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GALACTIC HANDBOOK

SYNCHRONIZED MEDITATIONS

Rhythmic Wizard Year to Galactic Seed: 2012-2013

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*The crystalline know how to remain at the center
Between shifting worlds and strange times
They tread the nameless path without naming the narrowness
They squeeze through the eye of the needle
With naked faith and raw trust
They are the conquerors of the inertia of history
They have found the secret gate*



*Regenerated by their own tongues
They speak only what is glorious,
Their minds dwell on Rainbow Light—
direct discovery
silent rapture
Nothing else exists
But this...*

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RHYTHMIC WIZARD TO GALACTIC SEED: 2012-2013

Introduction

Premise: The Planet is in a crisis too big for anyone to solve, so it would seem. One way to look at it, however, is that everything is changing – we are in a big transition. By 2013 we will all know: nothing is the same anymore; the patterns of our thoughts are shifting; the earth is changing; we are entering a new phase of evolution, the noosphere. How do we keep up with this change? How do we change with the Earth?

The Law of Time states that the only way to solve the problems of our planet is through a collective shift of consciousness. The governments cannot help us. It is we ourselves who must take responsibility for the Earth. The 13 Moon calendar and codes of the Law of Time are the first step in reorienting our thinking from unconscious chaos to multidimensional harmony.

This Handbook, the result of a 7-day event, gives an overview of the Galactic Mayan mission based on the prophecy of Pacal Votan as brought through by Valum Votan (Jose Argüelles). The main themes revolve around creating a telepathic network through synchronized meditations and self-sustaining communities (CREST13) in accordance with the Galactic Mayan mission.

The whole purpose of this mission is the stabilization of our system (Velatropa) at a higher frequency by 2013. This is also a solar program.

The Sun, our star (Velatropa 24), is undergoing a massive inner shift as it passes to a higher stage of galactic resolution. These shifts account for much of our present polarization and the need to stabilize our consciousness at a higher level.

To change with the Earth we have to unify and come together as one mind in harmony with the Higher or Universal Mind. This is the meaning of entering the noosphere.

This Handbook serves as a call for unity to participate in the alliance of the noosphere, the consolidation of all groups working toward the goal of a collective unification and transformation of humanity.

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The series of synchronized meditations found in this Handbook are known as the Harmonic Convergence of 2012, a rolling wave of globally synchronized meditations for creating unity consciousness to facilitate the transition:

If 144 million humans, by 12/21/2012, are engaged in a common meditation on a daily basis, humanity will experience a spiritual mastery greater in cumulative effect than all the atomic bombs in the world. —José Argüelles/Valum Votan

The purpose of synchronized global meditations is to help unify the human mind in order to stabilize the consciousness of the planet into cosmic resonance with the local galaxy, which directly affects the Sun. This is all part of a larger planetary engineering project set forth by the Galactic Maya.

The main goal is the ejection of the circumpolar rainbow bridge; the fulfillment of many prophecies. This is not so far out once we remember who we truly are and how we are woven within the fabric of the Earth. The key is for a critical mass to remember how to merge their electromagnetic field with that of the Earth, creating an interactive force field. This force field establishes communication with both the core of the Earth and the noosphere.

The Path Beyond Technology

The Galactic Mayan information streams began to be released in 1983 with *Earth Ascending, An Illustrated Treatise on the Law Governing Whole Systems* (José Argüelles) a scientific and channeled text presenting an entirely new form of information based on galactic knowledge.

The codes of time were released simultaneously to the exponential information explosion and proliferation of technology that has come forth in the past 20 years: 1991-2011. These fourth-dimensional codes were channeled as a time-release program on Earth keeping pace, in a parallel stream, with the cybersphere: From the Dreamspell (1991) to the Synchronotron (2011).

In 2002 came the major formulation of the *Cosmic History Chronicles*, which began during the final 10-year mark of the thirteenth and final baktun and at the same time as the final exponential 10-year rush of virtual information technologies.

It is this parallel program of new knowledge from galactic intelligence that reveals the meaning of The Mayan Factor as the “path beyond technology”. This galactic knowledge base has nothing to do with closed systems based on binary

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mathematics and algorithms, but rather is based on vigesimal mathematics and telepathic systems that have little to do with present-day technology.

This advanced intelligence operates on a substanceless fuel that requires no machinery in the way we think of it. Rather, it operates through a type of psycho-electromagnetic force field and other telepathic technologies that provide transport through time and space. Crop circles are an example of this telepathic technology.

The codes of the Law of Time and *Cosmic History Chronicles* offer a systematic program for raising our frequency into alignment with this galactic program. We, the human species, are part of an experimental process in the laws of karma and intentional thinking.

This Handbook provides a brief overview of the key mission, projects and meditations. These themes will be expanded in the forthcoming *Accessing your Multidimensional Self: A Key to the Cosmic History Chronicles*, which will attempt to synthesize the seven volumes and the entire galactic system.

Now is the time for all of us to envision a new future, through our thoughts, words and actions. The positive unification of our minds on behalf of galactic culture sends a powerful ripple throughout the galaxy and into the noosphere. Wherever you find yourself, it is there that you must anchor the new timespace on Earth.

*The first worlds of the new land are transmitted
Through a new frequency – a sound unheard – far away from human chatter.
I glimpse the sculpted vision of our Translucent Destiny
Shimmering with its concentrated entrance – magnifications
Through rainbow corridors with histories unknown*

*Exertion forms the KEY that welcomes us
To the pinnacle of the new land – mysterious and shamanic – opening wide
and dissolving its stories into a Peppermint book –as we burst forth and fly off
the pages
Into an Electric rain of pearls
With diamond droplets*

(excerpt from *Return of the People of OMA*)

—Kin 185 on behalf of Kin 11 and the Galactic Masters

Planetary Moon 13, White Planetary Mirror, Kin 218 (16 April, 2012)
White Crystal Wizard, Kin 194 (psi chrono)

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PART I GALACTIC MAYAN MISSION

Intergalactic Premise

In the process of the evolution of the star system, planet Earth became separated from the natural timing frequency that the rest of life in the universe is functioning on.

How did we become separated?

The answer to this question has everything to do with the experiment of free will. Our solar system, including Earth (also known as Velatropa 24.3) is in the very center of the galactic “free will zone,” called the Velatropa sector: a region of our galaxy that is 6,000 light years in diameter, defined by the pulsar called Vela.

Vela is a remnant of a supernova.

