

Rory Duff March 2023 newsletter short



Aurora live website - ([Photo source](#))

On the night of the 16th February 2023 - last month – a stream of solar plasma arrived on the Earth. It supercharged the atmosphere with particles from the solar wind across the high latitudes of the Northern hemisphere. The space weather forecast was for more.

The more energy and speed these particles have, the more they penetrate deeper down into our atmosphere. Their glow becomes brighter and the colour changes.

Moderate speeds produce **green** colours. Higher speeds will show as **pink** which is generally the brightest and most vibrant colour. But just very occasionally, the numbers of particles bumping into high up oxygen atoms produce an intense **red** glow and then, even whole night sky can turn red.

Energy and speed are not the only things that lead to these colours. We see them at the polar region because of the Earth's magnetic field and when the field is weaker, more particles get through. Electrons are channelled around the magnetic field lines and this generates a current which produces the light.

At the moment our field is the lowest it has been for thousands of years so we are likely to see the colours of the aurora at lower and lower latitudes.

The ancient folk lore says that these are portents of great evil. That to me sound very a very fear based way of thinking. A time of great transformation may be more applicable.

That we are now entering March though, reminds me of another portent.

“Beware the Ides of March”

The term 'Ides' is said to refer to the 15th March and this saying is linked to the date when the Roman Emperor Julius Caesar was assassinated in 44BCE. For this reason the date has become associated with bad omens, betrayal and misfortune.

However March once signified the beginning of the new year which meant celebrations and rejoicing and the 'Ides' of March was actually celebrated on the timing of the 1st full moon.

This year it comes on the 7th March. Back in 44BCE the full moon was on the 15th March at 10.01 am ([Moon calculator](#)). When I checked on the moon calculator I full admit the surprise at seeing this was the very same day of the month that Caesar got stabbed.

So you can take your pick about the 7th of March this month – some great evil or some great reason to rejoice and celebrate – we shall soon see.

Indeed this month is really one of transformation. Pluto is now entering Aquarius this month..... You might well ask what can we expect to happen?

Strangely perhaps, this is the wrong question...wondering what to expect is very passive.

It should be 'How should we expect?' This now makes it far more of an active question because our positive expectation within us can make a difference.

We are living on a matter frequency World where we have ego and where we have a choice. This is the environment in which we have chosen to learn develop and grow and this means we must choose well and wisely. We have a wonderful opportunity ahead of us but, if we are not careful, we are going to have that opportunity taken away.

As I have written before, we are living in a time where there is a struggle for our spirituality.

Unfortunately, we are up against strong adversaries and we need to overcome them but we can only do that by first overcoming our own weaknesses.

Introduction

Well, I did not expect to be writing a newsletter in March with so much work on at the moment. Indeed I only started typing today – the 28th Feb. So this will be a short read.

If there is a theme to this newsletter it would be one of **grounding**.

I have started with an outline for the reality we face right now as I see it – we need to ground ourselves as much as we can here. There is a quick **earth energy section** update that I see as really very positive. Then there is a short piece on the coming Spring Equinox harmony time gatherings.

I then want to cover some actual physical grounding and my own experiences this last month which lead to a recommendation that I really urge you to consider if you have not yet already done so.

There is also a book I would recommend on grounding in the **books section** and finally I just want to introduce you to an online conference in the **media section** that begins on the auspicious 7th March.

The reality we face and the choice we have

Our World stands divided in so many ways and it is all intentional – even at the level of the grand design. We are being collectively tested and it is up to as many of us as possible to ‘stand up and be counted’.

With division it is all too easy to slip into the mistake of taking sides. This is our knot of entanglement though and we must instead cut through that knot of madness to escape.

The illusion is that division is being sown all around us is being done to conquer us. It is certainly clear to see, but the solution is not to think of separation when it comes to our cyclic transition to unity consciousness - or as Rudolf Steiner called it ‘Group consciousness’.

This transition represents a great opportunity for those in power on this Earth, just as it offers us a great opportunity for us to evolve our consciousness up to a higher level.

However, the very few people who want to control us all, will finally experience what we experience if we are successful and their, seemingly psychotic, path is actually here to motivate us to step up and change.

It is all now about how we react to their madness and lies. We can either become divided with our divided mentalities, or we can escape our entanglement and the madness around us.

So we know their game. They are trying to destroying the economy of the World with their fiat paper money and trillions of debt. They are imposing restrictions on mankind in order to revoke our freedoms with programmable Central Bank Digital Currency (CBDC), their 15 minute cities, their lockdowns and their plandemics.

They are intent on destroying our culture, our sovereignty and our spirituality with their 2030 Agenda. Their media and their politicians lie to us incessantly never ever offering any proof or debate on what they say. We cannot change them. Their constant goal is to create tension, fear, despair, chaos, loss of self-esteem and anger – all the negative emotions.

