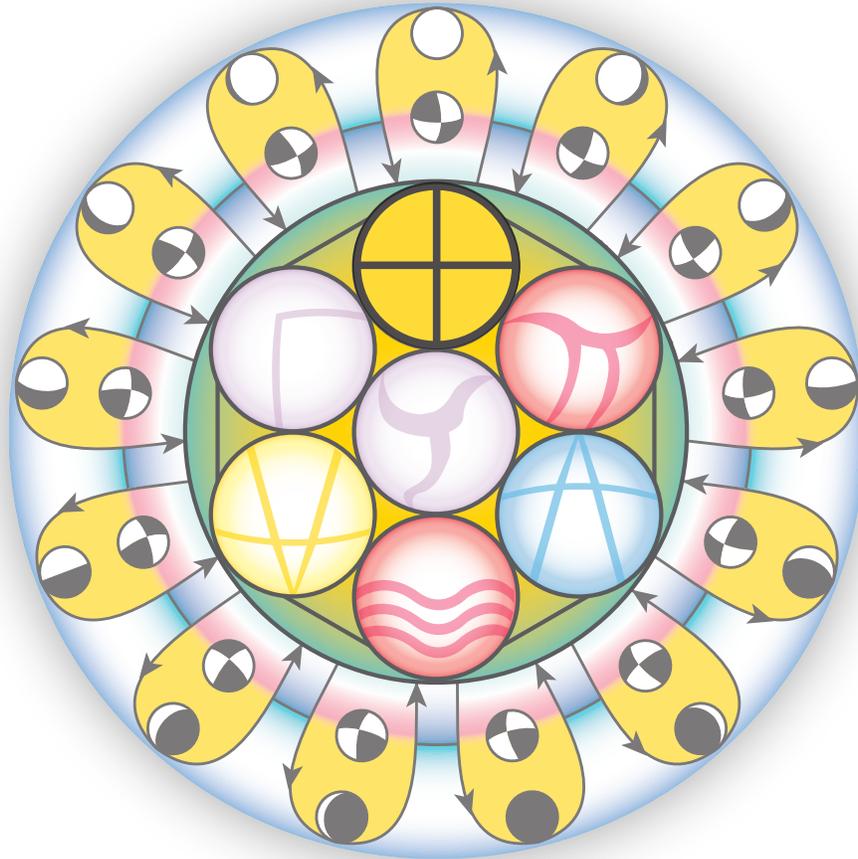


Rinri Project Newsletter III

Mystery of the Stone Edition



Volume 1, No. 3
Special Issue: Natural Mind, Natural Time
Spiritual Training on the Road to 2012



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Special Issue: Natural Mind, Natural Time Spiritual Training on the Road to 2012

I. Lack of Mind Training - The Number One Problem on the Planet Today

Dear Velatropans,

In consideration of the lack of peace in the world—much less the prospects for universal peace by 2012—as well as the general confusion in human relations, the moral chaos that pervades society, and the uncertainty and emotional instability that plague virtually every human on Earth today, there is no question that the number one problem affecting the planet is the human inability to control the mind. Where does war begin? In a thought the mind could not control. If everyone on Earth truly practiced mindfulness, there would be no war.

The problem of controlling the thoughts generated by the mind is compounded by immersion in the cybersphere and industrial society in general.

Just consider this: How many hours a week do you spend in front of your computer screen—surfing the internet, writing e-mails, or any other business, data processing task, graphic work or writing you may be doing on the computer? 10-15 hours, maybe more. How many hours do you spend in front of the television screen watching regular programming or by playing video games every week? Another 10-15 hours? How many hours watching a feature length video or movie per week? Maybe 6 to 8 hours? How many hours driving your motor vehicle each week? Depending upon where you work, maybe another 10-20 hours. Take an honest inventory and tally that up? Anywhere from 30 to 50 hours a week is probably average.