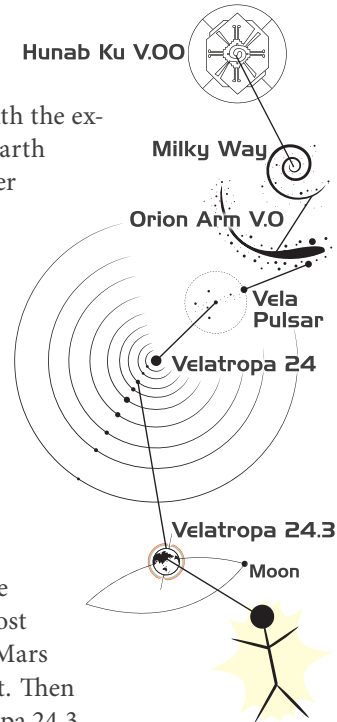
The different errors or karmic residue of errors of the free will zone have been deposited at the center of the Velatropa sector.

This karmic residue was played out first on Maldek, the fifth orbit in our solar system and that is now the Asteroid Belt, which sustains the vibration of the lost chord. From Maldek the error was transferred to Mars where the civilization of Mars was also burned out. Then the karmic residue was transferred to Earth, Velatropa 24.3.

We have incarnated in order to correct these karmic errors and to create a new collective reality. Every karmic stream that we correct helps to reconnect the memory circuits of the lost worlds in the human mind.

We are all made of the same human prototype. We are each a cell in a larger cosmic being. We have come to light up all the cells and help evolve Earth into a new frequency so that Earth does not have the same fate as the previous destroyed worlds.

In the last 5,200 year cycle, it is only in the past 23 years that the revelation of the Law of Time has been brought to consciousness. It is the function of the [Law of Time](#) to make conscious what was previously unconscious.



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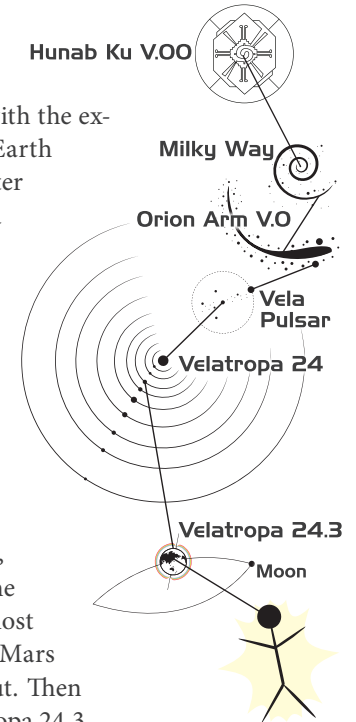
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The Law of Time, discovered by galactic messenger Valum Votan, helps us to understand our position in time according to the Mayan Great Cycle, which completes on 12-21-2012.

At this point in time the Earth will be perfectly aligned with galactic center in the constellation Sagittarius. A new cycle then commences.

To close the cycle and prepare our mind for the new cycle, a host of fourth-dimensional tools have been gifted to us. These tools help increase our continuing consciousness and bring our mind into greater attunement with other cosmic civilizations.

These tools were released in a 20-year cycle from 1991-2011. The codes first began to be released into the noosphere in 1952 with the opening of the tomb of Pacal Votan. A year later in 1953 José Argüelles had his first vision atop the Pyramid of the Sun in Teotihuacán (See [2012: Biography of a Time Traveler](#)).

All of the codes and galactic tools combine to create what is known as the cosmology of the Law of Time. This cosmology confirms previous revelations and affirms the different messengers and scriptures, including the Holy Quran with its 19 code of the mathematical constant of the Mayan Tzolkin.

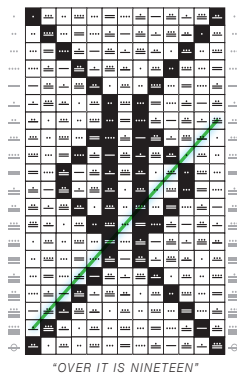
Currently our personal and planetary frequencies, as well as our thought patterns, are shifting. This is scientifically referred to as the [biosphere-noosphere](#) transition.

According to the Law of Time, the passage from the biosphere to the noosphere (the mental sphere around the planet that encompasses the biosphere) represents the point when the human species is restored to the correct frequency: the 13:20 timing frequency. This is the frequency of universal telepathy.

The cosmology of the Law of Time states that to change with the Earth we have to unify and come together as one mind. This is the meaning of the noosphere. The 13 Moon calendar is the most practical tool to synchronize our minds daily to the 13:20 frequency.

The catharsis of the biosphere is also known as biogeochemical transduction. This points to the preparation of the next geological cycle of the Earth, the Psychozoic Era, beginning in 2013 following the closeout of the Great Cycle of 2012.

To prepare for this we are being evolved, no longer just at the material level, but at the spiritual/mental level where we can begin to participate in the fourth-dimensional order of reality. All of life is a unity. The awakening of the soul of the Earth is the awakening of our own soul as a unitary consciousness.



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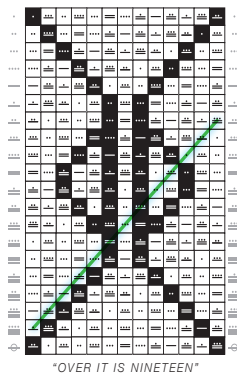
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What is Going to Happen (3-D)?

As we make our way through the biosphere-noosphere transition it is like being on a timespace collision course with the Absolute Now. When we reach the Now, the old, historical thought structures dissolve and a new program is inserted. This is actually already occurring.

Everything that occurs in our surface world is just a symptom of a collective inner shift. We have barely begun to tap the dormant powers of our collective mind. This is the purpose of the synchronic codes and synchronized telepathic meditations.

How will the shift come about third-dimensionally? Here are some potentialities as put forth by Valum Votan in 2006. This is not to invoke fear, but to show the panorama of potentiality in the third dimension.

What do you envision happening 12-21-2012?

1. Everything will come to a stop – the world will fall silent.
2. Complete technospheric/economic collapse will occur.
3. Solar flares will knock out the electromagnetic field.
4. Oceans will be rising and shifting weather patterns and storms will cause further catastrophic effects.
5. A magnetic pole shift will create totally disruptive havoc.
6. A rainbow will appear around the Earth connecting both poles.
7. UFOs will appear everywhere taking many people away and leaving new social reorganization plans for those who remain.
8. People will begin to experience telepathy and different degrees of psychic power.
9. Cosmic consciousness and the telepathic communications with cosmic civilization will begin to occur.
10. Once all the cities have been evacuated, UFOs will dissolve most of the remains of technospheric civilization.
11. People will experience themselves as one mind – noosphere.
12. A cosmic evolutionary mutation of consciousness/brain power will occur and be realized as a new race of humans – *homo noosphericus*, superhuman.

