

January 2021 Rory Duff newsletter (No.25)



This rather beautiful butterfly sets this month's theme for the January Newsletter and that is one of transformation.

The previous month of December brought us some wonderful astrological signs. Two, of note, were an eclipse & a planetary conjunction between Jupiter and Saturn which was the first major conjunction in Aquarius since 1405. It was a clear indication of a coming transformation and in this newsletter I am going to look at what this might mean for us a little more closely.

Several people have spoken to me about what they think is going to happen & how wonderful it will be. It actually saddens me to hear this as I do not see it as definite as that. The idea that we can just sit back and wait for it to happen, in my opinion, is not going to bring about any desired, nor beautiful, change. We may well still miss out on an evolution of human consciousness and there are plenty of signs that indicate this is a possible outcome if we do nothing.

We are always given a choice in life. Our brain is wired to make decisions and mankind has an important one right now in respect to this potential opportunity we have been given. What is more, the window of opportunity is closing fast. I will explain why in this newsletter.

Often when I see a butterfly I am reminded of an old caterpillar joke that was going around in the early days of hangliding. Two caterpillars were chatting happily together when a butterfly flies past. The one turns to the other and says 'You wouldn't catch me up in one of those things'. At the time it seemed amusing, but today, we can actually learn something from it. You see a caterpillar has no idea it will transform one day into a beautiful butterfly.

Yes it is engrained into its DNA but it does not have the same level of consciousness, nor the decision making capabilities, that we have. It is just nature's way to incorporate change in everything and this

is therefore integral to growth. Life is all about growth. You could say that the meaning of life is about growth.

Now when it comes to change for humans, with our level of consciousness, all transformations that take place, are going to be something we will be fully conscious of at that time. This now gives us one important differential from nearly every other life form - we will have a conscious choice. We can choose to be part of the change or choose not to be (in some way - like hiding deep underground possibly or messing with our body & mind in some physical or chemical way). This is even going to be the case if we are not actually fully aware of what this transformation might lead to. The caterpillar on the other hand does not really have this choice.

So, in regards to all the energetic changes we have been, and will be, experiencing, we have to ask the following question – Where & what is this choice?

I have been to many well-known sacred sites like the Avebury stone circles and when I do so on the weekends, it is possible to find many people there who are just drawn to go to these places. When chatting with them, many have no idea about the energy lines there. They are just drawn to these sites without really knowing why. Some even go on to say that they feel a deep sense of ‘knowing’ that they must be there, and that they must do something, but they are just not quite sure what.

They walk right over the central node without realising it and they miss out on doing any meditation there. Those that do go however know how to find the node, and meditate on it, can begin to tap into the stream of energy coming up from the centre of the Earth and down from the Sun. Breathing and visualising love coming up and down into you and then breathing it out, begins our connection to the Universal consciousness and from then on, we begin to get taught. (Uniquely, by the way, the node at Avebury drifts to the North and South and back again by up to 30 meters in a year – those of you who have done by dowsing courses should know why).

Tuning into these energies or not, is now the conscious choice we face.

Walking past these meditative opportunities, perhaps being blissfully unaware of them, is just being unaware of this choice. If we are unaware of this coming transition, or we choose to do nothing, we are taking the same position as those people who are just out for a stroll at a sacred site.

Those people who choose not to do anything, still have a chance of entering a wonderful golden Age, but only if enough of the rest of us **do make the choice** to connect with these energies during this transitional phase.

And right now we are still just in the transitional phase and certainly not at the entry point into this potential golden age. We are very fortunate to have this transition and there is good reason for that.

How we know we are still in the phase comes from what can be learnt from the changing Earth energies and I will cover this in the next section.

At the end of this newsletter I have also added something I have been promising to do for people for some time now. The question I have been asked comes from those people who want to do something but who are new to meditation and are just not sure what to do. I would not call myself an expert meditator by any means but I have met and interviewed some astoundingly good ones and

the steps I have written about in the last section, covers some of the basics that should be helpful to you. The key to them all though - is practice.

In the meantime what you can see in the image above has been called the Sylphina Angel Butterfly. I particularly like it's 'see-through', almost invisible, wings. They help provide it with near perfect camouflage by acting like a window though into whatever the reality is beneath them. This reminds me of Seth's (from the book Seth Speaks by Jane Roberts) comments about different, invisible 'camouflage' Worlds (Spirit Worlds) that all exist on different frequencies of matter.

These butterflies live in the subtropical broadleaf cloud forests at elevations of 6000 to 10000 feet on the mountain sides in South America. They only fly during full sunlight as they need a temperature of at least 28 degrees to do so. In this rarefied atmosphere they manage to undergo their metamorphosis and then live the rest of their life - sometimes for as long as 6 months.

What we can learn from this is that they still have an important purpose in life after they change. Their metamorphosis is only the beginning of the next stage of life and their time as a chrysalis is just their transition. Not all pupa survive this change though. Their external environment can alter and if the temperature and humidity become too extreme for them, this is when only the ones who have prepared well enough to become strong, go on to survive. If conditions get really bad, whole populations get wiped out. When only a few survive, it is also much harder for them to procreate during their time as a butterfly, and, with the lower numbers, their populations can still die out.

