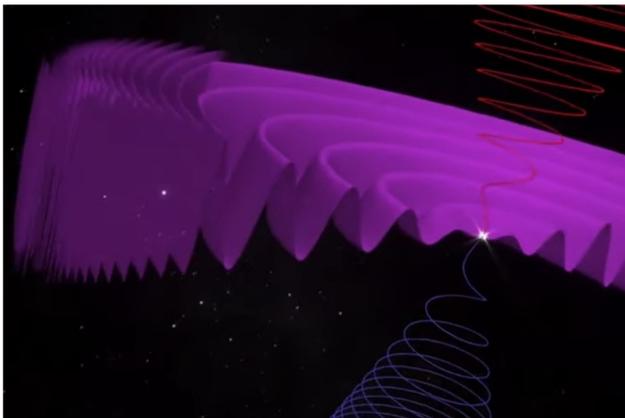


September 2020 Rory Duff Newsletter

The main theme to this newsletter is about change and preparing for change. For those of you new to these newsletters, this change has already begun with the lowering of the magnetic fields of the Earth, the Sun and also our Solar system exiting of the Local Interstellar (magnetic) cloud that it has been in for many centuries. All this has meant an increase in cosmic energy getting through to us all with all the evolutionary effects that come with that.

These changes seem to be now due to a cyclic superwave of energy that comes from the centre of our galaxy roughly every 12000 years when our solar system passes through a concentrated part of this wave. You can see from its frequency in the image above, how the wave itself can hit us every 12,000 years from the higher and more frequent rise and fall of the wave at its edges.



What it appears to be able to do for humans is to alter our consciousness & our mental perception through the reactivation of parts of our brain that have lain dormant for many centuries. Scientists have always known we have not been using the whole of our brain. What is unknown is why we have so much unused capability and I think we are about to find out more about these abilities.

This superwave contains both cosmic energy and plasma and both have a good chance of affecting us in different ways. Plasma, with its electrical charge, is likely to be what drives changes solar activity and the magnetic fields. Since humans have their own electromagnetic fields, it is not perhaps surprising to think that we will also be affected in some way.

We know cosmic energy mutates cells and therefore cell function is likely to alter in some way so this could certainly be one other factor that will lead to changes within us. We also think that cosmic energy affects the presence and power of the Earth's largest and most powerful Energy lines and their fields. It does this via their neutrinos imparting energy to the Inner core of the Earth which then acts as a transducer sending out ultra-low frequency spherical standing waves or vibrations of sub audible sound. We also think now that connecting with these linear high pressure features on the surface of the earth can also change us, mentally and physically, in positive ways.

All of these things then are elements that lead to change. Early indications suggest that our minds might be being led towards being able to achieve some amazing things – manifestation, healing, enlightenment, communication with others etc. This is not a 'given' though. Just sitting back and waiting for it all to happen for us, is like the surfer who just sits and waits for a wave and who

expects to catch it by doing nothing. Indeed to ride the wave, the surfer has to set off paddling at the right time and at the right speed in order to catch the wave. When they do this, they can either jump up to standing or kneeling or just lie flat on their board and let the wave take them. The surfers that practice can steer their boards and get even more fun from doing so.

For the surfer, much depends on the size of the wave and how good they are. Only a fool would start to try and surf on giant waves. They begin by learning on the smaller ones and build up as their skill grows.

With the surfer's rather sensible strategy in mind, and as we are going to get larger and larger waves cosmic energy, the possible positive changes to our minds could be immense.

This may seem all good to you, but many people around the World are finding these mental changes hard to cope with. If you are not sure this is the case, have a look around the World right now at all the turmoil from irrational thinking. You see this has already begun. We are already in the time when the smaller bow shock waves are passing through our solar system. We are already seeing subtle physical changes on the other planets with their rotations, weather patterns and electromagnetic fields.

What we are experiencing though is not new to mankind. Humans have been through this before. Rudolf Steiner talked about cycles of time called Epochs. There were several epochs between these cyclic events – each with their own differences that evidenced the changes mankind went through. Steiner thought that we moved cyclically from group consciousness to individual consciousness and back to group consciousness over large cycles of time – quite probably cycles of 24000 years.