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13. New perceptions of reality will be realized as higher artistic/spiritual forms of behavior.
14. People will understand the meaning of cosmoplanetary art whole.
15. People will be telepathically mobilized to reconstruct and regenerate the Earth according to a new social organization in time and new heightened paranormal powers.
16. People will automatically know the meaning of “God” within themselves and everywhere around them.

When we look at this list we see that many of these things are already happening. For example, the third potentiality has to do with the solar flares. We know that our artificial system is fragile and any moment poses the potential for a solar flare to knock out the electromagnetic field. We all know that there has been a dramatic increase in solar energy.

Coronal mass ejections are the name given to the large explosions happening in the Sun. When this occurs it releases solar radiation that has a deep effect on our body and mind. Our minds are directly linked to the activity of the Sun. See [Solar Flares and Time Science](#).

We all know that the 12:60 structure is destabilizing and by the laws of nature nothing artificial can last. The Earth is transforming itself from its very core. Changes in the core are causing the north magnetic pole to speed toward Russia.

It is interesting to note that scientists know little about the Earth’s core, though they have spent billions of dollars sending space crafts all over the solar system.

According to the Law of Time the Earth has an octahedral crystal core and is key to the Telektonon Prophecy of Pacal Votan. Telektonon is the name given for the Earth Spirit Speaking Tube that transmits information from far off stellar points through Earth’s core, and then to the sensory intelligence of the biosphere.

A key to this prophecy is the stabilization of the Earth’s core through synchronized meditations and telepathic attunement. So as the 12:60 becomes more destabilized, we, a critical mass of humans, create a telepathic timewave that maintains resonance with the Earth. We want to learn to connect our mental electromagnetic field with the Earth in order to stabilize Earth’s core and eject the circumpolar rainbow bridge.

Another potentiality put forth in a 2009 article by José Argüelles, is that a type of cosmo-galactic pause will occur as we phase out of one galactic synchronization beam into another.

13. New perceptions of reality will be realized as higher artistic/spiritual forms of behavior.
14. People will understand the meaning of cosmoplanetary art whole.
15. People will be telepathically mobilized to reconstruct and regenerate the Earth according to a new social organization in time and new heightened paranormal powers.
16. People will automatically know the meaning of “God” within themselves and everywhere around them.

When we look at this list we see that many of these things are already happening. For example, the third potentiality has to do with the solar flares. We know that our artificial system is fragile and any moment poses the potential for a solar flare to knock out the electromagnetic field. We all know that there has been a dramatic increase in solar energy.

Coronal mass ejections are the name given to the large explosions happening in the Sun. When this occurs it releases solar radiation that has a deep effect on our body and mind. Our minds are directly linked to the activity of the Sun. See [Solar Flares and Time Science](#).

We all know that the 12:60 structure is destabilizing and by the laws of nature nothing artificial can last. The Earth is transforming itself from its very core. Changes in the core are causing the north magnetic pole to speed toward Russia.

It is interesting to note that scientists know little about the Earth’s core, though they have spent billions of dollars sending space crafts all over the solar system.

According to the Law of Time the Earth has an octahedral crystal core and is key to the Telektonon Prophecy of Pacal Votan. Telektonon is the name given for the Earth Spirit Speaking Tube that transmits information from far off stellar points through Earth’s core, and then to the sensory intelligence of the biosphere.

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...when we speak of the advent of the noosphere we are referring to the mental disclosure of a new cosmically generated holographic fractal field – one that will replace the old one. All it would take for this to occur is a momentary break in the planetary electromagnetic field brought about by an immense Coronal Mass Ejection, or even a shift in the Sun's polar magnetism. In that momentary rupture of the terrestrial electromagnetic field, many negative conditioned beliefs (memories) could be erased or severely scrambled, and, more significantly, a new operating hologram field fractal might be instantaneously set in place. In this way, the next wave of cosmic evolutionary intelligence would reveal itself.

His vision was very aligned to Sri Bhagavan who says this about 12-21-2012:

As the Earth's molten core is rotating; the magnetic field is created. The thought sphere of the human mind is located in the Earth's magnetic field. This magnetic field has been weakening dramatically over last ten years.

Now, in physics there is a parameter called "Schumann's Resonance". Using that we can determine the strength of the Earth's magnetic field. While for many centuries it was constant around 7.80 cycles per second, during the last 7-8 years it has risen to 11 cycles per second and is continuing to increase dramatically.

If you work it out mathematically, it appears that, by the year 2012, the "Schumann's" is likely to be 13 cycles per second. When this resonance is 13 cycles per second, the Earth's core would stop rotating. With the magnetic field gone, your mind is gone. When I say "your mind", what I mean is your "samskaras [also 'sankharas']". The pressure of the past 11,000 years of samskaras will vanish.

In the Dharma, we also say, "Mind is Karma". All actions start from your mind. The mind is nothing but a storehouse of samskaras (impressions in the unconscious mind, conditionings) or past life vasanas (tendencies, impulses) from which all action emanates. This is stored in the Earth's magnetic field.

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man or the Dawn of the Golden Age. This is the significance of the year 2012.

How do we know it will happen? The study of fossil records has shown that it happens roughly every 11,000 years. ... It's only a short time away and then we can all start afresh. That is why I want you to become enlightened by 2012. If you are enlightened, with all your samskaras gone, we can begin a new Yuga (Era), which can be called Satya Yuga or the Golden Age. Man will enter into a new state of altered consciousness.

UFO Sightings and Crop Circles

Simultaneously, crop circle and UFO sightings are proliferating. As we know UFO sightings are rapidly increasing all over the planet and full disclosures are occurring in many countries.

Russian cosmonaut Dr. Marina Popovich, a retired Soviet Air Force colonel, engineer, and legendary Soviet test pilot announced the discovery of extraterrestrial communications in pictograms that extraterrestrial intelligence has placed in crop circles and stone monuments around the world.

In her book, *Letters of Extraterrestrial Civilizations: the Last Warning* coauthored by Lidia Andrianova PhD, she states: "Extraterrestrial civilizations warn: the weakening of Earth's magnetic field has reached a critical value, and threatens the life of mankind."