Their transition time is therefore critical. This is just the same for us too, but at least we have a choice on how to best prepare to become strong enough for our own metamorphosis.

Earth Energies

Readers of my newsletters will know that, as the strength of our Earth's magnetic field decreases, more energy gets through to our inner core and we find new energy lines and existing ones getting wider.

This is a dynamic energetic environment and changes are something we are going to have to accept. Having said that, when we come across something unexpected, we have to ask if this is something that was missed in the past, or something completely new.

Unfortunately, there is no easy way to check which is true. We can only check the reality at the time, & over time, by getting others to confirm it.

I mention this because I have been mapping the type 4 energy lines around the UK for several years now and I know others have as well. Some of them have even gone on to say that they think they have come across new type 4 alignments (leys/leylines). Each type 4 alignment has a pair of type 4 Earth energy lines. When they kindly let me know about this, I always ask them to check the frequency. The simplest way to do this is to just measure the position of the side of the energy line for over 12 hours in a day. Type 4 lines either have a 24hr or a 36hr frequency. Anything less (generally between 12 and 16 hrs) and it is not a type 4 line.

The case is still out in regards to a couple of these enquiries and I await to hear what these people find in due course. In my own work though, I can confirm that things certainly have changed in this regard.

When carrying out a recent sacred site search in Northern Ireland, I came across a type 4 alignment that I was not previously aware of. Was this new or had I missed picking it up on my journeys up and down the UK?

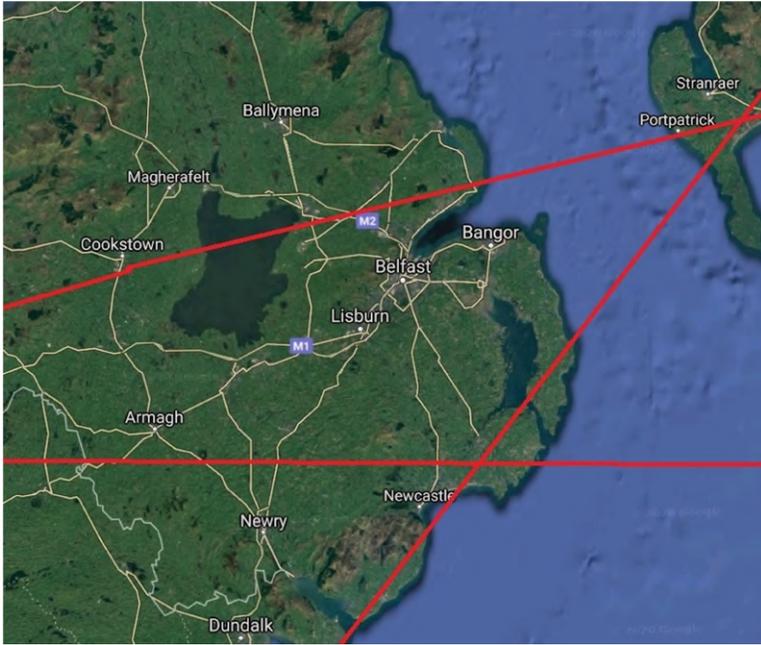
With careful recollection, I now think this is a newly appearing type 4 line. What brings me to this conclusion was what followed after finding it.

One of the things that provides good feedback to your dowsing when following and tracking lines is when you come across a large ancient sacred site that very few people seem to know about – including yourself.

In the image below you can see three type 4 alignments that cross Northern Ireland. There are two intersections shown but the one of interest is the one in Southern Scotland just South East of the town of Stranraer. The line leading from there towards Cookstown in Ireland is the one that seems to be the new one. (For those of you who have been on my dowsing courses, I will go into all this in more detail on our web media page).

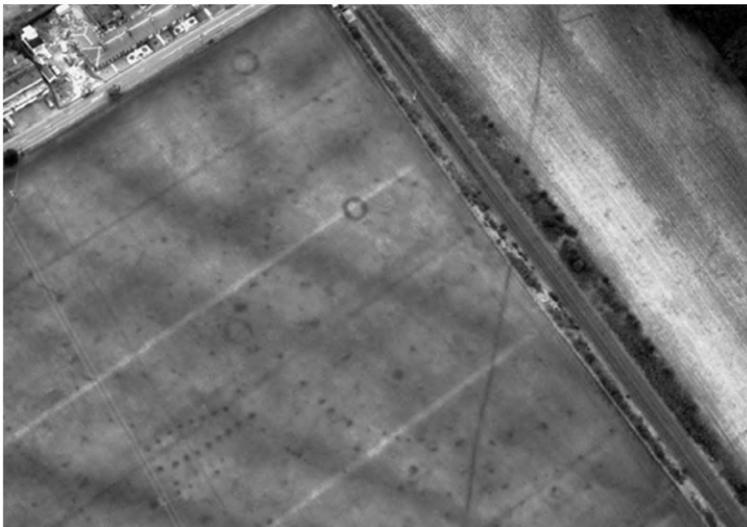
I know there are many ancient sacred sites across the UK and there are many standing stones, stone circles and other similar places of interest. However it is impossible to know them all and, indeed, it's hard to even know about all the significant ones.