The West’s constant warring and expansion is all done to further their agenda of one World government, one world currency and one World religion.

The proof is there for all to see and more and more of us are waking up to it and this is where they have a real problem – time is not on their side.

They are now having to rush their plans forward.

2030 is now too late a timeframe for completion of their plans. The end of 2024 is their new goal, just as it is ours with the coming of the all year round harmony and the chance to really begin to grow in the new energetic environment.

But we are not ready yet too.

We too need to prepare in the next two years.

We must prepare for the worst and expect the best

Decentralisation and the need for local and regional communities are the way forward so this is what we must prepare for as the globalist billionaires and the WEF try to move us away from democracy to their favoured centralised, multi-stakeholder governance over us.

For years they have been doing everything to destroy community and to separate us all, we must recreate these local groups and the fastest way I can think of to do this is to gather at sacred sites in group meditation.

Connecting with the spiritual energy and with each other at the sacred sites is almost intoxicating and infectious. People come for a short time and stay for hours and the numbers just keep growing.

It is, of course, something that feels so good and so right and the feeling of love and compassion towards everyone is phenomenal. The natural world is drawn toward our activities as well so you just know it is the right path to take.

Where we go from there is all about our surrender. This is not surrender to the would-be world controllers, but surrender to the higher spiritual forces. They are guiding and helping us through this transition. We must just stay as positive as possible and go with the flow.

We will surely face adversity, but this will make our resolve stronger. Cutting our knot is not easy. Not complying in a peaceful, understated way is the decentralised but inter connected path we must tread. We are not meant to stay in the maze going round in circles, but instead taking the straight and sacred path of inner divinity on our journey back to unity consciousness.

We are not alone though, the whole universe is treading this path and everyone is helping everyone because love never ends.

Earth energy update

The war being waged against spirituality may well be an internal struggle within us but there are physical things that can and must be done. Repairing nodes and activating them with groups meditation on them is the fastest way to bring new higher spiritual energy into an area.

Its effect is devastating to anything negative and there are several places of past dominance and repression and depravity in the World where certain elements of mankind have stooped far too low. Even today there are pockets of evil thinking people who want more money and power so that can control and rule the World.

To defeat them in our struggle, we must bring light into the areas in which they operate.

This must only be done with the right timing though we cannot allow our own ego to dictate what we should do and when. The game to play is one of synchronicity as this provides us with both timing and direction.

Since 2012, a small group of us have known what needs to be done in regards to repairing the Worlds 1st order nodes. Back then there were only 4 nodes on land in the World as there were only six intersections of the three Emperor dragons. The first to be repaired was in 2012 and I write about that in my book Grail Bound.

However, with the arrival of 3 more Emperor dragons, type 5 lines, since 2017, several more nodes needed attention. Now there is only one final 1st order node that needs repairing.

One pair of Emperor dragon lines from this node leads across into Europe where it passes just to the South of Rome. There used to be a powerful 3rd order node at the top of the holy mountain of Mount Cavo. There used to be a pilgrimage site at the end of the Appian way and the remains of an old temple can still be seen there but for the fact that the military and the telecommunications industry have denied us access.

A type 4 alignment from Mount Cavo heads deep into Rome itself and I mapped these on foot several years ago as the tracked through the city – narrowly missing the Vatican. The old node there at the Pyramid of Romulus (*This was demolished in 1499AD by Pope Alexander VI who was putting down a new road*) used to sit between Castle St Angulo and the Vatican. A new node is waiting to be repaired in central Rome, but first we need the 1st order node repaired far away in South America to be repaired.

This last one needing repair is in the country of Peru.

As I have said, we have known of this since 2017 but we have had to wait. Several possible occasions we thought might have come along but the synchronicity was not there.

Yesterday though, I heard of the confirmation that all is set to go. Finally the right people in the country have emerged and made themselves known to a small group of people I know

who live in the USA. They are all fully aware of the history, the location of the new node and they are aware of the twelve lines, the keys they need to move and a date has been set for them all to meet up over in Peru.

I wish I could say more but there is a necessary secrecy. In a future newsletter I will let you know when it was done. The good news is that all is set for it to be done this year. I wish I was one of them, but it was not to be this time.

I mention this because it offers us terrific news and more positive help that we are being helped through these difficult transformative times. Just imagine the strong spiritual energy coming through from the highest source possible down into and through the energy lines and reaching into the deepest darkest human centres.

All we need to do is to stay positive and be heart centred as much as we can and we need gather and meditate in groups at the sacred sites.