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Popovich goes on to say that the first pre-cataclysm will be related with the interruption of global systems of communication—phone, internet etc. She, along with other Russian scientists, state that their interpretation of ET communications is that the only way humanity will survive is through a process of consciousness transfer to a higher dimension.

This is the same theory as Argüelles who states in *Manifesto for the Noosphere*:

...the increasingly complex geometrical/mathematical structures of the crop circles bring us the insight that these are coded messages, the activity of a highly focused and directed intelligence, obviously utilizing some kind of "long-distance" telepathic "engraving" technique.

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...the fundamental message seems to be, first of all, to let us know that there are higher telepathic technologies in existence that transcend the present reliance of industrial techniques of every kind, and that these technologies can be utilized by beings or intelligences that are completely invisible or hidden from us. Second, interpretations made of the crop circles call for the necessity of the unification of human consciousness.

Argüelles states that a common theme of the message from extraterrestrial civilization is that the UFOs will soon appear en masse. They will render nuclear weaponry impotent. There will be a quantum shift, a splitting of the worlds. (See [Time, Synchronicity and Calendar Change: the Visionary Life and Work of José Argüelles](#)).

Note there is already much evidence that this is already occurring. There have been several news reports in the past few years of UFO's shooting down military missiles.

The Mayan Factor describes how 12-21-2012 marks the passage out of one 5125 year galactic beam into another. And at this point UFOs will finally be understood as “inter-dimensional, Earth-generated, galactically programmed electromagnetic cells”:

Like the Maya who preceded us, we shall understand that the path to the stars is through the senses and that proper utilization of our mind as the auto-regulatory control factor will help facilitate the passage to different levels or dimensions of being. These dimensions or levels of being, now frequented by what we call UFOs, are universally accessible, and hence the meeting grounds of intelligence from different sectors of the galaxy. Like a multi-leveled spore, the model of our “new” galactic home, as well as the means of transport to the different dimensions of the electromagnetic ocean, is the great single central channel along which the various levels of being are strung: individual, collective, planetary, solar, stellar, code matrix, and galactic core.

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Becoming a Biosolar Telepath

Some Notes On Becoming a Biosolar Telepath by Valum Votan

The Advanced Earth Wizard's Training Program contains the underlying premises for the 7-part *Treatise on Telepathic Method, a Recollection of the Telektonon*. This is also known as the *Method of the Star Masters*. There can be no time travel until one has mastered the method of the star masters.

In addition to mastering the elements of the cosmology of time and other particulars of the telepathic method, there is a fundamental guideline for comprehension, and that is the degree of increase of psychic compression. This refers to the actual experience of unification of mind within a group ranging from two to any number of people. This is a pre-requisite for noospheric activation.

With this increase in psychic compression comes also an inevitable increase in contact with extraterrestrial intelligence. Extraterrestrial intelligence is most familiar with, and finds it most easy to communicate, when there is some attainment of psychic compression within the evolved agent (species) functioning as the intelligence program of a planet. This communication is always telepathic, resonant and subliminal in nature.

Finally, there can be no successful practice of the telepathic method of the star masters, nor entry into the noosphere program without a daily practice of *chod*, the rite of non-ego. Any rite of non-ego involves some form of whole-hearted submission of self (ego) to a Higher Power. Because of the ego's tenacious character the *chod* has to be practiced full-time on a daily basis. Traditional forms of *chod* include: the *salat* prayer of Islam, practice of pure Zen or Dzogchen mindfulness training; practice of *tonglen*, exchange of self for other, as well as the various forms of yoga. A combination of any or all of these is the most superior method.

The point is *submission*: to God, ALLAH, HUNAB KU, the Higher Power or Cosmic Force, proclaiming *la ilaha illallah!*. It is called a rite because it is not just something you think about. It is something you practice and set aside time for every day. So you have a formal practice of it, and you practice it all day long, whenever you can remember it. The noosphere is an ego-free and collective communal mind space. Homo noosphericus is an ego free agent of galactic intelligence whose personal pronoun is we. You may still be an "I" with super mental functions, but in your actions you are always "We". I and I it is! Like: We are doing this for the whole; the whole is doing this through we.

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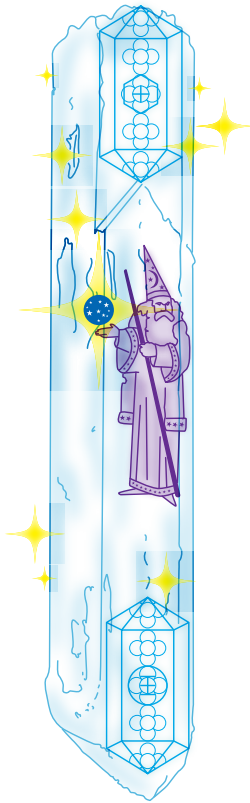
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Earth Wizard

We are being evolved into a new evolutionary type referred to as the Earth Wizard. According to the Law of Time, the formulation that governs everything is $T(E) = \text{Art: Energy factored by Time equals Art}$. Earth Wizards are involved in the process of transforming Earth into a conscious work of art.

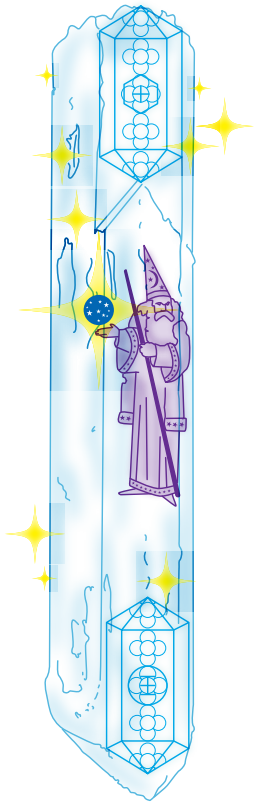
- Earth Wizards live in harmony with the Earth and have the capacity to practice celestial harmonics and the higher levels of the fourth-dimensional order of time. See: [The 260 Postulates of the Dynamics of Time](#).
- Earth Wizards practice various levels of the synchronic order or “chrononautics”, navigating in time. Note: Entry into the Psychozoic Era coincides with our fourth-dimensional entry into the Green Central Castle (2013), when we will learn how to time travel and travel in space (no machines required). Practice of chrononautics is done through the fourth-dimensional tools.
- The Earth Wizard emerges into multidimensional cosmic consciousness. When Earth Wizards are practicing the dynamics of time and the science of time based on the Law of Time they are practicing chrononautics.
- The Earth Wizard is a *biosolar telepathic* time conductor. Life (bio) attuned to the star (solar) and resonant vibrations of the star (telepathic). The Earth Wizard is attuned to the electromagnetic field and is always receiving pulsations and registrations of the local star.
- As a *biosolar telepath*, the Earth Wizard awakens his/her telepathic capacity. Each Earth Wizard serves as a time conductor chip to create a Galactic microcolony of biosolar telepaths that will replace the Internet. This is just a step toward instantaneous communication.
- The Earth Wizard consummates all archetypes as one in his/her multidimensional being. These archetypes include: Primal Force, Spirit Essence, Dreamer, the Innocent, Serpent Initiate, Planetary Hierophant, Avatar, Artist, Healer, Compassionate One, Magician/Shaman, Sage, Prophet, Wizard, Seer, Pathfinder, Navigator, Yogi/Yogini, Worldchanger, Enlightened One and finally Hunab Ku: Magus of the Infinite (See [Part 7](#)).