That's how much time a week you are placing your mind in the control of a machine or a machine dominated process. Better put, that is how much time a week the mental screen of your mind is controlled by what appears on a monitor screen—or the windshield of your motor vehicle. This is not to mention the people whose jobs are dominated by the computer—and that is a rapidly increasing number. Humans at the bank, the check-out counters of stores, data and information processing work stations, etc., are all chained, as it were, to the computer. So the number of hours the average human spends with a virtual reality mental screen replacing his or her natural mental screen is enormous.

The point isn't to demonstrate how much time we are dominated by the machine (though it is instructive to actually become conscious of this), but to consider, by contrast: How many hours a week do you consciously spend in front of your own mental screen, your natural mind? Probably very few, if any, hours are spent simply sitting with your natural mind.

Most humans are so immersed in the unconsciousness of their own mind and its control by their ego that they scarcely have a clue of what is actually real and what is just conditioned made up ideas in their heads. Impacted by the effects of the cybersphere, the number of humans not in touch with their natural mind is staggering, especially when you consider the spiraling “hopelessness” of the problems we seem to be generating and are immersed in. Connected with not knowing the thought waves of the mind is ignorance about the nature of the ego. This is why I declare unequivocally: the number one problem facing the planet today is the human species inability to control, much less

know, the nature of its own mind. How can you expect to solve a problem when you do not have a grasp on the nature of your mind, the very same mind that created the problem in the first place, and then perpetuates it by unexamined ignorance?

If the mind is the root and source of everything we know as well as all of our perceptions of our self and the world, and we readily allow it to be enslaved by the screen of virtual or machine dominated reality for a preponderant number of our waking hours, doesn't the mind also deserve to be refreshed by the experience of its own natural state?

In fact, if the number one problem on the planet today is human mental ignorance, the ultimate solution is mindfulness training. It is not that cyberspace and the machine are necessarily the cause, so much as it is that intense use and even addiction to these tools covers up the mind to such a degree that most people do not know the first thing about their natural state of mind much less that it exists. Of course, the impact of the cybersphere on the mind can be labeled the ultimate effect of the 12:60 artificial timing frequency on human consciousness. Nonetheless, we still must identify and unburden ourselves of this effect and the experience in general of having deviated from natural mind, just as we have deviated from natural time.

In speaking of these matters it should be made clear that no human community is exempt. The New Time, New Thought or New Age communities suffer as much from the lack of mindfulness training as does virtually every other community on Earth. I have thought seriously about this matter for the past few years, and after having intensively renewed my own discipline in mindfulness training—what you might call Zen style meditation—I have come to the inescapable conclusion that unless we all come to terms with our natural mind, our efforts at establishing a new time of peace will come to naught. Having introduced the first New Time Spiritual training this past Easter Weekend—Solar 19-21—I am more convinced than ever of this truth.

II. What is Natural Mind?

Though many people practice or are familiar with some kind of meditation, often a type of guided visualization, very few people, relatively speaking, are actually familiar with the meditation practice whose sole purpose is to introduce you to natural mind. Without knowing natural mind—the universal nature of yours and everyone else's mind—the other forms of meditation may be nothing more than a kind of escapism. Especially for those of us espousing the virtues and values of returning to natural time is it utterly necessary to balance our knowledge with direct experience of natural mind.

So what is natural mind? It is the ordinary state of mind when it is totally relaxed and not thinking about anything. That is such a simple definition that it causes many people to merely shrug their shoulders, kind of like what happens when you first tell people about the Thirteen Moon calendar. For most people the attitude toward mind is that nature abhors a vacuum. Just like television which cannot tolerate “dead space” but must immediately segue from commercial to commercial to main show to commercial with scarcely a gap between the segues, so is the thinking process of the mind. No sooner is one thought or thought chain complete when another one is right there to continue to maintain the busy flow of the mind. For most people, if they ever even think about it, this is simply the nature of the mind—and there is nothing you can do about it. If a thought is not happening, one will be created. But, like the television, there is a solution. You can turn the mind off.

