

MEDICINE GARDEN



A CRACK IN THE COSMIC EGG 2006-2007: Are You Prepared? *by Eileen Nauman*

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This world is preparing to go through a change in Time that it has not seen in 248 years. The last time Pluto, the god of Transformation, conjuncted the Galactic Center at 26 Sagittarius was approximately in 1745. At that time, the Industrial Revolution was just beginning. And it changed the world from a farming/agricultural fabric to one of machines in which man became a slave too. Now, in 2005, we have computers and chips that are continuing to pioneer this technology. When Pluto conjunct the GC in 1745, it set up a **NEW TEMPLATE** for the world to resonate from and manifest.

We are at that juncture, that fork-in-the-road, once more. We have a chance to **BIRTH** a new template. A conjunction in astrology means there are no degrees between the two objects. In this case, Pluto is conjunct the heart or center of our spiral armed galaxy that we live within. Since 1987, when the Harmonic Convergence occurred, and the ratcheting up thereafter every June/July for nine years afterward, the energy got more and more refined, and higher. We had been trying (unconsciously) to adjust to this tremendous ramping and amping up of power and energy that was being systematically released by the GC.

And then, in 2000, just when I thought we couldn't possibly stand any more amping up of energy, our poor auric fields always playing 'catch-up' with this powerful new release, we entered a new level or dais. Those who are sensitive or clairvoyant have not only felt, but seen as well as experienced this new platform we are standing on. It doesn't mean that all human beings have made this quantum leap to this new level. It doesn't mean that those who made it to this level are going to be able to handle the energy or Chaos that comes with it. We are in one of the gravest testing periods for our soul and our spirit right now. Every 2.5 centuries, we get a chance to make good, positive changes for ourselves and our world. We are on the brink of such a world altering event.

What will it bring?

What will be the tests?

How will it affect us as individuals?

How will it affect the world as a whole?

Will we be able to transcend or fall back into terrible human tragedy?

WARNINGS FROM HISTORY

The Mayans have said that we are in a destruction phase that will last twelve years. I feel that 9/11 was the **BEGINNING** of this disintegration phase that will be ongoing through the year 2013.

The Bible says it is the "End of Time" as we know it in the Book of Revelations. The Hopi of Arizona have said Hopi Blue Star or Blue Kachina Prophecy is coming shortly. The prophecy states, "When the Blue Star Kachina makes its appearance in the heavens, the Fifth World will emerge". This will be the Day of Purification. The Hopi name for the star Sirius is Blue Star Kachina. It will come when the Saquasohuh (Blue Star) Kachina dances in the plaza and removes his mask. [**Note:** Reality is a metaphor in which we quest to find answers to the greater truth of who we are and why we are here. Something in our souls tells us that change is happening on a global consciousness level. The blue frequency is part of that. Sirius is Isis - Return to the feminine of higher frequency energies - Rebirth of Consciousness. Blue links to higher/future frequencies of consciousness as we spiral up through the patterns of Sacred Geometry. Blue - electricity - our reality as an electromagnetic energy grid program. Blue: Indigo children, the blue alien lady, Isis, the Pleiades, Sirius, blue galaxies, blue chakra, blue ray and ascended master, and much more that will come 'out of the blue'. Use search engine to discover more about 'blue'.] (<http://www.crystalinks.com/hopi2.html>)

and

We Are All Related By Dr. Allen Ross

The end of all Hopi ceremonialism will come when a "Kachina" removes his mask during a dance in the plaza before uninitiated children [the general public]. For a while there will be no more ceremonies, no more faith. Then Oraibi will be rejuvenated with its faith and ceremonies, marking the start of a new cycle of Hopi life. World War III will be started by those peoples who first revealed the light (the divine wisdom or intelligence) in the other old countries (India, China, Islamic Nations, Africa.)