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Loving the Earth: Practical Actions

The money of the most industrialized countries is worthless when the Earth begins to shake. The world leaders are turned to children when faced with the powers of nature, and technology becomes no more than a piece of straw which can't even be used to build bridges over great rivers.

Confronted with the fury of nature, nothing and no one can save themselves nor be saved. In order to calm everything down and bring balance to the global nature of the earth, there is only one path; Stop cutting down trees, don't take any more oil or minerals from the earth, and stop consuming excess.

Let us not forget, change does not come from governments, but from each human being. Each human is responsible for everything that might occur on Earth.

—Statement from the Amazonian Chiefs
of the Shuar nation, Ecuador

To begin to think about the noosphere—the mental sphere of the planet—you have to think of reality from the Earth's point of view.

—José Argüelles, *Manifesto for the Noosphere*

To create galactic culture on earth we must continue to strive to live our lives according to the laws of nature always thinking of what will benefit Mother Earth and all living creatures.

PLANT FRUIT TREES; PLANT A GARDEN; SIMPLIFY YOUR LIFE, EAT FRUIT AND VEGGIES, BUY LOCAL ORGANIC, RECYCLE, MEDITATE IN NATURE, MAKE ART, FORGIVE, DO CEREMONIES FOR THE EARTH, MEDITATE LOVE, MODEL PEACE, STUDY LOCAL FLORA AND FAUNA, SEND HEALING THOUGHTS TO EARTH IN SPARE MOMENTS, GO VEGETARIAN (EVEN BETTER VEGAN) STOP ALL KILLING OF INNOCENT ANIMALS.

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••• PART 2 ••• SYNCHRONIZED MEDITATIONS

Harmonic Convergence of 2012 Program and Schedule of Synchronized Meditations Rhythmic 20 (1 Jan 2012) – Rhythmic 9 (21 Dec 2012)

The Harmonic Convergence of 2012 is the fulfillment of the 25-year Harmonic Convergence initiated on 16-17 August 1987. At that time, the call went out for a minimum of 144,000 “sun dancers” to gather at sunrise on those dates at sacred sites everywhere around the planet, and to create a synchronized meditation for world peace. An untold number – perhaps millions – answered the call.

While many saw it as an end in itself, the opening to the New Age, in actuality the event was the fulfillment of an ancient Mexican prophecy, announcing the conclusion of a major cycle of 1,144 years, and the beginning of a final transitional period of 25 years.

This 25-year cycle – the time of prophecy – spans the period between 16 August 1987 and 21 December 2012. This now widely publicized date marks the Closing of the Cycle, the last day of the Mayan Great Cycle of 5,125 years or thirteen baktuns of 144,000 days each – a total of 1,872,000 days. This cycle effectively encompasses the cycle of history; from its beginning at 3113 BC to its conclusion, in 2012 AD.

The basis of the original Harmonic Convergence event and the cause of its success and positive effect on the world were in the principle of *synchronized global meditation*.

Timed to occur at sunrise, wherever that might occur on the planet, not only were people synchronized in their particular time zones, but as the planet made one rotation on its axis, every point of sunrise was synchronized in a slow motion sweep around the Earth.

The point of the synchronization was two-fold: to establish a common unified field of mind and intention, and secondly to create a type of mental network or field around the planet over a period of two days – a proto-noosphere.

Now we approach the conclusion of the 25-year Harmonic Convergence cycle. The world changes initiated since then have catapulted the planet into its ultimate crisis. The population has increased by almost 2 billion; the Cold War has been replaced by the even uglier war on terror; man-made and natural catastrophes occur at an accelerating frequency; deforestation and global warming continue

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unabated; while the technosphere has spawned the cybersphere – the pseudo-noosphere, and with it an increased personal and social confusion and anarchy.

Against this backdrop and in the midst of a growing foreboding and anxiety concerning the 2012 date, the call is made for the conclusion to the 25-year time of prophecy, the *Harmonic Convergence of 2012*. While the first Harmonic Convergence was a two-day event, the Harmonic Convergence of 2012 spans the year, from 1 January to 21 December 2012.

The essence of the concluding Harmonic Convergence will consist of two concurrent cycles of synchronized meditations: a thirteen-day cycle and a seven-day cycle. There are also special synchronized meditations for certain key event points such as the Venus Transit, Crystal 8 (June 6, 2012) and Harmonic Convergence of 2012, Magnetic 22-23 (August 16-17, 2012), etc. See complete schedule at the end of this document.

The thirteen-day cycle – one synchronized meditation every 13 days – is fundamentally for cleansing and purifying the errors and corruptions of the entire 13-baktun cycle, but especially the corruptions and errors occurring during the thirteenth baktun. These are the errors due to living in the deviation from natural time – the linear, mechanistic time of the 12:60 frequency.

The whole of the thirteenth baktun – AD 1618-2012 – is characterized by the overlay of mechanical 12:60 time on the whole Earth, and with it, the suppression of the Indigenous peoples and the triumph of industrialization. So the meditations every 13 days are for the cleansing and purification of our minds, the healing of the Earth and for untying the knots to six of our creative powers resulting from living in linear time.

These six knots are: intelligence, meditation, memory, flowering, healing and love. In doing these cleansing meditations we are also looking forward to the return of the sacred circle of the unity of all peoples and living once again in the cycles of natural time.

Note: The 13-day ceremonies were initiated by the Queqchi Maya of Guatemala and in the long count calendar always occur on tone 8 days, which synchronizes with 13 Moon/Dreamspell tone 3.