That is easy for the television, but not so for the mind. But unless you turn your mind off—that is, the incessant flow of uncontrollable thoughts—you cannot experience natural mind. And without

experiencing natural mind, believe it or not, you cannot know who you really are. The problem of not knowing the natural mind, and hence, of not knowing your true, authentic self has been with us at least since the beginning of Babylonian civilization. It could be argued that aboriginal people, like the birds and the beavers, the bears and the bees, all have unqualified experiences of natural mind as the ordinary flow of their existence. Just look at an iguana, an alligator, a deer or a turtle—just look at how long they may hold a pose, unblinking, breathing ever so lightly. They are in the innate meditative state of natural mind.

When Buddha set out to investigate the nature of reality directly, leaving home, family and fancy palace life to do so, he ended up seven years later having a prolonged experience of natural mind. This experience of natural mind was so thorough that it was called “enlightenment,” awakening to the true nature of reality. Essentially what he taught was that not knowing original natural mind, humans wander obsessed by their thoughts and fixated, conditioned perceptions of reality, and this and this alone is the ultimate cause of their unhappiness and suffering.

The teachings of the Buddha became elaborated over time, giving rise to many schools of thought. But what he essentially taught and practiced was a discipline for coming into direct contact with natural mind. There are many Buddhist schools such as Zen, Vipassana (Theravadin tradition) or Dzogchen (Tibetan tradition); or Raj yoga in the Hindu tradition, that have maintained this essential technique alive. There are even practices in the Sufi tradition or Native American/Toltec traditions that have in them something of the technique of realizing natural mind. But with Zen or Dzogchen, as with any tradition, there is a lifestyle and an already perfected “language” or jargon that is utilized. This has the effect of making the meditation seem specialized or elite. So many people think, “This can only be done by monks and nuns. I could never do that.” But when Buddha first taught this, it was just the natural practice for directly experiencing your own mind—and of knowing the nature of universal mind. There wasn’t any jargon he used to talk about it. That all came later.

At the closing of the cycle, with all due respect to Zen, Theravadin and Tibetan Buddhism and Raj yoga, it is important to present the technique for knowing natural mind as an ordinary tool, but a tool absolutely indispensable for our survival and for making our next evolutionary leap. As an ordinary tool it is equally important that it be made available for everybody on the planet and not as a part of any specific tradition. At the same time, as an ordinary tool, it is also a sacred tool, or rather, a tool for reacquainting one with the sacred nature of original mind.

The sacred nature of the mind comes from the fact that the mind is naturally and intrinsically in a state of peace. And this peace is sacred because it is reality undivided, and hence not at conflict or war with itself. When one experiences the sacred, undivided nature of original mind, then, through one’s perceptions, the world becomes reinvested with sacred value. Without this tool and its practice or discipline you will not know who you are. Use it and you will be a better human, a better Muslim, a better Jew, a better Christian, a better Toltec, and most certainly, a better adept of the Thirteen Moon calendar and the natural time.

III. Natural Practice for Awakening Natural Mind in Natural time

The practice for awakening natural mind is extraordinarily simple. It is the most human form and experience you can have. It is the repository of natural dignity as well. And anyone can do it. You just have to sit still. The natural way is to sit on the floor, on a cushion that is firm, supports the erect back, and that allows one to sit cross-legged. On the floor, on a cushion like this is most preferable and most natural. But if that is not possible due to your health and/or body condition, then sit on a chair with feet firmly on the floor and back erect, not leaning on the back of the chair.

Holding the spine erect is already waking up and staying awake. The chin is just slightly down and the eyes are half-open looking down the tip of the nose to the floor. The eyes are open to avoid falling asleep or going into fantasy realms, which occurs all too easily when the eyes are closed. The point is not to escape from reality but to see and experience the natural mind without acting on it. The hands are comfortably on the knees, palms down. Holding this is the natural posture of the alert human being. Keep checking your posture as you sit. You want the spine to be erect, holding you up. The capacity to do this is what distinguishes the human from virtually every other animal. Don't slouch!

Now, in this position, you have nothing to do but watch your breath. Breathe normally. You will become immediately aware of your thoughts. As you become aware of your thoughts—it matters not the least the nature or content of the thought—just label it “thinking,” and as you exhale, dissolve the thought. At that very moment before inhaling and just as the thought is dissolved, lies the “gap” between the thoughts. It is this *gap* you are going to want to become familiar with and cultivate. It is the seed of natural mind and the key to your true, authentic self.

