LUCIEN CLAUSSE
MAÎTRE SPIRITE

THE BOOK OF KNOWLEDGE

(To thy own, self be true!)

The BOOK OF KNOWLEDGE

Introduction

KNOWLEDGE IS THE BLOSSOMING OF SPIRIT, THERE BY RIDING THE WINGS OF FREEDOM FROM FEAR.

GOING FORTH INTO THE REALITY OF BEING.

THIS BOOK IS A WORK OF JOY, LOVE AND LIGHT, VENTURE UPON ITS PAGES WITH AN OPEN MIND.

THE TOOLS YOU WILL FIND WITHIN ARE YOURS TO USE OR NOT, FOR THAT IS THE WAY OF FREEDOM OF CHOICE.

NOT MORE CAN BE SAID, BUT TO WISH YOU THE READER LOVE AND LIGHT.

Lucien Clausse
MAÎTRE spirite

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Content

LUCIEN CLAUSSE..... 1
(To thy own, self be true!).....1

The BOOK OF KNOWLEDGE..... .2
Knowledge is the blossoming of Spirit, there by riding the wings of freedom from fear.....2
Going forth into the reality of Being.....2
This book is a work of joy, love and Light, venture upon its pages with an open mind. 2
The tools you will find within are yours to use or not, for that is the way of freedom of choice.....2
Not more can be said, but to wish you the reader Love and Light.....2

Content..... 3

What are universal laws?..... 9
The Law of Abundance:.....10
The Law of Action:.....10
The Law of Ascension:.....11
The Law of Balance or Equipoise:.....11
The Law of Challenge:.....11
The Law of Color:.....12
The Law of Common Ground:.....12
The Law of Consciousness:.....12
The Law or Right to Decree:.....12
The Law of Discipline:.....12
The Law of Divine Flow:.....13
The Law of Expectation:.....13
The Law of Faith:.....13
The Law of Flexibility:.....14
The Law of Grace:.....14
The Law of Healing:.....14
The Law of Honesty Recognizing:.....14
The Law of Intention:.....15
The Law of Intuition:.....15
The Law of Karma:.....15
The Law of Manifestation:.....15
The Law of Mantras:.....16
The Law of No Judgement:.....16
The Law of Non-Intervention:.....16
The Law of Patience:.....17
The Law of Patterns:.....17
The Law of Polarity:.....17
The Law of Prayer and Meditation:.....18
The Law of the Present Moment:.....18
The Law of Process:.....18
The Law of Rebound:.....19
The Law of Responsibility:.....19
The Law of Right to One's Own Space:.....19
The Law of Sound:.....19
The Law of Spiritual Approach:.....20
The Law of Summons:.....20

The Law of Telepathy:..... 20

The Law of Time: **20**
The Law of Will Power: 21

CHAKRAS **24**

The Base Chakra **25**
The Sacral Chakra 27

The Solar (Plexus) Chakra **29**
The Heart Chakra 31
The Throat Chakra 35
The Third Eye Chakra 38
The Crown Chakra 42

Chakras and endocrine glands **44**

Major chakras **46**

What is Meditation? **51**

Sample meditations **55**

Quiet Meditation **55**

Taking a Trip **57**

Soul Trip **58**

Spiritual Meditation **58**

Regression Meditation **59**

Past Life Regression **59**

Active Meditation **60**
Meditation for the seven chakras 60
Meditation for the Base Chakra 60
Meditation for the Sacral Chakra 64
Meditation for the Solar (Plexus) Chakra 67
Meditation for the Heart Chakra 70
Meditation for the Throat Chakra 73
Meditation for the Third Eye Chakra 76
Meditation for the Crown Chakra 79

How to See the Aura **83**

Colors of the aura **84**
Matching you're environment 86

The Tower of Light Exercise **86**

Connecting to Source **87**
Learn to connect to Source 87
Day 1 - Connecting to Source 88
Day 2 - Healing another person with your hands 89
Day 3 - Working with Plants 90
Day 4 - Healing Yourself 90
Higher-self 91
Grounding 91
Clearing 92
Enter your Sanctuary 92
Return to your body with your Higher Self 93

HEALING WITH CRYSTALS..... 95
CRYSTAL HEALING AND CHAKRAS.....96
SEVERAL HEALING STONES AND THEIR USES.....96
Amber.This « good luck » stone brings the purifying.....96
Aquamarine.....96
Aventurine.....97
Amethyst.....97
Azurite.....97
Bloodstones.....97
Carnelian.....97
Citrine.....97
Coral.....97
Diamond.....97
Emerald.....98
Hematite.....98
Herkimer diamond.....98
Jade.....98
Jasper.....98
Kunzite.....98
Lapis Lazuli.....98
Malachite.....99
Moldavite.....99
Moonstone.....99
Black Obsidian.....99
Onyx.....99
Opal.....99
Peridot.....99
Quartz.....99
Rose Quartz.....99
Rhodonite.....100
Ruby.....100
Sapphire.....100
Sodalite.....100
Turquoise.....100
Tiger's Eye.....100
Topaz.....100

What is clairvoyance?..... 101

Clairaudience..... 104

Divination..... 105

List of Symbols..... 108

What are Spirit Guides?..... 114

Meeting Your Spirit Guides..... 119
Day One: Are you there?.....120
Day 2: Getting to know your spirit guide.....121
Day 3: Past lives with your Guide.....121
Day 4: Talking to your guide about the Universe.....122
Day 5: Talking to your guide about reality and other dimensions.....122
Day 6: Getting Personal.....123
Day 7: Chatting with your Guide about your biological or adopted family relationships.....124
Day 8 - Your Career / Job.....125
Day 9 - My Love Life.....126
Day 10 - My goals in life.....128

Day 11 - Your Love Life - Let's get to it 128
Day 12 - Job Questions and detailed answers 130

Soul guides....130

What is psychometry?....131

PSYCHOMETRY LESSONS....132
Psychometry - Day 1....132
Psychometry - Day 2 - The Plant and Mineral Kingdom....134
Psychometry - Day 3 - The Animal Kingdom....136
Psychometry - Day 4 - Connecting with Humans....137

What do numbers mean?....138
Numbers and their meaning....138

Understanding astrology....145
YOUR RISING SIGN – ASCENDANT....147
ASTROLOGICAL HOUSES....148
Major Aspects....149
Conjunction (0 degrees)....149
Minor Aspects....150
PLANETS AND ASTROLOGY....150
TRANSITS OF THE PLANETS AND ASTROLOGY....152
TRANSITS....153

What is fear?....156
Shifting 163
Accepting/Observing 165
Processing 165
General Information about Fear....167

What is a mantra?.... 172
What is a mantra? It is a word, phrase, or sound, which is repeated for various purposes....172

What is ritual?.... 177
We feel an intense involvement of our whole being, beyond the conscious actions or words. 178
Intuitively, we understand the symbolism; for example, our domestic chore becomes a ritual in which we express love for our family; our bath becomes a purification of body and mind; our dinner becomes a sacred sharing of the bounty of the earth. Rituals are founded on actual dynamics. 178
Although rituals might seem to be merely symbolic, they express and convey the energy, which is represented by that symbolism. 178

Colors and Their Properties....178
White....178
Black....178
Red....179
Orange....179
Yellow....179
Green....179
Greenish/Yellow....179
Light Blue....180
Dark Blue....180
Indigo....180
Violet....180
Purple....180
Pink....180
Grey....181
Silver....181

Brown....181
Rose Red - The Rose Red ray is pouring into my bloodstream giving me new life and courage for all I do....192
Pink - The Pink Ray is circulating throughout my whole system, revitalizing my cells and filling me with love....192
Orange - The Orange Ray fills me with vitality and joy and recharges my etheric body and rejuvenates every part of me....193
Yellow - The Yellow Ray fills my being with sunshine, wisdom and love pour into my body, mind and soul....193
Green - The Green Ray flows in through my heart, bringing peace and harmony to every part of my being....193
Blue - The Blue Ray calms my mind and brings healing to all my cells and organs....193
Indigo - The Indigo Ray links me to knowledge and understanding that will help me at this time....193
Violet - The Violet Ray clears the dross and purifies my being as it flows into my glands bringing me new life and energy....193
Turquoise - The Turquoise Ray brings peace and calms my mind and emotions and I am in command of the situation....193
Magenta - The Magenta Ray is healing my body, mind and emotions and bringing me a deeper understanding of all my affairs. I go forward knowing that all is well....193

Nightmares....193

Dreams....194

Recurring Dreams....195

WHAT IS LUCID DREAMING?....196

Outer body travel....198
For example....200
« Who's that, what's happening? » becomes: « Who's Th.... » 200
« Who's coming in, or going out? » becomes: « Who's co.... » 200
« Wh....?.....?... » And « W...? « 200
And finally....200
« .....?.....?... » 200

Concentration Exercise [1]....201

Concentration Exercise [2]....201

Concentration Exercise [3]....201
The Trance State....202
1. An uncomfortable feeling of cold that doesn't make you shiver, coupled with a steady loss of body heat. 203
2. Mentally, you will feel very odd and everything will feel extremely slooooow. Your thought processes will slow down as if you had been given a strong pain killing injection. 204
3. You will feel disassociated from your body, i.e.; a strong floating sensation and everything will seem far away. 204
4. Total physical Paralysis. 204
Note: These four things, ALL TOGETHER, signify you are entering a deep trance. 204

What are divine complements?....211
1. Twin Ray 212
2. Twin Flames 212
3. Twin Souls 212
4. Twin Mates 212
5. Divine Expression 212
6. Soul Mates 212
7. Divine Complement....212

What are walk-ins? 217
Star PEOPLE ~ WANDERERS 218

What is Shamanism? 220
Shamanism 220

LESSON 1 - Meeting Your Power Animal 222

LESSON 2 - Working with your Power Animal 224
LESSON 3 - Meditating with your Power Animal – Shamanism 224

Power/ totem animals 227

What are elementals? 359

INTRODUCTION TO NUMEROLOGY 365

THE CHALLENGE NUMBERS 422

..... 422

Angels 449

FEBRUARY: Barchiel 452

THE GOVERNING ANGELS OF THE FOUR SEASONS 453
SPRING: Governing Angel: Spugliguel 453
Serving angels: Amatiel, Caracasa, Core, Commissoros 453
..... 453
AUTUMN: Governing Angel: Torquaret 453
Serving angels: Tahquamn, Guabarel 453
SUMMER: Governing Angel: Tubiel 453
Serving angels: Gargatel, Gaviel, Tariel 453
WINTER: Governing Angel: Attarib 453
Serving angels: Amabael, Cetarari 453

THE GOVERNING ANGELS OF THE DAYS OF THE WEEK 454

MONDAY: Archangel: Gabriel Angel: Gabriel 454
TUESDAY: Archangel: Khamael Angel: Zamael 454
WEDNESDAY: Archangel: Michael Angel: Raphael 454
THURSDAY: Archangel: Tzaphiel Angel: Sachiel 454
FRIDAY: Archangel: Haniel Angel: Anael 454
SATURDAY: Archangel: Tzaphiel Angel: Cassiel 454
SUNDAY: Archangel: Raphael Angel: Michael 454
BORN UNDER THE SIGN OF CAPRICORN 460
BORN UNDER THE SIGN OF AQUARIUS 461
BORN UNDER THE SIGN OF PISCES 462
The Angels Of The Seasons 463

The Angelic Elevator 468

What are Kundalini energies? 470

What are ghosts? 477
Ghosts connect to you by affecting one or more of 479
your senses 479

What is a quest? 487

Ascended masters 489

Jesus Christ 490

Messenger of truth.....490
Mother of Jesus.....495
Who is El Morya?.....502
Who is Buddha?.....504
Who is Serapis Bey?.....509
Who is Paul The Venetian?.....511
Who is Lady Nada?.....512
Who is Milarepa?.....513
Who is Metatron?.....514
Creation.....515
Exercise for clairvoyance.....521
Cristal Deva (meditation).....527
Dimensional time warp.....531
Healing Stones.....532
Spiritual worlds.....535
Vibartional pathway.....536
Spiritual Worlds.....537
The blue circles of Hydra.....539
The bleu planet of Syphera.....540
Conclusion.....542

What are universal laws?

Universal laws serve as guidelines towards a better understanding of our physical and spiritual capabilities.

They are not lessons but rather knowledge that we can use in order to be more creative.

The Law of Abundance:

By creating visualizations of abundance in our lives, we draw this energy of success into our reality. Success or abundance does not only apply to money.

There is success in communication, spirituality, relationships and so on. When creating the abundance of financial gain remember to be IN this world, but not OF this world. We are not the sum total of your possessions.

The Law of Action:

No matter what we feel or know, no matter what our potential gifts or talents, only action brings them to life.

Those of us who think we understand concepts, such as commitment, courage, and love, one day discover that we only create knowingness when we act; doing becomes understanding.

The Law of Ascension:

This law defines the high vibrational frequency, which the soul of an incarnational being is resonating.

When a personality looses the illusion of separation from its god self, the vibration of that person raises to the point of ascension.

No longer does this mean that the incarnational personality leaves the earth plane to live a finer existence. We bring our loving energies to our every day existence.

The Law of Balance or Equipoise:

The law of balance is a universal law that supersedes all of man's laws, creating stability. Each thought is balanced by whoever creates it. This is divine wisdom.

Allow all viewpoints without feeling you must defend your own. Allow no one to tell you what your journey must reflect or what your reality is.

Do not give your power away so easily, but give your love unconditionally. Any messages communicated in love validate equality. Low self-esteem is just as non-productive as a puffed up sense of self-esteem. They both deny equality.

The Law of Challenge:

We have the right to ask of another his or her intent, identity, and whatever pertinent information we feel we require when encountering a spirit.

Those who come to us in the roll of information givers to channelers do not mind being challenged.

The Law of Color:

Color is healing.

Man is partially composed of color in the aura. When intense rays of one or more colors are sent to a specific area of the body, change results.

The Law of Common Ground:

This is viewed as a problem solving approach and is an area where two or more can gather to blend differences. It demands that the area be cleansed of previous energy left by others that historically have passed through, or lived on the spot.

This is done by two or more sending loving energy to the area for a specified period. Cage the area with a gold net and it will stay cleansed of other's energy.

You will leave your energy, but that can be cleansed once you have used this space and are leaving.

The Law of Consciousness:

As consciousness expands, the space for events increases and therefore the dimensions in which man cognizes good and evil, opportunity and possibilities, past-present-future enlarge to reveal the outstanding needs in this present world cycle.

The Law or Right to Decree:

(Divine Invocation) This particular law exists for those working in service to others.
This law allows the ascended realms to move from the confines of the Law of Non-Intervention to act on our behalf.

Add the phrase to your decree, « Under the Law of Grace » as this is an 'out' clause that will not allow us to manifest or invoke anything which would be detrimental to our existence and remain karmic free.

The Law of Discipline:

By practicing discipline, one expands the entity to a greater degree than almost any other action. Discipline is the surest means to greater freedom and independence. It provides the focus to achieve the skill level and depth of knowledge that translates into more options in life. Commitment involves discipline over a specific period of time. Discipline and commitment provide the bridge between here and our goals.

The Law of Divine Flow:

By living in the moment, centering ourselves in love, we live in the law of divine flow. We stay in the moment-by-moment flowing of our higher self, creating actions, which reflect love and allowingness.

When we are able to do this, we notice how we say just the right things, do what is best for all, and refrain from doing that which we previously disliked in others or ourselves. We maintain a stronger connection to our God self.

The more we do this, the more we are able to do this...

The Law of Expectation:

Energy follows thought; we move toward but not beyond what we can imagine.

What we assume, expect or believe colors and creates our experience. By changing our expectations, we change our experience of every aspect of life.

The Law of Faith:

The Law of Faith is founded upon the recognition that we know more than we have read, heard, or studied. We know more because we are a part of the ALL.

We have a direct link to universal wisdom. We only have to look within, listen, discern, and then trust.

We need to develop more trust in our own deepest intuition and wisdom as the final arbiter and source of our decisions.

The Law of Flexibility:

This law involves a pragmatic acceptance of the present moment. We accept ourselves, others and current circumstances rather than a rigid resistance of the moment.

It requires an alert and expansive state of awareness, and embracing and making constructive use of the moment.

Obstacles become stepping-stones and problems become opportunities. Everything serves our highest good if we make good use of it.

The Law of Grace:

This can waive the Law of Karma. When applied, this law allows a person to receive more than one deserves or works for if it is in the highest good for all.

When called upon, this law allows the person to send another a healing, to do soul talk, use divine decree, etc. and not suffer the consequences of karma incurrence, or interfere with the receiver's soul plan.

The wording to insert in the request is « Under the Law of Grace. » Another aspect of this law is to be of higher vibration to consistently live in grace.

The Law of Healing:

This law concerns the ability of one to channel energy (prana - chi - Holy Spirit) which radiates from the Source we call God.

The purpose of this channelled energy is to improve either self or another by removing blockages or instilling the sacred energy, which pulsates from the Source of God.

The Law of Honesty Recognizing:

Accepting and expressing our authentic interior reality lies at the heart of honesty.

Only when we are honest with ourselves can we speak or act honestly with anyone else.

When we let fear stop us from expressing our true feelings and needs, we are being dishonest with ourselves and it costs us a sense of energy and spirit.

The Law of Intention:

When a person's intention is held in the mind and action of the physical effort does not follow, people create false impressions of self.

He or she thinks self is good or better than actions prove. Energy must follow intention for that which is perceived as good to happen.

When an act of kindness is performed and intention is such that one wishes to be recognized for goodness, or has underlying motivation that is not of the higher order, higher rewards will not be forthcoming.

Intention and effort must be of the higher vibration to gain or create spiritual accomplishment and reward.

The Law of Intuition:

We can only get in touch with our own source of intuition and wisdom when we no longer depend upon others' opinions for our sense of identity or worth.

Do we value and trust our own intuition, or do we value and transfer authority to the opinions of others over our own inner feelings?

Our intuition becomes more profound when we claim our own sacred identity.

The Law of Karma:

This is the natural principle of cause and effect.

Every cause has its' effect; every effect has its cause.

Everything happens according to law.

The Law of Manifestation:

There are actions, sounds, techniques, mental energy and symbols which when understood, will enable one to manifest first energy (love, more joy, peace, etc.) into one's aura, then with practice and increased love held in the heart and emotional body - physical objects.

Whatever the powerful mind (holding a pure thought - that which excludes any other thought) believes very intensely will instantly happen.

The Law of Mantras:

Each mantra is a linkage to a certain aspect of the absolute, a certain manifestation of Divinity. In true mantra practice, one forgets the fact that the self is chanting, becomes the mantra itself, and attains the state where nothing but the mantra exists.

One's being then connects with the higher being the mantra represents if it is the name of a Master Being, or connects with the ray of light emanating from God if it is a sound (aum or om, hu, etc.).

The Law of No Judgement:

The Universal Spirit does not judge us; judgments are human inventions, a means to compare, contrast and control as we judge ourselves against artificial, and often-idealistic standards of perfection, morality or truth.

The Law of Non-Intervention:

This law concerns the individual rights of people and society situations to serve self rather than live in the vibration of service to others.

This law prevents physical beings and non-physical beings from intervening or correcting what they see as wrong or harmful.

Another aspect of this law is that spirit is not permitted to channel material to a recipient that would force a change in the evolution of the person.

There is an exception when the channeler is willing to undergo a trance, and the consciousness leaves the body for another consciousness to enter and impart knowledge that was previously unknown to the individual.

The Law of Patience:

Patience involves spiritual, mental and physical thought and action.

Through it, we learn to know our self, to measure and test our ideals, to use faith and to seek understanding through all the other virtues.

Patience allows all other virtues to manifest more profoundly.

The Law of Patterns:

Any habit or pattern, whether we call it good or bad tends to reassert itself over time unless we break that pattern by doing something different. If it is good, we can reinforce the pattern with small self-rewards.

We have the power of spontaneous action, doing old things in new ways, changing and restructuring our lives and our behaviour. Some of our change ability is dictated by the ways we learned when we were young.

We learned to make sense of the world by observing patterns, and this has survival value.

We can correct the patterns we see as dysfunctional, negative or destructive by doing something different that will have sufficient impact to interrupt the old pattern.

The Law of Polarity:

Everything is Dual. Everything has poles. Everything has its pair of opposites. Like and unlike is the same. Opposites are identical in nature, but different in degree.

All paradoxes may be reconciled. The Principle of Polarity makes possible the choices we make on the scale of life between good and evil, right and wrong, generosity and greed, love and fear, truth and lies.

The Law of Prayer and Meditation:

Prayer is a conscious concerted effort to commune with the Consciousness of Life and its Creator and thus we speak to God.

Prayer is also an aligning, cleansing process opening up our inner-selves to the Source of all life and demonstrating that we are anxious for enlightenment and guidance.

In prayer, we speak to God but so often, we do not wait for a reply. Meditation is the freeing and emptying of ourselves of obstacles that hinder communication and allow us to channel the God-Force, spiritually, mentally and physically.

The Law of the Present Moment:

Time does not exist. What we refer to, as past and future, have no reality except in our own mental constructs.

The idea of time is a convention of thought and language, a social agreement. In truth, we only have this moment.

When we hold regret for an occurrence in the past, we keep the regret alive with pictures and feelings we conjure up. When we feel anxiety about the future, we keep the anxiety alive with the pictures we imagine.

Time is the abstract concept. When we practice remembering that the here and now is all we have, our present moments improve.

The Law of Process:

This law is awareness that we have things to accomplish in our life. If we wish to reach a certain goal, we must set a direction (create order), prepare well and proceed in small but sure steps.

Any achievement can be managed in increments. Skipping a single step or taking a shortcut often results in failure. Also included in this law is the knowing to appreciate the accomplishment of a step toward a goal.

The Law of Rebound:

The law of rebound concerns the right of one to come out of a negative situation stronger and bolder and with more soul growth than previously experienced.

The Law of Responsibility:

Under this law, we understand a person's need to over CO-operate to such an extent that one becomes co dependent the condition which is obsessive focus on other people's lives.

This law reminds us to respect our internal values and find our own point of balance.

The Law of Right to One's Own Space:

This is an aspect of free will, but another law of its own. Everyone is entitled to make career decisions for self, decide the belief system one feels comfortable with, and generally create the life that will allow one to fulfill his or her own birth vision. This is the right to one's own space, the right to live one's own life.

The Law of Sound:

Every living thing in existence has a sound. Through this knowledge, changes will be brought about and new forms developed through its medium.

The release of energy in the atom is linked to the science of sound. Healing with sound is profoundly effective (vocal sounds - tuning forks - music).

Sound has the power to restore people to their harmonic patterns. Chanting mantras brings about great healing and rising of vibration. The most powerful mantra known to present man is 'Om mani padme hum'.

The Law of Spiritual Approach:

This law depicts the conscious act of a personality to create with its every thought, word and deed the ability to be the reflection of its god self.

This is a walking, talking example of becoming our higher self.

The Law of Summons:

Otherwise known as soul talk, one can learn how to lift the soul from the physical body and summon another soul, to have a soul-to-soul talk.

This is most powerful because there is no conscious ego present. The message of love and or explanation, or plea is received in a most profound manner.

The Law of Telepathy:

The will, projected from the point between the eyebrows, is known as the broadcasting apparatus of thought.
When the feeling is calmly concentrated on the heart, it acts as a mental radio, and can receive the messages of others from far or near.

In telepathy the fine vibrations of thoughts in one person's mind are transmitted through the subtle vibrations of astral ether and then through the grosser earthly ether, creating electrical waves which, in turn, translate themselves into thought waves in the mind of another person.

The Law of Time:

The only moment we have is now. This is where we create. What we have done is done and that moment in history exists only as a record or energy trace in time and space.

The consequences of past actions are atoned through karma, and can be rewritten to a degree.

The FUTURE only ever happens in and from the present tense and is built of today's thoughts, dressed by emotion and driven by action. Activity is the key.

The Law of Will Power:

This law concerns the individual drive within a soul extension/personality, which is projected, from the complete entity.

This law depicts the right and condition of each personality or soul extension to generate its own degree of will power.

Developing Psychic Skills

For the first five minutes, relax yourself. Deeply relax and put your full, deep trust in the holiness of Spirit.

I suggest praying to Spirit for guidance and PROTECTION, before you begin any spiritual work or exercise.

BELIEVE, if you do not know, that only good spirits are around you, loving you and protecting you.

Thank them and open yourself to them for their assistance.

BY UPLIFTING, YOU'RE SPIRIT TO THEM. It is said that if you uplift yourself ten feet, they will come down twenty feet to guide you.

Eight-fold Breath

Breathe in for the count of eight. Hold for the count of four. Exhale for the count of eight. Hold for the count of four. You may also begin the breathing with several large full breaths, all the way to the lower abdominal area.

Then continue with the eight/four/eight/four breathing. This is very relaxing, and trance inducing. It also begins to bring you a regulated pattern of energy for the work ahead. Continue the breathing throughout the meditation. Moreover, do not worry if you forget it for a time.

Just pick it up again and be relaxed about the whole process. This breathing can be extended LATER ON for other types of mediumship. However, for now, just do it as explained.

Beginning at the Crown chakra. [This is the opposite from what most of you are being taught. Drawing energy upward is what is usually done. However, I am showing you, simply, what I learned.]

So, beginning with the crown chakra, feel it opening up and becoming charged with light and energy by focusing and intending energy to move into it.

Move to the third-eye chakra. Open/intend/charge this. Throat chakra, the same. Heart chakra, the same.

Moreover, on down the chakras until all are open and charged up. If one is stuck, or wont cooperate, stay on it, breathing in and out and focusing the incoming, good energy into that chakra. Give the same amount of energy to each one, for this exercise.

Turn your attentions to the place of visions, the third eye: When the chakras are all open, and you are continuing to breathe as stated, it is time to look within. Find the place inside your mind where you see pictures, where you daydream.

For the next FIVE MINUTES, quiet your thinking and just practice observing whatever may arise in this space.

Do not give it any credence; do not judge what you see. In fact, be as non-judgmental as you possibly can be.

Make no decisions based on what comes. Do not get caught in a prolonged image, let it go. Do not indulge yourself in fear, or panic about something, which may seem awful . . . just bless it and send it on its way!

Try to recall that you have protected yourself and that you are loved.

CLOSE DOWN for the next five minutes. Continue the breathing. Go back down the chakras, as before, diminishing the energy, dimming the light, so to speak, and envisioning that you are CLOSING EACH SPIRITUAL DOOR as you do so.

Do each of the chakras in this way, until whatever is open is closed, envisioned as sealed.

No spirit activity is permitted from this point on.

Let spirit information come to you only when you desire it, or want it, or permit it.

Learn to condition yourself to not accept any information coming from spirits unless you give it your okay.

Once the spiritual doors are closed, that means just that, they are closed.

CHAKRAS

The word chakra is a Sanskrit word-meaning wheel. A wheel-like spinning vortex interpenetrates the physical body; with the outer ends of each vortex forming a specific layer of the auric field.

The whirling circular motion forms a cavity or vacuum in the center that draws in anything it encounters on its particular vibrational level.

It is then processed and returned to the auric field. The major chakras of the human body are the seven chakras that are aligned along the spinal column.

Secondary chakras of importance are located in the palms of the hands, the soles of the feet, and at major joints in the arms and legs.

In any study of the anatomy of the aura, it is important to understand the significance of the chakra system.

The chakras exist on all levels of the aura and serve as linking mechanisms between the auric field and the physical body as well as linking mechanisms between the different levels of the auric field itself.

It is usually believed that the three lower chakras correlate to basic primary needs - those of survival, procreation, and will - whereas the four higher chakras are concerned with our psychological makeup -defining love, communication, and knowledge, and connection with the spiritual realms.

The Base Chakra

The Base Chakra is the energy center that controls our energy levels, our connection to the earth and our ambitions. The base chakra is positioned at the base of the spine, near the top of the legs.

On a physical level, this chakra governs the back, legs, hips, feet, spine and the circulation of the blood.

When functioning negatively, this chakra causes aches, strains and loss of mobility to these organs. The base chakra is the root of our manifestation, our existence.

When we learn about our base or root chakra, we come to understand that this center is the base to past, in this life and our past - lives . . .

It is our connection to the earth and to the physical . . .

How we function on this level depends on how this center is working.

If we are tired, run down and lack ambition and drive, it is because this center is not working or absorbing enough positive energy to help us sustain the high levels needed to think, feel, work and play.

We need to reconnect to this center and work with it on a daily basis. To do this, we have to invoke inner healing that comes from ourselves.

This chakra needs to be flooded with positive energy and positive love. Our base chakra is the center that can help us achieve health, grounded-ness and vitality.

On a physical level, this chakra can be the cause of backache, leg aches, overweight, underweight, anaemia and so on.

These problems arise as emotional baggage that we store in our back, spine and legs . . .

When we have no energy and lack ambition and drive, it is because we have no connectedness to our mother earth and ourselves.

By learning to become connected to the physical, we can eliminate many back, leg and circulation problems. These areas become affected because we store in and hold onto our emotional baggage.

With inner healing, we can open ourselves up to any problems we have in this area. With creative visualization, we become open and exposed to the higher levels of consciousness that these chakras respond to positively.

With the use of colors, we can expose ourselves to vitality, energy and healing that is activated when we wear certain colors and use them in our lives.

Red represents life, fire, growth and the burning away of negativity and weakness . . .

Red is the earth, the soil, the stones and trees.

Red makes you wake up and feel alive. The color red heals regenerates and inspires enthusiasm and a will to live.

Clear quartz is a good crystal that is good for healing with the base chakra.

Clear quartz brings clarity and understanding. It will help you to unlock any past burdens, fears and baggage that you are holding onto.

This crystal will also unlock wisdom and knowledge that you have stored away.

The Sacral Chakra

The Sacral chakra is the energy center that controls your passions, your sexual needs, and the abundance that you allow into your life for fulfillment of your desires.

It also controls the bodies' organs like your lower sexual organs, your bladder, bowel and lower intestine. This center is where you fund your creativity on the physical level.

When functioning positively, it creates a sense of well being that is your ability to feel good about yourself. When this chakra is aligned and balanced, your emotions are stable and you are able to express your true feelings to others without fear or exaggeration.

When functioning properly - you become open, expressive, creative and spontaneous. When negative and not functioning positively, you may have a low self-esteem and may think that you are ugly and that you have nothing worth giving to others.

Even though this chakra is all about the physical love that we experience with others, it is much more.

We have over focused on this area and shut down the other attributes that this energy center has to offer. Many stomach disorders happen because this chakra is dysfunctional . . .

This is because there are issues with others and how we relate and express emotions outside of ourselves. When we flood this chakra with healing energy, we experience well - being, which is when we love and appreciate our body and ourselves.

When we focus on this chakra and heal ourselves, we may find ourselves questioning our feelings towards our friends and lovers.

The veil has lifted and we may find that once we have become healed, that these people in our lives are not giving to us enough.

By recognizing, working with unconditional love, and healing we can recreate our friendships and relationships to way that our emotions and needs are met. We can heal our past and make way for our future.

The color orange is a powerful color that invokes passion, creativity and vibrancy. The more colourful and bright the orange the more avant-garde you feel.

The more earthly and brown looking the orange the more connected to the earth and Mother Nature. Orange is a mixture of powerful red and wilful yellow.

Power and will ignite together to create an explosion of strength self esteem and vitality. When you use this color with your sacral chakra, you are able to invoke this energy into your body. This will create an effect of joy, self-expression, freedom and fun.

This chakra is also an earth connecting chakra like the base. Working on this chakra will also help you to remain focused and grounded. However, it will also help you with your ability to interact with all beings that reside upon the earth . . .

This chakra is good for healing relationship issues, healing minor stomach and digestive orders and helps your reproductive organs to function properly.

The clear and rose quartz as well as blue lace agate, citrine and rutilated quartz all promote healing and balancing to this chakra.

They help you to open up to your self-expression. The rose provides gentle loving energy.

The blue lace inspires creativity and the citrine provides passion and energy. The rutilated inspires you to look beyond your present and the clear helps you to gain focus and clarity.

The Solar (Plexus) Chakra

The Solar controls our will, our personal power. It also controls our upper intestines and upper back and spine . . .

Our true wisdom comes from the healthy workings of this chakra. It brings us our strength, our courage and our will to succeed, achieve and survive.

The Solar chakra, when functioning negatively can cause a person to be very fearful. They suffer from a low self-esteem. They have very little self worth.

They may allow others to push them around and control them. They can become very indecisive, fearing to make any decisions or commitments to anyone or anything.

Because the Solar governs the stomach, many ulcers and stomach disorders are caused by stress that is caused by excessive worry over the future.

When this chakra is not functioning properly, we become very fearful. We carry many burdens and worries for the future and this can cause back problems as well.

Many drug problems come from this center, when not functioning positively. In addition, some overweight and underweight problems manifest because people cover themselves in protection to hide away their low self-esteem.

When functioning positively, we have a sense of our own self worth. We meet our own needs and then we give to others without giving our own personal power away.

We do not compromise on our own values because others do not believe in our ways. We are neither controlling, manipulative, hard nor weak.

We find an equal balance in ourselves that makes us feel secure. We make the right choices and decisions in a balanced and fair fashion.

We associate with people who accept us for who we are. We are confident and are able to express ourselves with honesty and integrity. Through inner healing, we are able to open up the repressed emotions and feelings that we have buried inside.

We are all spiritual warriors. Inside us, all is a strong, wise and loving individual that is capable of dealing with and healing any negative situation we are facing.

If we need strength and courage to face the day, we do not look at others; instead, we look into ourselves for this courage and wisdom.

We must learn to accept responsibility for our own actions and in the way, we deal with our lives, we have to face up to the weaknesses that we have allowed into our lives.

If someone has done wrong to us or hurts us emotionally then it was because we gave out an energy that said 'hear I am hurt me' I know this sounds harsh but if you look deep into this you will see the truth behind it.

This chakra is also an earth base chakra. Working on this chakra will help us to stay focused, strong and grounded to our beliefs, goals and dreams.

This chakra gives us the courage and will to face each day. We must open this chakra to meditation. With the Solar, we must learn to go within and focus on our own needs and wants.

Meditation slows the mind down and helps us to gain focus and clarity on our inner workings.

A good crystal to work with is the clear quartz crystal, fluorite, agate and chrysophase.

These crystals help to bring clarity, and purification, order and balancing to this chakra. They help to release any blockages and give you the wisdom behind why they had occurred.

By wearing yellow or having this color in our environment, helps you to show the world that you are at peace with yourself.

This color shows others that you are an individual who is strong in character, but gentle in spirit.

The Heart Chakra

The heart chakra is situated in and around the heart area of our physical body. The heart pumps the flow of blood that is needed to keep us alive.

Without the heart, we cannot function on the physical plain. This one organ controls many other parts on the body. The blood rushes through our veins and feeds our body with nutrients to sustain our well-being.

This area is what we call the main center or control panel for our body. This area also governs the lungs. We need our lungs to breathe in the life force energy of oxygen. Without air our physical bodies would die.

On a physical level, we have problems with our heart, blood, circulation and the vessels that carry the blood, also our lungs and how we breathe.

We have ribs that protect these areas; these also become weakened when this center is not functioning properly.

On a mental level, the heart chakra functions on an emotional basis, our feelings and how we express them towards ourselves and to others. How we think is turned into how we behave with our feelings on this level.

When someone has acted badly towards us, the mind processes these actions and then sends these waves of information to our heart center, who then in turns, sends them out as feelings of anger, fear or betrayal.

When someone tells us that we are beautiful, our mind does the same.

It sends these messages to the mind and the brain sends them to our heart center and we experience feelings of love, joy and happiness, in return, we emanate this energy out into our aura toward others.

When we smile and radiate love, outwards the whole world smiles back at us. It is the same when we are in a negative mood. The same energy comes outwards and lashes onto those around us.

We have to learn just how powerful our feelings are, not only to ourselves, but also to everyone we encounter.

On a spiritual level, this also causes an effect. When one person is negative and sends that negativity out, others who have vulnerable heart centers, and lets be honest I think we all suffer from a vulnerable heart center, connects to this energy, and it feeds their soul and creates a global network of negativity.

That is why the world is filled up with so much negativity, so much hatred, racism, and a lack of love and respect for our Mother Earth. How we think is how we become.

It is our manifestation, our existence. How we feel is also apart of this story, for how we feel is how we react.

Reactions are what caused good and bad changes in our lives today. Two types of love are created from this center.

The first is the love that we have for our children, our friends, outside family and our lovers.

This love comes from a sense on wanting and needing these people in our lives . . .

We love and cherish our children because they are apart of us, we created them and we want what is best for them. We want to cherish them and protect them from all evil.

This is natural. However sometimes this energy becomes so conditional that we put too many expectations onto them.

We smother them and over protect them.

The love we feel for our children should have some conditions, but it should also be unconditional as well.

The love we feel for our partners is a love as they say has captured our hearts.

Each of us are separate planets. Separate universes, when we meet another, these planets collide and one becomes two.

Our ways and their ways are different and this causes dramas and pain. We expect too much from the other and they do the same to us as well.

We have to learn to love and accept each other in our own separate ways we have to learn how to find a middle road when we are involved with another person emotionally.

You cannot make this type of love unconditional, but through compassion, understanding and acceptance you can make it more fulfilling and whole . . .

This center governs and supports our feelings both negative and positive on the conditional love area.

Many spiritual people have a hard time when they decide to become healers and spiritualist on the unconditional level.

You cannot mix unconditional love with conditional love. It is like mixing oil and water.

We live in a society that has rules and regulations, as well as moral obligations.

Conditional love was created from this society. We have based these ideals on the ways we were taught.

It is very hard to make sudden changes from conditional too unconditional.

Because we are evolving rather quickly spiritually, we think that this area will move into the spirit at the same pace. This is wrong.

We have to slowly and gently move.

Our feelings are so sensitive that kid gloves are needed and when we try to push too hard, we fail and that failure leads us to walk away from the spirit.

There is nothing that you can do, or any pills or healing that will help rush you. You have to find a middle road with these two loves.

Allow them to take you to your own personal level of awareness.

Give it time and they will emerge together to create a very powerful and uplifting experience, that will carry you on the wings of healing.

Unconditional love is all about acceptance, joy, happiness, spiritual fulfillment, healing and wisdom.

With unconditional love you do not control or take away from others, instead you give out positive, uplifting and healing love, to yourselves and to others.

This love, when functioning properly will heal yourself, your family, friends and even the world.

It will take away any pain; sickness or emotional traumas that you have had in you're past and in your present. You future will come alive.

When functioning on the negative this chakra makes it hard for us to feel any real emotions.

You feel your lovers, children; family and friends will not offer any richness or reward in your life.

When this center is fragile it becomes vulnerable to pain, fear, sickness and a lack of life.

We suffer from envy, jealousy, hatred and closed heartedness. We become dramatic and all turn into drama queens demanding attention but refusing to give out in return . . .

The world owes me, but I owe the world nothing in return. When functioning in the positive, this center offers us real love, real friendships and true joy for those that are apart of us. We become spontaneous with our emotions.

Our hearts are full and we want to share that love with anyone who wishes to feel its presence.

We are kind, supportive, caring and understanding of others and their ways.

We accept others and love them for who they really are. We lean to love and appreciate our Mother Earth and all of her creatures.

Just as the ribs protect our hearts, on a spiritual level we want to place a protection around our world.

Just as the lungs give us, air to live we also long to provide a service that will allow others to breathe in the beauty and wonders of true love.

We embrace the brotherhood and sisterhood of mankind, by accepting all beings and loving them the way they deserve to be loved and honoured.

Love brings peace to the world and all the conflict that is going on in this time of awareness. Love brings harmony that stops all the conflicts that are raging at this time . . .

Love brings about healing on all levels and in all areas of our life. The heart center functions both in the physical and in the spiritual levels. .

It belongs both on Mother Earth and in the havens.

The color green allows you to have an earthly existence.

This color creates your identify and also heals you with its connections to the earth.

Green is a powerful healing energy that helps you to release and heal in a way that you gain spiritual understanding.

The color Pink is also used to help you heal this center when you need a gentle caring and nurturing energy.

Rose quartz promotes a gentle healing energy for those who have a lot of emotional trauma and need a softer and gentler approach to their pain.

The Throat Chakra

The throat chakra is situated in the neck area of the body. On a physical level this chakra governs the throat, thyroid, mouth, teeth, tongue, and jaw.

The problems that we have on this level are sore throats, over and under active thyroids that can lead to a lack of energy, vitality, overweight and underweight problems.

This chakra governs what we place into our body with food and other substances.

We use the throat to eat and drink . . .

If we place unhealthy things into this center, it can cause the rest of our body to become out of balance . . .

On other levels like the emotional and spiritual this can cause confusement and blockages to our creativity and our emotions.

Because this center also governs our creativity, sometimes having a bad diet and abusing it with drugs and alcohol can cause problems in this area.

However, when we place healthy substances into this area, we can create healing, which can enhance our verbal creativity.

We come alive and vibrant in what we say and how we act. On an emotional level this chakra governs the aspects of communication, willpower, truthfulness and creativity . . .

If we cannot express ourselves through our voice to others, we can become reclusive, shy and retreating in nature.

On the other side we can become loud and overly verbal that can cause us to become aggressive, overbearing and deceitful.

All these problems can cloud our self-expression . . .

This can make us hide our true selves away from others. This energy center is very sensitive and can become unbalanced at an early age.

As babies, the only way we could communicate our needs to our parents was through crying and screaming.

We did not know how to communicate in any other way.

If we were chastised and ignored, our needs were not met and this caused our throat chakra to start closing down. The cycle of conditioning had begun . . .

Our true self expression was starting to become denied. As young children, we were loud and vocal, running around screaming and yelling and enjoying life without the restrictions that adults have.

However, our parents and elders found us too loud and made us become quiet and this too caused our self expression to close down even more . . .

Throughout our childhood we have had to suppress our true expression. Which shut down sections of our true creativity.

As adults, we have been suppressed by all the conditions that were placed on us while we were growing up . . .

We have become so conditioned not to express our true selves, that we no longer know who is the real person we truly are .

We have to learn how to re-open our spontaneous reactions, and verbal expressions to find our true creativity. To find the true you.

The positive attributes of this chakra on the emotional level are when we speak the truth, know the truth and act upon that truth . . .

In a way, what we say can sometimes determine to the outside world what they think of us. Through our verbal actions we express our true being.

Our personality shines outwards for the world to see through spoken communication.

The throat chakra also governs our voice. Through our voice we can speak either truth or lies. When we speak in truth, we live in truth.

When we speak in lies, we live in lies . . .

When we act and communicate in a suppressed and negative state, our living environment lacks luster and creativity. When we are open and creative, our living environment becomes open and creative as well . . .

On a spiritual level this chakra governs freedom and expression. This is a type of freedom where we are fully opened and can communicate with all beings and spirits.

On a spiritual level the throat chakra governs the doorway to peace on earth. How? By communicating with all beings we learn the truth, and when we learn the truth, we live the truth.

The color that responds to this chakra is turquoise or pale blue. When we look up at the sky, we see a beautiful blue color.

The color blue vibrates energy through the body that embraces the ideals of openness and the unlimited freedom that is available to all us.

Blue embodies a sense of self-expression. Blue is the color of wisdom, healing and freedom.

When the throat chakra is functioning in a positive manner, we are able to communicate words and verbal rhythms that send out loving and positive vibrations to the world.

It is important to recognize this energy center as a major emotional and spiritual healing tool.

We open our mouths to breathe in life giving air; we open our mouths to release out stale negative air.

On a spiritual level we use a method of breathing for releasing any negative or emotional trauma, Breathe in life, breathe out death, breathe in love, and breathe out hate.

This chakra is vital for healing work that uses the release method. When we express ourselves in an honest, loving and creative way, we create a positive and uplifting enjoyment of our lives that enriches our whole being.

We have a reason for living. That reason is to gain the most out of our lives.

Through inner healing with creative visualization we can learn to open this center up to our true potential.

A good stone being that we can use on this chakra is agate, especially blue lace agate. You can also use the amethyst quartz to provide you with inspiration.

Any crystal that has a blue in its body will enhance your self-expression. The agate family provides you with the power to cleanse and clear out any blockages. The quartz provides clarity and understanding.

The Third Eye Chakra

The Brow or third eye chakra is situated in the middle of the forehead.

On a physical level this chakra governs the pituitary glands, the skull, eyes, the brain and the nervous system . . .

It also governs our senses, like sight, smell, taste and touch.

The pituitary glands, nervous system and the brain. . Govern the energy waves, that send messages to the rest of the body

The skull protects the brain from outside interference and the eyes give us the ability to see on the physical.

If this chakra is unbalanced, our physical state of existence can become confused. This can send our body into a state of disarray.

Sickness is sometimes caused by the way we think. If the energy waves from our brain and pituitary does not flow in a positive and balanced direction we can suffer all sorts of mysterious aliments . .

We can also suffer a lot of headaches, sinus and nasal problems and disease within the brain and the skull because we are not living in the physical sense, instead we are in the head always thinking and worrying about the future instead of living in the now.

We can also suffer from different types of mental disorders that are caused through our nervous system.

This is because the cord and energy that runs inside within the nervous system are blocked.

This causes a build up of energy in certain areas. We become weak and lose co-ordination in our body because the body is not receiving the right messages. Our senses of smell and taste can also become un-balanced.

Also our emotions can cause our sense of touching and communication through affection with others to become off as well.

We can also suffer eye problems because we are refusing to see the truth to some situation, or we fear seeing something in case it causes changes in our lives.

When functioning positively, we have good co-ordination and reflexes. We feel at peace within ourselves and we function positively on the emotional and physical level . . .

We suffer very little from sickness and stress because our organs that this chakra governs are healthy and flowing with a balanced amount of energy.

They call this chakra the control panel for the entire mind, body and spirit. Here everything is processed before any actions or reactions take place.

On an emotional level, this chakra governs discernment, knowledge, intuition and wisdom . . .

When functioning positively; we are able to look at life from a balanced point of view.

We are open to learning, which provides stimulus that makes our life more fulfilling . .

When brain waves are disorientated it can cause us to suffer mental illnesses like depression, stress and worry. When functioning positively, we are clear in our thoughts and focused within or actions and we are able to be educated.

We enjoy learning, and we take that knowledge and apply it to our everyday lives through action, ambition and energy. We are also able to deal with any emotional issues or dramas that may arise within our lives.

Because our senses are functioning positively, we are able to use our senses to foretell any possible dramas and problems that we may face in the future.

Our intuition is high and balanced and we are able to tell fact from fiction. This area also governs our dream state, our subconscious and our imagination.

When these areas are functioning positively we sleep deeply and peacefully and we are open to dreams that educate us and send messages that foretell of future events.

With our imagination we are able to focus on positive awake dreams that set up our future in the way that brings us happiness, healing and rewards.

With our subconscious, we are able to program our minds to function in the way we want it too. We have full control of our bodies and our emotions. When functioning negatively, We are always in our heads.

We constantly worry and suffer fears and phobias for the future. We can become critical and analytical always judging others. We suffer a lack of control over our lives and we can become stupid, refusing to listen and learn . . .

We only focus on negative situations and in our imagination we create dramas. Our dream state can become filled with nightmares.

We can become too intellectual insisting on learning through books instead of experiencing the wisdom gained from life itself.

We live only for the future instead of living life from the present. We allow ourselves to suffer from events in our past that hinders our growth for the present.

On the spiritual level this chakra governs our sixth sense of awareness. The third eye opens you up to other worlds, other beings and other senses like clairvoyance, which is the ability to see into the future.

The normal ear cannot hear clairaudience that is the ability to be able to hear spirit voices and other vibrational frequencies that.

When functioning negatively, we tend to criticize any spiritual beliefs. We do not believe in the magic of life that is present in our universe.

We can become critical, sceptical and harsh in the way we look at the world. When functioning positively, we trust in life and the universal process that governs our existence here on this plane.

We are open to the realms and planes of consciousness that reside along side our world. We communicate to beings; we have an understanding of the soul.

We are able to leave our bodies and venture into the past and the future to set up positive events and healing.

We sense people and their thoughts and feelings through psychic waves of energies that flow through all living beings. We are open, spontaneous and alive with life force energy.

We think thoughts, we dream dreams and we set up programs that we know can create healing and well being within our lives.

We see beyond illusion. The color that is associated with this energy center is violet to purple. These colors vibrate an energy that opens up our intuition and imagination.

These colors stimulate the brain to function in a balanced way that helps with education and learning. There are many crystals that enhance this chakras energy.

Lapis opens you up to the stars and beyond. Azurite and malachite enhance your psychic abilities . . .

Amethyst quartz brings clarity, wisdom and enhances all your skills that are needed on all levels.

All is well with this chakra when you sleep well, think positively and have good dreams and goals for the future.

You love to learn and you are open to different ideals about metaphysics. You can sense danger and have gut feelings and thoughts on future events.

The Third eye embraces wisdom that goes beyond illusion to awaken clarity that brings enlightenment.

The Crown Chakra

The Crown chakra is situated at the top of the head. This chakra governs part of the spinal cord, the stem of the brain, pain center of the brain and part of the nerves.

When people become sick and suffer a lot of pain that they cannot handle, it is because the energy flow is blocked to this chakra . . .

A lot of people are able to control their pain fresh hold levels through focusing on this chakra and flowing energy through, to stop any pain that is inflicting them.

This center through special focusing and breathing can control all pain. This is because it governs the organs and nerve centers that control our pain.

When not functioning properly on a physical level this chakra causes a loss of control over a person's ability to live and interact with the world.

Some people suffer from diseases that cause them to lose movement. Some of the problems that come from this chakra are blindness, deafness, and paraplegics.

Loss of limbs and any disease that attacks the nervous system, brain stem and spinal cord. There is a loss of energy flow and more so belief, which causes this chakra to become unbalanced. This chakra is the chakra that can create miracles.

If you believe and have hope, working with this chakra can bring about true healing on any level. When functioning positively on the physical level.

You will feel alive and filled with spiritual energy. Your health is radiant and your are strong in mind, body and spirit. The Crown is at the very top of the body . . .

As the base chakra connects us to Mother Earth, the crown chakra connects us to the heavens, to the stars and beyond. The sky and all the power and wisdom that belongs to our higher mind.

This chakra is truly an amazing and life force energy channel for healing and spiritual awakening. This chakra governs the connection that we have to the Divine.

This chakra embodies belief, unconditional love and beauty. When we believe, we are open to learning. When we learn we open ourselves to life's experiences that challenge us to grow and evolve into better people.

When we open ourselves to unconditional love, we allow ourselves to love and accept all beings. We are free from judgement and we are non-racial to others and their beliefs. We embrace the concept that we are apart of every living thing that exists.

If you believe in God, the Creator or Great Spirit, you believe that these beings are apart of you . . .

With unconditional love you are ready to accept other cultures and their beliefs. You embrace the concept of brother hood and sisterhood. Beauty is within.

We are all beautiful. When we truly open our hearts and our eyes we see the beauty in all life. We are able to look at others who suffer from defects and scars with love and compassion instead of embarrassment and pity.

We are able to focus on the beauty rather then the scaring. In fact a lot of us do not recognize afflictions on people unless pointed out to us.

On a spiritual level, the Crown chakra is our connection to healing and life force energy.

This center is connected to your higher mind. Your higher mind is the part of you that knows all the answers.

You are able to communicate to the trees, the animals and to mother earth herself.

When you open this chakra up, you can channel through spirits from different planes, aliens and many more beings that communicate on this level.

This chakra can also send healing energy down through to the others' chakras. Telepathy is a form of communicating messages to other people.

If you find that you can sense a friend or family member trying to make contact with you, it is because your crown chakra is opened and you are using this center to send out and receive messages.

The Crown chakra is like a transmitter to the whole universe. If you send out thoughts and ideals, dreams and goals through this chakra, you will be heard and a lot of the times your prayers are answered.

However, you must learn to use this chakra to do this. You can use two major colors with this chakra. One is purple and the other is white.

White represents all the colors combined together. So all the energies that exist with all the colors flow and vibrate a powerful healing frequency through this chakra.

White is divine, pure, honest and new. Through inner healing and deep meditation, we are able to unlock our true potential. The clear quartz crystal is one of the most powerful crystals on earth. It promotes clarity and transmits energy that opens us up to all the wisdom of the universe. This crystal is very powerful when you focused it on the crown chakra.

Chakras and endocrine glands

The crown chakra

Its role would be very similar to that of the pituitary gland, which secretes hormones to control the rest of the endocrine system, and also connects to the central nervous system via the hypothalamus. The thalamus is thought to have a key role in the physical basis of consciousness.

The Ajna Chakra, or third eye

is linked to the pineal gland. The pineal gland is a light sensitive gland, that produces the hormone melatonin, which regulates the instincts of going to sleep and awakening. It also produces trace amounts of the psychedelic chemical dimethyltryptamine.

The throat chakra, Vishuddha

is paralleled to the thyroid, a gland that is also in the throat, and which produces thyroid hormone, responsible for growth and maturation.

The heart chakra, Anahata

It is related to the thymus, located in the chest. This organ is part of the immune system, as well as being part of the endocrine system. It produces T cells responsible for fighting off disease, and is adversely affected by stress.

The solar plexus chakra, Manipura

is said to correspond to the roles played by the pancreas and the outer adrenal glands, the adrenal cortex. These play a valuable role in digestion, the conversion of food matter into energy for the body.

The sacral chakra, Swadhisthanna

is said to correspond to the testes or the ovaries, that produce the various sex hormones involved in the reproductive cycle, which can cause dramatic mood swings.

The base or root chakra, Muludhara

It is said the kundalini lies coiled here, ready to uncoil and bring man to his highest spiritual potential in the crown chakra. This center is located in the region between the genitals and the anus. Although no endocrine organ is placed here, it is said to relate to the inner adrenal glands, the adrenal medulla, responsible for the fight and flight response when survival is under threat. In this region is located a muscle that controls ejaculation in the sexual act. A parallel is drawn between the sperm cell and the ovum, where the genetic code lies coiled

Major chakras

Eighth to Twenty-second

The eighth and higher chakras expand our energy field beyond our human personality and progressively connect us with our solar memory and awareness and with All That Is.

The eighth chakra

which is becoming known as the Universal Heart chakra is the portal to these higher connections. On a collective level, it is our increasing

resonance with this eighth chakra which we are experiencing as the One Heart.

Most people feel it as an energy centre positioned between the ‘personal’ heart and throat chakras. Energetically some, perceive it as bringing together the trinity energies of our personal heart, solar plexus and hindu chakras.

The latter, often called the ‘breath of God’ connects the third eye and crown chakras. In essence the trinity of the universal heart chakra, thus combines and creates a merkaba portal to transcend the personal mind, heart and will.

Unconditional love is the essence of connection, and the experience of this chakra is a joyous portal of awareness to an understanding of the archetypal consciousness which guides our human experience.

The ninth chakra

is also beginning to be experienced by many people who work with the devic and elemental kingdoms of the Earth.

Approximately a hands length beneath the feet, it connects us at a much more profound level than our personal root chakra, with the consciousness of the Earth.

The Tenth Chakra

The tenth chakra is associated with the polarity chakra. It has to do with the integration of polarities. The proper integration of male and female within self.

This chakra actually starts functioning when the male and female energies are in total balance.

This is experienced as a state of effortlessness, and alignment with one’s soul. The color of this chakra is a pearlized color.

The Eleventh Chakra

This is the chakra of the new energies. It corresponds with the solar plexus chakra, connecting the third chakra to the eleventh chakra allows us to diminish the present and past life trauma stored in the third chakra.

The eleventh chakra energy feeling will be like a wave, and it will move through your body and out again without staying in the body or without attaching itself to an area of misperception.

The color of this chakra is pink/orange.

The Twelfth Chakra

The twelfth chakra is the Christ consciousness, which is a transformational energy that connects all energy forms.

It is associated with the heart chakra.

It is a shimmering gold color.

The Thirteenth Chakra

This thirteenth chakra has to do with the manifesting of vibratory communication.

This is the chakra that is used in materializing and dematerializing things. It is also the chakra used in teleportation.

This chakra is also used for healing. It is pale violet pink in color.

The Fourteenth Chakra

The fourteenth chakra has to do with the Divine Plan. It allows the mental mind to surrender.

The fourteenth chakra is saying that you are allowing the Divine Plan to show you the way without reviewing or evaluating from your mental thought beliefs.

It is beginning to activate your unlimitedness. The color of this chakra is deep blue/violet.

The Fifteenth Chakra

The fifteenth chakra has to do with your Monadic connection. With the fifteenth chakra your new spiritual connection is to the Monadic level.

At the fifth initiation we become merged with the Monad. This brings us to the doorway of ascension. When this chakra is operating it is saying that the structure of your soul is stable enough to handle the energy and the scope of the information coming from the monadic level. It is a light golden/white.

Becoming Universal Being
The Sixteenth Chakra

The sixteenth chakra, has to do with ascension and becoming a universal being. When this chakra has been activated, the Master needs to decide whether he or she is going to stay in physical existence.

The universal being moves from any time frame, any dimension into different bodies and can adapt to the energy form needed. This chakra is the first chakra of the fifth dimensional chakra grid system.

The chakra of ascension into the Monad and I Am Presence and becoming a universal being becomes one’s new base line, just as the eighth chakra, the seat of the soul, was the base line in the fourth dimensional chakras. The color of this chakra is light violet white.

The Seventeenth Chakra

The seventeenth chakra has to do with universal light.

It is multi white in color.

The Eighteenth Chakra

The eighteenth chakra has to do with sixth dimensional divine intent.

This chakra when activated will bring in the ability to bring in the sixth dimension of reality.

It is pink/gold in color.

The Nineteenth Chakra

The nineteenth chakra has to do with universal energy. The Christ consciousness is the expanding energy in the fourth dimension.

In the fifth dimension the correspondence is the universal energy. This universal energy is being felt by those that are allowing the new source energy to come through this source, through their Monadic level, through their soul level to their physical body.

It is magenta in color.