The seven-day meditation cycle – one synchronized meditation every seven days (every “Silio” day on the 13 Moon calendar) – is the enactment of the second creation, the opening to the seventh day of creation, the new cycle that begins after 2012. This is represented by the circumpolar rainbow bridge meditation.

The purpose of this synchronized meditation is to create a strong image in the mass consciousness of the actual phenomenon of the circumpolar rainbow bridge

unabated; while the technosphere has spawned the cybersphere – the pseudo-noosphere, and with it an increased personal and social confusion and anarchy.

Against this backdrop and in the midst of a growing foreboding and anxiety concerning the 2012 date, the call is made for the conclusion to the 25-year time of prophecy, the *Harmonic Convergence of 2012*. While the first Harmonic Convergence was a two-day event, the Harmonic Convergence of 2012 spans the year, from 1 January to 21 December 2012.

The essence of the concluding Harmonic Convergence will consist of two concurrent cycles of synchronized meditations: a thirteen-day cycle and a seven-day cycle. There are also special synchronized meditations for certain key event points such as the Venus Transit, Crystal 8 (June 6, 2012) and Harmonic Convergence of 2012, Magnetic 22-23 (August 16-17, 2012), etc. See complete schedule at the end of this document.

The thirteen-day cycle – one synchronized meditation every 13 days – is fundamentally for cleansing and purifying the errors and corruptions of the entire 13-baktun cycle, but especially the corruptions and errors occurring during the thirteenth baktun. These are the errors due to living in the deviation from natural time – the linear, mechanistic time of the 12:60 frequency.

The whole of the thirteenth baktun – AD 1618-2012 – is characterized by the overlay of mechanical 12:60 time on the whole Earth, and with it, the suppression of the Indigenous peoples and the triumph of industrialization. So the meditations every 13 days are for the cleansing and purification of our minds, the healing of the Earth and for untying the knots to six of our creative powers resulting from living in linear time.

These six knots are: intelligence, meditation, memory, flowering, healing and love. In doing these cleansing meditations we are also looking forward to the return of the sacred circle of the unity of all peoples and living once again in the cycles of natural time.

Note: The 13-day ceremonies were initiated by the Queqchi Maya of Guatemala and in the long count calendar always occur on tone 8 days, which synchronizes with 13 Moon/Dreamspell tone 3.

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that would be the result of a “telepathic engineering” project intended to connect the two auroras – borealis (northern) and australis (southern) – at the equator.

The goal is to make a permanent effect in the upper atmosphere. This would characterize the actual manifestation of the noosphere, and signal the seven baktuns of the cycle of Peace on Earth.

Both of these sequences of meditations have been occurring in some form or another for some time before 2012. The rainbow bridge meditations were begun in 1996, while the 13-day meditations began in the Galactic Moon of the Red Overtone Moon Year (February 2010). The point is to activate them at the broadest levels possible. It is possible to begin the meditations at any time on the scheduled dates.

During this time we visualize the two cycles as creating a synchronic weaving over the planet – a seven-day weaving and a thirteen-day weaving. Please note: Every 7 thirteen-day meditations there are 13 seven-day meditations. So where those cycles intersect – precisely every 91 days or thirteen weeks – we are making an interwoven connection in the noosphere. As in any weaving these points of intersection are the junctures of threads that hold the weaving – in this case the noosphere – in place. These intersections are shown [below](#) in the full schedule of 13 and 7-day meditations.

General Guidelines for the Meditations

Recommended preliminary practice for all of the synchronized meditations and visualizations:

Light incense and/or burn sage. Then experience at least 15 minutes of natural mind meditation, dissolving all thoughts as they arise and clearing your mind. When you feel a clear mind then begin the visualization and/or specific meditation.

Recommended concluding practice for all of the synchronized meditations and visualizations:

When you conclude the particular meditation or visualization take three deep inhalations. As you inhale visualize that you are taking in all the darkness, ignorance and suffering of the world. As you hold your breath, feel the pain of the world being transmuted in your heart into light, compassion and love for all beings. As you slowly exhale, breath out light and compassion for all beings without exception.

The meditations may be done either individually or as a group. If group meditation, people should sit in a circle.

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7 and 13-Day Meditations

7-Day Meditation – Rainbow Bridge

Visualize yourself inside the Earth's octahedron crystal core (with two red and two white sides on top, and two blue and two yellow sides below). In the center of this core is an intensely blazing point of white light. An etheric column extends North and South from the blazing center to the tips of the octahedron.

Now visualize that from the center of the crystal a great stream of multicolored plasma-filled light flows along the axis toward both of Earth's poles, shooting out from them to become two rainbow bands 180 degrees apart. As Earth revolves on its axis, this rainbow bridge remains steady and constant, unmoving.

Now take the whole vision of the rainbow bridge around the Earth and place it in your heart. Imagine the two streams of rainbow light rushing through your central column, shooting out from above your head and beneath your feet to create a rainbow bridge around your body. Now you and the rainbow bridge are one. The rainbow bridge of world peace is real. Visualized by enough people in a telepathic wave of love, the rainbow bridge will become a reality.

Silio 28 – Special Rainbow Bridge Instructions:

On the 28th day at the end of each of the 13 Moons, we practice a slightly longer meditation. Do the same as the 7-day but after visualizing the octahedron in the center of the Earth, we amplify the visualization to include a more complete description of the center of the octahedron, which is as follows:

Coiled around the etheric axis like two strands of DNA, are the red and blue flux tubes. In the crystal core are four time atoms. A red time atom strung on the northern axis, and a blue one on the southern. The gravitational plane of the octahedron emanates horizontally from the luminous center point. Along this plane are two more time atoms, a white and a yellow one, which turn like paddle wheelers making a counterclockwise motion around the center.

Then complete the meditation as in the 7-day practice.

It is recommended to do the 28 day practice in a larger group, seated if possible in a circle with a globe in the center perhaps surrounded by four (or more) candles. The idea of meditating the whole Earth feeling it as a total simultaneity of experience is very important for the cultivation of noospheric consciousness.

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13-day Meditation – Untie the Knots

This program is promoted by the Copalaa (Guatemala) community of Queqchi Mayan elders and is also being coordinated with the Thirteen Moon Calendar Change Peace Movement.

This ceremony and meditation involves “untying six astral knots” that were tied together, blocking our energy from the energy of the Earth due to following linear, mechanical time (Gregorian calendar and mechanical clock). The Mayan elders emphasize how we must all unite in our spiritual groups to untie these astral knots so that by 2012 we can make time circular again.