So when you look at the image, it may not spring to your mind that there is a major ancient site at this intersection. Having re-discovered this type 4 alignment, it was fairly simple to track it across to where it intersected the other alignment. All it took then was a search of the area around the intersection to more precisely find where the node might be. Fairly regularly, there is nothing specific that can be seen on the ground. Sometimes though you get a rather nice surprise and this is one of the joys of doing this work.



What startled me at this intersection though was the size and significance of the place. Here was what was being described as 'One of the most important Stone Age sites in Scotland'.

There were three massive concentric timber circles with the outer one being over 300meters in diameter. This is three times the size of Stonehenge !



It was built around 4500 years ago and next to it, and built at the same time, is a huge, pit defined, cursus (a raised, generally linear, embankment). This was all first discovered in 1992 and excavations began in 1999.

In addition to these, a large mound was also found. This though was not similar to other more well-known mounds that you might know like at Silbury in Wiltshire. It was smaller and made entirely of sand. It has been called the Droughduil Mote (mound) and it is just one part of the Droughduil complex. The images below show the mound.



Archaeologists seem to agree here that this was one vast ceremonial centre and a meeting place for people gathering from long distances away. They have considered that this mound was a viewing platform for perhaps organising the ceremonies. I am not so sure that this is the case though. Recent conversations, with a spiritual discussion group, brought up the significance of standing on sand whilst meditating. One has to wonder if the builders knew this and kept collecting a pile of it from the beach throughout the year in order to put down in the area where they had their ceremonies. They would then be carrying out their rituals with their bare feet on the sand. Sand of course is full of tiny crystals so you might imagine just how this could amplify the energy transmitted into your body.

So here was a place that I was completely unaware of, and this was where these two type 4 alignments crossed over – right at the centre of the complex. I can only conclude that, when this place was built, the builders knew about these energies and wanted to create a place to gather here to meditate and pray on them.

This now makes me wonder if one or both of these energy lines had, at one time, disappeared & then reappeared over the intervening time, between then and now.

When things change like this, it does not make it easy to learn about these lines. In some cases though, patterns can be found.

This, fortunately, has been the case when it comes to what happens on the harmony times.

Back in 2008, I started to find that all the energy lines had begun to start moving back and forth at the same time. Their natural side to side movement, a reflection of the expansion and contraction phases of the inner core, was completely in synch with the lines reaching the end of one direction of movement and then back to the other side – all at the same time.

The wider, lower frequency lines, increased their speed and moved shorter distances in order to come into harmony with the smaller higher frequency lines. The duration of this harmony time was initially 7 ½ hours. The next harmony time, 3 months later, was 8 hours. (That is 4hrs to go to one side, then 4 hours to go back the other) This harmony time was short-lived back then though and it would all happen within a 24hr period. At the end of this period, the lines started to move back and forth on their more typical frequencies and all slightly out of synch from one another.

Slowly, over the years, this harmony frequency lengthened to 12hrs and then 16hrs (8 hours one way, then 8 hours back). Again, this all happened just over a 24hr time period.

However since the Summer of 2017, the duration of the harmony time moved up to 3 days. A few months later it moved up to 6 days, then it went back to 3 and then 4 days.

Yes there are fluctuations, but overall the pattern is changing by both the increases in the duration of the harmony time and also by a slowing down in the common frequency. This December, we have experienced a 72hr common frequency (36hrs one way, then 36 hrs back the other way) and a duration time of 9 days – something we have never experienced before in recent times.

This can be extrapolated forward now and with predictive dowsing of these patterns and with the oncoming timings of the next waves, we can see this duration of harmony extending all the way to 91-92 days. In a later part of this newsletter, I refer to 'jolts' of energy, these are linked to these waves of harmony and how long they last.

So in the future, at the point when we have duration times of 92 days, we will have 365 days of harmony. It will be a full year to year time of non-stop harmony. This point in time seems to now coincide with December 2024 – a time that also coincides with timing of the Hopi Indian Blue Star Kachina prophecy, This is 7 years after the twins arrived when we are supposed to enter into a new Age (Read my book Grail Bound for more about this). This also now seems to be when we fully enter the galactic current sheet and when our transition phase ends. In our caterpillar analogy, this would be when we emerge from the Chrysalis.

More information on the current sheets can be read in my November newsletter and heard in this recent interview with Saira Salmon (20,000 views in just 4 weeks – thank you 😊)

https://www.youtube.com/watch?v=yqkxZTX_gOo&t=1s

If we now think back to those people who walk through sacred sites not feeling anything, even at the times of harmony, we can perhaps also see that when we reach the time we enter the galactic current sheet, when we supposedly reach the time of the Golden Age, they may still not notice anything. Life will quite possibly continue on for them the same as usual.

So what will have gone wrong? Will we all have missed this opportunity? More importantly perhaps, how can we ensure that we **all** reach this Golden Age? If we are to learn anything about growth, it is about the need to help others.

In my last newsletter, I wrote about the importance & significance of morphic resonance. It is this concept that we need to accept & embrace right now. To do this, more and more of us need to connect with the universal energies when they are in harmony at the sacred sites all around the World.

The key finding mentioned last month is that there was no specific number of people we need to reach, there is no critical threshold, but if enough of us do this meditation well, the effect will spread so that more and more people will learn & experience what the minds of all the meditators will have learnt and experienced.