The United States will be destroyed, land and people, by atomic bombs and radioactivity. Only the Hopis and their homeland will be preserved as an oasis to which refugees will flee. Bomb shelters are a fallacy. "It is only materialistic people who seek to make shelters. Those who are at peace in their hearts already are in the great shelter of life. There is no shelter for evil. Those who take no part in the making of world division by ideology are ready to resume life in another world, be they Black, White, Red, or Yellow race. They are all one, brothers." The war will be "a spiritual conflict with material matters. Material matters will be destroyed by spiritual beings who will remain to create one world and one nation under one power, that of the Creator."

That time is not far off. It will come when the Saquasohuh (Blue Star) Kachina dances in the plaza and removes his mask. He represents a blue star, far off and yet invisible, which will make its appearance soon. The time is foretold by a song sung during the Wuwuchim ceremony. It was sung in 1914 just before World War I, and again in 1940 before World War II, describing the disunity, corruption, and hatred contaminating Hopi rituals, which were followed by the same evils spreading over the world. This same song was sung in 1961 during the Wuwuchim ceremony. The Emergence to the future Fifth World has begun. It is being made by the humble people of little nations, tribes, and racial minorities. "You can read this in the earth itself.

Plant forms from previous worlds are beginning to spring up as seeds [as described in SW-II, Effects and Coming Events # 1]. This could start a new study of botany if people were wise enough to read them. The same kinds of seeds are being planted in the sky as stars. The same kinds of seeds are being planted in our hearts. All these are the same, depending how you look at them. That is what makes the Emergence to the next, Fifth World. "These comprise the nine most important prophecies of the Hopis, connected with the creation of the nine worlds: the three previous worlds on which we lived, the present Fourth World, the three future worlds we have yet to experience, and the world of Taiowa, the Creator, and his nephew, Sotuknang" (<http://www.crystalinks.com/hopi2.html>)

The Incas believe the Fifth World will arise by 2013. And this will be a world of Peace. But before it arises, there is going to be world chaos.

THE LAST TIME PLUTO CONJUNCT GALACTIC CENTER (GC)

That was 248 years ago, in 1745. This was at the beginning and birth of the Industrial Revolution. And I would put emphasis upon "revolution" because what occurred in England, ground zero for this new template that swept the world into change. We went from an agrarian/farming way of living for the last 100,000 years into a technical evolution that we are in to this day, with computers and their nano chips, leading the way. Be looking for a new template to be birthed in 2006-2007. And with birth, it is **NEVER** easy or straight forward. Ask any woman whose had a baby, and she'll tell you of the suffering and pain she went through to give birth, and you get an idea of what is just ahead of us. All of us.

WE ARE IN CHAOS RIGHT NOW

As you can see, we are in Chaos. It is everywhere around us. All you have to do is open up your newspaper, listen to the TV news or go online to see it. Some people have become out-of-control monsters. Incest of children, rape of women, mothers killing their children, fathers killing their children, governments lying to their people and religious hatreds spawning to create terrorism of all kinds and not just limited to Islam. This also includes the fanatical Christian Right, as well.

This is a world is in an unsavable tail spin and in what I call "involution" or a destruction phase. You all have seen the following: Rudeness is now acceptable. Respect is a forgotten word. Being considerate of others is no longer around. Narcissism is in as never before. People are polarized. There is only their way or no way. Everything is black or white. There is no longer gray. Millions starve in the world but no one cares. Wars have spawned since 2000 for no reason other than a president who lied to the country--and the people of the country believed him. There are lies, fraud and deceit everywhere that we turn on high

government levels to everyday life.

This creates a vacuum of confusion where people are panicking and don't know where to turn. Those who feel this shift of consciousness but are afraid of it, cling blindly to their faith and call it the "end of Time." Others feel rudderless in a chaotic ocean of change around them, feeling unmoored and floating without a sense of where they are going or where they will land. Some feel like a stranger in a strange land, no longer recognizing the world they used to live in--it has changed **THAT MUCH** in preparation for the energy release that is yet to come.

The energy that has been released since 1987 is a much higher frequency that most people have labored mightily, on an unconscious level, to stay up with it or try to adjust or adapt to it. Most have failed. A few have succeeded beautifully.