The Twentieth Chakra

The twentieth chakra has to do with Beingness. In the fifth dimension there is no need for an exchange, it’s a beingness where exchange is not necessary for communication.

It is violet/gold in color.

The Twenty-First Chakra

The twenty-first chakra has to do with divine structure. it is creating from a point of evolution, which is really from a point of resolution.

It is blue/gold in color.

The Twenty-Second Chakra

The twenty -second chakra has to do with Source or Godhead connection.

It is platinum in color.

What is Meditation?

Meditation is when you allow the mind to rest and go quiet. When our bodies are worked really hard, we get aches and pains. We need to rest the body so it can recuperate from the stress and physical strain we have put onto it.

If we don't our bodies can become ill which can lead to neck and back strain. When this happens we are forced to take it easy. We have a good night's sleep and in the morning we feel rested and relaxed. With our minds we are always thinking, even in sleep the mind is working because most of us dream while we are asleep. As you can see the mind never rests.

However, with meditation we can slow the mind down and relax it to such a level that it gets the chance to have a good rest. After practice you will be able to stop the thoughts altogether for a short time. In times of stress and serious illness we are constantly worried, and that puts pressure on our mind and our bodies that is no good.

These two factors can lead to even more illness and more stress. Just imagine if we rest our mind through meditation we are allowing whatever problem's that are present in our body to heal themselves without the added stress of constantly worrying about them.

We are going to explore the power behind inner healing through meditation.

For a few minutes I want you to sit quietly and try and shut down all your thoughts . . . How did you do?

Where you able to silence your thoughts

Did you feel uncomfortable?

Did you stop the thoughts from coming into your mind? . .

No? Never mind.

Was it a battle to try and concentrate on thinking of nothing? We have to learn how to slow the mind and her thinking down. When we can do this, we are able to instill within ourselves a sense of peace and harmony.

We are also able to open our chakras and energy centers up properly, so that they function appropriately. When we learn to gain control of our mind, and her negative thoughts we are able to access our inner child and our higher mind completely.

When we learn to do this, we can bring about total awareness and inner healing.

For a minute I want you to sit still and try and stop yourself from thinking, but this time I want you to listen to the music . . . . . How did you do this time? Was it easy to stop the flow of your mind's thoughts?

You would have noticed that this time you may have been more calmer and relaxed because you where given something that was on a frequency level that helped you to slow the mind down.

You will also notice that with gentle soothing music you were able to totally relax.

The mind is able to be slowed when we have something to focus on that helps us to distract itself . . .

When we learn to slow our minds down and think of nothing without any help, we are able to bring ourselves into a state of total awareness.

In this state 100% healing can take place.

We are able to totally bring into us, our inner child and higher mind. Through meditation, we learn how to make true contact with ourselves.

We learn to train our mind to function the way she was meant to. Instead of the mind controlling us, we control our mind.

The soul becomes in charge once more. All our extra sensors become open and we are able to access all our hidden knowledge and gifts that are blocked from us because the mind is stopping them coming through.

Meditation provides all of these powerful healing tools. . .

Let us try again. . . Sit quietly and try and shut down

you're . . ..

Thoughts . . . . . .

. . . . Did you find

that this time it was easier or harder?

Did you feel uncomfortable as if you were fighting with someone or something?

When you see a drama going on in your life.

Think to yourself that you refuse to be food for a negative being. Start meditating and learn to bring back your awareness to yourself.

Allow your inner frequencies to become open and alive.

Allow love, joy and happiness to flow through you.

Allow yourself to connect to mother earth and feel where you belong.

Allow yourself to unite with the heavens and connect to your true destiny and purpose. Let us all learn how to get into the habit of meditating and learning to slow our minds down and open ourselves up to our inner awareness.

We will learn how to tap into our bodies and to our higher mind and inner child. Here all our questions and solutions to our problems can be discovered and solved.

Let us take back our power and use that power for good and not drama. Today let us learn how to truly meditate.

How do I meditate?

Meditation is so easy that it only takes up a small part of your day, so it can be done first thing in the morning and last thing at night. You could be on a bus, in a park, or even at the office in your lunch hour.

It does not matter where you are, if you have a spare 5 minutes you can meditate. Now we will look at doing a simple meditation first thing in the morning. When you wake up in the morning, take a few minutes to wake yourself up.

Do this by giving yourself a good shake, and then find somewhere, where you can sit without being disturbed.

It can be on the floor with a couple of pillows or even sitting up in bed, out in the morning sun, in fact anywhere where you feel comfortable. You can have some soft music on, or if you prefer just have silence.

When you are comfortable,
I want you to focus on your body, starting with your feet, and focusing on your breathing, I want you to notice your breathing, slowing the breath, bring your awareness to your feet and traveling up your whole body from your knees to your hips, from your hips to your stomach, from your stomach to your heart.

Now notice your heartbeats, breathing with the rhythm of the heartbeat, try to stay focused, but if you find that your mind wanders do not be alarmed, WITH TIME AND PRACTISE YOU WILL BE ABLE TO STOP THIS.

Breathing with the heartbeat will help you to understand the rhythm of your body and this is the start of learning to listen to your natural body language.

When you have mastered this art you will be able to read the warning signals in your body when something goes wrong.

When you are ready bring your focus back to the body. Focusing on your shoulders, breathing slowly, bring your awareness to your neck, and then still breathing slowly bring your awareness to your head.

When you have reached the head slowly bring your whole awareness to all of your body. Now take time to listen to your whole body, listen to the sounds coming from your body and breathe with those sounds.

After you have done this bring yourself back to reality; slowly allow your mind to start its thinking process and your breathing to go back too normal.

Now just sit for a few minutes and feel how calm and relaxed you are, when you are ready get up and start your day.

You will notice by doing this morning meditation that your whole day will feel more peaceful and there will be less stress around you because you will have given your mind a rest.

You can also use meditation to help you with any problems you may have in your life. Before you enter into your meditative state, focus on

the problem and then ask your higher mind to help come up with answers.

Go into your meditation and after you have finished, see if you receive any advice or hidden insight that could help you. It may be that you will see the problems in a different perceptive. If you are after some emotional healing within yourself you can also focus on the issues that are causing you pain, grief or worry before you go into your meditative state.

Ask that your inner child help you heal these situations. After the mediation, you may well find that you see your pain, fear and worries in a different light also. You never know until you give something a fair go.

Sample meditations

Quiet Meditation

Start by sitting up straight in a comfortable chair or sofa. Your feet should both be flat on the floor in front of you with your hands in your lap.

Crossing your legs or stretching them out in front of you may be comfortable at first, but after a few minutes could cause tensions that will interfere with your ability to get the most out of your meditation.

Some people believe that you must get into the lotus position (a yoga position) in order to successfully meditate.

If you can get into this position comfortably, and maintain it comfortably for the duration of your meditation, and if you feel that it is necessary, OK. Just remember, it has to be comfortable. If it causes stress, or tension or any discomfort, then I suggest that you skip it.

Close your eyes. Take three or four (or five or six) deep breaths in through your nose. As you inhale, you may find it helpful to picture a white light coming in with the air and filling your entire body. Then exhale through your mouth. As you exhale, picture all of your tensions and stresses flowing out with the exhaled air. Feel the tensions and stresses flowing out. Just let them go.

Now let your mind become quiet and still. If a thought enters your head, don't try to suppress it, or stop and examine it, just let it drift on through. You may find some unusual thoughts passing through your head. You may also find yourself seeing pictures or visions. Or you may find yourself feeling things, unusual feelings or emotions. I have even heard bird songs and smelled flowers or perfume during a quiet meditation. Don't worry about it, just let them pass through. There will be plenty of time to think about it all and examine it later.

When you feel that you have been in a meditative state long enough, start coming back to the physical reality slowly. Take a few deep breaths and direct your attention toward your physical body. It may surprise you to discover that during the meditative state, you may have become completely unaware of your physical body. Don't worry about it, that doesn't always happen, but it is not at all unusual.

When you feel that you are back in the here and now, open your eyes. If you happened to notice what time it was when you started your meditation, you may be in for another surprise when you open your eyes again.

Time doesn't seem to move at the same speed during meditation as it does normally. I sometimes meditate for what seems to be five minutes only to find that actually a half hour to an hour has passed. At other times I may meditate for what seems to be twenty minutes or a half hour and find that only five minutes has passed.

You may want to set a timer if you feel that you want to meditate for a certain period of time. If you do use a timer, use a gentle one, any raucous or loud noise can be quite a shock when you are in a meditative state. For this reason, you may also want to turn off the ringer on the telephone during meditation. I have had the telephone ring when I was meditating and it was almost like someone had hit me.

After you are back in the here and now, you may want to examine the thoughts, sights and feelings that you experienced during your meditation. They can often be a source of insight into yourself.

Taking a Trip

Before you start the actual meditation, you need to pick a goal or destination. This may be a garden, or a beach or a mountain stream or a woodland pond or anywhere else that seems peaceful and calming to you. This does not have to be any place that you have ever seen or been to before, or even seen a picture of.

After you have chosen your destination, again be seated as in the quiet meditation. Again, close your eyes and take the deep breaths and let go of the tensions and stresses just as you did during the quiet meditation.

Once you have gotten relaxed and quiet, picture yourself rising from your chair and going to the door. As you picture yourself opening the door, and going through the door, you will find yourself on a pathway that leads quickly to where ever you are going. As you travel along the path, let yourself experience it completely.

If there are flowers, allow yourself to see their colors and smell their perfume.

If there are animals, allow yourself to see them in their everyday activities.
If there are birds, allow yourself to hear their songs. If there is a brook bubbling over the rocks, allow yourself to hear the song of the brook, and look closely, there may be fish in the brook. If you end up at a beach, see and hear the surf, smell the salt in the air and hear the gulls.

Where ever you end up on your "trip," allow yourself to experience it fully. You may want to just sit quietly and soak up the surroundings, if there is any there, you may want to "dangle your feet in the water." Whatever you do while you are there is entirely up to you, but experience it fully. See it, feel it, hear it, smell it, and if appropriate, taste it.

When time comes to end the meditation, return in the same manner that you went on the trip, that is, use the same path, you should see the same sights coming back as you saw going.

Again, come back to the here and now slowly, deliberately. It is even more important than during the quiet meditation. You don't want to leave part of your consciousness "out there" somewhere. And after you are back in the here and now, examine any thoughts, feelings or visions that you might have had during your meditation.

If something that you would have thought should have been pleasant was unpleasant, question this, why? For instance, if dangling your feet in the water was uncomfortable, why was it uncomfortable? Again, you can gain insights into yourself that you didn't have before.

Soul Trip

Again, seat yourself comfortably as before and close your eyes. Now repeat these words, "I call to my Guardian Angel. Please surround me with protection and be with me." You may either speak the words aloud or merely think them.

The exact wording is not critical, you are just trying to avoid a "bad trip." Again, take the deep breaths and visualize and feel the white light filling your body and surrounding you. After you have gotten relaxed, repeat the following words, either aloud or in thought. "I speak to my Guardian Angel. Please lead me on a trip to some place that will have significance to me and be at my side." Again, the exact wording is not critical.

Or you may say, "Please lead me on a trip where I can find something that is important to me."
Now, as you feel led, visualize yourself getting up and going to the door, just as before. Only this time, you will be going where ever you are led to go. Again, let yourself experience it fully. Don't try to analyze anything that you experience during the actual meditation, save that for after the meditation.

Spiritual Meditation

Prepare for this just as you did with the soul trip. Ask your Guardian Angel to surround you with protection and to be with you.

Then, when you are ready, ask your Guardian Angel to lead you to a high spiritual place, such as a temple.

Again, don't try to analyze anything as it happens, save analysis for after the meditation.

Incidentally, during your trips, particularly during the soul trip or the spiritual meditation, don't be surprised if you should meet someone during the meditation.

Regression Meditation

This meditation also uses the help of your Guardian Angel. Ask for the protection and the Guardian Angel's presence. Then use the relaxing deep breaths with the white light filling and surrounding you.

Then, when you are ready, repeat the words, "I ask my Guardian Angel to take me back in time to some incident that is having an effect on my life today." Don't be surprised if you relive an incident from your childhood that you had completely forgotten.

Past Life Regression

meditations, they are specifically geared to past life regressions Although these are both regression.

Start just as you would for the quiet meditation, get good and calm and relaxed. Now call your spirit guides to you and ask them to lead you back in time to a past life that is important to you in this lifetime.

Also ask them to allow you to remain, as an observer, for a reasonable amout of time and then bring you back to the here and now. Now, as you feel led, visualize yourself rising from your chair and going out of the door. What happens next will depend on you, your guides and circumstances. As you go through the door, you may immediately find yourself in a past life.

Or you may go through the door and find yourself in a hallway or on a path that leads to another door. When you go to the end of the hallway or path and through the door, you will find yourself in the past lifetime.

Or you may find yourself walking beside a stream, walking upstream. If you look carefully, you can see people and events taking place in the stream. This is the stream of time. Now as you feel compelled, or when your guides tell you to, jump in and you will be in the past life.

The next method also starts with meditation. Start exactly as described in the above method. After you have filled the room with white light, ask your guides to take you to "the hallway with many doors". Each of these doors will lead to a different past life. Again, ask them to allow you to remain in the past life as an observer for a reasonable time and then to bring you back. With neither of these methods do you have to wait for your guides to bring you back, you can come back on your own at any time.

Active Meditation

There are some people for whom getting quiet simply does not work, or perhaps they are looking for something that might be described as "higher energy."

These people, and even those for whom the "Quiet Meditation" works can try a Dance Meditation.

Try dancing all alone, either to music or to the music in your mind and let your mind and thoughts flow where they might. Or you can try chanting. Pick a word or a phrase and repeat it over and over in a monotone. Again, let your mind go where it will.

Meditation for the seven chakras

Meditation for the Base Chakra

Lie down and allow yourself to relax . . . .

Take yourself to beautiful clean beach with soft warm white sand.

With the sun shining a bright yellow that spreads warmth all over your entire body filling it with life creating energy.

See the ocean radiating a vibrant blue, green color.

Hear the waves gently crashing to the shore.

Allow a gentle breeze to move through you, cleansing and clearing away any negative thoughts or feelings.

Imagine birds flying above you free and filled with a carefree existence.

See the Dolphins swimming in the distance.

Not a care, not a worry.

Feel your whole body release . . ..

All of its tension . . .

Take in a deep . . . . ..

Cleansing breath . . . . ..

Feel the air enter into your lungs . . ..

Release the air out of your lungs . . . . ..

And feel your whole body become relaxed . . ..

Feel the tension leave your body . . . . .

Draining away and floating off into the universe
For a moment, ...

Become aware of your surroundings . . ..

Stop your mind from thinking . . . .

And allow yourself to just become aware. .

Listen to the noises . . ..

Feel the energy that is flowing through this place.

Listen to the music . . . .

Relax your whole body and feel yourself enter into the music . .

Bring your awareness to your heart . . . . ..

Listen to your heart beating . . . .

Hear its rhythm . . . . . .

Breathe in time with your heartbeat . . . . .

Bring your awareness to your breath . . . . ..

Counting from one to ten as you inhale and exhale .

Bring your awareness to your base chakra

Feel the energy that comes from this center . . . .

Allow yourself to see into your base chakra as if you are seeing into a spiral of energy spinning around and around . . . . ..

Breathe in deep and focus all your attention to your base . . . .

Allow any thoughts or visions to enter into your mind . . ..

Go with them and allow them to pass through your mind and out to the universe. .

Feel yourself going deeper and deeper into a relaxed state . . . . ..

Visualize that you are entering into the spiral of energy that is your base chakra. .

Allow yourself to merge into the spiral as if you are entering into the sea . . ..

Go deeper and deeper into your energy center . . ..

Breathing deeply allow yourself to just exist there . . . . .
No thoughts, no feelings Just exist . . . . .

Visualize that you see a great vibrant mass of red energy coming at you like a fireball. .

Feel it hit you with a great amount of force, exploding and surrounding your whole body with energy . . . . .

Allow yourself to feel the heat that comes from this fireball. .

Feel it surround you, making you feel alive and empowered with energy . . ..

Visualize that the energy is traveling up your feet and focus on this feeling . . ..

Feel the warmth in your feet . . . . ..

Feel the energy travel up your legs and become aware of any sensations that occur. .

Feel the energy travel into your back and become aware of any sensations that you feel.

Feel the energy reconnect with your base chakra and feel the warmth that occurs when it enters into your base . . ..

Visualize this energy re-vitalizing your depleted energy . . .

For a moment allow any sensations to emerge good or bad . . .

Visualize that this energy is clearing and cleansing your chakra.

Allow the energy to remove all that is stopping you from feeling energize, well and alive

Visualize seeing yourself exiting from your base chakra

Slowly bring yourself back and become aware of your breath

Now bring yourself back and become aware of your heart beat. .
Listen to the drum and feel yourself become connected to its rhythm. .

Bring yourself back and allow yourself to become aware of the music. .

Slowly allow yourself to rise and become aware of your surroundings . . .

Slowly wriggle your toes, then your legs, then your shoulders, and your hands and slowly open your eyes.

Meditation for the Sacral Chakra

Lie yourself down and allow yourself to relax.

Let us visualize that we are high on a mountaintop.

This mountain is special because she is a volcano.

She is strong and vibrant as she pulsates with the passion of mother earth.

She is alive and filled with the life force of creation.

When she releases her tension from her bowls she sends out fire, ash and lava that covers the earth top, making it fertile and full of healthy vitamins that nourish our earth . . .

All around are steam, smoke and condensation from the fires that burn below.

These effects create a cleansing and purifying result for the surface of our planet.
To the distance there are pools of water. Smoke is rising from them, as they bubble with the heat that comes from the mountain.

When you enter into these pools, your body becomes clean and pure from all negativity.

You can feel the warmth but you know that you are safe and well.

Feel your whole body release . . ..

All of its tension . . .

Take in a deep . . . . ..

Cleansing breath . . . .

Feel the air enter into your lungs . . ..

Release the air out of your lungs . . . . .. And

feel your whole body become relaxed . . ..

Feel the tension leave your body . . . . . Draining away and floating off into the universe

For a moment, ... Become aware of your surroundings . . ..

Stop your mind from thinking . . . . And allow yourself to just become aware. .

Listen to the noises . . ..

Feel the energy that is flowing through this place.

Listen to the music . . . .

Relax your whole body and feel yourself enter into the music . .

Bring your awareness to your heart . . . . ..

Listen to your heart beating . . . .

Hear its rhythm . . . . . .

Breathe in time with your heartbeat . . . . .

Bring your awareness to your breath . . . . ..

Counting from one to ten as you inhale and exhale .

Bring your awareness to your sacral chakra

Feel the energy that comes from this center . . . .

Allow yourself to see into your sacral chakra as if you are seeing into a spiral of energy spinning around and around . . . . ..

Breathe in deep and focus all your attention to your sacral . . . .

Allow any thoughts or visions to enter into your mind . . ..

Go with them and allow them to pass through your mind and out to the universe. .

Feel yourself going deeper and deeper into a relaxed state . . . . ..

Visualize that you are entering into the spiral of energy that is your sacral chakra. .

Allow yourself to merge into the spiral as if you are entering into the volcano herself . . ..

Go deeper and deeper into your energy center . . ..

Breathing deeply allow yourself to just exist there

No thoughts, no feelings Just exist . . . . .

Visualize that you see a great vibrant mass of orange energy coming at you like a fireball.

Feel it hit you with a great amount of force, exploding and surrounding your whole body with energy . . . . .

Allow yourself to feel the heat that comes from this fireball. .

Feel it surround you, making you feel alive and empowered with energy . . ..

Visualize that the energy is traveling up your feet and into your sexual organs.

Feel the warmth that enters into you . . . . ..

Feel the energy travel into your back and become aware of any sensations that you feel.

Feel the energy reconnect with your sacral chakra and feel the warmth that occurs when it enters into your sacral . . ..

Visualize this energy re-vitalizing your depleted energy . . .

Feel it open up your sensitivity and your creativity . . . . .
For a moment allow any sensations to emerge good or bad . . .

Visualize that this energy is clearing and cleansing your chakra.

Allow the energy to remove all that is stopping you from feeling love, passion and creativity . . ..

Visualize seeing yourself exiting from your sacral chakra

Slowly bring yourself back and become aware of your breath

Now bring yourself back and become aware of your heart beat. .

Bring yourself back and allow yourself to become aware of the music. .

Slowly allow yourself to rise and become aware of your surroundings . . .

Slowly wriggle your toes, then your legs, then your shoulders, and your hands and slowly open your eyes.

Meditation for the Solar (Plexus) Chakra

Lie yourself down and allow yourself to relax.

Today we are going to venture to large mountain top
This mountain is the highest mountain in the whole wide world.

The trees are as high as large buildings and there are wild plants and animals all around.
We are going to stand on the top of this mountain .

There is a large powerful eagle that sits up high on a tree. .

We are going to merge with that eagle and become one with him As he takes off in flight we will take off with him and soar through the skies without any care, fear or worry.

We will open our personal will and strength and unite it with the eagles.

As the eagle flies higher towards the sun we will imagine that the rays of yellow light that come from the sun will enter into our bodies and heal us with its power and wisdom.

Feel your whole body release . . ..

All of its tension . . .

Take in a deep . . . . ..

Cleansing breath . . . . ..

Feel the air enter into your lungs . . ..

Release the air out of your lungs . . . . ..

And feel your whole body become relaxed . . ..

Feel the tension leave your body . . . . .

Draining away and floating off into the universe for a moment, ...

Become aware of your surroundings . . ..
Stop your mind from thinking . . . .

And allow yourself to just become aware. .

Listen to the noises . . ..

Feel the energy that is flowing through this place.

Listen to the music . . . .

Relax your whole body and feel yourself enter into the music . .

Bring your awareness to your heart . . . . ..

Listen to your heart beating . . . .

Hear its rhythm . . . . . .

Breathe in time with your heartbeat . . . . .

Bring your awareness to your breath . . . . ..

Counting from one to ten as you inhale and exhale .

Bring your awareness to your solar chakra

Feel the energy that comes from this center . . . .

Allow yourself to see into your solar chakra as if you are seeing into a spiral of energy spinning around and around . . . . ..

Breathe in deep and focus all your attention to your solar . . . .

Allow any thoughts or visions to enter into your mind . . ..

Go with them and allow them to pass through your mind and out to the universe. .

Feel yourself going deeper and deeper into a relaxed state . . . . ..

Visualize that you are entering into the spiral of energy that is your solar chakra. .

Allow yourself to merge into the spiral as if you are entering into sun . . ..

Go deeper and deeper into your energy center . . ..

Breathing deeply allows yourself to just exist there

No thoughts, no feelings Just exist . . . . .

Visualize that you see a great vibrant mass of yellow energy coming at you like a fireball.

Feel it hit you with a great amount of force, exploding and surrounding your whole body with energy . . . . .

Allow yourself to feel the heat that comes from this fireball. .

Feel it surround you, making you feel alive and empowered with energy . . ..

Visualize that the energy is traveling up your feet and into your lower back and stomach.

Feel the warmth that enters into you . . . . ..

Feel the energy travel into your back and become aware of any sensations that you feel.

Feel the energy reconnect with your solar chakra and feel the warmth that occurs when it enters into your solar . . ..

Visualize this energy re-vitalizing your depleted energy . . .

Feel it open up your sense of power, will and courage . . . . .

For a moment allow any sensations to emerge good or bad . . .

Visualize that this energy is clearing and cleansing your chakra.

Allow the energy to remove all that is stopping you from feeling strong, self empowered and courageous .

Visualize seeing yourself exiting from your solar chakra

Slowly bring yourself back and become aware of your breath

Now bring yourself back and become aware of your heart beat. .

Bring yourself back and allow yourself to become aware of the music. .

Slowly allow yourself to rise and become aware of your surroundings . . .

Slowly wriggle your toes, then your legs, then your shoulders, and your hands and slowly open your eye.

Meditation for the Heart Chakra

Lie yourself down and allow yourself to relax.

The secret of true love lies in the way that we look at our environment and ourselves.

When we can look at a beautiful blue sky on a clear day and feel this warmth and energy pore into our hearts and swell up inside of us making us feel energized and alive, then we truly know the meaning of love.

When we feel a sense of warmth and we are able to reach out and show our affection to all living beings then we will know true love, and when we do we do only then can we truly heal our world and ourselves.

Today let us enter into a beautiful rain forest that is filled with the healing green of Mother Nature.

Lets us walk amongst the plants and animals and let us look up to the skies and try and capture that feeling as we meditate on our hearts and bring healing into our lives.

Feel your whole body release . . ..

All of its tension . . .

Take in a deep . . . . .. Cleansing breath . . . .

Feel the air enter into your lungs . . ..

Release the air out of your lungs . . . . ..

And feel your whole body become relaxed . . ..

Feel the tension leave your body . . . . .

Draining away and floating off into the universe
For a moment, ...

Become aware of your surroundings . . ..

Stop your mind from thinking . . . .

And allow yourself to just become aware. .

Listen to the noises . . ..

Feel the energy that is flowing through this place.

Listen to the music . . . .

Relax your whole body and feel yourself enter into the music . . .

Bring your awareness to your heart . . . . ..

Listen to your heart beating . . . .

Hear its rhythm . . . . . .

Breathe in time with your heartbeat . . . . .

Bring your awareness to your breath . . . . ..

Counting from one to ten as you inhale and exhale .

Bring your awareness to your Heart chakra

Feel the energy that comes from this center . . . .

Allow yourself to see into your heart chakra as if you are seeing into a spiral of energy spinning around and around . . . . ..
Breathe in deep and focus all your attention to your heart . . . .

Allow any thoughts or visions to enter into your mind . . ..

Go with them and allow them to pass through your mind and out to the universe.
.
Feel yourself going deeper and deeper into a relaxed state . . . . ..

Visualize that you are entering into the spiral of energy that is your heart chakra. .

Allow yourself to merge into the spiral as if you are entering into the forest . . ..

Go deeper and deeper into your energy center . . ..

Breathing deeply allows yourself to just exist there

No thoughts, no feelings Just exist . . . . .

Visualize that you see a great vibrant mass of green energy coming at you like a fireball.

Feel it hit you with a great amount of force, exploding and surrounding your whole body with energy . . . . .

Allow yourself to feel the heat that comes from this fireball. .

Feel it surround you, making you feel alive and empowered with energy . . ..

Visualize that the energy is traveling up your feet and into your lower back and stomach and traveling up to your heart.

Feel the warmth that enters into you . . . . ..

Feel the energy travel into your heart and become aware of any sensations that you feel.

Feel the energy reconnect with your heart chakra and feel the warmth that occurs when it enters into your heart . . ..

Visualize this energy re-vitalizing your depleted energy . . .

Feel it open up your sense of love, compassion, joy and freedom . . . . .

For a moment allow any sensations to emerge good or bad . . .

Visualize that this energy is clearing and cleansing your chakra.

Allow the energy to remove all that is stopping you from feeling happy, well and balanced . . ..

Visualize seeing yourself exiting from your heart chakra

Slowly bring yourself back and become aware of your breath

Now bring yourself back and become aware of your heart beat. .

Bring yourself back and allow yourself to become aware of the music. .
Slowly allow yourself to rise and become aware of your surroundings . . .

Slowly wriggle your toes, then your legs, then your shoulders, and your hands and slowly open your eyes.

Meditation for the Throat Chakra

Lie yourself down and allow yourself to relax.

Being able to talk to your fellow man is not enough. True expression comes when you can communicate with all of nature. Her plants and her animals as well.

Today we will visualize that we are on a boat in the middle of the ocean.

I want you to allow yourself to feel the motions of the boat rocking back and forth.

The sun is warm and it cleanses your body and makes you fell energized and relaxed. Immersed yourself in this experience.

High in the sky there are seagulls drifting and floating over the sky.

They squawk to one another as they pass be each other. Listen to what they say.

Open up your throat chakra and allow yourself to communicate with nature.

All around us are dolphins and whales swimming and playing about in the water.

As you lay on the boat, open yourself to their language allow yourself to connect to these wonderful beings.

Feel yourself become immersed into the water and become one with the whales and the dolphins. Communicate on their level

Feel your whole body release . . .. All of its tension . . .

Take in a deep . . . . .. Cleansing breath . . . . ..
Feel the air enter into your lungs . . ..

Release the air out of your lungs . . . . .. And feel your whole body become relaxed . . ..

Feel the tension leave your body . . . . . Draining away and floating off into the universe

For a moment, ... Become aware of your surroundings . . ..

Stop your mind from thinking . . . . And allow yourself to just become aware. .

Listen to the noises . . ..

Feel the energy that is flowing through this place. .
Listen to the music . . . .

Relax your whole body and feel yourself enter into the music . .

Bring your awareness to your heart . . . . ..

Listen to your heart beating . . . .
Hear its rhythm . . . . . .

Breathe in time with your heartbeat . . . . .

Bring your awareness to your breath . . . . ..

Counting from one to ten as you inhale and exhale . . . . ..

Bring your awareness to your throat chakra

Feel the energy that comes from this center . . . . . .
Allow yourself to see into your throat chakra as if
you are seeing into a spiral of energy spinning around and around . . . . ..

Breathe in deep and focus all your attention to your throat . . . .

Allow any thoughts or visions to enter into your mind . . ..

Go with them and allow them to pass through your mind and out to the universe. .

Feel yourself going deeper and deeper into a relaxed state . . . . ..

Visualize that you are entering into the spiral of energy that is your throat chakra. .

Allow yourself to merge into the spiral as if you are entering into the ocean . . ..

Go deeper and deeper into your energy center . . ..

Breathing deeply allows you to just exist there . .
. . .
No thoughts, no feelings Just exist . . . . .

Visualize that you see a great vibrant mass of blue energy coming at you like a fireball. .

Feel it hit you with a great amount of force, exploding and surrounding your whole body with energy . . . . .

Allow yourself to feel the heat that comes from this fireball. .

Feel it surround you, making you feel alive and empowered with energy . . ..

Visualize that the energy is traveling up your feet and into your lower back and stomach and traveling up to your heart and up further into your throat and lungs. .

Feel the warmth that enters into you . . . . ..

Feel the energy travel into your throat and become aware of any sensations that you feel. .

Feel the energy reconnect with your throat chakra and feel the warmth that occurs when it enters into your throat . . ..

Visualize this energy re-vitalizing your depleted energy . . .

Feel it open up your sense of communication.

Expression and honesty . . . . .

For a moment allow any sensations to emerge good or bad . . .
Visualize that this energy is clearing and cleansing your chakra.

Allow the energy to remove all that is stopping you from feeling happy, well and balanced . . ..

Visualize seeing yourself exiting from your throat chakra

Slowly bring yourself back and become aware of your breath

Now bring yourself back and become aware of your heart beat. .

Bring yourself back and allow yourself to become aware of the music. .

Slowly allow yourself to rise and become aware of your surroundings . . .

Slowly wriggle your toes, then your legs, then your shoulders, and your hands and slowly open your eyes.

Meditation for the Third Eye Chakra

Lie yourself down and allow yourself to relax.
Today let us try and venture into our own minds as if we are venturing into a cave that has hidden corners and secret passageways.

I want you to allow you imagination to have full rein while you are in this cave.

Allow any pictures, thoughts and feelings come in and fade out again.
See into your past and open your senses of awareness.

See if they are any fairy tales that reside within this cave or any fictional characters.

See how these fairy tales represent you and your life in some way.

Allow yourself to think whatever thoughts come through.

Feel your whole body release . . ..

All of its tension . . .

Take in a deep . . . . ..

Cleansing breath . . . . ..

Feel the air enter into your lungs . . ..

Release the air out of your lungs . . . . ..

And feel your whole body become relaxed . . ..

Feel the tension leave your body . . . . .

Draining away and floating off into the universe
For a moment, ...

Become aware of your surroundings . . ..

Stop your mind from thinking . . . .

And allow yourself to just become aware. .

Listen to the noises . . ..
Feel the energy that is flowing through this place. .
Listen to the music . . . .

Relax your whole body and feel yourself enter into the music . .

Bring your awareness to your heart . . . . ..

Listen to your heart beating . . . .

Hear its rhythm . . . . . .

Breathe in time with your heartbeat . . . . .

Bring your awareness to your breath . . . . ..

Counting from one to ten as you inhale and exhale . . . . ..

Bring your awareness to your third eye chakra

Feel the energy that comes from this center . . . . . .

Allow yourself to see into your third eye chakra as if you are seeing into a spiral of energy spinning around and around . . . . ..

Breathe in deep and focus all your attention to your mind . . . .

Allow any thoughts or visions to enter into your mind . . ..

Go with them and allow them to pass through your mind and out to the universe. .

Feel yourself going deeper and deeper into a relaxed state . . . . ..

Visualize that you are entering into the spiral of energy that is your third eye chakra

Allow yourself to merge into the spiral as if you are entering into the cave . . ..

Go deeper and deeper into your energy center . . ..

Breathing deeply allows you to just exist there . . . . .
No thoughts, no feelings Just exist . . . . .

Visualize that you see a great vibrant mass of purple energy coming at you like a fireball.

Feel it hit you with a great amount of force, exploding and surrounding your whole body with energy . . . . .

Allow yourself to feel the heat that comes from this fireball. .

Feel it surround you, making you feel alive and empowered with energy . . ..

Visualize that the energy is traveling up your feet and into your lower back and stomach and traveling up to your heart and up further into your throat and lungs until it reaches your head.

Feel the warmth that enters into you . . . . ..

Feel the energy travel into your third eye and become aware of any sensations that you feel. .
Feel the energy reconnect with your third eye chakra and feel the warmth that occurs when it enters into your mind . . ..

Visualize this energy re-vitalizing your depleted energy . . .

Feel it open up your senses of sight, smell, touch and total awareness

For a moment allow any sensations to emerge good or bad . . .

Visualize that this energy is clearing and cleansing your chakra.

Allow the energy to remove all that is stopping you from feeling happy, well and balanced . . ..

Visualize seeing yourself exiting from your third eye chakra

Slowly bring yourself back and become aware of your breath

Now bring yourself back and become aware of your heart beat. .

Bring yourself back and allow yourself to become aware of the music. .

Slowly allow yourself to rise and become aware of your surroundings . . .

Slowly wriggle your toes, then your legs, then your shoulders, and your hands and slowly open your eyes.

Meditation for the Crown Chakra

Lie yourself down and allow yourself to relax.
Today we will imagine that we are floating out in space.

All around us are stars, planets, the moon and the sun. As we look down we see the earth below. We will visualize that we are flying around the earth orbiting and sending out healing energy to her.

I want you to visualize that you are just pure energy. You are perfect and you are free.

Allow all the colors vibrating around you and sending out healing and love towards you.

Imagine that the moon, stars and the sun are alive and communicating with you.

See past our universe and fly towards other universes. Allow you to see other beings and try and communicate with them as well.

You are on a spiritual journey.

Allow yourself to just float around free and full of life.

Feel your whole body release . . .. All of its tension . . .

Take in a deep . . . . .. Cleansing breath . . . .
..
Feel the air enter into your lungs . . ..

Release the air out of your lungs . . . . .. And feel your whole body become relaxed . . ..

Feel the tension leave your body . . . . . Draining away and floating off into the universe

For a moment, ... Become aware of your surroundings . . ..

Stop your mind from thinking . . . . And allow yourself to just become aware. .

Listen to the noises . . ..

Feel the energy that is flowing through this place. .
Listen to the music . . . .

Relax your whole body and feel yourself enter into the music . .

Bring your awareness to your heart . . . . ..

Listen to your heart beating . . . .

Hear its rhythm . . . . . Breathe in time with your heartbeat . . . . .

Bring your awareness to your breath . . . . ..

Counting from one to ten as you inhale and exhale . . . . ..

Bring your awareness to your crown chakra

Feel the energy that comes from this center . . . . . .

Allow yourself to see into your crown chakra as if you are seeing into a spiral of energy spinning around and around . . . . ..

Breathe in deep and focus all your attention to your mind . . . .

Allow any thoughts or visions to enter into your mind . . ..

Go with them and allow them to pass through your mind and out to the universe. .

Feel yourself going deeper and deeper into a relaxed state . . . . ..

Visualize that you are entering into the spiral of energy that is your third eye chakra

Allow yourself to merge into the spiral as if you are entering into the universe . . ..

Go deeper and deeper into your energy center . . ..

Breathing deeply allows you to just exist there . .
. . .

No thoughts, no feelings Just exist . . . . .

Visualize that you see a great vibrant mass of purple energy coming at you like a fireball.

Feel it hit you with a great amount of force, exploding and surrounding your whole body with energy . . . . .

Allow yourself to feel the heat that comes from this fireball. .

Feel it surround you, making you feel alive and empowered with energy . . ..

Visualize that the energy is traveling up your feet and into your lower back and stomach and traveling up to your heart and up further into your throat and lungs until it reaches your head.

Feel the warmth that enters into you . . . . ..

Feel the energy travel into your crown and become aware of any sensations that you feel. .

Feel the energy reconnect with your crown chakra and feel the warmth that occurs when it enters into your mind . . ..

Visualize this energy re-vitalizing your depleted energy . . .

Feel it open up your senses of life, joy, freedom hope and inspiration

For a moment allow any sensations to emerge good or bad . . .

Visualize that this energy is clearing and cleansing your chakra.

Allow the energy to remove all that is stopping you from feeling happy, well and balanced . . ..

Visualize seeing yourself exiting from your crown chakra

Slowly bring yourself back and become aware of your breath

Now bring yourself back and become aware of your heart beat. .

Bring yourself back and allow yourself to become aware of the music. .

Slowly allow yourself to rise and become aware of your surroundings . . .

Slowly wriggle your toes, then your legs, then your shoulders, and your hands and slowly open your eyes.

How to See the Aura

This exercise is designed to help you to practice seeing auras. This is easiest to accomplish in a dimly lit room, but with enough light to see the aura. (To see your own aura, follow the instructions below standing about 3-4 feet away from a large mirror.)

1. Have the person sit or stand in front of a very softly illuminated plain white or light background.

2. Focus on the person's « third eye » - the spot in the middle of the forehead between the brows - for 30 to 60 seconds. Throughout this entire exercise, remain focused on the third eye area.

3. After about 30 seconds, you should see that the person's body is surrounded with a white light or glow emanating an inch or two from the body.

4. Remain focused on the third eye. Gradually you will begin to see colors emanating several inches from the body. These colors may also fluctuate.

5. Have the person move very slightly and slowing from side to side. You should see the aura « catching up » with the body as the person moves to each side.

Daily practice (10-15 minutes) helps to stimulate and develop your auric sight. You can practice wherever you go. Sit in the back of an auditorium or movie theatre and focus on the backs of people's heads.

Colors of the aura

Usually, people have one or two dominating colors in their aura. In addition to the dominant colors, the aura reflects thoughts, feelings, and desires of the moment as fluctuations in color combinations, intensity, and hue.

For example a flash of orange in the aura may indicate a thought or desire to exercise power and control. As the person's thoughts or feelings change, the aura will fluctuate and take on other colors.

The list of colors below is simply a guide. You must also tap into your own intuitive nature to clearly define what the color or symbol really means.

Slight changes in intensity or hue and combinations of colors can mean a big difference in what the person's aura is actually revealing.

Purple.

Indicates a high level of intuition and truly spiritual thinking. People with purple in their auras are often spiritual teachers, leaders, and healers.

Blue.

Indicates a calm, relaxed, reserved, and balanced, spiritual individual. People with blue in their aura are born survivors. Blue thought is a thought about relaxing the nerve system to achieve the balance of the mind or a thought about surviving.
A bright blue hue indicates that the person is receiving and/or transmitting energy or is in telepathic communication.

Turquoise.

Indicates dynamic quality of being, highly energized personality, capable of projection, influencing other people. People with turquoise in their aura are well-organized and good team leaders because they take the time to explain their goals and influence their team rather than execute commands.

Green.

Healthy, balanced, calming, charming, sensual, sensible natural healers. People with green dominating their auras are natural healers. They also love nature and enjoy gardening - they usually have a « green thumb » - and anything grows for them. Being in a presence of a person with a strong green aura is a very peaceful and restful experience.

Yellow.

Intellectual, thinking, working faculties, joy, freedom, non-attachment, freeing or releasing vital forces. People who glow yellow are full of inner joy, contentment, very generous, and not attached to anything. A yellow aura appears as a result of a highly active « third eye » (which can often be seen glowing with violet) indicating a person who is very spiritually evolved. A yellow aura around the head indicates high spiritual development, a sign of a spiritual teacher. Buddha and Jesus had yellow auras extending to their arms.

Orange.

Friendly, open, approachable, uplifting, absorbing, and inspiring. A sign of power. Ability and/or desire to control people. When orange is dominant, it usually contributes to a yellow aura, which then becomes gold, indicating not only a spiritual teacher, someone capable of demonstrating powerful abilities.

Red.

Physical energy; physically based person personality or sensuality. Harsh reds tend to indicate emotionally charged physical animation, usually anger. Warm reds, sensuous, or physically charged and healthy. Can also indicate materialistic thoughts, thoughts about the physical body. Predominantly red aura indicates materialistically oriented person.

Pink.

Unconditional love. Pink indicates a perfect balance between spiritual awareness and the material existence. The most spiritually evolved have not only a yellow aura around the head but also a large pink aura extending further away.

Gray or black.

Shielding or protective. A gray or black aura can indicate low energy, depression, or illness. Gray and black are very easily misinterpreted as these colors can indicate one who is very skilled who doesn't want to be noticed, scanned, or otherwise invaded (in which case these colors may appear to be metallic).

Matching you're environment

When we learn what our dominant colors are in our own aura, we can attempt to match our surroundings or clothing with our aura. Redecorating your home to achieve a better match will result in a positive stimulation of our psyche and will. The aura is the vibrational energy surrounding everyone and everything.

Everything in the universe has energy, including our thoughts and consciousness. Even what you might think of as non-living objects have auras. Observe the aura of an antique chair.

The chair will have the aura of the energy it picked up wherever it was, as well as subtle energies left behind from those who have sat in it. Even new items have auras.

While they may not have imprints left by time, they will have the vibrational energies of the materials they are made of, and possibly, those of any humans who came in contact with them throughout the production process. The aura is the spiritual embodiment of our true nature.

The Tower of Light Exercise

Stand erect, feet shoulder-width arms at your sides, breathing evenly and deeply. Progressively relax your entire body starting from the top of your head working slowly down to the bottoms of your feet.

Mentally visualize that you are surrounded by a long ellipsoid of intense, bright blue light that extends 9 inches outwardly from every point on the surface of your body.

Continue to maintain this image and visualize a globe of brilliant white light above (but not touching) your head.

The globe is inside of your bright blue aura. Concentrate on this bright white globe so that it becomes brighter, glowing white like burning magnesium.

Keep both images of the bright blue aura and the brilliant white globe and mentally aspire to the highest standards of morality, good, and love that you can.

Next, feel the white globe showering you with glittering white light filled with silver sparkles. This white light should permeate your entire being, coursing vibrantly through you.

The outer shell of your aura should be an intense bright blue filled with the vibrant, sparkling white light. Concentrate on this complete image as long as you can, fully believing in its reality. Feel your outer auric shell as a hard, sharply defined blue as you feel blissful and alert.

As you close, let the image fade slowly while believing that it is not fading from reality.

Connecting to Source

Learn to connect to Source

You are like the 'middle man' who brings the healing from Source to the person. If the person you are with has over come the emotional problems linked to the ailment - you will be successful. This includes self-healing.

Ailments originate from many levels of our bodies - The physical level is where we experience the final manifestation of the ailment For example - of the person has problems with a hand - they most likely do not want to do something related to the use of that hand - usually the hand they write with.

If you prefer to say a prayer or use 'white light' protection while you work - please do so. Some people ask their Source in the healing to be sure that the imbalanced energies of the person do not come into your energy fields. You are there to balance the person. Basic skills for healing with your hands.

You may prefer to wash your hands before and after the healing. Find a place that is quiet to do your healing. You can use soft music or no music. The person you are working with should be a peace and feel comfortable that you will do not harm to them - and WILL heal - or alleviate the problems.

Day 1 - Connecting to Source

Let's first determine which hand works best for you. Hold both hands out in front of you - palms up. Focus your attention on your left hand and experience the flow of energy coming from your hand. Next mentally focus on your right hand and see how strong the energy from that hand feels.

One palm should feel stronger energy flow - hotter - more tingles - whatever your body relates to! Now place your hands - palms facing each other - just in front of you. Keep them about 3 inches - 7.6 cm - apart. Move your hands slowly - back and forth. Feel the lines of energy between your palms.

Now slowly move your palms further away from each other.
See how far out you can go before you no longer feel the 'pull' of the energies.

When the energies stop move your palms back and forth slightly in opposite directions and you should continue to feel the energies.
Now let's tap in to 'source'!

Your mental frame of reference for Source could be - a white Light - a spirit guide - healing master - yourself as a healer in another realm - a sea of consciousness connecting all things Now connect with that source Allow that energy to come through you.
You may feel - hot - dizzy – exhilarated

Get used to that energy and balance your body's flow of energy today.

Day 2 - Healing another person with your hands

Once you understand and feel comfortable with the fact that you can heal with your hands - try a healing on someone who has a simply ailment. .

Have the person sit or lay down in a relaxed position. You can use with music or just find a quiet place. Sometimes healing in Nature works well!

Place your hand / hands within three inches from - or on the person in question. You can close your eyes and see your connection to Source - or you can heal with your eyes open.
Pause and allow the energies to begin to flow through your body. This could take a few minutes . . . Relax . . . Breathe deeply if that helps you connect . . . Ask spirit to protect and guide you and not allow any of the person's imbalanced energies to affect yours --- placing you in imbalance.

Next - do a 'sweep' of the body! Open your eyes. Keep hands about three inches from the person's body - move your hands slowly down the body - starting with the top of the head.

You are looking for changes in temperature levels, which is an indication of improper flow of the Chi energies. If / when you feel this change tell the person.

They may say, « Oh yes, I have been having discomfort there, also. » Send that person lots of healing energy by taping into Source and seeing it entering their body in that place. Send healing as is comfortable for both of you.

They may tell you they feel heat - or tingles.

Many healers like to send energy through the crown chakra. Find the way that works best for you
There is no specific time frame for the healing. Do not look at the clock. There should be no time constraints. The amount of time you spend with the person is up to both of you! If you receive mental image while healing someone - be deserting in what you say.

Day 3 - Working with Plants

Find a small plant - preferable one that has problems.
Place it on a table in front of you. Place your hands in front of you, palms up. Tap in to Source.

Feel the energies start to move through your body . . . Feel the vibrations in the palms of your hands . . . Place your hands on either side of the plant (about 3 inches away from the plant). Send energy back and forth between your palms.

Imagine the flowlines of positive energy between your hands.
Allow your mind to become one with the plant - connect energetically.
The plant - or its leaves - may move slightly!
You may receive mental images from the plant.

'See' the plant healthy. You may have to repeat this daily for several days.

Day 4 - Healing Yourself

Sit down or lie down in a peaceful place . . . Extend you palms upward . . . Feel your connection to Source . . .
Feel the energies moving through the palms of your hands . . . Relax . . . Breath deeply . . . Close your eyes . . . Mentally connect with your physical body to see where there is pain . . .

Now place your hands on that area and send the healing energies. If the pain is in your back. . You can send healing through the front of your body and it will reach your back . . . If you do not have pain . . . just place your hands on your heart chakra and send energy of light and love.

It will make you glow when you meet others today! Pay attention to their reactions to you. If your pain is emotional . . . placing your hand on your heart chakra will work in the same way to help alleviate the pain.

Higher-self

Go somewhere that is quiet where you won't be disturbed, and where you can sit comfortably with your feet flat on the floor or ground, and your eyes closed.

It may be helpful to keep a pen and paper handy to write your experiences as they go along. If you like, you can have a helper with you who can guide you through the initial meditation and ask questions of your Higher Self, and write your answers for you.

GROUNDING

Take three deep breaths, letting yourself relax. Imagine your consciousness drifting down into the Earth, as you keep breathing slowly and deeply, and then your consciousness comes to rest somewhere inside the Earth, where you find a place with a certain mineral in it that you feel attracted to.

See this mineral start to glow, becoming brighter with colored light, whatever color you like. Now see the light become a beam, and it is moving up now, all the way up until it enters the bottom of your right foot. Then become aware of your right foot, how it feels, and see the light begin to move up your right leg, and become aware of your right leg.

Then, see the light continue to go up your right side, as you become aware of that area, then it enters your right hand, and continues up your right arm to the shoulder.

Become fully aware of your whole right side, and see the light illuminating the whole right side of your body. Now move the light cord over to your left shoulder, and become aware of that area. Now the light begins moving down your left arm, hand, fingers, and you feel it moving down your left side, as you focus your awareness to your left side.

Then the light cord moves down your left leg, into your left foot. Become fully aware of all sensations in the whole left side of your body. The light finally continues back down into the Earth, where it connects back to its source, completing the circuit.

The light is continually in motion, moving up form the Earth up your right side as you breathe in, and circulating back down your left side and back to its source as you breathes out. Feel this energy revitalizing you as you breathe and relax.

Clearing

Now see a third energy cord come up out of the Earth, perhaps of another color, and it enters your body at the base of your spine, the first chakra.

See that chakra as a wheel of light, which fills up with this new energy and begins to glow brightly, and starts to spin. As it does this, any negative energies, fears, or blockages begin to clear out, and you see it spinning in perfect alignment with the your spine as an axle.

See the top of the first chakra open up, and see the energy beam move up into the second chakra. Continue moving the beam up into each successive chakra, seeing each one clear out and start to spin, all the way up to the seventh chakra at the crown of your head.

Then see the energy beam shoot up out of the top of your head, showering your whole body with light, which surrounds and protects you from any unwanted energies.

Enter your Sanctuary

See your consciousness rise up along with the beam out through your crown chakra, and find a place for your consciousness to come to rest, anyplace that you like. First you see a doorway, and only you have the key to enter this place, your Sanctuary.

Your sanctuary will only have the things in it that you allow. It can be in nature, a special room, another world, wherever you feel comfortable and safe. Now look around you.

Off to the left, there is a fountain with a pool of crystal clear water. You go over to the fountain and peer into the pool. At first your reflection in the surface of the water is clear, but then you see the water begin to get

wavy and from the center of the pool you see a magnificent being rise up out of the water, glowing in white light.

It's your Higher Self, greeting you with unconditional love and acceptance. You greet your Higher Self, and together you go to another part of your Sanctuary, where there is a place for you to put your mind into a soundproof container, where it will stay for the duration of the experience. Notice how you feel about your mind. Know that you are safe and protected, and with you mind put away, you will be able to more fully experience your Higher Self without any judgment. Feel yourself merge into your Higher Self. The energy there is wonderful.

Return to your body with your Higher Self

You and your Higher Self now leave your Sanctuary and find the bright beam of light that brought you here, and follow the beam back to your physical plane body, where you enter with your Higher Self through the crown chakra.

Take a few deep breaths. Notice how you feel. When you feel ready, open your eyes. If you have a helper with you, now is the time to begin asking the questions you prepared for your Higher Self.

If you have just written the questions down and have no one to help you, ask yourself the questions and just let yourself receive whatever thoughts, feelings, images, or other sensations come to you. Write down whatever it is that you get.

Do not try to analyze now, there will be time for that later. Just let yourself flow with the experience. After each answer (whatever form comes to you in) feels complete, go on to the next question. Here are a few example questions that may be helpful for your first time

What is my higher purpose for this year?

What blocks or fears do I have that would prevent me from attaining this?

What skills or attributes do I have to help me attain my goals?

What message of love and compassion do you have that [your name] needs to hear at this time?

After the questions feel complete, close your eyes once again, and take your Higher Self with you back to your Sanctuary. Let your Higher Self return to the magical fountain pool, knowing that it is there for you whenever you need it.

Now go retrieve your mind, accepting it as a part of yourself. You may stay in your Sanctuary as long as you like, or return to it whenever you want, for it is your space, a place where you are truly free. When you are ready, return to your body through the crown chakra. Your awareness returns to the room you are in and you feel refreshed and balanced.

HEALING WITH CRYSTALS

When using crystals to heal you must understand the properties of the crystals you are using.

Crystals vibrate to at different rates enabling them to heal different areas of the body. Quartz crystals have excellent healing properties.

Quartz also has the ability to transform an imbalanced energy field. When you feel stressed the crystal can balance your energies and revitalize you. Others minerals besides quartz crystals -display healing properties.

Small quartz crystals left in water will ionize the water and is a good drink for healing. You can use crystals yourself to heal or find a qualified healer.

Spirit will tell the healer which crystals will be most effective and in what patterns the crystals should be placed on or around the person's body. The length of time used with the crystals will vary with each patient and healer.

The healer must determine the patient's frequency and attune it to the crystals that will place it in balance. All healing is about placing the body in balance.

Treatments will vary in length and number of times required. They may not always work. Owning a crystal that you carry with you - or keep in the area you spend most of your time - can enhance the healing after you work with the healer. It's always good to have a few quartz crystals around your home to balance the energies - before you need the healing.

CRYSTAL HEALING AND CHAKRAS

Many people connect the color frequency of a specific chakra with that of the stone being used. For example - if one were healing the throat chakra - one would use one or more blue stones placed on the throat chakra alone - or in patterns.

The person needing the healing would lay down - the blue crystals being placed on the throat chakra. The success of crystal healing varies with the person being healed. Remember that in all healing - one must address the emotional issues linked to the healing the physical illness can be permanently cured.

SEVERAL HEALING STONES AND THEIR USES

Amber.This « good luck » stone brings the purifying,
Draws disease out of the Body and transforms it
Clears negativity
2nd chakra.

Aquamarine
Remind one of the Ocean of Love and Mercy
Stone of the new heart chakra center.

Aventurine

Helps heal the Heart, lungs, and adrenals
4th chakra

Amethyst

Inner alignment
Helps heal arthritis, hearing, and bones
6th chakra.

Azurite

Helps - Surfaces psychic blocks that form
Physical blocks-Helps to let go of old belief systems
Helps heal throat,
Arthritis & joints, spleen, and spine
5th and 6th chakras.

Bloodstones

Helps heal all blood disorders, lungs, eyesight, and heart
1st chakra.

Carnelian

Balance creativity and mental processes
Helps asthma, and blood pressure
2nd chakra.

Citrine

Upliftment
Helps digestion
Circulation
2nd, and 3rd chakra's

Coral

Emotional balance

Diamond

Increase personal clarity
Balances metabolism

de-toxifies the body
Strengthens the eyesight
Vivifies all chakras

Emerald

Physical and emotional healing
tranquilizing affect on the heart and
Mind, inspiring calm, clear assurance
4th chakra and higher

Hematite

Helps heal tumors and anemia
6th, 7th chakras

Herkimer diamond

Chakra cleanse
Protects against radiation
De-toxes the body

Jade

Strengthens the heart, kidneys and immune system
Helps cleanse the blood
Increases longevity and fertility
Aids in eye disorders and female problems.

Jasper

Helps tissue regeneration and smell
1st, 2nd chakras

Kunzite

Heals the heart
4th chakra and up

Lapis Lazuli

Strengthens the immune system
6th chakra

Malachite

Harmony and balance

Moldavite

Take you out of your body-very power for astral travel

Moonstone

Absorbs pain and illness
Regenerates the tissues and organs
Heals reproductive system
4th chakra.

Black Obsidian

Grounding stone.

Onyx

Helpful in treating glaucoma, epilepsy, and cell damage
Attuned to 1st and 5th chakra's.

Opal

See possibilities; discover a broader view.
Heals and clears eyesight,
And balances the metabolism.
5th, 6th, and 7th chakras.

Peridot

Strengthens, and regenerates all organs, stimulating new,
Healthy growth. Balances bio-rhythmic cycles
Protects the user from negativity.
Helps heal infection, ulcers, and thyroid. 4th chakra.

Quartz

Removes negative energy - Universal conduit.
Amplifies, focuses,
Stores, transforms energies.

Rose Quartz

Heart chakra

Rhodonite

Emotional support.
Helps one take the next step emotionally

Ruby

Helps heal the heart and all blood impurities.
De-toxes the body.
4th chakra.

Sapphire

Mental Clarity;
Clear mental garbage.
Carrier of the Blue ray.

Sodalite

Protection from external negative energy.

Turquoise

Aligns all chakras
Strengthens and calms the mind and body.
5th chakra.

Tiger's Eye

Helps heal wounds, bruises, eyes and throat.
5th chakra.

Topaz

Helps to break up stagnation of energy within the body
and assists with the elimination of toxins.
3rd chakra and higher.

What is clairvoyance?

Clairvoyance - a noun from late 17th century French [clair (clear) & voyant (seeing)] - is defined as a form of extra-sensory perception whereas a person perceives distant objects, persons, or events, including perceiving an image hidden behind opaque objects and the detection of types of energy not normally perceptible to humans (i.e. radio waves).

Typically, such perception is reported in visual terms, but may also include auditory impressions (sometimes called clairaudience) or kinesthetic impressions.

The term clairvoyance is often used broadly to refer to all forms of ESP where a person receives information through means other than those explainable by current science.

Perhaps more often, it is used more narrowly to refer to reception of present-time information not from another person, there being other terms to refer to other forms: telepathy referring to reception of information from another person (i.e. presumably mind-to-mind);

premonition and precognition that refer to gained information about places and events in the future.

The terms clairsentience and remote perception are often used in reference to psi phenomena falling under this broader context.

As with all psi phenomena, there is wide disagreement and controversy within the sciences and even within parapsychology as to the existence of clairvoyance and the validity or interpretation of clairvoyance related experiments.

Clairvoyance through history

There have been anecdotal reports of clairvoyance and claims of clairvoyant abilities on the part of some throughout history in most cultures.

Most of these episodes are experienced during young adulthood. Often these have been associated with religious figures, offices, and practices. For example, ancient Hindu religious texts list clairvoyance as one of the siddhis, skills that can be acquired through appropriate meditation and personal discipline. But a large number of anecdotal accounts of clairvoyance are of the spontaneous variety among the general populace.