Try doing this for half an hour, for 45 minutes, or even an hour. You have to realize that just holding this position, no matter what is occurring in your mind, you are peace. You are resisting unexamined thought impulses to do things while remaining in a position that is thoroughly non-aggressive. Imagine everyone on the planet doing this for one hour each morning before they start their day. Wouldn't the world then be at peace? The importance of holding this position cannot be emphasized enough. It is 99 per cent of this practice of experiencing your natural mind, because it is really the only way that you are going to be able to experience your natural mind—and nothing else. And if you do not know what natural mind is, you cannot really say you are in natural time.

It can be argued that you can experience your natural mind while driving a car, or doing bead work, or playing golf or, certainly, gardening, for instance, which is true enough. But while you are involved in these activities you are still preoccupied with something. You are not actually devoting your whole self to experiencing directly the nature of your original mind and self to the exclusion of all else. And that is the point of this training. To have the pure, raw experience of seeing your own mind—that and nothing else.

In doing this practice, the backbone of spiritual training in the natural time, there are several points that are of some value to observe. The first is the uncontrolled nature of the thinking process itself. Who thinks all of these thoughts? Why does there seem to be a compulsiveness to them? How many different types of thought are there? Is there a unified, consistent personality behind all of the thoughts? It is not that you should focus on any of these questions, but they should be considered as you begin to sit.

Many people will experience a questioning about whether this is a valid activity or not. Couldn't they be doing “better” things? But then, who in the first place said you had to be active all the time, anyway? What values are you living by and who promoted them to you in the first place? The question must also be asked: Who is asking these questions? Who is engaging you in a polemic about just sitting still? Who is producing the compulsive, obsessive thought streams? Is it your ego? Where does the ego live? What is the ego? Is it the thought producer?

Ego is the interpreter that places itself between “you” and your experience. Ego is the one who likes to take credit for things that are simply a function of the divine plan, but tries to avoid being discredited when it might look “bad.” But what really is ego? Is it you? Were you born with your ego? Or did your ego develop out of conditioned circumstances, habituated responses resulting in an unexamined conglomerate of thought patterns which masquerade as your sense of self? But is it really

you? Is ego really working for your best spiritual interest, or is it merely the conditioned sense of self that seeks to defend its territory and in some way be number one in its self-defined world? But if we examine our thoughts and the myriad impulses, can we really find anything that we can concretely say, “This is my ego?” or “This is my self?” Or, “This is the essence of Kate Brown?”

The point is, if this is the first time you have taken the time to watch your mind, you will encounter many such thoughts and questionings. To all of these you must simply apply the label “thinking,” and return to the out breath. *As you exhale, dissolve the thoughts and experience the space.* The fact is, a “good” thought doesn’t weigh any more than a “bad” thought. Your self-perception one moment changes the next moment. As likely as not, the two self-perceptions may cancel each other out. All thoughts have the same nature. All thoughts are equal. There is nothing that occurs in the mind that is not a thought. All thoughts represent different programs to cause you to perceive this way or that way. Where do these programs come from? Have you ever really just experienced mind as mind, and yourself as just the space where and when no thought programs are occurring?

Also, if you have not sat for 45 minutes before, you may well think that you are a bundle of pains or itches. But what is pain? Yes, we may say pain originates in the body, the lower back, for instance. But who puts their awareness there? And if you just sit with it, you might notice you lose awareness of the pain when another obsessive thought train arises. So maybe the pain wasn’t so important. How much of pain is just a mental distraction? How much was there but you didn’t notice it before because you never stopped to still your mind?

The point, again, is that if you want to consider yourself a liberated human being, you cannot do so as long as you are controlled by thoughts whose unconscious programming captures you at any moment. Nor can you consider yourself a truly intelligent human being if you do not know the actual nature of thoughts. Are you thinking them, or are they thinking you? Where do they come from? How do they just arise and just as easily disappear?