So in this practice we are cleaning the energies within ourselves. These energies are intelligence, meditation, memory, flowering, healing and love. These energies or qualities of our mind and being, which should be so natural, have become particularly flawed.

Thinking of each of these knots, free them: Free your intelligence; open up your meditation; tune into your cosmic memory; assume your personal power; trust in your power for self-healing; expand your heart in selfless love.

We can locate these energies in some of our main chakras and so provide an area to focus our healing light.

- Intelligence as our intrinsic curiosity and knowing – Throat chakra
- Memory as the natural recollection of original cosmic nature – Throat chakra
- Meditation as a natural gift for having a clear mind – Solar Plexus chakra
- Love as an unconditional response to the world – Crown chakra
- Flowering as our natural expression of radiance – Root chakra
- Purification/Healing as a natural gift of our own being – Root chakra

In the 13 Moon calendar, these knots refer to the following solar seals:

- Intelligence – Warrior
- Meditation – Mirror
- Memory – Dragon
- Flowering – Seed
- Purification/Healing – Moon
- Love – Dog

Every 52 days the ‘Untie the Knots’ meditation also includes a major fire ceremony, see below for full list of dates.

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This type of synchronization program is precisely what is required for establishing the 13:20 frequency of the noosphere, based as it is on a unification of the Indigenous Mayan long count and the 13 Moon/28-day calendar, both of which already operate by the 13:20 frequency. By uniting worldwide, the idea is to build a gathering 13:20 frequency mind-wave synchronized to 13-day oscillations that will peak at the prophetic climax. When time becomes circular again, the center of that circle will once again be our home, the eternal ever-occurring now.

Schedule of Synchronized Meditations Harmonic Convergence of 2012

7-day Rainbow Bridge Meditations

See also: lawoftime.org/rainbowbridge, www.noosphereforum.org,
and "[Galactic Synchronization](#)" on Facebook.

Rainbow Bridge Meditations are done on every "Silio" day of the 13 Moon calendar, with major Rainbow Bridge Meditations every "Silio 28", Day Out of Time (July 25, 2012), and all-day Rainbow Bridge vigils on December 20-21, 2012.

Schedule is as follows:

- March 6 to July 24, 2012: every "Tuesday" Morning 8 AM.
- July 25, 2012: Day Out of Time, 8 AM.
- August 1 to December 19, 2012: every "Wednesday" morning 8 AM.
- Dec. 20-21, all-day Rainbow Bridge vigils to 11 AM GMT 21 December 2012.

13-day Untie the Knots Meditations – 2012

* Indicates ceremonies every 52 days; these are of special importance and should be held if possible outside with a fire providing the center of focus

White Rhythmic Wizard Year

- January 9 (Rhythmic 28, Kin 121, 4 Dragon) + Rainbow Bridge Meditation.
- January 22 (Resonant 13, Kin 134, 4 Wizard)
- February 4 (Resonant 26, Kin 147, 4 Hand – galactic activation portal day)
- February 17 (Galactic 11, Kin 160, 4 Sun)
- * March 1 (Galactic 23, Kin 172, 3 Human)
- March 14 (Solar 8, Kin 185, 3 Serpent)
- March 27 (Solar 21, Kin 198, 3 Mirror) + Rainbow Bridge Meditation.
- April 9 (Planetary 6, Kin 211, 3 Monkey – Pacal Votan clear sign and galactic activation portal day)

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- May 18 (Spectral 17, Kin 250, 3 Dog)
- May 31 (Crystal 2, Kin 3, 3 Night)
- * June 13 (Crystal 15, Kin 16, 3 Warrior)
- June 26 (Crystal 28, Kin 29, 3 Moon) + Rainbow Bridge Meditation.
- July 9 (Cosmic 13, Kin 42, 3 Wind)
- July 22 Cosmic 26, Kin 55, 3 Eagle (Harmonic Convergence of 1987)

Blue Resonant Storm Year

- * August 4 (Magnetic 10, Kin 68, 3 Star)
- August 17 (Magnetic 23, Kin 81, 3 Dragon) – Harmonic Convergence 25
- August 30 (Lunar 8, Kin 94, 3 Wizard)
- September 12 (Lunar 21, Kin 107, 3 Hand – galactic activation portal) + Rainbow Bridge Meditation
- * September 25 (Electric 6, Kin 120, 3 Sun)
- October 8 (Electric 19, Kin 133, 3 Skywalker)
- Oct. 21 (Self-Existing 4, Kin 146, 3 Worldbridger – galactic activation portal)
- November 3 (Self-Existing 17, Kin 159, 3 Storm)
- * November 16 (Overtone 2, Kin 172, 3 Human)
- November 29 (Overtone 15, Kin 185, 3 Serpent)
- December 12 (12-12-12) (Overtone 28, Kin 198, 3 Mirror) + Rainbow Bridge Meditation.
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Synchronized Meditations for Key Event Points

See also lawoftime.org/HC2012, and “[Galactic Synchronization](#)” on Facebook.

The following dates may vary according to time zone.

Rhythmic Wizard Year (26 July 2011 – 25 July 2012)

May 20 (Spectral 19, Kin 252, 5 Human)	Solar Eclipse
June 4 (Crystal 6, Kin 7, 7 Hand)	Lunar Eclipse
June 6 (Crystal 8, Kin 9, 9 Moon)	Venus Transit
June 20 (Crystal 22, Kin 23, 10 Night)	Solstice (Summer N./Winter S.)
July 25, Day Out of Time (Kin 58, 6 Mirror)	

Resonant Storm Year (26 July 2012 – 25 July 2013)

August 16 (Magnetic 22, Kin 80, 2 Sun)	Harmonic Convergence 25
Sept 22 (Electric 3, Kin 117, 13 Earth)	Equinox (Autumn N./Spring S.)
Nov 13 (Self-Existing 27, Kin 169, 13 Moon)	Total Solar Eclipse
Dec 12 (Overtone 28, Kin 198, 3 Mirror)	“12-12-12”
Dec 21 (Rhythmic 9, Kin 207, 12 Hand)	Closing of the Cycle

The following are the global telepathic meditations co-created by the five Earth Families at the 7-day event. Feel free to circulate these at the appropriate time. For those new to this there are five Earth Families in the synchronic order, each corresponds to a different chakra and has a different function: Polar, Cardinal, Core, Signal and Gateway. Each Earth Family also codes the Planet Holon in five horizontal rows. [For further explanation, click here.](#)

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Core Family Meditation: Solar Eclipse

20 May 2012 (Spectral 19, Kin 252, Yellow Overtone Human)

Begin with Pranayams: 4x through both nostrils plus 3x alternating nostril breaths. Next chant the seven Solar Mantras for the seven chakras, starting at the root:

Hram Root
Hrim Sacral
Hrum Solar Plexus
Hraim Heart
Hraum Throat
Hraha 3rd Eye
Om Crown



Sem Kar Dual

Followed by *Hraum* (Throat chakra) seven times.