The rest of us are somewhere in between; the struggles daily in our lives. Each of us has a unique auric frequency. Some resonate at a fast pace; others, slow or somewhere in between. That energy from 1987, onward, has come from our Galactic Center to prepare us for the quantum leap that lies ahead of us in 2006 and 2007.

Will we be able to rise to the challenge?

I believe the Hopi are right: That there are spiritual beings, with compassion and heart, just waiting to work in the revising of a world in involution to a world of evolution.

But who are the Cosmic players in all of this? Pluto, the god of the Underworld and Hades, the trans-neptune sensitive point, known as Hell, are bound up in a spiritual dance with the Galactic Center for the next several years. By looking at these planets we try to understand what is about to occur and learn how to ride out this time of Chaos and improve our spirit--and our heart--in the process. It will not be easy.

THE GALACTIC CENTER

We live in a spiral armed galaxy. In fact, Earth is near the end of one of the 'arms.' The center of our galaxy is the hub of our universe in microcosm. The center is considered our spiritual heart and home. It is from this center that all energy for us, emanates.

ARE YOU TIED ASPECT-WISE TO THE GALACTIC CENTER (GC)?

Astrologically, anyone having any planet, the midheaven or rising sign (ascendant) at 24, 25, 26, 27 or 28 degrees is going to have a connection with the Galactic Center (GC). For example, my rising sign is 27 Leo. That is a trine to the GC.

Whatever the aspect, you can look at it and know your standing with the GC. A trine is as good as it gets--things come with ease, not struggle. And I have a Mercury/Midheaven at 24 Taurus which is an inconjunct to the GC. That's lots of struggle!

Anyone who is **TOUCHED** by the GC degree-wise, has an opportunity to lift their spirit, improve themselves from a spiritually basis on a much larger canvas than others. That does not mean, however, that those who don't have an aspect to the GC are left out or

abandoned--they are not. Rather, it means those who have a connection are working double or triple time on some spiritual aspect in this lifetime because of the coming conjunction of Pluto with the GC. It is a 'make or break' kind of opportunity. And it doesn't guarantee our making it, either. It simply means we are more actively focused and working on a spiritually related growth this lifetime more than most people.

One thing for sure as the 'battle for our hearts, minds and souls' is joined starting early in 2006, those who have a degree near this 26th degree is going to be up to their arse in alligators with no way to change it. **YOU** are in the middle of a raging river with no support, no help and nothing to aid you except your **FAITH**. And faith is what is going to be tested for all of us spiritual neophytes. We are moving into the biggest initiation in our lifetime. Are you ready for it? I am sharing a meditation and some special/insightful things you might do to help yourself during this coming time of utter chaos--to not only survive it, but thrive, deepen your faith and help others all at the same time.

SYMBOLY OF THE GALACTIC CENTER

What people need to realize is that the energy release that is to come, comes from the **HEART** of our galaxy straight to us. And it's up to us to do something with it. Whether it is positive or not, remains up to the individual. I always hope it will lift the Earth and all its inhabitants up by their bootstraps, but I'm an idealist, so it probably won't happen this way. The key word here is **HEART**. Compassion, not pity or sympathy. Take from the Buddhist teachings on Compassion and you will begin to understand the opportunity that is now before us.

It's interesting to watch when someone hates you because of your belief system, the color of your skin, or your gender or sexual preference when you respond with **LOVE**. And this is exactly what is going to happen--the GC is going to send wave after wave of intense, powerful love toward the Earth and all its inhabitants. How will you react? Will you release your anger, hatred, prejudice and projections? Will you open your heart to what is coming? Or not? Those who do not, will go through a destructive inner process if they refuse such a gift. Those who run toward it, embrace it and work with this intense time period, will find their heart healed at the end of this arduous initiation that is going to take everything you have ever learned, and put it to use in order to work successfully in this time frame.

There are many souls who have incarnated this lifetime to take advantage of the coming conjunction of Pluto with the Galactic Center (GC). This happens once only every 248 years and it is an momentous event on all levels and all dimensions. We have 50 yard seats on the playing field of life, right now. Who will take advantage of it? Who will not?