For example, many people report instances of "knowing" in one form or another when a loved one has died or was in danger before receiving notification through normal channels that such events have taken place.

Similar presentiments that are not eventually fulfilled are soon forgotten, however.

While anecdotal accounts do not provide scientific proof of clairvoyance, such common experiences continue to motivate research into such phenomena.

Clairvoyance was one of the phenomena reported to have been observed in the behavior of somnambulists, people who were mesmerized and in a trance state (nowadays equated with hypnosis by most people) in the time of Franz Anton Mesmer.

The earliest recorded report of somnambulistic clairvoyance is credited to the Marquis de Puységur, a follower of Mesmer, who in 1784 was treating a local dull-witted peasant named Victor Race.

During treatment, Victor reportedly would go into trance and undergo a personality change, becoming fluent and articulate, and giving diagnosis and prescription for his own disease as well as those of other patients, and forgetting everything when he came out of the trance state.

All this is in a manner reminiscent of the reported behaviors of the 20th century medical clairvoyant and psychic Edgar Cayce. It is reported that although Puységur used the term 'clairvoyance', he did not attribute any of this to the paranormal since he accepted mesmerism as one of the natural sciences.

Clairvoyance was in times following a reported ability of some mediums during the spiritualist period of the late 19th and early 20th centuries, and was one of the aspects studied by members of the Society for Psychical Research (SPR).

Psychics of many descriptions have claimed clairvoyant ability up to the present day.

While experimental research into clairvoyance began with SPR researchers, experimental studies became more systematic with the efforts of J. B. Rhine and his associates at Duke University, and such research efforts continue to the present day. Perhaps the best-known study of clairvoyance in recent times was the US government-funded remote viewing project at SRI/SAIC during the 1970s through the mid-1990s.

Results of some parapsychological studies, such as the remote viewing studies, suggest that clairvoyance does not exist - the original "remote viewing" study was discontinued by the Stanford Research Institute due to lack of evidence.

However there are as yet no satisfactory experiments designed that cleanly separate the various manifestations of ESP. Some parapsychologists have proposed that our different functional labels (clairvoyance, telepathy, precognition) all refer to one basic underlying mechanism, although there is not yet any satisfactory theory for what that mechanism would be.

Clairvoyance as a term has its origins from the French word claire, which means "clear", and voyance, "seeing". It literally means 'clear seeing' in French.

There is ongoing criticism and debate of all these results in the literature.

Developing clairvoyant abilities

Current thinking in clairvoyant circles posits that most are born with clairvoyant abilities but then start to turn them off as children are brought up to adhere to demonstrable social norms. Numerous institutes offer training courses that attempt to revive the abilities present in those early years.

Another school of thought claims that our "sixth sense" grows when we do spiritual practice. With regular spiritual practice done according to basic spiritual principles we increase our spiritual level and are able to perceive and experience the subtle world to greater degrees.

Clairaudience

Perception of messages in thought forms from an entity that exists in another realm. You 'hear' what they are saying in though form messages. This is a form of channeling.

You may actually hear spirits talking or singing in your head yet there is no auditory sounds. Many of us receive messages this way from spirit guides, or other entities.

When a person loses a loved one they often receive messages from them. Often the messages are preceded by a floral fragrance. Many of us become aware of this skill when we are in danger and that « "little inner voice" sends a warning.

This causes us to respond instantly though we are not sure why. In times of crises we tend to listen and trust what our thoughts tell us. When the information comes through, there may be a pressure on top of the head, body sensation . . . chills, tingles, hair standing on end, or other sensations.

Learning to listen to different entities is as much fun as learning to listen to different people. You soon can distinguish their voices (frequencies).

Divination

Divination is the attempt of ascertaining information by interpretation of omens or an alleged supernatural agency.

If a distinction is to be made with fortune-telling, divination has a formal or ritual and often social character, usually in a religious context; while fortune-telling is a more everyday practice for personal purposes.

Divination is often dismissed by sceptics, including the scientific community, as being mere superstition: in the 2nd century, Lucian devoted a witty essay to the career of a charlatan, Alexander the false prophet, trained by "one of those who advertise enchantments, miraculous incantations, charms for your love-affairs, visitations for your enemies, disclosures of buried treasure, and successions to estates", though most Romans believed in dreams and charms.

However, advocates say there is plenty of anecdotal evidence for the efficacy of divination.

Divination is a universal cultural phenomenon which anthropologists have observed as being present in many religions and cultures in all ages up to the present day.

Scientific research and methods have made it possible to predict future events with some success, e.g., eclipses, weather forecasts and volcanic eruptions. However, this is not divination.

Divination practices are usually rooted in religious or other belief systems that assume the influence of some supernatural force or fate, whereas scientific predictions are made from an essentially mechanical, impersonal world-view and rely on empirical laws of nature.

Thus, as an operational definition, divination would be all methods of prognostication that have not been shown to be effective using scientific research.

The scientific method relies on repeated and systematic observations and experiments, which lead to hypotheses that are tested and possibly falsified; in this way a theory is built, which is a model that describes our understanding of the phenomena, and often allows predictions for similar future events.

Divination practices are not the outcome of the application of the scientific method, and therefore are often considered superstition or at best pseudo-science.

There is no obvious, unique, consistent, or compelling way that a divination practice can be derived from its underlying belief system; indeed one can practice divination without reference to a particular belief system.

One does not need to know how or why a practice "works", as long as one can verify that it works: the latter can be subject to scientific inquiry.

However diviners do not systematically assess their results or try to falsify their hypotheses. Indeed diviners are discouraged to repeat queries.

The taboo is that repetition may be an attempt to divine a more favourable answer, or that repetition adversely agitates the method or the operant.

Without repetition of the divination, it is much harder to design experiments that will have meaningful statistically significant results that could falsify a hypothesis about the divination method.

Beyond mere explanations for anecdotal evidence, some theories have been proposed of how some forms of divination might result in meaningful messages.

One theory is that the divination process allows messages from the subconscious mind to emerge into the conscious world.

For example, using the I Ching oracle, a person with a very good knowledge of the 64 chapters of the I Ching might subconsciously direct the division of the yarrow stalks to obtain a relevant oracle.

After an I Ching hexagram has been found, some interpretation is needed to obtain an answer to the question posed, and again, this allows the subconscious to influence the outcome.

This theory presupposes that the subconscious mind has a relevant message to deliver, which in any particular case may or may not be true.

Sometimes random decisions are recognized by modern science as effective ways to address a problem.

Mathematical problems may be addressed by Monte Carlo algorithms in which pseudo-random numbers are used to test a function.

In game theory, choices must be made randomly to prevent opponents from devising an effective counter strategy. A similar role might exist for the I Ching, which is sometimes described as an "invention machine", in which any random combination of hexagrams potentially leads to a new and different idea.

Perhaps divination schemes may be seen as efforts to divide conceptual space into segments, and randomly directing attention to any segment is potentially productive.

Divination Symbols

Reading symbols (archetypes) is subjective at best. When interpreting symbols, use your psychic abilities to get more information.

You can also use a Dream Book or a book that details symbols and archetypes to get further clarification of the images you see. As consciousness is evolving, so too are the meanings of most symbols. Try to view them as holograms.

List of Symbols

ACORN - at the top means success and gain: At the bottom means good health.

AIRCRAFT - journey; if broken means danger of accident; can also mean a rise in position

ANCHOR - cross, Jesus, at top rest, stability, constancy; at bottom means clouded, inconstancy

APPLE - computer, knowledge, achievement

AXE - difficulties; if at top overcoming of difficulties

BABY - something new, pregnancy

BALL - completion, variable fortunes

BELL - harmonics, creation, spiritual, unexpected news

BIRDS - ascension, good news, bird headed beings

BOAT - lifepath, (note size and speed of boat), and visit from a friend, protection

BOOK - you will find your answer by something written, if open it's good news; if closed you need to investigate something

BUTTERFLY - transition, transformation, Butterfly Effect

CANDLE - sacred light, creational flame, help from others

CAT - deceit, a false friend, Cat Headed Beings

CELEBRITIES - To see the face of a celebrity, may link to that person's destiny or the initials of their names

CHAIN - DNA, engagement, a wedding, chain link, karma

CHAIR - a guest

CIRCLE - success, completion

CLOCK - alchemy of time and consciousness, better health

COIN - change in financial status

CROSS - protection, sacrifice

CUP - reward, bloodlines

DAGGER - warning, danger from self or others, power

DOG - friend, Sirius, celestial connotation, Egyptian god, Anubis

DOOR - opening (to something new) or closing (old issues and relations), spiritual (portal)

DUCK - money coming, a man named Bill, 'ducks in a row'

EGG - good omen, creation, new beginnings, sacred geometry

ELEPHANT - wisdom, strength, luck, Ganesh, trunk up indicates overcoming obstacles

ENVELOPE - message coming, positive or negative

EYE - creation - open (awakening) - closed (something not seen)

FAN - hand held (pleats) - rotary (4, time divination, numerology)

FEATHER - ascension

FENCE - limitations, minor setbacks, not permanent

FINGER - which finger, pointing in what direction,pointing to god

FIRE - sacred flame, at top achievement; at bottom danger of haste

FISH - Jesus, Creation - Vesica Pisces, Amphibious Gods, good fortune, Christ Consciousness, return of the soul to higher frequency or god

FLAG - denotes nationality

FLY - domestic annoyance

FORK - speak with false tongue, false flattery

FORKED LINE - decision

FRUIT - fruitful, prosperity (depends on the fruit which goes to seeds and planting something new)

GATE - opportunity, future success, ancient civilization, portal, doorway

GLOW - enlightenment

GOAT - be careful of enemies

GUN - anger, sex

HAMMER - hard work needed, getting a point across

HAND - of god, creation, if open means friendship; if closed means an argument

HARP - creational harmonics, love, harmony

HAT - head, consciousness, improvement

HAWK - Horus, jealousy

HEART - chakra, pleasure, love, trust, compassion

HORSE - if galloping means good news; if just the head means a lover or nebula, new

HORSESHOE - good luck, attraction, Earth's magnetics, Omega or Leo, closure

HOURGLASS - time running out, need to decide something, synchronicity, illusion, creation

HOUSE - security, change, success

ICEBERG - danger, planetary meltdown, ice age, consciousness frozen in Time

INSECT - depends which one

JEWELS - DNA, Pearls, Diamonds, Star Tetrahedron, sacred geometry, gifts

KANGAROO - harmony at home

KITE - wishes coming true, flying free

KNIFE - broken friendship, hidden enemy

LADDER - promotion, a rise or fall in life, DNA

LAMP - turned on means enlightenment, at the top means a feast; at the side means secrets revealed; at the bottom means postponement

LEAF - new life

LINES - if straight means progress; if wavy means uncertain path

LION - Leo, Omega, Closure, influential friends, strength, Zoroaster

LOCK - obstacles if closed - new information unfolding if open, lock and key are phallic symbols of creation

LOOP - loops of time and creation, avoid impulsive actions, slinky effect

MASK - something hidden

MOUNTAIN - obstacles or a specific area

MOUSE - theft, computer

MUSHROOM - at top means journey or moving to the country; near bottom means rapid growth; if reversed means frustration, psychedelics

NAIL - injustice, unfairness

NECKLACE - DNA, complete, admirers; if broken means danger of losing a lover

NEEDLE - recognition, admiration, sewing, eye, weaving

OAK - health, long life, tree of life

OCTOPUS - danger, 8, infinity

OSTRICH - travel, not seeking a truth

OWL - gossip, scandal, aliens owl symbology

PALM TREE - success, honor, place were they grow

PARASOL - open (you will glean insightful information), closed (something hidden), raining (water symbology of creation)

PARROT - repeating something, a twin, a journey, people talking and saying nothing

PIG - greed

PURSE - at top means profit; at bottom means lose

QUESTION MARK - need for caution

RABBIT - need for bravery, time and illusion, Alice in Wonderland

RAKE - watch details, planting seeks, reap what you sow

RAVEN - bad news, death that leads to new beginnings

RING - phone call, coming full circle, near the top means marriage or the offer of marriage; at bottom means long engagement; if broken means engagement broken off

ROSE - Rose bloodline, creation, flower of life, love, may be accompanied by a fragrance in the room

SAW - interference, tear apart, something viewed

SCALE - legal issues; if balanced means just result; if unbalanced means unjust result

SCISSORS - quarrels, possibly separation

SHEEP - good fortune

SHELL - good news, nautilus, golden ratio, sea of creation

SHOE - sole/soul, condition of shoe is important, transformation

SNAKE - DNA, wisdom, or if the snake is attacking, an enemy

SPIDER - weaving together, Spider Woman Prophecies

STAR - health and happiness, hope, heavens, Isis and other goddesses, female energies,

SUN - happiness, success, power

SWORD - arguments

TABLE - social gatherings, UFO platform, outside the box

TENT - travel, cover, hidden truth

THIMBLE - changes at home

TORTOISE - criticism, usually beneficial, slow moving, Turtle Island (Earth)

TREE - improvements, of life, creation, book of life, your life path

TRIANGLE - something unexpected, 3 in a relationship, pyramids, 3, third dimension

URN - wealth and happiness

VASE - a friend needs help

VOLCANO - harmful emotions

WAGON - a wedding, wagon wheels (wheels within wheels)

WASP - romantic problems

WATERFALL - prosperity

WHEAT - abundance

WHEEL - if complete means good fortune; if broken means disappointment

WINGS - messages, winged beings

WOLF - jealousy

YOKE - domination

ZEBRA - adventure, especially overseas, black and white

What are Spirit Guides?

Everyone has a spirit guide, several to be exact and you need not display mediumistic abilities to communicate with your own guidance.

You need not give up your conscious control for they will speak to you with a thought that drifts through your mind like a feather in the wind.

They will lead you with an inner prompting along the path that you agreed to travel and yes, they will act as a go-between in mediumistic activities.

They are your best friends if you will but strive to accept them..

Many of us believe that we only have one Spirit Guide. I believe this to be a misconception. We do have one Spirit Guide that remains with us for all of our lives but we have many others as well.

Lets take a look at them

Common Spirit Guide

The general characteristic that separates a Spirit Guide from other types of spiritual beings is that they have lived a physical life and return to aide others in working through the same lessons they have been through.

Common Spirit Guide is a term I will use to differentiate the various types of guidance and it is not meant to imply any lesser value than any other guide.

The Common Spirit Guide is here to help with problem solving. They can often appear in groups as well as singular.

These guides are learning just as we are and although their perspective is much broader than ours is they often remain in the background watching to see how we solve our problems.

They give insight through dreams or meditation and at times a sudden realization of a situation that is developing and our role in that.

The proverbial " light bulb going off". They can remain with us our whole lifetime or stay only for a set amount of time. They are prearranged prior to incarnation.

Master Teacher Guide

I like to refer to our Master Guide as the main one. This is guide that we would call the one in charge. It is the one that we identify with when asked to name our guide.

Master Teachers are with us from birth to death and we can have several working with us at the same time. The purpose of the Master Teacher Guide is to inspire us and help us inspire others.

They are also referred to as the protector as they are there to help us keep on track. Known also as a "Gatekeeper" or "Door Keeper", they tend to only allow guidance of the purest and most beneficial intent to aid you.

They will also stand guard during mediumship, allowing only the spirits you are seeking contact with into your consciousness.

Teacher Guide

We have Teacher Guides that flit in and out dealing only with the subjects they came to guide us in. Imagine a college setting, you have one teacher for math, one for English, one for biology etc.

So it is with the Teacher Guides. They aid us in matters of health, science, biology, relationship skills, and any and all topics you can think of.

The Master Teacher is then in comparison the dean of the school, overseeing the curriculum of all the other Teacher Guides.

The Teacher Guides are here to help us develop principles regarding our morals, compassion, and ethics. They work hand in hand with the Common Spirit Guides.

These seem to be the three main groupings of Spirit Guides but we will cover a few other entities that make up the "Celestial Realm of Guidance."

Saints

Saints are those that lived a life devoted to serving God. They have performed miracles thereby demonstrating their mastery of the spiritual principles.

When they make the transition they are given the right to pass on their knowledge to others. Actual communication with a Saint is very rare, as they tend to pass on their knowledge when you focus on the name or life of the saint.

St Germain has been known to communicate with individuals when he wished to pass on information for the awakening of humankind as a whole.

Please be aware those many that purport to be channeling a Saint are misinterpreting the identity of the spirit.

Ascended Masters

Ascended Masters are those beings that have lived a physical life and became master of that life.

For example, Jesus, Buddha, and Krishna

The difference between Saints and Ascended Masters is that Saints spent their lives serving God as a separate entity, while Ascended Masters spent their lives with the understanding they are one with God that God is not separate but a part of us.

Ascended Masters seldom work with individuals although it is not unknown, they tend to work on a broader scale for the good of the whole planetary consciousness.

They will work with collective groups of souls whose primary mission in this life was to improve humankind as a whole ad lead to a spiritual transformation.

Angels

Despite popular belief Angels are not reincarnated loved ones. Angels have never led a physical life and were created as divine beings.

They were created to serve as messengers from the Divine.

Today we are seeing a renaissance of angelic presence. Angels have been with humankind since the beginning of time.

Today we see television shows about them, multitudes of books on the market about them and personal accounts in the thousands of angelic intervention.

Angels can appear in any form they wish. They seldom talk to us in the manner of spirit guides but it is not unknown for it to happen. Anyone can have an encounter with an Angel.

Their purpose is to stir within each of us the knowledge that we are not alone, that we are divine by nature and that divinity has our best interests in mind. They rescue us from danger, inspire us to create beautiful music prod us towards living a spiritual life.

They make the most beautiful synchronistic event happen in your life but understand this…They interact with us in their own timeframe, not subject to our beck and call unless the need is very great.

They do not give you winning lottery numbers or predict the future. They are of the soul and concerned with the soul not the mundane aspects of physical life, that is the Spirit Guide's job.

Guardian Angels

Much has been said about each of us having a Guardian Angel, implying one angel that watches over us. I think that we have many guardian angels, all of the angelic realm so to speak.

All angels are guardians, but you may feel the male or female presence associated with your Master Teacher Guide and suppose that it is a Guardian Angel.

Archangels

Archangels come from a different realm than Angels. Some people believe that Archangels incarnated in the very beginning of humankind’s inception.

They then returned to their dimension almost never needing to incarnate again while others believe that they have never incarnated nor have they the ability to do so.

Although we can not seem to determine their origin or their defining characteristics we can be assured that if there were a hierarchy in

Heaven they would be close to the top. Archangels do not communicate with humans, despite popular belief.

They are divine in nature, their purpose is to handle matters in other dimensions, not ours here on earth.

How Do We Get To Know Our Guides?

Guides contact us in very subtle ways. They provoke a thought in our heads much like angels, they visit us in our dreams and appear in our meditations.

Like all concepts in spiritual growth, intent is everything and if you desire to make contact with guidance, dedication and perseverance will enable you to do so.

Some guides appear as physical beings in meditation and dreams while at other times they appear as beings of light, pure light of different colors.

You can ask your guidance to appear in dreams, but better still is to make a conscious attempt to meditate to meet them.

It is not important to get a name for your guide, they often prefer not to give their physical names as you tend to emulate the name and not listen to their advice.

They are our very best friend. They keep our secrets and share our pain and joy. They are our teachers, leading us down paths that will aid us in defining our focus.

They are our muse providing us with inspiration when we are searching for just the exact way to convey a creative or artistic idea.

Like all spiritual beings, Spirit Guides seldom predict the future. While they will give you some hints as to what may occur if you continue on your current path, there seems to be a prime directive that will not allow them to tell us what to do.

In life threatening situations they will attempt to warn us but they will not give us the lottery numbers.

Getting to know your Spirit Guides and establishing communication with them is one of the most important things you can do to enhance your own intuitive ability.

Meeting Your Spirit Guides

Note - Meeting you a spirit guide is a form of channeling. As with all channeling - this is not for everyone.

If you have deep psychological problems - or find the guides you connect with to be negative or bring negative messages - please stop channeling. These exercises are to bring light and information.

They could trigger your fears and cause anxiety if you want your answers to be ONLY the way you want your life to run. It is meant to help you talk to spirit in the light.

It means that they will address things with you in a way that you understand - and is in your best interests based on your soul needs.

Day One: Are you there?

You are going to ask only 'yes or no' questions for the first few days. All questions can only be asked ONCE. Telepathic communication with spirit is called clairaudience. These are the thoughts you get when you make the connection. They may be accompanied by physical sensations such as: A pressure on top of your head. This is the opening of the crown chakra.
A sensation on the left side of the body or face.
This is the right side of the brain - the intuitive side - opening. Sit down in a quiet place.
You do not have to prepare as you would for meditation.
Do not close your eyes.
Listen to your thoughts only!

Think, Hello! Are you there?

Relax and allow the answer to come naturally.

You should hear a thought message with an affirmative answer.

We are going to ask 'yes / no questions' that are not personal.

Is it sunny today?

You should hear the answer.

Is today Sunday?

Continue a line of simple questions.

You may stop and prepare them along the way.
Spirit is there all the time to guide.
Get used to the idea of 'listening' to simple messages.

Day 2: Getting to know your spirit guide

Again use only 'yes / no' questions - with one exception - today we find out the name of your main spirit guide.

You can prepare
Ask your question . . . then pause . . . listen to your thoughts . . . connect with the answer.

Greet you guide with whatever greeting you chose.

See your frequency connecting with his / hers.

Allow your thoughts to connect.

Ask, Are you ready to answer questions?

Wait for an affirmative answer. It should be immediate.

Ask, Are you male? (You may have already determined that by the tonal frequency of the messages).

Are you female?

I would like to know your name.

Can you tell it to me please.

If you have trouble getting the name - listen hard - then come as close to what you 'hear' as you can.

Spirit will accept whatever name you give.

Continue by asking more general questions.

You can write down questions and answers.

Day 3: Past lives with your Guide

Prepare questions.

Get comfortable.

Greet your spirit guide.

More 'yes / no' questions.

Ask, Did we know each other in a past life?
Were we family?
Ask the about the nature of the relationship?
Wife- husband?

Mother - child?

Have we been together more than once?

More than 5 times? Etc.

Ask questions about the times spent together.

Have I ever been your spirit guide while you lived on the Earth plane?

Have you always been in my life - in this incarnation?

Day 4: Talking to your guide about the Universe

Prepare a set of 'yes - no' questions pertaining to the Universe.

Do not ask personal questions at this time.
Sample questions:

Did Earth ever exist in another dimension?

Is there life on other planets?

Are there angels?

Do they have a heirachy?

Do they help souls move to the next realms?

Day 5: Talking to your guide about reality and other dimensions

Are there many dimensions?

Are there entities in those dimensions?

Can a soul exist in more than one dimension?

Does the future co-exist with the past and present?

Do we have free will?

Day 6: Getting Personal

By now you should feel comfortable with your guide.

Today we will begin some personal spiritual questions.

Do not ask about your romantic life or job!
We will basically ask 'yes - no' questions.

Some easy questions may be asked that require explanation.

Are you my only spirit guide?

How many do I have?

I would like to meet another guide today.

Please have another guide come to talk with me.

What is your name?

Do you work with - - - (name the first guide)?

What is your function in my life?

This can be asked of both guides.

Am I on the right spiritual path?

Will you guide me to the next part of my spirit journey?

Should I be working as a healer?

Do I meditate enough?

Do I need to take classes to guide me?

Do I need to move to a new location to find my destiny?

If yes - name places - still ask only 'yes - no' answers.

Continue questions.

Take notes.

DO NOT ask for long detailed explanations.

Day 7: Chatting with your Guide about your biological or adopted family relationships

Today we will focus on the subject of your biological or adopted family relationships.

This is NOT to reference your love life, marriage, and family you have created as an adult.

We will ask only 'yes - no' questions.

Tune in" to your guide mentally.

Open the third eye. (This is a physical eye - pineal gland. It actually looks up.

It is not on your forehead as is written. It is at the base of the brain).

You may greet your guide in any way you wish.

Sample questions:

Are members of my biological family from my past lives?

Give names?

Ask various questions about the members of your family in relationship to you and to each other.
It is fine to discuss members of the family who have passed over.

Ex. - Is the soul of - - - (Person is deceased) - the same soul as - - - (person is living)?
Do I have my strongest karma in this lifetime with - - - - -names given?

Is my main karma in this lifetime to be the Caretaker of - - -(name person - usually the parent)?

If you believe you are a walk- in, ask about all family members - theirs and yours.
I have dreamed of parents on another planet - is this reality?

Past life?

Parallel life?

- - - - -(Name) - abused me as a child.

Can I forgive (name) and balance the energies now?

You can include questions about foster parents if you feel connected.

Don't forget grandparents - and other relatives you knew while growing up.

Ask your guide if a deceased member of the family is available to speak with you. Ex. Can you bring my mother to speak with me?

You may have to pause to wait for another spirit to arrive.

You may smell flowers, or have other sensory experiences.

If you need to ask forgiveness about something - this is the time to do so.

Day 8 - Your Career / Job

Today we will be continuing with 'yes-no' questions.
Begin with a greeting to your guide and perhaps prepare a list of questions for today

Begin with a greeting to your guide.

You may chose the same guide each day or ask for another guide.

This does not mean that you can ask them each the same question.

There is generally one main guide who is a partner to you and would be the one who you would address.
You can tell your guide that you are here today to discuss your job / career - but in all probability - he / she already knows that.

Sample questions:

Is the career I have chosen a lifetime career?

Will I have various changes in careers in this lifetime?

Will I have jobs or should I go to school and train for a career?

To find my career - do I need formal education? Training?

Am I best suited to be a - create a list of desired job choices.

Businesses: Would I do better alone?

With one partner?

Two partners?

Can I trust - - -?

Will my business merge?

Evolve into something else?

Fail?

Is my job a 'dead-end' job?

Am I settling for less than I could be because I am lazy?

Am I smarter than I realize?

Could I return to school after years of absence?

Can I find a career that I am 'passionate' with?

Will I stay at this job until I retire?

Will there be a 'buy-out'?

You will think of dozens of questions.

Day 9 - My Love Life

You are finally ready to ask 'yes - no' questions about your love life.

Now this is where things get tricky as the ego always 'kicks in' here.

Remember first answers count!

You are ready to begin.

Sample questions if you have a partner now . . .

Is - - - (name partner) my soul mate?

Are we together because we have karma to work out?

Is - - - my lifetime partner or will I have another?

Is my partner growing spiritual as I am?

Is this important to keeping us together?

Have we grown apart?

Am I holding on to a relationship that is over?

Can - - - - love in a spiritual way?

Does my low self-esteem enter the picture?

Why do I stay with - - -?

Name choices - money - children - scared to live alone - other.

If you are single you could ask . . .

Will I find a soul mate?

Does my soul mate exist on the Earth plane now - in a physical body?

Is my soul mate my spirit guide?

Will I marry? –

Live with someone -?

Would my soul's needs best be met - by living alone?
With a mate?

Is my destiny on Earth other than marriage and children?

Is my karma - parental caretaker?

Day 10 - My goals in life

Time for 'yes-no' questions about your goals in life
By now you should sense that your guide is near you and ready to answer your questions. Greet him / her in whatever way you chose.

Sample questions.

Are my goals in life realistic?

Should I see the 'sky the limit' when creating my goals?

Do I need to change my goals pertaining to - love life?

Marriage?

Work?

Other?

Will I ever realize my goals?

Think of other questions.

Day 11 - Your Love Life - Let's get to it . .

Today we will talk to spirit but seek detailed answers.

Only the first answer is the correct answer.

Decide on the guide you wish to work with.

Prepare a few questions or subjects to discuss.

Greet your guide.

Take notes.

Sample questions if single . . .

Do I have a soul mate out there?

Describe him / her to me . . .

physical description - age - career - astrological sign –

where the person lives.

How will we meet?

Introduction?

Social occasion?

Chance meeting?

Other?

Will that person be ready for a full time commitment?

If not - why?

Tell me about past lives with that person?

I have just met - - - - -?

Is this my true soul mate?

Ask detailed questions.
If married . . . ask why you and - - - - are together - karma?

Love?

Soul mates?

Money?

Afraid to be alone?

Discuss with your guide.

Day 12 - Job Questions and detailed answers

Today we are going to ask job questions with more detailed answers.

Let's begin . . .

Am I working in the right career?

If not, what would you suggest?

Am I emotionally capable of going back to school to further my career?

Ask for suggestions for courses?

If someone is bothering you at work - ask what you can do to balance the situation - other than quitting.

Soul guides

Soul Guides, although serving a similar purpose as Spirit Guides are really different. Spirit Guides are souls that are more or less dedicated to you for this one lifetime.

They are souls whose "age" is approximately the same as your own. Age is not really a good term to use here, perhaps degree of soul evolution would be a much better term. Regardless of how you wish to define it, they are friends of yours in the Spirit Realm.

Now why have you come to Earth in a physical lifetime in the first place?

Let us assume that you are a young soul , you would have come here to learn certain lessons, and to grow. You would have a desire for your soul or spirit to evolve to a higher level.

So you would want some plan to follow in order to learn the lessons that you needed to learn at this time. The main problem that you would be faced with is that you would not really know what those lessons were, or how to go about learning them.

This is where the Soul Guide comes in. This is an "older" more evolved soul that has been through many more lifetimes than you and your spirit guides have been through. And as result has learned very much more.

Your soul guide will be working with a group of souls, one of which you are. Some of your guides may also be his/her students.

And your soul guide will work with you over a great many lives whereas your spirit guides will likely only be working with you for the one lifetime.

Let us assume that you have been feeling the urge to come into the physical and that your soul guide agrees with you that it is time. You and your soul guide will get together and make a general plan of what you need to learn during the coming lifetime.

You will plan the general circumstances of your birth and the family that you will be brought up in, even so far as choosing your parents. And if you are an older soul, you may be assigned a job or task to perform while you are here.

After you have lived your life, and have made your transition back into the Spirit Realm, and have moved back into the light, you may be given a period of rest, but in time you will have to examine the life that you have just finished.

Until you as a spirit reach the level of maturity or evolution that you are able to do this without help, your Soul Guide will help with that task. You will look to see which lessons that you successfully learned, and which ones that you failed to learn.

If you had a task or job to perform, you will also examine your efforts on that to see how successful that you were in that.

So your Soul Guide is there basically to help you to grow, from lifetime to lifetime. Now, are you ready for this? Just as you belong to a group of souls that is working together, so does your Soul Guide belong to a group of souls, older and more evolved than yours.

And just as you have a Soul Guide to help you evolve and grow, your Soul Guide has an even older more evolved Soul Guide to help him/her.

What is psychometry?

Psychometry generally refers to the ability to gain impressions by holding an object.

All objects carry frequencies. Therefore all objects will bring you images.

PSYCHOMETRY LESSONS

Psychometry - Day 1

Prepare the object / objects you wish to work with.
Some people prefer metal objects - such as keys or jewelry - as metal carries a strong frequency.

You can work alone or in a group - wherein each person contributes an object for someone else to hold.

Once you have determined what object you want to use - sit down in a quiet place.

Hold the object in the hand that feels most comfortable to you

Now that you are in a quiet, comfortable place, relax and close your eyes.

Take several deeps breaths - as needed - to place you in a relaxed alpha state.

If you are a new reader to this page here are some easy breathing techniques -?

Breath in through your nose - hold the breathe several seconds as is comfortable for you

Slowly release the breath through your mouth.

Repeat this 2 or 3 times as is comfortable.

Now take the object you have selected and hold it in your hand.

Relax your mind.

Focus on the screen in your mind.

A color will form ----> then a shape-----> another shape.

The shapes may be still or animated.

Begin to verbally tape what you see even if the images make no sense at the moment.

If you are working in a group, each person should have a chance to hold an object and tell the rest of the group what impressions they get about the object - which of course references the owner of the object.

Take your time with this. There is no hurry.

You may try more than one object - perhaps objects of different materials.

But only use ONE object at a time.

Record the information in your journal.

Patience is important with this skill!

It will also show you how long your mind can remain 'clear' of its 'chatter'! (Laugh)

Thoughts flow like a never-ending river as all things are connected through the collective unconscious - universal mind - if you will.

Your brain is always busy tapping in to that 'stream of consciousness'.

Your brain does not need to sleep as the rest of your physical body does.

Psychometry - Day 2 - The Plant and Mineral Kingdom

Today we are going to psychometize something in nature.
If you have a plant - or something near you to use - that would be fine.

If you do not - go outdoors and connect with something in the planet or mineral kingdom.

Rocks have wonderful messages.

You can use your crystal today - but not to look in it - rather to close your eyes and work with it that way.

Once you have selected your object - place your hand on the object.

If this is a public place - it may be too difficult to do without people thinking you're nuts!

Pay no attention and proceed on as best you can!

If you are alone in nature:

Either stand near your object or sit down and hold it in your hand!

Close your eyes
Breathe slowly and deeply
Allow all of nature to connect with your being
« Visualize yourself becoming one with the trees . . . flowers . . . grass . . . rocks . . .

They are now your reality and they have so much to say!

Connect your frequency with the object you have selected - such as a stone.

Become one with it . . . so that you are looking through its eyes.

Relax . . . take another deep breath . . .

Allow the object to give you visual and / or mental messages.

When it is finished . . . you might want to mentally ask it a question.

It is great to ask a tree about other trees on the planet.

They are all connected energetically.

Call to the trees and ask about the ecology changes on the planet at this time.

You can record on tape or even video if your prefer.

Here's something you can do with your object - which falls under the heading of telekinesis!

Place your object on the ground.

If you have become 'one' with it - you can make it move - if just a tiny bit!

If you outdoors with other strangers:

Try to find a quiet space and time.

Work with the object as best you can.

You might want to pick up a rock or flower and take it indoors to a private place to connect.

If you are indoors:

Find a quiet place - free of distractions.
Gently hold the plant or mineral you have selected - or rest it in on a table / floor ---placing your hand on it.

Close your eyes.

Take one or more deep breaths.

Feel the pressures of your day releasing.
Relax your shoulders . . . head . . . jaw . . . face.
See yourself connecting with the object . . . becoming one with it.

Again look or listen for messages.

After you have finished receiving messages - 'talk' to the object.

Ask about the universe.

Ask about the coming shift in the 'program' we call our reality.

Try telekinesis with the object if you feel you have bonded.
Just watch the object with a relaxed mind. In your mind see it move!
Then wait!

It will probably move after you have looked away! Telekinesis does not work when you want it to.

Psychometry - Day 3 - The Animal Kingdom

Today we are going to connect with a pet or other animal to see what messages they send us!

I am aware that many people are not around animals.

In that case - save these notes until you have the opportunity to be with an animal you feel comfortable enough to communicate with!

You can do this alone or with another person watching you and perhaps trying this exercise as well.

First decided on the animal you wish to communicate with you
Relax and call the animal to you.

If it does not come - it will not communicate.

Several attempts at psychometry with that animal may be necessary until you both feel comfortable with each other.

Once the animal will come to you - place one or more hands on the animal.

Relax and send the animal a message of love and peace.
Animals read frequencies.

It will understand.

Next place your hand on the animal as feels comfortable for both of you.

Send the animal a message to relax and that you wish to communicate.

Once you feel that the situation is comfortable - close your eyes.

Look for images.

Animals send clairvoyant images as opposed to clairaudient thoughts.

The amount of information you can receive from animals is endless.

It may even tell you that it knew you in a past life!

Or that it was a pet of yours in this lifetime that died.

You can try this many times with the same animal.

Each time you should receive many messages.

You can work with different types of animals.

If you live on a farm - the types of animals is endless.

Determine if they all send the same messages.

Animals are aware of Earth changes.

Record information in your journal!

Psychometry - Day 4 - Connecting with Humans

Find someone you would like to do psychoometry with - even if they are just sitting with you and you are getting messages for them.

Find a quiet place to work.

Arrange two seats that allow you and the person to sit face to face.

Explain that you are going to be holding their hands . . .

Closing your eyes . . .

Connecting with their frequency . . .

And bringing them messages about themselves - Nothing bad!
Do NOT tell them if you see anything negative!

Start the tape recorder unless the person is uncomfortable with it.

Take the person's hands gently in yours.

Close your eyes.

Take a deep breathe if needed.

Watch the screen in your mind to focus.

You can tell the person what you are seeing -, as most people are curious about the events in there lives.

Continue until images stop.

What do numbers mean?

Numbers and their meaning

Zero

Zero represents the Cosmic Egg, the primordial Androgyne ---the Plenum.

Zero as an empty circle depicts both the nothingness of death and yet the totality of life contained within the circle. As an ellipse the two sides represent ascent and descent, evolution and involution.

Before the One (meaning the Source-not the number) there is only Void, or non-being; thought; the ultimate mystery, the incomprehensible Absolute.

Begins with meanings such as, Non-existence; nothingness; the un-manifest; the unlimited; the eternal. The absence of all quality or quantity.

Taoism: It symbolizes the Void; non-being. Buddhism: It is the Void and nothingness. Cabalism: Boundless; Limitless Light; the Ain Pythagoras saw zero as the perfect. Zero is the Monad, the originator and container of All. _ Islamic: Zero is the Divine Essence.

One

1 - Is considered to be a primordial unity. The beginning. The Creator.

It the First Cause or as some cultures refer, the First Mover. One is the sum of all possibilities.

It is essence, the Center. One is referred to isolation. One springs forth, upsurges. It is seen as the number that gives cause to duality as multiplicity and back to final unity.

Chinese: refer to one as Yang, masculine; celestial. It is seen as an auspicious number. One is The Monad. Christian: God the Father; the Godhead. Hebrew: Adonai, the Lord, the Most High, the I am, hidden intelligence.

Islamic:
One refers to one as God as unity; the Absolute; self-sufficient.
Pythagorean: One as meaning Spirit; God, from which all things come. It is the very essence, the Monad.
Taoism « Tao begets One, One begets Two, Two begets three and three begets all things. »

Two

2 - Represents duality. Alteration; diversity; conflict; dependence. Two is a static condition. It is rooted, seen as balance (two sides); stability; reflection.

Two are the opposite poles. Represents the dual nature of the human being. It is desire, since all that is manifest in duality is in pairs of opposites.

As one represents a point, two represents a length. The Binary is the first number to recede from Unity; it also symbolizes sin, which deviates from the first good and denotes the transitory and the corruptible.

Two represents two-fold strength-which is symbolized by two of anything, usually in history, by animals in pairs.

Three

3- its roots stem from the meaning of multiplicity. Creative power; growth.

Three is a moving forward of energy, overcoming duality, expression, manifestation and synthesis. Three is the first number to which the meaning « all » was given. It is The Triad, being the number of the whole as it contains the beginning, a middle and an end. The power of three is universal and is the tripartite nature of the world as heaven, earth, and waters. It is human as body, soul and spirit.

Notice the distinction that soul and spirit are not the same. They are not. Three is birth, life, and death. It is the beginning, middle and end. Three is a complete cycle unto itself. It is past, present, future.

The symbol of three is the triangle. Three interwoven circles or triangles can represent the indissoluble unity of the three persons of the trinity. Others symbols using three are: trident, fleur-de-lis, trefoil, trisula, thunderbolt, and trigrams. The astral or emotional body stays connected to the physically body for three days after death. There is scientific evidence that the brain, even when all other systems are failing takes three days to register complete shutdown.

There are 3 phases to the moon. Lunar animals are often depicted as 3 legged. Three is the heavenly number, representing soul, as four represents body. Together the two equal seven (3+4=7) and form the sacred hebdomadal.

The 3x4=12 representing the signs of the Zodiac and months of the year. Pythagorean three means completion. There are three wishes; genies have three wishes, three leprechauns, three prince or princesses, and three witches, three weird sisters among others.

Four

4- Four is seen as the first solid number. It is spatial in scheme or order in manifestation. It is static as opposed to the circular and the dynamic. It is wholeness; totality; completion; solid. It represents Earth; order.

It is seen as representing the rational; relativity and justice. It is the symbol of measurement. It represents foundation. It is also representative of the Alien frequency and Alien Abduction.

The are four cardinal points; four seasons; four winds; four directions (as in North, South, East, West); four elements (Fire, Water, Air, Earth) in the western culture. In eastern cultures there are 5 elements. There are four sides to a square; four arms to a cross.

There are four rivers to Paradise that formed a cross (the Garden of Eden was said to be within the four rivers). Within Paradise were four infernal regions, seas, and sacred mountains. There are four watches of the night and day, quarters of the moon.

There are four quarters to the earth. There are four tetramorphs. The Divine Quaternity is in direct contrast to the Trinity. Four is a symbolic number used throughout in the Old Testament. The quaternary can be depicted as the quatrefoil as well as the square and the cross.

Five

5- Five is the symbol of human microcosm. The number of the human being. Human forms---the pentagon when arms and legs are out stretched.

The pentagon is endless ---sharing the symbolism of perfection and power of the circle. Five is a circular number as it produces itself in its last digit when raised to its own power.

The pentacle, like the circle symbolizes whole, the quincunx being the number of its center and the meeting point of heaven, earth, and the four cardinal points plus the center point. Five is also representative of the Godhead---Central Creator of the four fours plus itself equaling five.

Five is the marriage of the hieros gamos as combination of feminine and the masculine. Feminine being even, as 2, in frequency and masculine being odd as 3 in frequency = 5. The number five symbolizes meditation; religion; versatility. It represents the five senses (taste, touch, smell, sight, and hearing) everywhere except in the East.

In the East there are six---the extra being Mind. We find meanings to five in the five petaled flower, five pointed leaves-especially the ROSE. The Rose has much symbolism, but also the lily, vine, all of which represent the microcosm. The five-pointed star depicts individuality and spiritual aspiration and education when it points upward. The five-pointed star pointing downward represents witchcraft, and it is used in black magic.

Noted: There is a very broad difference between witchcraft and black magic. The number five formed the first counting process from which all else came.

Six

6- Six represents equilibrium; harmony. It is the perfect number within the decade 1+2+3=6. It is the most productive of all numbers.

It symbolizes union of polarity, the hermaphrodite being represented by the two interlaced triangles, the upward- pointing as male, fire and the heavens, and the downward pointing as female, the waters and the earth. Six is the symbol of luck; love; health; beauty; chance. It is a winning number at the throw of the dice in the West.

There are six rays of the solar wheel and there are six interlaced triangles. There are six pointed stars or Seal of Solomon. Six also represents perfect balance.

Seven

7- Seven is the number of the Universe. It is the three of the heavens (soul) combined with the four (body) of the earth; being the first number containing both the spiritual and the temporal.

In looking over the list of meanings it doesn't take long to figure out why the seven has become significant in metaphysical, religious and other spiritual doctrines...seven represents the virginity of the « Great Mother ».

There are « seven » ages of man ancient wonders of the world circles of Universe cosmic stages days of the week heavens hells major planets metals of the planets pillars of wisdom rays of the sun There are seven musical notes.

Sound as frequency plays a key roll in matters of Universe. There are over 80 octaves of frequency---each governing a specific manifestation in Universe.

EIGHT

Spiritually eight is the goal of the initiate, having gone through the seven stages. Eight is the number of Paradise regained.

Eight is solidarity as the first cube and it denotes perfection by virtue of its six surfaces

There are eight winds and intermediate directions of space. Eight represents the pairs of opposites. The octagon is the beginning of the transformation of the square into a circle and vice versa.

Nine

9- Nine is composed of the all-powerful 3x3.
It is the Triple Triad.

IT represents completion; fulfillment; attainment; beginning and the end; the whole number; a celestial and angelic number. Nine represents the Earthly Paradise.

Nine is seen as an incorruptible number. It is the number of the circumference, its division into 90 degrees and into 360 for the entire circumference.

Nine is symbolized by the two triangles, which are a symbol of male, fire, mountain and female, water, cave principles.

Ten

10- Ten is the number of the cosmos---the paradigm of creation.

The decad contains all numbers and therefore all things and possibilities. It is the radix or turning point of all counting. Ten is all-inclusive representing law; order and dominion.

The tetraktys 1+2+3+4= 10 symbolizes divinity and one represents a point; two, length; three, a plane or surface (as a triangle); four, solidity or space.

Ten is seen as the perfect-the return to unity. When based on the digits of the two hands, it is completeness and the foundation of all counting. Its highest ranges of completeness, 100 and 1000, is the basis of all Hindu cosmology, and in China the Ten Thousand Things, i.e.: the uncountable, symbolize the whole of manifestation.

Ten is also the number of completion of journeys and returns to origins: Odysseus wandered for nine years and returned on the tenth. Troy was besieged for nine years and fell on the tenth. Ten is the sum of the number nine of the circumference with the one of the center---being perfection.

We see ten also being symbolized in rituals like the ritual of the Maypole-the one of the axis with the circle danced around.

ELEVEN

In systems such as Astrology and basic Numerology, eleven is considered to be a Master Number.
Eleven can also represent sin; transgression and peril.
Ten being the perfect number, eleven represents the
Exceeding of both. It is interesting to note that eleven
When broken down (1+1=2) comprises the Two
Of duality.

Understanding astrology

Note that this chapter are not lessons in astrology, but rather a guide to a better understanding of astrology.

Signs:

FIRE SIGNS
Aries
Leo
Sagittarius

AIR SIGNS
Aquarius
Gemini
Libra

EARTH SIGNS
Taurus
Virgo
Capricorn

WATER SIGNS
Pisces
Cancer
Scorpio

These four groups of signs: fire, earth, air, and water, combine to form two major groups that represent two fundamental approaches to life; active and passive. The fire and air signs make up the active or masculine signs, while the earth and water signs make up the passive or feminine signs.

Another group of traits occurs among signs that are 90 degrees apart from each other. There are four signs in each group of Qualities, which are cardinal, fixed, or mutable. They suggest the basic kinds of activity a person will be engaged in-getting things started, keeping them going, or steering them in different directions.

CARDINAL SIGN
Aries, Cancer, Libra, Capricorn.
Initiating, enterprising, ambitious, domineering.

FIXED SIGNS
Taurus, Leo, Scorpio, Aquarius.

Determined, conventional, organizing, and dogmatic.

MUTABLE SIGNS
Gemini, Virgo, Sagittarius.
Adaptable, imaginative, tutorial, critical.

YOUR RISING SIGN – ASCENDANT

Your Rising sign is the sign of the zodiac that was just coming up over the eastern horizon at the moment that you were born. If you were born at sunrise, your Rising sign would be the same as your sun sign.

That's because the Sun sign tells you what part of the zodiac the Sun was in at that time. Since that was the part of the zodiac rising over the horizon at sunrise, it is also your Rising sign.

If you were born a few hours earlier, or a few hours later a different part of the zodiac would be rising or ascending, over the eastern horizon. Another name for your Rising sign is your « Ascendant ».

Your Rising sign is important for two reasons. First like your Sun sign, it serves to establish a basic pattern in your life.

Where the Sun establishes your character, or who you really are, your Rising sign determines your personality, or what you show the world as you deal with it.

Second, it establishes the position of your houses in the zodiac. That's because your Rising sign marks the beginning of your first house. Here are descriptions of the personalities that go with each rising sign

Aries: Outspoken
Taurus: Timid
Gemini: Talkative
Cancer: Sympathetic
Leo: Dignified
Virgo: Shy
Libra: Charming
Scorpio: Intense
Sagittarius: Expansive

Capricorn: Serious
Aquarius: Considerate
Pisces: Idealistic

ASTROLOGICAL HOUSES

An astrological chart is like a wheel separated into twelve equal parts of thirty degrees each. Each of these parts is called a house.

Each house represents a cluster of interests and activities just as each sign represents a cluster of traits and approaches for dealing with those activities.

Each of the twelve houses-parts-of the chart--- each at 30 degrees- indicate specific areas in life in which actions will be performed, and which will be strong or weak depending on the nature and situation of planets that influence them.

First:
Self, appearance

Second:
Earnings, possessions

Third
Communications, relatives

Fourth
Home, parents

Fifth
Pleasures, children

Sixth
Health, service

Seventh
Spouse, partnerships

Eighth
Death, regeneration

Ninth
Philosophy, travel

Tenth
Career, status

Eleventh
Friends, aspirations

Twelfth
Secrets, limitations

Major Aspects

Conjunction (0 degrees)

Neither harmonious nor inharmonious, this aspect merges and intensifies the energies of two planets. Inner tension can arise if the planets have conflicting natures.

Sextile (60 degrees, two signs apart)

Harmonious aspect that helps energies flow toward attainment of your goals, provided you make some conscious effort to achieve them yourself.

Square (90 degrees, three signs apart)

Inharmonious aspect causing tensions and obstacles for you to overcome.
It forces you to choose between you conflicting inner needs and urges.

Trine (120 degrees, four signs apart)

Harmonious aspect that brings the two energies into an easy interplay. This can create such beneficial consequences that things become to easy for you and you become lazy.

Opposition (180 degrees, six signs apart)

Inharmonious aspect creating inner tensions between your planetary urges.
It also creates dynamic tensions with others, which you must reconcile if you want to maintain harmonious relationships.

Minor Aspects

A minor harmonious aspect. It is considered important to some astrologers in natal astrology. It is similar to sextile but minor, It also can mitigate other inharmonious aspects.

Semi-Square (45 degrees, 1-1/2 signs apart)

A minor inharmonious aspect. This causes friction and irritation between planets in aspects. This causes mild stress and tension.

Quincunx (150 degrees, 5 signs apart or in conjunct)

This aspect is another minor inharmonious one. It suggests a need for adjustment.

PLANETS AND ASTROLOGY

The planets represent:

1. The manner in which activities were performed in previous lives.
2. The manner in which they are likely to be performed in the present life.

The Sun:

The Sun's position in the zodiac is your familiar Sun sign.
The Sun sign shows how you express your creative urges through conscious acts of will. The Sun rules the sign Leo.

The Moon:

The Moon's position in the zodiac shows your unconscious emotional reactions to situations based on your early childhood experiences and family training. The Moon rules the sign Cancer.

The Planet Mercury:

The planet Mercury's position in the zodiac shows how you think things out and then communicate your ideas and decisions to others. It also reveals how you make decisions and what you consider before making a decision. The planet Mercury rules the sign Gemini.

The Planet Venus:

The planet Venus's position in the zodiac shows how you give of yourself and how you express your feelings for others. It also reveals how you attract the good things of life, both the material and the spiritual. The planet Venus rules the sign Libra.

The Planet Mars:

The planet Mars's position in the zodiac shows how you use your physical energies in expressing your needs. It affects your sex drive, ambitions, endurance, and aggressiveness. The Planet Mars rules the sign Aries.

The Planet Jupiter:

The planet Jupiter's position in the zodiac shows how you express your need to grow. It shows your interests in the higher values of life and how you share those interests with others. The planet Jupiter rules the sign Sagittarius.

The Planet Saturn:

The planet Saturn's position in the zodiac shows how you try to establish and protect your position in life. It also shows how you face responsibility and seek recognition for your efforts. The planet Saturn rules the sign Capricorn.

The Planet Uranus:

The planet Uranus's position in the zodiac shows something about the motivation, goals, and originality of those born in each seven year period during which Uranus is in each of the signs. The planet Uranus rules the sign Aquarius.

The Planet Neptune:

The planet Neptune's position in the zodiac influences the collective outlook of all those born within the same thirteen year period during which Neptune remains in one sign, showing the mystical and inspirational influences felt by each generation. The planet Neptune rules the sign Pisces.

The Planet Pluto:

The planet Pluto's position in the zodiac influences the entire generation of people born within the same twelve to twenty-two year period during which Pluto remains in one sign, showing human need for regeneration and control in each generation. The planet Pluto rules the sign Scorpio.

TRANSITS OF THE PLANETS AND ASTROLOGY

As the planets slowly move along the zodiac each day, they pass through the different houses of your natal horoscope and make different aspects with the positions of your natal planets.

These transiting planets energize the latent potentials promised by your natal horoscope, and trigger the behaviour and events, which then become a part of your daily experience.

The effect of a transiting planet depends on where it is, with respect to the planets and houses of your natal horoscope.

The day-to-day changes in your life depend on the transits of the Sun, Moon, Mercury, Venus and Mars. Their transits throughout the aspects are measured in days and weeks. The outer planets - Jupiter, Saturn,

Uranus, Neptune, and Pluto - are important for the long-term effects on your life, measured in years and decades.

The duration of a transit effect also depends on whether the transiting planet is in retrograde motion on your date of interest. Retrograde planets may remain in retrograde from twenty-one days to five months (for Mercury and Pluto respectively).

The effect of a planet's transit throughout a natal house is felt over the duration of its stay in that house.

However the duration of the effect of a transiting aspect may be somewhat shorter that the duration of the planet's stay in each sky position (1/3 sign).

For example the effect of a transiting sun is most strongly felt over a three-day period within its ten-day stay in one sky position. The effect will be felt to a lesser extent on the other days of that sky position. It all depends on how closely the aspect falls within its orb during the time it is in each sky position.

TRANSITS

Transits of the Sun:

The Sun is the source of all energies. These energies stimulate the activities of the houses occupied by the transiting Sun and reinforce or weaken the planetary effects, depending on the Sun's aspect to the natal planet.

When the Sun transits an inner planet, it may trigger a dormant aspect between that inner planet and a slower moving outer planet. If a planet is being transited by another planet when it is being transited by the Sun, the effect of the transit is strengthened.

Transits of the Moon:

The Moon spends only about two and a half days in a natal house. This means that its effects occur so quickly that you feel them more as unconscious urges and impulses than conscious reactions to situations.

The effects of the transiting Moon, as it makes aspects with your natal planet positions, are often felt for only a matter of hours. Regardless of whether you are consciously aware of them, you will feel the effects of the Moon.

Transits of the Planet Mercury:

Mercury spends about a week in each natal house. During that time it affects your mental outlook, communications with others, and urges to take trips.

When Mercury is in retrograde motion during its transit it may introduce delays in the affairs under its influence.

Transits of the Planet Venus:

Venus spends about three weeks in each natal house. Venus is the planet of love and material pleasures, so that its transits bring different degrees of enjoyment.

The effects are felt as subjective experiences rather than as urges to action.

Transiting Venus is retrograde for about one and a half months each year. During that time the affairs affected by Venus may be slowed down or delayed.

Transits of the Planet Mars:

Mars spends about two months in each natal house. Mars provides you with the energies needed to assert yourself in the pursuit of your needs and desires.

Transiting Mars is retrograde for about three months each year. During that time you may experience reversals or delays in the affairs affected by Mars at that time.

Transits of the Planet Jupiter:

Transiting Jupiter opens you up to expansive feelings and triggers new opportunities to enlarge the scope of your life.

It is in each house for about one year, and becomes retrograde for about four months each year.

Transits of the Planet Saturn:

Transiting Saturn brings opportunities to learn self-discipline and how to face responsibilities in the areas of life it touches in each house.

The difficulties that arise during a Saturn transit offer you the best opportunities to grow wiser as you grow older.

Saturn is in each house for about two and a half years, and is retrograde for about four and a half months.

Transits of the Planet Uranus:

Transiting Uranus brings major changes in your life.

It breaks up the rigid past and challenges you to put the pieces together into a more viable pattern for living in the present.

Uranus is in each natal house for about seven years and is retrograde for about five months of each year.

Transits of the Planet Neptune:

Transiting Neptune brings opportunities for discovery and use of your creative abilities in the areas affected by the house it occupies.

Unfortunately it also blurs your ability to distinguish between reality and illusion in those same areas, perhaps because it energizes your sixth sense, or psychic abilities.

Neptune is in each house for about five months of each year.

Transits of the Planet Pluto:

Transiting Pluto brings down the established order in the affairs of the house that it occupies. It then creates the conditions from which new beginnings can emerge.

You will experience major transformations in the areas affected by the house occupied by transiting Pluto.

Pluto spends about twenty years in each natal house, and is in retrograde motion for about five months each year.

What is fear?

First of all

If you are feeling fear at this moment, you need to make a decision. When you have relaxed and can explore, you will want to know more clearly what the scary portions of your life represent for you.

Right now, you need to: Either, stop resisting and let yourself feel the fear-without judgment-as the first step in preparing to discover what it is all about for you and what you want to do.

Shift your attention into a more positive direction using deep breathing, meditation and positive affirmation.

Either choice will help you relax and cease struggling. But bear in mind that emotional healing requires that the feelings be felt as part of the process of clearing and resolution. That moment cannot be put off forever.

When you allow yourself to feel without judgment you have moved into the now and a very large portion of the emotional charge will be released immediately. Explore the specific fear and deal with it. Be alert to your own resistance.

Even on a positive track you will certainly experience it, most commonly with discouraging thoughts that tell you can't change the situation, or that past failures will be repeated.

The first thing to change is those thoughts. It is inner change, which precedes outer changes in your life. Begin the exercises. They will help you regardless of what you believe to be the cause of your distress.

Exercises for Clarity, Integration and Strength

After the immediate steps you take to release yourself from fear-such as deep breathing, it is usually helpful to become more conscious of how you were thinking before the fear took hold.

Exercises are offered here to help you understand how you have been constricting yourself and your perceptions-and what is needed to set yourself free.

The exercises are intended to help you uncover the beliefs, the thinking/feeling/imaging patterns which trigger your fear and to remind you of the effective ways you have dealt with fears in the past.

Exercise 1

To identify your own worst fear, answer the following questions for yourself: In what areas of my life do I feel the least sense of personal power? Who or what do I give that power to?
How can I take it back?

Exercise 2

To explore a particular situation that is arousing much anxiety in you, say to a partner, « With regard to _____, I'm afraid that____. »
Say or write at least ten things.
Take a deep breath before each statement.
When you feel as though you've said everything there is to say, take another deep breath and say, « And most of all I'm afraid that ____! »
This exercise is extremely useful in bringing clarity where there is a cloud of anxiety and confusion. The information brought forth is likely to surprise and even reassure you. Clarity as to what you have feared will enormously reduce the level of fear. Affirmations can be created to deal with the situation when you are clear about it. You may end up saying, « Oh, if that's what the problem is, I know I can handle that! »

Exercise 3

Some of my fears are tapes of feelings that somebody else once felt.
Who?
What is the story of that person's fear?
What does it have to do with me-if anything?