It would appear that we are now going back into group consciousness and that these cycles are driven by these cosmic superwaves that come from regular 'capacitor-like' discharges from Active Galactic Nuclei.

Readers of my book Grail Bound will know about the prophecies and the timing of when the first major wave will next hit us. It is expected to come around December 2024/January 2025.

Fortunately what we know is that before the big wave, we get smaller bow shock waves. These too grow over time and this makes it a wonderful training ground to help us learn to surf so that we can eventually have the courage and skill to ride the big one rather than being thrown around and 'going over the falls' as the surfers say.

So what should we do? How should we prepare? What indeed are we already feeling in regards to these changes?

There are two aspects here to consider. The first is change itself and the second is preparation for what is coming.

Humans are creatures of habit. We like to do things the way we always have. It feels good and it makes us comfortable and we create comfort zones for ourselves where we can resist anything new. There is something protective about this and, when our environment is safe and does not

change, it is not a bad strategy to sit back and enjoy this from time to time. However our environment is now changing.

Being resistant to change is dangerous. Our stubbornness can kill us or get us left behind. Our refusal to accept anything new and different because of our inbuilt & ingrown physical and mental habits is a threat to our well-being and to our families.

It is the shock of change that can keep us static – like frozen rabbits in a car's headlights waiting to get run over. If you have an accident and fall into icy water, it is said that it is the shock of the cold that can kill you. Those that can cope with the sudden change in circumstances have a much higher chance of survival.

We need to learn act and act quickly when change hits us and that needs to be practiced.

It is not hard though to start to break habit patterns. Try drinking your coffee or tea with your other hand for a change. Try brushing your teeth using your other hand. When you are comfortable with either way, your habit is broken. Of course it does not feel nice initially but that is not the point. The point is you are regaining control.

The next step is try anything new and different that challenges you slightly. Climb a hill or a mountain. Go for a run in the countryside rather than on the road. Visit somewhere you have never gone to before – without a 'Sat Nav' or a map. Talk to a stranger.

Just doing new things in your life will help you begin to see that change can be embraced as something positive – and that is the key here. Change is too often associated with fear and this association has to be replaced with positive emotions.

When it comes to the second aspect, we need to add in new things that are relevant to the coming changes.

The first one is that we need to purify our bodies. What we consume is generally not healthy enough for what is coming. Nothing must enter our bodies which is not 100% natural. Alcohol consumption should be reduced to none (perhaps slowly over time in a controlled way is one way). If you are on any medication, you should perhaps speak to your doctor to arrange a controlled way to come off that as part of your overall change process. Trust that your body can naturally heal itself if you treat it as naturally as possible.

The next thing is fasting. This needs to become regular every day fasting that is appropriate for your age, your activity levels and your metabolism. The important thing here is to leave your stomach empty for a longer and longer period of time until it gets more used to it. I have been on a 22hr fast every day since February, with the occasional considered shortening of that time due to travelling and food availability. I have even done a 46hr fast and will do more of these in the future. But do not take my word for this – try it – see for yourself what positive changes occur.

Being more active – walking running swimming & any other aerobic activities are becoming more important as oxygen efficiency becomes more relevant in meditative breathing exercises.

This will soon return your body to its optimum state depending on your circumstances, your shape and your body type.

Doing that is enough for now as there are other changes on their way that will challenge you and these are ones that will challenge you emotionally.

Remember this though, all you need to do to win this challenge is to stay positive. Retaining good emotions is what will help you paddle at the right speed to catch that wave. For the bigger waves that are coming, your emotions will need far more intensity.

If you become negative and stay that way, you will find the coming changes a much harder time to cope with.

One of the things I have been doing this year, along with a group of friends, is to put together some spiritual discussion modules that will help people 'ride these waves'. These are discussed more later on in this newsletter along with an introductory offer to help test the first few modules with me.