Related to the nature of thoughts and their origin and subsidence is the nature of mind. Is it in the nature of mind to just randomly produce thoughts and then allow them to disappear again? Why is one person obsessed by one chain of thoughts and another by a totally different sequence of them? And yet the obsessive patterns are the same, no matter what the thought. What is mind anyway? Where is it located? Is it the same as the brain? If that is the case, is everything I am experiencing just something occurring in the brain? Yet it seems there is a larger reality. Does mind exist everywhere? Is it the same mind in me as in you? Or is it that we are like fish swimming in the ocean of mind? Does mind exist apart from the body? And what is consciousness?

Of course, you will never answer these questions by engaging them discursively or logically. You will only experience the answers by dissolving the question and returning to the out breath. By following the technique, with exertion and discipline, little by little you will experience calm, insight—and more peace. And that is the point. To proclaim peace you must embody peace. To practice the natural mind training is to experience the true nature of peace, which is mind without bias, without preferences, tolerating all the thoughts that are being produced and guiltlessly allowing them just as easily to die away. When you exert in this practice you begin to embody the way of mindfulness, which is the way of peace. No for or against, simply abiding with what is. This is true peace. You have made a giant step in the direction of evolution, of a way where war is no more, and the boundarylessness of peace encloses all beings. But to attain this you must practice.

“If he practices, then even a cowherd can realize liberation.”

— Padmasambhava, *Self-liberation through Seeing with Naked Awareness*, section 27.

IV. Natural Mind, Authentic Self and Unborn Awareness

Of course, what I am presenting here is just the beginning of a process that essentially becomes a lifestyle, or the basis of a lifestyle. And it is something you can do the rest of your life. It is the most human of activities. All along the watchtower of human consciousness, over the ages, have been those advance guard humans watching their minds, learning the nature of self, finding the truth of nature in the reality of their own minds, or receiving the imprint of God directly in the stillness of their mind when no thoughts are forming. These are not just values of bygone eras. They are eternal human verities that are essential and meant to be put into practice if we are to survive as a species.

Knowing the natural mind directly is now a prerequisite for evolution. It is the one sure way of establishing peace as the foundation of human consciousness. Without this foundation of peace we will not root out war from our conditioned mental vocabulary. You don't want to arrive at 2012 and find the angel guarding the gate of evolution saying to you: "What? You traveled through 5,000 years of history and you still don't know your own mind? I can't let you through!"

It is one thing to have the Thirteen Moon calendar as an externalized reflection of the evolutionary shift in human consciousness. It is a whole other matter to come again into possession of the natural mind that allows the experience of natural time to expand internally into the next higher collective state of human consciousness. The natural time embedded in the natural mind is the irreversible evolutionary thread that is now waiting to be stitched, sewing the human mind into the noosphere—forever. But it won't happen unless there are enough of us who genuinely emancipate our minds by 2012!

If you are just beginning this practice you may naturally keep wondering: What's in this for me, why am I doing this? To have a direct experience of your true, authentic self is the answer. Without this experience, you are actually living a counterfeit self, a make believe, made up self that has never stopped long enough to get unzipped, it is hogging the whole show. This part can be painful—unsticking yourself from the conventional habituated programs. Once you begin to see all the different thought programs that are running you, however, you will also naturally develop the instinct to breathe them out of your system and yearn to breathe freely at last.

But it takes time. This is why the discipline is so important. *You must do everything in your power to do this practice every day.* You must take time to do it, just like you take time to surf the Internet. It is the only real way you will make progress in seeing your mind directly and experiencing your natural self, your authentic self.

The key, as we said earlier, is in the gap between the thoughts. You might first experience this gap as a momentary pause after you exhale. But eventually you will be able to maintain the space between the thoughts for longer intervals. As you do this you will feel the mind relaxing into itself. The thoughts will arise and subside with greater clarity. You will note that mind and thought are the same, or that the essence of mind—whatever that may be—pervades all the thoughts equally. Whose mind is it? Is there only one mind with infinite outlets and you are one of them? And if the essence of mind is a substanceless emptiness, then is that also the nature of the thought programs—a substanceless emptiness?