When there is a constant gearing up or amping up of energy as has taken place since 1987 during the Harmonic Convergence to this point in 2005, this shakes the foundation of everyone. No one is left untouched. **HOW** we respond to it, however, is up to the individual. Let's look at the 'players' on our stage who are setting up this ultimate test for all of us:

PLUTO, GOD OF TRANSFORMATION

At it's worst, Pluto symbolizes a human being's Shadow. This is a Jungian term. Everyone of us owns a Shadow. The Shadow are those things we don't like about ourselves; those

things we push away and say "we're not like that!" But we are. The Shadow is all of the rotten, nasty things that human beings can lower themselves to become. Liars, thieves, murderers, rapists, jealous, angry, envious, competitive, arrogant, and the list goes on and on. What we do not integrate within us is bound to bite us in the butt. What we do not integrate we **PROJECT** out into the world and on people. And right now, Pluto is demanding that we own and be responsible for our Shadow and its lurid, putrid, infected contents. If we don't integrate it, we will be doomed by it. Pluto can be a scourge. Think of Sudden Acute Respiratory Syndrome (SARS) as a virus going around the world. Nuclear bombs were discovered when Pluto was discovered; and we could be in a war with other countries. The collapse of the world on so many different, fundamental levels economically, mentally, emotionally and spiritually. A world at war, thanks to religion and religious moralists who think they know what is right for everyone.

Pluto at its finest is about the hard work of transformation of our spirit to a new level. That does not mean things get easier; they are just different and it's like starting all over again. Pluto helps us 'burn off' that which we no longer need (nasty human vices, as example), to free our spirit so that it can rise and connect more solidly with the Creator. The myth of the Phoenix Bird fits Pluto beautifully. The bird is flying and suddenly goes into a tailspin, crashes into earth, explodes into flame and is burned up. Out of the ashes, later, a new, more beautiful Phoenix Bird flies upward, reborn, resurrected and better than before. That is what Pluto does for us--if we allow it.

Pluto's orbit is shaped like an **EGG**. It is the only planet in our solar system with this type of orbit. Therein lies some of the answers we're seeking to understand what is going to happen and how to take advantage of it in a healthy, positive way. The Cosmic Egg symbolizes spiritual, physiological, and cosmological sense. Among other things, it stands for primordial chaos, the universal matrix, the great Deep, the Virgin Mother, and also for the cosmos or world egg produced from it. As chaos or space, it is the virgin egg, unproduced; this is fructified by the spiritual ray, and from it then issues the Third Logos. The Egg is creator of all life.

We are about to have this Cosmic Egg cracked once again--and it can either be a step up in our evolution or a step down into involution. Pluto is at 22 Sagittarius July 3, 2005. The Galactic Center is 26 Sagittarius. In February, 2006, the cracking begins. But, as if Pluto was not enough to do this, we have Hades involved as well.

HADES, PLANET OF HELL

A trans-neptune planet, [Hades](#) is known as the planet of "dust to dust" (See [article on Hades](#)). It grinds and wears something down until it is utterly destroyed. When one dies and the body decays and eventually crumbles back into elements absorbed by the Earth, you get an idea of Hades in action. It is known as the planet of the "doctor and derelict" and the healer and the destroyer.

Hades is about antiquity and history. Do we learn from the past or not? If we don't, Hades will come in to remind us one more time that we should. What we don't learn from history we are bound to repeat. Hades, in Greek mythology, was the Underworld or Hell. Pluto was the god of that place. He dealt with dying and death. If we want to take this symbolism of Hades and apply it to the fact that it is opposite the Galactic Center, in Gemini, it is about our spirits being burned off, like the Phoenix Bird, so that we can be rebirthed and

resurrected into a newer and better one.

Right now, as far as I'm concerned, we have Hell here on Earth. Looking at news headlines says it all. We're in a war in Iraq we had no business getting into. We have millions around the globe starving when we could do something to help them.