Exercise 4

(a) My usual ways of reacting to fear are_____. Brave denial? Avoidance? Provocation? Attack?
(b) My most effective experiences or methods of dealing with fear in the past have been ____.
Ultimately, the answer to this question becomes feeling the fear and facing it, going through what has been avoided and discovering your strength through experience.

Exercise 5

Positive beliefs that have helped me through life; strengths I can draw upon. (List them)
For example: I always have what I need. There is always a solution. I'm a strong person.
Another way to do this exercise is to simply list your positive achievements of the past year, and do it every year. My positive achievements of this past year were:

Exercise 6

Integration.
Assign a positive affirmation to your right (or dominant) hand and state it as you make a gesture with that hand. Let the left hand state the opposition, whatever comes to mind. If no opposition comes to mind, repeat the affirmation with the right hand. Continue until there is no opposition. You will be amazed how well this works.

Working with the Dark Side of the Self

These exercises can be used over and over as you work your way through different fears. They will also reveal your progress.

A. First, imagine yourself full of the brightest light you can imagine. Breathe deeply.

Ask your Higher Self and the divine child within to help you.
Ask for information to identify your shadow side.
The information may come piecemeal. It might take a week to get a fairly complete picture of what you can face at this time.
Keep re-establishing your connection with the light. It is light penetrating darkness, which brings perspective on that which has been hidden from consciousness.
It is also willingness to walk into the dark-metaphorically speaking.

You may find it helpful to frame the question in many different ways.
What have I avoided?
What have I feared?
What has showed up in dreams?
What seems to be chasing me?
What seems to be missing in my life? (There is always a reason.)

The following series of questions have been found very helpful. You have permission to copy this page and use these questions over and over. The answers will vary with the situation.
What I fear most in my life right now is _____.
My repetitive thoughts and feelings about this are _____.
What I do when I'm afraid is _____.
What happens in my body is _____.
I have used this fear in my life to avoid _____ and to justify (doing/thinking/feeling) _____.
If I were to try and make what I most fear happen on purpose, I would _____. List ten things and note how many of them you are actually doing.
If I were free of my fear, I would be (doing) _____ in my life right now.
Give yourself plenty of time to answer.

B. Write your story in four ways. This is well worth the time and effort and can be extremely effective in helping you to shift out of the initial viewpoint into one that is more empowering and compassionate both towards yourself and anyone else involved. Here are the four versions of your story:

As your sad tale-the victim version
As seen from some other person's point of view who was there
As seen by your Higher Self
As an empowering experience for you
In this last one, imagine that the experiences of your fears have led you in exactly the right direction and strengthened you. In just the perfect ways and in perfect timing so you can achieve your soul's mission effectively on earth in this lifetime.

C. What I most want to have happen in this situation is _____.

Envision it with as much detail, color, light and emotional energy as you can. Rehearse and empower it.

Remember, though, that you do not have the right to create a vision for any other specific being. Put no names or faces into your vision.

Work with essence-the kind of relationships and feelings you want to be feeling instead of attempting to achieve specific relationships with people you know.

D. Create the affirmations that will support your vision and correct your fears.

Sixteen Statements to Check out About Fear

Read the statements, fill in the blanks, and check the ones, which add useful information for your understanding. Different statements will apply to different fears. Not everything will apply to you.

Hiding or not finding out important information enhances fear. An example of a time when I made myself afraid unnecessarily is when I delayed finding out_____ (Example: How much money do I owe?)
I have closed my heart to _____ and so am feeling afraid that _____
I believe I can only be OK if _____
_____ (Fear in this case is created by attachment to a third dimensional idea as to what constitutes safety (money, power, control, owning my house, a steady job, keeping my partner, etc.)

__Fear is what I feel when I shorten my breath and tighten my throat, chest, shoulders, stomach and/or abdomen. Sometimes I don't notice I am doing this. If you consciously relax your body and breath deeply, the fear will usually dissipate.

Fear is present when I'm vague, confused, dishonest, not allowing myself to know exactly how what is going on. An example of when this was happening was _____ (To shift this kind of feeling, use Exercise 2)

Fear is part of my self-government system. I scare myself into _____
and out of_____
I have felt panic when _____.

The way out of panic is often shifting from feeling to independent thinking (as distinguished from playing old tapes in your head.) Old tapes within those repeat false or inappropriate statements may have caused the panic. They probably don't apply to your current reality. For example, « I don't know.... » or 'I can't... » when in fact, with some concentration, you do know or you can...

Fear is a cover for anger learned as a child who knew anger must be hidden. As a child I felt fear when _____
_____. But I was really angry at _____.
And I felt _____ about feeling angry.

Fear is the way I tell myself that something important is missing in my awareness or plans.
Fear is my signal to pause and think things over or get better organized.
An example of this in my life is/was
_____.

Fear is my justification for certain actions, such as
_____ and is not necessarily in my best interests in the long run.

Fear is wondering whether I'll protect myself adequately, knowing I've a history of not doing it and haven't fully committed myself to doing it. (Applies to those with histories of self-destructive behavior.) The cure for this is a firm decision to live and a determined commitment to self-care.

Check if the following is true:

I'm feeling fear because I'm carrying around a card in my back pocket which says, « If things get too bad, I can always kill myself, or go crazy, or get myself put away (in a hospital, prison or mental institution.) » And I haven't given it up yet.

Note: Nothing will be solved until you do. Too much energy is being diverted from effective problem solving. But once the decision to let go of the threat to the self is made, you will feel much better and able to face and successfully carry out whatever problem solving is necessary.

Fear is my distrust of my ability to go on living unless I'm fighting for my life.

Fear is what I feel when I've given my power to the opinions of others.
I hereby take back the power I've given to _____
_____.

Fear is a magnet. In accordance with the law of attraction, others who will reinforce my fears or help me « prove » my negative beliefs are drawn to me. An example of this in my life is/was
_____

Fear is what I feel when I'm around someone who is trying to get rid of their scare by scaring me. A time when this happened was
_____
_____

Giving power to or being attached to, ideas and beliefs about creates fear:

Judgment, competition, hierarchy, scarcity, separation, punishment, conspiracy, retribution, evil, loss, abandonment, loneliness, wrongness, badness, mistakes, death, craziness, sickness, loss of the soul, suffering, struggle, hell, helplessness, powerlessness, danger, authority, secrecy, enemies, secrets, failure, purposelessness, shortages of time, of resources, of energy, of creativity, and so forth.

You will need to search and examine your own mind for the limiting beliefs you have accepted which trigger fear. You can use the affirmation process in the Manifestation workbook to establish new neuronal pathways in your brain.

Ways of Dealing with Fear.

Shifting

Relax your body. Do whatever it takes to accomplish that; a hot bath, a walk, the right music, a book, which will lift your spirits, calming tea.

Begin a series of deep breaths. Feel your body's relaxation response. Go into a meditative state. Fill yourself with light. Ask for a higher point of view. Ask your Higher Self for the help you need. Ask for grace.

Consciously bring back to yourself all the energy that you have scattered elsewhere. Bring back the power you have given to others in certain areas of your life. Think of bringing in your maleness regardless of your sex.

Make loud outbreath sounds, huh, huh, huh, while stamping your feet like a Maori warrior before battle! This is very, very effective.

Let go of any particular solutions you are clinging to in your mind, especially if you are convinced that the only solutions are ones you don't want.

Open to other possibilities unknown to you without trying to figure out what they might be. Trust in spirit, not in externals for your safety.

Move into a different physical position or get physically active.

Make loud sharp sounds to break up the fear cloud around you. Intuitively you will know exactly what sounds to make.

Have the intention of setting yourself free. This can be very effective, especially if you have a private place such as your car to do it.

Breathe deeply. Do this whenever you are « in your stuff. »

Call a friend to be with you or talk with you on the phone.

Take a shower and consciously imagine it as a clearing process. For example, you may have caught yourself obsessing fearfully about your financial future.

Brush your hair vigorously to help clear your aura, then take a shower and wash your hair. Think of the water as clearing unwanted thoughts from your energy field.

Replace them with light and with your positive affirmations.

Let somebody's humor make you laugh. See if you can imagine the situation you've been in as a comedy without discounting yourself. Consider renting a humorous video.
Give yourself an experience of pleasure.

Get into the present moment, the power of the Now. Move out of dwelling on the past (« If only... ») or future (« What if.) »

Imagine any emotional cords from other people, which are attached to your chakras as being gently released and floating away.

This will help you feel much lighter and will clear your aura of any fear which do not belong to you. It is very easy to pick up other peoples' fears without realizing it as long as you carry any fear of your own to which it can attach.

Remember nothing can attach to you that have no corresponding resonance within you.

Consciously shift into self-nurturing, caring for your inner child self. This will result in a change of body position, breathing and thinking patterns.

Give yourself extra loving care and nurturing no matter what you do.

It is possible to shift your fear into excitement.

They are two sides of the same coin so to speak. Imagine a great pot of water that is slowly getting warmer and warmer. The bubbles are rising.

More and more of them are coming up to the surface. Finally the water boils. What are you feeling now?

Get more information. In almost any situation of fear, obtaining more information is helpful.

Create a detailed fantasy of a positive outcome. Review it in a meditative frame of mind each day.

Accepting/Observing

The other option, the one that is different from trying to avoid or shift a feeling is to accept your feelings and ride them. Let them flow through you like the wind. Thank them for what they are teaching you. Be a detached observer. Send love to your fears.

Do not resist or try to actively change them. A natural shift will occur when you cease to struggle.

Then move into your creativity. Make a picture or music or poem or write your feelings in a journal. Let your creative energy flow. Let every voice within you be expressed from the fearful to the helpful.

Processing

Ask for help in dreams. Write them down and work with them. Assume that everything in your dream is a part of you, even if disguised.

Be each part. Have each part say how it feels and what it wants. Let them talk with each other honestly. A solution can usually be found in which every part gets what it truly wants.

Avoid any form of self-criticism for outcomes of your risks or experiences. You are not to be abused inside for what you are learning.

Separate the layers of feelings so you know if you are feeling more than one emotion, for example, fear of fear; guilt or anger about feeling fear. Identify the layers and name the feelings so you know exactly what you are dealing with. This dissolves a lot of the struggle immediately.

Examine the beliefs that led you to the scare. Create the affirmations needed to change them. Use the affirmations to keep your life focused on what you want, not on what you don't want.

Imagine that you created this situation deliberately.

What do you have to gain or learn from it?

What is the lesson?

How can it be viewed as a positive happening?

Be willing to give up any attachment to being seen as a victim. Be willing to give up being stroked (given sympathy or extra attention) for being a victim or using victimhood as an excuse for sorry-for-yourself feelings, actions or avoidance's. This can be a major change.

Be willing to give up seeing others as victims. You can still decide to help whoever you want to without using a one-up position. Set the boundaries you want around your personal time/space. Learn to firmly say, « no, I don't choose to » as needed, without defensiveness (victim story) or explanations.

Allow yourself to risk and feel OK about that. Decide not to let fear alone be the basis of any decision whether to do something or not do something.

Give yourself any needed permission you did not get from important authority figures in childhood. For a healthy, happy life you need internal permission to exist. to act, to honour your feelings, to think for yourself, to feel sexy, to be the sex you are, to make mistakes, to be a success (and feel good about it), to take time and space for yourself, to ask for help, and so on, whatever your inner child needs to hear.

Write a dialogue among all the parts of yourself with thoughts and feelings about this fearful situation. Include your Higher Self. Ask every internal part to say what it feels and wants. Continue the dialogue among the parts until all have agreed on what they want.

This will happen more easily than you may expect. There is wisdom in every part of you, even the ones you have thought were obstructive. They are simply trying to bring your attention to something important, some aspect of your greater self. You will feel the relief of clarity.

You do not have any internal enemies, only portions of the self who may be obeying outdated instructions or holding to distorted perceptions/beliefs from long ago.

Imagine being what you most fear, the person, the energy or a symbol of the power you have given away. Feel yourself restored to a sense of power by reintegrating this powerful energy, this part of yourself.

This is most easily done in dreamwork, by being all the parts in the dream.

Write down three pages of stream of consciousness about how you feel first thing in the morning. Use handwriting, not your computer Recall a moment in the past when you felt very powerful and happy. Enhance that. Get fully into it. Then allow that power and happiness to give you a new perspective on your current situation.

Review your past successes and achievements. List them and give yourself lots of credit and love for what you have done.

General Information about Fear

The universal truth that we are all magnificent beings of light and powerful creators is not easy to swallow when you are feeling like a victim. You may need to play with the concept that you create your own reality as a hypothesis and simply discover, from your experiences and experiments, the enormous power you have. It is what you believe and focus upon that determines what comes into your life. This is the central point to understand.

If you have accepted the basic idea that you can create what you want but don't see how to make it work for you.

The fact is that much of the process of dealing with fear is a matter of giving up victimhood and mastering conscious creation from the inside out. If your fear is of an outer event in the future, then look to see what you have focused upon inside. You may prevent the event you don't want by focusing upon what you do want. Shift your focus.

If you are unsure about what you want and clear about what you do not want, ask for assistance from your Higher Self and use the exercises in this workbook. This kind of situation usually means a need for some kind of emotional healing. It is following your excitement that guides you on your spiritual path.

If your feelings are not easily available to you, some kind of emotional healing is needed to allow them to come more clearly into your consciousness. It is better to ask for help in any case, as you seek the path of greatest fulfillment.

Fear as a feeling of separation

In essence, fear is cause by a sense of separation from the universal life and loving spirit in which all of physical and non-physical manifestation is One.

There are no exceptions to this. Learn to take note when you are feeling separate, whether from other people, nature, God or spirit. To be free of fear, you will need to be willing to allow different beliefs and concepts into your mind.

This feeling of separation is a false perception built into third density experience but one you are capable of moving beyond. As earth moves through her ascension process we are all clearing fear from our systems and making room for more light, love and trust. Sometimes the clearing will take the form of physical illness.

Fear of our power, fear of enlightenment

« Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. »

Fear of lack of love or light.

Fear comes when you forget that light is a thousand times more powerful than darkness.
And love is the most powerful force in the universe.

If you attempt to solve a problem in an unloving way, either by not loving yourself, or by using unloving communications with another, you will probably feel fear.

This is because self-betrayal is involved. If you balk at looking into the dark side of a situation, you will feel fear.

This kind of fear disappears when you move straight into the unknown, willing to see and know what is there. The heart of the unknown is light even if you have to go through darkness to find it.

Fear caused by giving away your power

Be aware of any area of selfhood in which you have given away your sense of personal power, whether to another person, the other sex, the government, a religion, a philosophy, the ETs, or a credit card company!

You are a sovereign entity, responsible for what you create, with access to unlimited love, power and wisdom. At this time on Earth, you are in process of bringing all the parts of yourself home to integrate them. The powerful being you are can live without struggle and effort.

Fear caused by accepting negative or limiting beliefs

Fear can be caused by lack of trust in yourself. It can be caused by seeing others as potential victims (not trusting the divinity within them), fearing loss, forgetting the bigger picture in which all is divine, not setting personal boundaries, and so forth.

These are all examples of the results of accepting some kind of negative/limiting belief. In that area of life, it seems that fear is unavoidable. « Proofs » of this will be in your mind but what you have forgotten is that the « proofs » were collected after the decision to view yourself or the world in a certain way, usually in childhood; perhaps in a previous life.

This can be changed with a redecision. Fear is, in 99 cases out of 100, created by the way you are thinking/believing and has no basis in immediate external reality.

The exception is when you are dealing with something already set in motion by your beliefs or a previous soul level agreement, or your current focus of consciousness.

If so, then you need to remember your power is always in the Now and you can change any experience by changing your state of being (deep breathing and a new focus of attention, for example) which will automatically shift your perception and experience.

It is quite possible to see something positively that you had previously interpreted in a negative way.

Each of us has the ability and responsibility to control not the external world but the internal one. That applies to where you place your attention, what you think, what you believe, what you fantasize.

This is how you create your personal reality. You cannot control the feelings, thoughts or actions of others, nor do you have that responsibility.

That means that the temptation to manipulate others or control events in your external world is based on fear and a misinterpretation of where your power lies. The changes you want cannot be achieved through such manipulation. You are not responsible for making others feel good.

They will, however, automatically feel lifted if you have taken responsibility for your own good feelings and expressed them. On the other hand, you will not feel good if you intentionally do things, which you know will hurt or provoke. And such actions draw similar events to you from others through the law of attraction.

You are always responsible for your intent, loving or not, conscious or unconscious. You are responsible for finding and expressing the happiness, which is inherently within you. You cannot place the responsibility for that upon anyone else.

Other people do not have the power to make you feel good or bad, unless you give that power to them. You can choose to respond rather than react as you gradually heal the inner wounds that provide buttons for others to push. Infants, young children and the elderly are vulnerable because they do depend upon you. The power of their beliefs for them and yours for you still operates, though.

As a sovereign expression of divinity, you have access within yourself to unlimited joy, abundance, love, knowledge and creativity. You are never alone. You always have access to loving assistance from your Higher Self or other wise beings in the non-physical realms in addition to your personal resources. In other words, you are responsible for creating happy or unhappy experiences and asking for help when you need it. Remember that humans frequently choose to learn through drama and fear is often frozen excitement!

Remember

All of your outer life is a reflection of your inner life. It is only by making an inner change that you will be able to obtain an outer one. Do that before you take action in the outer world.

There is only Now. Your experience of the past and future are created from the present moment. Bring all of your energy focus back into the Now. This is where you have power to heal, to make changes and to

create. Is there anything to fear in this moment? Remember the Oneness.

Everyone and everything is part of you and you are a part of them. Send unconditional light, love and acceptance to the landlord, the bill collectors, the angry spouse, the viruses in your body, or whatever appears in your dreams. They are all reflections of portions of your consciousness or they would not be in your life. Remember love.

The secret of life is in learning to love all of yourself. That means the whole world and then the whole universe. Loving, allowing and accepting your own feelings automatically guides you and changes your relationships and manifestations. The ultimate secret of freedom from fear is opening the heart to complete surrender to the Higher Self, learning total trust.

The secret of becoming free after feeling fear is moving back into your power, recalling the larger picture, relaxing into higher vibrations, following the guidance from your Higher Self which is always given, and learning to view the situation as your Higher Self might see it.

Hold to the positive vision of potential fulfillment for your life which spirit is giving you no matter what is happening. All will be well in the end.

What is a mantra?

What is a mantra? It is a word, phrase, or sound, which is repeated for various purposes

To provide a focus for our attention. In virtually every type of meditation, we use an object, e.g., our thoughts, our environment, a visually perceived object. In mantra meditation, the « object » is sound.

To experience a particular state of consciousness

Each mantra has a unique effect; one mantra might be stimulating, while another mantra is relaxing. With this discernment, we can select a mantra, which is appropriate, for our current needs.

Definition # 1: Mantras are energy-based sounds.

Saying any word produces an actual physical vibration. Over time, if we know what the effect of that vibration is, then the word may come to have meaning associated with the effect of saying that vibration or word. This is one level of energy basis for words.

Another level is intent. If the actual physical vibration is coupled with a mental intention, the vibration then contains an additional mental component which influences the result of saying it. The sound is the carrier wave and the intent is overlaid upon the wave form, just as a colored gel influences the appearance and effect of a white light.

In either instance, the word is based upon energy. Nowhere is this idea more true than for Sanskrit mantra. For although there is a general meaning which comes to be associated with mantras, the only lasting definition is the result or effect of saying the mantra.

Definition #2: Mantras create thought-energy waves.

The human consciousness is really a collection of states of consciousness which distributively exist throughout the physical and subtle bodies. Each organ has a primitive consciousness of its own. That primitive consciousness allows it to perform functions specific to it. Then come the various systems. The cardio-vascular system, the reproductive system and other systems have various organs or body parts working at slightly different stages of a single process. Like the organs, there is a primitive consciousness also associated with each system. And these are just within the physical body. Similar functions and states of consciousness exist within the subtle body as well. So individual organ consciousness is overlaid by system consciousness, overlaid again by subtle body counterparts and consciousness, and so ad infinitum.

The ego with its self-defined "I" ness assumes a pre-eminent state among the subtle din of random, semi-conscious thoughts which pulse through our organism. And of course, our organism can "pick up" the vibration of other organisms nearby. The result is that there are myriad vibrations riding in and through the subconscious mind at any given time.

Mantras start a powerful vibration which corresponds to both a specific spiritual energy frequency and a state of consciousness in seed form. Over time, the mantra process begins to override all of the other smaller vibrations, which eventually become absorbed by the mantra. After a length of time which varies from individual to individual, the great wave of the mantra stills all other vibrations. Ultimately, the mantra produces a state where the organism vibrates at the rate completely in tune with the energy and spiritual state represented by and contained within the mantra.

At this point, a change of state occurs in the organism. The organism becomes subtly different. Just as a laser is light which is coherent in a new way, the person who becomes one with the state produced by the mantra is also coherent in a way which did not exist prior to the conscious undertaking of repetition of the mantra.

Definition #3: Mantras are tools of power and tools for power.

They are formidable. They are ancient. They work. The word "mantra" is derived from two Sanskrit words. The first is "manas" or "mind," which provides the "man" syllable. The second syllable is drawn from the Sanskrit word "trai" meaning to "protect" or to "free from." Therefore, the word mantra in its most literal sense means "to free from the mind." Mantra is, at its core, a tool used by the mind which eventually frees one from the vagaries of the mind.

But the journey from mantra to freedom is a wondrous one. The mind expands, deepens and widens and eventually dips into the essence of cosmic existence. On its journey, the mind comes to understand much about the essence of the vibration of things. And knowledge, as we all know, is power. In the case of mantra, this power is tangible and wieldable.

Statements About Mantra

Mantras have close, approximate one-to-one direct language-based translation.
If we warn a young child that it should not touch a hot stove, we try to explain that it will burn the child. However, language is insufficient to convey the experience. Only the act of touching the stove and being burned will adequately define the words "hot" and "burn" in the context of "stove." Essentially, there is no real direct translation of the experience of being burned.

Similarly, there is no word which is the exact equivalent of the experience of sticking one's finger into an electrical socket. When we stick our hand into the socket, only then do we have a context for the word "shock." But shock is really a definition of the result of the action of sticking our hand into the socket.

It is the same with mantras. The only true definition is the experience which it ultimately creates in the sayer. Over thousands of years, many sayers have had common experiences and passed them on to the next generation. Through this tradition, a context of experiential definition has been created.

Definitions of mantras are oriented toward either the results of repeating the mantra or of the intentions of the original framers and testers of the mantra.

In Sanskrit, sounds which have no direct translation but which contain great power which can be "grown" from it are called "seed mantras." Seed in Sanskrit is called "Bijam" in the singular and "Bija" in the plural form.

Let's take an example. The mantra "Shrim" or Shreem is the seed sound for the principle of abundance (Lakshmi, in the Hindu Pantheon.) If one says "shrim" a hundred times, a certain increase in the potentiality of the sayer to accumulate abundance is achieved. If one says "shrim" a thousand times or a million, the result is correspondingly greater.

But abundance can take many forms. There is prosperity, to be sure, but there is also peace as abundance, health as wealth, friends as wealth, enough food to eat as wealth, and a host of other kinds and types of abundance which may vary from individual to individual and culture to culture. It is at this point that the intention of the sayer begins to influence the degree of the kind of capacity for accumulating wealth which may accrue.

Mantras have been tested and/or verified by their original framers or users.

Each mantra is associated with an actual sage or historical person who once lived. Although the oral tradition predates written speech by centuries, those earliest oral records annotated on palm leaves discussed earlier clearly designate a specific sage as the "seer" of the mantra.

This means that the mantra was probably arrived at through some form of meditation or intuition and subsequently tested by the person who first encountered it.

Sanskrit mantras are composed of letters which correspond to certain petals or spokes of chakras in the subtle body.

there is a direct relationship between the mantra sound, either vocalized or subvocalized, and the chakras located throughout the body.

Mantras are energy which can be likened to fire.
You can use fire either to cook your lunch or to burn down the forest. It is the same fire.

Similarly, mantra can bring a positive and beneficial result, or it can produce an energy meltdown when misused or practiced without some guidance.

There are certain mantra formulas which are so exact, so specific and so powerful that they must be learned and practiced under careful supervision by a qualified teacher.

Fortunately, most of the mantras widely used in the West and certainly those contained in this volume are perfectly safe to use on a daily basis, even with some intensity.

Mantra energizes prana.

"Prana" is a Sanskrit term for a form of life energy which can be transferred from individual to individual. Prana may or may not produce an instant dramatic effect upon transfer. There can be heat or coolness as a result of the transfer.

Some healers operate through transfer of prana. A massage therapist can transfer prana with beneficial effect. Even self-healing can be accomplished by concentrating prana in certain organs, the result of which can be a clearing of the difficulty or condition.

For instance, by saying a certain mantra while visualizing an internal organ bathed in light, the specific power of the mantra can become concentrated there with great beneficial effect.

Mantras eventually quiet the mind.
At a deep level, subconscious mind is a collective consciousness of all the forms of primitive consciousnesses which exist throughout the physical and subtle bodies. The dedicated use of mantra can dig into subconscious crystallized thoughts stored in the organs and glands and transform these bodily parts into repositories of peace.

We can experiment with various mantras. We can acquire mantras from the following sources: A name. The mantra could be the name of a deity, a saint, our spiritual teacher, or another religious figure.

A brief statement. This statement can be a quote from a religious text. Or it can be our own expression or affirmation; e.g., « Peace fills my mind. » A traditional mantra from a religion.

For example: The Buddhist « Om Mani Padme Hum. » The Hindu « Hare Krishna, Hare Krishna, Krishna Krisha, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare. » The Sikh « Hu » (pronounced like « Hugh »). The Islamic « Allah ahkba » (« God is great, » pronounced « ah-lah ahk-bah »).

During meditation, we might hear a sound or a word, which seems appropriate to be used as a mantra. If we repeat the mantra at a later time, we are likely to return to the state in which we heard it. We can experiment with variations in the mantras.

What is ritual?

What is a ritual? It is an act whose significance lies not in the apparent, superficial activity but rather in the meaning-religious, personal, social, or other. rituals are a part of our life.

We all participate in rituals every day.

The mind instinctively creates rituals for the same reason that it creates habits-to simplify its operations and decision-making.

In the formality of rituals, we know what to do, and we know how to interact with other people.

Rituals connect us to a larger experience.

The negative side.

Rituals themselves have no meaning except that which we recognize in them, and some rituals lose their meaning as society changes and develops new symbols and values.

Unfortunately, we persist with many rituals, which might have had power and significance previously but are now mere formality, superstition, and habit. Our state is important during a ritual. We enter this altered state when we sense a meaningfulness and depth, which induces our attentiveness, reverence, and passion.

We feel an intense involvement of our whole being, beyond the conscious actions or words.

Intuitively, we understand the symbolism; for example, our domestic chore becomes a ritual in which we express love for our family; our bath becomes a purification of body and mind; our dinner becomes a sacred sharing of the bounty of the earth. Rituals are founded on actual dynamics.

Although rituals might seem to be merely symbolic, they express and convey the energy, which is represented by that symbolism.

Colors and Their Properties

White

Protection, spirituality, peace, purity, truth, sincerity and power. It also strengthens the effects of another candle when burned together.

Black

This color is very powerful for protection and absorbing negative energies that are either picked up unknowingly or purposely directed

towards a person. This works best when burnt in conjunction with a white candle.

Red

Sexual love, sexual potency, passion, desire, energy, courage, strength, vigor, drive, and health.

Orange

Joy, creativity, attraction, ambition, career matters, law, encouragement, spiritual attainment, kindness, compassion, encouragement, adaptability, stimulation.

Yellow

Intellect, imagination, memory, creativity, learning, clairvoyance, persuasion, charm, confidence, joy, comfort, attraction, diminishes jealousy.

Green

Money, luck, prosperity, fertility, healing, charity, personal growth, serenity, and harmony.

Greenish/Yellow

Sickness, cowardice, anger, and jealousy, discord.

Light Blue

Tranquillity, meditation, inspiration, occult wisdom, protection, healing, understanding, patience, relationship harmony, devotion, sincerity, healing.

Dark Blue

Impulsiveness, depression, and tangibility.

Indigo

Openness, developing ESP, spiritual growth, ambition, self-pride, clears impulsiveness and depression.

Violet

Spiritual growth, developing ESP, power, sentimentality, clears sadness, depression, pity, guilt, tension.

Purple

Spiritual growth, material health, higher psychic ability, spiritual power and idealism, ambition, progress, developing ESP, healing, combating disease and infections.

Pink

Love, affection, romance, friendship, success, honor, truth, understanding, morality.

Grey

Cancellation, neutrality, stalemates.

Silver

Clairvoyance, inspiration, astral energy and intuition.

Brown

Good for healing. Cleansing and protecting. Hesitation, uncertainty, neutrality.

Astrological Correspondences

Aries Ruling planet – Mars - Shades of red, usually the darker shades of scarlet or crimson

Magically the planet Mars is the purifier and destroyer who sweeps aside the stagnant, the unwanted and the redundant so progress can be made.

Alternatively, the planet of war also represents the creative principle and the unconscious urge for the human species to reproduce itself, for life and death are two aspects of the same energy.

Taurus Ruling planet – Venus - Green, ranging from the palest apple green to the dark olive of the earth forces

In magical lore the Venusian energy represents the spiritual desire to unite the opposites and balance the dual forces of male and female.

This union was known to the medieval alchemists as 'the sacred marriage' and is symbolized in magic and Wlcca by the ritual metaphor of the sword in the chalice.

Gemini Ruling planet – Mercury – Yellow

is the color of this Zodiac sign representing communication and the power of the mind.

In occult tradition Gemini is a symbol of the dualism, which manifests from the transcendental Oneness and of Magnus who acts as a go-between carrying messages between Middle Earth and the Otherworld.

Cancer Ruling planet - the moon - Metallic blue and silver

are the colors of the lunar sphere. It is the realm of the unconscious, the hidden side of the personality and psychic forces.

Leo Ruling planet - the sun - Its colors are gold and orange

The sun represents the life force and is the visible symbol of the Cosmic Creator in the solar system.

Virgo Ruling planet – Mercury - Reddish-yellow

is the color associated with this alternative aspect of Mercurial energy it represents the analytical abilities of the mind symbolized by the quest for scientific knowledge.

Libra Ruling planet – Venus - Libra's colors are sky blue and rose pink

It symbolizes the heights attainable by romantic and spiritual love.

Scorpio Ruling planet – Pluto - Dark red or silvery Grey

the energy of the Plutonian spheres is connected with Mars and represents death and regeneration. It has ruler ship over the underworld, the spirits of the departed and nuclear power.

Sagittarius Ruling planet – Jupiter - Purple and royal blue

are the colors of this Zodiac sign. It is an expansive planetary energy connected with the world of finance and social matters.

Capricorn Ruling planet – Saturn – Black

is the primary color of the Saturnian's energy it rules karma, fate and destiny, the law, old age and property matters.

Aquarius Ruling planet – Uranus

The color of this astrological sign combines all the shades of the spectrum in a flashing rainbow pattern. This planetary energy is a higher octave of Saturn and has ruler ship over magical forces; astrology and modern technology like television, video and computers.

Pisces Ruling planet – Neptune - Sea green, indigo, or mauve

Are the colors of Pisces, which is connected, with the planetary energy of Jupiter. It has ruler ship over inspiration, matters connected with the sea and entertainment, especially the movie industry.

Color Rays and Their Healing Properties

Red
Red is energy, love, passion and lifeblood.
The red energy station covers the area from the pubic bone and the base of the spine right down to the feet and it includes the hands.
Red is the base chakra.
Red is to do with our first experience of physical life - birth is a red experience.
Red relates to the adrenal glands and it is adrenaline, which stimulates our response to an emergency - « fight or flight ».
Red is energy and survival. It is our lifeblood.
Red is the slowest of all the wavelengths within the visible spectrum and it is also the most stimulating.
Red is STOP. Red Alert spells danger.
Red is also anger.

Therapeutic uses of the Red Ray

Affects the muscular system.
Stimulates the sensory nerves.
Affects the adrenal glands and releases adrenaline into the body.
Good for circulation deficiencies.
For cold hands and feet wear red gloves and socks.
When you have no energy or feel dull and slow use red - wear red clothes, eat red food, think rosy red thought or bathe yourself in an imaginary rose red shower.
Helps with colds.
Do not use red ray for inflamed conditions - use blue - and do not use in cases of emotional disturbances.
Use red ray with caution if you suffer with heart problems - try a rosy red instead.
Each day has its own color and is connected to the planets. Tuesday is Mars' day and the color is red.

Pink
Pink exists within Red - it is an aspect of the Red energy.
Pink contains the energy of Red but is also a separate color in its own right. Another unique quality of Pink is the fact that it brings the two ends of the rainbow, or chakra system together: the white light at the very top, above and beyond the rest, and the red light at the base.
Pink is associated with the capacity for reproduction.
Pink offers us the possibility of finding an inner balance of the masculine and feminine energies within ourselves so that we may become complete.
Pink is the antidote for fear. A small pink light at the bedside helps to alleviate the fears of nighttime for children.
Pink is the color of unconditional acceptance. There is a universal (but mostly unconscious) thirst for Pink - a thirst for acceptance and love.
Horticulturists have begun to use
Pink light on a large scale to promote the health and growth of roses.
Where Red is passion, Pink is compassion.
Pink is the color of childhood, of dreams and of fantasies for example; the Pink elephant is the symbol of unreality.
Pink is healing - it is the color of the inner child. Pink rejuvenates us.
Pink is the color of comfort and love that soothes away all hate, all pain.

Therapeutic uses of the Pink Ray

Think Pink - rejuvenate yourself and recapture your childhood dreams.
When feeling angry or violent - think Pink - it will calm and steady you.

Wear pink to attract loving thoughts from those you come into contact with.
Pink is warming, soothing and relaxing.

Orange
is the color of the sacral chakra - the second major energy center of the body. Composed of Red and Yellow in equal parts, it combines the physical, earthly energy and vitality of Red with the properties of Yellow.
Orange is the color of enormous vitality and strength.
The orange area is the deepest part of the intestine through which we absorb energy from food.
Orange energy is powerfully physical and powerfully spiritual.
Orange is balance, strength and physical growth. It stimulates the senses.
Orange represents the stage in our life journey when, as toddlers, we learn to walk, to explore and to express our experience.
Orange is optimism and joy, vitality and enthusiasm.
Orange is a shocking color - it can stimulate and dazzle but it cannot be ignored.
While Orange is energy, it can also be the very opposite - it is the color of Autumn and so is a reminder that a part of us must die in order to make space for something new and to grow.

Therapeutic uses of the Orange Ray

A wonderful antidote for depression, loneliness and tiredness.
Vegetarians need this color to give them energy.
Helps with cramps and spasms.
Good for chest conditions, chronic asthma, inflammation of the kidneys and gallstones. The orange ray recharges the etheric body, which is the matrix of the physical body.
Sunday is the Sun's day and its color is orange.

Gold
Gold contains one part red to two parts yellow - so some of the red energy remains - the passion, courage and commitment but gold is also about something new, it is about moving away from dependency and towards finding the individual self.

Gold is the color of hidden knowledge and wisdom; it is inner knowing and profound understanding.
Gold is the symbol of riches on all levels.
Gold is power and strength.
Gold is given as a mark of status - from 'gold stars' at school to the crowns of kings and queens. It is associated with spiritual power and holiness. Silence is golden.
We talk of 'going for gold' when we are aiming high. Gold is a color of dignity and might.
Gold is an excellent conductor of heat and electricity but it is resistant to chemical reagents and is, therefore, virtually incorruptible.
We refer to things that are rare and that have a high value as being like 'gold dust' and we describe someone who is generous and pure as having a 'heart of gold'.

Yellow
Yellow covers the third major energy center of the body - the solar plexus chakra.
Yellow is composed of a single ray in contrast to most of the other colors that are secondary or tertiary colors.
Yellow is the ray of sunshine - the solar plexus is our sun center, the core of our individuality.
Yellow is the color of prana - the universal life force.
Yellow is associated with knowledge and the sharing of it and it is closely associated with the function of intellect and thought.
Yellow is creativity and understanding. It is practical thought, inspiration and wisdom acquired through learning.
Yellow is uplifting, optimistic and cheerful. A person who is drawn to yellow is likely to be vibrant, optimistic and have the innate ability to make others laugh and to see the funny side of most situations.
Yellow is a symbol of new life - it is the color of chicks and egg yolks.
Yellow is energizing and stimulating.
Yellow is the color of the individual will.

Therapeutic uses of the Yellow Ray

It activates the motor nerves. It affects the nervous system it acts as a laxative when you use solarized water.
NOTE: For diarrhea use blue or indigo.
Good for skin ailments and nervous exhaustion.
Do NOT use the yellow ray for nervous breakdown - use blue and green.
Wednesday is Mercury's day and the color is Yellow.

Olive

The olive green area lies between the solar plexus and the region of the heart protecting the heart from below.
Olive green is comprised of two parts yellow to one part blue. It represents the bringing of wisdom into the world.
Olive is a ray, which has long remained hidden away, strangely enough one of the things that we associate this green with is army uniforms and their main objective is camouflage!
Olive is the color of a new leaf unfolding, forests and nature.
Olive is the part of the heart center that connects us with our surroundings and helps us to link our consciousness with the world.
Olive also offers us the promise of a new land - the dove that Noah sent out came back with an olive branch, which was a sign of new life springing forth.
Priests use olive oil when they are performing the last rites thus providing a bridge between this world and the next dimension.
Olive is also to do with power, authority and leadership. It is the color of the earth mother and it connects us with ancient times.

Therapeutic uses of the Olive Green Ray

Olive can help us to work positively with our emotions. Olive is cleansing and disinfectant.
Olive is calming. It can be used to heal and soothe, to re-boost and regenerate and to gain awareness where awareness has been lost.

Green
Green is the very center - the heart center. It is the fourth chakra out of the traditional seven. Captured within the green ray is an equal balance of Yellow, which represents the individual will, and blue, which represents the divine will. It is the resolution of these two energies that is contained within the Green.
Green is the color of love freely given, and is the communication of our thoughts, feelings and actions.
Green is truth, balance, direction and space. It is harmony and nature.
Green symbolizes the ideals of those committed to ecological activity.
Green is a symbol of growth. There is another gift, which is bestowed upon us by green, and that is the gift of freedom.
Green is soothing and calming.
Green provides nourishment for the body, the spirit and the heart.
Green is the balance ray.

Therapeutic uses of the Green Ray

It affects the digestive system.
It relieves tension.
It is good for shock.
It helps to alleviate headaches and helps those suffering with neuralgia.
It controls the blood pressure (light green for high blood pressure and dark green for low blood pressure).
It relaxes the heart.
Friday is Venus day and the color is green.

Turquoise
In between the green and the blue, we find the color Turquoise.
Turquoise enables us to find the creative communication of the heart through the feeling side of the being.
It has more to do with feeling and intuition than with rational thought.
Turquoise is the color of emotion, feeling and of communication. It brings the blue of communication into the green of the world.
The color Turquoise is associated with the ancient civilizations and is found frequently in the art of ethnic cultures.
Turquoise is referred to as one of the New Age rays - it is a color associated with Aquarius. It is the color of the inner teacher within us, a color, which indicates self-reliance and independence.
Turquoise is a color, which we associate with the sea. The most powerful symbol of the Turquoise ray lives in the sea - it is the dolphin. They can communicate with themselves over very long distances and their communication is wide, telepathic and based in the feeling.
Turquoise has a transdimentional quality, not only does it connect us with the sea but it is also the color of connection with other realms such as those of the angels. On another level, turquoise is connected with the communication network - satellites, telephones and the Internet.
The legend of the turquoise, a stone in various shades of green and blue, is that it should always be received as a gift and never purchased.

Therapeutic uses of the Turquoise Ray

Turquoise can help to calm children who are hypersensitive.
Turquoise calms the mind and is cooling to the nervous system.

Blue
The fifth chakra covers the throat area and its color is Blue.
The color blue connects us with the 'Divine Plan' in which we each have our own part to play.
Blue gives us great protection.
Blue is approaching the cooler and calmer end of the spectrum - where Red is stimulating,
Blue is pacifying. It is a healing color, which prevents progression and offers us a chance to be still and calm.
Blue discourages disease, disharmony and all negative vibrations.
Blue is the color of speech, listening, hearing and knowing.
Blue is calm tranquillity. In Buddhic philosophy, blue is the color of a pure mind, a mind uncluttered by thought.
Blue is a color of high ideals and principles.
Blue is not only the calming end of the spectrum but also the cooling one. It may be used in situations where we are out of control and chaos reigns.
The Archangel Michael is often portrayed in robes of Blue, with a sword of insight, which slays the dragon.
Blue enables us to find a sense of trust and faith - it is a guiding energy.

Therapeutic uses of the Blue Ray

The blue ray is one of the greatest antiseptics in the world. It calms down the mind and nerves.
Good for throat conditions stings itches and bites.
Use for insomnia, teething troubles and inflamed eyes.
Also good to use in cases of shock.
When you have a fever the blue ray will cool you.
Use a blue light for measles, chicken pox and mumps.
Blue solarized water can cool a high temperature.
Thursday is Jupiter's day and the color is Blue.

Indigo

Indigo relates to the sixth energy center - the brow chakra. This contains the sense organs - nose, ears and eyes.
Indigo is also concerned with the refinement of the senses - the extra sensory. The sixth chakra is the sixth sense or third eye and it is located in the middle of the forehead. Indigo is the door through to the unconscious.
The bridge which links the two hemispheres of the brain is also in the indigo area thus making it an empowering agent for those of an intuitive or creative nature.
Indigo is associated with meditation and mysticism.
Indigo brings deep healing through all the senses. It is a helpful ray for those who paint and write but have difficulty with verbal communication.
Indigo is linked with Angelite - a precious stone found only in Peru. This stone has a link with the angelic kingdoms.
Indigo is mystery and the unexpected. Indigo are secrets.
The person drawn to indigo tends to be highly efficient and capable of enormous determination.
Indigo is about total empathy.
Indigo is seen in the auras of those people known as catalysts, who speed the spiritual and psychical development of everyone they touch.
Indigo is lightning and quicksilver, ever-changing and transforming.
Indigo is inspiration.

Therapeutic uses of the Indigo Ray

This ray removes fear.
Purifies the blood stream.
Depresses nerves and lymphatic.
Good for varicose veins, insomnia, boils ulcers, eczema and bruising.
Indigo heals the etheric body.
Saturday is Saturn's day and the color is Indigo.

Violet

Violet is the color of the seventh and final chakra of the traditional chakra system. Violet is the crown chakra - our personal connection with heaven.
The seventh color is the color of ritual, magic, mystery and mysticism.
Violet is the energy of completion - the color of regrowth and renewal.
This color brings together equal parts of Blue and Red. It is the color of connection to the higher self.
Violet has the shortest wavelength of the colors in the visible spectrum and it is the most calming. Having a short wavelength, it vibrates very

fast and is thus very penetrating. This penetrating nature gives violet spiritual potency.
Violet is linked with the ability to see into the unknown. It is the super-conscious.
Violet is deeply healing and soothes the pains of body and spirit.
The gift of violet is the possibility of bringing heaven to earth. It is the reconciliation of heaven and earth.
Violet is the color of transformation.
Violet is cleansing and purifying. Violet signifies the end of a process, illumination and rebirth.

Therapeutic uses of the Violet Ray

Good for mental and nervous disorders and emotional disturbances.
Maintains the potassium balance in the body.
Controls excessive hunger.
Sedates and subdues.
Purifies the system.
Do not use this ray when you are depressed - use green or blue.
Monday is Moon's day and the colors are Silver and Violet.

Magenta

Beyond the physical body, above the crown chakra, there exists another color - Magenta. Like turquoise, the other New Age ray.
Magenta offers us the promise of things to come. It may, from time to time, be faintly perceived beneath violet at the bottom of the rainbow.
Magenta is complex, deep-rooted and powerful.
Magenta denotes the beginning of a new cycle where the blue merges into and becomes contained within Red. Magenta is a very arresting color. It is a curious combination of red, blue and pink.
Where pure white light reflects all the colors of the spectrum, magenta contains them and thus, it represents the darkness out of which comes all light, all creation.
Magenta is the color of love on many levels particularly the Divine.
Contained within Magenta is great nurturing and learning but also anguish and isolation.

Magenta is Divine healing which restores our faith and our well being.
Magenta is associated with inspirational thinkers, those living ahead of their time.

Clear
The clear or pure white light exists above, beyond and around the rainbow.
The name implies clarity and the phrase 'crystal clear' portrays the purity of clear quartz crystal.
Clear has the potential to reflect all that is placed in front of it.
The power of clear light is symbolized by the full moon - the moon has no light of its own but reflects the Suns light.
White snow and clear ice are both forms of frozen water and water is the element associated with emotion.
Thus clear may symbolize frozen emotion.
It is also the symbol of purity.

Black
This color is very powerful for protection and absorbing negative energies that are either picked up unknowingly or purposely directed towards a person.
This works best when burnt in conjunction with a white candle.

Color Affirmations

Rose Red - The Rose Red ray is pouring into my bloodstream giving me new life and courage for all I do.

Pink - The Pink Ray is circulating throughout my whole system, revitalizing my cells and filling me with love.

Orange - The Orange Ray fills me with vitality and joy and recharges my etheric body and rejuvenates every part of me.

Yellow - The Yellow Ray fills my being with sunshine, wisdom and love pour into my body, mind and soul.

Green - The Green Ray flows in through my heart, bringing peace and harmony to every part of my being.

Blue - The Blue Ray calms my mind and brings healing to all my cells and organs.

Indigo - The Indigo Ray links me to knowledge and understanding that will help me at this time.

Violet - The Violet Ray clears the dross and purifies my being as it flows into my glands bringing me new life and energy.

Turquoise - The Turquoise Ray brings peace and calms my mind and emotions and I am in command of the situation.

Magenta - The Magenta Ray is healing my body, mind and emotions and bringing me a deeper understanding of all my affairs. I go forward knowing that all is well.

Nightmares

The best way to understand why we have nightmares is to think of nightmares as an early warning system or an alarm that alerts us that something is wrong in our lives and is hurting us, and we need to focus our attention on it & fix the problems so we can overcome them and be happier.

Being human, we don't always pay attention to the subtle hints or little nudges that we need to do something. keep procrastinating instead of tackling the problems, or we are so preoccupied with other matters that we miss big issues that are about to blind-side us in our lives.

So that's when nightmares occur to help alert us so we can avoid a disastrous outcome caused by emotional blocks or situations in our lives that we are not moving past or even recognizing.

Some nightmares are like practice sessions that test our abilities and outlook on a given issue, to prepare us for going through a painful lesson in life such as the break-up of a relationship, loss of a loved one, fears of death, loss of health; any number of situations.

At first the nightmares on these issues are a shock, but as we get used to the issues they are pointing out and change our perception or get inspired to learn new ways of handling painful issues, the nightmares lessen in their severity and we achieve a sense of inner peace or calm.

Nightmares are like a last ditch effort to scream for your attention. Nightmares are actually helpful, in the same way that physical pain alerts us that something is wrong with our bodies and needs healing.

nightmares are a helpful warning or alert to us that our emotional and mental state has a glitch that needs work and healing to get past, because it's somehow making our lives harder and more painful.

Dreams

Dreams prepare you for current and future events in your waking life. They also point out to you areas in your life that need to be healed, or worked upon.

Nightmares are usually your deepest fears symbolized by frightening, horrifying images. If you learn to face your fears instead of running away or ignoring them, then the nightmares will disappear or evolve into regular non-threatening images.

Nightmares are your wake-up call to problems you need to solve in waking life. Why are they so frightening or graphic?

Because that's what most effectively gets our attention. Unfortunately, we don't usually pay attention until our dreams get to this point, and then we sit up and take notice.

It's similar to the way in which we pay attention to our bodies...pain may be unpleasant, but we finally realize that there is a health problem or injury that needs to be tended to, and then take care of it.

The pain may start out mild, but the longer we ignore the problem, the worse it gets until we simply must take care of the problem. It's the same situation with dreams; we may get numerous messages in regular, non-frightening dreams, but not pay attention.

Finally, when the situation gets to a vital point in which a problem must be taken care of pronto, we will get the nightmare.

Once you get used to paying attention to more subtle messages in regular dreams, you won't have to be « hit over the head » with a nightmare to clue into a problem, and take care of it.

In this way, just as pain helps you avert a more serious physical disaster, nightmares prevent a problem in your waking life from getting advanced to the point of not being able to fix it.

You can learn helpful techniques for conquering your nightmares by finding information on dream symbols and learning how to interpret your dreams, so you can start learning without having to be « hit over the head » with a nightmare.

Recurring Dreams

Recurring dreams are similar to dream themes, except that in dream themes the dream itself can change, while in a true recurring dream or nightmare, the dream narrative is always the same or nearly identical.

This is pointing out something very important for you to « get » and understand, and usually recurs during triggering events in your life that the dream represents.

For instance, if the dream represents fear of abandonment, and all of a sudden you & your spouse are having marital difficulties, then this dream could recur.

Same thing if a spouse or loved one dies or moves away-those events could also trigger the dream to recur. What seems like a nuisance or unpleasant nightmare is really a helpful signal to you that there is an issue that's deeply bothering you and needs to be brought to the surface and fully healed.

Once this is done, the recurring dream will either evolve or disappear from your dreams altogether. If you find the dream or nightmare getting WORSE instead of better, you are getting a stronger message to correct the issue it represents before it becomes a much bigger problem in your life.

WHAT IS LUCID DREAMING?

Lucid dreaming is dreaming while knowing that you are dreaming. Lucidity usually begins in the midst of a dream, when the dreamer realizes that the experience is not occurring in physical reality, but is a dream.

Often this realization is triggered by the dreamer noticing some impossible or unlikely occurrence in the dream, such as meeting a person who is dead, or flying with or without wings. Sometimes people become lucid without noticing any particular clue in the dream; they just suddenly realize they are in a dream.

The basic definition of lucid dreaming requires nothing more than becoming aware that you are dreaming. However, the quality of lucidity varies greatly.

When lucidity is at a high level, you are aware that everything experienced in the dream is occurring in your mind, that there is no real danger, and that you are asleep in bed and will awaken shortly.

With low-level lucidity you may be aware to a certain extent that you are dreaming, perhaps enough to fly, or alter what you are doing, but not enough to realize that the people are dream representations, or that you can suffer no physical damage, or that you are actually in bed.

Lucidity and control in dreams are not the same thing. It is possible to be lucid and have little control over dream content, and conversely, to have a great deal of control without being explicitly aware that you are dreaming.

Nonetheless, becoming lucid in a dream is likely to increase your deliberate influence over the course of events. Once you know you are dreaming, you are likely to choose some activity that is only possible in dreams.

You always have the choice of how much control you want to exert, and what kind. For example, you could continue with whatever you were doing when you became lucid, with the added knowledge that you are dreaming.

Or you could try to change everything-the dream scene, yourself, other dream characters, etc. It is not always possible to perform « magic » in dreams, like changing one object into another or transforming scenes. A dreamer's ability to succeed at this seems to depend a lot on the dreamer's confidence.

If you believe that you cannot do something in a dream, you will probably not be able to. On the other hand, the easiest (and perhaps wisest) kind of control to exert in a dream is control over your own behavior.

This comes in especially handy in nightmares. If you become lucid in a bad dream, you could try to do magic to escape the situation, but many times this does not work very well. It is generally much more effective, and better for you psychologically, to recognize that, because you are dreaming, nothing can harm you.

Your fear is real, but the danger is not. Changing attitude in this way usually defuses the dream situation and transforms it into something positive.

Outer body travel

To trigger the projection of the Astral body, while fully conscious, there are four major requirements:

1. Relaxing your body 100% while staying awake
2. Concentrating 100% on what you are doing
3. Having enough energy available
4. Pressuring the astral body to separate

Together, these four things will trigger an OOBE.
Below are exercises that will teach how to relax the body, concentrate, clear the mind, raise energy, stimulate the chakras and enter the Trance State.

Calming the Mind

Relaxation

You must learn and master a full body relaxation exercise. If you know one already it can be adapted to suit.

Here is a very simple one:

Sit or lie down, and relax. Starting with the feet, tense and relax them. Continue this with calves, thighs, hips, stomach, chest, arms, neck and face until your whole body is deeply relaxed. Go over this a few times, making sure your muscles stay relaxed.

Note: Deep physical relaxation is the key to bringing on the trance state, i.e., deep relaxation CAUSES the trance state. Once you are in the Trance State, projection on the astral body is relatively easy.

Contemplation

When you begin meditation, you will be plagued with thoughts from your surface mind, which acts like a huge Memo pad. It carries messages, reminders, pressing thoughts, problems to solve unresolved issues etc. It is constantly busy, it NEVER rests, thoughts, thoughts, thoughts, one after the other, all clamoring for attention.

Before you attempt to clear your mind, with the breath awareness exercise below, it is wise to deal with these surface thoughts by the act of contemplating them.

Sit comfortably, do the relaxation exercise and think, nothing more, just think. Search out the strongest thoughts in your mind and examine them, try to resolve and understand them.

Note the word: THINKING. Contemplation does not involve clearing the mind, or visualization. It requires you to THINK, deeply and thoroughly, about something, to gain a deeper understanding of its nature and how it relates to you, an insight.

Breathe Awareness Meditation

This is a simple form of meditation. It will clear your mind and focus your awareness.
Sit or lie down, close your eyes, do the relaxation exercise and clear your mind.
Breathe deeply and slowly and focus on the breath entering and leaving your body.
Feel it coming in and feel it going out.
Focus your whole attention on your lungs and the breathing process.
This simple action is enough to occupy your surface mind.
Firmly push intruding thoughts away, as they begin, before they can gather strength and distract you.
Breath awareness occupies the surface mind and allows you to think on a much deeper level.

Surface Thoughts

Sounds are very distracting, they generate surface thoughts.

A car horn will generate: « Who's that, what's happening? »
A door opening will generate: « Who's coming in or going out? »
The surface mind is always very curious about what is happening around you.
It wants to know all, and it wants to inform you of every little thing going on around you. It will pressure you to open your eyes, get up and go find out what's happening.
Don't allow this to happen.
USE these annoying, attention getting thoughts as a training aide.
By learning to quash and ignore them, your powers of concentration will grow.
Stop these annoying little thoughts as they begin, before they can take root and grow into something stronger.

For example

« Who's that, what's happening? » becomes: « Who's Th.... »

« Who's coming in, or going out? » becomes: « Who's co.... »

With practice the start of these distracting thoughts will get shorter and shorter until you get:

« Wh....?.....?... » And « W...? «

And finally

« .....?.....?... »

Many people say they can't clear their mind as they are too easily distracted by all the small noises that surround them, in normal day to day activity.
DON'T use music or other sounds to blanket these out, USE them for training.
It's like weight lifting, if you train with feather dusters your strength will not increase. You need to master this, the hard way, if you want to give your mind real muscle.
Slowly but surely you will master the ability to clear your mind.
Once accomplished, you will have gained a valuable mental tool.
You will be able to concentrate 100% of your attention, on one task, to the TOTAL exclusion of everything else.

Concentration

You must be able to concentrate and focus completely on what you are doing. Lack of concentration is the single, biggest cause of projection failure. It affects every aspect of projection, from the relaxation exercise, to the Trance State and actual projection.

To test your ability to concentrate: Sit and relax. Close your eyes and clear your mind of ALL thought. Breathe slowly and deeply and count each breath, at the end of each exhale.

Hold it totally BLANK, apart from the counting, for as long as you can. See how long you can hold it like this. Be honest with yourself, every time a thought intrudes start counting from the beginning again.

You are doing well if can do this for longer than ten breaths. Ten breaths is, however, not long enough. Don't worry though, this can be improved on with the exercises below.

Concentration Exercise [1]

After image retention: Relax, calm your mind, and look at a candle or a light bulb. Place this light in front of you, a couple of feet away, and stare fixedly at it for a minute or two. Close your eyes and concentrate on the after image this will generate behind your closed eyelids. Try and keep sight of it for as long as possible. Use breath awareness to keep the mind clear, while you are doing this. Try and make the after image grow, instead of fading away.

Concentration Exercise [2]

One point stare: Pick a spot on a wall and gaze at it. Don't focus on it, just gaze at it gently. Clear your mind of ALL thoughts and forcibly hold it blank. Concentrate HARD, on breath awareness while you are doing this. When you feel a thought beginning, push it away, don't let it finish! Hold this for as long as you can. Do this several times a day or more if you can.

Concentration Exercise [3]

Energy breathing: Sit and relax. Close your eyes and clear your mind. Do the breath awareness exercise and imagine the air you are breathing IN is brightly colored energy of your favorite color. Imagine the air you are

breathing OUT is a murky grey, full of toxic waste. This is a purification exercise. It stimulates your chakras into absorbing energy on the inhale and getting rid of negative energy on the exhale.

Note: Try your best not to tense up while you are doing these concentration exercises, it is ALL mental. In the beginning, it may feel as if you have to tense your mind into a tight ball to stop it thinking, but in time you will find the opposite to be true. When you get used to it, clearing the mind is VERY relaxing.

The Trance State

When you have attained a deep level of relaxation and mental calmness, you will feel your body begin to get very, very heavy. This heaviness is the main symptom of your brain waves changing from the Beta to the Alpha level as you enter a trance.

The Trance State is caused by deep physical and mental relaxation. There is nothing weird or supernatural about it. It simply means your body has entered the Sleep State while your conscious mind is fully awake.

How to Enter A Trance

Do the relaxation exercise and calm your mind through breath awareness. Imagine you are climbing down a ladder in the dark.

Don't visualize a ladder; just imagine you can feel yourself doing it. On the exhale, feel yourself climbing a step or two down the ladder with your imaginary Hands (outlined below).