The next thing I would suggest is that you turn off all TV and do not read or watch or listen to any mainstream news. I cannot tell you how much happier I now am having done this nearly three year ago now. This does not mean you stop being alert to what is going on, you can still go online and make your choice what to read and watch when you want. Try to also look at a spread of information from different sources with a view to also noticing your emotions. This is a great time to test how quickly you can move from being in a negative state back to a positive state. Believe me – this takes practice – but so does surfing and we don't want to drown.

Earth Energy news

I have probably done more mapping of Earth Energies this month than any other month of my life. After an interview with Clifford Dunning on Earth Energies, many people have contacted me about finding a sacred place near to where they live. I have had to start making a small charge for this now due to shortages of time for many other important things that have to also be done. More details on this can be found here. <https://roryduff.com/sacred-places/> Please check this out and if you feel you can afford this, it will also help the important mapping get done around the World. Meditation groups have also requested that I find strong sacred sites near to where they live and this drops the individuals to very low amounts.

In addition to that, the place where I teach my dowsing course – the city of Bath in the UK, had a major energy overhaul. I knew it was going to come, it just came without warning.

I should perhaps explain. Over 10 years ago, I spent three evenings a week mapping all the energy lines in the area around Bath. I could do this as I would drop my son off to train at the Bath Sports Training village. Whilst he did his athletics, I did my mapping. It took two years before I had mapped all the type 3, type 2, type 1 and moon phase lines across the city centre and outside in a roughly 5 mile radius. It took me nearly 3 years to complete this activity.

Note to anyone interested in tracking energy lines and mapping them. You need to start outside an area and track all the lines into the centre and the area you are interested in. Working outwards leads to many mistakes as lines are some lines can be mistaken for other ones.

Anyway, this meant that I ended up with a very detailed map of the centre of Bath which is why I run my courses there. When people on them find an invisible line, its frequency and direction, they can then check my maps to see if they were right. This is the necessary feedback you need in order to learn to do this.

The problem that I knew was coming was that in the centre of Bath there used to be a very special sacred place which had a large intersection of these energy lines. Originally it was at a hot spring in a small clearing surrounded by large trees on the inside of a bend of a river. The Druids and those before them knew this as a place of healing. Indeed it must have been incredibly magical.

Since those times, the appearance of the Romans who build the Baths and then later the Christians who build the Abbey there, the intersection of lines got broken up. In other words it was a node that needed repairing. Ordinarily, I would have asked if the node needed repairing and if I had been given the OK, it would have been repaired. However since this required many energy lines to be moved from the positions they had been in for many years, and because that would have affected so many people, I left off asking the question until there was an indication that the time was right. The idea of remapping all the lines after moving them all into a node did not appeal early on either.

Synchronicity hit a few weeks ago though. I had a dowsing group arranged for a course just after I had come back from Spain. Indeed one of the people who had joined me in Spain decided to join the course. In the next week, I had cancellations from three other people – one at the last minute and an unexpected booking from two other lovely people from the group who went to Spain. I was now back in Bath with three people I had just spent a week with in Spain (See my last newsletter for details on that trip). Something was afoot and it turned out to be no normal day of dowsing tuition. What started it off was a conversation with one of the Buskers. The Buskers found in Bath are all very accomplished musicians and Michael was a lovely busker who had originated from New York. His interest in what we were doing sparked something. At the time, we were not quite sure what, but later on in the afternoon it had become obvious, it was time to repair the node. The only question was where it should be. Following the correct process and having arrived at the right place, we found Mike again. He was playing right next to the new node location. It was the final confirmation we need to tell us that this was the right place and the right time.

It took me three solid days of mapping the following week to relocate all the line positions in and around the new node. Yes they all intersected in one place, but they twist and bend to get there and there are many different types to distinguish between.

So for all of you who have been on my dowsing course in Bath, if you come back, you will notice that nearly all the lines have moved. I won't tell you where the node is though. You have fun finding that yourself. Alternatively, we do cover this in my level 1 course so you could always sign up for that.