Then you will note or ask yourself something else: Who is watching? Who is being aware? If you are not your thoughts, who is being aware? Is it the mind watching itself or being aware of itself? Whose awareness is it? This awareness is like the mind, always existent, non-fabricated. In fact, the awareness seems to be inseparable from the mind. The quality of experience that you have when you

become aware of the inseparability of this awareness from the mind—*that*, that is your authentic self: Colorless, odorless, thought free. And also, it seems, inseparable from this intrinsic, unborn, ever-present awareness.

So you have this always existing awareness—unborn, because it was already there when you became self-aware. The nature of your authentic self is inseparable from this intrinsic awareness. And natural mind does not exist apart from this unborn awareness. It is impossible to separate these three elements. And in reality, the experience of that “space” between the thoughts is ineffable, though much ink has been shed in attempting to describe or speak about it. But when you experience it, you know it. Eventually it will be accompanied by a sense of serenity or even bliss. The clarity of mind that you experience will be its own reward. You will not want to lose it. You will see how easily misled you had been previously in your life. You will have regained your authentic self.

You will note that the authentic self is naturally curious and fearless. The ego-obsessed self is not curious because it does not want anything new to upset it; and it is the opposite of fearless—it is self-defended. But the authentic self of the natural mind is the self of your innocent childhood—curious, fearless, open and fresh. These qualities will help you tremendously in preparing for the descent of the divine, the dimensional shift, the advent of the noosphere!

Being able to identify thoughts as they arise and yet not to identify with them, you actually will be prepared for two things: 1) a dimensional shift and 2) your own death. The shift to the noosphere is a dimensional shift, a descent of the fourth-dimensional mind as a self-existing perceptual or consciousness construct. When this occurs you need to be absolutely open. Whatever thought you hold onto will not only obstruct the shift in your mental sphere, but it will consign you to an intolerable experience of that which you are holding onto in your mind. This is really important to consider. This is why we said that the mindfulness training is the prerequisite for the evolutionary shift.

Secondly, for the same reason as for the evolutionary/dimensional shift, you need a mind that is capable of seeing itself nakedly and directly when you transit out of your present body. Whatever you are holding onto, or whatever is unexamined or still unconscious within you, whatever it is and to that degree, you will be incapable of experiencing directly the big post-mortem premium. In fact your hang ups will become magnified and it may seem like a very difficult situation. That is why it is wise to face your illusions and your karma truthfully while you’ve still got a chance to wake up to your natural mind and see the clear light directly with your own unborn, intrinsic awareness.

Now it must be kept in mind that I am only scratching the surface of a topic that is as vast as mind itself. But we have to open the door somewhere. And we have to begin to let in some air and shed some light someplace. So we have begun with where we have begun. We are cultivating mindfulness training not to become Zen buddhists, but to navigate the synchronic order with utter clarity and decisiveness. The tides of history are now crashing on an unknown shore. You want to remain on that shore and not get sucked back into the tide as it goes out again. And on that unknown shore you want to have a fresh mind to see clearly and an authentic self that is unattached, that has let go of the past and all of its ego-baggage, ready to receive the new without reservation.

One final point in this introductory statement on the direct introduction to your natural mind. Who are you doing this practice for? Of course, you are doing it to gain a glimpse and then increasingly prolonged experience of your authentic self. But that is not an end in itself. That experience of natural mind and authentic self is to increase your effectiveness in relating to your world, your environment, the rest of humanity and all of life.

As you practice you may note that your ego really doesn't exist, that your thoughts are like bubbles floating in the currents of the universal mind, so you don't really need to defend yourself. You are already an open vessel. Then you must think of those who are still trapped in their suffering. Truly we live in a plane of existence where accumulated sorrow weighs virtually everyone down. If you have seen the nature of reality and know that it is empty of anything but light and truth, then you know that that is actually true for everyone. Yet why is everyone not experiencing that? In reality, the nature of mind is compassion, peace, undivided reality.