On the inhale, feel yourself holding still on the ladder. What is needed is a mental falling effect inside your mind. This changes the level of brain wave activity from the awake level (Beta) to the asleep level (Alpha) or the deep sleep level (Theta). Once your level of brain wave activity reaches Alpha you will enter a trance. Keep doing this for as long as it takes. The time it takes to enter trance will vary, depending on your experience with deep relaxation and mental calmness.

Note: Once you get the heavy feeling, stop the mental falling exercise.

If you don't like the ladder, imagine you are in a lift, feel yourself falling on the exhale and holding on the inhale.

Or, Imagine you are a feather, feel yourself floating down on the exhale and holding still on the inhale. As I stated above, you need a mental falling effect to lower your level of brain wave activity.

This mental falling effect, when combined with deep relaxation and mental calmness, will cause you to enter the Trance State. Feel free to use any scenario you are familiar with to bring about this going deeper feeling.

A trance feels like: Everything gets quieter and you feel like you are in a much bigger place. There is a very slight humming feeling in your body.

Everything feels different. It feels a bit like putting a cardboard box over your head in the dark, you can feel the atmosphere change.

It's like everything goes fuzzy or slightly blurred. Any sharp noises, while in trance, feel like a physical blow to the Solar Plexus.

Deep Trance

The level of trance you achieve depends greatly on your relaxation, concentration skills and will power.
To enter a deeper trance, Theta level and beyond, you have to concentrate much more and for much longer, on the mental falling sensation aided by breath awareness.
The first level of trance, when you get very heavy, is quite deep enough for projection.
How can you tell if you are entering a deep trance?

There are four very noticeable symptoms:

1. **An uncomfortable feeling of cold that doesn't make you shiver, coupled with a steady loss of body heat.**

2. Mentally, you will feel very odd and everything will feel extremely slooooow. Your thought processes will slow down as if you had been given a strong pain killing injection.

3. You will feel disassociated from your body, i.e.; a strong floating sensation and everything will seem far away.

4. Total physical Paralysis.

Note: These four things, ALL TOGETHER, signify you are entering a deep trance.

Do not mistake the mild floating sensation you sometimes get with light trance, i.e., as you astral body comes loose.

Or the slight loss of body heat from sitting still for a long time and the mild paralysis, i.e., the heaviness, for a deep trance.

It is very difficult to get into the deep Trance State, as you need highly developed relaxation, concentration and trance state skills plus lots and lots of will power and mental energy. You will not accidentally fall into it.

If you are worried you are going too deep, remember this:

You CAN pull yourself out of it at any time. Concentrate ALL your will on moving your fingers or toes. Once you can move a finger or toe, flex your hands, move your arms, shake your head, i.e., reanimate your body; and get up and walk around for a few minutes.

Falling into a deep trance should not be a problem with these exercises.

Energy Body Expansion

At some point after entering the Trance State, you will feel a mild paralysis come over you.
This will soon be accompanied by a deepening vibration and a buzzing feeling all over. You may also feel like you are huge and swollen.
The paralysis, vibrations and the huge feeling are symptoms of the energy body expanding and the astral body loosening.
This is part of the normal sleep process.

The energy body expands and opens in order to accumulate and store energy.
During this, the astral body drifts free, slightly out phase with the physical body.

Trance Familiarity

Many people blow their projection simply because they are not used to the trance state. They think it is a briefly opened window into the astral dimension.

This is simply NOT true. If you stay mentally and physically calm when you enter the Trance State, you can maintain it for hours.

I regularly spend several hours at a time in the Trance State,
If, when you enter trance, you think: « Yes! I've done it! I'm in a trance! Got hurry and get out quick...before it stops! » You'll blow it for sure!

The trance will be ended by the simple act of getting over excited, i.e., breaking relaxation and mental calmness.

It's a good idea to spend time in the Trance State, just getting used to it, before you try and project. Just relax, stay calm, focus on breath awareness, and hold the trance. It won't end until you want it to. Get used to how it feels.

Tactile Imaging

Tactile imaging is a perception or FEELING of localized bodily awareness. Your hands are very closely linked to your bodily awareness. They are intimately aware of every part of your body.

Imaginary HANDS, outlined below, is only extension of this (hand to body) awareness. When you are asked to feel your awareness, in any part of your body, PRETEND your hands, your real hands, are going to touch that area of your body.

Then use the awareness this generates in that area to imagine your imaginary HANDS are there. Keep your eyes closed and hold your hands out a foot or so in front of your face. Concentrate, FEEL where they are and try and SEE them through the blackness behind your closed eyes.

Cross your wrists, slowly move them about, turn your hands over, open and close your fingers. Look hard, concentrate, as if you were trying to see in the dark, and you will see a faint moving shadow in your mind eye, where your hands and arms are.

Close your eyes and touch the tip of your nose with the index finger of your right hand. You'll find you can accurately put that finger on any part of your body with your eyes closed.

Try it; put your hand, your real hand, on different parts of your body like this. You know exactly where your hands are at all times, you can sense and feel where they are.

If you observe what is happening in your mind, while you are doing this, you will notice you become aware of the part of your body you are going to touch the instant you make the decision to touch it.

Go over your whole body like this, getting used to the sensation of awareness it generates in different areas of your body.

What is happening is this: Part of your mind is shifting into, and HIGHLIGHTING, the area you are going to touch, in order to guide your hand to the exact spot.

Your mind shifts part of its awareness to this spot and acts like a homing beacon for your hand.

The ability to shift your awareness into different parts of your body like this is VITAL to energy work and this projection method. During a conscious astral projection it may appear as if you are projecting straight into an astral plane.

But there is always an intermediary phase at the beginning, when you are existing as an astral form close to the physical dimension.

This, real time part of any projection, may be missed if you black out at the moment of projection. The area around the body, within cord activity range, is flooded with etheric matter and within this field the astral body is held in real time close to the physical dimension.

Etheric Matter

Etheric matter is the actual life force substance generated by all living things by simply being alive. It is a substance in-between physical matter and astral matter, part physical and part astral.

This etheric matter has actual weight. It is a very refined substance in between matter and energy and is similar to its coarser cousin, ectoplasm.

There have been scientific studies done on these phenomena. Dying people in hospitals have had their beds placed on delicate scales shortly before death and hooked up to EEG and ECG monitors.

In all cases, at the exact moment of death, a sudden weight loss of approximately one-quarter of an ounce is observed.

This is caused by a large amount of etheric matter being transferred into the astral body at the moment of physical death.

This is similar to the sudden transfer of etheric matter into the astral body during a near death experience where the body believes it is dying.

This sudden, massive transfer of etheric matter is the start of the death process.

Ectoplasm

Ectoplasm has been studied in a similar fashion.
Materialization mediums have been placed on delicate scales and then asked to produce ectoplasm onto another set of fine scales.

These mediums were observed to lose weight at exactly the same rate as the weighed ectoplasm gained weight. When the medium reabsorbed the ectoplasm this weight transfer was reversed.

Ectoplasm is produced by the chakras. It converts part of the physical mass of the medium's body into another substance, ectoplasm.

Interdimensional Manifestation Any non-physical or disincarnate entity, including the astral body, in order to function, in real time, close to the physical dimension; must contain etheric matter.

Without etheric matter, nonphysical entities fade back into their dimension of origin. Etheric matter can only be obtained from living inhabitants of the physical world.

Energy Flow

The famed « Silver Cord » does more than just tie the two bodies together. It is a true umbilical cord, transmitting information and energy between the physical and subtle bodies. It is seen by some projectors and not seen by others.

Sometimes it is seen emanating from the navel, sometimes from the forehead. The area the cord is seen emanating from may depend on chakra activity.

Whichever chakra is the strongest, most active, could have control of energy flow to the subtle bodies.

There is also the belief system of the projector to consider and the creative power of the subconscious mind.

The cord will usually appear to be wherever you believe it will be, courtesy of the subconscious.

Once the astral body enters the astral dimension it must have a good supply of astral energy from the chakras in order to interact strongly with that dimension.

Clear astral memory depends greatly on the amount of energy available. As the astral dimension is the natural domain of the astral body, it will not fade out of it due to a lack of energy.

As in the real world, if a person hasn't eaten or slept for a few days they don't dissolve into another dimension.

They just get weak and listless and don't interact strongly with the physical world. What it boils down to is this:

The astral mind must have enough energy to give it strong, vivid memories. These astral memories must be strong enough to make a good-sized wrinkle in the physical brain, so the physical mind can recall them when it wakes up. E.g.

If you haven't slept for a few days you will be tired, listless and your interaction with reality will be weak and vague.

If you see a movie in this tired state you will retain little memory of it. Afterwards, you may only remember fragments of it and your memory of it will be a vague blur.

If, however, you see a movie when you are well rested, fresh and full of energy, it is different.

You take in everything about the movie and enjoy it. Your memory of it will be crystal clear. This is similar to what happens after a low powered astral journey.

The astral body lacks energy and so does not have clear enough impressions of its journey.

This causes it to fail making its memories the dominant ones when it returns return to the physical body.

Astral projection

To astral project, as with all out-of-body experiences one must feel totally relaxed, clothing fitting comfortable, reclining is best. Often a comforter is best over the body as the physical body sometimes gets cold when you travel out.

You can practice alone or with one person.

Find a quiet place . . . free of distractions . . .

Adjust the lighting and room temperature . . . Adjust clothing . . . footwear . . . eyeglasses.

Sit down or lie down . . . Find a position that is comfortable for you . . .

Quiet your mind . . . Still your thoughts . . .

Relax your body . . . Your face . . . your jaw . . . relaxing . . .

Your shoulders . . . your neck . . . relaxed your arms . . . your hands . . . feel at peace . . .

Your torso . . . your hips . . . letting go . . . Your legs . . . your feet . . . totally relaxed . . .

Focus on your breathing . . . Inhale slowly and deeply through your nose . . .

Retain the breath as long as is comfortable . . .

Exhale through the mouth slowly and completely . . . Repeat for two more breaths . . . or as is comfortable.

Let go of the fear of leaving your physical body. Remember you do it when you sleep.
See yourself floating away from your physical body.

You may feel as release or perhaps hear a sound as you leave.

Quiet your mind. Clear your thoughts.

In your mind say

« I'm going to count down from 3 to 1, visualizing each number on a white orb suspended in the air above my head.

When I reach the third and final « 1 » my body will be deeply relaxed. I will have no awareness of physical sensations.

I will not perceive any physical discomfort. My consciousness will be focused on my astral body.

Now visualize a white orb suspended in the air above your head.

Mentally focus on the orb I visualize a number « 3 » on the face of the orb.

The numbers can be any color.

They may vary with each experience.

Visualize the 3 --three times: three number « 3"s » on the orb.

Your body is completely relaxed and are losing awareness of your physical body.

Then repeat the visualization with three number « 2"s. »

You are into greater relaxation. Now visualize the « 1"s. »

You are losing awareness of physical sensations.

Your consciousness will be in your astral body.

Repeat this using the number « 1"s » three times.

Your consciousness is now in my astral body.

This could involve training of several sessions.

You may also find audiotapes that take you down into these altered states as well.

You getting better and faster as you go along each time.

What are divine complements?

1. **Twin Ray**
2. **Twin Flames**
3. **Twin Souls**
4. **Twin Mates**
5. **Divine Expression**
6. **Soul Mates**
7. **Divine Complement**

We will start with step seven.

A Divine Complement

Is someone who shows you the exact mirror of where you are living? This person could be anyone at any given time the higher self sends to mirror your exact image.

Often times it reflects our negative vibrations, while other times you are blessed with seeing the beauty that is you. A complement could come in and out of one's life, or stay around for a while completing many lessons for both parties involved.

This would be a very good reason why marriages on earth shift all the time. People change with age and move on.

Many times this does not happen together, and so two partners end up going their separate ways and rightly so in this kind of environment. Remember relationships on earth are in preparation for moving you to a higher level of being.

A Soul Mate

Is one who is previously set up before coming into incarnation? Your cycle of life will take many turns and at the perfect time a soul mate will enter to teach you in a strong way about yourself.

Many would like to think they are married with a soul mate, but truly not as many as would like to be are living this relationship. It is a special meeting and one that will most likely alter your life.

This could be positive or negative depending on where you stand in self. Also a soul mate in this lifetime could be different than in another lifetime. There are instances when one travels in several lifetimes together.

Your soul family is quite large and for purposes of learning at times you may work or set up a connection with a soul mate from another soul family. So in that instance they would be your soul mate.

Also a soul mate could be the exact gender or opposite depending on what you came to experience. Often times a romantic relationship is not in the life plan, because everything at this level is about clearing up with self.

We have spent some lives in dear soul mate relationships, while others are meant for the souls study and advancement.

A Divine Expression

In short is one that comes in and makes a large impression on one's life. If one is not moving in the exact direction intended a divine expression would move in to bring out the deepest inner angst and leave you pondering the facts of life.

This is good, as the intention of a divine expression is exactly that. It will feel not quite pleasant in a lot of instances, but to open a blind eye spirit will take on many forms to assist.

At this time many beings are experiencing a divine expression simply to move them forward. They are actually a gift from your guidance and one to take heed so the truth can face you head on.

So many try to make something work that is not in the cards for their enlightenment and this is where trust comes in.

If you feel strong about a being at this time, you will want to consider that your twin ray is hanging around and this is actually what you are feeling.

A Twin Mate

Is part of a group of beings you are connected to for earth, solar and galactic work? A twin mate is someone not usually linked to romantic liaisons, as these souls are a connection of a like-minded unit of servers.

All are connected to at least 144 twin mates. In the paradigm of creation the numerical value of 144 makes for the perfection of manifestation, as it works on a higher frequency of energy. In the galactic core all twin mates were set up together.

Some are here on earth and some are in the galaxy doing other work. When we say we are one and the same it is because units of congregated light do not separate themselves from one another.

We are indeed together for many reasons throughout our experiences. This connection will continue until we complete this cycle of creation into the birth of the new millennium.

Here we will advance and the units move and work with different wavelengths of light. So together in the birthing we re-evaluate and shift energetically our streams of light depending on where everyone resides in consciousness.

Some of your twin mates are not waking up as yet, but we hope all do, as time will soon run out for the opportunity at hand.

As you connect hearts with many beings several will stand out and the recognition of a twin mate will show itself.

A Twin Soul

Is a very like vibrational frequency? Each individual has twelve twin souls. They are part of the twin mate grouping, however these twelve are extremely close to your earthwork.

Some of you will be blessed to have a few of these beings close to you on earth. You will feel as if you have known and worked with one another forever, and truly you have.

This is likened to the twelve ascended masters you will link up to on your climb to the Christ Light.

A very few of you are twin souls to the twelve masters that are on your line-up awaiting your arrival. This is for instructing purposes as you are a

teacher of magnitude and your energy is linked to this consciousness of light.

There have been many blessed romantic encounters with this group of beings.

The ratio of male/female on each grouping is dependent on lessons and/or experiences one needs to attain for advancement into the higher realms of light.

A Twin Flame

Is a being you have worked extremely closely with from the galaxy on down into a third dimensional life form?

This was set up long ago and you have kept the same twin flames for eons. There are seven twin flames you are connected to.

Besides the twin ray this will be your closest bond to an entity. Whichever level of light one is at, you will have the ability to reconnect with the mighty seven. It will assist to further your own enlightenment.

These are integrated before reaching the level of the twin ray. Needless to say that many twin flame relationships are of great remembrance and love to all. They are also both genders. For instance this channel has three female, and four male twin flames.

Three twin flames are on earth; four are in the upper dimensions. There is a special bond between twin flames and you will forever be connected at the heart, as one does not ever forget the special love a twin flame will share.

It moves beyond human sexuality and into the purity of devotion for working together through these cycles. You have been through much and after the twin ray split the first relationship one enters into is with a twin flame.

At the level we split there was not yet time to learn jealousy, we just created and experienced in the love of our source.

We knew there would come a time when reunion would once again join our beloved ones heart forever.

I can honestly tell you there are sad memories from this parting of two hearts which all will clear before moving into the divine embrace of a twin ray.

The Twin Ray

Is the ultimate? There is no need to look further for source as this is experienced with one another.

The joy at this time as we have prepared long for this event is overwhelming even for the many ascended masters awaiting this reunion.

You are the same Godspark that came from the loving embrace of mother/father God. It is quite a gift that we are coming into harmony with the one other half of ourselves.
There is much disbelief with this event, and I can only tell you that it is well worth the wait. For those who refuse to accept you only prolong your advancement as many ascensions are tied into the reunification with the twin ray.

After working to reconnect and taking the time every day and night to complete the energy work necessary, your twin ray is then known as the Consort.

Both of your missions are one and the same. The responsibility is held equally by both of you. At this point you have proven yourself worthy of the title as together you have both conquered the densities to return as one love, one life, one entity.

Each person will have a unique situation and therefore all twin ray couplings will occur differently, as there is closure necessary from many experiences learned by both parties. In addition to ascending the twin ray merge will take a daily conscious effort.

So many of you feel that deep inner knowing, but have not been able to express this as the earth consciousness has not allowed for divine relationships in a long time. There have been some instances when you have traveled together on earth. Some twin rays of earth partners are on a galactic star, or perhaps your twin ray is a universal being. The last scenario is the rarest. Also some of you will electromagnetically connect with the perfect mate here already on earth.

This would be a soul mate, twin flame, or twin soul. Some twin rays in the upper dimensions are not ready to reconnect.

This comes only by the approval of one's higher self. So many different situations, yet each one is perfect for the individual. Whichever level you intend to reconnect with, there will be shifts in your life and spirit will not give you what you cannot handle. For instance, if one is happily married on earth you can commit to a twin ray at an energetic level while working here. This for the time being is perfect.

No twin ray will interrupt a harmonious environment. This being only wants the highest and best.

What are walk-ins?

Walk-ins are soul extensions, or personalities, who take over the body of a human being who has chosen to leave his or her physical body. A walk-in is generally a more evolved aspect of the person's soul.

This is done in agreement between the soul who is leaving and the soul aspect that will complete the karma of the first soul - and go on to do spiritual work.

This referred to as a soul exchange. In truth - it is a way for a soul to leave the 'baggage' and issues of Earth karma behind - when it can not cope - and have another aspect of itself come in to complete the work.

As we are all multidimensional this can be done. Sometimes the exchange is made during a time of depression or Near Death Experience for the soul leaving. The walk-in usually comes in because it has special work to do.

Usually it is to help others as a healer or counselor. Often the soul that walks in, did similar work when it was in a physical body at another time and is presently here to spread knowledge.

Often after the soul exchange it takes a while for all concerned to understand the change has taken place. It can be a very confusing time.

On occasion the walk-in soul does not have the memories of the person they walked into. Many walk-ins come into adult bodies.

A walk-in is not a possession. A possession is forced entry.

This is by agreement.

Part of the responsibility of the walk-in is to clear the karma of the walkout.

The actual exchange occurs over a one-night period while the physical body is sleeping.

Star PEOPLE ~ WANDERERS

These terms are interchangeable.
'Wanderers' refers to the interdimensional transfer of ET souls due this time in Earth's history when the planet is moving into a new frequency. Wanderers are supposedly souls who have come from all over the universe to assist this process.

Wanderers receive, amplify, and transmit cosmic heart-energies to balance planetary initiation. It actually doesn't matter if they teach, organize, go public, or even recognize their own ET identity.

Their frequencies alone constitute a living, crystallized force that actively supports global transformation. As always, there are many levels of service, and it is up to individuals to find their own natural way.

Many of these souls cannot find themselves now, as their only purpose is to hold the frequency. It is a feeling of coming from the stars - from other worlds - just being a visitor here at this time.

Many Wanderers find it hard to function in families, relationships, jobs, or school. They study one form or another of the esoteric.

Most are very intelligent often gifted in one of the Arts?

They look at us as an odd race running around in confused states-going nowhere.

Most know they are not from here and that this is a brief stay.

Most need caretakers - family - friends - government checks.

Many wind up depressive and on medication.

Many do past life regressions to discover their soul roots.

Many miss the abilities they had when they lived off the planet- telepathy, teleportation - total recall - their soul mate - longer and healthier lives - less negativity.

Many have problems breathing or other oddities such as rare blood types.

They experience depression and other mental illnesses - even in childhood.

They enjoy being alone a good deal of the time.

Most are « night people » choosing jobs that fit this need - security guards, etc.

What is Shamanism?

The distinguishing characteristic of shamanism is its focus on an ecstatic trance state in which the soul of the shaman leaves the body and ascend to the sky (heavens) or descend into the earth (underworld).

The shaman makes use of spirit helpers, with whom he or she communicates, all the while retaining control over his or her own consciousness.

The ability to consciously move beyond the physical body is the particular specialty of the traditional shaman.

These journeys of Soul may take the shaman into the nether realms, higher levels of existence or to parallel physical worlds or other regions of this world.

Shamanic Flight, is in most instances, an experience not of an inner imaginary landscape, but is reported to be the shamans flight beyond the limitations of the physical body.

While most shamans in traditional societies are men, either women or men may and have become shamans.

Traditional shamans developed techniques for lucid dreaming and what is today called the 'out-of-the-body experience'.

Shamanism

The first item of business for a potential Shaman is to learn to travel in the other worlds, then to discover his Totem or Power Animal.

That knowledge is necessary in order to start the long process of learning. Power Animals are usually a reflection of your deepest self and also represent qualities, which you need in this world, but which are often hidden or obscured.

A mistake that people often make is to be dissatisfied when they find that their Power Animal is some non-ferocious animal like a mouse. We tend to think that a mouse is not very powerful - that it is meek and afraid.

What they forget is that spirits are not limited to physical reality and that size is irrelevant. Your Power Animal may be a tiny mouse, but in times of need this mouse can and will change its size and deportment to that which is appropriate to the occasion.

There is nothing weak of meek about a 500-foot tall mouse! Your personal Power Animal (as opposed to your family, clan, or tribal spirit) may change several times in your lifetime, depending upon your specific needs.

If you are dispirited, your animal is far away from you and needs to be brought back, or a replacement found.

When you make your first exploratory journey you are likely to encounter spirits which may represent themselves as being your Totem or Power Animal. If you are already aware of your spirit that spirit may greet you and give you additional power.

All mammals and birds are positive spirits. Any positive spirit may be your Power Animal.

Your Power Animal may also be a mythical animal, such as a unicorn or Pegasus, or even one which does not exist in myth or legend.

LESSON 1 - Meeting Your Power Animal

We all have power animals - spirit animals - that are connected to us as protectors.
Many power animals are our spirit guardians that exist in other realms.

Some animals were with us from past lives but may have been another physical form.

Example: We might have had a wolf or other wild animal as a friend or protector. In this timeline the animal incarnates as a dog.

Time to find your power animal

Find or quiet place or just relax at your computer . . .

Relax your mind . . .

Feel the muscles in your body relaxing . . . your head . . . your shoulders . . . your neck . . . your jaw . . . the torso of your body . . . your arms . . .

Close your eyes . . .

Take 2 long slow deep breaths . . . breathing in through your nose . . . holding the breath as is comfortable for you . . . exhaling slowly through your mouth. .

Still your thoughts.

You are going to watch the screen just behind your eyes . . .

You may see a pretty color . . . or shape . . . coming into view . . . Telepathically ask your power animal to show itself to you on the screen in your mind.

Be patient! Your third eye (pineal gland) must open before you can see images.

Soon the image of an animal will appear.

It may - or may not - be the animal you are expecting - so have no expectations.

The image may come all at once or appear to move towards you.

You may see the front view of the animal or see it at another angle.

The animal may not be your favorite animal!

Just allow the image to manifest before you!

Once you see the animal - watch it carefully to see what it does.

Listen with your thoughts to get a telepathic message from the animal.

It may seem funny to get a message in a human language - from an animal - but it can happen.

Your animal may appear in a scene that is significant for you.

Focus as best you can . . .

Note the colors around the animal - colors have significance.

When the image fades . . . slowly open your eyes and write - or draw what you have seen.

You may see more than one animal.

You may see an animal that seems mythological vs. animals in our reality.

You may find that another day brings a different animal with a different message.

Things to consider:

Have you ever dreamed about this type of animal?

What happened in the dream?

Ask the animal to come to you in tonight's dreamtime and interact with you.

Why would such an animal appear to you?

LESSON 2 - Working with your Power Animal

Prepare to meet your power animal - as you did in the first lesson.

Relax your mind and body.

Now close you eyes and take two long deep breaths - breathing slowly in through your nose - holding the breath as is comfortable for you - and breathing out slowly through your mouth!

Connect with your power animal as your third eye begins to open and shows you images
If you can see the animal in movement - follow the animal to see where it takes you and what messages it wishes you to learn.

If you are having trouble following the animal - first visualize the animal - then see it moving away - perhaps through time and space - perhaps on the Earth plane . . .

Once you have connected with the animal - mentally tell the animal that you wish it to take you on a spirit journey so you can learn more about your soul journey at this time.

It will take you on a journey . . .

Make notes about your journey when you return.

LESSON 3 - Meditating with your Power Animal – Shamanism

Shamans are spiritual beings with the ability to heal, work with earth energies and 'see' visions.

The ability to consciously move beyond the physical body is the particular specialty of the traditional shaman.

These journeys of Soul may take the shaman into the nether realms, higher levels of existence or to parallel physical worlds or other regions of this world.

Shamanic Flight, is in most instances, an experience not of an inner imaginary landscape, but is reported to be the shamans flight beyond the limitations of the physical body.

Today you are going to become a Shaman - in the sense that you will connect with your power animal to heal and bring light to the planet.

Please take your time . . .
As you are now seated - begin by calling your power animal to you and establishing a connection.

'Tell' the animal you wish it to remain with you today so that you can connect at various times to experience.

If you can physically go into nature - or even make contact with a tree (indoors or outdoors) - this would enhance your experience.

You may use music to enhance your experience.

The use of any kind of mind-altering drugs is your option - preferably not to be used today.

Once you are ready - close your eyes.

Take two long, slow breaths (inhaling through the nose and - exhaling slowly through the mouth).

Feel totally relaxed.

Disconnected from your physical environment.

See yourself slowly shape-shifting from your physical form - to that of a Shaman Healer.
(Shamans have the ability to shape shift).

Experience your physical body - its age, skin color, 'make-up' you may have applied, your geographic location, your confidence to heal, your personal power returned, the secrets you possess from the ages –

Become one with that person - and experience.

Slowly shape shift again - this time into your power animal . . .

Feel each cell in your body changing . . .

Go into nature - physically or telepathically!

Move through nature as your power animal would.

Listen to the sounds.

Experience all of the sensations of nature on a higher level.

Listen to the animals communicating with each other.

Sense portals that open to other realms.

Observe how they open and close.

You stop near a tree.

Make a connection - physical or telepathic.

Pull in the energy of the 'white light' from Source.

Feel the 'white light' surging through all that you are - the power animal, the shaman, your physical expression.

Allow yourself as a shaman/power animal - to see what needs to be healed today.

Heal by illuminating what you 'see' in 'white light'.

As you heal with the 'white light' - send the energy out to the planet.

Connect with the healing of the shaman energies of the indigenous people around the
world.

Allow the other shaman to show you how they heal.

This may result in your initiation into higher realms of Spirit and healing.

Power/ totem animals

The Alligator

The Alligator has walked on Earth mother for millions of years and are known in many myths and lore as the keepers of ancient wisdom. Alligators hide themselves in water and mud waiting for unsuspecting creatures to happen by, and then snap. They eat any animal they can swallow and if they cant swallow it; they tear it into bite size pieces.

They only eat when they are hungry and do not consume food unnecessarily. Waste is not a part of alligator medicine. Those with this totem should be careful about over consumption. Digestive disturbances are common with alligator medicine people.

The eyes of the alligator are positioned high on their head allowing them to remain relatively hidden beneath the water and still see above it. Symbolically this hints to clairvoyant abilities.

Hiding in the water ties the alligator to the emotional body of man. The alligator holds the teachings of the discovery and the release of emotions that are locked beneath the surface.

Alligators dig deep burrows when the water is high so that during the dry season they can have a wet alcove to retreat to. These alcoves serve as reservoirs from which other animals can get water. Water is the nectar of life. The sharing of these reservoirs indicates the alligators respect for all life forms.

The power of alligator is its power to survive. They have no known predators. If alligator shows up in your life or in the dreamtime it might be telling you to take care of yourself and secure your basic survival needs.

Alligators come together only for reproduction. They have distinct individual personalities. Those with this totem are usually loners and only join together in groups when mandatory. Alligator medicine people can be great leaders. They know how to survive in any situation and are strong enough to hold their ground.

These fascinating creatures digest their food slowly. Those with this totem should remember to digest and assimilate all experiences thoroughly before moving forward in haste. Alligators teach the art of patience and appropriate timing. They know when to hide beneath the water, peak above it, or take action and snap.

The Ant

The ant is very industrious. Some ants are solitary but most are part of a large community. Within the community there is a repertory of activities and behaviors. Their activities include gathering and hunting. Within a community each ant knows its place and performs its duties with total loyalty to the whole.

Worker ants are excellent architects and can show us how to construct our dreams into reality. Ants are very persistent and can teach this skill as well.

The power of ant medicine is teamwork. Each ant will do its part to ensure the survival and health of the whole colony, regardless of the role it has been assigned. If ant has to fight, it will; if ant has to dig tunnels, it will; if ant has to carry leaves for miles, it will, all for the good of the community.

Ants are selfless servants always looking out for their fellow ant. They focus on the best outcome for the community and teach the art of self sacrifice and true service. The queen ant has wings and the ability of

flight until fertilized. Once fertilized she pulls off her own wings sacrificing her own flight for the birth of a newborn. Although there is a caste system within the ant community all ants honor and respect each other and work for the common good.

Ants are tireless workers and hunters and teach the art of perseverance and patience in all that they do. Those with this totem will find that many of their life lessons will involve the mastery of patience in some way.

Ant medicine is subtle yet powerful. It teaches us how to release our egos and aligns us with the virtue of equality. Imagine what the world would be like if humanity held and applied the values that the ant expresses. The next time you step on, squash, injure or kill an ant intentionally, ask yourself why you are choosing to destroy the unconditional love that the ant shares so freely. Valuable insights about yourself and your history can be learned from this tiny little totem.

The Badger

The badger is a member of the weasel family. They range is length from two to three feet and are about twelve inches high. Family members often mark each other with scent for recognition since their sight is poor. Their senses of smell and hearing however are excellent. Those with this medicine would do well in professions that incorporate sound as a healing tool. On a personal note, badger medicine people need to develop clear sight, both psychically and physically and not just rely on their other senses for survival.

Badgers have solid muscular bodies. Its outer skin is loose which gives it a deceiving appearance. Because of this it is often associated with illusion. What you see is not always what you get! Its strong powerful jaws represent discrimination of speech. Words can cut, tear and crush or encourage, teach and compliment others. Those with this medicine have the ability to do both.

Badger dens are extremely clean and well organized. They change there bedding often, backing into their dens with straw, so as not to make a mess in the process. Fastidious about their surroundings they will correct any disorder quickly.

The badger brings the gift of tidiness and organization. If badger has come to you in some way it may be saying that you need to concentrate on maintaining an orderly environment to better facilitate your day-to-

day living. . It can also teach you how to manage your time more efficiently.

Badgers will fight to their death if cornered. Bold and ferocious they are unsociable animals. Those with this medicine have difficulty relating to others. They will shun authority and stand their ground in any situation. Expressing themselves in a concise balanced way is one of their greatest challenges.

The badger is a remarkable digger and can get beneath the surface easily. This ability ties the badger to the mysteries of the underworld, where the magic of life and creation is stored. It also symbolizes a strong connection to plant and animal spirits and can teach those with this totem how to align with life both above ground and below it.

The Bat

There are different species of bats, which have widely divergent characteristics. Some are small and others are large. With one or two exceptions, the large bats live on fruits and find their way visually. The small bats feed mostly on insects, catching them on the wing by a process known as echolocation in which an animal produces sounds and listens for the echoes reflected from surfaces and objects in the environment. When this medicine is fully developed in man intuitive and clairaudient abilities are accurate. When underdeveloped psychic perception becomes clouded by imaginings of the mind.

Studies on bats found that when they are placed in a refrigerator, they will go into an instant state of hibernation and come out unharmed when they are warmed, which is unique for a warm blooded mammal. This indicates that the life force of the bat is strong and is able to regenerate and replenish it when needed. Those with this medicine also have this ability and would benefit from all types of yogic practices especially those related to awakening the kundalini.

Bat holds the power of adaptability. Everything about them, senses, feeding, flight, mating and size is suited to their particular environment. When bat appears in your life its message may be to examine your surroundings to discern what bounty is being offered to you, and then alter your patterns so you can receive it.

An out of balance bat will get scrambled and confused and will fly into things. Are you crashing into barriers as you try to get what you need and want in life? If so, bat may be trying to tell you to take a moment to

get your bearings and determine the relative importance of what you are seeking.

When bat flies into your life transformation of the ego self is about to occur. The old familiar patterns and ideas that have been your truth are about to change. That which once worked for you may no longer. The process of transformation represents a death and a rebirth. Bat offers you the wisdom necessary to make the appropriate changes for the birthing of your new identity.

Author Ted Andrews writes that bats have needle like teeth and can sometimes carry rabies. Rabies is an infectious disease of the blood and can cause a person to go mad. Fears that are allowed to spread, uninhibited will eventually permeate our system and can create a kind of madness within our lives. Bats reflect a need to face our fears.

Because the bat is a sociable animal it can indicate a need for more sociability or increased opportunity with greater numbers of people. It has great auditory perception and can navigate through the dark easily. Their built in sonar enables them to know what lies beneath the surface. Those with this medicine have uncanny abilities to discern hidden messages both from people and the environment..

When bat appears it is asking you to surrender yourself to the process of change. Opportunities unknown to the conscious mind are about to manifest.

The Bear

There are several types of bear including the Grizzly, Brown, Black, Kodiak and Polar. Bear has played a prominent role in many Native cultures. They are considered to be a highly desired ally and spirit helper because of its fearless power. It is believed that the power of Great spirit lives through this animal. Because of this a constellation was named for it, Ursus Major, The Great Bear. Some tribes prayed for medicine dreams that would show bear to be their guide. Others felt the bear was too powerful a medicine and would only hunt them if it meant not starving.

In some traditions bear is the spirit keeper of the West. The place of maturity and good harvest. The gifts that bear offers to those with this totem are strength, introspection and knowledge.

Unlike other animals who are active during a specific time of day, the bear is active both day and night. This symbolizes its connection with

solar energy, that of strength and power, and lunar energy, that of intuition. It enhances and teaches those with this totem how to develop both within themselves.

Bear can sometimes be too quick to anger and too sure of it own power. While they have little to fear they can forget caution, which is an important trait to have. If bear is your totem be careful that you don't throw your caution to the wind. Being unaware of your limits in certain settings can be disastrous.

Many years ago while hiking in the woods I was surprised to meet a black bear face to face. As it stood before me the power that the bear held intimidated me. Fears surfaced and I was sure I was going to die. I rose my arms high over my head appearing larger than I was. Because I created an illusion of size and strength my life was spared. The bear watched, dropped down onto all four legs and slowly moved away. Bear taught me the importance of appearance by gathering my inner strength and presenting it outwardly.

During the winter bears spend several months sleeping in dens without eating, a condition that resembles hibernation. The more fat their bodies have stored up the deeper the sleep. Bears live on this fat throughout the winter. It teaches us how to go within and find the resources necessary for our personal survival.

The bear holds the teachings of introspection. When it shows up in your life pay attention to how you think, act and interact. Use discernment in all that you do and discriminate with care. Bear teaches you how to make choices from a position of power.

The Beaver

The beaver is an amazing animal. They are master engineers and alter environments. Their dams are made of wood held together with mud and leaves. Resourceful and ingenious they turn streams into lakes with their dams. When they leave an area, the dam eventually decays and a fertile meadow is left where the lake was. The beaver knows how to work in harmony with the environment and can show us how to do the same. They hold the energies of fertility and new promise.

Beavers are expert builders. Their dams are strong and secure. When the beaver swims into your life it is asking you to strengthen the foundation on which you stand or to build a new one. If we continue to stand on old foundations new opportunities can pass us by. Because of its building skills the beaver has been linked to ancient masonry. Those

with this totem often have past lives associated with this magical art. The study of masonry can reveal deeper insights about who you are and who you have been.

The beavers fur is waterproof and a hard yellow enamel coats their teeth protecting them from damage. Their teeth continue to grow until they die. They are always chewing and falling trees. Author Ted Andrews states that without chewing the beavers teeth would become to large, and it would be unable to eat. Its large incisor teeth are one of its most distinct features and holds great symbology. A person with healthy incisor teeth usually has a balanced inner nature, if unhealthy an unsettled inner nature is common. Proper dental hygiene along with developing a sense of inner peace is essential for those with this medicine. Meditation and quiet contemplation is helpful.

Excellent swimmers, the beaver can stay submerged for 15 minutes. Controlling the breath is one of its attributes. Those with this medicine would benefit from yoga or any form of breathing exercises. They make excellent breath workers as well as architects.

Beavers are creatures of the water the element associated with the subconscious. This is where hidden knowledge and forgotten dreams are stored. A powerful totem to have the beaver reminds us to live our dreams and shows us how to manifest them using the resources available. Beavers have a gentle nature and are very industrious. Those with this totem often find that they must work hard to obtain their goals. Remember to be kind to yourself. When you feel defeated simply call on the beaver to help you.

The Blackbird

The blackbirds iridescent black plumage holds the energies of mysticism and magic. Druid legends say that the birds of Rhiannan are 3 blackbirds which sit and sing in the World tree of other worlds. Their singing puts the listener into a sleep or a trance which enables him or her to travel to the otherworld. It was said to impart mystic secrets. Those with this medicine often have a hypnotic influence on others as well as an uncanny ability to move between the seen and unseen worlds with clarity. They make excellent shamans and trance channelers.

Blackbirds are timid and prefer their own company over the company of others. In humans shyness and insecurity in group settings is common. Vulnerable to outside influences those with this totem need to remember to clear accumulated influences from their energy field on a regular basis.

The male's distinctive song during breeding season is loud and melodious with flute like qualities. Males often sing from high perches and both sexes produce a variety of sounds which include mimicking other birds. Blackbird medicine people love to sing and have the ability use their voice to heal and inform. They are also good ventriloquists.

Blackbirds spend much of their time on the ground. Its locomotion includes walking, climbing and hopping forward and backwards. They forage for food in open spaces although cover is always near by. When foraging in leaf litter under trees they sound like people walking . In humans this suggests an ability to remain grounded in the earth energies while walking a spiritual path.

When resting the blackbird is frequently seen stretching, legs extended back, side wings in full extension, tail spread, and the head tilted to one side as if listening. Yoga and movement therapy are beneficial for those that hold this totem.

The blackbirds flights are low, short and undulating but fast and direct over open country. They move with determination and focus and can teach us how to do the same. When blackbird flies into your life your connection with nature and the forces of creation increase. The magic of the underworld surfaces in your life. Awareness is heightened and change on a cellular level begins. The blackbird teaches you how to acknowledge your power and use it to its fullest.

The Bluebird

The bluebird is a member of the thrush family. The males are entirely blue, while the females are blue only in the wings. The color blue is associated with spiritual awakening. A color that calms the mind and soothes the heart. Since the color blue is symbolic it will represent different things to different people. A daily practice of prayer and meditation are beneficial to those with this medicine.

Bluebirds arrive from the south in the early spring. They live in open country and woodland settings nesting in holes in trees or fence posts. In native cultures the south is the direction of innocence and childlike activity. When a bluebird shows up it could be asking you to lighten up and let go of any dramas that are presently occupying your life. If it appears in your immediate surroundings this message is more pronounced.

Bluebirds hold the energy of gentleness. They are not aggressive and will avoid confrontation whenever possible. They are patient and observant birds and choose to spend their time enjoying life, however, if a bluebird is provoked it will stand its ground and defend itself. The bluebird teaches us how to move through life with a gentle strength and a patient persistence.

Living ones truth without inflicting it on another person can be a challenging affair. Mankind often feels a need to awaken others with their knowledge. This need can trigger personality disputes causing unnecessary frustration and conflict.

The bluebirds song is one of joy and playfulness. When if flies into your life it serves as a reminder to allow others to grow in their own way and time. Live your personal truth but remember to honor anothers truth. We are all equal in the eyes of the creator. The path a person walks is a personal choice that was created from the soul blueprint. We don't always understand anothers choice but it is imperative that we respect it. Equally so, we must respect ourselves.

The Buffalo

The buffalo is a symbol of abundance and manifestation. Their large heads represent intelligence of a higher order and their strong bodies ground them to the earth. They are the uniting force between the mundane and the divine and hold the teachings of right action joined with prayer.

Both the bulls and the cows have horns as well as humped shoulders. Horns grow out of the head and extend to the sky indicating a connection with a higher intelligence. Humps are often symbolic of stored energy locked within the body.

The buffalo's humps are located at the shoulders. In man the shoulders hold our personal energy which expresses itself through our hands. Whatever we touch or hold onto is connected to the energy stored in the shoulders. Shoulders carry responsibility or joy. What we carry within is manifested outwardly. The buffalo teaches us how to eliminate our burdens by directing our energy in a balanced way.

When defending against danger, the cows will form a defensive circle around the calves and the bulls will form a circle around the cows. This symbolizes the buffalo's mutual respect for one another as well as their protective instincts to defend and honor life.

To the Plains Indians it was a symbol of sacred life and abundance. It gave the gift of life to others by sacrificing its own. It provided meat for food and hides for clothing and shelter. When tribes prepared for a buffalo hunt prayers of gratitude were offered up to great spirit. After the hunt ceremonies were performed that honored the buffalo's spirit. Without the aid of buffalo these tribes would not have survived the harsh winters.

Buffalo's can be unpredictable and dangerous when provoked. Those with this totem need to remember to see the good in all things and not let their frustration store up inside them. Tai Chi or martial arts would be of benefit on a daily basis.

The buffalo reminds us to give thanks for what we have, to respect all life forms and to honor the integrity of our own divine essence. It is a symbol of equality, sacrifice and service and can show us how to live in a state of understanding, acceptance and joy. It helps us release our self pity and awakens abundance within our consciousness. Buffalo is a powerful medicine to have and serves as a stepping stone towards healing our imperfections and reconnecting with mother earth and father sky.

The Bumble Bee

Unlike the honeybee, the bumblebee usually has fewer individuals in its colony. They do not store large amounts of honey like the honeybee does. Bumblebees are one of the few insects that can control their body temperature. In cold weather the queen and her workers can shiver their flight muscles to warm themselves allowing them to fly and work at lower temperatures than most other insects. Their large size and hairy coat also helps to keep them warm.

Yogi masters have been known to quiet their heartbeat and adjust their body temperatures when in an altered state. This skill is linked to the ancient initiations of mastering the body, mind and spirit. Those with this totem usually have strong past life ties connected to the ancient secrets of longevity and can benefit from the study and practice of yoga. They also make good hypnotherapists.

All bees are productive. They remain focused in their activities and do not get distracted from their goal. Their legs are one of their most sensitive organs. A bee actually tastes through its legs and reminds us to slow down, smell the roses and taste the sweet nectar of life. Hypoglycemia and diabetes can sometimes occur in those who carry this medicine. Therefore daily exercise and good nutrition is advised.

The bumblebee carries the power of service. They are important pollinators of many plants. As a bee lands upon one flower, collecting its nectar, pollen also attaches itself to the leg fibers. It is then transferred to other flowers, creating a fertilization process. Their movement from one plant to another symbolizes the interconnectedness of all living things. The bumblebee is a messenger that holds the secrets of life and service.

If your energy is scattered the bumblebee can show you how to regain focus. If it stings you, it is saying, wake up and follow the rhythm of your own heartbeat. When a bumblebee buzzes you it is asking you to follow its lead. In so doing you will arrive at the destination most appropriate for your new life awakening.

The Butterfly

Throughout history the butterfly has been admired for their delicate beauty. Most adult butterflies live just one or two weeks except for the monarch and angel wing which can live for six months or more. This is very symbolic. It suggests that a person with this medicine will experience tremendous soul growth in their earlier years. A difficult childhood is common. Life lessons are revealed to the consciousness while in the womb of the mother - the cocoon stage - and are completed when the caterpillar emerges into the butterfly and takes flight. Butterflies are symbols of freedom and creativity. They hold the gift of transformation and soul evolution.

Butterflies have a pair of large compound oval eyes made up of thousands of individual lenses. They can see a single image clearly and are able to perceive ultraviolet wavelengths of light. This suggests clairvoyant abilities for those that hold this totem.

The antennae of the butterfly has small knobs on each end which is said to play a role in orientation. When one antennae is missing the butterfly will fly in circles unable to find its way. Those with this medicine need to stay consciously connected to spirit at all times in order to arrive at their desired destination.

The butterfly represents the process of transformation and shape shifting. When butterfly shows up, make note of the most important issues confronting you at the moment. What state of change are you at in regard to them?

To the Native Americans the butterfly is a symbol of joy. They remind us not to take life so seriously. They feed on flowers that they help pollinate, thereby further spreading beauty. They represent the element of air, quickly changing and ever moving, so gracefully. Butterflies are messengers of the moment. They come in a variety of colors. To understand the message that the butterfly holds for you a study of its colors can be helpful.

Whenever an eco system is damaged, butterfly is usually the first to leave. They are especially sensitive to the harmony of earth. If butterfly comes to you in a hurt, trapped or ill way, you are being asked to stop disturbing the natural design of life and to flow with events in a more gentle, natural way.

The Camel

The camel is a unique creature that demands respect. Its long lanky legs, the humps on its back and its big protruding eyes give it an unusual appearance. The hump of a camel has one main purpose. It stores fat. This fat is drawn upon for sustenance when food is scarce. Camels can also manufacture water by oxidation of that fat. They flourish on the coarsest of sparse vegetation and have been known to survive without water for up to 17 days. Occasional fasting to eliminate toxins from the body would benefit those with this totem. Camels are masters at survival and hold the teaching of resourcefulness. They can show us how to make the most out of whatever resources we have.

Camels have double rows of protective eye lashes which shield their eyes from the wind blown desert. Haired ear openings and the ability to close the nostrils at will enable them to live in harsh conditions. This symbolizes their ability to see, hear and smell clearly without being distracted by outside influences. The camel helps us awaken our clairvoyant and clairaudient abilities by showing us how to remain centered in any circumstance.

Although docile when properly handled, the camel is prone to fits of rage if mistreated. They demand respect and will get it. Their powerful legs kick dangerously, they can also spit and bite. Symbolically these actions remind us to honor all forms of life and to treat everyone and everything fairly.

Past life ties associated with the high courts of Egypt and Rome have a strong influence on those with this totem. In their present life they will not tolerate unjust acts of any kind. If they maintain a balanced

consciousness and keep their tempers under control they can excel in any career that incorporates justice and equality.

The golden orange color of the camel also has significance. A color of vitality it has long been associated with the emotional chakra of earth and her human inhabitants. It can transform, purify and heal emotional discord. The golden ray is believed to be the color of transfiguration. Transfiguration of cellular structure is possible when this color is applied in personal healing rituals. Because the camel has clear sight and acute hearing it can be a powerful ally for those willing to go the distance to transmute all imperfections.

The camel is powerful and strong. It is focused and determined. If this is your totem don't expect it to gently nudge you in the right direction. The camel will shove you into the darkness and demand that you use your inner resources to survive, grow and awaken..

The Cardinal

The cardinal is a power packed bird that transforms and awakens us. Its color and its voice are its two strongest characteristics. It is a member of the finch family and is often recognized by its brilliant red color.

The eggs laid by the female hatch in about twelve days. This, along with the cardinal being a year round resident, reflects the rhythm of the number twelve. The number twelve often has important significance for those with this totem. It can indicate a turn of events or a life changing situation. When the cardinal flies into your life expect a change to occur within 12 days, 12 weeks, 12 months or at the hour of 12. Because this bird is a year round resident its medicine is available at all times and should be used by those with this totem whenever a need arises.

Cardinals have a loud whistle, Whistles penetrate the air with sharp distinct tones. They demand our attention urging us to hear what is carried through the air. Both male and female cardinals join in the whistling. This reflects the need to integrate our male and female characteristics into our day to day life. Feminine energy is linked to intuition. Male energy is linked to perseverance. If both are operating within our life our intuitive knowledge has the perseverance and strength necessary to manifest our goals and dreams.

Cardinals eat many decaying weeds and injurious insects. When a cardinal appears in your life it is telling you to pay attention to your eating habits. Are you eating things that might be injurious to your health? IS your diet nutritionally balanced? Extra care should be given

to the blood and circulatory system. Past life ties to overindulgence or the consumption of poisonous substances is often linked to cardinal medicine people.

The bright red color of the cardinal is very symbolic. Red represents the blood or life force of the Mystic Christ. In yoga circles this vital force is known as the kundalini. The kundalini lies dormant within us until activated by a disciplined spiritual practice. Once activated spiritual power can be attained. The cardinal offers safe passage into the world of personal power for those who ask for its help.

When a person with cardinal medicine steps onto a spiritual path there will be no turning back. Everything else in their life will seem insignificant. Extra care must be taken here to insure personal happiness, particularly in the area of one to one relationships. Balancing spiritual ideals and physical pleasure will need to be instated in ones life so harmony on all levels is known.

Cardinals are named for the cardinals of the Roman Catholic Church with their bright red robes. A great love or a strong dislike for religion and churches is common amongst cardinal medicine people and can indicate a past life connection with one or both.

The cardinals voice is strong and clear and reflects an air of importance. This power packed bird can teach you how to express your truth, develop confidence and walk you talk. If you respect its teachings it will lead you home.

The Cat

Nine lives, curiosity, independence, cleverness, unpredictability and healing. Those with this medicine should also study its color, size and breed for a
deeper understanding.

Cats have more rods in the retinas of their eyes which enable them to see effectively in the dark. The dark is often associated with mankind's fears. Since the car is at home in the dark, it serves as a valuable ally into the world of the supernatural and the unknown and can help those with this totem move through their fears efficiently.

The energy field of a cat rotates is a counterclockwise direction, the opposite of a human energy field. Because of this, cats have the ability to absorb and neutralize energy that affects humans in a negative way. This is part of the healing medicine that the cat holds.

If something affects you in a negative way place a cat on your lap or find a cat to pet. Your energy field will immediately realign itself and inner balance will be restored.

Because of their x-ray vision, acute hearing and high intelligence they were used throughout history as guardians and protectors. In ancient Egypt cats guarded the temple gates and were used to ward off evil.

If cat appears in your life the blending of magic and mystery is at hand. A trustworthy teacher, the cat will guide you into the world of self discovery and transformation.

The Chicken

Chickens descended from the wild red jungle fowl of India and belong to the species Gallus gallus. Raised for the production of eggs and meat since the early 1930's the chicken symbolizes nourishment. They keep bugs and weeds under control and provide fertilizer for gardens. Chickens are prone to heat stroke and need plenty of water to maintain optimum health. Those with this medicine benefit by living in an environment where water is plentiful.

The chicken has an exploratory inquisitive nature. They love to scratch around in lush vegetation uncovering every pebble, leaf or blade of grass always looking for a hidden treasure. Extremely attuned to what lies beneath the surface the chicken holds the teachings of observation, reflection and knowledge.

Personal space is important to the chicken. It requires open space in which to roam. If confined they can become aggressive with a tendency to pick on each other. A low ranking hen may be cornered and cannibalized.

Chickens have an uncanny ability to remove obstacles by pecking away tirelessly at anything that gets in their way. The skills of patience and determination seen in the chicken are often reflected in the personalities of those who hold this medicine. Although able to cooperate in groups chickens have a strong independent character and when the mood strikes they will demand their space, sometimes aggressively. Those with this medicine need occasional retreat and isolation from others. This need can come about unexpectedly at any time without warning.

Chicken medicine people are true teachers within the structure of relationships. They remind us not to become too needy of our partners,

family or friends. They show us how to maintain a sense of independence in groups and ask us to take appropriate time for inner reflection. Those associated with chicken medicine people must respect that individuals need for personal space or feathers will ruffle!

Known for their hardiness chickens will run quickly and frantically away from danger. When danger is close they take off with a loud explosion which startles their predator. They are mindful creatures that have extreme sensitivity. Chickens feel the vibrations of mother earth and all life forms that inhabit her. This indicate its empathic abilities. Because empaths literally absorb the energy of everything around them a high strung nervous system can develop. If nervous energy isn't expressed in a balanced way sporadic unpredictable behavior can occur. Yoga or any other form of meditative movement can help those with this medicine acquire balance.

Those with this medicine are natural born empaths. They "feel" their way through life. Their feelings are always right and they need to honor and abide by them in everything they think, do and say.

The Chinchilla

A member of the rodent family, the chinchilla has big eyes, round ears and thick silky fur. Because of their beautiful fur they are captured and bred by the fur industry. It takes over a hundred chinchillas to make one fur coat. Unfortunately supply and demand could lead to its extinction.

Chinchillas have a persistent undying curiosity and will explore every nook and cranny of their surroundings. The like sitting high up as if to observe the world below. Once they feel an area is safe for them to enter they explore it with a sense of adventure and innocence. Their observation skills are acute. They instinctively know when to act and when to retreat. Chinchillas teach us the importance of timing. Those with this medicine intuitively know the right time to act and the right course of action to take, although caution is advised not to become too analytical. Balancing observation skills with a sense of innocence is an important lesson.

Naturally robust and hardy the chinchilla has an extremely sensitive yet effective digestive system which is designed to extract the most out of its food. It does not have a vomit mechanism like other animals and is unable to expel bad food out of its system. This serves as a warning to those with this totem. Good nutrition, a proper diet as well as physical exercise is a necessity for optimum health. Difficulty in eliminating toxins from the body can lead to many health problems.

The chinchillas predominate form of communication is the variety of sounds it makes. Each sound relays a specific message. When upset it chatters its teeth, when nervous it lets out a shrill squeal, when agitated or alarmed a sequence of loud high cries is heard. If it is hungry it will make a rasp like snarl. It knows how to use its voice to convey a message and teaches us the art of efficient communication.

The chinchilla is an important messenger that demands respect. It requires us to heed its advice. If we choose to listen it will serve us well. If we don't honor its message it will scamper away and find someone else to help. When it appears in your life ask yourself the following questions.

Do you need to apply more discernment in your life to avoid chaotic situations? Are you using your observation skills to help you reach your goals? Do you take the joy out of an experience by over analyzing it? Does the wonder and magic of life still excite you? Does your health need attention? Do you communicate effectively with others?

Although the chinchilla holds a variety of messages one thing is certain. When it appears in your life something is out of balance that needs to be corrected immediately.

The Chipmunk

Chipmunk, like squirrel, embodies the quality of trust. They have little fear of people and are often found in rural areas, city parks and in the wild. Chipmunks are very curious and take the time to explore everything that comes across their path. They are inquisitive, fearless and playful. They do what they want to do in their own time frame. They are quite vocal often drawing attention to themselves. Chipmunk medicine people will not tolerate being told what to do or when to do it. They make good leaders and spokespersons.

When a chipmunk is twelve weeks old they have the ability to be on their own. The symbolism of the number twelve or the combined numbers of one and two should be studied by those with this totem. Cycles occur regularly in a persons life and those with chipmunk medicine will often find that changes will occur in their life approximately every twelve weeks or twelve months. Knowing this gives you forewarning and the opportunity for preparedness.

By watching the chipmunks behavior much can be learned. They appear to scamper to and fro always in a hurry to get somewhere. Starting in

one direction, circling around and arriving back where they started from. There is no detail that goes unnoticed by the chipmunk as they circle around and see beyond the obvious. Chipmunk teaches the art of observation and appropriate movement.

Chipmunks have an air of independence and certainty about them. Their inquisitive nature leads them into unexplored territory and their detailed mind leaves no stone unturned. If chipmunk is your totem pay attention to how your energy is being used. Are you thoughts constructive or destructive? Are your fears keeping you from playing and enjoying life? Are you in charge of your life or have you given you authority over to another?

Chipmunk is the messenger of many realms. If this is your totem you are on your way to self discovery.

The Cicada

Cicadas are related to the harvest fly. They have wide set bulging red eyes, orange veined wings and short antennae. There are two main types of cicadas. One spends 17 years as a nymph feeding on tree roots while living underground and the other lives for 13 years underground. Each type, as if on some cosmic signal emerges at the same time from the ground, changes into adults, mates, lays eggs and then dies. Another generation of cicadas doesn't emerge until 13 or 17 years later.

Those who have cicada as a totem are often in a hurry to discover who they truly are. Driven to understand their personal soul journey they always feel like they are running out of time and will stop at nothing to discover their true self. Anyone in a relationship with a person who carries this medicine must learn to move quickly or they will always feel like they are tagging behind their partner. This in turn can cause insecurity and instability within the context of the relationship.

The 13 to 17 year cycles of the cicada are very significant to those with this totem. Because the cicada has a short life span it shows us how to live each moment to the fullest. Major changes or a death-rebirth process usually occurs within the individuals life every 13 to 17 years.

Cicadas are best known for their conspicuous acoustic songs. The male cicada makes the loudest sound in the insect world. By vibrating the ribbed plates in a pair of amplifying cavities at the base of the abdomen their songs can be heard up to a half a mile away. Communication through sound is one of the things it teaches us. Sound can have

pleasing effects on the psyche but it can also have the opposite effect. Cicada medicine people need to be aware of the sound and pitch of their voice and how it effects others in order to use this medicine appropriately.

Because the cicada spends most of its life underground it is associated with the unseen or hidden. To discover hidden truths a person is required to look beneath the surface. Cicadas teach us how to delve into the underworld without fear and uncover the secrets that lie beneath the surface. Those with this totem are exploratory in nature and should call upon the cicada whenever there is a need to understand the truth about reality and illusion.

The Cockatoo

The cockatoo is a member of the parrot family. Its most noticeable feature is its magnificent crest, which crowns the top of its head. This crest is used to send signals to other birds in the flock. More than a colorful ornament it represents communication. When raised and used with other parts of the body it can indicate several things from defending it's territory or its flock, calling for its mate, showing fear or indicating that something is bothering it. True communication is a complex art. The cockatoo knows of this complexity and teaches us how to understand and correctly interpret messages that come our way.