In other words, we just need to grow the numbers of people who do this and then, more and more people will bring about a golden age of enlightenment. If we fail to grow the numbers, it is entirely possible that we will get close but the spread of new learning will not have reached far enough for us to all change significantly enough. In the butterfly analogy, only a few survive the metamorphosis but that number will not be enough to bring about a sustainable golden age.

Aside from growing the numbers of people who come together on sacred sites all around the World, what is also needed is to raise the quality of our meditations and prayers.

Initially I thought that all we had to do was to just meditate and pray in the way you have been taught. This now may not be enough. Not only do we have to become better at being individual meditators, we also have to learn about group meditation.

The initial research so far has opened up a whole new game entirely. Subsequent newsletters will shed more light on this as research is continuing in this area. In the meantime, I have added some thoughts on meditation you might like to consider in the 'Other' section at the end of this newsletter. The aim is not to change what you are doing, but to look to see if there is anything in these steps that would work well if it were to be included in what you do. If it works - keep it, if it doesn't help - lose it. We are all uniquely different.

Science

"I know you're out there. I can feel you now. I know that you're afraid. You're afraid of us. You're afraid of change. I don't know the future. I didn't come here to tell you how this is going to end. I came here to tell you how this is going to begin. I'm gonna hang up this phone, and then I'm gonna show these people what you don't want them to see. I'm gonna show them a world without you, a world without rules and controls, without borders and boundaries... a world where anything is possible. Where you go from here is a choice I leave to you."

If this speech is vaguely reminiscent to you, or indeed if you fully recognise it, I have added it here for one reason – I don't think there are 'people' in this World that want us to evolve our consciousness during this coming opportunity.

It was pointed out to me recently that the shutdowns this year all seem to have been timed around the Solstices and the Equinoxes. The one thing governments seem to want us to stop doing is gathering in large numbers. Yes there are many reasons for this, but these 'people' have many goals.

At a time when the purification of our bodies and our minds is becoming more and more important, we are being pressured to accept things into them without knowing any of their content and without recourse.

There is also a constant stream of well-coordinated decisions being made all around the World, on a variety of subjects, all of which seem designed to lead to greater negativity – Anger, Chaos, Despair, Sadness & Fear.

Now, although we know that this actually helps us – in that it challenges us to stay positive & that makes us stronger by increasing the intensity of our positivity, it is important for us to also know the reality. These actions are being taken because 'the people who would wish to have power over us' are afraid of us and what we can do. The above quote comes at the end of the movie 'The Matrix' and this is all about our freedom and the liberation of the human soul – something that compelled the great Johann Wolfgang von Goethe to write his fairy story. If you are not aware of this click on the link below where there is a free soundcloud audio of an abridged English version which also explains his motives at the start. <https://roryduff.com/goethes-fairy-tale-a-full-interpretation/>

Yes we have a choice, but choices are made best when we understand what is going on. We need to grasp reality as well as possible and, contrary to the belief of many people, there is only one reality but there are many different individual perceptions of that reality. It is up to us to ensure that our individual perceptions are as close to the actual reality as much as is possible. (Map/Territory for Korzybsky fans)

If some global plan was in progress to suppress us and to exert a far greater control over us, some well-designed mechanism would be needed. What was also needed was to keep us all in one place somehow. Curfews and lockdowns then also need a good reason for the majority to go along with them.

Something was needed that would make us agree to it all. This had to also be something that was manageable, something that could be turned off and on and increased and decreased in intensity, something that could increase the level of fear, anger, despair, sadness & chaos whenever it was needed.

Well it would appear that this mechanism has been found and it is called the **Polymerase Chain Reaction** test.

It was invented by Dr Kary B Mullis a Biochemist who won the 1993 Nobel prize for Chemistry for discovering a way to analyse DNA easily and cheaply. The test was used to decode and map the entire human DNA as part of the Human Genome project (1990-2003). It essentially replicated a single strand of DNA millions of times. This enabled scientists to pinpoint a segment of the strand and amplify it so it could be identified.

The test actually allowed for the unlimited replication of small bits of DNA. It was never designed to distinguish between “live” viruses and inactive (non-infectious) viral particles and was therefore never be used as a diagnostic tool.

Dr Kary himself said that the number of times the strands are amplified was critical to the validity of the result. Each amplification is called a Cycle Threshold (CT). Anything over a CT of 30, Dr Kary showed would lead to false results.

Contrary to the inventor of this test, it would appear that the World Health Organisation has stated that a CT Threshold of 45 was adequate to determine good diagnostic results.

What this has now led to is incredible uncertainty. When samples are taken away to be tested, it is almost impossible to validate how many cycles a laboratory is carrying out on them.

What we do know is that where there are more amplification cycles over 30; we get more false results. So here we can begin to see how the mechanism might work.

If your test with a CT cycle at 45, you will get many more false positive results, if you then test at a CT cycle of 30, you will get almost no false positives. So if you want to show there is a problem in the World, you increase the CT cycles to show an increase in overall results, which are called cases. If you then want to show how well you are doing in eradicating a problem, you lower the CT cycles to show how the problem is going away.