<https://roryduff.com/dowsing-courses/>

Science

Very recently, acting on a hunch, I looked back at a friend's dream journal that he keeps on a shared drive for a group of us. It was a dream he had on the 7th June that caught my eye. In the notes at the end of the entry, he mentioned a ground breaking scientist called Halton Arp. I was aware of Arp and his work so it was not that but what I read was his last thoughts that he had had because of his dream. I messaged him about it noticing that in his last message to me the last two words were 'Hot Lemon'. In our last correspondence we had discovered we both take this drink every morning using a freshly squeezed lemon.

No sooner than I sent the message, I get a message back saying that my friend had just made a post on another subject. He began by writing:- "Whilst waiting for my morning hot lemon to cool (yes, I know that sounds odd)...". I immediately messaged him again to say that I had only just looked at the last two words of his last message when less than 2 secs later I read the above words in his new post.

He later admitted to me that he had felt it was strange that he'd started off with those words so we had to both smile at the relevance of this small synchronicity. It kind of told me that what had been written at the end of his notes was both important and significant. What follows partly comes from his notes.

Halton Arp was an American astronomer who spent many years studying the galaxies. He chronicled these in his book 'Atlas of peculiar Galaxies'. He was known for his dislike of the big bang theory and for saying that galaxies had their own red shift.

Red shift is what light is said to do when an object, that is giving off the light, is accelerating away from our solar system. Blue shift is observed when light from an object is accelerating towards our solar system. We know light is made up of several colours, as we see in rainbows, but to account for these colours in Space, it was thought that Space was expanding in all directions after a big bang explosive beginning. (Acceleration away from everything else leaves us with red shifted light being seen almost everywhere)

The problem was that this did not account for the blue shifted galaxies that were accelerating towards us – why would they if everything in Space was expanding away from each other.

Halton Arp went on to photograph many of these galactic anomalies and he explained this by saying that the galaxies themselves were responsible for the colour of the light we observe and not the big bang.

In other words some galaxies must have had a version of light/time that ran slower than other ones. If they had matter clocks on those galaxies, their matter clocks' would therefore run at different speeds than other galaxy 'matter clocks'. In other words time itself would differ from one galaxy to another. (Matter clocks are like the old clocks (note these are not matter wave clocks) as opposed to atomic clocks that measure the electromagnetic signal that electrons emit when the change energy levels)

This has huge implications and the 'relativity theorists' (which is sounding more and more like conspiracy theorists) were not at all happy with this way of thinking at all.

What had crossed my friend's mind now was the connection to superwaves of energy that move between galaxies.

(At this point, you will hopefully be thinking about Active Galactic Nucleii and the regular cyclic capacitor discharges of energy that emanate throughout space and my hypothesis that the cosmic energy element hitting our atmosphere, converting to neutrinos, being transduced by the Earth's inner core, and creating the type 5 Emperor Dragons we see on the surface.)

The Emperor Dragons are therefore being the harbingers for these increasing cosmic energies and they are really forewarning us of coming superwaves and their evolutionary ability to change things. That we used to have three Emperor Dragons and we now have six and at the same time all the energy lines have widened, we can perhaps see the early effects of this coming wave – the bow shock waves.

Of course these superwaves also contain plasma and this is what goes on to disturb other matter in other ways. Typically, disturbing our Sun and causing greater solar activity, like solar flares etc.

So, as I wrote earlier, these superwaves seem to change things that are in their way. But now it seems though that they change things on a fundamental level as well. Stars change, planets change, light changes, matter changes, colours change, temperatures change, weather changes and now it would seem, time changes. This, it would appear, is likely to now happen on the minutest of levels and with 'Pearsonian' thinking, this change would be occurring on the subquantum level of reality.

At this point my rather clever friend pointed out that Einstein's physics is not really to do with light beams moving through space but instead more to do with the speed of causality – the speed of cause and effect. This is very linear – some event happens **because** of something and afterwards there is an **effect** from that event. There is an obvious line of time.

However when things go faster than the speed of light, which may well be going on with these galactic superwaves on a more fundamental level, cause and effect becomes one. In other words there is no 'line of time' or 'timeline'.

Our past, present and future become one.

My friend went on to say that 'Timelines have no meaning'. An event and its effect would both be felt instantly in the now.