Beautiful in color and appearance the cockatoo holds the teachings of self-esteem and confidence. The rose and grey colored galah teaches us spontaneity and fearlessness. The black cockatoo helps us understand the mysteries of the occult and the white cockatoo helps us ignite the purity of our spirit.

Cockatoos have a bald spot on the top of their head that is covered by its colorful crests. This spot is often referred to as a spiritual portal into the heavens. Unique to the cockatoo this portal gives them a direct link into the world of spirit. Those with this medicine are spiritually conscious at an early age. They make excellent priests, teachers, and spiritual leaders.

These birds are intelligent, affectionate and acrobatic. Adults take care of one another and mate for life. Cockatoos are social birds and enjoy companionship with others of their flock. When danger appears they will either fly off or become very still hoping to remain unnoticed. They are always conscious of their surroundings and are masters in the art of survival. As pets they are inquisitive and affectionate as well as

unpredictable. Known as great escape artists they will use their powerful beaks to open locks on cages.

Coming into contact with one of these birds in the wild or as a pet can be an unforgettable experience. They are extremely ingenious. Watching them perform is like watching a magician pull things out of a hat, you never know what the cockatoo will do next or what hidden skill it will use to complete its task. The cockatoo is a great teacher. The secret of their teachings lie in the awareness of the student. Perseverance, dedication and a willingness to learn is all that is required

The Cougar

The cougar also known as the mountain lion and the puma is very illusive and hard to find in the wild. Because of its illusive quality it is often noted as an animal that is independent, shy and withdrawn. The same characteristics are often found in people with this medicine.

The adult males weigh around one hundred seventy five pounds and are one of the fastest known animals, although it does tire quickly. This is partly due to the cougars sporadic energy. When it pounces on its prey it moves with short strong bursts of energy.

Cougar is associated with leadership and teaches decisiveness in the use of personal power. They are powerful and agile and can leap over forty feet. They kill their prey with their bite of their claws. When it attacks it does not hesitate. When threatened it goes for the most vulnerable place.

Those with cougar medicine should pay attention to how their speech and their actions affect others. Make sure you are not speaking too sharply or holding on to something too tightly. Cougar is a difficult totem to have because it continually places you in a position to be a target for the problems of others. Its power, strength and assertiveness are often misunderstood. You would be wise to listen to cougar and let it teach you how to balance intention, power and strength in everything you do.

Cougars are very territorial. The mother will stay with her cubs for a year and teach them to hunt, first by bringing them a kill and then bringing her prey back alive so that they can kill it. Cougars brings the power of balanced leadership. In the way cougar teachers her young, in the balance that she has with her environment and in her quiet power, she shows this gift. Cougar medicine people make excellent teachers, leaders and facilitators.

The other side of cougar is its illusive quality. It can appear without being noticed and quietly take control of a situation. Sometimes this can lead to conflict with others over territory.

Those with cougar medicine have past life connections relating to power and leadership. When the cougar selects you as its student be prepared for the ride of your life. It can shred you into little pieces (dissolve karma and identity) then put you back together again with a pure heart and purpose. True leadership through gentle assertiveness is what cougar teaches those with this totem.

The Cow

In Hinduism, dating back from the Vedic period, the cow was associated with certain deities. Though oxen's and bulls were sacrificed and flesh consumed in ancient India, the slaughter of milk producing cows was prohibited. Killing a cow was equated to the sin of killing a Brahman, a member of the highest priestly caste.

In ancient Egyptian religion the cow was linked to the goddess of fertility and love. It is strongly associated with motherhood and is a symbol of nourishment because it is able to furnish food for mankind. The counterpart of the cow, the bull, brought nourishment through slaughtering and is known as an animal symbolizing fertility through sacrifice.

The cow is a strong sturdy animal and knows how to hold its ground. Determined and steadfast the cow can weather storms easily bunching together in sheltered spots standing like stoic statues. Those with cow medicine need to remember to stand in their truth and not let other people influence their decisions. In this way they master any challenge efficiently.

Cows are intelligent and incredibly observant. They respond to their instinctive knowing and have an uncanny ability to sense danger as well as opportunity. They teach those with this medicine how to develop their perception. If cow appears to us it is asking us to pay attention, observer and then respond accordingly.

The cow is performing both a duty and a sacrifice for man. Not only do they give milk and all other dairy products for the consumption of the human race, but they willingly offer their very lives so that man may have meat to eat. It is believed that the cow decided to make the sacrifice of their own personal bodies in order to allow other animal life

forms to be spared, at least to some extent. The reason the cow has chosen to sacrifice themselves is due to a karmic influence among the species. Today the cow practices compassion through sacrifice and in so doing advance spiritually as a species.

The big penetrating eyes of the cow have a way of looking right through us. Their hypnotic stare tears down our personal illusions and awakens love within us. Anyone who has looked into the eyes of the cow knows the compassion that radiates from them. The cow is a powerful totem and shows us how to nurture ourselves and honor others. Those with this totem are usually service oriented and put other peoples needs before their own. Sacrificing our personal desires for the common good of all is part of its medicine.

The Coyote

For a long time humans have been attempting to shoot, poison and trap coyote into non-exsistence. Instead, birds like the Condor have been nearly wiped out with poisoned meat, and the clever coyote may be more numerous today than ever. Despite humanities encroachment and aggression, coyote has found a way to walk its walk and survive.

Coyotes usually mate for life. They live in the sides of hills or in underground dens where the family unit is well protected. They prefer open grassland and thinly wooded brush, but can adapt to almost any environment. Because of this they have been able to survive and grow in numbers.

Those with this medicine will go to extreme measures to protect and nurture family members. Words that rip and tear another to shreds should be avoided. Sporadic bursts of energy are common and balanced action is required for ones overall well being. Excellent caretakers coyote medicine people put other peoples needs before their own. Care is advised however to give to yourself equally.

In some native tribes the coyote is referred to as the trickster. I prefer to see the coyote as cunning and clever. There are many stories about the coyote. He is known as the great one and the foolish one. Coyote does not consciously try to trick us, he mirrors our own human capacity for displaying cleverness and stupidity.

Like the coyote we can work with others to get what we want in life, or we can dive into a lake to catch a reflection. We can send troubles away or invite them carelessly. When coyote wanders into your life you are being asked to look at something you have been avoiding. Coyote is our mirror for the lessons we need to learn in order to walk a good sacred

road. It will hold up the mirror relentlessly until we finally get the picture.

Call on coyote as an ally for negotiating a difficult situation. Or thank him for coming and showing you a trap that you are caught in, or a way that you are fooling yourself. Coyote is an especially powerful teacher with regard to relationships because it is when we are in a relationship that we can fool ourselves the most. Coyote is not out there to get us, but to teach us, whether we want to learn or not.

The Crab

Crabs are bottom dwellers in the sea as well as in fresh water. Some even venture on land. They can walk and run sideways, burrow and swim. The crab is able to shift its focus instantaneously and quickly move in a sideways direction to confuse its predators. Mankind has a tendency to focus on what is directly in front of them and often overlooks what is creeping in the side door. The crab holds the teachings of shifting focus and expanding inner perception. Sudden and unexpected movements are used to its advantage. Those with this medicine will often learn their soul lessons through unexpected changes in their personal environment.

Since crabs are bottom dwellers and are at home in the water they are linked to the subconscious mind and all the secrets that it holds. They burrow into the depth of life then swim to the surface with new insight and understanding.

The crabs segmented body has several appendages of which five pairs serve as walking legs and two as sensory antennae. These antennas serve as a bridge between heaven and earth. Messages transmitted from Great Spirit through these antennae symbolize the awakening of consciousness and offer those with this totem the gift of clairvoyance.

Most crabs have fairly complicated nervous systems. They are able to resist changes in external environments and flourish in hostile situations. Aggressive towards one another, especially in the mating season, males fight to gain access to females and communicate their aggression by waving their pincers. Those with this medicine will benefit by learning the art of balanced communication.

The crab uses all of its senses to survive. Its body movements as well as its excellent sight, smell, taste and hearing assist it in reaching its

desired destination. They are skillful in everything that they do. Crabs teach us how to empower ourselves on all levels, perfecting, refining, awakening and expanding our own perceptions.

When crab scampers into your life unexpected events are about to occur. These events will require the use of all your senses. The crab shows you how to develop and refine all aspects of yourself. It only requires that you open your heart to its wisdom and be willing to follow its instructions. In so doing, personal power is your for the asking.

The Crane

The crane is an ancient bird with great symbolic meaning. In Oriental cultures it is revered in paintings and poems and symbolizes good fortune and longevity. When it appears in our life it indicates that good fortune is at hand. This can be physical health, emotional stability, mental clarity or spiritual awakening depending on the situation and the individual.

Graceful, terrestrial birds the cranes call can be long, harsh and penetrating. It helps us connect with our primal origins and teaches us how to utilize the power of sound appropriately. it holds the medicine of self expression and shows us how to vocalize our truth. Those with this totem benefit from all types of voice therapy including singing, speaking and chanting. When this medicine is fully developed those with this totem make lasting favorable impressions on others. If it is underdeveloped they are often misunderstood.

There are about 15 species of cranes. The whooping cranes call is audible for up to 2 miles. If this is your totem your personal sound can impact a larger radius then other crane medicine people.

Cranes pursue small prey and sometimes each other by running. A running crane takes one to three steps per second and may use its wings for balance and to gain speed. They typically run into the wind to achieve the life necessary for flight but if alarmed they can spring directly into flight. This is symbolic for those with this totem. Bucking a headwind can throw us off course. The challenge is to stay centered and focused on our destination.

Aggressive when fighting the crane uses a complex system of threat behaviors including physical postures and vocalizations. They ruffle their wings, drop down and crouch with the head bend back towards the body and when the time is right spring into action. Proper timing and physical flexibility are part of its teachings.

The crane is a soaring bird and like that of the human spirit it knows no limit. They fly with their neck and head outstretched as if they were seeing into the future. Their legs extend out behind them holding them to the past. When the past and the future meet wisdom awakens.

This beautiful bird helps us release our fear as we move into uncharted territory. It helps us discover our personal grace and agility. It teaches us to express ourselves with integrity and conviction and most importantly it restores our faith in ourselves and in spirit.

The Cricket

Crickets are scavengers and feed on organic and decaying plant material. They live under rocks, logs, in meadows, pastures and along roadsides. Because they are active at night, ancient myth associates the cricket with the lunar energies of intuition and sensitivity. When this medicine is fully developed in man logic is balanced with intuition. If underdeveloped the individual takes everything that happens around them to heart and sets them self up to become a victim of circumstance. Emotional discord follows. If the later is true pull in your energy field and do some form of aerobic exercise. This will help strengthen your emotional core and ground your physical body.

Known as natures musicians, crickets can be heard chirping loudly especially during mating season. Their chirping sounds are made by rubbing together their 2 front wings. Attracting a mate with only a chirp can be tricky especially if the females are far away. The cricket not only joins in unison with other males trying to be as loud as possible, but it is also uses its ingenuity to find a mate.

In Africa the tree cricket uses leaves growing on plants to make a megaphone. The cricket chews a pear shaped hole in the leaf and sticks his head through the hold, the leaf bends around his head in a bowl shape like a speaker baffle. Then the cricket presses his sound making wings against the leaf and chirps. These leaf amplifiers increase their sound by up to 10 decibels.

Not only do crickets teach us how to be resourceful and use our ingenuity to acquire a desired outcome they also serve as a weather barometer. Crickets are cold blooded. As the temperature rises on a summer day their metabolism and behavior speed up. The hotter the temperature gets the faster they chirp. When they stop singing altogether it means a storm is approaching. Those with this totem

should heed the crickets warning. Storms are symbolic and can indicate that an emotional, mental or physical challenge is coming your way.

The crickets hind legs are modified for jumping. They leap over difficult situations effortlessly always choosing to land in a more pleasing environment and can teach us how to do the same. A powerful ally that embodies the qualities of faith and trust the cricket serves us well. All we need to do is follow its lead.

The Crow

Crows are very vocal birds. They are sly and often deceptive in their actions. Crows have been known to build false nests high in treetops to confuse predators. The height of their nests give them the opportunity to watch everything that is going on around them. Many cultures think of crow as the keeper of knowledge for nothing escapes their keen sight.

Crows travel in groups and make mischief in teams. As one crow explores something new, others will watch closely to see what happens and then learn from it. In this way they seem to always be in council with each other. They often raise a ruckus when hunters are around, warning deer and other birds. Crows recognize possible danger and always post lookouts when feeding---thier most vulnerable time.

Their language is complex and they have a remarkable voice range. Each caw has its own meaning. Sometimes crow warns of impending danger. Other times it signals a time to join in council and make decisions. Listening to crow can teach those with this medicine how to hear the truth of what is being said.

The striking black color of crow represents the color of creation. It is the womb out of which the new is born. Black the color of night gives birth to the light of a new day. Crow is a daytime bird reminding us that magic and creation are present in both. Their ability to shift between the known and unknown world indicates new journeys.

Because crow is adaptable to all environments and will eat almost anything they can survive in almost any situation. Crow is associated with magic, unseen forces and spiritual strength. If crow flies into your life, get out of your familiar nest, look beyond your present range of vision, listen to its caw and act accordingly.

The Deer

Deer teaches us the power of gentleness, keen observation and sensitivity. Deer's are in tune with nature and all it holds. They are sacred carriers of peace and show those with this totem how to open their hearts and love unconditionally.

Their senses are acute and they see extremely well in low light, giving them the ability to understand the deeper symbolic meanings of things. They can hear a twig snap in the far distance. Anyone who has deer as a totem has hidden clairvoyant and clairaudient abilities. They can see between the shadows, detect subtle movements and hear what is not being said. Call on deer to help you develop these gifts.

Deer protects their newborn from subtle outside influences. Fawns are born a color that protects and hides them from a predators sight. For the first few days of life they hardly move. Once the fawns energy field is strong and grounded they stand and begin to follow their mother around.

Watching the deer and her young is a reminder to honor the child like innocence within your self and move with gentleness and an open heart. It also suggests that you stand strong on your path and not allow yourself to get distracted by outside influences.

The set of antlers that the male deer grows are the antennae that connects it to higher forms of attunement. If you encounter a deer in the wild try to count the number of points on their antlers. This number ties into numerology and can hold great significance for those with this totem.

The Dingo

Many authorities regard the dingo as a sub species of the domestic dog. Because the dingo is similar to the dog in structure and habits the dog should also be studied. The dingo was introduced from Asia during the later immigrations of the Aborigines about five thousand to eight thousand years ago.

The dingo is stout with short, soft fur, a bushy tail and erect pointed ears. Clairaudient gifts have long been associated with the dingo because of their ability to detect subtle energy frequencies moving through the earth. This gift can be fully developed by those with this medicine by spending time in nature and learning from the elements.

Dingo's hunt alone or in small groups. They are independent animals bold and suspicious in their habits. The Aborigines sometimes capture

and tame them. Those raised from puppies may become affectionate pets.

Dingo's normally yelp and howl, but when domesticated they can also imitate the bark of a dog. The dingo can teach us how to use various forms of sound to enhance our lifestyle. Different pitches and tones convey subtle messages. The dingo is a master at knowing what these subtle messages mean and can teach us how to respond to them for our benefit.

Those who hold this medicine often have an uncanny ability to know things without having a logical reason of why they know it. They can excel while speaking or have difficulty expressing themselves depending on how developed the medicine is in the person.

The dingo represents duality. Domesticated or wild it adapts to any situation and can teach us how to live in balance and harmony within all realms of existence. They are extremely intelligent and can change their behavior patterns to accommodate any situation. This trait reminds us to be flexible in our undertakings.

When the dingo appears it serves as a reminder to lighten up. The dingo is a master at shape shifting their behavior to accommodate the reality in which they live. They see life as a game and invite you to play. The choice is yours.

The Dog

Throughout history dogs have been known as protectors and guardians. Their acute hearing and keen sight forewarned their masters of impending danger. Dogs are known as mans best friend. They serve selflessly never asking for their service to be prasied. They hold the energies of unconditional love and teach us its true meaning.

The domesticated dog is a faithful companion to humans and has a strong willingness to serve. Their sense of spirit and the ability to love even when abused is incredible. The dog teaches those with this totem how to give and receive love unconditionally. It also carries the energy of forgiveness. People with dog medicine would do well in service oriented jobs.

Dogs are intelligent and sensitive. They are able to sniff out dangerous situations accurately and guide us into safety. Psychic gifts have long been are associated with the dog because of their ability to detect subtle energy frequencies often unknown to mankind. If dog suddenly appears

in your life pay attention to your immediate surroundings and let the dog guide your footsteps.

Certain breeds of dog were designed for specific functions. The study of the breed and its purpose can help you define the energy associated with it. Since wolves and coyotes are its descendants these should be studied as well.

The behavior of a dog often reflects the personality of its owner. Through its observation and constant interaction with you it anticipates your next move, and serves as a mirror image of who you truly are. The dog is a great teacher for those who are willing to be loyal students. The choice is yours.

The Donkey

The donkey is an unsung hero that has often been misrepresented and misunderstood. They were first domesticated approximately 4,500 years ago and were considered to be a status symbol for there owners. Versatile and willing workers with a gentle intelligence donkeys have been known to live for 40 plus years.

Donkeys come in a variety of colors from gray to brown. Most have white muzzles, eye rings and light bellies. Some donkeys have a marking on their back that appears to be a cross, leg stripes are also seen. There are various myths and fables of how the donkey obtained the cross on his back. Some cultures believe that the donkey carried the Lord on his back and received its leg stripes from walking through the palm branches that were laid in his path in honor of the burden he was carrying. Other stories suggest the donkey was God sent and the Prophet was carried to the heavens on its back. The donkey embodies the qualities of perseverance and servitude. They are tireless workers with a strong dedication to spirit.

The characteristics of donkey are noted in those with this totem, spiritual dedication, undying faith in the creative force and a willingness to take on the responsibilities and burdens of others. Helping others is a wonderful trait although taking on more than one can comfortably carry can lead to physical and emotional problems. Learning how to say no and being responsible for ones own well being is a life lesson.

Donkeys are not fond of change and often appear stubborn. If they deem something as dangerous, they simply won't do it. Its not because they are stubborn its because they respect their own intuitive senses. They are smart enough to know when they can or cant handle

something and teach us how to honor and abide by our own personal knowing.

The donkey evolved in the desert. The rugged terrain in which they lived taught them how to move with caution.. When frightened the donkey would simply freeze or run a little way out of danger then stop and look at what startled them. They learned how to navigate their way out of difficult situations and as a result developed cunning and crafty survival skills. When donkey appears in our life it asks us to stop and look at what is challenging us and find a way to move forward safely.

The ears of the donkey are big and funnel like and can detect sounds from a far distance. Donkeys understand the messages each sound carries and teach us how to listen and awaken our clairaudient skills. This amazing animal is a master teacher. When it appears in your life it is asking you to awaken, develop or apply your own inherent gifts in one or more areas of your life.

The Dolphin

Dolphins live in groups of up to 100 individuals. Females give birth to a single young. Several Dolphins surround her to assist with the birth. They will pull the newborn out by its tail and protect it from harm. Injured and sick Dolphins are cared for by others who will lift them to the surface to breathe.

Dolphins spend large portions of their day playing. They live their life in joyful harmony with each other and their world. They seem to have learned the lesson that love is the most important part of life and can teach those with this totem how to love themselves and their world more. The power of Dolphin is community in balance.

Dolphins use a variety of clicks, whistles, grunts and body postures with which they communicate. Each Dolphin has an individual whistle that it calls itself, and it uses other Dolphin's personal whistles to call their attention. Those with this totem would benefit from some form of work or activity that uses the voice as a healing or communicative tool.

Some people believe that Dolphins are more intelligent than humans. They have a large brain and a great intelligence and are often associated in mythical lore with higher forms of consciousness.

Dolphins have been known to inexplicably beach themselves in large numbers. Perhaps they are following a sick or injured Dolphin to try to aid it. There was a story told to me about a man who singled out a

dolphin from its group and killed it. The remaining dolphins beached themselves over and over and eventually died.

Dolphins have a purity of being which touches our inner nature. If Dolphin swims into your life, follow its lead and open yourself to the energy of love, harmony and balance. Express your inner truth and follow your inner joy. Dolphin asks you to return to the depths of your being and rediscover the love that you truly are.

The Dove

The dove is a member of the pigeon family and both hold the qualities of home, security and maternal instincts. Many with this totem will experience unsettling childhood's and will be challenged continually to acquire a solid secure foundation in all areas of their lives.

The legends and lore surrounding the dove associates it with many goddesses and it is considered the embodiment of the maternal instinct. The brood of dove consists of two eggs. Two represents the creative and feminine energies. Home and family are important to those with this totem and life lessons will be most predominant in these areas.

Since the dove is a ground feeder and eats mostly seeds those with this totem would benefit from a diet rich in wholesome seeds, nuts and grains. They would also do well in any health profession relating to nutrition.

The dove's song is its most distinctive feature. It can be heard throughout the day. The mourning coo of the Dove reflects hidden emotions stored within those who carry this medicine. How you perceive its sound often reflects the energies that are playing out in your life.

When dove appears it is asking us to go within and release our emotional discord, be it of the past or the present. It assists us in releasing trauma stored within our cellular memory. Humming can aid in this release.

Doves hold the energy of promise. When inner turmoil is cleared from our thoughts, words and feelings, the possibility of good fortune awaits us. In order to receive the gifts the doves bestows on us healing on all levels is paramount.

The Dragonfly

No bird or insect has the flight maneuverability of the Dragonfly. They can twist, turn, change directions in an instant, hover, move up or down, and even fly backwards. The power that dragonfly brings to the tapestry of life is skill. They are experts at what they do and do it relentlessly.

Dragonflies spectacular colors sparkle with iridescence in the sunlight. These colors take time to develop reflecting the idea that with maturity our own true colors come forth.

As newly hatched nymphs, dragonflies live on the bottom of ponds and streams. As they mature and go through metamorphosis they move to the realm of air. Since water represents the emotional body and air represents the mental, those with this medicine will often find themselves trying to maintain balance between their thoughts and emotions.

Children with dragonfly medicine are often very emotional. They feel things deeply and respond to situations with great passion. As they reach adulthood, and through experience, they learn how to balance their emotions with greater mental clarity and control. This gives them the compassionate quality necessary for any type of work relating to healing or counseling.

Dragonfly has the ability to reflect and refract light and colors and is often associated with magic and mysticism. Just as light can bend and shift and be adapted in a variety of ways, so can the archetypal forces associated with dragonfly. It conveys the message that life is never what it appears to be.

By helping a person see through illusion dragonfly awakens ones true vision. Flying at speeds of up to 30 miles per hour they can spot movement forty feet away. Flying into and around things from different angles, they challenge rigid awareness and prompt the energy of change for anyone who holds this medicine.

The Duck

The duck is a short necked large billed waterfowl. The legs are placed rearward resulting in a waddling gait. They are swift fliers leaping upward on noisy wings before attaining level flight, usually in compact flocks. Ducks are hatched with a complete covering of down and can take to the water as soon as they leave the nest, usually within 24 to 48 hours.

Ducks are at home on the water. Since water is linked to the emotional rivers of mankind it reminds us to honor our deepest emotions and

nourish ourselves adequately. Those with this totem have a tendency to look for emotional solace in others. Although emotional support from another is comforting, true emotional strength must be acquired within. Those with this medicine often have specific lessons to learn about balancing emotional discord. They, like the duckling, plunge into the waters depth at an early age to gain understanding about their inner chaos.

Past lives associated with low self esteem is often reflected in present day life for those with this medicine. They are highly emotional and sensitive to everything around them. Sensitivity can be an attribute if it is balanced with logic and reason. Otherwise it can cause chaos and confusion in our lives. Developing a stronger sense of self is part of the teaching duck holds.

Most ducks pair only for a season. Those with this totem often find that long term relationships are difficult to maintain and restlessness within the relationship is common. Learning how to take flight and spread ones wings without destroying the foundation of that relationship is one of their greatest challenges.

Ducks come in a variety of shades from iridescent to bold colors. It is important to understand the significance of this. Iridescent colors represent a fine line between reality and imagination. Bold colors are solid and hold the qualities of strength and perseverance. If your personal duck has iridescent colors examine your emotions carefully. Are you getting lost in the imaginative side of self and creating more chaos than necessary? If strong and bold it is time to take charge of your life and become the master of your emotions.

Affectionate and community oriented duck medicine people love and are loved deeply. They often feel a great need to be of service and make excellent healers. Because the coloring of ones personal duck is symbolic, healing with color can be beneficial.

Ducks are graceful as they glide through the water reminding us to be gentle with ourselves as we heal, learn and grow into our perfected self.

The Dugong

The dugong is a large marine mammal that spends its life in the sea. It inhabits shallow coastal waters from the Red Sea and Eastern Africa to the Philippines, New Guinea and Northern Australia. Although aquatic, it breathes air through lungs and gives birth underwater. Birthing a human child underwater has been investigated in our present society with good

results. Because water symbolizes the emotions in man a human child born underwater has the opportunity to connect with their deepest emotions immediately upon birth. Scientists are finding that babies born underwater grow up to be healthier with a more balanced temperament.

Dugongs are slow moving giving them little protection from predators which include sharks, salt water crocodiles and killer whales. Those with this totem should study each predator to gain a deeper understanding of this medicine. Dugongs graze on green algae and marine grasses. A diet rich in chlorophyl will benefit those with this medicine.

The dugong lives in pairs or groups of up to 6 individuals. The number two in numerology represents conscious emotional interrelationships. The number six understands the energies of compromise which serve a broader interest. Both numbers symbolize the characteristics of the dugong. The study of even numbers can awaken deeper insights about this totem.

The dugong has a large tapered body. Its forelimbs are rounded flippers. It has no hind limbs. It moves in a forward motion and asks those with this totem to do the same. When it appears in a persons life it serves as a reminder to let go of procrastination and swim into the waters of new beginnings.

Ancient myths surround this creature. When resting, the dugong may "tail stand" in water of proper depth, keeping their heads out of the water. Sightings of dugongs by early seafarers are believed to have given rise to the extensive mythology of mermaids.

The dugong holds great symbolism and is a complex totem to understand completely. Because of this the dugong nudges us forward into a wide range of possibilities. It asks us to study symbols of different origins, compile the information acquired then grow into expanded consciousness. If your goal is to achieve wisdom the dugong will be happy to accommodate you.

The Eagle

The eagle is a sacred messenger, carrying our prayers to the Creator and returning with gifts and visions for the people. Eagle feathers aid medicine people in calling on this connection when they need to contact spirit for healing.

Eagles are majestic birds with a powerful presence. Although they can be social birds they do require isolation from human encroachment to

breed in the wild. If a human strays to close or touches their nest, they are likely to abandon it. Both male and female incubate the eggs and share in the duties of raising its young.

The eagle is incredibly patient. Often seen perched in a tree maintaining the same position for hours at a time, eagle teaches those with this totem how to master the art of patience in every area of their life. Within the energy of patience "all things are possible."

Eagles are good at feeding themselves from the land and still soar to great heights in the sky. They teach us how to move through life without becoming attached to anything. They show us how to accept what comes our way and see everything as a gift from great spirit. They have excellent hearing and can hunt as much by ear as by sight. To those to whom eagle comes, the ability to hear spiritually and psychically will awaken

Eagles have sharp beaks and strong jaws. They remind us to pay attention to our speech and how it affects others. Our words as well as the tone of our voice should be examined. Eagle asks us to maintain a prayerful connection with Spirit, to keep our minds focused on what is important in life. Maintaining this attitude removes judgment from our consciousness. Without judgment we speak with encouragement and kindness towards others. Lessons associated with judgment are part of this medicine.

Eagles have excellent vision. Perched high in a tree they appear to analyze and observe everything. If Eagle has blessed you with its presence in some way, you are being given potent gifts of clarity and vision to use for the good of all people helping to bring forth the light out of the darkness. Eagle also serves as a reminder to those with this totem to communicate with Great Spirit daily so the gifts Eagle offers you can be utilized fully.

The Echidna

The echidna resembles the hedge hog and the porcupine in that they are covered by sharp spines. They can survive in a vast range of climates and habitat. They have pointy snouts and extremely long sticky tongues to catch ants and termites. Echidnas have no fixed home and can be found in a variety of shelters. Those with this totem will feel at home wherever they are and often live in unusual dwellings.

This animal is an ancient creature with a unique and well developed brain. The echidna has been around longer than humans. Because of

its long life span it is known as the keeper of ancient secrets. It holds the teachings of longevity and renewal.

When the echidna feels threatened it can run away on its short stubby legs, or curl itself into a ball protecting its soft underbelly. They can burrow straight down below the surface of the soil showing only its spines along its back to their predator. This line of defense is symbolic for those with this totem. It reminds you to watch your back in unknown or uncomfortable situations. Sometimes echidna medicine people will actually feel a tingling sensation running up their backbone when danger is near.

Echidnas are solitary in their habits but mutually tolerable. They have a single minded attitude and understand the value of rooting around to find solutions to life's questions. Those with this totem are investigative and inquisitive and make excellent detectives. They have good memories and are able to retain information.

The tip of the echidnas nose is very sensitive to electrical signals from an insects body. Since the echidna has no teeth it crushes insects between horny pads in its mouth. Echidna medicine people are able to detect subtle electrical impulses originating from the earth as well as the sky. They can channel stronger electrical currents through their body without damaging their nervous system. This gives them the ability to communicate with the spirit realm and extraterrestrial beings more efficiently. The echidna holds many secrets. When it appears in your life those secrets are about to be revealed to you.

The Elephant

Throughout history elephants have been prized for their power and strength. They are extremely intelligence and honored by many cultures. Elephants are the largest land animals and among the longest lived, with life spans of 60 years or more. According to Buddhist tradition, the Buddha chose the form of a white elephant as one of his many incarnations and the rare appearance of a white elephant is still heralded as a manifestation of the gods. The Hindu god Ganesh, the remover of obstacles, is depicted with the head of an elephant.

Despite their great weight elephants walk almost noiselessly. Their stride is exceptionally graceful and rhythmic. Their hearing, smell, taste and touch is acute. This compensates for their poor eyesight. Their eyes are small in relation to the enormous head, which can only turn slightly from side to side. This limited movement results in restricted side vision. Those with this medicine feel things deeply and respond to those

feelings from a place of inner knowing. Because their peripheral vision is limited they have a tendency to look straight ahead and not always see what is around them. Learning to shift ones focus to encompass the whole is helpful.

Loyal and affectionate elephants are willing to risk their life for the sake of others in a family group. Wild elephants have been known to grieve and even shed tears over the death of a family member. They have excellent memories and when mistreated they often seek revenge.

Elephants have a total of four teeth, all molars. The first pair of molars is located toward the front of the mouth. When they wear down, they drop out and the two molars in the back shift forward. Two new molars emerge in the back of the mouth to replace those that have moved forward. Elephants replace back molars six times throughout their life. When the last set wear out, they are unable to chew and die of starvation.

Teeth have great symbolism. They are considered receivers and transmitters of energy linked by connecting paths throughout the astral body. Because the elephant is highly intelligent those with this totem make excellent researchers and alternative scientists. The complex study of numbers, energy meridians and the tie in between the physical brain, the teeth locations, and the major and minor head chakras is fascinating as well as beneficial.

Elephant tusks point backwards and are used as weapons and for digging edible roots. From a spiritual point of view this suggests an ability to uncover the secrets left behind you and bring them to the consciousness for evaluation and healing.

This beautiful creature hold the teachings of compassion, loyalty, strength, intelligence, discernment and power to name a few. If this is your medicine these virtues are a part of your natural character. By applying these gifts in your life soul evolution is achieved.

The Elk

Elk have tremendous stamina and can run for a very long time. They are powerful animals with strong reflexes and respond quickly to anything that appears on their path. They are also unpredictable, passive one moment and aggressive the next. Elk can sense danger the moment it arrives and can teach us how to become more observant of subtle energies.

Elk live in large herds and are seldom seen alone. Although they enjoy the company of their own kind they do need space to roam and if cornered they can become quite dangerous. Those with this totem need a sacred space to retreat to from time to time in order to keep their energy balanced.

The elk, like the deer, have contests to see who will mate with the does; but unlike the deer, elk will fight very aggressively and frequently draw blood or worse. Those with this medicine need to keep their aggressive tendencies under control and seek fairness in all that they do. These tendencies may not be evident to the conscious mind, although when provoked they can often surface unexpectedly.

Elk never graze at night. An attacked herd will bolt in all directions so as to confuse a predator. The art of survival is part of its teachings. Majestic in their bearing the elk demands respect. Adult bulls with a full set of antlers are a match for any animal they would encounter, including a bear.

There is no more impressive a sight than a full grown elk, with its winter coat, standing tall and looking fierce. Elk shares with us its regal demeanor and those with this totem often find themselves on center stage both in their professional and personal lives. If Elk medicine is fully developed within a person a strong self image is expressed. Those with this totem usually have past life associations connected to royalty.

When elk appears in your life, it may be telling you to polish your act and carry yourself with pride and power. That does not mean you should be egotistical, however, for elk knows that its true power comes from Great Spirit. It shows off the gifts it has been given and uses them to its advantage.

Elk holds the medicine of strength and empowerment. If you need to be impressive in a situation, it would be good to connect with elk and learn from it. If you are shy or unsure elk can show you how to become more confident.

The Emu

The emu is the worlds second largest bird behind the Ostrich. They are quick mobile runners with a bouncing swaying motion. Emus are generally nomadic and those with this totem will have a yearn for travel and adventure. Settling in and settling down will be difficult for them until later in life. Since the emus life span is short, usually about 6 years emu medicine people will try to squeeze everything they can into their

life experience. Caution is advised not to over extend oneself beyond their capabilities.

A flightless bird with a large stout body, long neck and long strong legs emus have been known to roam up to 75 miles. They demand space to roam free and if cornered they can become aggressive kicking their feet at their target. In relationships those with this totem can become restless and dissatisfied easily. They are dreamers and explorers always thinking the grass is greener on the other side of the fence. Once they manifest their dream they often lose interest in it and move onto something else. This trait can be challenging to those whom they partner with. Although they require stability they also shun it.

Emus mate for life. Because of this emu medicine people love deeply and are always faithful to their partners in spite of their wandering spirit. Male emus incubate from 7 to 10 eggs in a ground nest for about 60 days. For those with this totem this signifies that the masculine and feminine energies are aligned and working in harmony. If this medicine is underdeveloped integrating both male and female aspects of self is important for optimum health and well being on all levels.

Emus are most vulnerable as eggs or as hatchlings. Lizards eat emu eggs and young emus are hunted by dingo's, eagles, dogs and cats. If they live into adulthood their size alone serves as a protection for them. Children with emu medicine are very sensitive to their surroundings and need tender care and protection from their parents. Otherwise the children become subjective to attack from outside influences. This attack limits their free roaming spirit and creates emotional congestion.

The emu teaches us about freedom, its positive and negative aspects and helps us attain quality of life. Because they don't live a long life the emu holds the teachings of youth and innocence and reminds us to maintain a light heart and a playful spirit.

The Ferret

The ferret is a member of the weasel family. They are happy playful animals with the curiosity of the raccoon and the gentleness of a kitten. Archaeological and historical sources suggest that ferrets have been domesticated for at least 2,500 years. Historical documents from Greece mention the ferret about 450 BC, and Roman documents mention the use of ferrets to hunt rabbits at about the time of Christ. Adept at tunnel hunting it is believed that the ferret was used by the

Egyptians as well as farmers and mariners to control rodent populations in barns and on ships. However, the history of the ferrets domestication is speculative without actual proof giving this little animal an illusive quality.

Ferrets are opportunists They will steal anything they can drag away hiding it in a safe place to be used at a later date. Intelligent and crafty this little animal teaches us how to use our ingenuity to create a safe haven for ourselves. They remind us to stock up on necessary provisions that might be needed. Always well prepared for any situation that might appear the ferret is a helpful ally in times of hardship.

The ferrets eyes point forward straight down their nose. Extremely focused on what is in front of them they remind us to stay centered on our goals to reach a desired outcome. Ferrets hold the power of observation. Their keen sense of smell coupled with their ability to see clearly in the darkness links them to the underworld where the secrets of creation are stored. Its intuition is sharp and its sensitivity acute. Ferret has the ability to see and know the hidden meaning behind all things and can assist those with this medicine in understanding themselves, their lives and the experiences they have more clearly.

Those with this totem need to remember to use all of their senses equally. If this medicine is underdeveloped the tendency towards tunnel vision is common. Rigid consciousness creates unnecessary worry and anxiety so caution is advised. Playful activities and a lighthearted attitude is helpful.

When frightened or excited the ferrets tail bushes up and a musty scent is excreted. Although this scent does repel some predators the ferret does not feel completely safe until it has burrowed deep inside its tunnel. In man this symbolizes the need of a secure home life. A place for reflection and nourishment is mandatory for those with this totem.

Ferrets are incredibly fast and agile and show us how to move with lightning speed to avoid danger. Do you need to move more quickly in some aspect of your life? Are you stuck in rigid thought patterns that limit your view of the bigger picture? Have you created a safe haven for yourself? Is your power of observation a hindrance or a help?

Always remember that the ferret is a powerful ally and can help you discover a hidden part of yourself. Buried deep beneath the surface are the answers to life's mysteries. If you are having trouble understanding some part of your life invite the ferret into your meditation, listen to what it has to tell you and then act accordingly.

The Fish

Fish are amazing creatures. Some are bright and colorful others are translucent and plain. Powerful yet graceful swimmers, they live in the water and ride its currents. Water is the primordial life source, a symbol of the womb, motherhood and woman. Those with this totem will have strong ties to these qualities.

Many races of antiquity have honored creatures inhabiting water. Early philosophers and scientists realizing all life has its origin in water chose the fish as the symbol of the life germ. Water is dynamic and constantly in transition and can reflect the same in a persons life. When fish appears to you it signifies a time of movement and change.

The subconscious and unconscious mind has always been associated with water. Because fish live here they are linked to the elements of the unknown and hold the energy of transformation. Fish swim under water and can reveal to those with this totem their hidden fears and deepest desires.

Fish were sacred to the Greeks and Romans. In early Christianity three fishes were used to symbolize the trinity. Fish is also one of the eight sacred symbols of the Buddha. Throughout history fish have been associated with religion and worship. Prayer and meditation are important balancing elements for those with this medicine.

The Flamingo

The Flamingo is a bird with many faces. They live in large flocks and are seldom seen on their own. Living in large groups gives them a sense of security and protection. Those with this medicine feel comfortable and safe in groups. They have difficulty being alone or on their own. They are followers rather than leaders
and need to pay attention to what they are following and make sure that it honors their personal truth.

Flamingos are fascinating birds with a striking appearance. Their pink color is caused by a food they eat which contains carotene. Without this food in their diet their feathers turn white. The ability to change colors gives them the magical properties associated with illusion and shape shifting. Those who hold this medicine have the ability to appear to be what they are not. This ability serves as a disguise when appropriate and allows them to slide in and out of situations gracefully. They make excellent actors and performers.

The word Flamingo comes from the Latin word flame. The Egyptians revered the flamingo as a living embodiment of the sun God Ra. Because the eye of the flamingo is actually larger than its brain they are associated with clear sightedness. Flamingos see exceptionally well but due to the smallness of their brain they are not always able to interpret what they see efficiently. This is one reason why they live in groups. They rely on one another and work with group consciousness rather than individual awareness.

Although those with this totem have psychic abilities they need to strengthen the reasoning powers of the mind using their logic and intuition before making decisions and remember to weigh all sides of a situation before taking action.

Flamingos have a long life span. They are social birds and are very vocal. They are extremely sensitive to loud noises and chaotic situations and will flee from them instantaneously. They teach us how to follow suit and not engage in situations that are detrimental to us on any level.

Flamingos breed for life and are loyal to their partners. They have the longest migration of any other bird. Those with this totem are dedicated to their choices, loyal to their causes and have a tendency to reach further than most to accomplish their goals.

The Fox

There are several different species of fox, but they all share the extreme cleverness and cunning that gave rise to the expression, "sly as a fox." Fox speaks of the need to develop the art of camouflage, invisibility, and shape shifting. It is agile, skilled, and unpredictable.

A fox being pursued by hounds will run across the tops of walls, cross streams diagonally, double back on its trail, run in circles and do anything to break the trail of its scent. It has a great ability to outwit both predators and prey. Fox teaches us how to slip out of unpleasant situations quietly and unnoticed.

Those with fox as a totem are often clever and witty but must remember to keep their crafty and clever nature balanced or it could backfire. Fox can also suggest that your actions might be too obvious and you need to learn to be more discreet.

Fox is one of the most uniquely skilled and ingenious animals of nature. Because it is a creature of the night, it is often imbued with supernatural

powers. Author Ted Andrews states that fox are usually seen at dawn and dusk. Dusk is the beginning of its day, and the dawn its ending. These are the in between times, when the world of magic and the world in which we live intersect. It lives on the edges of forests and open lands, the border areas. Because it is an animal of the between times and places, it can be a guide into the faerie realm. The fox has a long history of magic and cunning associated with it. It can move in and out of situations restoring order or causing confusion depending on the situation. If fox is your totem pay attention to the way it moves and follow its lead. This is a powerful medicine to have and those that it belongs to should learn to use its skills for the benefit of all, including you.

The Frog

There are numerous species of frogs found all over the world. Their bodies are designed for jumping and their sharp eyes help them capture their prey, mostly insects. Because the frogs eyes bulge out from the sides of the head they are able to see in nearly all directions. This provides them with excellent depth perception.

Frogs have a well developed sense of hearing. Behind each eye is a large disked membrane, an external eardrum that picks up sound waves and transmits them to the inner ear and then to the brain. This coupled with their exceptional sight give them both clairsentient and clairvoyant abilities.

The frog produces sound similar to the way humans do by forcing air from the lungs over the vocal cords. Their variety of complex calls from ribbets to croaks associates it with language. Those with this totem have the potential to take command of the spoken word and are often bilingual.

Tree frogs are strong jumpers and despite their toes being only half webbed they are also strong swimmers. One of the most interesting characteristics of the tree frog is the changing of its colors from bright red, green, orange, to aqua. Color change is brought about through the stimuli of light and moisture which create physiological change and result in contraction or expansion of the pigment cells in the skin. These bright colors appear on flanks, groin, surface of the thighs and the belly and serve in species recognition or in confusing predators. One species native to South America has brightly colored eyespots on its rump. When approached by a predator, the frog lowers its head, elevates its rump thus confronting the predator with a seemingly much larger head. The study of color and its affects on a persons psyche is helpful.

With the exception of a few species, most frogs do not care for their young. They mate and then abandon their eggs. Because of this lessons associated with survival are common in frog medicine people. Scientists believe that the health of frog populations reflect the health of the eco system as a whole.

Because frogs are found in water and on land they hold the magic of both. Water has long been associated with emotional cleansing. Mud the combination of earth and water is used in healing therapies to rid the body of toxins. Because those with this medicine are extremely sensitive the use of mud baths is advised.

The frog is a totem of metamorphosis. Most frogs undergo a two stage life cycle. Eggs hatch into tadpoles which grow and eventually become adults. This signifies the awakening of ones creativity. When frog leaps into a persons life it is an invitation to jump into their creative power. To do this it is helpful to know which stage of life you are presently in. By studying the characteristics of the frog the discovery of your present life cycle is known.

The Giraffe

The giraffe is a graceful animal in spite of its ungainly appearance. Its most recognizable features are its long thin legs and its slender long neck. Its neck, supported by seven greatly elongated vertebrae is very strong. Giraffes are often seen wrapping their necks around each other to test their strength.

The giraffe only requires between two to four hours of sleep a day. When sleeping they kneel down with their neck and head wrapped around them resting it in the crock of their leg.

Some legends claim that the "sleep time" of the giraffe is connected to ancient Eastern cultures. The giraffes incredible flexibility allows it to take on positions similar to yoga therapies in which the body is twisted and contorted while in a meditative state. This coupled with its kneeled sleep position made many believe that it was actually praying instead of sleeping. When it awoke and stood up its great height would invoke feelings from fear to respect. The giraffes strength and flexibility shows us how to gain control of our physical bodies while expanding our mental and spiritual faculties. Many cultures honored the giraffe including the Egyptians whose art featured giraffe designs.

Because of the great distance between the head and the heart, its vascular system is equipped with valves so sufficient blood reaches the

brain. The elastic blood vessels in the neck and head handle changes in blood pressure due to head swings. Blood pressure fluctuations and circulatory conditions are common in giraffe medicine people so proper care is advised. What we think and what we feel on a heart level need to be aligned in order for this medicine to benefit us.

Giraffes are highly attuned to danger thanks to their height, keen sense of smell and eyesight. With their heads towering high in the sky and their feet firmly planted on the ground they serve as links between the higher and lower worlds. Its flexible neck allows it see what's behind it, alongside it and in front of it. This gives the giraffe the ability to know the future and understand the past while walking in the present moment. It holds the teachings of clear sight and can be a powerful ally for those with this totem.

Giraffes can go for a month without drinking. Like the zebra, each animal has a unique set of markings that helps them distinguish each other. They are quiet animals making little noise except for an occasional bleat. This silence is a great teaching for those with this medicine. The giraffes lack of vocal communication suggests that we follow suit. Words often distract us from silent reflection. Learning to balance ones speech with quietude is important. When this medicine is underdeveloped speaking just to hear oneself speak can be a downfall. Because the giraffe communicates through body language those with this medicine would benefit from some type of movement therapy.

Although the head of the giraffe appears dainty its three horns give it the ability to strike a nasty blow. One of its horns is somewhat hidden located under the skin just above its eyes. This placement is similar to that of the third eye in man and reminds those with this medicine to honor their visionary abilities. The giraffe teaches us how to increase our perceptions by viewing life from all angles. When we look up, forwards, sideways and down the past, present and future is known. A wonderful totem to have the giraffe is a bearer of many gifts.

The Gnu

The gnu also known as Wildebeest is a member of the African antelope family. It lives in herds, often of large size and grazes on the grasses and scrub of open plains. Gnu herds are on the move almost continually as the animal seeks pastures that have been renewed by the rains. Those with this medicine will continually feel a need to seek out new horizons and not let their energy or lifestyle become stagnate. Renewing themselves through movement and change is part of the teachings that the gnu totem holds.

When gnu's are disturbed they dash away for a short distance and wheel around abruptly to gaze at whatever frightened them. This trait has significant value. When gnu medicine is properly developed in an individual the ability to know when to act and when to retreat works to their advantage. Their power of observation is keen and their timing impeccable.

In flight the gnu's toss their heads, prance about and throw up their heels in a wild, erratic manner. Its unusual and wild behavior causes confusion in a focused predator. The gnu can teach us how to shape shift our personal realities by using body language in a variety of ways. Movement conveys many messages, some subtle and some obvious. The gnu can show us how to get a message across to others effectively. Those with this medicine would do well in the performing arts.

Gnu's stay within twenty to thirty miles of water sources which they visit every two or three days. Those with this totem benefit from all types of water therapy and need to live close to large water reservoirs to maintain optimum health and well being.

The gnu is one of the most abundant of all wild grazing animals in eastern Africa. Virtually all the calves are born within a few days of each other once a year. This ensures the survival of the majority of them because lions, hyenas, and other predators can kill and eat only so many calves in the short span of time before the calves themselves become fast runners.

True communication through group interaction is one of the skills the gnu teaches us. It suggests that abundance in any form can be obtained for those with this medicine as long as it is shared freely with others. Selfishness must be transformed into selflessness. The gnu is a powerful totem to have. When it appears in your life get ready for an awakening of your strengths, weaknesses, hopes and fears. The life you have been living is about to change.

The Goat

There are many different breeds of goat. The many breeds may be roughly grouped: Swiss goats; the eastern, or Nubian, with long, drooping ears; and the wool goat-- Angora. While it is usually easy to distinguish goats from sheep, certain hair breeds of the latter are only distinguishable from goats by the direction of the tail, upward in goats, downward in sheep.

The mountain goat is noted for its surefootedness on high rocky ledges. It has excellent climbing abilities due to its highly flexible skeletal abilities. Because the goat is associated with the astrological sign of Capricorn those with this totem would benefit by studying the characteristics of this sign for a deeper understanding of themselves. The goat can also link you to past lives associated with Greece because it shows up prominently in Greek mythology. Studying greek mythology can be helpful for those with this medicine.

Goat teaches us how to create a solid foundation on which to stand and helps us develop confidence as we move towards new heights and aspirations. If the mountain goat appears to us we should examine our present foundation and make sure it is serving us appropriately. It can also indicate a need to let go of the "security of our insecurity" and undertake new endeavors pertinent to our growth.

Domesticated goats showed up in the East, perhaps during prehistoric times. It was used as a source of milk, cheese, mohair, and meat. Its skin has been valued as a source for leather. In China, Great Britain, Europe, and North America, the goat is primarily a milk producer. Goat flesh is edible and is much prized in the Mediterranean countries, particularly in Spain, Italy, the south of France, and Greece. The Angora and Cashmere breeds are famous for their fine wool or mohair.

Goats hold the energy of abundant nourishment. They show us how to sustain ourselves and remind us that we must develop independence and strength. They take care of our basic needs and teach us how to master survival skills. Because goats are attuned to natures energies they are able to maneuver difficult terrain and go where other animals cannot. For those with this medicine the goat serves as a guide into the uncharted and unexplored aspects of ones true self.

The Gopher

The Gopher understands the necessity for being prepared. It does not hibernate at all during the winter months and lives off the food that it stores. They live almost their whole lives underground in complex tunnels that they dig. Each tunnel intersects with the next affirming to us that everything is connected in some way. In mystical lore the underworld is known as the keeper of life's secrets. The Gopher knows what lies beneath the surface of any situation and can show us how to uncover hidden truths.

Gophers have poor vision and when confronted by an attacker they use their tails as an antenna to feel openings in passageways to escape

danger. This ability keeps them out of harms way. Knowing which direction to go is an important challenge for Gopher medicine people as well as the care and health of the physical eyes. Most people with Gopher as a totem are very sensitive to vibrations and do well in all types of work related to vibrational healing.

Gophers run forward and backward at incredible speeds and remind us to pay attention to our action or lack of action. They can show us how to flow through life in a balanced way by always staying connected to the rhythm of earths heartbeat.

Because Gophers tunnel under gardens pulling large numbers of plants down into their burrows it is easy to blame them for destroying the growth of crops. When Gopher appears in our lives it is telling us to pay attention to our own growth process, take responsibility for it and stop blaming someone or something when problems arise.

Gophers are very sensitive to sharp or piercing noise. It throws them off center confusing their usual sense of balance. For those with this totem avoid loud noise whenever possible and take time for quiet reflection.

The Gopher is a friendly and powerful totem and can be a beneficial guide into the underworld. If you choose to take its tour get prepared. Deeper truths will awaken in your consciousness and your present reality will be rearranged. The discovery of who you are, who you have been and who you are becoming is on the horizon.

The Gorilla

Gorillas have excellent memories and a keen sense of observation. They are found in groups and are quite social. If a person tries to harm anyone in their group the gorilla remembers that person and will have a tendency to charge that person every time he or she approaches. This indicates their undying loyalty to family and loved ones. Respect is very important to the gorilla.

Gorillas have acute hearing and respond to unusual sounds that are not part of normal activity. For those with this totem this indicates clairaudient abilities. Gorilla medicine people can hear vibrations and frequencies that others cannot. Hearing is one of their main gifts. They are great listeners and really hear what others are saying and respond accordingly.

Gorillas are conservationists eating only a few leaves from each plant always leaving several leaves so that the plant can replenish the leaves

quickly. Those with this medicine care about the environment and need to have access to nature and its elements to maintain balance and harmony within themselves.

Gorillas have a gentle strength, patience and clarity of vision. Once they create a goal they stick with it until accomplished. They are extremely intelligent. Gorillas have been taught to use sign language to communicate words and have even been know to form simple sentences, this indicates an ability to utilize sound to its fullest. Many Gorilla people choose professions working with the deaf and dumb and are compassionate insightful healers.

The Goshawk

The goshawk is a magnificent bird approximately 2 feet in length with a wingspan of up to 4 feet. It has long been used in falconry where it once was reserved for the higher clergy. Those with this medicine often have past life ties associated with royalty and leadership. In their present life they have a natural charismatic presence that draws people to them.

The goshawks ruby red eyes covey an air of mystery and intrigue. Red is a life force color and symbolizes the power and presence of spirit. Those with this medicine are reminded to channel this life force appropriately for the benefit of all. Using the eyes to see what lies beneath the surface is important. Clairvoyant abilities are common amongst goshawk medicine people although egotistical tendencies can develop. One must remember to stay centered in the truth of spirit and honor the true attributes of this totem.

In pursuit of prey the goshawk swiftly follows the animals efforts to escape. It keeps its eye on its objective. Seldom does it lose its focus. Once the goshawk has secured its prey with its powerful talons it dismembers it with its sharp pointed beak. For those with this medicine pay attention to how your words impact others. If this medicine is underdeveloped difficulties can arise from the improper use of words. The goshawk is precise in all it does and asks those with this medicine to refine their personal skills and follow its lead. Learning a second language is helpful and good communication skills are essential.

The goshawk builds soft lined nests of sticks in tall trees indicating its desire for comfort. Those with this totem will have deep desires for the comforts of physical life and can obtain them with right attitude and perseverance. Because goshawks are found in various parts of the world one must honor the direction of where it is found and learn the lessons that are associated with that direction. The South and North

directions on the medicine wheel represent lessons associated with physical life. The East and West directions represent rebirth and renewal in the spirit world.

Majestic and graceful in its flight the goshawk flaps its wings more than other birds of prey. It maintains an even consistent rhythm in its movement and can teach us how to balance our actions, thoughts and words with the grace and purity of spirits intention.

The Grasshopper

The short horned grasshopper is related to the locust and both will be discussed here. As with all insects, they are cold blooded and are more active when it is warmer. Their are about 10,000 species and each has its own unique song. With a few exceptions only the males can sing. During courtship, male grasshoppers take turns singing songs, competing to outdo each other for the attention of the females.

One of the gifts these insects hold is the power of song and sound. Song is an ancient way to alter consciousness and communicate with our animal and spirit relations. Some Native American songs date back at least 20,000 years. If these insect singers have caught your attention with their song, they may be asking you to honor your ancestors and reconnect with your true heritage. Listening and responding to your inner voice as well as using it in a complimentary way towards self and others is equally important.

The grasshopper-locust is associated with astral travel. They have the ability to leap through time and into space where the true mysteries of life exist. People with this medicine have the wisdom necessary to overcome obstacles efficiently and are able to jump into successful ventures without preparation or planning. When the grasshopper-locust appears to us we are being asked to take a leap of faith and jump forward into a specific area of life without fear. Usually that specific area is one that we have avoided and is often connected to change on a larger scale. This can represent a change in location, relationships, career or just in the way we perceive ourselves.

Overcrowding and food shortages turn normally peaceful grasshoppers into the dreaded locusts, capable of stripping a forest or farm in the blink of an eye. They turn dark, almost black, so that they can absorb more sunlight to have heat and energy to maintain their swarming. They will continue this frenzy until they reach a place with enough food, or enough of them die or are killed to control the population. Those with grasshopper-locust as a totem must remember that the gifts of mother

earth are available for everyone if used in a sacred way. Sometimes a person forgets that sacred balance and takes more than is needed. This can also be symbolic of individuals taking from you. Are others demanding too much of your time, your energy? Is responsibility being placed on your shoulders that is not rightfully yours? These are some of the questions to ask yourself if the grasshopper-locust presents itself to you. Remember life only becomes more difficult when we refuse to leap forward into the magic of change.

The Hawk

In Native American cultures the hawk represents a messenger. It often appears in our life when we need to pay attention to the subtle messages found in our surroundings and from those we come in contact with. As with all messages received it is important to recognize its underlying truth. Because there are so many varieties of hawk its messages vary and can affect all levels of our psyche.

One thing that all hawks have in common is the skill to move between the seen and unseen realms gracefully connecting both worlds together. Their acute vision compliments this ability and their discriminating nature keeps them out of harms way. The broader vision of the hawk allows them to see what the future holds. In man this symbolizes prophetic insight. If this medicine is underdeveloped a tendency towards over analyzing everything is common. In so doing, clear vision is lost. Those who hold this totem should remember to keep their analytical mind under control and not allow it to run wild.

The hawk has many foraging techniques. The most typical in their pursuit of prey is swiftly following the animal's efforts to escape. Once the hawk has secured the prey with its powerful talons, the bird dismembers it with its sharply pointed, strong beak. In man, this suggests that we can run but we cannot hide from our destiny. Sooner of later it will catch up with us.

The destiny of all humankind is to awaken from their spiritual amnesia and realign with the original intention of their soul. When the hawk flies into our life we will be asked to evaluate who we have become and rip out the threads of our self created illusions. This enables our inner truth to surface.

Hawk signifies union with Great Spirit. A bird of the heavens the hawk orchestrates the changes necessary for our spiritual growth. Having this totem can be bitter sweet. If we accept its presence in our life we will be asked to surrender anything that doesn't honor the integrity of all life.

Be it an idea, a feeling or an action. Although hard work is involved the rewards the hawk offers us are great.

The Heron

The heron is a long legged wading bird. There are about 60 species of heron including several species called egrets. Most egrets have white plumage that is highly prized as ornaments in oriental ceremonies.

Herons are often seen standing motionless, as if in a meditative state, on its long thin legs. This stance symbolizes its ability to maintain balance through proper focus. Its inner foundation is secure although not fixed.

When the heron feeds it stands in water. Its neck is bent in an S shape. The flowing pattern of the letter S reflects the rhythm of this bird. Understanding your personal rhythm and responding to it accordingly is imperative for those with this medicine.