You might rightly think this is incredibly fraudulent and this is exactly what the Lisbon Appeal Court said when its judges upheld a decision in favour of four German holiday makers against the Azores Regional Health Authority. It was determined that they had been illegally quarantined in Portugal because of a false result in one of their tests. The judges agreed that the polymerised chain reaction test was up to 97 % unreliable and was therefore an inadequate test for living viruses.

The words of the court were as follows:- *“In view of current scientific evidence, this test shows itself to be unable to determine beyond reasonable doubt that such positivity corresponds, in fact, to the infection of a person by the S**s - C***d 2 virus.”*

The judges went on to say that, *“the test’s reliability depends on the number of cycles used”* and *that “the test’s reliability depends on the viral load present.”*

Needless to say, this has not been reported by the mainstream press who have their given narrative to follow, but it does show that the tide is turning.

Our choices can make a difference and freedom can be won and in the end good science will reveal the truth. All we must do is to stay positive, take healthy precautions and make good decisions.

Social Media

In my posts 342-344, I covered the changes being observed on the planets Saturn and Jupiter. I also explained how I think our Earth was being affected. These effects all stem from environmental changes outside of our solar system.

These environmental changes are due to our solar system entering the galactic current sheet – something that happens roughly every 12000 years. These changes can be categorised in to three different types – changes in plasma (ionised gas), changes in dust density & changes in cosmic energy. All three of the levels of these increase as we pass through a transition zone into the current sheet.

In my interview with Saira Salmon, one of the things I mention is that we can get an indication of what will happen when we enter the galactic sheet by what happens when the Earth enters the Sun's current sheet. This happens every 8-10 days. With the Earth's speed through space and the thickness of the sheet, it takes us about 2-3 minutes to pass through it. The effects of these 2-3 mins on the type 3 energy lines though, last for nearly two days.

These type 3 energy lines come into harmony every 8-10 days. When we enter the sheet, its plasma and cosmic energy connects with our Earth's own energy systems and some of this energy gets passed down to our inner core. This 'jolt' of energy acts like the clapper inside a bell and it rings our inner core which starts expanding and contracting again at a set frequency. It only has to jolt, or strike, once for vibrations to last in harmony for nearly two days – just like the sound of a bell slowly dying down after it gets hit by the clapper.

As this 'striking the bell' happens regularly, every time we pass through the Sun's current sheet, we can consider the same thing happening on a much larger scale as our Solar system passes through the Galactic current sheet.

On this larger scale though it will not take 2-3 mins but 200 years to pass through. When we get our 'jolt' of energy, or several 'jolts' of energy with the galactic sheet (It is not easy to be exact about this as it is not as regular as the Earth passing through the Sun's sheet), this too will ring our inner core like a bell – and much more powerfully.

The resulting expansions and contractions will last a lot longer than 200 years as well. What is now helpful to us is that these jolts and their effect on our inner core can be picked up by studying the changes of its surface vibrations – the linear high pressure concentrations of energy – aka the Earth's energy lines. It is all very Geobiological.

What we can tell so far is that there have been several 'jolts' coming through that are increasing in size. These have led to the increase in the duration of the harmony times mentioned earlier in this newsletter.

With simple extrapolation we can begin to project what is likely to happen and when we are going to get the biggest jolt. For now, we know that these waves of energy are increasing in intensity and in regularity. They are currently a few months apart but they will soon begin to hit us monthly, then weekly and up to the final point, daily and hourly. I shall try and keep you updated in future newsletters.

Up until now, I have just been writing about the harmony of these energies that come from just one of the three changes mentioned earlier - the increase in cosmic energy. It is at this point I need to

direct you to what others think in regards to the effects of the other two changes – the increases in levels of plasma and dust density. Please do not be alarmed here though.

The following are two short you tube videos titled 'The next disaster' by Ben Davidson of Suspicious Observers. He speaks quickly and you may have to watch them twice over to get the full gist of what he thinks will happen when we enter the galactic current sheet.

<https://www.youtube.com/watch?v=V2decDcEJqo> part 1 (7mins)

<https://www.youtube.com/watch?v=QpjxrQP5hR4> –part 2 (7mins)

I personally am very optimistic about this event as I believe the Earth has a defence mechanism that can be activated when we learn how. I am also of the opinion that this time around we are likely to experience just a large Earth facing Solar flare, some Earthquakes and some flooding. As time nears towards this event, there are other ways we can get advanced warnings, in a local way, and again I will try and cover these in future newsletters.

The theme of this newsletter though, is one of transformation and it is here we can see some similarities and some slight differences between us and the caterpillar as it builds its chrysalis around itself.

Our higher levels of consciousness, and our past memories, allow us to look around at all the clues that can give us an idea of what to expect when full metamorphosis has taken place.

There are clues that have been found about our past, around 12,000 years ago, as well as the stories about incredible people who had amazing skills in our more recent past, that can tell us more.

There is actually an abundance of evidence but much of it has been kept secret amongst closed groups and a lot of it is still being suppressed. If words about any of these things ever do escape and get shared amongst us, they seem to get immediately ridiculed by those who control the narrative through whatever media existed at the time.

In other words, there has been a small group of people that know all too well about these 12,000 years cycles and they prepare well in advance for these times. They know they have to suppress the information about the opportunity mankind has and it is their goal to stop this, to stay in control over us, to keep us as their slaves.