You might reasonably ask how could this be possible in our physical World but we must remember that this is all an illusion. There is nothing solid to it. Everything is energy. It is only our mind's perception of this energy that allows us to experience things as matter within our range of matter frequencies. Just like we see and hear within those ranges of frequencies.

This would now mean that mentally, and perceptually, many things would begin to become possible that were not before.

With no linear time we would be able to see into the future. Consider thinking what others were thinking both in the past and in the future. Telepathy and synchronicity would be continual. It would be one great time of interconnectedness. (This is almost sounding like some descriptions of the Spirit World)

This would not happen immediately though. The new superwave would grow and grow just as the bow shock wave grows (Which I have written about in earlier newsletters).

There would also be a build-up of these sorts of mental effects during that time. In other words our minds would be given time to acclimatise should we allow that to happen – but with everything mental we need to prepare through practice. Just being able to cope and navigate our way in this changing and new environment will be necessary as opposed to finding our mind is hopelessly all over the place. Think of a surfer again riding the wave again with the amount of control they have. The good ones carve around the wave, whilst others just manage to stand up and get taken where the wave wants them to go.

So what do you think we could expect to really find? – An increase in synchronicity, empathy, telepathy for those who are coping well with the changes but we would also almost certainly witness an increase of strained and irrational thinking for those who were not coping or preparing well for these changes.

The first thing we must do, as I see it, is to realise what is going on. As soon as we have accepted this, we can make changes and prepare and this now brings us back to the other aspects covered in this newsletter.

Courses, Seminars, Workshops news

With these lockdown conditions, I am still not running any Seminars but I have added more dowsing courses and dates 5th September & 4th October are the last two level 1 courses and the 18th October is the last level 2 course. The level 1 course on the 27th September is now fully booked but I still have a few places on the course on the 5th September.

Just to mention one thing here. Doing these courses is an introduction not just to dowsing but to a whole new way of experiencing the World around us. They are designed to help you begin to find your path as you experience this growing awareness.

I mentioned earlier about the Spiritual modules that a group of us are putting together. The following is just a few thoughts about them and hopefully you will be interested enough to want to give them a trial.

Imagine for a moment that there was some really important information that needed to be shared all around the World as fast as possible to just the right people.

Imagine now that this information is needed because we are all unique contributors and further vital information needs to be found and shared amongst as many people as possible.

Imagine now that the end result is that enough of us will end up knowing what we need to know and what we need to do on sacred sites all around the World.

Imagine now if we knew that the only way we can reach the Golden Age and evolve human consciousness was that we had to overcome one final hurdle.

It now seems that this hurdle is that there needs to be a right combination of people who must come together in meditation in a group. If everyone is the same or similar, it will not work. What will work though is if everyone is each slightly different. This difference is to an extent that on most occasions, we would all be unlikely to naturally get on with one another.

In other words, we, mankind, must learn to overcome our differences in order to make global group meditation effective.

It is as though this is our final test to see if mankind is ready for an evolution of consciousness.

Fortunately, we do not need everyone in the World to be able to do this, but we do need sufficient numbers of different types of people to gather in groups - Enough people in enough small groups to reach a critical threshold.

This is one of the main reasons these Spiritual modules have been compiled and are still being compiled in the way that they have. The more we can learn; the more we learn about ourselves and how we are all different and how we can then work effectively together.

We need facilitators to bring together small groups of people for discussions on certain topics. They will ask preset questions that stimulate discussion with a view to draw out preset key learning points (KLP) at an initial level. The modules have higher levels and in these ones the aim is to bring out key learning points that come from discussions on shared experiences within the groups of people working on those more advanced modules. These KLP's can be then shared quickly throughout all discussion groups for further new thinking to emerge. This is a necessary two way process.

As soon as a person has done a course, face to face or online, they can go on to be a facilitator and run that same course with others. A business model is being set up for those who need, or who would like, to earn a living from doing this.

Some preparation is needed before attending a meeting. This can be some reading or watching a video or listening to an audio file. The meeting can then refer to this source material in order to draw out learning points.