We have corporate greed ascending and humanity descending. There is no longer right from wrong, there is money and who has it--and who does not. Humanity no longer counts. Money and the bottom line counts, instead. Respect is replaced with daily rudeness. We have the Christian Right trying to tell us not only how to live, but what to believe. What happened to the division of church and state in this country? It's becoming a theocracy under this Born Again president. That's not what this country was founded on, but never mind that. It is all back sliding, moving into oblivion and the changes are frightening. Democracy is threatened to its core. Women, as an equal, is also being challenged once again. We have descended into Hell.

With Hades opposed to the Galactic Center, it is holding the tension of opposites, literally and figuratively speaking. An opposition aspect is one of friction. In other words, nothing manifests without a lot of energy being poured into the situation. An opposition is supposed to give people a clarity of mind--to see **BOTH** sides of an argument or situation. To be aware. To **SEE**. Right now, there is no seeing the other side here on Earth. Everyone is entrenched and polarized, instead. And this is a choice we made, so Hades is going to drag us, kicking and screaming, into the other side of this aspect so we can see all sides, not just our own. And it won't be pleasant.

DATES TO WATCH

Forewarned is forearmed. The following dates are to be watched and taken advantage of by those who want to utilize this period for spiritual motivation and evolvment (See [Galactic Center Meditation](#) at the end of this article). There is no doubt that this coming period could put us in the garbage can, so to speak. Pluto and Hades don't play around and they're brutal teachers without remorse when it comes to us towing the rope and being responsible for our own thoughts and actions in the world. And, as with any planet, astrologically speaking, it has two sides to it--a healthy expression and an unhealthy one. It is always our choice to bring this energy into ourselves and how it expresses through us.

If I want to say that the worst can happen; such as a nuclear incident, a pandemic where SARS kills billions, assassinations of world leaders, a move to control the world by one or more countries, secretive Big Brother actions by governments, destruction of the environment, lethal pollution in our water and air, or other such horrific atrocities, are all possibilities in 2006 and 2007.

On the positive side, this is a time of the snake shedding her/his skin; a chance for renewal, a movement up in evolution on a spiritual template. It can also mean deep psychological work to deal with our wounds and begin the healing journey through them.

Remember, a conjunction means: birth, creation, the start of something new, a new template, a new way of thinking, believing or living your life on every level (spiritual, mental, emotional and physical) an opposition means: awareness and taking action and making final decisions an inconjunct means: you are caught between a rock and hard place

and nowhere to go. It's like having to take medicine you know you can't refuse. It means things are completely out of your control and you are along for the ride; so adapt and be flexible. Don't be stubborn or this aspect will take you down in a millisecond. A trine means things move with ease; there are no blocks, no obstructions as energy flows smoothly.

EVENTS AS THEY UNFOLD IN 2006-2007

February 4, 2006: Pluto moves to 26 Sagittarius and conjuncts the Galactic Center for the first time in 248 years. Hades is 23 Gemini, three degrees away from the GC.

SPIRITUALLY: The first meditation should be done today.

February 10-11, 2006: Mars is at 26 Taurus and makes an **INCONJUNCT** to Pluto and the GC. Mars is a trigger planet, a catalyst. Mars rules: war, fever as in an epidemic virus, assaults, attacks and violence. Positively, it rules peak energy times and nonstop action. It also rules energy and power. **SPIRITUALLY:** utilize Mars for a powerful reconnection with the GC during meditation.

March 1-31, 2006: Pluto is conjunct the GC all month long. This month is the beginning of a test, a marathon, if you will, that will last through the end of 2007. Hades is at 23 Gemini all month and is close enough to create its own kind of Chaos. March will give us a look at what the issues are for us, individually as well as for the world as a whole.

SPIRITUALLY: Try to meditate every day if possible to build up power and holding this energy within you. With Hades so near, use this time to work on your wounds and the healing of them.

March 29, 2006: Pluto goes **RETROGRADE** at 26 Sagittarius conjunct the GC. The energy begins to ease off a bit. **SPIRITUALLY:** If you meditate on this day, be aware that the energy is going to be chaotic and be prepared for the bumps that come along with it.