Now contrary to what you might think, & something I alluded to earlier, this is a good thing. This actually helps us. If we cannot overcome our own negativity, if we cannot learn to get along with those people who are different from ourselves, we do not deserve what is coming – we are not ready for it at all.

It is entirely possible that of the twelve 12,000 year cycles over the last 144,000 years, mankind may have failed every single time to take full advantage of this regular 200 year harmony period. We have just had to continue learning and prepare for the next time. We may even fail again this time. It may well be that the short time we get to 'half' experience these energetic conditions is just enough to get carried down in our genes so that our future generations are continually better and better prepared for it next time. This time, I think, may well be our best chance yet.

What we can now do, is to look back into our past to see what conditions & life might have been like when mankind went through this harmony period.

Indeed, this is why I actually started my social media pages back in 2018. On facebook, it is called **Leyline Science links secret societies and hidden knowledge to prophecies**. On Instagram it is under the name **#thegeobiologist**. If you are not aware of these, there are now 344 posts that all have some link back to what we can learn from our past about this coming event and how to prepare for it and also what we can expect.

For example, it is clear to me (and others before me by the way), that the pyramids are much older than the Egyptian archaeologists try and make out. Their pre-Megalithic stone structures found at the base of the pyramids and in the walls of the Valley temple (see posts 177-187) are clear indications that more advanced beings lived in some great civilization back then and that these beings could do things we could not do today.

But what if the energetic conditions were such, back then, that more advanced beings could do amazing things with their minds?

This then begs the question was it our ancestors who could do these things? And if not, who were these 'Beings' and where did they come from & how?

We can question further though, if there were advanced 'Beings' living amongst us, what were they trying to do? Were they trying to help us, teach us, or were they trying to dominate us and suppress us? Perhaps there were different types of 'Beings' some trying to help us and other trying to enslave us? Perhaps it is the latter that are driving the few psychopathic individuals today to try and suppress this opportunity we have been given?

If we stay on the positive side here, if there were 'Beings' (Angels?) trying to help us, we have to ask why and to what end?

It is here we can now come back to the prevailing energetic conditions during the 200 year harmony time. What better time could there be to help mankind learn how to grow, adapt and evolve so that future generations would benefit.

If all this talk about advanced 'Beings' visiting us in physical form is too troublesome to envisage, I would direct you back to the posts that discuss the new science and how Worlds exist within Worlds on different matter frequencies.

It is during these times of harmony that our perceptions of time and matter begin to merge and these gateways/portals/bridges between these lands of spirit and lands of senses all open up. This is just like so many prophecies from all around the World also tell us. There are many posts on my social media pages that discuss this.

So, you see, I believe we are being helped, and right now, there are 'Beings' helping us to make the transition. But in the end, they know it is up to us. They know that we have to make the choice ourselves.

Choices like this may seem simple to make but in reality the choice is only made at the point action is taken – not the point when we just decide in our mind.

The necessary action in this case is fairly easy to begin with, but it gets harder as it is one where all our weaknesses will be tested.

One of the things I have been putting together to help here are some spiritual discussion modules that I will be rolling out this year. It would seem that there is not one solution for everyone as each of us needs help to find our own individual path. The key to this is through the recognition of interdependence and that comes best when we work in groups.

I will write more about these modules soon because I am still trialling & refining the modules.

Books

This month's recommended book is called '**Sensing the Earth - Messages from the Wisdom Keepers**'. It has been put together and edited by two friends of mine - Peter Knight and Sue Wallace.

I really like this book because it is a collection of 54 short chapters each written by a different author on the title of Sensing the Earth.

Some of these authors are as follows:- Gary Biltcliffe, Sue Colson, Peter Dawkins, Paul Deveraux, Grahame Gardner, Susan Hale, Adrian Inledon-Webber, Palden Jenkins, Patrick MacManaway, Caitlyn Matthews, Leo Rutherford, Maria Wheatley, Rob Wildwood, Lucy Wyatt and of course Peter Knight and Sue Wallace and many others and, if it helps you take more of an interest, there is even a chapter I was kindly asked to write. There is also a great chapter which comes by way of an extract from Hamish Miller's book 'It's not too late' (courtesy of the Penrith press).

What I like about this book is that it is easy to dive in wherever you want to start. You can therefore pick it up and choose any chapter you like and make your own way through the book.

It was recently published just weeks ago in November (2020). There are hundreds of coloured images and a total of 288 pages. Signed copies are available direct from Stone Seeker publishing that says this about the book:-

"This inspiring, timely and eclectic anthology brings together over 50 'Wisdom Keepers', who share their expertise, passion and timely messages about our planet and sacred sites, and how we can live more profound and sustainable lives. Many of the essays were written during the 2020 Covid-19 lockdown, and suggest ways we can move forward to a new and more hopeful future.

Subjects include earth mysteries, connecting with nature, mythical landscapes, the Goddess, shamanism, earth energies and dowsing, ancient and indigenous wisdom, sacred sites, pilgrimage, crop circles, sacred sound, geopolitics, rewilding, environmentalism and more. This is a collaborative endeavour between some of Britain's top authors and leading lights in their field..."