As we dissolve our mental boundaries, compassion naturally arises in us. So then, you must see to it that you actually dedicate your practice of mindfulness training so that all beings may come to this same realization. After all, what good does it do if you are enlightened and everyone else is in the dark? It doesn't really work like that anyway. If we are all one, then we will not really become fully enlightened until all are enlightened with us. That being so, then do everything in your effort to become clear and allow the light of your clarity to shine on all who need it.

V. Natural Mind, Peace Action and Organic Life

In his book, *Peace is the Way* (2005), Deepak Chopra makes the excellent point that if there are 21.3 million active military in the armies world wide, then why aren't there at least that number of humans involved in activated peace brigades around the world? While this is a phenomenal reflection on which to begin to activate our minds towards peace, we must also answer that the army has discipline, and many people who wish for peace do not have the discipline or might even resist the idea of discipline as a means to unity and action. But if we do not have a genuine discipline of peace, we will have no effective peace action in this world.

Peace action begins with knowing, experiencing and embodying peace through knowing our own minds. We practice mindfulness training not to become quietists retreating from the world, but to be able to effectively manifest and communicate the meaning of peace through our authentic nature. By disciplining ourselves one hour a day to know our mind directly, we are acquiring the basic discipline and truthfulness with ourselves to take on ever more fearless peace action. You have to imagine 21.3 million humans, and then ten times that number, activated for peace, thinking peace, being peace because they have returned to the cycles of natural time and the discipline of their natural mind.

Over the Easter Weekend we conducted the first Thirteen Moon Peace training program, the 2012 Spiritual Journey Alternative Easter. Some 140 people from 15 different countries participated in this event. I was so inspired by this event that I wanted everyone who attended to continue to be inspired by this process, and so embarked on writing this *Rinri Newsletter* as an immediate follow-up.

It is not an easy discipline, but there is nothing higher level than this mindfulness training. It is the direct introduction to your true nature; it provides the discipline for you to continue to be able to discriminate your true nature; and it offers you the confidence to continue until you become fully enlightened by your true nature. Precisely because you have to exert to maintain the discipline as a daily practice you are evolving, for mental spiritual exertion is the fulcrum of our evolution from mind to supermind. The angels are watching and waiting to see if the humans can exert. The humans have made the mental exertion to change the calendar and return to natural time. Now they must make the spiritual exertion to see things clearly and return to natural mind.

In offering these preliminary reflections and instructions, I am only wishing for you who attended the seminar to continue. For those who did not attend it, I am hoping that the instructions and reflections

are clear enough so that you may begin to take up the mindfulness training on your own. However, a seven-part DVD of the entire seminar is now available and you may also wish to have this for your self or your PAN node so that you can make sure you get the entire instruction correctly (www.lawoftime.org). This is the most important work you will ever do. I am not trying to be anything but practical. As we go along we can open to and explore the more profound issues that arise as a result of this practice. But for now, it is enough that we are able to begin and to stay with the program.

Whenever you get together for a PAN node meeting or Crystal day, even, sit for fifteen minutes first and see if things don't go more smoothly. Encourage each other. Compete in righteousness. Hold regular meditation meetings where you sit together and then discuss what is coming up. More instructions, reflections and guidelines will be forthcoming. But sit, exert, hold to the discipline!

As we shall see, a natural corollary to natural time and natural mind is natural culture and natural food—the organic life itself. The perspective to have on the introduction to natural mind is that it is the cornerstone of a whole program of returning to the universal, organic life. This program includes: natural time, via the 13 Moon calendar; natural mind, via mindfulness training; natural life, through change to a vegetarian diet; and natural culture through the cultivation of the garden.

God is Great! Let us be thankful that such instructions are being made available for all beings to enter the good Red Road of Universal Peace!

A Note on Natural Mind Meditation and the Synchronic order.

The synchronic order is the telepathic wiring of the fourth-dimensional mind. Navigating it with clarity is all-important. Through our activation by these codes, we are receiving a new perception of reality—that we are players in a plan of enormous scope and multidimensional possibilities. In order to make the most of the daily synchronic order code practices, it is highly recommended that you first begin by doing a session of the Natural Mind meditation as presented in this Newsletter. Once you have cleared your mind, you will see with fresh eyes the wonders that await you.