The subjects I have been working on are a Blueprint for Life, Prophecies, Earth Energies, Synchronicity, Mental resilience, Jung's Red book images and part of the Meditation modules.

There are about 15 other modules that others have been working on and there will be more to follow with a chance to for facilitators to also contribute their own modules on subjects they have become knowledgeable about.

We are at the initial testing stage now and I would like to run a zoom group meeting to test the Blueprint for life module and the Prophecy module. The blueprint module is the precursor to the prophecy module and together they could take 4 one hour sessions (maybe 5 – timing is one reason we are doing the testing)

In the blueprint for life, we will cover:- How to start a far more effective & purpose filled life with the understanding of this blueprint. How to build an effective strategy to determine what is real and what is true. How to navigate through life in a more positive way during some of the more crazy times we come across in this World.

This blueprint on life and the nature of reality is designed to be work in progress that can be improved slowly over time in order to be come as accurate as is possible. This module looks at its concepts and ideas with a view to their understanding not just to help us now in our lives but also with a view to helping others in the future with the improvement of this blueprint.

I will be sending everyone on the course this six page blueprint if you have not already downloaded and read it.

Doing the Prophecy module does require in the very least listening to an audio reading of Goethe's fairy tale. This can be access on my website here ([audio reading here](#)). What will help you considerably is to read the book The Green Snake and the Beautiful Lily as that comes with a full interpretation. Additional reading that will help is my book Grail Bound and the free download Geobiologist pdf also available from my website.

In the prophecy module you will learn how easy it is to become a prophet? What can we tell from previous prophecies that will help us today make better decisions? How to correctly interpret, as best as is possible, any symbols and/or prophetic visions and dreams you get given?

There are several aims with these modules on prophecy. What may surprise you is that we can all become prophets with a greater or lesser ability and it is surprisingly easy to start. Curiously, it is when you progress that it gets harder as the interpretation of symbolism can become more enigmatic and cryptic. This though provides some fun to it all. So intuition, inspiration & some foresight is fine to start with but, if we choose to, we can develop further and deeper by including looking into symbolic visions & dreams. The more we do this; the better we can become and this will lead to greater clarity of meaning over time.

We will look at how to personalise information that comes through to you and this will help you make better decisions in life and we will also look at how to get helpful answers to your questions.

We will also be looking to understand more about the Universal prophecy to see what shared learning can be derived from it in order to best prepare for what is to come.

The module begins by looking at the science behind how it is even possible to learn about the future.

As you can perhaps begin to tell, this is a very necessary module as we are already, and we will be, getting more critical information from those 'Beings' who are helping us from the 'Other' Worlds. More people who can do this, and who can bring through good interpretations, are needed all around the World. We also need new ways to disseminate all good information and this is where the facilitators can help considerably.

So that is about the size of it for the moment. What I am looking for is to start these four to five modules towards the end of September and to run them once a week. I would like to run them from around 6.00pm to 7.30pm UK time and probably on a Thursday evening.

I will have to limit the number though to 8 people to make it manageable to begin with online. I can review this though for future courses. As there are always associated costs with doing anything these days, including time, I will have to ask for some payment. This will be a discounted session rate of £15 a session.

I need to mention one thing though, these are not 'sit back and listen' sessions. They ask deep open questions that require group discussion as well as individual responses and personal note taking. I would also prefer it if everyone in this first cohort group were interested in becoming facilitators and running groups of their own in the future. This will be made easy to do as there will be facilitator guidebooks with precise details and questions and key learning points all laid out in an easy to read fashion. The skill will be listening, probing and encouraging your group in ways that lead to interesting and explorative discussions.

The main subjects will all have three levels of skill. I have done three levels for the prophecy modules, synchronicity modules and the Jung modules and there will be more. At the third level the facilitator's role will have changed considerably to one of drawing out learning points from the delegates themselves through their own shared experiences from the source materials.

Some people have said to us that we should just write books and make documentaries with all the new information that has come to us over the years. This unfortunately centralises the whole operation and the environment right now is naturally drawing us all towards far greater decentralisation and a more natural community based inter-dependence. We are therefore working with this model in mind so that if one group of people has to stop for any reason, hundreds of others will still keep going.