"As well as inspiring essays, the book includes poetry, quotes and hundreds of full colour images, all offering ways to help you ... Sense the Earth."

Further details can be found here as can methods for ordering the book.

<http://www.stoneseeker.net/BooksCDsAndDVDs#Books>

Other

If you are fortunate enough to be able to swim, you are likely to have also jumped into the water. This could be from off rocks or off a diving board.

I would imagine that most people are quite happy to just jump in from the side of a swimming pool. Most of you would be probably happy to jump off a 1 meter high diving board. Some of you will have jumped off a board that is 3 meters high. As a child you may even remember working up to that height, braving first a 2 meter high jump.

If I was to tell you now to jump off a 5 meter high board, I suspect that only a few of you reading this would happily do so. But if we were together and had time at a pool where there were boards at 1,2,3,4 &5 meters, many more of us could probably work up to the 5 meter height and I suspect a few of you would go for it and be fine.

The reason for writing about this is that I see this as a lesson in preparation for what is to come. If I told you all that your life depended on having to jump off a 10 meter board (Olympic high dive), in 3 years time, you might well want to practice & prepare for this and work up to that height as well rather than just risk seeing how it went on the day.

For me, these diving board heights are like the increasing intensities of the waves we are experiencing. When you meditate for too long at these times of harmony, it can actually be quite draining. Very often the next day we experience this very feeling as the body recovers from all the internal energetic transformation that has been going on.

When I was first taught to meditate on them, by a healer who had come over from Kerala (India), he actually told me to stop after 5 mins, telling me that any more was too much too soon.

By regularly meditating on these energies, we can build up the time we are exposed to them and we can build up our endurance to the transformation process as it continues. (In my book *Grail Bound* I write about how cosmic energy is evolutionary). This is like the same build up to jumping into water from higher & higher heights until you can comfortably handle the top jump.

This now brings me to a couple of questions that I am getting asked more and more often. What should I be doing at these sacred sites and how should I meditate.

I have previously stayed away from being specific here, in any way, for good reason and that is because we are all different and we each have different cultural and religious backgrounds. What is more important too now is the realisation that we all actually need to be different and to respect each other's individuality.

What has recently been learnt is that Group meditation is different to Individual meditation and for that to work, we need to retain our uniqueness as it seems that we each have a different function (probably in reality a pattern of intuitively timed functions) to perform within the group. But we also all have to have some shared common ground so we can work together when we need to as well.

So there are indeed some basics that we should all be able to agree and adhere to and I will cover some of them here. In the future, there are some meditation modules that are being designed for the spiritual discussion groups that I have mentioned before. The aim with these is to discuss the

various aspects of what can be found within different prayer & meditation practice around the World. The aim is for each person to see & judge for themselves what can be added or subtracted to their own practice in order to become more successful in their own eyes in regards to individual and group meditation.

Acceptances

The first thing we must accept is that there is some Universal intelligence, cosmic consciousness, God, Allah, etc. and that all these names are referring to the 'one and the same' but are being viewed from different cultural and religious perspectives. It is also important that everyone holds the opinion that **no single one** of the perspectives is right to the exclusion of all the others. What helps with accepting this, is that there is a new scientific theory that explains intelligence behind the creation of the Universe. This is supported with a new theory of Quantum Gravity and the Big Breed theory of Creation. (www.pearsonianspace.co.uk)

The second thing we must accept is that we are not alone. We exist within many Worlds of Spirit and many different 'Beings' live in these Worlds, some of which want to help us in these very activities. These, as I wrote earlier, are the same as Seth's 'camouflage' worlds.

The third thing we must accept is that our mind survives after the physical death of the body. Just what happens afterwards is certainly up for debate but this now allows us to see how important it is for continuous development and growth during our minds time on this physical world of existence.

The fourth thing is to prepare before prayer and meditation. The list of activities here is long but showing gratitude, having positive emotions, being humble and flexible is a good start.

The fifth thing is that if you are meditating or praying in a group, there should be no leader, only a facilitator that initiates the process. Everyone can contribute and everyone can receive intuition and, because we are all uniquely different, vital information could come through anyone. That person should then feel free to speak up about this and others should be receptive enough to listen and act upon messages from others.

The sixth thing is to respect the location. There is too much in this to cover here but sacredness is partly due to there being certain locations around the World that are more sacred than others (Symmetrical Earth Energy nodes & Large Vortexes). Sacredness is also partly due to the nature and success of human consciousness and its connection to the Universal consciousness at these sites. This is where the effectiveness of prayer & meditation comes in.

The seventh thing is to know your motivation at the outset. Are your aims one of communication or one of manifestation? Each of these requires a different strategy but both stem from a similar initial strategy.

What is meant by communication is direct 'two-way' messaging where information is requested & sent as well as received and heard. There could be many different ways this could occur.

Manifestation is linked to anything you particularly would like to happen to you or to others. This could be anything from healing through to a state of bliss or enlightenment as well as resolution or help with something.