Visualize the symbol “Sem” at the Crown, “Kar” at the Throat, “Dual” at the Heart. (“Sem kar dual” (contains life) is a principle symbol of Cosmic Science. This is the formula for life, or for how life comes about and is maintained).

In your heart visualize a four-petaled green lotus gently pulsing radiant light. Now look outward and become aware of planet Earth. See the Earth also gently pulsing radiant light.

Now become aware of a gold and silver cord connected from your navel to the center or navel of the Earth. Feel this cord gently pulling you toward the Earth until you have fully merged with Her.

Feel yourself as our beautiful Mother Earth. Feel the breeze on your body. Feel the trees gently swaying. Feel the warmth of the Sun’s rays. Now feel yourself going deeper, deeper, deeper into the crystal core of the Earth. Feel the moment of darkness ...

“I am one with the Earth, the Earth and myself are One Mind”.

Above you a doorway opens, penetrating the darkness with the Sun’s rays. Bring the Sun into your heart. Feel your heart fully open and radiating love and light. Pulse the love from your heart to your family ... your friends ... to all beings ...

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Cardinal Family Meditation: Venus Transit

6 June 2012 (Crystal 8, Kin 9, Red Solar Moon)

In the Venus Transit, the planet Venus will cross the face of the Sun – this will even be visible from Earth in certain areas. It can be seen as a little black dot moving across the fiery disk of the Sun.

Venus, as the loving feminine artistic archetype will be like a lens or amplifier of the massive solar activity that we are now experiencing. Since we are now also in the midst of the alignment of our solar system with the galactic center (Hunab Ku), there is a four-part galactic alignment: Hunab Ku, the Sun, Venus and Earth. As the humans on the surface of the Earth, it is our task to ground this energy!

If you wish, bring your favorite crystal or power object to this group meditation. In your communities, stand, sit or lie down in a circle or mandala, and begin a rolling chant of the syllable “Ahm”. (Rolling chant simply means you chant as long as your breath can sustain the syllable and continue endlessly – thus each person will have a different rhythm, creating a rolling sound vibration).

Visualize the alignment of the galactic core/Hunab Ku, the Sun, Venus and the Earth – feel this alignment – it is happening! The Universal Love of the One Supreme Source spirals as a serpentine rainbow through the Hunab Ku, into the Sun, passing through Venus and finally toward us on Earth! This absolutely loving energy dissolves all false illusions and limiting preconceptions of love. At the same time, Venus, as the place of the feminine artistic archetype, fills this energy with trust in the power of the imagination.

Feel this energy passing into the Earth and into your heart, opening it completely. As you are filled with this Universal Love, visualize a rainbow around the Earth, symbolizing the unification of all. Taking the power of this love into the future, project yourself forward in time, beyond the great shift and imagine, in the greatest detail possible, the highest, most magnificently beautiful vision of the Earth. Ask yourself: If we could create the entire Earth as a work of art, what would it look like?

Tune in to the multitudes of people participating in this meditation all around the globe – feel the web of light connecting us all.

Continue to chant “Ahm” as you hold the visualization of the alignment of the Hunab Ku, Sun, Venus and Earth – receiving the serpentine rainbow energy and sending it around the Earth. Hold this visualization, continuing to chant this mantra as long as you will – the longer the better!

Now your heart is inscribed with your vision and prayer for the future – if you brought your power object to the meditation it is now also charged with this vision. From now until the great shift, return to this vision in your meditation.

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If you wish, bring your favorite crystal or power object to this group meditation. In your communities, stand, sit or lie down in a circle or mandala, and begin a rolling chant of the syllable “Ahm”. (Rolling chant simply means you chant as long as your breath can sustain the syllable and continue endlessly – thus each person will have a different rhythm, creating a rolling sound vibration).

Visualize the alignment of the galactic core/Hunab Ku, the Sun, Venus and the Earth – feel this alignment – it is happening! The Universal Love of the One Supreme Source spirals as a serpentine rainbow through the Hunab Ku, into the Sun, passing through Venus and finally toward us on Earth! This absolutely loving energy dissolves all false illusions and limiting preconceptions of love. At the same time, Venus, as the place of the feminine artistic archetype, fills this energy with trust in the power of the imagination.

Feel this energy passing into the Earth and into your heart, opening it completely. As you are filled with this Universal Love, visualize a rainbow around the Earth, symbolizing the unification of all. Taking the power of this love into the future, project yourself forward in time, beyond the great shift and imagine, in the greatest detail possible, the highest, most magnificently beautiful vision of the Earth. Ask yourself: If we could create the entire Earth as a work of art, what would it look like?

Tune in to the multitudes of people participating in this meditation all around the globe – feel the web of light connecting us all.

Continue to chant “Ahm” as you hold the visualization of the alignment of the Hunab Ku, Sun, Venus and Earth – receiving the serpentine rainbow energy and sending it around the Earth. Hold this visualization, continuing to chant this mantra as long as you will – the longer the better!

Now your heart is inscribed with your vision and prayer for the future – if you brought your power object to the meditation it is now also charged with this vision. From now until the great shift, return to this vision in your meditation.

Signal Family Meditation: Solstice Summer Northern/Winter Southern

20 June 2012 (Crystal 22, Kin 23, Blue Planetary Night)

Join people around the world in honoring Solstice with a very simple meditation. Our intention on this natural sacred holiday is to feel the unity of ourselves with the Earth, with the Sun and the Galactic whole.

Simply gather 13 leaves which represent the power of 13 in its many natural forms. Also these leaves symbolize that we are all part of One Tree (Gaia, Earth, Tree of Time).

In the center of the leaves place a crystal that represents you.

At the exact moment of solstice, let us all connect to the heart of the planet (Central Core). (Solstice Time is June 20, 23:09 GMT).

From here we connect to the Sun (Kinich Ahau). From the Sun we connect to the center of the galaxy (Hunab Ku).

Now take a deep breath and as you exhale look at planet Earth from space and see a circumpolar rainbow bridge surrounding it, emanating harmony, healing and peace for all beings. Now place this image into your heart to have it with you always.