Having said all this, if anyone really likes the whole idea enough to help in their own special unique way, and they have a good idea on perhaps how, please make contact with me. We need all the help we can get.

One final thing I have to say about these modules. It is based on the thinking that we all naturally survive after death and that there is a new physics that does not require relativity theory. It is based on an alternative to the reductionist viewpoint that when you are dead you are dead and that mind

is only a result of brain function. This negative viewpoint is being totally rejected in favour of the much more positive alternative.

I mention this because the modules are not going to discuss the opinions on these two different points of view. Their purpose is not to debate the science – that can be done by the scientists themselves should they wish to. It is about forming an understanding about our universe in regards to how we can best live within it based on a completely different model – one I think is far better as it contains no flaws whilst the mainstream scientific narrative is filled with them.

Social Media news

If you are a follower of my facebook page '[Leyline Science.....](#)' and my Instagram account [#thegeobiologist](#), you will have recently read about the discussions of the watchers & the tree of life.

What I have found interesting is the number of descriptions of these two that are similar in cultures all around the World. The names are nearly always different but the functions are nearly always very similar.

The watchers, which is really a faulty name in the first place based on a bad Latin translation, should really have been known as looking guards. So the Igigi, the Elementals, the Cabiri and the many other names we find seem to refer to a group of very special 'Beings', who work in the area in between the many different matter frequency Worlds.

The connection between these Worlds is the tree of life, the Axis Mundi, the roots and the branches are the paths between the Worlds which have also been called the Serpents and the Swords – as we find in the depiction of this in the Sephiroth (from the Hebrew Kabbalah). The Axis Mundi we found was wrongly translated to Axis of the World and we know that one of the earliest depictions of this was Egyptian when it was clearly depicted as an Axis of the Mound. You perhaps can see now the connection between Earth Energy line nodes that are frequently found meeting on a mound, or a hill top or a man-made hill or a pyramid.

All of it now seems to be falling into place and by that I mean it is becoming understandable. The Elementals have long been considered guardians at the nodes - the sacred sites. The Gnomes, the Salamanders, the Ondines, the Sylphs, or other similar names for Earth, Fire, Water & Air spirits are those 'Beings' that can help us at these sacred sites as it is these that can help us navigate our own growing tree of life as our consciousness extends across to these other Worlds in meditation that is designed to do this and to communicate with 'Beings' over in these Worlds – including our Ancestors etc.

These Watchers/Looking Guardians are there to look out for us. They can choose to help us and they can choose not to. Much is up to us here.

It is with that last thought, that I would ask you to be mindful of these special 'Beings' when you next go out to sacred sites. How we react with them could be critical when it comes to learning more about what we must do in group meditation.

Books

I have to say that with everything going on this month I have just not had time to be able to provide a meaningful discussion here on the small amount of reading I have managed to do. Hopefully more will arise for my next newsletter.

Other

Several people have been asking me what they should be doing during their group meditations at these sacred sites on the harmony times. I am therefore going to provide an answer here that will hopefully help everyone.

Firstly, it is not up to any human to tell others what should be done in group meditation and how to do this the right way. We simply do not know the full answer to the question at the moment. This ancient knowledge and skill has been lost to us since the last time group consciousness was sensed in the World.

What we do know is that the Energies teach us – that is why the Gnostic serpent in the Garden of Eden where the tree of knowledge (tree of life) could be found was associated with Wisdom and was known as the teacher or Instructor.

In other words we should look for guidance in regards to what we do from the Energies themselves and what that really means, what we learn from meditating at these sacred intersections. What that now means is we should learn from the Elemental guardians, our ancestors, the Angels and even the Universal Consciousness itself as we try to connect at these sites. They will help educate us if we approach in the right way.

This seems to mean with gratitude, with positivity, with respect & without ego.

Working in a group should also mean being able to pray or meditate with anyone – Muslims, Jews, Buddhists, Christians, Hindus. We may not consciously understand each other and we may not even be following the same meditative practice, but if we all have good intent, at a subconscious level, we will connect up into a group.