April 1-30, 2006: Pluto is conjunct but **RETROGRADE** on the GC all month long. This month is the beginning of a test, a marathon, if you will, that will last through the end of 2007. The energy is going to be less powerful, but this is a time to work on wounds. A second month of this kind of energy being thrown at us is going to put everyone on tenter hooks. Hades is at 23 and 24 degrees Gemini all month and is close enough to create its own kind of Chaos. April will give us a look at what the issues are for us, individually as well as for the world as a whole. **SPIRITUALLY:** Try to meditate every day if possible to build up power and holding this energy within you. With Hades so near, use this time to work on your wounds and the healing of them.

April 2-5, 2006: Mars is at 23 to 24 Gemini and conjuncts Hades which is in opposition to Pluto/GC. This is a powerful set of days and with Mars at the helm as a trigger, there can be some awful events occur. Mars rules: war, fever as in an epidemic virus, assaults, attacks and violence. Positively, it rules peak energy times and nonstop action.

SPIRITUALLY: I would change my meditation to see peace from the GC flowing through myself and then surrounding the world, via my heart chakra, with the gold and white light, to help create some kind of calm during this storm of events.

April 7-8, 2006: Mars is opposite Pluto and the GC. This is the 'big one' and some global event could occur at this time. Mars rules: war, fever as in an epidemic virus, assaults,

attacks and violence. Positively, it rules peak energy times and nonstop action.

SPIRITUALLY: meditate on each of these days understanding that there is a lot of power around. Keep your intent to be grounded, calm and send peace around the globe.

May 1-23, 2006: Pluto is conjunct but **RETROGRADE** on the GC all month long. This month is the beginning of a test, a marathon, if you will, that will last through the end of 2007. The energy is going to be less powerful, but this is a time to work on wounds. A second month of this kind of energy being thrown at us is going to put everyone on tenter hooks. Hades is at 24 degrees Gemini all month and is close enough to create its own kind of Chaos. April will give us a look at what the issues are for us, individually as well as for the world as a whole. **SPIRITUALLY:** Try to meditate every day if possible to build up power and holding this energy within you. With Hades so near, use this time to work on your wounds and the healing of them.

May 28-29, 2006: Mars is at 26 Cancer which is **INCONJUNCT** Pluto and the GC. Look for this time to be one of an event that no one can control or stop. This could potentially be one, last horrific act in a long play that started in March, 2006. Mars rules: war, fever as in an epidemic virus, assaults, attacks and violence. Positively, it rules peak energy times and nonstop action. **SPIRITUALLY:** meditate on each of these days understanding that there is a lot of power around. Keep your intent to be grounded, calm and send peace around the globe.

FINALLY, we get a rest from this intense amount of events and energy as Pluto moves off the GC to 25 Sagittarius.

September 5, 2006: Pluto goes **DIRECT** at 24 Sagittarius, two degrees away from the GC. Look for MAJOR transformation and chaos on this day. Pluto will now move **TOWARD** the GC. However, Hades is exact opposite of the GC at 26 Gemini, so there will be little abatement from what is going on. It is doubtful this shift will be noticeable from the intensity standpoint. **SPIRITUALLY:** meditate on each of these days understanding that there is a lot of power around. Keep your intent to be grounded, calm and send peace around the globe.

December 3-30, 2006: Pluto arrives at 26 Sagittarius to once more, conjunct the Galactic Center. Hades is at 25 Gemini, one degree from an opposition with Pluto/GC. Saturn goes retrograde at 25 Leo on December 6. Saturn **TRINES** the Pluto/GC and sextiles Hades, so this should provide some leavening of action, less intensity and a quieting down and more focus on where this energy is to be acting on a personal level, as well as worldwide. There is a grace period with Saturn here. This is the **LAST TIME** Pluto will be conjunct the Galactic Center for another 248 years. **SPIRITUALLY:** Try to meditate every day if possible to build up power and holding this energy within you. With Hades so near, use this time to work on your wounds and the healing of them. There should be some welcome breakthroughs, spiritually speaking for anyone who has been actively working with this energy all year long at this time. The "end of Time" has come and gone. For those who held the energy, stayed in their core throughout this extremely intense initiation, reward is on its way to you.