The eighth thing is to begin to follow an initial ritual or strategy. The following one suggested has 8 steps. This is by no means supposed to be anything more than guidelines and they can and should be adapted to your own religious and cultural preferences as well as what currently works for you. The discussion modules dig deeper into how these can be improved individual through a series of open questions that help engineer positive discussions that will hopefully lead to personal choices that lead to improvement, learning and growth. These steps come from looking at strategies from a variety of individuals as well as from past teachings from several different religions. You will undoubtedly recognise some or all of them but they may well be termed or explained in slightly different ways to what you were used to and what you were taught. Remember, I am not trying to tell you what to do or what to change here.

The 8 Step process

1. Still the mind

Stop your inner voice from talking – This is the ‘mushin’ no mind state that martial artists aim to do in order to move instinctively rather than consciously. There are various tricks to do this. Listening to your heart beat, or your breathing will help. Repetitive chanting is also used to still the mind and bring on this state. (This can bring on a very beneficial state but repetitive chanting of mantras can and will hinder progress beyond this initial strategy as you may also need to make resonant chanting sounds later on. Some people talk about avoiding the ‘distractions from the Monkey mind’ at this stage.

2. Envisage perfection

Allow yourself to see & feel your ideal divine presence, your God or your symbol for spiritual perfection and notice where you are within this visualisation. How far away are you from your divine presence and where are you. (This is where you can personalise your own inner experience to your own beliefs).

3. Intensify your positive emotions

Increase your feelings of Peacefulness, Positive expectation, Self esteem and Joy to 10/10 levels of intensity and link your feelings with the divine presence you have visualised. As you move closer to your divine presence allow your positive emotions to intensify and merge together into one overall image and feeling of love within your heart. Over time the speed at which you can do this increases and some adepts at meditation get to step 3 almost instantly.

4. Activate your inner awareness

Having focused on creating this one image, with all your intense feelings, move into a sense of loving awareness for everything around you. To do this successfully you need to practice switching from focus to awareness.

5. Apply an anchor

Use a sound or an aroma, or even a small physical anchor like a touching finger combination (mudra) or even an object, to create an association between this state and the anchor. This allows you to then use the anchor in the future to get back to this powerful state of love much faster the next time. This will gradually strengthen the intensity of this feeling over time and that will then increase the depth and effectiveness of your meditation.

6. Stop isolating all your feelings

Individual thoughts, feelings and willings (intent) must now all be combined through the complete surrender of ego, desire, thought & will for anything to happen.

7. Start to chant the vowels

Keeping this loving surrender going, start to chant the lower vowels like Aaaaah or Ohmm and slowly move up and down the frequencies until you find one that begins to make your spine tingle or any other part of your body tingle. When meditating in groups it may well be that several different frequencies of sound being made by different people will lead to this sensation through the overtones the combined frequencies generate.

8. Open up the flow of love energy

When you feel this tingling sensation in your spine, allow it to begin to move up and down. These are the sensations that tell you that the forces within you (male and female instructing principle, ying and yang, etc) are becoming activated. If you are using a chakra system, you may notice that there are blockages (Bandhas). You will need to learn to open up those chakras and let the flow of energy through them so that it is now coming right up through your body into your heart (These blockages can arise for several reasons and are often linked to your weaknesses). Allow the forces to then pass through a small imaginary hole at the top of the crown of your head right down into your heart as you breathe in, as well as up through your feet & legs into your heart in equal amounts (The downward and upward force must be equal). As you breathe out send this energy outwards again through the same channels and notice the timeless bliss you now feel as this two way energy passes through you. You become the conduit for these forces. When you chakras are all open, you need not think of them anymore. When you have this feeling of loving energy moving in this way, we call this 'breathing in love' and 'breathing out love'.

After this 8 step process has been completed, you can progress on to the two different strategies for communication or manifestation.

For some people these 8 steps can take many months to learn and many minutes to run through and yet years to master. I know some people that do all of these steps to a level of unconscious competence in just a few seconds. We are all different but we can all learn to do this.

In the discussion modules (that will be coming out in a few months time) the idea is to discuss your experiences and thoughts with others in your group as this will help you work out what works better for you. We each learn in different ways and we each have submodality preferences we may have to work on.

In doing this, you will also begin to recognise your strengths and weaknesses and this in turn will eventually lead you to understanding your natural functionality within a group and the sequences of functions you will need and want to perform within a working group meditation.

Well all that is left for me to say is that I wish you all the very best for the year ahead.

Over the last 12 months, I have seen a wonderful rise in awareness of these energies and their power. Eight years ago there were only a few of us gathered around one powerful node in the UK (Glastonbury) at the times of harmony. Over the years this has grown. This last winter solstice harmony time, I know of over 20 sites in the USA that had two or more people meditating on them, there were over 10 sites in Europe and around 18 sites in the UK. Around 50% of the 4th Order nodes in the UK had people on them and the numbers in attendance have risen as well.

I went for a walk at the Stanton Drew stone circle and was pleasantly surprised to find over 80 people had chosen to do the same. Fortunately there was plenty of room for us all to meditate. You see this must all be done without any organisation. People must be free to choose where to go and, when that happens, the right people turn up at the right place at the right time. I mention this because this wonderful progression fills me with positivity for the year ahead and would wish that it does this for you too.

Thank you so much for your time reading this newsletter. Please do share this around and let people know to sign up for future newsletters on my contact page. If you would like to know more about my work and what services I provide, please have a look on www.roryduff.com. Your support is really appreciated.

Rory Duff