The Spring Equinox Gathering

Sunday 19th March is the last day of the Sun's cycle – one of four in the year. The day is called the 'Tekufah' – the ancient Hebrew holy day and the day the harmony time starts. It used to be less than one day long, it is now around 27 days long.

We gather on the 1st day, the day before the actual celebration days of the Equinoxes and the Solstices.

We start meditations at midday all around the World and our numbers have grown. We are now in our thousands with over a hundred groups in and around the World meditating together. There are over 1500 members on the Sacred Network website now but there are other meditation groups that I know of with several thousand members who now also join in meditation on these days.

We are making a positive difference and we are spreading the love and the light and those in darkness are feeling the effect.

In the UK now we will have over 200 people gathering at the Knowlton Henge in Dorset and we expect similar numbers at Olivers castle (Roundway hill) in Wiltshire. The latter has room for over 500 so if you want to come along, please do – just arrive early. If you cannot make it please join in where you are or go along to your nearest sacred site. The sacred sites map on the [sacred network website](#) will show you where to go.

If you do go to one of these sites, please leave a comment on the site and maybe your contact details should you want to arrange meditation groups there.

These are all multi-faith group meditations so everyone is welcome.

Grounding

In January, when writing my last newsletter and the meditation module for the sacred path module series I have been working on for the last two years, I decided to take immediate action. I had before pondered on the idea of making my own grounding sheet with metal duck tape spread across my bed sheet and linked to a copper wire out through the window and down into the ground. My wife, quite rightly, would have none of that. So when I heard of Rowland grounding sheets, I searched for their website and bought a couple.

These 100% cotton sheets have silver threaded within them and this is connected by a wire to the plug socket via just the Earth connection. The Earth in our plugs in the electrical systems of all houses are connected directly down into the ground.

Finally, I had a workable grounding solution and when they came they were easy to fit under the bed sheet.

The very next morning, I noticed the difference. Its been three weeks now and I can report the following.

I have been having much longer dreams than I have had for years.

My sleep has been much longer. From waking up once, twice and occasionally three times a night to go to the toilet, I now sleep all the way through. Sleep is definitely deeper and the desire to 'lie in' has also come back.

My energy is also much greater in the morning, I also feel even more positive and my blood pressure and heart rate, which was always the high end of normal, is now much lower.

We are constantly surrounded by electromagnetic fields and this increases the voltage in our body. This in turn affects our zeta potential (*See my [February 2023 newsletter](#) for more on that*).

When our zeta potential is either low or unstable, our immune system strength reduces. Ground though is instant and our voltage immediately drops to normal. For good health we need to ground ourselves regularly.

Although I have mentioned my own experiences above, none of these were the main reason I bought these sheets. The main reason is that **grounding reduces inflammation in the body**.

If you have been a regular reader of my newsletters you will know that inflammation is the single biggest problem mankind faces at the moment and this is due to our falling magnetic field as, apart from the fancy coloured night skies, this lets more cosmic energy through into our atmosphere and this converts to high energy neutrino particles and gamma ray radiation and it is that latter that is causing all the extra inflammation we are finding.

So if you want to get yourself some grounding, have a look at the website in the link below as this company is really helping us tackle the problem. You can also immediately buy their products and delivery is pretty quick.

I fully expect grounding products to become major sellers in the next couple of years.

[Rowland Grounding sheets](#)



Books section

In a follow up to the grounding products, if you would like more information, here is a book and a documentary. Both are easy to read and it will leave you amazed that you have not known about this huge boost to your health before. *(Of course the pharmaceutical industry and the mainstream media were never going to promote something like this)*

Earthing: The Most Important Health Discovery Ever!: The Most Important Health Discovery Ever! (2nd Edition)

The book's summary reads:- *'Earthing' introduces readers to the landmark discovery that living in contact with the Earth's natural surface charge - being grounded - naturally discharges and prevents chronic inflammation in the body. This effect has massive health implications because of the well-established link between chronic inflammation and all chronic diseases, including the diseases of aging and the aging process itself.'*

[Book link](#)

If you prefer watching a documentary on Clint Ober's discovery you can see it via the link below (70mins)

[The Grounding documentary with Clint Ober](#)

Media section – Conference invite dates March 7th -11th

I was very kindly asked by a friend of mine – Celine Roche – to be one of the speakers at the coming online conference on the Art and Science of Shamanism. I was delighted to accept this kind invitation.

You may wonder how that is connected to my own field of study – Geobiology. I do address this in my talk but there are plenty of other reasons you might like to listen to the topics at this conference. I would just initially ask you to look at all the listed topics below as there may well be ones which catch your eye or touch your heart. The speakers come from all around the World and just that alone promises new perspectives on the subject of Spiritual teaching and wisdom.