What we currently do at these sites is to prepare ourselves mentally in advance of the Group meditation so we arrive in the right mental state. Consideration of the above is sufficient.

We should ask for permission, help and guidance from any Looking Guardian that is present.

There is a saying that ritual is the servant of intent. This does not mean that a specific ritual is needed, just that a ritual you can repeat is something that can help you bring in sufficient good intent into the meditation.

With that in mind, what has emerged so far at these group meditations is three sessions that are about 10 - 15min in length each with a rest of about 3-5 mins between them.

The first session is about making a connection and asking for guidance and whether there is any specific task that needs to be carried out at the next session. This session is done in silence. After this first session, individuals share what comes through and we look to see if there are any similarities.

The second session is to put into effect any actions that have come through that are required as we also send love out into the World by drawing energy into this World, channelling it through us and then out into the World. Towards the end of this session, the group often sings the vowels with a few to create resonance through any overtone. This sometimes requires searching up and down the frequencies on an intuitive basis to feel what is working and what is not. When resonance is achieved you know it as one's meditative state deepens & any tingling sensation intensifies.

The third session is a more personal one where we look to carry out any required personal manifestation for self, family and friends or anyone you know who could need help and extra energy in their life. Singing the vowels tends to be done more loudly as often this is accompanied by musical instruments.

These three sessions form the basis for group meditation at the moment as we learn more. Already we are finding that certain body movements, when combined with certain inner visualisations and feelings, can bring about heightened states of awareness and deepness of meditation within the group.

If you are therefore stuck for ideas of what to do in your group meditations, this should provide a good platform to begin with and hopefully further information on this will come through at the appropriate time.

So research is ongoing and the Spiritual modules, via the facilitators will be the venue for gathering and sharing this information.

The next harmony time starts on Monday September the 21st. Group meditation begins at 12.00 midday wherever you are in the World. I did a recent interview on the Cliff Dunning show which is broadcast out of San Francisco and around 30 people have contacted me from around the World about Sacred sites near to where they live.

Where I had previously mapped intersections, I was able to help at least half of those people. All of them have said that they will either be meditating at these sites themselves or bringing friends. Some of them have also been directed to the same sites and told they may see others there because of that. This is all really great to hear as this group meditation at sacred sites the four harmony time seems to be growing nicely now. This September, I think there will be around 50 sites with over 400 people in total meditating together with some sites expected to have around 50 people gathering.

I myself will be up at Glastonbury Tor so if you live nearby, please come along.

I just want to add to lovely pieces of synchronicity that occurred in the last few days. Whenever I have a moment, I try to catch up with my mapping of the type 4 lines across the states and that includes finding their intersections. What takes time is going from large scale down to the small scale to narrow in on exactly where these locations are so that I can give precise enough instructions for

others to find those places. Of the several people who have made contact, which I mentioned earlier, there were two instances where I had literally just finished mapping the location of the lines and finding the nodes near to where they lived. In one case it was hours apart, in another only minutes. Both were beautiful examples of the interconnectivity that is growing between us all.

So here's the thing... if a galaxy gets hit by an intergalactic wave of energy everything in that galaxy pops like corn in a microwave. Stars change, planets change, matter changes, light changes, life changes. The spin of matter cranks up a notch and the light that is emitted from all stars cranks up a notch in colour temperature. Weather also changes, which is where Professor Phil Jones comes in! Is the prophesised 'Solar Flash' simply our sun responding to such a wave? Are we about to get cranked up a notch from the bottom up? If all other galaxies appear redshifted wrt to ours this would suggest our galaxy is already spinning faster than anywhere else at the atomic level. If we are spinning at the limit of light speed then another influx of energy would put our galaxy past light speed (or at least parts of it). At this point it is worth noting that the speed of light constant 'c' in

Einsteinian physics actually isn't anything to do with light beams moving through space but everything to do with the speed of causality – Einstein was telling us there is an upper limit to the speed of cause and effect. When we move past the speed of light then cause and effect are no longer separate; we become our myth and all things are possible since the past, present and future become one entity. Timelines have no meaning.