Water is associated with the mysteries of life. It is connected to the emotional body of man. When you see a heron standing in water notice how deep the water is. This depth can symbolize the depth that needs to be explored within self. The deeper you go the more you discover. Whatever is discovered take the time necessary to stand in silent reflection. In this way clarity of understanding is known.

Those with this medicine have strong emotional natures. They feel things deeply and with passion. The challenge here is to keep passionate thoughts and feelings under control in order to maintain a balanced emotional nature. The advantage of this energy indicates the passion and ambition needed to complete tasks and accomplish goals.

Herons are seldom seen flocking together. They are solitary birds that enjoy their own company. Heron medicine people are independent and willing to make changes when the need arises. They do not need a lot of people in their lives. This can sometimes lead to challenges in personal relationships especially if the other person has needs that require constant attention. Maintaining some type of social interaction and not withdrawing from others completely is helpful.

Herons stand out in their uniqueness and know how to take advantage of things and events for their own benefit. By observing the heron, its actions and its lack of action we learn how to perfect out personal flight through life. Herons hold a silent power, their grace, agility and majestic presence reflect balance. This balance is

the gift they offer to all who choose to receive it.

The Hippopotamus

The Hippopotamus is an amazing animal that lives both underwater and above ground. It combines the elements of earth and water and teaches us how to integrate the attributes of both into our daily life.

Water is associated with intuitive knowing and earth is associated with practicality and stability. The hippopotamus asks those with this totem to act upon their intuition without analyzing it while maintaining a practical grounded life style.

Hippopotamus are amphibious and have special adaptations for life in the water. It can safely stay underwater, able to breath, hear, and see the world above without having to expose its body. When this medicine if fully developed those with this totem have an innate ability to know what lies beneath the surface of any situation. They speak and see truth and demand that others respect that truth

Hippo’s need water deep enough to cover them because there skin is delicate and thin and vulnerable to overheating. Those with this medicine are susceptible to sunstroke and sun related problems including dehydration so care should be taken when outdoors.

Although the Hippopotamus is extremely agile and flexible in its movements it has a tendency to develop set patterns. When they leave the water at dusk, they prefer to follow the same path creating a rut in the ground several feet deep. The hippopotamus teaches us to find a path that works for us and to stay on it to reach our true destination.

The Horse

The horse symbolizes freedom and the power that comes with being free. They pulled the wagon trains across the prairies opening up new frontiers to be explored. Horses helped turn the Lakota and other Native tribes into the powerful mounted warriors and nomads that they became, although taming the horse wasn't easy, as their spirit for freedom was a fire that burned within them.

Those with this medicine can be fiercely independent and have little tolerance for anything or anyone that limits their free expression. This characteristic can create challenges in relationships of all kinds, especially co-dependent ones. Those with this totem are teachers to

their partners, friends and family showing them how to stand solid within themselves. Individuals who choose to be involved with a horse person do so because the need for self empowerment is strong. They seek the horse and the power it holds rather than the horse seeking them.

Because horse medicine people hold the energy of power their leadership and teaching skills are usually in demand. Intuitive and wise they make excellent therapists. They enjoy helping others but often feel as if there is no one to lead or teach them. If people become too dependent they will respond like a bucking bronco. Personal relationships often lack emotional or mental nourishment especially in the earlier years of life. To compensate for this they are forced to go within and strengthen their bond with spirit. This bond provides them with the nourishment needed to evolve their soul while staying grounded in the earth experience.

Horses give their riders the safety of speed and the promise of adventure. Natives tribes used the horse to run, fight, send messages, hunt and move their villages quickly. The horse carried people and their belongings into new uncharted territory and the challenges that it held. If horse has come to you, you are being offered a gift of safe movement. Is there somewhere that you want or need to go? Horse can help you get there, whether the place is physical or spiritual. Is their a new venture you want to undertake? Call on horse to help you create it. Are there challenges in front of you that you dot want to deal with? If so, the horse asks you to awaken your inner power and move forward with courage.

Before this continent became so populated, it was well suited to the Mustang. They had adapted themselves to live in harsh environments on diets that wouldn't sustain most horses. However, their need for freedom made them unsuited to a country whose people seem compelled to control and dominate everything. Because of this the mustang is just about gone.

When the horse, either wild or domestic, appears in your life the following questions should be asked. Are you pushing boundaries that are going to cause severe repercussions? Are you trying in your need to be free, to not play by the rules? If so, this may not be a bad thing, but learn the lesson of mustang, there can be a high price to pay for freedom.

The Hummingbird

The hummingbird brings us the gift of beauty. The ruby throated hummingbird is one of the most common species in North America. This energetic little bird migrates 1800 miles from the Eastern US to spend winter in Central America. This distance alone indicates the hummingbirds stamina and perseverance. They can show us how to go the distance without becoming depleted.

When hummingbirds mate, the male claims a territory and attracts a female to it. When she appears, he does a courtship dance, flying back and forth in a perfect arc. The arc symbolizes a luminous bridge connecting one life to another. Male hummingbirds start the process of procreation and the female completes it. The arc then becomes a circle, a cycle of completion. When the hummingbird flies into our lives it can indicate a need within ourselves to complete a specific lesson that we have been avoiding. Once the mating act is done the males go to look for other females. The mother lays and incubates the eggs for the required 16 days and then raises the young by herself. The number 16 is important for those with this medicine. It represents change within a 16 day period.

Hummingbirds flap their wings at the fantastic rate of 90 beats per second during normal flight and up to 200 beats per second during courtship, giving them their humming sound. They have excellent maneuverability in flight. They can hover in the air, fly backward, forward and sideways. The hummingbird flies everywhere because it cannot walk well. Hummingbirds have the advantage of seeing things from all angles and can show us how to expand our perceptions.

Hummingbirds are small but expend so much energy flying that they require large amounts of sugar rich flower nectar to stay alive, having to eat twice their body weight a day. Because of its small size and its high degree of activity, it loses body heat quickly, so it must digest food quickly. Those with this totem need to watch their own sugar levels and take care of their digestive system.

The hummingbird serves to remind us of the beauty and wonder of the world. While their speed and sound may sometimes startle us, they help pull our attention out of the mundane so that we can acknowledge and appreciate the beauty of Creation.

The Jaguar

The South American name "jaguara" means carnivore that overcomes prey with a single bound." One Indian myth says that the jaguar acquired its beautiful spotted coat by dabbing mud on its body with its

paws. These spots easily distinguish the jaguar from other big cats like lions and tigers.

Jaguars have very large paws and a broad head with powerful jaws. The jaguar often kills its prey by piercing the skull with one swift bite. It does not roar like a lion. Instead, the jaguar grows, snarls and makes deep grunts. Those with this totem have a good command of language although their words can have a tendency to cut, tear and shred others apart. Learning proper communication skills is important for those that hold this medicine.

The jaguar's powerful limbs carry them for hundreds of miles searching for prey. It is an agile climber and shows us how to attain goals through flexibility and steadfastness. Unlike many other big cats, the jaguar has no rivals - no other predator can compete with this powerful cat. Those with this totem make excellent leaders and diplomats.

Jaguar is at home in the dark and has good night vision. It moves without fear and teaches us how to trust our personal instincts. It can awaken psychic sight in those who hold this totem.

The jaguar was once found from the U.S. Mexican border southward to Patagonia, Argentina. Its preferred habitats are usually swamps and wooded regions, but jaguars can also live in scrublands and deserts. Jaguars live in caves and canyons close to a source of fresh water. In mythology caves are associated with isolation and retreat. A place to go to facilitate soul work. Water is associated with the emotional body in man. When the jaguar appears it is asking you to go within, release your fears, heal your emotions and awaken your inner sight.

When you come out of retreat the jaguar will be waiting for you. It you choose to follow its lead it will guide you into the underworld where the secrets of life and creation are found.

The Jay

The blue jay and the stellar jay have a reputation of being a robber of campers food and of nesting materials. They wait until other birds have gathered the necessary essentials for the nest building and then rob them of it. Although jays do posses these tendencies it has other qualities that are far more important. Jays carry the power of presence. They are confident and fearless.

Both the blue jay and the stellar jay create a tremendous amount of noise when engaged in a robbery. This noise works to the jays

advantage. The more noise they make the more chaotic the situation appears. This distortion of energy becomes the jays victory song.

The jay reflects lessons in how to use personal power correctly and efficiently. They remind you to pay attention and not allow yourself to be placed in a position in which power is misused against you. Those with jay as a totem need to heed this warning.

The bright blue crest on the top of a blue jays head links it to father sky, reminding those with this totem that true power must be utilized with integrity and balance.

Jays are incredibly resourceful. This can represent a need within you to learn adaptability for survival with the least amount of effort. Since the jay doesn't usually migrate and stays around all winter, it serves as a teacher who will settle in and work with you as long as you need it.

Jays are fearless and have been known to gang up and drive away hawks and owls. They know how to play the game of life and succeed. Jays reflect great talent, but that talent must be developed and used properly. If the jay has flown into your life it indicates that you are moving into a time where you can begin to develop the innate wisdom that lies within you. Jay is willing to teach you fearlessness, adaptability and survival but you must be willing to follow its lead and become "power through presence."

The Jellyfish

Jellyfish live in the warm seas of the entire planet. During warmer seasons they tend to drift pole ward, and during cooler months, they float toward the Equator. The powers that jellyfish hold are acceptance and faith. They know that the Creator will provide what is necessary for their survival. They are the only creatures dependent upon movement for the sustenance of its life that has virtually no ability to move on its own. Jellyfish rely on the currents of the ocean and the directions of the wind to move it in ways that it needs to go.

There are many species of Jellyfish. The Man of War is the most well known ranging from 3 to 14 inches long, and rising up to 6 inches out of the water. Its tentacles dangle as long as 45 feet or more below the surface. The tentacles are composed of a colony of polyps, which posses muscular stinging cells. When they sense a fish, the stinging cells shoot out barbs into the fish and inject a deadly poison.

Jellyfish know how to survive and do not take more food then they need. They move in harmony with the currents of life and can teach us how to flow with the natural forces of Mother Earth. Some ancient healers believe that the tapestry of true spiritual knowledge is held within the transparent form of the jellyfish.

Maintaining balance in all areas of ones life is an important lesson for those with this totem. When the jellyfish appears to you ask yourself if you are flowing with life in a balanced way or are you spending too much time drifting and not enough time actively crossing the currents and heading toward your goals. By observing yourself and the jellyfish balance can be attained.

The Junco

The junco is a member of the American finch family. There are over 300 kinds of finches. This in itself is symbolic and indicates its ability to multiply and intermingle comfortably within a wide variety of environments. Those with this totem often find themselves in the company of others where valuable lessons about equality and communication are learned.

When a junco flies into a persons life it brings with it the energy of increased activity and opportunity. This amplification produces movement and change in one or all areas of our life. It pushes us into new doorways, amplifies our strengths as well as our shortcomings and shows us how to merge everything together.

The junco's favorite habitats are mixed or coniferous forests, though they are often seen in fields, thickets and city parks. It is a perky and sometimes assertive bird and can hold its own against many forms of predators. For those with this totem it offers the teachings of adaptability and survival.

Juncos are small birds about six inches in length. They are variable in color although they are generally gray. They have white outer tail feathers that are flashed in flight to the accompaniment of snapping or twittering calls. The junco has a wonderful ability to sing. In humans the voice is the expression of spirit. Because of its playful nature the junco can show us how to express the truth of spirit in a joyous and lighthearted way.

When this little bird appears it is asking you to pay attention to how you express yourself. Are you honoring your truth and expressing it adequately or are you talking just to hear yourself talk. If the later is

true you will need to discover the reason behind your chatter and then ask the junco to carry it upon its wings and release it into the wind. The junco will be happy to honor your request.

The Kangaroo

The kangaroo is mostly terrestrial and all are herbivorous. They are found throughout Australia, Tasmania and New Guinea. They have long powerful hind legs and feet for hopping and leaping, their predominant forms of locomotion. Their long tails, thickened at the base are used for balancing. Each long narrow hind foot has four toes. The number four is the number associated with foundation. When the kangaroo appears it is asking you to review the foundation on which you stand, your ideals, beliefs and actions and then take a giant leap over all obstacles that have prevented you from attaining your dreams.

The feet are rich in symbology. It is through the feet that the body makes its essential contact with the earth plane, and through the muscular control of the feet that balance in the body is maintained. Feet represent that part of the individual which is most closely akin to the material plane of manifestation. The kangaroo teaches us how to balance our material life with our spiritual knowledge. When this medicine is underdeveloped foot and leg problems can occur. Kangaroo medicine people make excellent reflexologists and movement therapists.

When kangaroos have a chambered stomach that is functionally similar to cattle and sheep. They regurgitate the vegetation they have eaten, chew it as cud, then swallow it again for final digestion. The digestive and eliminatory systems of those with this medicine are very sensitive. Proper care of the stomach, chewing food thoroughly and incorporating herbs and digestive aids into the diet is helpful.

When kangaroos are chased by predators they are incredibly fast. They hop quickly and effortlessly to safety. They don't stop and think about where they are going, rather they allow their instincts to move them. This is a great teaching for those with this totem. Instead of contemplating each and every step we take in minuet detail we need to follow the kangaroos lead and allow our instinctive knowing to guide us. Instinct balanced with intellect restores our trust in spirit.

Kangaroos are incredibly focused. Their energy field is tightly woven around them preventing distractions. Those with this totem need to keep their personal energy fields clear of outside influences to aid them in staying centered and focussed.

When the kangaroo hops into a persons life get ready for adventure and change. The kangaroo dares you to leap into the unknown without fear, connect with your personal rhythms and honor your intuitive knowing. The choice is yours.

The Kestrel

The kestrel is the smallest member of the falcon family. Like all birds of prey it is strongly connected to the accuracy of movement. Speed and grace in hunting are its strongest attributes. Kestrels perch themselves high above their prey. When the timing is right they swoop down, hoover in the air and attack. Hovering is uncommon amongst most birds and symbolizes the ability to use flight to its fullest advantage. In a person this advantage plays out through the creative imaginative mind strengthening ones intuitive agility.

Kestrel medicine people often have the desire to site or be placed in a position where a wide range of vision is possible. They also enjoy high places with an expansive view. Their need to spend time alone is strong and a sense of independence is necessary in order to maintain healthy relationships. They do well in any type of work that requires planning and make excellent strategists and diplomats.

The kestrel teaches us how to discover our personal rhythm and respond to it accordingly. As we expand our personal energy field and awaken our sight into a broader perspective we learn when to act and when to retreat. The power of the kestrel is mental concentration, patience and precise action. It recognizes opportunities and acts upon them at the correct moment.

When the kestrel appears it might be asking you to stimulate your mental faculties and move quickly and gracefully into your desired future. It teaches you to listen to the rhythm of each situation and commit to your actions for the greatest success.

The Kingfisher

Kingfishers are found worldwide but are mostly tropical. They are solitary birds that utter distinct rattling or piping calls that can be heard a long distance away. The ability to express oneself in a clear and concise manner is part of the teachings it holds.

Their usual nest is a burrow in a sand bank or in a hollow tree. Kingfishers have been known to tunnel into sand banks several feet.

This indicates the need for sacred space around them. Those with kingfisher medicine will find that they must have time within their day for quiet contemplation where intrusions of any kind are not permitted.

Bold in its actions, the kingfisher will dive headlong into the water to catch small fish. It shows us how to plunge into the unknown with confidence and not with fear. Kingfishers have large heads, long and massive bills and compact bodies. Their physical appearance is symbolic of the challenges and opportunities relevant for those with this medicine.

A large head can indicate past life connections relating to the misuse of the ego. In this life a need to keep the ego in balance is mandatory. The long and massive bill of the kingfisher suggests a need to use ones words carefully and their compact bodies represent a need for regular physical exercise and the toning of ones muscles. This need is sometimes a result of a past life influence relating to physical health or structural imbalances that is present in this life.

Kingfishers are found near the water. Water is associated with the emotional body of man and those who have this totem will find a strong need to live on or near the water. An exception to this is the Kookaburra, a forest kingfisher who is less associated with water.

The kingfisher is a bird that holds many teachings. Most of its teachings relate directly to the spiritual, emotional and physical growth of those that hold this medicine. When growth is achieved prosperity on all levels is attained. The kingfisher has the energy to accomplish various tasks in an efficient manner. It is a powerful teacher and those with this totem would be wise to call upon it when the need arises.

The Kinkajou

The kinkajou are extremely curious and love to explore things. They are fascinated by the mysteries of life and often find themselves in unusual situations. They can also be shy and retiring depending on their mood. They are sometimes kept as pets and if treated gently they will return the favor.

If the kinkajou is angered or frightened it can deliver a sharp bite. Those with this totem need to exercise caution and never speak harshly or bite with a vengeance when provoked. Balanced action and reaction is part of the kinkajou's medicine.

A member of the raccoon family, the kinkajou is distinguished by its long, prehensile tail. Its large eyes denote its curious nature and its low set rounded ears are keenly attuned to sound waves within the elements of mother earth. Some cultures believe that the kinkajou is able to predict upcoming earth changes because of its ability to hear sound waves and to feel subtle vibrations moving through the earths crust.

Kinkajous are highly intelligent and usually live alone or in pairs. They spend most of their time in trees and rarely leave them. Those with this medicine should go into retreat regularly in order to rejuvenate themselves on all levels. They should also spend time in the forest and stay connected to nature.

The Kinkajou feeds on fruit, honey, insects, small birds and mammals. They have a small digestive system and cannot tolerate heavy foods. A diet of whole grains, fruits and vegetables would benefit those with this totem.

The kinkajou responds to subtle vibrational frequencies and within these frequencies lays the secret of a new life unfolding. If kinkajou appears to you suddenly and without warning expect a new beginning in some area of your life.

This medicine teaches us how to hear what's really being said and assists us in opening up our clairaudient channels. Those with this medicine should use their minds in an exploratory way, especially in the exploration of sound as a healing tool.

The Kite

The kite is a bird of prey and belongs to one of three sub families. They are lightly built with a small head and a partly bare face. They have short beaks and long narrow wings and tail. They occur world wide in warm regions. Their partly bare face is symbolic. It asks those with this medicine to allow their true identity to emerge. Take off your mask and express your true self with pride and dignity. Those with this totem will find that a warmer climate is best suited to them. The warmth of the sun promotes relaxation. When relaxation occurs the awakening of ones personal divinity begins.

Kites are graceful flyers slowly flapping their wings as they glide through the air with their wings angled back. They appear to be buoyant in their movements and can teach us how to move through life with the greatest of east. Holding the energy of calmness and certainty in all that they do they help us discover our own inner rhythm. Those with this totem

would benefit by studying their personal bio rhythm chart as well as the charts of those they interact with. This study can aid an individual in discovering what lies beneath the disguise of the human psyche. The practice of all forms of gentle movement is also advised.

Some kites live on insects, others are primarily scavengers eating anything from rodents to reptiles. Proper diet is an important part of the message it holds. To understand the proper dietary implications for those with this totem it is helpful to identify which sub family your kite totem is from. Efficient digestion and assimilation of food is essential to maintain optimum health.

Kites teach us how to respond to people and situations with grace and gentleness. It reminds us to give as well as receive. When the kite flies into your life ask yourself the following questions. Are you experiencing the gentleness of life? Are you nervous, tense or anxious? Do you take the time to relax and enjoy the simple pleasures that life has to offer? Are you expressing kindness to others as well as yourself? The kite carries the promise of joy on its wings. All you need to do is listen to its message and apply yourself accordingly.

The Koala

The koala is one of the most admired marsupial mammals. Their cute cuddly appearance appeals to people of all ages. Koalas grow to about 21 to 33 inches long and are virtually tail less. Their diet consists of a certain type of eucalyptus leaf. One of the most unusual characteristics of the koala is that it seldom drinks. The name koala is thought to mean "no drink" in several aboriginal tongues. Their limited diet encourages a sluggish digestive system. If those with this totem consume a large variety of foods digestive problems could occur. Basic food groups are recommended with an emphasis on herbs and herbal remedies.

Koalas are solitary animals. They are independent and a bit indifferent to family members. At birth a young koala is about the size of a bee. The mother will raise her young attentively until it is strong enough to be on its own. Once this happens the emotional bond between the mother and her offspring is broken. Individuals with koala medicine often require periods of isolation and an environment with little noise. Emotional expression is difficult which can make intimate relationships challenging. The koala teaches us how to be comfortable with our own company. Those with this totem make excellent priests and nuns.

The koalas eyesight is poor although their cup like ears can hear acutely. They also have a highly developed sense of smell. Koala medicine

people have strong psychic and clairaudient abilities. Sound that soothes the senses and aromatherapy benefit them.

Although they appear to be passive with a nonchalant attitude, koalas are very territorial. They demand their personal space and accommodate one another accordingly. They sleep as long as 18 hours a day and are most active at night. Koala medicine people do their best work in the late evening and early morning hours.

Perched high in a tree the koalas grip is secure. As they move from limb to limb their footing is solid. When the koala appears in our life its reminding us to stand solid within ourselves and not be influenced by situations or events.

Seldom distracted and always focused, the koala is a master in the art of deep relaxation and concentration. They hold the teachings of stress free movement and can show us how to create and maintain sacred space in our lives.

The Kookaburra

The kookaburra is the largest member of the kingfisher family. One of its most distinct features is its famous laugh heard at dawn and dusk when it is marking out its territory. Because of its laughter one would think that these birds represented peace and happiness. Although its laugh is contagious don't be fooled by this daring and territorial bird.

A friend told me a story about a camping trip he was on. Sitting down to dinner with friends, cooked sausages had been placed on stick's awaiting their empty stomachs. A fearless and determined kookaburra swooped down and lifted the sausage off the stick and flew off to enjoy its meal. The kookaburra launches itself from a perch to pounce on its prey, or in this case my friends dinner!

Excellent divers, the kookaburra is extremely focused. They go after what they want when they want it. Those with this totem have the ability to achieve their goals if they stay centered and maintain their focus. If the kookaburra suddenly dives into your life its telling you to manifest your dreams instead of day dreaming about them.

The kookaburra has many personalities to fit a variety of situations and is known as the master of illusion. Acquiring master ship is hard work. Because of this the kookaburra demands respect and it usually gets it! Individuals with this totem often achieve prominent roles in society that

demand respect and recognition. They make excellent leaders and diplomats.

Kookaburras form community groups which together share and defend their home territory. These groups have a dominant mating pair and other lesser members. A secure home life is important to those with this medicine.

Laughing Kookaburras do not build nests, instead they use existing cavities in trees. Although they can be aggressive when defending their territory of hunting for food they hold an air of indifference when it comes to other activities. When the kookaburra laughs its way into your life ask yourself these questions. Is your fear limiting your accomplishments? Are you focused in your pursuits? Are you determined to change unhealthy habits? If your answer is yes call upon the kookaburra to help you.

The Ladybug

The ladybug is a member of the beetle family. They are found in nearly all climates and latitudes. They are hemispheric in shape, have short legs and are usually bright colored with black, yellow or reddish markings. Most reproduce sexually and females lay eggs. Their life cycle requires about four weeks, so several generations are produced each summer. This ties the ladybug to the energies of renewal and regeneration. Those with this totem are usually family oriented with strong morals and social values.

The name lady bug originated in the middle ages when this beetle was dedicated to the Virgin Mary and called the "beetle of our lady." This links the ladybug to spiritual idealism and religious devotion. Past lives associated with religion or the church are common for those with this medicine and some form of daily meditation or prayer are recommended.

This tiny little beetle packs a powerful message. Because the life cycle of the adult ladybug is short it teaches us how to release our worry and enjoy our life to the fullest. When it appears in our life it is telling us to "let go and let God."

An adult ladybug can consume several thousand aphids and other scale insects within a few months. Since these can be harmful to crop production farmers and growers have long considered the ladybug a good omen. Because of its diet the ladybug often has parasites and those with this medicine need to take care of their digestive system.

The ladybug is one of the few beetles that are well liked by humans. Unlike other beetles, the ladybug stirs a feeling of joy within us. Its small size denotes a delicate and loving nature. It emanates the energy of harmlessness and can show us how to stop harming ourselves.

The shell on its back serves to protect it from predators. Its wings fold against the body protecting its soft underside. Ladybugs have keen instincts and feel vibrations through their legs. This enables them to sense the energy of whatever they touch and is another form of protection. In spite of its size it appears to be fearless. A messenger of promise, the ladybug reconnects us with the joy of living. Fear does not live within joy. The need to release our fears and return to love is one of the messages it carries.

Ladybug teaches us how to restore our faith and trust in great spirit. It initiates change where it is needed the most. When ladybug appears it is asking us to get out of our own way and allow great spirit to enter.

The Leopard

The Leopard has a rosette patterned coat with a long dark tail. Unlike most cats it can exist is areas without plentiful water supplies giving it an advantage for survival. Because it has been given the generic name of Panther those with this totem should also study this cat.

Leopards are excellent at stalking prey. They are silent and inconspicuous hunters and are able to move in and out of situations without being seen. This invisibility allows them to observe every situation they encounter with clarity. Leopard medicine people have strong intuitive abilities. Learning to trust and respond to their inner instincts is part of their life lesson. They are also highly sensitive and need to pay attention to what they feel and then respond accordingly. Caressing touch in various forms is important for those who hold this medicine.

As with all cats, the whiskers of the Leopard have specialized sensory hairs that can register very small changes in air pressure enabling them to avoid objects whilst moving around in the dark. Whiskers are also used to establish the position of prey and locate the exact position for the killing bite. Because leopards kill by biting the back of the neck and do not attack their prey from the front, those with leopard energy often have difficulty confronting conflict head on. Sometimes this can be beneficial and at other times harmful. Learning how to conquer conflict in a balanced way is part of what the leopard teaches.

The Leopards huge strength, powerful limbs and neck muscles enable it to carry its kill (often a full grown antelope or young giraffe) to higher places in trees to keep it away from other animals. Those with this medicine have strong bodies but need to remember to release pent up anger, frustrations and other emotions or physical health issues related to the limbs and the skeleton could occur. When leopard energy is contained within and not expressed outwardly arthritic type conditions can develop.

Those with this totem would benefit by imitating the leopard in its movements. Any form of dance, tai chi or rhythmic practice would be beneficial. Because the leopard is a strong and powerful leper it can show us how to leap over obstacles efficiently and gracefully. They are masters at negotiating their environment and will continually serve to encourage that master ship in those who hold this totem.

The Lion

The lion holds a variety of energies and is never what it appears to be. Their is great myth and lore surrounding it. The Egyptians linked it to power and wealth. When Moses took the Israelites out of Egypt, each tribe was gathered under its own banner, a lion was depicted on one of them. Today, mankind associates the lion with fearlessness because of its mighty roar.
mankind associates the lion with

Unlike other cats the lion lives in groups called prides. They live together in harmony and seldom fight amongst each other. The exception to this rule is related to the female. The male lion is passionate and extremely jealous of the lionesses. If challenged it will act aggressively.

Lions make their homes on the Savannah's of Africa. The coarse grasses and scattered trees of the Savannah's offer it little protection from the outside world and make it a prime target for hunters. Lions are often spotted lying around not doing much at all. They seem to be saying don't bother me "I am busy relaxing." This is one reason why the energy of fearlessness has been associated with this beautiful creature. Lions can teach us the art of fearlessness if we allow ourselves to relax long enough to learn from it.

Those with this totem will find that their life lessons will involve dealing with groups and community in some way. They will also need to pay attention to the particular role they play within that group and work with

others cooperatively. Lion people have the ability to be balanced leaders but need to keep jealous tendencies under control.

Within the pride the females are the best hunters. Lions as a general rule are clumsy hunters by themselves but they have learned to develop excellent cooperative hunting techniques for their survival. The females do most of the hunting as well as the rearing of the cubs. The male lion does very little work and is recognized by the beautiful man that frames its face. This gives it a regal appearance and is why it is known as The King of Cats. Both male and female lions are excellent parents caring for the young with gentleness and patience.

Lions do not fight for the sake of fighting. They avoid confrontation and will leave the scene of danger whenever possible and can guide those with this totem out of unpleasant situations.

The Lizard

The lizard is an expert at subtle perception. They are sensitive to vibrations in the ground. Their eyes are sharp and can detect the slightest movement. They also have excellent hearing. Those with this totem have the ability to utilize all aspects of psychic perception.

Through myth and legend the Lizard is associated with the Dream time. Dreams contain some of the subtlest perceptions of the mind of which we may not be conscious. The lizard reveals hidden messages through the dream state. If lizard is your totem pay attention to the symbolic messages received in your dreams.

One of the most interesting characteristics of the lizard is their ability to break off their tails to escape predators. The tail is left behind writhing to distract the predator while the lizard makes its escape. They can do this only once, however, since the replacement tail they grow is made of cartilage instead of vertebrae.

The power of lizard lies in its ability to save itself from danger by leaving a part of itself behind. When lizard appears in a persons life it suggests the need for immediate change in one or more areas of their life. This change represents letting go of outdated ideas, actions, or lifestyles because the old now endangers you in some way.

Since lizard can discard its tail only once it advises you to make decisions wisely for what you decide can follow you around for a very long time. If something isn't working for you it is time to let it go.

The psychic characteristics inherent in the lizard teaches those with this medicine how to awaken their own abilities by making choices that honor every part of ones life. When lizard appears it signifies a need to go within and analyze your present reality and once done, move with confidence and conviction out into the world of new beginnings. A powerful totem to have, lizard reveals your weaknesses, your strengths and prompts the energy of change.

The Llama

The llama is a member of the camel family. Intelligent and curious the llama shows us how to adapt and preserver in all situations. They have a high thirst tolerance and incredible endurance. Llamas are used to carry heavy loads traveling 15 to 20 miles per day. Their ability to subsist on a wide variety of forage has made them as important transport animal. Gregarious animals with a gentle disposition they hold the teachings of true service. If maltreated, the llama will lie down and spit, hiss, kick and refuse to move. Those with this totem have easy going personalities although if treated unfairly they can become stubborn and willful.

Llamas were used in sacrificial ceremonies in pre Colombian civilizations. On the first day of every lunar month 100 pure white llamas were driven into the great square, Huayaca Pata in Cuzco, moved to various images of the Gods and assigned 30 priestly attendants each representing a day of the month. Sacrificed chunks of flesh were then thrown onto fire and the powdered bones were used for ritual purposes. Symbolically this suggests that those with this medicine have a tendency to sacrifice their own lifestyle to accommodate another.

Llama medicine people carry the weight of the world upon their shoulders. They are giving caring people that strive to serve others sometimes forgetting to serve themselves equally. Responsible and hard working those with this totem need to remember to take time to enjoy life and allow others to solve their own problems. Balanced action and reaction is one of the soul lessons associated with this animal.

Llamas are happier in the company of other llamas and do not like being alone. Those with this totem can feel uncomfortable and sometimes

fearful without close friends or group support. They make friends for life although care in the type of friends they choose is advised.

Female llamas first breed at 18 to 24 months of age. Llamas don't have a heat cycle, but are induced ovulators, thus they can be bred at any time of the year. Women who hold this totem find that pregnancy can occur at any time. Menstrual cycles are unpredictable and health concerns related to the reproductive system are common. Proper medical attention will ensure optimum health. Those who do not want unexpected pregnancies should take extra birth control precautions.

To many native tribes the llama has been the source of meat, wool, leather, tallow and fuel in the form of dried dung. When the llama appears to us lessons involving service, sacrifice, and balance are at hand. They show us how to incorporate patient persistence, equality and inspired action into our life.

The Lobster

The Lobster has tremendous concentration and is focused on its objectives. It holds the teachings of shape shifting and transformation. When first hatched, it doesn’t look like a lobster at all. It looks more like a bug with feathery hair on its legs.

Within the first 5 years of life it will molt, or shed its shell up to 25 times. It will also shed its skin three times before it begins to look like an adult. This process symbolizes its ability to continually transform itself and create new identities.

It is an excellent swimmer and although it will bob around on the surface of the water for the first few weeks of life it eventually takes residence on the bottom. A young lobster rarely ventures out of hiding, If it does it is attacked by a fish within minutes. Small lobsters will wait for the currents to bring food past their hiding places instead of venturing out to find food. It teaches those with this totem how to develop patience and how to flow with the currents of life.

As a lobster reaches maturity it becomes territorial and secretive. It can cover a mile or more each night foraging for up to 100 different kinds of animals and plants. It has even been known to sneak into its neighbors burrow and raid it. If hungry the lobster will eat just about anything it can find including another lobster.

The lobster can be aggressive and extremely focused. It knows how to survive at all odds and holds the teachings of survival for anyone who chooses to follow its path.

The Locust

The locust is a species of the short horned grasshopper and both will be discussed here. As with all insects, they are cold blooded and are more active when it is warmer. There are about 10,000 species and each has its own unique song. With a few exceptions only the males can sing. During courtship, male grasshoppers take turns singing songs, competing to outdo each other for the attention of the females.

One of the gifts these insects hold is the power of song and sound. Song is an ancient way to alter consciousness and communicate with our animal and spirit relations. Some Native American songs date back at least 20,000 years. If these insect singers have caught your attention with their song they may be asking you to honor your ancestors and reconnect with your true heritage. Listening and responding to your inner voice as well as using it in a complimentary way towards self and others is equally important.

The grasshopper-locust is associated with astral travel. They have the ability to leap through time and into space where the true mysteries of life exist. People with this medicine have the wisdom necessary to overcome obstacles efficiently and are able to jump into successful ventures without preparation or planning. When the grasshopper-locust appears to us we are being asked to take a leap of faith and jump forward into a specific area of life without fear. Usually that specific area is one that we have avoided and is often connected to change on a larger scale. This can represent a change in location, relationships, career or just in the way we perceive ourselves.

Overcrowding and food shortages turn normally peaceful grasshoppers into the dreaded locusts, capable of stripping a forest or farm in the blink of an eye. They turn almost black, so that they can absorb more sunlight to have heat and energy to maintain swarming. They will continue this frenzy until they reach a place with enough food, or enough of them die or are killed to control the population.

Those with grasshopper-locust as a totem must remember that the gifts of mother earth are available for everyone if used in sacred and practical way. Sometimes a person forgets that sacred balance and takes more than is needed. This can also signify individuals taking from you. Are others demanding too much or your time or energy? Is responsibility being placed on you that is not rightfully yours? These are some of the

questions to ask yourself if the grasshopper-locust presents itself to you. Remember life becomes more difficult when we refuse to leap forward into the magic of change

The Loon

The loon is a diving bird with a strong tapered bill, small pointed wings and webs between the front 3 toes. Their legs are placed far back on the body, which makes walking difficult. Those with this totem often have challenges associated with maintaining equilibrium. Leg and foot problems are also common. Benefits can be received from exercise that strengthens the muscles, bones and joints. A diet rich in calcium is also helpful.

Loons can swim great distances underwater and can dive from the surface to a depth of 200 feet. This reflects the ability to know the secrets that lie beneath the surface. When a loon appears it is asking us to take a plunge and dive into the unknown waters of our subconscious mind. Exploring the subconscious assists us in understanding ourselves better.

The loons voice is distinctive including guttural sounds and eerie wailing cries which gave rise to the common name loon. Strong communication skills are common in those with this medicine although care is needed to protect and nourish the throat chakra due to past life ties relating to improper or unjust speech. Chanting and singing are beneficial therapies for those with this totem.

A loons nest is a heap of vegetation at the waters edge. Both parents share the task of incubation. For those with this totem this symbolizes a need for unity between the male and female energies. One energy should not dominate the other, rather, both should work together as one, with a collective goal in mind.

The loon is a powerful flyer. They have tremendous energy and don't tire easily. It holds the gift of endurance and discovery. If loon is your totem remember to go the distance into the discovery of your true self. Dive into your subconscious without fear and awaken your true gifts.

The Magpie

Related to the crow the magpie is an intelligent and adaptable bird. Ancient folklore associated with the magpie suggests that when two or more fly into ones life good fortune is coming soon. Since magpies are opportunists and seldom miss a chance to get something for nothing

those with this medicine should pay attention to subtle omens that appear in their life then act accordingly so opportunities are not missed. The magpie asks us to wake up and be conscious in every area of our life.

Magpies are curious and have a reputation for steeling anything that they can carry away.

They use whatever they find and teach us how to be resourceful. Magpie medicine people have the ability to succeed in life. Those with this totem are usually eclectic and able to draw on a variety of resources to assist them in their pursuits. Being able to adapt to different situations in a spontaneous way is one of the magpies strongest attributes. Those with this totem often find that their interests are varied which make master ship of any one thing difficult although not impossible.

Magpies are extremely vocal especially in groups. They help those with this medicine learn how to use their voice to attract attention, attain desired goals as well as acquire respect from others. This applies only if this medicine is developed sufficiently. Otherwise the voice and its expression may need improvement for positive results to be obtained. Proper communication is one of the lessons that needs to be learned by magpie medicine people

The black and white coloring of the magpie associates them to the world of magic, prophecy and witchcraft. They know how to live within the light and the dark simultaneously and understand the pros and cons of both. Magic is symbolic of creation. Occult knowledge must be understood fully before it can be used in a beneficial way. Those with this totem have the opportunity of creating a new and better life for themselves once they develop their psychic gifts completely and use those gifts with pure intention and self less service. Past life ties regarding the misuse of magic are common amongst magpie medicine people. The gift of a new creation will be offered to you only when you are ready. When the magpie flies into your life, get ready, your about to embark into the world of opportunity.

The Mockingbird

The Northern mockingbird is approximately 10 inches in length with a long tail that twitches vigorously when excited. It has strong legs suited to scratching through dead leaves and underbrush for insects Although their dull gray color doesn’t impress the eye their various calls definitely demand attention. Known for their songs the mockingbird was given its

name because of its ability to mimic the calls of other bird species. In Latin the word mockingbird means “ many tongued mimic.”

The song of mockingbird is a medley of calls of many other birds. They are master imitators and usually repeat an imitation several times before they start another song in rapid succession. They are one of the few birds that sing while in flight.

Mockingbirds hold a variety of teachings. On a subtle level they show us how to mimic ourselves. What we mimic reflects back to us and helps us see what we truly are. Discovering oneself in this way can be a powerful transformational experience. Those with this totem should ask mockingbird to help them connect with their personal sound frequency. Once this connection is made healing on all levels takes place.

It is common for an individual bird to have as many as 30 songs in its repertory. It can also mimic the sounds of barking dogs and cats. They teach us about the power of the voice through song. Appearances are not important to those with this totem. They are always heard before they are seen, if they are seen at all. Those with this medicine can learn new languages easily and make excellent interpreters and spokesman.

Mockingbirds are fearless and will defend their nest and territory. Courageous birds they will dive and attack intruders that come too close. They teach us how to develop confidence within ourselves, sing out our truth and stand up for what is rightfully ours.

The Monkey

Monkeys are fascinating animals to watch. Their acrobatic maneuvers hold the energy of effortlessness and grace. They twist, turn, jump, and hang with the greatest of ease. They crawl up and down tree trunks and leap from branch to branch extending their long arms outward towards the next limb. Once they arrive at their destination they stop, look around and contemplate what is in their immediate environment.

Moving in all directions, forward, backwards and sideways gives the monkey the advantage of seeing things from different angles. They have excellent vision and are able to see that which is hidden from normal view. Their master ship of movement and keen observation skills help them reach their destination safely. Those with this totem have the ability to know where they are going and understand where they have been. Through perseverance, focus and fluid movement their goals can be attained.

Monkeys are flat-footed animals. They walk around using all four limbs. When they walk their whole foot hits the ground at the same time. This links the monkey to the qualities of stability and sure footed. Their agility of movement is a reminder to us to maintain balance in all that we think, do and say. Leadership roles are often granted to people that hold this medicine.

Curious and clever a monkeys mood can change instantaneously giving them an air of unpredictability. A general theme for those that carry this medicine is to "expect the unexpected."

Monkeys are most active during the day. Their brains are large denoting a strong intelligence. After sexual maturity, male monkeys are at all times potent. This sexual potency is symbolic of birth, rebirth and new creation.

The monkey is a powerful ally to have. A master at shape shifting realities it prompts us to explore all aspects of who we are and who we choose to become. By learning from the monkey and applying its skills of power, grace and observation, foundations are created that give birth to our choices. Eventually these choices will manifest in our lives so if monkey is your totem be careful of what you choose.

The Moose

The moose is one of the most ancient and unique of the power totems. The adult male can stand 7 feet tall and weigh 1200 pounds. Male moose bellow loudly during mating and can be heard over 6 miles away. When they hear a moose cow answer they run to her prepared to battle anything in their path. The moose is courageous and determined and will make its presence known when it chooses to.

On the other hand, the moose has an uncanny ability to camouflage itself, in spite of its great size and power. It can move silently through its territory and never be seen. These contradictions help it survive in the wild. It holds the teachings of invisibility and the power of presence. Shapeshifing abilities are tied to mythology and incorporate the teachings of shamanism and magic. For those with this totem the refinement of these skills is enhanced through these studies.

When you see a moose in the wild the energy it embodies is awesome. The massive antlers that crown its head grow larger then any other antlered animal. Ancient myth refers to these antlers as "The Crown of Courage." These antennae are linked to the crown chakra in man. As

the antlers grow the crown chakra opens and expands giving those with this medicine a direct channel to universal knowledge.

Contradicting and majestic the moose can appear awkward as well as graceful. Its highly developed sense of smell and hearing is complimented by its excellent depth perception. Its appearance of ungainliness is misleading and deceptive and it is this deception, which enables it to survive so well.

Moose calves are born with their eyes open. Individuals who carry this medicine are born with their inner eyes already open and can see things with exceptional clarity. Psychic awakenings later in life are uncommon. The moment of birth is the moment of awakening for moose medicine people. The most difficult lessons in life are during their childhood. Their courage coupled with their direct connection to universal knowledge gives them the tools necessary to strengthen their self esteem and discover their place in society. A powerful totem to have moose will uncover the depth of who you are and align you with your inherent wisdom.

The Moth

Moths live in all but polar regions. The wings, bodies, and legs of the moth are covered with numerous touch hairs that come off if it is handled. Because of this the moth is highly sensitive to touch. They can feel, smell, taste and determine temperatures with their feathery antennae. The tiny pegs upon them serve as receptors. This gives the moth the ability to perceive everything with clarity. Those with this totem usually have strong psychic and healing abilities. They must be careful not to pick up other peoples problems and carry them around in their own energy field. If this happens confusion and irritability can set in.

The process of metamorphosis is part of the magic the moth holds. The egg stage symbolizes the birth of an idea. The larvae stage indicates the laying of a foundation. The chrysalis stage represents the process of creating, and the winged stage allows it to take flight and explore new territory.

One of the most interesting characteristics of the moth is how it wraps its wings around itself. When resting, they either fold their wings, wrap them around their body, or hold them extended by their sides. This suggests a basic nurturing quality and those with this medicine often find themselves in some sort of care giving role.

The hearing ability of the moth is acute. They are capable of detecting ultra sound because their hearing organs are found on their legs. These enable them to sense vibrations emitted around them. Paying attention to what is being said and what isn't being said is part of the teachings the moth holds. Observing the body language of others is helpful.

When the moth appears in our life it is asking us to pay attention to issues of sensitivity. Are you overly sensitive or insensitive to those around you? Are you involved in a situation that needs to be re-evaluated? Are you honouring the integrity of all concerned?

The transformative qualities of the moth are numerous. It shows us how to develop and refine our psychic gifts. The moth is an optimist and an opportunist. It can teach us how to release unwanted influences and fly into the discovery of our personal joy.

The Mustang/Horse

The horse represents freedom and power. There is a lot of myth and lore associated with this majestic creature. Once wild horses numbered in the many millions. Eventually their lands were taken and they were hunted for domestication. Although the horse became a domesticated animal their spirit for freedom remained strong. They can be a bit unpredictable and have been known to revert back to their wild animalistic nature.

Horses feel things deeply and have strong emotions. They can sense the energy field of others and respond to whatever that energy projects. This sensitivity is associated with psychic powers. Those with horse as a totem find comfort in being touched and benefit from bodywork.

Before this continent became so populated, it was well suited for the mustang. The best stallions had huge herds that they alone led. They had adapted themselves to live in harsh environments on diets that wouldn't sustain most horses. However their need for freedom made them unsuited to a country whose people seemed compelled to control and dominate everything. Slowly the herds started to die and presently there are only a few herds left in parts of nine western states. Horse medicine people require space to roam and the freedom to live their own truth. If dominated or controlled by another they will run like the wind and never return.

Horses helped transform a continent. They pulled the wagon trains that allowed the West to be taken by the Europeans. They helped turn the

Lakota and other Native nations into the powerful mounted warriors and nomads that they became.

The horse then, is freedom and the power that comes with being free. A horse gives its rider the safety of speed. They gave the natives tremendous power to run, fight, send messages, hunt and move their villages quickly.

To steal a horse was to steal power from another tribe. If horse appears in your life you are being given the gift of safe movement and passage into the new. Horses are very intelligent and although they have been trained to perform a number of tasks they still carry a majestic quality about them. The horse is sure footed and serves as a messenger of hope and a leader into freedom for those with this totem.

The Octopus

Octopus live in dens, crevices on the sea floor, or holes they dig under large rocks. They are night predators and feed on crabs, sea snails, and other small fish. An adult female has a short life span approximately one to one and a half years. . There are over 100 species of these solitary eight armed animals that live on the ocean floor. They range in size from one inch up to 23 feet.

Adults lay 1000’s of eggs at a time. They watch over the eggs for several months without ever leaving the den. Exhausted by breeding and starved by the vigil over her eggs the female octopus usually dies before or shortly after the eggs hatch. In the world of the octopus the cycle of life and death is continuos. The Greeks believe the octopus represents the sacred spiral of life, always evolving and ever changing. Near death and out of body experiences are common for those with this totem giving them the skills necessary to help others transition into spirit. They make excellent hospice workers and death and dying therapists.

The agility of the octopus is surpassed by none. Since they don’t have bone attached to the muscles in their legs they can squeeze through openings no bigger than a penny. If the octopus loses an arm it will regrow another one. Flexibility and regeneration are some of its teachings. The study and practice of Yoga would be an excellent therapy for those with this medicine.

The most unusual feature of the octopus is its 3 hearts. One heart pumps blood through the body and the other two-pump blood through the gills. This attributes to their constant high blood pressure. Octopus

blood is blue and a poor carrier of oxygen. The rare condition known as a blue baby is associated with octopus medicine. Because of these physiological oddities the octopus has poor stamina and an inability to struggle offensively or defensively for very long. Heart conditions are common in those with this medicine so caution is advised.

These unique creatures of the sea have excellent eyesight but cannot hear. They are believed to be the most intelligent of all invertebrates. Those with this medicine are clairvoyant at birth but have difficulty hearing or responding to the voice within no matter how hard they try. When octopus swims into your life it is asking you to let go of your inefficiencies, stop trying so hard and focus on fine tuning the skills that are naturally yours.

Octopuses are experts in the art of camouflage and teach us how to utilize this skill for our own benefit. These fascinating creatures can change colors to mirror their surroundings and alter their skin texture to match the texture of sand, rocks or other surfaces they are on. They also squirt black ink into the water clouding a predator’s visibility so they can escape unharmed. The octopus is a powerful totem to have. By following its lead we learn how to move through life safely, securely and without
struggles.

The Okapi

The Okapi is found in rain forests of the Congo region and was unknown to science until around 1900. Because of its late discovery, its shy disposition and solitary lifestyle it holds the medicine of elusiveness. It is a member of the giraffe family and those with this totem should also study the giraffe. The giraffe's neck extends into the sky giving it the ability to see into the distant future. The okapi however, has short legs and a short neck and focuses its sight on the present and near future. Clairvoyant abilities are common for those that hold either one of these medicines.

The okapi can help those with this totem understand their present reality and their immediate future. The giraffe however, should be called upon if information relating to the future is needed. Although both the giraffe and the okapi are individual totems they often work as a team when necessary.

The okapi's coat is sleek with a deep brown, almost purple color. Its buttocks, thighs and tops of its forelegs are horizontally striped with black and white and the lower part of its legs are white with black rings

above its hooves. These markings are symbolic. The colors black and white are associated with spirit and form, density and light and represent polarity on the earth plane. Those who hold this medicine often carry life lessons relating to polarity. Learning detachment from rigid thinking, set agendas, right or wrong behavior patterns is part of the okapi's teachings.

Okapi's are able to stand in total silence without fear. What they hear increases their perception. Within the silence truth is known. Listening and reacting are two different things. Those with this medicine need to master the art of listening and let go of the need to react.

A master magician the okapi has the ability to move through life unnoticed. Its markings camouflage its presence in the wild. When okapi medicine is fully developed those that hold this totem can slip through life unseen and unheard. If this medicine is underdeveloped a person can appear clumsy, awkward and draw unwanted attention to themselves.

Unique in both its appearance and its habits the okapi "dares us to be different." It asks us to break out of limited reality and explore the unconventional. Entering into a world that is not society's idea of normal serves as a catalyst for growth both in self and in others.

The Opossum

The opossum is a crafty animal that shows us how to play different roles. It knows when to act, when to hide, and when to show its true colors. Opossum is a master at recognizing truth as well as falsehood. When it wants attention it gets it. When it wants to be left alone it plays dead. It is a strategic animal that knows how to mold each situation according to its needs. It has the ability to decode hidden messages and read between the lines.

A supreme actor, the opossum can be aggressive or submissive depending on the situation. The opossum knows that each situation has commonalties as well as differences and reflects on them carefully before it responds. This links the opossum to the energies of practicality and ingenuity.

Always full of surprises and unpredictable opossums are masters at playing dead. When the time is right they can suddenly spring back to life. Playing dead is a self induced state in which the heartbeat actually slows and the pulse becomes minimal. This ability serves to confuse

many predators giving the opossum an escape from life threatening situations.

Opossums are nocturnal and raise their young in a pouch on their mid section. The young are born blind and rely on their feelings to guide them to their destination. They learn to sense their way around at an early age developing strong instincts by the time they reach adulthood. These instincts are complimented by their inherent ability to disguise themselves. The opossum is a multi-faceted actor that continually changes its appearance. It does not allow its emotions to consume its actions and partakes in the game of life with strategic maneuvers. Part of what the opossum teaches to those with this totem is emotional and mental stability.

The opossum is a craftsman in the art of appearances. When it appears in your life it is telling you to wake up and pay attention. Things are not what they seem to be. By observing your actions, reactions, thoughts and feelings, deeper insights emerge. This emergence leads to self-empowerment. Congratulations and welcome home!

The Orca

The Orca is found in all seas from the Arctic to the Antarctic. The familiar black and white coloring of the Orca is significant. From a spiritual point of view it represents lessons of a soul nature regarding polarity. Orcas assist us in acquiring balance within a world of opposites.

From a physical point of view it is a strategy of camouflage. Seen from above their dark back blends in with the darker water below them, while from below, their whiter bellies blend in with the sunlit waters above. This symbolizes the ability to move through life seen or unseen depending on the situation. Learning the art of camouflage is advantageous for those with this medicine. Proper action and reaction, observation and expression are all linked to this art.

The orca swims in formation either in a line or in rows. This indicates good organizational skills and the ability to work cooperatively with others.

Orcas do not migrate in the same sense as baleen whales, but have seasonal movements which are tied into prey movement and environmental changes. Two distinct sub groups of the orca are described as resident and transients. Residents live in larger pods and have a matriarchal system in which two or three females and their descendants live together throughout their lives. Transient groups tend

to travel longer distances and are known to hunt and kill other mammals. The name killer whale originated when whalers and mariners observed transient orcas eating other whales.

Each pod has its own distinctive dialect which allow members of the same pod to recognize one another even if they get separated. Those with this medicine are able to instantly identify members of their original soul group. Although personalities may differ a strong sense of family is known. Life lessons as well as spiritual aspirations are similar. Reuniting with members of the same soul group can trigger a sense of great joy or it can awaken heart felt grief as memories surface about a previous loss. Those with this totem should remember that once a reunion has been established, emotional support for one another will always be available.

Orca medicine people are very creative although they can have a tendency to keep their creativity hidden or allow their creativity to rule their lives. Those with this totem should pay attention to the way in which the orca appears to them. If it is seen breaching out of the water it is asking you to surface from the depths of your inner reflection and express yourself outwardly in a grounded and creative way.

If seen injured or beached it could indicate a need to take care of your health. Orcas often get parasites, bacterial and fungal infections. Hodgkin's disease has been recorded in killer whales. From an emotional perspective this disease is linked to low self esteem and the fear of being accepted. The orca holds the teachings of fearlessness, beauty, power and balance. It can awaken these same qualities within you. All you need to do is ask.

The Ostrich

The ostrich is the largest bird known to man and unlike others birds it cannot fly. This is very symbolic. Flight signifies new and uncharted territory. Because the ostrich cannot fly it gathers most of its wisdom from the earth walk. Almost half of its height is its neck. Because the neck symbolizes a link between heaven and earth, the ostrich can teach us how to use our physical capabilities to work with that of the ethereal mental realm in a practical and grounded way.

The ostrich has an ambiguous role in mythology. The Egyptians venerated the ostrich. Its feathers were a symbol of Maat, the goddess of truth and justice and were used in the judgment hall of Osiris to weigh the heart of the deceased. Ostrich feathers were worn in headpieces of goddesses who upheld the virtues of truth and fairness.

This bird has excellent eyesight and can detect the undetectable. Very little gets past the ostrich's keen perception. This can be both a blessing and a curse for those with this totem. The ostrich's eyes are actually bigger than their brains. In man this symbolizes a tendency towards dreamy flaky thoughts. Using common sense is advised.

Some cultures believed the ostrich possessed clairvoyant abilities and worshipped it. Others were afraid of this all seeing bird. Those with this medicine have the uncanny ability to know the truth of any situation. They are not easily fooled by others. Learning how to use knowledge in a non threatening way is one of the challenges an ostrich medicine person faces.

The ostrich can go without water for long periods. Their diet consists mostly of plant matter although some meat is taken in. They have been known to swallow stones, pieces of iron and other such debris without it affecting their digestive system. Those with this totem have hardy constitutions and can eat almost anything without causing major physical problems. A healthy diet is recommended however.

Ostrich relies on its strong legs and feet, uniquely two-towed, with the main toe developed almost like a hoof to escape its enemies. Frightened ostrich can achieve speeds of 40 miles per hour. If cornered it can deliver dangerous kicks. The ostrich is a visible bird. To escape detection from enemies, chicks and adults may lie on the ground, necks outstretched with heads buried in the sand. This habit gave rise to the legend that they bury their head in sand when danger threatens. If the ostrich appears to you in this position it is asking you to become less visible, less vulnerable and protect yourself in some way.

The Otter

There are two kinds of Otter, the river and sea. Delightful creatures to watch in the wild otters have a strong curiosity exploring every nook and cranny they can find just to see what's there. Their curiosity reminds us that everything is interesting if looked at from different angles. They know how to float on the currents of life enjoying the beauty that it holds. Their relaxed attitude reminds us to laugh with life and not take things to seriously. They offer us the gift of laughter, trust and playfulness.

Otters are agile and fast in the water. They are often seen floating on their backs with their paws extended out of the water, sliding on their bellies playfully, or performing acrobatic maneuvers. Water has long been associated with the emotional energies in man. Otters glide

through the emotional ups and downs of life with ease and can teach us how to do the same. They represent the creative, nurturing energies that live within us and show us how to honor them.

Otters are excellent parents and care for their young longer than most other marine mammals. They enjoy the company of other otters and are rarely seen alone. Those with this medicine benefit by living on or close to the water and find comfort in group interactions.

The otter is very talkative. When frightened their calls take on an erie piercing sound similar to a baby screaming. They have few natural enemies and are not afraid of humans. During the Exxon Valdez oil spill in Alaska, otters were one of the few creatures that would allow humans to hold them without putting up a fight. As the oil was wiped from their bodies the otter would lie very still in the arms of the one caring for it, unafraid and trusting.

When otter appears in your life it is asking you to let go of worry and pain, lighten up and enjoy what life has to offer. Trust your inner knowing , develop trust for others and embrace the world with excitement and enthusiasm. Life is what we make it. The otter shows us how to create a joyful future. All we need to do is follow its lead.

The Owl

There are approximately 135 species of Owl, seventeen which are found in North America.

Their secretive habits, quiet flight and various calls from whistles, screeches and hoots, have made them objects of superstition and even fear in some parts of the world. Some native tribes see the owl as a symbol of death while other tribes believe they embody the mysteries of shamanism and sorcery. Individuals with this totem are private complex people and don't like others to know what they are really thinking. This can sometimes lead to misunderstandings especially in the area of personal relationships.

Owls have many abilities which set them apart from all other birds. Their wings which are extremely soft and thick, allow them to fly silently as they can swoop down on unsuspecting prey. They are able to slip in and out of places unnoticed and can teach us how to do the same.

Their eyes are large and forward facing giving them a wise appearance. They have a greater range of motion in their necks than any other animal with a spinal column. Owls turn their heads rather than their

eyes, which are stationary. Their night vision is so powerful that they can see prey when the light is the equivalent of a candle burning 2500 feet away!

Their powers of vision are matched by their almost otherworldly hearing abilities. In studies done with owls that were placed in totally light free rooms, the owls were able to locate a mouse by sound alone. Those with this medicine are usually gifted with clairvoyant and clairaudient abilities. Souls who are born with this totem have chosen a path which suggests a need to refine and perfect these gifts for the aid of others. They make excellent therapists, psychologists and counselors.

Active at dawn and dusk owls are sometimes referred to as the night eagle, a messenger from the darkness and a guide through all the mysteries that it contains. It teaches us how to embrace our personal darkness without fear. Owls are sometimes thought to come to those that are about to die. This does not mean a physical death as much as it means the letting go of some part of yourself that is not serving you. Owls with their spectral senses help guide us through the dark tunnels of fear, change and uncertainty to the brilliant light shining at the other end. If the owl appears in your life thank it for its willingness to guide you through its shadowy realm to the other side of promise and joy.