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GALACTIC CENTER MEDITATION

I don't want to be Chicken Little screaming, "The sky is falling! The sky is falling!" Rather, I look at this amped up frequency of energy since 1987 as an opportunity to take advantage of instead of acting like a victim who is helpless to do anything. Granted, it has been a tough time since 1987 and it's not getting any better--it is getting remarkably worse remarkably fast. It takes my breath away, too.

That said, my training all my life has taught me and shown me that every person counts. If one heart-centered person stands in the midst of a hundred screaming, chaotic, losing-their-mind people, it **CAN** and **WILL** make a difference. Just as in a meadow of green, one bright yellow flower draws your attention, then one person can do the same, energetically. Why is this important? Because the more of us that stand in our center; be that bright yellow flower who stands out in the meadow, we can help not only ourselves, but Mother Earth and all her relations, as well. This is not a selfish place; it is a place of compassion and being in the heart. After all, the GC is the "heart" of our universe where we live and the energy coming is heart centered for all of us.

Here is a meditation that you can utilize to help integrate the coming energy. I will be listing the dates of when this energy is going to be at its peak so that you can be there to take advantage of it as well as be a part of it for all our relations. If you will perform this meditation on the days indicated, for at least 20 minutes a day, then you'll be in a good space for what is to come.

- 1.** For western style meditation sit in a straight-backed chair in a relaxed position. This position may be used by anyone. It is the position used by some of the ancients and western meditators throughout the ages. If you cannot sit, you can lie down with a pillow beneath your knees to support your lower back. Don't forget a pillow for your head as well. Eastern style meditation you may adopt sitting on the floor with legs crossed in the folded lotus position. Stretch your body, then feel, tense and relax any contracted areas. Do this several times. Become aware of your body and all its parts and inch by inch relax.
- 2.** You may want to imagine a string at the top of your head pulling your spine erect. Feel the vertebrae of your spine gently stretched and your spine elongated and then mentally place each vertebrae beginning at the bottom of your spine, one upon the other, until your whole spine feels aligned. Then hold the position, but relax into a comfortable state.
- 3.** Now, Visualize yourself within an Egg shaped field which extends outward above your crown to below/beneath your feet. It is extending in all directions at least 3 feet from your body.
- 4.** Ground yourself now, by imaging silver roots of a tree wrapping gently around your ankles and the tip of the root down through your feet and at least a hundred feet down into Mom Earth.
- 5.** In your brow or behind your eyes, imagine seeing our spiral armed galaxy. At the core or center of it, there is beautiful white and gold light throbbing and emanating from it. Draw this light from there and into your aura. Imagine this living light energy above your head, the sacred white/gold energy from the spiral and you draw it down through the top

of your head and into your body.

6. Anchor this light in your heart area. Breathe naturally, feel the beating of your heart and your breath and allow them to become as one: at some point your breathing and heart will be in a natural rhythm. You will notice that you become peaceful.

7. On the in breath, feel and imagine the light coming into your body. As you exhale, allow the light to expand and fill your head, then your shoulders and arms, then allow the light to fill your torso area, then allow the light to fill your legs and feet.

8. Continue to draw the Galactic Center light down through each of the chakras; allow the light to expand to fill your body from each chakra. After you feel that your whole body is filled with light, allow the light to expand past your body to fill the field of the circle then the whole of the Auric region until you can feel it three feet around your body in all directions. Imagine that the outer edge of this sphere is solid and impenetrable. You may see your entire aura 'breathe' or expand/contract as this heart energy from our galaxy throbs in wavelike motion into you and your energy field. Maintain this space for at least 15-20 minutes or longer if you like.

Notes: This is a heart meditation with the center of our galaxy. You may not be able to handle more than five minutes of it at first, but the more you do it, the more you attune yourself to this frequency of energy being released. You will always feel uplifted and peaceful during and after the meditation.

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