditations

The last Autumn equinox gathering at Oliver's Castle in Wiltshire in the UK had less people than normal. Around 50 lovely people came along on a day that gave us rain, wind and sunshine. The smaller number though made it feel more like a cohesive group and that actually seems to have brought us all together far more as this ended up being the strongest meditation yet that several of us had ever experienced up there.

It was also extremely elemental with the wonderful British weather repeating its cycle of wind, rain and Sun a couple of times within 2 hours. If there was ever a sign for the need for coming purification, this was it. We all stood at the edge of the coming abyss trying to prepare ourselves as best as possible. The message of support from above was received by everyone and many of the signs gifted to us came through with stunning synchronicity.

This makes me wonder now just what might be in store for us at the coming Winter solstice group meditations.

These always begin when the harmony time starts and this is always one day before the actual solstice. They are also really meant to be local meditations as travelling long distances in what could be quite a stormy wintery day, is not something you should really be doing,

For me, I am likely to be going to the nearest 5th order node to where I live. For those of you who live nearby and know the rough area in which I live in the UK, you are welcome to join me there at **midday on Thursday 21st December**. We are also looking to find somewhere warm afterwards to share in some discussions and celebrations. I look forward to seeing you there too.

Full time PA position

This is really a bit of information for anyone living not far from me. I am looking for a personal assistant in 2024 and beyond to help me with my work. I have been working seven days a week and many hours for far too long now and need help. If you are interested, or you know someone who might be interested, please get in touch with me. Living nearby would be important though, this could not be a remote role, although some work could be done remotely.

My apologies again for another lengthy newsletter, but hopefully there is time available over the coming festive season to read it. If you have read this far, it is much appreciated. If you feel it worthy of a small donation, that would greatly help me to do more unpaid work as well. A donate button can be found on my home page <https://roryduff.com/>

I am not sure when my next newsletter will be – possibly March 1st. Things are not as linear as they used to be when it comes to time and our ability to plan ahead when we are trying to stay on the path. In the meantime, I wish you all the very best blessings

Rory Duff