The title of the conference is ‘The Art and Science of Shamanism’. Please do not be put off by the word ‘Shamanism’ though. This is a broad term that covers different forms of spirituality all around the World. There are always good and practices in all disciplines in life just as we find different types of people. Have a look at the title of the topics that each of the speakers are talking about. Aside from my own topic, there are many that promise to be far more interesting.

Here are few words that might also help you decide what you might wish to do.

“Our true Nature calls for unity with Mother Earth and the universe.

Yet we have forgotten that wisdom is available to us when we stand still, in silence, and when we honour the ground we live on, the water we drink, and the air we breathe. We have forgotten to give thanks and gratitude to heal our hearts.

In modern culture, Art and Science are traditionally opposed when, in fact, both can be powerful healing forces.

Shamanism bridges both. During this conference you will learn how ancient cultures drew intelligence from the earth and from their relationship with the sacred.

They maintained a very close relationship with the elements, the earth, the cosmos. Profound knowledge allowed them to strive and to evolve while maintaining the necessary balance for Nature.

Connecting with the sacred clears the path for improvement in our hearts and for our wellbeing. It is being open to receive...and giving back.

Through life **synchronicities**, we realize the well-orchestrated movements of the universe and how perfection can co-exist with chaos. There is magic in synchronicities. There is an

opportunity to deepen our understanding of oneness and how the world is a reflection of our thoughts and of our hearts.

When we quiet the mind and when we are in our soul, we know oneness.

Let's allow ourselves to be the host of our soul!

Mother Earth is waiting for us to listen, so that she can reveal the secrets we need to know at this point in time.

This invitation comes from my friend and colleague, Celine Roche, who has created a new global conference that lasts from March 7-11, 2023. It's designed to guide us through a deep remembering & soul activation.

The Art and Science of Shamanism

Finding freedom in your exploration of the unseen worlds

Global Online Conference from March 7-11, 2023

[Click here to join now \(free\)!](#)

<https://www.theartandscienceofshamanism.com>

All topics included in *The Art and Science of Shamanism* are designed to open up your awareness of your own power and wisdom so you may walk in beauty.

In sacred space, we will receive the thoughts and words of over 20 speakers, together with our community from all around the world.

[Click here to register \(free\)](#) for THE ART AND SCIENCE OF SHAMANISM:

<https://www.theartandscienceofshamanism.com>

Here are some details of the ancient stories, mythologies, and cosmologies that will be explored during ***The Art and Science of Shamanism***:

- **Understanding the Science of Nature in Shamanic Healing** - *Itzhak Beery*
- **Shamanism, The Root of Therapeutic Work** - *Andréa Arâré*
- **Reconnecting to the Tree of Life** - *John Lockley*
- **Sami Ayni, The Power of Working with Refined Energy** - *Puma Fredy Quispe Singing*
- **The Ancient Egyptian Mysteries: Profoundly Shamanic Wisdom from our Far-Distant Ancestors** - *Jocelyn Mercado*

- **Let's Be Free** - *Patrick Dacquay*
- **How to Become a Bridge to Nature** - *Elizabeth Jenkins*
- **Walking a Medicine Path** - *Kedar Brown*
- **The Kingdom of Kalunga** - *Céleste Lagoia & Célestin Mukanda*
- **Shamanism As a Path to Awakening** - *Chris Lüttichau*
- **The Healing Power of Vision and Nature: Where Shamanism, Mysticism, and Jung's Psychology of the Depths Converge** - *Veronica Goodchild*
- **The Shamanic Nature of Plants** - *Pam Montgomery*
- **How Indigenous People's Traditions can Help our Modern Societies to Transform** - *Leo Landon*
- **Wise Women of the Andes** - *Ñusta Paso Doña Zenobia Cruz Condori & Ñusta Paso Doña Marcosa FloresPauqar*
- **A Journey Down the Ancient Spirit Road...A Path to the Sacred** - *Peggy Moore*
- **How Knowledge of Geobiology can help Shamanic Practice** - *Rory Duff*
- **How can Astrology be Shamanic ? and What is its Purpose?** - *Daniel Giamario*
- **Honouring the Shamanic Way** - *Zacciah Blackburn & Dorothy Stone*
- **Cosmology and Relationship** - *Kelley Harrell*
- **Inner World Discoveries: Teachings on Healing in the Quantum Field** - *Dr John Ryan*
- And more!

The Global Conference will begin on **March 7th, 2023**. (Full Moon)

Click here to register now. <https://www.theartandscienceofshamanism.com>

P S. Please feel free to forward this email to others who may be interested in attending this event

Well that is it for this month's short newsletter

Hopefully you will see why I felt drawn to write it today and feel that it warranted your precious time and for that I am extremely thankful.

Let us march on through March together

Blessings

Rory Duff