“See things clearly. Be decisive. Know what is.”
— Chogyam Trungpa, Rinpoche

Synchronic Code Readout: Yellow Overtone Human Kin 252

- » Blue Crystal Storm Year, 2004-05
 - » Year Eight, Sixteen Year Cube of the Law, Week 401
 - » Second Seed-Storm Year Bundle, Year 4, Week 193, Moon 49
 - » Mystery of the Stone, Year One, Week 37, Third Quarter
 - » First Year Heptagonon of Mind of Earth, Oracle of the Throne -Dali Seals the Throne
 - » Victory Targets Mystery of the Stone
 - » Cube Eight Star-Art (Elegance), Fifth Year Second Creation, Restoration of the Garden, Overtone Creation Sequence
 - » Realm of the First Lord of Time, Lord of the Ring Single Luminous White “A”, Guardian of the Original 144,000—Time of Rule: 3113 - 2382 BC.
 - » 20 Tablets: Annual Chronograph Tablet 8, Chronograph: Dragon Genesis, Human Wavespell Eight, White Northern Castle of Crossing, Court of Death.
 - » Chronograph Moon Kin 101: Red Planetary Dragon Moon, -13,987 - -13,887
 - » Baktun-Moon Correlation - Moon of the Baktun of the Maya - AD 435-830
 - » Left Wrist of the First Lord of the Ring, 1,440,000 days
 - » Interplanetary Noosphere Ring: Hidden Existence of Single Luminous White “A,” 8th Run, stage 2, SP Venus
 - » Planetary Dog Moon of Manifestation,
 - » 7:7::7:7 Seli 2 “My Mother is the Ultimate Sphere. I see the light.”
 - » Telektonon, Earth Walk 1, Baktun of the Pyramid
 - » Plane of Spirit - Unconscious Internalizing Telepathic Circuit
 - » Kin 252: Yellow Overtone Human
 - » Long Count: Kin 203, Blue Galactic Night, 12.19.12.3.3
 - » Haab: Vinal 13, Mac 13, “Closing the equivocating part and entering a trance”
 - » Psi Chrono Unit: Kin 107: Blue Electric Hand
 - » SBTS. 12.3
 - » Telektonon Prophecy: Section 12, “Time’s Special Witness,” verses 74-79
 - » Quarterly Rune Codon 56: Voyaging, Time Travel Unifies the Mind, Stage 11
 - » Weekly Codon Cube, Codon 31 Mind Attracting, “Cosmic Awareness Establishes Binary Order”
 - » Second line, Yin, right side of Cube
 - » White Electric Dog - Resonant Wizard Truth Chromatic.
 - » Red Lunar Universal Water - Rhythmic Space Overtone Chromatic.
 - » Red Week One: Claim Power of Prophecy - Red Knowledge Initiates View
 - » Harmonic 63, Overtone process, Formulate Free Will of Radiance
 - » Biphasic Codon 24, Radiant Return, Way of Wielding Power Ascends to Heaven
 - » 7:7::7:7 First Week, Outer Initiation, Red Analog Time Atom
 - » Futhark Rune 2, Uruz is the Power of Shaping, sent from South to North
 - » Leaf of the Avatar, “Uruz is the Power of Shaping that Initiates the Avatar”
 - » Uruz/Seli Cube Bottom, Root Chakra, PNM 2, Afroeurasian Plate 1
 - » Red Magnet received by North from South in Yellow Heart Chakra
 - » Planet Holon, South America-Greater Amazonia
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- » Dynamics of Time, 12.5 “Crystal radiative geometry vehicles are projected constructs of a double terminated type, generally for use in individual travel and exploration. The holon double’s assemblage point structure is used as the armature or skeleton upon which to construct the vehicle.”

*This newsletter is presented as a service to ALL Planetary Kin by
Dr. Arcturus, Planetary Healing Doctor (Ph.D.) aka Valum Votan, Closer of the Cycle
Klatu Barada Nikto! The Galactic Federation Comes in Peace!*