The Panda

Pandas are white and black bear like mammals found in the forest areas of west central China. Their coloring holds the energy of polarity. The panda reminds us to broaden our vision and not get caught in one side or the other. For those with this totem personal challenges relating to polarized concepts are common. Past life ties associated with the light as well as the dark forces is also indicated.

The giant panda grows to a length of five feet and weighs about two hundred pounds. It feeds almost exclusively on bamboo and is able to grasp the young stems and leaves of this plant with the aid of a special thumb like structure on its front foot. In metaphysics the thumb symbolizes will power. The panda teaches us that anything can be accomplished if the desire is strong enough.

Although the panda feeds on bamboo its digestive system is that of a carnivore and so the animal is unable to digest cellulose, which is the main constituent of bamboo. Consequently, the panda must consume enormous quantities of bamboo in order to obtain from this plant the nourishment it needs. Panda medicine people often develop problems with their digestive system so extra care is advised.

Pandas have a lumbering gait on the ground but are agile tree climbers. They prefer being up high watching whatâ??s happening on the ground below. From this vantage point the panda is able to maintain a spiritual connection with the seen and unseen forces.

Pandas live alone except when breeding, indicating a solitary lifestyle. Those with this medicine will be happiest when living by themselves. Relationships can be acquired and maintained but only if a partner respects the need for privacy and sacred space. Although relationship issues are common for those with this totem a panda medicine person will be forced to rely on their intuitive voice for nourishment and guidance. This aids them in developing a deeper understanding of who they truly are. From the perspective of spiritual growth this understanding is a fundamental requirement for the souls evolution.

Some might say that panda medicine is full of difficulties and others may see its true value. Whichever way you choose to perceive this ally one thing is certain. The panda is a powerful teacher. All that is needed by the student is a willingness to learn.

The Panther

The name panther is often associated with a particular species of leopard or jaguar and sometimes the cougar. The black panther is smaller but more fierce than lions and tigers. They are agile climbers and excellent swimmers. Because they can sprint with great speed they hold the teachings of quick decisive action.

Panthers have over 400 voluntary muscles that can be used at will when the need arises. This symbolizes an ability to shape shift realities using all parts of the body to perform a task. They can move gracefully in and out of situations as well as freeze and not be noticed. Because the panther is not a good long distant runner those with this medicine should incorporate movement therapies into their life that enhance endurance. They need to learn how to pace themselves and not push to fast or hard on any one task.

The power of the panther is the power of silence. It is extremely quiet when hunting or stalking. It knows when to make its presence known and when to become invisible. The panther holds the secrets of unseen worlds and is associated with lunar energies. Within the darkness of night lies the truth of creation. Those with this totem hold knowledge of a galactic origin. They have a responsibility to care take this knowledge and caution must be applied when sharing it with others. When the

student is ready the teacher appears. If the student isn't ready the information received could be detrimental.

Panthers have acute sensitivity. The hairs on its body especially on the face pick up subtle vibrations. This is symbolic for those with this totem. It indicates a need to pay attention to their feelings and honor the messages those feelings convey. Touch can be an important avenue to explore to awaken ones hidden gifts. The black panthers coat, sleek, smooth and sensual has been linked to sexuality. When panther appears in a persons life it might be asking you to resolve old sexual issues or to embrace your sexuality fully.

The black panther has great mysticism associated with it. It represents the life and power of the night. It can show us how to embrace the darkness and awaken the light within it. When you experience the presence of panther one of its most noticeable features is its unblinking stare. It appears to see right through the body. Those with this medicine use their eyes as a healing tool and have the potential to heal on a cellular level.

A powerful totem to have the panther always brings a guardian energy to those to whom it comes.

The Parrot

The parrot is an alert bird with a good temperament. They are very intelligent and have been taught to mimic humans. A bird which can speak the human language is considered to be a link between mankind's world and the world of nature. They serve as a bridge in which both can cross to gain a deeper understanding about one another. This understanding allows both kingdoms to live in harmony.

One of the most outstanding features of the parrot is its range of coloring. Parrots invoke a sense of hope and promise. Just looking at its brilliant feathers gives us a feeling of excitement and wonder. For those who identify with this totem opportunities to renew their dreams and visions are offered.

Parrots teach us the power of magic. Their feathers are used in healing rituals to invoke the properties of color and light. Color and light therapy have been used by many native tribes to heal the sick or injured. For those with this totem the study of its colors will reveal a lot about yourself.

Parrots can be very vocal or very quiet depending upon the situation they are in. In humans this indicates an innate ability to know when to voice ones opinion and when to be silent. Lessons associated with discernment are always present in a parrot medicine person. The parrot is a feel good bird and is a great ally in healing depression. When the parrot flies into your life it is asking you to recapture the magic of living. It is time to enjoy your life and all it holds.

The Peacock

The peacock is a bird of the pheasant family. The male is actually a peacock and the female is a peahen, both are peafowl. The most distinct features of the peacock are its feathers and its eerie call. Two species of peafowl are the blue, or Indian peacock of India and Sri Lanka and the green, or Javanese peacock from Burma to Java.

These stunning birds hold an air of self confidence. Their train of tail feathers are brightly colored either a metallic green or blue and formed of the birds upper tail coverts which are enormously elongated. Each feather is tipped with an iridescent eyespot that is ringed with blue and bronze. These eyes represent their ability to see into the past, present and future and can teach those with this medicine how to awaken their clairvoyant gifts.

Peacocks have much lore and myth associated with them. Peacock feathers are believed to have protective powers and are used in Indian and Shaman rituals as an aid in healing. A tail feather is moved over a sick or injured person in gentle strokes to remove negative psychic imprints that have attached themselves to a person's energetic field. Those with this medicine are highly sensitive and proper maintenance of their personal energy field is essential. When an individual with this totem has acquired a strong and solid aura they have the potential to become powerful ritualistic healers.

In courtship displays, the cock elevates his tail, which lies under the train thus elevating the train and bringing it forward. At the climax of this display the tail feathers are vibrated, giving the feathers of the train a shimmering appearance and making a rustling sound. This display along with the eerie call of the peacock draws attention to it. They stand with dignity and demand to be noticed. Those with this totem often gain recognition for their talents and have the potential to be prominent leaders in their chosen field.

The peacock reminds us to see the beauty in all aspects of life. Its eerie call sounds similar to a laughing screech and reminds us to laugh with

life and not take things so seriously. As it presents itself with confidence and awes us with its beauty it teaches us how to keep the ego under control and to set all vanity aside. Past lives associated with superiority has been linked to peacock medicine people. By observing the peacock we can learn to strut our stuff with dignity and grace.

The Penguin

The penguin is an amazing animal with unusual characteristics. If you ever see one in the wild it will be hard to forget. Highly specialized for their flightless aquatic existence their binocular vision is poor. Some penguins have no binocular vision at all. A sideways stare acts as a method of focusing on threatening objects. They see better in water than on land and their sense of smell is weak.

These unique animals exude an air of properness and good manners. Gathering in groups they walk bolt upright forming several lines denoting a sense of order and purpose. They waddle with determination and focus. Those with this medicine have the same inherent abilities. If this medicine isn't fully developed call upon the penguin to help you refine and perfect these skills.

Both male and female penguins bow to one another before entering or leaving the nest. The bow is a behavior demonstrated most often in pairs. Penguins may also walk about the area while bowing. Bowing is considered to be both a form of appeasement and a tool for maintaining social bonds. Penguin medicine people are either well mannered and polite or need to learn these abilities. This bird teaches respect to all who cross its path.

The penguins striking black and white attire suggests formality. The Emperor penguin, the largest of this aquatic bird, dressed in a tuxedo looks as if its ready for a dinner party. Those with this totem are careful about their appearance and enjoy life styles related to high society. They are social and feel at ease in any type of situation. This gives them leadership qualities and denotes an air of self confidence.

Penguins are master acrobats. While swimming their movements are graceful and fluid. They twist and turn in a variety of ways then shoot high out of the water landing solidly on their feet. When traveling long distances on ice the penguin toboggans on its stomach using its fins to push it along. They have been recorded at speeds up to 25 miles an hour. The penguin teaches us how to connect with our inner rhythm, honor our body and move with agility.

Because of their association with water astral projection and out of body experiences are keynote. Their movements both in water and on land indicate an ability to glide easily from one dimension to another. Penguins have the ability to consciously go out of body. They teach those with this medicine how to embrace and understand all realms of life. Individuals with penguin totems are vivid dreamers and often receive messages through the dreamtime or in a meditative state.

The colors of the penguin are also symbolic. The color black represents the hidden or the unknown and the color white reflects the light or awakened consciousness. The merging of the hidden with the known produces a balanced state of being. Penguin teaches you how to blend, merge and balance the dark with the light.

Penguin is a powerful totem to have and helps you change your reality, move between the worlds and awaken full consciousness. If this master bird appears in your life get ready for a life altering course of mystery, intrigue and transformation. Once you have explored uncharted waters there will be no turning back.

The Peregrine Falcon

The peregrine falcon is a magnificent bird of prey. They are larger and faster then other falcons and are presently on the endangered species list. This is partly due to the buildup of chlorinated hydrocarbons in its food supply. These chemicals become concentrated in the peregrine's tissues and interfere with reproduction.

If this bird was not your birth medicine and has recently flown into your life, it can signify a need to guard your health with special attention given to environmental pollutants the glands, tissues and the reproductive organs.

All falcons are opportunists and act upon opportunity at the correct moment. They know when to act and how to commit to their actions for a successful outcome. Timing is important to the peregrine and patience is one of its virtues. Those with this totem will continually find themselves in situations where both of these skills are tested.

Peregrines stimulate a quick, graceful and agile mind using its mental faculties effectively and patiently to capture what it wants and desires the most. They are daylight hunters with bullet shaped bodies and long pointed wings that facilitate high diving speed. Strong and fast they fly high and dive with tremendous swiftness striking with clenched talons and killing by impact.

This bird is very adaptable and can withstand severe climatic changes. Peregrines build their nests high on ledges and cliffs in order to observe everything around them. They are incredibly focused and have strong concentration skills. Those with this totem would do well in any work pertaining to the mind. Meditation and disciplined spiritual studies would also be of benefit.

In the Native American traditions the peregrine falcon is associated with past life recall and can show us how to dive into ourselves without fear. It holds the medicine of precision, timing, grace, patience and acute mental perception. It teaches those with this medicine how to use their mental capabilities to the fullest, move in harmony with their own rhythm and strike with force when necessary.

The Pig

The pig is a mammal of stout body, short legs and thick skin sparsely coated with short bristles. Contrary to popular belief the pig is a very clean animal. Although their pig pens appear to be pig sties their mess is always an organized one. They don't like things within their territory to be moved or misplaced and can be quite animate about this. A friend of mine has a pig as a pet. One day when she was cleaning its pen the pig repeatedly butted her. She finally got the message! Those with this medicine need to be in charge of their personal space and will not tolerate others rearranging it.

Pigs have an uncanny intelligence and love the companionship of humans. Domestic pigs are easy to train and make excellent pets. Behavior problems can arise when a pig feels fear or distrust in any situation. Usually docile, they can become aggressive if they think their safety is being threatened. They have strong reasoning power and believe that the best defense is a good defense. Pig medicine people will not accept unjust acts of any kind. They can be overly trusting of others or have no trust at all depending on how developed the medicine is within the person. Learning to attain balance within these extremes is advised.

Domestic pigs demand punctuality and dependability especially at feeding times. A solid routine is important to this animal. Any thing that disturbs their routine creates deep emotional stress and can cause illness. A regular regimen of daily activities is beneficial for pig medicine people. Those with this totem usually have past life ties associated with

undisciplined behavior. The pig teaches you how to remain focused and develop a solid secure foundation in your life.

The pig is swift in its movement. They intuitively know how to respond in any situation. They are good swimmers and have great strength. Their listening skills are acute. They actually "feel" sound frequencies and respond accurately to the vibration that it holds. Clairsentient and clairaudient abilities are two of the pigs strongest attributes.

Those with this totem are reminded to view things from a pigs perspective. When the pig appears in your life pay attention to its movement. If it is charging towards you, its time to stop procrastinating and take action in some area of your life. If a pig waddles slowly towards you its time to stop, reflect and listen to the sound of your inner knowing.

The Pigeon

Pigeons originally lived on the wild cliff faces of the European and Asian seacoasts. Used by the Chinese for hundreds of years to send messages they also carried money exchange rates between banks in Canton and Hong Kong. Pigeons have been used extensively for delivering messages in times of war. Early navigators took pigeons to sea in hopes that, if they became lost the pigeon would show them the way to land. Pigeons can fly for 550 miles in one day and can travel in bursts of speed up to 60 knots. They teach us how to preserver and keep our focus on the goal at hand.

This amazing bird holds the qualities of home, security and maternal instincts. Those with this totem often experience unsettling childhood's and will be challenged continually to acquire a solid secure foundation in all areas of their lives. The pigeon assists us in finding the stability of home that has been lost.

No matter where pigeon ends up or how it gets there, it knows the way home. The Pigeons gift to us is the ability to accomplish. They do not get lost because they are in tune with the natural ways of earth, and are always aware of their goals. They use all their senses equally and navigate their lives in a balanced way. If Pigeon comes to you, it is asking you to keep your sights and sensitivities clearly set on where you want to be, and start moving. Even if you don’t know exactly how to get there, by following your inner guidance you can find your way.

The Platypus

The duck billed platypus is a small semi aquatic mammal that lives in the lakes and streams of eastern Australia and Tasmania. It is notable for having a broad flat rubbery snout that contains electro receptors enabling it to detect electrical fields produced by moving muscles of its prey. When submerged in water the eyes and ears are closed by a fold of skin. The sensitive muzzle of the platypus guides it while it swims blind. Those with this totem have the ability to balance and ground energy currents as they move through the body. For people who channel or work in any form of energetic healing this can be advantageous. Platypus medicine people use their inner sight to guide them through life and are natural clairvoyants.

The platypus swims gracefully and expertly using the front feet. The hind feet in conjunction with its flattened tail are used mainly for stabilization. The tail also assists it in diving. Water has long been associated with the subconscious and the secrets it holds. Those with this totem are investigative, always searching for the deeper meaning of each situation they encounter.

The platypus finds its food chiefly in underwater mud and has an enormous appetite. They emerge for feeding in early morning or late afternoon. Foods grown below ground are often beneficial for those with this medicine.

Mating occurs in the water. Poisonous spurs on the hind legs of the male are used to hold the female. An unusual courtship precedes mating in which the male grabs the females tail and the pair swim in circles. In ancient myth and lore a circle signifies wholeness. Those with this totem usually have strong karmic lessons associated with completion. If this medicine is underdeveloped they find themselves unable to finish projects.

The platypus digs winding burrows with side branches in the banks of streams and lakes that it inhabits. These burrows indicate its flexibility to move in different directions effortlessly. It teaches us how to access the hidden chambers of our subconscious and move according to our personal rhythms. The platypus is a powerful totem to have. It is a unique animal in both its appearance and its abilities and can show us how to awaken our own uniqueness.

The Polar Bear

Polar bears are outstanding hunters. They are the most aggressive and carnivorous of all bears. They hold the same characteristics as other bears although the polar does have specific traits inherent to it. Those with this totem should also read the information presented on bears in general for a deeper understanding of this powerful medicine.

The polar bear weighs up to 1600 pounds and can knock a 500 pound seal out of the water with one blow. They are incredibly strong and more adaptable than other bears. This adaptability compliments their excellent survival skills. Those with this medicine have karmic challenges associated with flexibility, change and stubbornness and should ask the polar for help in overcoming these obstacles.

The polar will observe a situation completely before they act. They know how to conserve their strength as well as their energy and use both at the most appropriate time for the best outcome. This is one of the lessons that it teaches. Those with this totem would benefit by learning the art of energy management.

Polar bears have no enemies in the animal kingdom. Their only enemy is the human hunter. They are intelligent and fearless. Because of this native tribes throughout history have recognized the polar as a desirable ally and spirit helper.

The white color associated with the polar bear is very significant. It represents "purity of spirit." Since this bear is fearless and the energy of spirit only flows when fear is absent, the polar serves as a valuable ally in overcoming fear, both physical and mental.

The polar is known as the "Ice Man" in some native tribes because of its preferences for hunting on sea ice. The environment in which it appears to us is symbolic. If the polar were spotted walking on ice its message would be connected to the frozen emotions stored within oneself and the need for allowing those emotions to express themselves. If it is seen foraging for food, nourishment and replenishment of the body, mind and spirit would be its message. It is important to watch the polar bear to understand what it is trying to tell you. When it enters your life the awakening of your own true colors is at hand.

The Praying Mantis

The praying mantis has a great deal of myth and lore associated with it. Its name comes from the manner in which they hold up the forepart of

the body, with its enormous front legs, as though in an attitude of prayer.

Martial art forms in China have adopted specific movements of the mantis into their practices. These movements help the student reconnect with their personal chi or energy. The discovery of how energy moves through our body, what it is projecting and where energy blocks are located can be a great aid in healing ourselves. Those with this totem would benefit from prayer, meditation and martial arts.

These amazing creatures serve the earth and her people in various ways. They consume large amounts of insects helping to maintain ecological balance. Excellent hunters with an efficient attack strategy the praying mantis always knows the right moment for attack and for retreat. Time in the linear sense is irrelevant to the mantis. They move according to their inner instincts and remind us to do the same. Moving effortlessly between worlds the mantis is associated with time travel. They help us break out of linear time and move according to our personal bio rhythms.

The praying mantis can remain motionless for an indefinite period. This ability helps them blend with their environment becoming invisible to predators. They hold the secrets of materialization and de-materialzation and awaken this ability in people who hold this medicine. Perception through stillness is part of its teaching.

Patient, perceptive and focused this little totem holds a powerful message. When it appears in your life it is asking you to direct your energy, your thoughts or your actions in a different way. Asking the following questions can give you the insight necessary to motivate appropriate changes. Have I lost patience with a particular situation? Have I been too patient, and if so, has this had a detrimental affect on me? Is my perception correct regarding a situation? Have I become narrow minded? Am I focused on my objective?

The Puffin

Puffins brilliantly colored beaks of blue, vermilion and yellow plus their black and white bodies and orange legs give them a striking appearance. Because of their colorful body costumes and growling call many cultures still refer to them as sea parrots or clown birds.

Excellent swimmers and divers, the puffin uses its wings to push itself along under water while using its feet as rudders. When on land or in

flight however, the puffin is extremely clumsy. Those with this medicine would benefit by living near large bodies of water, particularly the ocean. Without water in their immediate environment they could have difficulty finding their equilibrium in life. Because water is associated with the intuition and all things hidden those with this medicine make excellent psychics and therapists.

Several legends are connected to the puffin. When the puffin begins to take off in flight it holds its feet together suggestive of hands clasped together in prayer. Its black and white body has been associated with the black and white robes of catholic nuns. Some people believe that a puffin is actually a cross between a bird and a fish because of its superb ability to swim underwater. In many cultures this belief has justified the right to eat puffin meat on lent and Fridays. The religious connotations surrounding the puffin are numerous and those with this totem hold past life connections relating to some form of religious devotion. Maintaining a prayerful connection in this life can be helpful.

Puffins rely on body language to convey messages to other puffins. They will lower their head and walk rapidly through a colony indicating that they are just passing through. This is useful because the colony is very crowded and a puffin often crosses another puffin's territory as it walks. Puffins are usually non aggressive except when mating or defending their burrows and the ownership of them. These courageous little birds will stand stiffly erect with their beak next to their body and use slow exaggerated foot movements. When standing in a crowd of other birds puffin will stomp its foot in place if it is upset about something. When puffin feels threatened it will puff up its body and open its wings to look bigger. Puffins are masters of disguise and teach those with this totem how to disguise their true feelings and use body language to their advantage. After all actions can speak louder than words!

When an aggressive encounter does occur between two puffins they lock beaks and attempt to topple each other in a wrestling match by using their feet and wings in a flurry of action. Usually this gathers a crowd of puffin spectators. The combatants can become so involved in the fight they end up rolling off their rocky perch which ends the fight on an embarrassing note. Those with this totem have a tendency to get caught up in hopeless situations where there are no winners. By looking before you leap you can avoid unecessary struggles and embarrasing moments.

The Rabbit

There are two dozen species of Cottontails in the United States, all with similar characteristics. Rabbits are vegetarians eating the inner bark of saplings and shrubs as well as leaves and fruit. They provide a perfect illustration of Nature's balance. Their rapid rate of reproduction is countered by the fact that almost every predatory animal eats them. Cottontail rabbits are quite timid, never venturing too far from the safety of their warrens. Rabbit teaches us through its timidity, to be gentle with ourselves in all situations.

The rabbit is often associated with fear because of the nervous energy it expends. They move suddenly and unpredictably. They hop and leap through life asking those with this totem to pay attention to their personal movement. Growth is assured if one is moving in balance with what is in their life. If they are moving to fast or to slow an imbalance occurs and growth is stifled.

Rabbits are most visible during dawn and dusk. The sun rising and setting from horizon to horizon holds an air of mystique about it. It is a time when the invisible becomes visible and nature spirits are more pronounced. Because the rabbit and the fairy realms are active during the same time of day it has a strong connection with the magic and mystery of other worlds. To enter this world all that is required is a leap of faith.

Sensitive with keen observation skills, the rabbit has strong reflexes that help them dash to safety quickly protecting themselves from danger. They can be seen, disappear and reappear in the twinkling of an eye. Fast, agile and clever they hold the teachings of spontaneous decisive movement. Always knowing which direction to go and when. When rabbit appears it is enabling you to take advantage of opportunities that may only present themselves for brief moments.

Rabbits are guides into the shadow world, where all of our personal fears lie. When the rabbit appears it is time to examine those deep reflexive fears that hold you back from growing. Do you keep dashing for the safety of your old patterns every time something new or challenging presents itself? If so the rabbit asks you to face your fears with compassion for yourself. Accept that it is part of human nature to feel fear at times, but also believe that our fears need not paralyze our growth and movement.

The Raccoon

Primarily nocturnal, raccoons travel in small groups of one or two families foraging for fruits, vegetables, and small animals. They are

excellent swimmers although they feel more at home in trees. Raccoons are often seen sloshing their hands and food in water before eating. Symbolically hands represent holding or receiving. If raccoon appears to you it might be asking you to let go of a situation, person or habit. On the other hand it could be telling you to reach out and embrace the gifts being offered to you by Great Spirit.

Raccoons are often found sitting high in trees. From this vantage point they can observe everything around them and see danger long before it arrives. Extremely curious it leaves no stone unturned. Curiosity has its advantages and its disadvantages. Following ones curiosity can open doorways into new and exciting territory, although curiosity applied without caution can lead to trouble.

These masked bandits are persistent robbers and do not tire easily. They are often spotted around camp grounds foraging for food. Because of its masked face the raccoon holds the energies of disguise, magic, and secrecy. Hiding behind its mask it can take on several identities at once and play out different roles. Seldom does it reveal its true identity. It loves adventure and leads us down a road to new discoveries. Shape shifting is part of its magic. Those with this totem do well in professions relating to the theater.

Raccoons have an air of indifference around them when caught in the act of a robbery, although if provoked they can become ferocious. Strong and muscular the raccoon can hold its ground in most all situations and teaches us to do the same.

The raccoon is a powerful ally and holds the gift of transformation. When it appears in a persons life the many faces of self are about to be revealed.

The Rat

Rats would probably not be so successful if it weren't for humans. Our living habits have provided them with homes and food and we have eliminated many of their predators. Because of this rats hold important teachings about waste, over consumption and survival for those who have this totem.

Rats can eat a quarter to a third of their body weight a day. They gnaw on things to keep their teeth, which are always growing, short and sharp. Pack Rats are famous for collecting things. They have been known to strip a sealed cabin in the woods of everything that they could carry.

One species is called the Trade Rat because it leaves a stone in the place of what it takes.

Black Rats carried the fleas that led to the Black Plague. In Norway some years ago, hungry Rats infested a bird sanctuary and ate, among other things the birds. They even managed to grab seagulls and hold them down while killing them.

Those with this totem are survivors. Their tendency is to hoard what they have because they fear that they don't have enough. This fear prompts them to acquire large quantities of things and fight aggressively to maintain what they have acquired. Rat medicine people are not selfish but they can appear that way to those who do not know them well. Holding onto everything and being the pack rat is their way of feeling secure in an insecure world.

Fortunately rats adapt well to environmental changes and can survive on just about anything. They hold the teachings of resourcefulness. Their fear of not being provided for can be healed by participating in supportive group activities, meditation and prayer.

The other side of Rat is that it reflects back to us our own human capacity for greed, taking so much that others needs are denied. They will sometimes overeat and throw up rather than let food go by. They will dispossess other small animals of their homes if they can, wanting no competition for food. They truly personify humankind's imperialistic drives, which are making life on the planet more and more tenuous. If Rat has come to you, look at ways you may be participating in wasteful consumption or fear based emotions and begin to change your habits appropriately.

The Raven

Ravens have a long history of myth and lore associated with them. In some native tribes they are known as the "keeper of secrets." They hold the teachings of mysticism and magic. Ravens are linked to the void, where universal secrets are stored. Their inky black color is the color associated with darkness. The darkness is a place where unconscious fears live. Raven, a master magician, embodies the energy of transformation and shows us how to eliminate our inner demons.

Ravens are the largest songbirds in North America. They are extremely intelligent and are clever mimics. They incorporate and mimic calls of other species and can teach us how to understand the language of animals. They have also been known to learn some human words.

The raven knows the mystery of life. They have an intimate association with death and rebirth. Because raven would feed on the corpses of the dead hanging on the gallons, early European settlers feared this bird and considered it to be an ill omen. In truth, however, raven should be respected not feared.

There are many stories in native cultures about this illusive black bird. Shamans know the power of an unexpected piercing sound in altering consciousness. Ravens exercise this power, emitting a variety of sounds and can aid us in shifting our consciousness into various dimensional realms. This is one reason why the raven is known as a shape shifter with magical powers. Anyone with raven as a totem can expect continual changes and spiritual awakenings throughout their life.

Raven picks its students according to their accumulated wisdom. It flies into a persons life carrying the energy of magic and healing. If it decides to settle in and take up residence, it will stay as long as necessary to aid you in transmuting your karma then return you to the light. It will push, prod, and lead you into the discovery of your multidimensional self and reunite you with the secrets of the multidimensional universe. Those with this totem should remember to meet raven, not with fear, but rather with an appreciation for the teachings that it holds.

The Red Panda

The red panda is a smaller relative of the well known giant panda. It is slightly bigger than a large house cat, has rusty red fur, a long light and dark striped tail, a short white nose, and dark tear tracks. It is active around dawn and dusk and well adapted for climbing, spending much of its time in trees partly to escape predators. It feels safe high above the ground below and never ventures too far away from this source of security. Those with this medicine need to develop a secure foundation and always maintain trust in great spirit.

The panda is a solitary animal except during mating season. They are territorial and will fight other males that enter their area. Because the panda spends most of its day sleeping and descends to the ground in the evening to hunt for food, those with this medicine are usually night owls and do their best work after the sun goes down. Inspiring ideas and perceptive visions are received within the silence of the night.

Red pandas are slow moving agile climbers and teach us the value of slow movement and patient persistence. They hold the teachings of trust, flow and balance. The pandas range extends through Nepal,

Bhutan, Tibet, Burma and China. Those with this totem often have past life connections in these areas as well as strong ties to Eastern beliefs and practices. The study of martial arts is beneficial.

In the wild, red pandas eat mostly bamboo leaves although they supplement their diet with berries, mushrooms, grasses, bark, bird nestings and insects. The panda depends on bamboo as a main food source. Each species of bamboo has a unique reproductive cycle. Bamboo flowers and dies once every 40 to 120 years. It can take approximately 5 to 10 years for it to regenerate to the point of being a reliable food source again. Its specialized diet, low production rate and low population density makes the red panda vulnerable. In humans this can manifest in difficult pregnancies or childbirth and dietary imbalances. Proper attention to health is important.

Because the red panda has a simple stomach and short intestine it can not get complete nourishment from its low calorie diet. They must spend a large portion of the day feeding. Those with this totem would benefit by eating small amounts throughout the day to avoid becoming hypoglycemic. A vegetarian diet is helpful. Pandas have a strong connection to plant life and those with this medicine would benefit by studying the healing properties of plants and herbs.

Red Pandas lounge around during the day and appear to be somewhat nonchalant with a carefree attitude. When they appear in our life they are asking us to play more and worry less.

The Rhinoceros

The rhinoceros is a survivor of the age of giant mammals and are basically solitary creatures. They are descendants of ancient times and bring with them the energy of comfort in ones own solitude. They teach us how to quiet a busy mind and relax within ourselves. Rhinoceros prefer their own company and know how to create and enjoy their personal space. This in itself is a powerful teaching for those that hold this medicine.

The rhinoceros is characterized by one or two horns on the snout. Its most distinguishing feature may well be the cause of its extinction. Their horns are prized by traditional Eastern cultures. They have been carved into daggers and ground into powder thought to have healing powers. They have also been used as aphrodisiacs. Their horns, composed of a mass of keratin, a fibrous protein found in hair are used for digging up roots and other edibles. Their poor eyesight compensated by their acute

hearing and sense of smell teaches those with this medicine how to sniff beneath the surface and use discrimination in all the choices they make.

This amazing animal holds the energy of spiritual idealism. In part this is due to their peaceful and timid nature. Although the rhinoceros has a reputation for being dangerous, especially the black rhino, it is generally quite passive and only becomes aggressive when threatened. It is often seen going out of its way to avoid trouble.

Spiritual idealism can be a blessing or a curse depending on how it is applied in ones life. If a persons ideals are so high that the achievement of that ideal is unattainable depression can set in. Those with this medicine should remember to stay grounded in their pursuit of spiritual growth by taking things one step at a time. Patience and perseverance are the cornerstones of this medicine.

The Rhinoceros holds the secrets of survival. It is a guardian of ancient wisdom and reminds us to tread gently on earth and respect all life. In this way spiritual idealism is attained and peace on earth is established. When you call upon the rhinoceros these ideals await your discovery.

The Roadrunner

Roadrunners are ground dwelling cuckoos ranging in length from 20 to 24 inches from the tip of its tail to the end of its beak. Legend has it that the roadrunner got its name from running on the road alongside horse drawn carriages. Also known as the chaparral cock this legendary bird is famous for its distinctive appearance, its ability to eat rattlesnakes and its preferences for scooting across the American deserts as seen in Warner Brothers cartoons.

Because of its lightening quickness, the roadrunner is one of the few animals that preys upon rattlesnakes. Using its wings like a matador's cape, it snaps up a coiled rattlesnake by the tail, cracks it like a whip and repeatedly slams its head against the ground till dead. It then swallows its prey whole, but is often unable to swallow the entire length at one time. This does not stop the roadrunner from its normal routine. It will continue to meander about with the snake dangling from its mouth, consuming another inch or two as the snake slowly digests.

Although speed is its ally time is irrelevant to the roadrunner. It can do several things at once and isn't bothered with completing one thing before moving on to the next. This is partly due to its great mental agility represented by the crest on its head.. Many native cultures believe a "crest" symbolizes quick and efficient thinking capabilities.

Those with this medicine have the ability to think quickly on their feet, flow with rapid change and understand the proper use of speed.

The roadrunner is a large black and white mottled ground bird. It has strong feet, a long tail and an oversized bill. It can run up to 17 miles per hour. When the roadrunner senses danger or is traveling downhill, it flies, but it cannot keep its large body airborne for more than a few seconds and so, it prefers walking or running. It has a clownish gait when running or walking and reminds us to laugh with ourselves and not take things too seriously.

The roadrunner is a vocal bird producing a variety of sounds from crows, chuckles, clacking and coos. Roadrunner asks us to use sound to benefit ourselves. Distract unwanted influences or say the right thing at the right time. By listening to the roadrunner we discover the right tone to use in any situation from a low coo to a screeching chuckle. Sound as well as speed can pierce through a situation and change its energy. Shamans are known to use both to shape shift realities when necessary.

Roadrunners are uniquely suited to desert environments and inhabit open, flat or rolling terrain with scattered cover of dry brush, chaparral or other desert scrub. When spring arrives, the male roadrunner acquires food for himself and then offers choice morsels to a female as an inducement to mating. He often dances around her while she begs for food, then gives her the morsel after breeding briefly. Roadrunner teaches us the importance of honoring our personal needs first before giving to others. Some might think of this as a selfish act but in truth it is a balanced one. Although roadrunner has an ulterior motive when offering the female food (that of breeding) it carries the message of survival. Take care of yourself first and then assist others.

Because roadrunner is always thinking of ways to get what it wants it reminds those with this medicine to use the ingenuity of their minds. If a problem occurs "think" yourself out of it. Highly intelligent, roadrunner medicine people have the mental capabilities to fix or change any situation. Procrastination is not part of this medicine. Roadrunner reminds us that mental alertness, speedy action coupled with the right use of sound always produces harmonious outcomes.

The Robin Redbreast

The robin redbreast is a bird of Spring, a time of new growth and new beginnings. It flies into our lives on the winds of change asking us to weed our personal gardens and plant new seeds for our future. Rebirth and renewal require changes in all areas of life that have become

stagnant and outdated. The robin redbreast teaches us to how to make these changes with joy in our hearts. Its song is a happy one reminding us to let go of our personal drama and learn to laugh with life. If this medicine is underdeveloped those with this totem are continually challenged by the prospects of change. Difficulties arise and emotional discord can surface. Learning how to release our attachments to the old is one of the life lessons the redbreast helps us master.

This bird packs a powerful punch. It holds strong significance in ancient myth and lore. One legend had its origins in European mythology, in which the bird of Spring was associated with the New Year and represented divine sacrifice and the rebirth of the spirit.

In Medieval Europe the robin redbreast was often depicted attending the Christ child, an emblem of the Passion to come. It was told how, at that fateful hour, it was the tiny robin who flew to Jesus' Crown of Thorns, striving valiantly to pluck the spines away with his beak. Unfortunately the bird succeeded only in tearing his own breast on the thorns. Ever since then it was thought that all robins wore red feathers on their bosoms as a badge of honor. The robin redbreast is a bird of divine service. Those with this totem often have past life ties to the Christ energy. They make excellent priests and missionaries.

The red coloring of the robins chest is linked to the kundalini in man. This life force lives coiled up within the base of the spine. When sufficient spiritual growth has been attained it uncoils, rising up the spine to create heightened awareness. This process enhances psychic vision which leads us into enlightenment. Those with this medicine are dedicated spiritual seekers. Growth can be slow and arduous. With patience, compassion and proper focus spiritual ideals are achieved.

Robins lay powder blue eggs. This is the color associated with the throat chakra in man. It is also linked to heavenly inspiration. Because the throat chakra's main function is to express the will of God and the egg is symbolic of new life, this helpful little totem teaches us how to assert the creative will of God in all we do. It leads us into new beginnings without fear by restoring faith within our hearts.

The Salamander

Salamanders most commonly occur in freshwater and damp woodlands, principally in temperate regions of the Northern Hemisphere. They are generally short bodied, four legged, and moist skinned animals with bold patterns and bright colors. Patterns and colors have different meanings to different people. Examining the patterns and colors of the salamander

can help us discover the intricate patterns that govern our lives. Unwanted emotional patterns can be restructured or eliminated by the study of sacred geometry and meridian alignments.

Like other amphibians the salamander absorbs water through their skin and needs a moist habitat in which to live. Those with this medicine need to be around water for their overall health and well being. Breeding often occurs in the water although certain members of this family breed on land.

The word amphibian comes from two words--"amphi" = "double" and "bios" = life. Amphibians divide their life between land and water. From a symbolic aspect, this can reflect much about what has often been taught in lore about its power. Salamanders are often regarded as the keeper of dreams. Their ability to live in water and on land can reflect that lucid dreaming is going to be stimulated.

The salamander hears and responds to low frequency tones rather then high pitched ones. These tones are primal in nature and can help us gain entry into the underworld. To strengthen ones sensitivity to such sounds playing the didgeridoo as well as drumming is helpful.

Typical salamanders undergo a larval stage that can last for a period of a few days to several years. The development of a child with salamander medicine is usually slower than other children their age. Specific periods of major transitions are common and easily pinpointed. Those with this medicine will find themselves continually learning, growing and developing their body, mind and spirit throughout the early part of their life. In their adult years knowledge gained as a child will surface.

Salamander medicine is a subtle teacher, from its patterns and colors, to its connection with the elements. Those with this totem will often find themselves living a double life. Their thoughts and actions can seem odd and unusual which gives them the power to assist others in shape shifting their reality.

The Salmon

There are several different types of salmon located on both the Pacific coast and the Atlantic. Their acute sense of smell is one of their most amazing features. This ability helps them find their way back home to spawn. They have the uncanny ability to find the one stream that they were hatched in based solely on its odor.

Salmon usually return to their place of origin every 5 to 7 years. They have solid bonds with their history. For those with this totem life changes are prominent within this time span. At the end of a cycle a new beginning emerges. Swimming upstream and overcoming all obstacles is part of what the salmon teaches us. When this medicine is underdeveloped it could be asking us to stop battling the currents of life.

Because its origins are so important to it, the salmon reminds us to honor our true heritage. Those with this medicine have strong spiritual desires and work tirelessly to manifest them. They make excellent priests, nuns, spiritual counselors and teachers. The study of geneology is important..

Incredibly determined, a salmon will jump 10 foot waterfalls and struggle past eagles, bears and many other predators, including humans, to reach their home waters. Their drive to reach their place of origin is remarkable. They rarely eat on their journey home and have little interest in anything but getting to their destination. Once there they spawn then die.

When the salmon is seen laying eggs in the coarse sand and gravel beds of streams it suggests that the birth of a new idea is at hand. It cautions however to make sure that the new idea is not laid on a rough foundation.

The salmon shows us how to swim the sacred waters upstream, overcoming all obstacles to return to the source. Although struggle is part of its journey the salmon teaches us how to focus our energy and attention on an objective and maintain the discipline necessary to accomplish it. Sometimes it takes single minded determination to overcome obstacles and achieve a desired goal.

Salmon medicine people are hardy and can persevere when others cannot. They often choose a life full of challenges because they know that within each challenge lies the opportunity for growth.

The Sea horse

The sea horse is an amazing creature. It lives in sea grass beds, mangroves and coral reefs. They consume up to 3000 brine shrimp daily. Because they don't have teeth they swallow food whole. Many people regard the sea horse as mythical creatures perhaps because of their odd form. They have a horse like head, bony plated body, brood pouch and a prehensile tail. Sea horses have been credited with potent magical and medicinal qualities. Chinese and other asian cultures have

been using sea horses in medicine for 400 to 500 years. Believed to cure impotency and asthma, lower cholesterol, treat thyroid and heart disorders and prevent arteriosclerosis the sea horse is widely hunted. Those with this medicine are often prone to one or more of the above ailments but also have an uncanny ability to heal them.

A slow swimming fish the sea horse must rely on camouflage to escape capture from humans. It can change its color to match their background and grow long appendages so they blend in better with the algae. Storms are also a threat because they tear them from their holdfasts to be cast ashore or die from exhaustion. The sea horse teaches the art of camouflage and energy management. Because it is used in healing it also holds the energies of service and sacrifice, giving up its life for the sake of another.

One of the most fascinating aspects of the sea horse is that the male becomes pregnant when a female deposits her eggs into his pouch. The male provides oxygen through a capillary network in the pouch, transfers nutrients and controls the pouch environment to ensure that the young are born healthy. In nature the single parent family is the overwhelming rule and that parent is usually the female! This act by the male indicates a gentle strength combining both feminine and masculine characteristics When the sea horse swims into our life it asks us to examine and then balance those components within ourselves.

Another interesting fact about the sea horse is that each eye moves independently giving it a broader range of vision. It sees things differently than other creatures and offers us the gift of clear sight. Those with this medicine usually have good peripheral vision and need to honor what they think their imagination is seeing!

This fascinating creature teaches us a variety of skills that are necessary to perfect our imperfections. When we open up to its teachings we return to the creative source of all that is.

The Seagull

Seagulls generally live by the water near seaports. They are often seen diving into the water or bobbing on its surface. The seagulls connection to the water is symbolic for those with this totem. Water represents the emotional side of a persons psyche. Because the seagull is a messenger

its actions should be studied in order to know what it is trying to tell you. If it dives into your life this can indicate deep seated emotions that need to be healed. If seen bobbing on the surface its asking you to let go of worry, go with the flow and enjoy yourself more.

Seagulls are considered untidy birds as well as scavengers.
They make their nests out of vegetation and garbage.
Some people consider them pests and others admire them.
When the locust invasion of 1849 threatened to destroy crops in California, huge flocks of Gulls fed on the insects and stopped the invasion.

Scavengers as well as fishing birds they will eat almost anything. When several gulls find food, the one who gets there first gets to eat. They seldom fight over their dinner. Seagulls hold the teachings of fairness and respect and show those with this medicine how to create relationships based on these two principals.

Relaxed and easygoing in all of their pursuits seagulls bring us the gift of a carefree attitude. They are casual about how they build their nests and where they live. Those with this totem are sometimes untidy in their appearance and disorganized in their life. Although comfortable with these characteristics friends and family
often find these habits distasteful which creates challenging living situations for those with this medicine.

For those with this totem try to remember that the complementary side of a carefree nature is the proper acceptance of responsibility. When you commit to something and others are depending on you its not appropriate to just fly off if the mood strikes you. It is good to temper a carefree attitude with a responsible nature and to know when each behavior is appropriate.

The Seal

Seals are at home in the water but give birth on land. During the mating season the males can engage in ferocious battles one minute and be playful and amusing the next. Seals have the agility to move from anger to complete calm. Being excellent swimmers they know how to flow with the ever changing currents. If seal pops its head into your life you are being asked to review the ebb and flow of your thoughts and emotions and maintain a point of balance.

Water is a creative element and represents the feminine imagination and intuition. When a seal appears in your life it is a signal to pay close attention to your imagination and insight both in the dreamtime and in

the waking state. Much of what your imagining may have, and usually does, a strong basis in reality no matter how far fetched it appears.

Seals do not have external ears, just small openings. This signifies its kinship with their inner voice and can show those with this totem how to listen to the sound within. That sound is a inherent part of ones creative, imaginative powers.

Seals swim above and beneath the water enabling them to experience both the inner and outer worlds. They teach those with this totem how to flow, how to hear, and how to discover the deeper mysteries of their true nature. There are no limits to the creative energies stimulated by this medicine. The seal is the keeper of wisdom and shows us what is hidden deep within ourselves. They teach us how to integrate the our imagination with the reasoning power of the intellect. Doing this promotes balance and harmony on all levels.

The Shark

Sharks are viewed stereotypically as dangerous. Singly, and when they are not hungry, sharks tend to be quite peaceful. They can be trained to do simple tasks such as distinguishing certain objects from others in the water, and the ringing of a bell for a meal when in captivity. In large groups however, they can become unpredictable and may frenzy. In order to remain calm and centered shark medicine people require time to themselves. If they do not have time alone they can become irritable, anxious and aggressive in their behavior.

Sharks have incredibly sensitive noses that can smell one drop of blood in 50 million times as much water. They can feel the pressure waves made by a struggling fish and are sensitive to electromagnetic currents. They teach those with this totem how to develop and refine their own sensory abilities. The study of aromatherapy would benefit those with this medicine.

The shark has no swim bladder and must swim perpetually to keep from sinking to the bottom. Water has always been associated with emotional transformation. By observing the sharks swimming patterns we learn how to rise out of our emotional discord efficiently.

Sharks have been known to inspire great terror because they have the power of the predator, fearless and unpredictable. The shark offers the power of protection to those who resonate to it. When there is something in your life that you need to frighten away call upon the shark to help you. In the course of our learning we can attract events and

people that are disharmonious. Working with shark medicine gives you the power and confidence to drive off negative elements or eliminate them completely.

The Skunk

The skunk is a powerful totem with mystical and magical associations. Skunks are slow moving solitary creatures and spend most of the daylight hours underground. They dig their own dens but will also take over abandoned homes of foxes, marmots and rabbits. They hold an air of self confidence and can teach us how to develop self esteem and self respect.

Throughout history skunks have carried a reputation that is respected as well as feared. If a skunk feels threatened, it raises its tail and stamps its front feet. If that doesn't scare off the intruder, it hisses, turns around presents its tail and sprays. A skunk can spray 10 to 14 feet with accuracy. This noxious liquid irritates the eyes blocking vision temporarily. Those with this medicine need to develop inner vision and use it to see beyond what the physical eyes perceive.

The skunk smell is one that everyone can recognize. Author Ted Andrew states that those with this medicine find the use of fragrances will elicit dynamic responses in those they associate with. People will respond to the fragrances you employ. A study of aromatherapy would benefit those with this totem.

Skunk teaches us how to comprehend a warning. Many times in life our instinct can foresee trouble ahead, but our mind gets in the way and inhibits this knowledge. By watching and learning from skunk, we learn how to honor that part of ourselves which like the skunk, gives us many warnings before an actual problem or disaster develops. When a skunk appears in our life it could very well be our intuition sending us a signal of imminent danger or caution.

The stripe running from the head to the tail of the skunk is linked to the creative life force within. When this medicine is fully developed those with this totem have the ability to direct their creative energy to manifest a desired result. If underdeveloped a need to awaken consciousness and look beyond the perimeters of ones immediate world is important.

Skunks go about their business quietly and those with this medicine are advised to do the same. Unbalanced skunk people have a habit of tooting their own horn looking for recognition. Because of the intense

energy the skunk holds this can create problems in communicating with others. Those with this totem are either well liked or disliked. The art of attracting and repelling are inherent skills and can benefit us if they are mastered efficiently. Remember people are going to notice you. How they notice you can be controlled by you.

The Sloth

The Sloth is a tree dwelling mammal related to the armadillo and the anteater. There are 6 living species in tropical South and Central America. They weigh about 10 pounds and are about 24 inches long. Their size is deceptive due to their thick fur which develops a thin coating of algae during wet seasons. This algae creates a greenish tint on the sloths fur which helps camouflage it amongst the leaves. The art of camouflage is one of the teachings the sloth holds for those with this medicine.

Sloths are excellent swimmers and can stay underwater for quite some time if threatened. They feel most comfortable in the water or in a tree but feel very uncomfortable when on the ground. Sloths take their sweet time digesting food and consequently, only defecate once or twice in a one week period. The defecation usually takes place at the base of tree. This event marks one of the rare occasions that sloths will venture to the ground. Sloths do not like being on the ground because when they are on a level surface they are unable to stand and walk. They can progress only by reaching forward and, when a toehold is obtained, pulling their bodies along the ground. Because of this they become easy prey for predators and often find themselves fighting for their lives. Although the sloth is a fairly docile creature and gives the impression of being half asleep dont let false impressions fool you This animal is a capable and competent fighter and its claws have been known to tear and shred when its survival was at stake. This is especially true for the two-toed sloth which tend to have a mean streak and are quick to bite with their self sharpening cannies.

Sloths can turn their heads almost 270 degrees giving them an uncanny ability to see all that is above, below and around them. They are often seen hanging upside down in the forests of South America. Because of these abilities the sloth is linked to the realm of spirit and psychic visions. Those with this totem often feel out of place on the earth and have a difficult time fitting into normal socieity. Like the sloth they have an uncanny ability to see clearly and hold strong visionary gifts. These gifts, however, should be nutured in a grounded way early in life in order to fully develop and be utilized within a given life time. The tendency to

escape from earth reality is common for those that hold this medicine. Strong physical exercise can help bring this tendency into balance.

Sloths are solitary animals that only come together for mating. Those with this totem are loners and do not enjoy being in crowds. If their independence is threatened they become rebelious. Relationships are challenged when personal space is taken away. Sloth medicine people usually have a low rate of metabolism and dont have the ability to ward off illness easily, therefore, the strengthening and care of the immune system can benefit the overall health.

The Snail

Snails are found in gardens, ponds and even the sea. Their soft bodies are protected by hard shells which they use as a defense. When disturbed or alarmed the snail withdraws or pulls itself back into its shell. It also retreats into itself and seals the entrance in dry weather to protect its body from drying up. Those with this medicine know how to retreat when danger is present as well as seal themselves off from others. This can be beneficial as long as the individual does not become too much of a recluse and inhibit their communication and interaction with others. Knowing when to retreat and when to act is an important teaching for those with this totem.

The snail creates a slime trail to travel on so it is easier to move over different surfaces and textures. They remind us to take the easiest path to reach our destination. When snail appears in your life ask yourself if you are taking a harder path than is necessary. Because snail retreats into its shell during adverse weather conditions those with this medicine have the ability to build walls around themselves and withdraw until a situation improves. Snail medicine people have clear perceptions and need to learn to honor those abilities in all situations.

Both male and female the snail can produce sperm and eggs at the same time. Because of this duality those with this totem have a tendency towards identity conflicts in their younger years. This conflict triggers issues of self esteem and confusion. Fortunately as the person gets older their male and female characteristics align and begin to work together in a complimentary way.

Most active at night or on cloudy days the snail uses all of its senses equally and simultaneously. Those with this totem often find they seldom have one intuitive gift more pronounced than another as all psychic abilities are utilized in any given situation.

The snail understands the value of slow movement and teaches us how to use that movement to our advantage. It holds the teachings of patience, perseverance and respect. It asks us to be mobile and fluidic as we move through life, always aware of how our actions or lack of them affect others. The trail we leave behind holds the history of who and what we are. When snail enters your life your reputation is under review. Past situations come to the surface to be healed or balanced in some way. Snail asks us to "make right whatever we have wronged." In this way spiritual growth is attained.

The Snake

Snakes are fascinating creatures that deserve respect. Throughout history the snake has had many legends associated with it linking them to creation, fertility and transformation.

In Israel the snake was regarded as the earth mother and played a beneficial role in fertility. In Egypt the cobra was known for its ability to expand the upper neck into a disc shape by spreading its ribs which symbolized immortality. In Christian lore the snake is seen rising from the chalice of St. John wound around a cross sometimes portrayed with a woman's head to symbolize lust and temptation. In Eastern cultures a snake rising up through the spine represents the kundalini, or life force being awakened.

One of snakes most noticeable characteristics is the regular shedding of its outer skin as it grows. Once the skin is shed, the old inner layer becomes the new outer layer and a new inner layer of skin begins to develop. Crawling out of its old skin is very significant for those with this medicine. It is a metaphor for how we shed old ways and habits as we grow into higher spiritual energy symbolizing the death and rebirth process. It is also associated with astral travel and out of body experiences.

The eyes of a snake are always open protected by immobile transparent scales. Prior to shedding its skin the snakes markings become obscure and the eyes appear opaque or blue. This gives it a trance like appearance as if it is looking right through you. Learning how to see into the hearts of others is part of what it teaches us. .

Snake has been a symbol of life and sexuality for thousands of years in many cultures. It is a totem of power, renewal and transmutation. Soundless in motion and invisible at rest snakes are unable to produce their own body heat. They are often seen lying in the hot mid day sun. The suns warmth coupled with the snakes behavior regulates their body

temperature. Not relying on the energy of food to generate body heat, they can survive on meager diets for extended periods of time. Those with this totem need very little food to energize themselves. They are usually cold and prefer warmer climates. Their body temperatures are often lower than normal.

Snakes lack eardrums and external ear openings but have small bones in the head that conduct sound. They are able to hear low frequency sounds and sense vibrations that travel through the earth. This links them to the underworld where secrets are stored.

The snake symbolizes healing on a cellular level. Because their bodies are lightweight and flexible they have speed and agility. When they enter into your world expect swift changes to sweep through your life. These changes signify a death of the old and a birth into untapped power, creativity and wisdom. Snake is a powerful totem to have. Only those with a high degree of spiritual training, be it past or present, will be awarded this totem. It is the guardian of sacred places and the keeper of hidden knowledge.

The Spider

Many stories exist about the weaver, Grandmother spider. She carried on her back the gift of fire in a basket that she wove and presented it to the people. In another story it is said that her web bound all things together and formed the foundation of earth..

These legends give the spider a link to the past and the future, birth and creation. When the spider crawls into our awareness it is asking us to rebuild the web of our life in accordance with the design the creator gave us.

Spiders differ from insects in having eight legs rather than six and in having the body divided into two parts rather than three. The number eight laid on its side is the symbol for infinity. The number two implies the union of two forces joined together. Together they equal ten. Drop the zero and you are back to the starting point of one. The hidden message of spider is unity. The study of numerology is beneficial for those who hold this medicine.

The construction of a web is linked to the geometry of creation. In the construction of an orb web the spider releases a sticky silken thread into the wind. If the breeze carries the thread to a spot where it sticks the first bridge is formed. Spider cautiously crosses the line reinforcing it with a second. This process continues until a frame is constructed in

which the web can secure itself. Bridges serve as a link tying all things together and remind us of our interconnectedness to all life.

The spider shows us that the past, the present and the future are all interwoven. It awakens our intuitive creative senses and encourages us to design the fabric of our lives from our souls original intention. If you see a spider in its web, or creating a new one, pay attention. It symbolizes where you are in the weaving of your own destiny. A study of the medicine wheel and the four directions is helpful.

Because spiders are actually very delicate they embody the energy of gentleness. Spiders are not usually aggressive unless they are defending their lives. Moving forward in all situations with a gentle strength is a skill that often needs to be learned for those with this totem. In man, the bite of a poisonous spider symbolizes a death, rebirth process. Poison enters the nervous system and the body either transmutes it or falls victim to its venom and dies.

The spider signifies the tapestry of life. The web we weave is the reality we experience. Choosing the appropriate path is one of the lessons associated with this medicine.

The Squirrel

When you observe the squirrel in nature they are always busy. They seem to have an endless supply of energy. Seldom do you see a squirrel inactive. Focused on the task at hand, agile and quick, they are constantly preparing for the future by gathering nuts and seeds for later use. Although they are always prepared for what may come they have a tendency to forget where they store things. The forgetfulness of squirrel serves as a reminder to those with this medicine to slow down, pay attention and to stop running frantically in several directions at once.

Squirrels are sociable and communicative. They can be quite vocal both in work and play. Sometimes their continual chatter disturbs the silence, which creates an air of distraction and chaos. If you find yourself disturbed by their constant chatter the squirrel is telling you to speak clearly and effectively or to go within and be still, depending on the circumstances around your situation. Their gathering nature teaches those with this totem how to reserve energy and store things for future use. Honoring the future and readying yourself for change.

Squirrel embodies the quality of trust and is one of the few animals that will eat out of a person's hand. This symbolizes a need to let down your defenses and learn to trust more. The issue of trust can play out in all

areas of a person's life from personal intimacy to trusting Great Spirit. Because the squirrel is always prepared those with this medicine must remember that they will be taken care of. Establishing trust where it is presently absent would compliment the power of this medicine.

Squirrel represents balance within the circle of gathering and giving out. If squirrel has scampered into your life pay attention to the wisdom it has to offer you. Preparedness and survival skills can be learned from this powerful totem.

The Swan

Graceful elegant birds the swan seems to glide through the water leaving hardly a ripple behind. Its persuasive beauty reminds us to move gently through the currents of life and not battle them.

Swans are one of the fastest fliers. During migration they fly in V formations at great heights. Their wing beats are slow but steady. This gives them the endurance needed to reach their destination quickly without tiring. Those with this totem have the same abilities and should observe, then apply, the movements of swan when pursuing goals.

The swans large wings embrace the sky collecting and storing knowledge from the heavens. Their white plumage reminds us of the wonder and innocence found in the purity of spirit. Their long slender necks serve as a bridge between the mundane and the extraordinary. Upon this bridge lies the wisdom for spiritual realization.

The swan mates for life. Courtship involves mutual bill dipping or head-to-head posturing. They are committed devoted partners. In personal relationships humans make commitments they cannot keep. By applying swans skills in our life we begin to honor what we have chosen. This in itself is a powerful lesson for those who hold this medicine. Honoring commitments increase ones personal integrity.

While feeding, swans do not dive into the water like other birds. They skim its surface dipping themselves in and out. In man, water is associated with the feminine principal of intuition and emotion. By following the lead of the swan we learn how to view our emotions without getting trapped by them. Our intuition helps us understand our feelings and the swan helps us process them efficiently.

Swans are sociable birds with a long life span. They live about 20 years in the wild and 50 years or more in captivity. The swan is a totem that teaches us grace through movement and longevity through inner

knowledge. When we look upon the swan it invokes a feeling of tranquility in us and reminds us to experience the beauty and magic of life.

The Tasmanian Devil

Active at night, the tasmanian devil is the largest carnivorous marsupial in Australia. Animals of the night time have long been associated with magic. Within the blackness of night creatures from the underworld awaken. The underworld holds the power and the magic of shape shifting realities. Physical and non physical entities congregate together in ritualistic practices. Ritual when used appropriately can have profound benefits. Ritual used inappropriately can be disastrous. Those with this totem are often attracted to shamanistic practices as well as various forms of witchcraft. Although those with this medicine are powerful healers caution is advised. The right use of power is one of the main lessons you are learning.

The tasmanian devil has a large powerful head with a wide jaw and sharp teeth. The head symbolizes higher consciousness and the jaw represents verbal communication. Because those with this medicine have past life ties associated with the mis use of power the devil offers you the components necessary to clear past life mistakes.

One of the most interesting features of this totem is its pointy pink ears that turn red when it is angry. This is due to an increased blood flow. Proper care of the circulatory system is essential for those with this medicine.

Found on the island state of Tasmania it lives in coastal scrub and eucalyptus forests. The devil is a solitary creature, relatively shy and prefers to live alone. They spend their days sleeping out of sight and conserve their energy by going into a state of 'tupor' where the body heat drops to match its surroundings. This ability is similar to the art of slowing down ones heart beat practiced by select yogi masters. Yoga breathing exercises can benefit those with this totem.

The tasmanian devil is non aggressive unless fighting for food in which it will become very protective and kill other devil's if necessary. They prefer to eat dead animals and their powerful jaws help crush bones so they can devour the whole carcass, meat, fur and bones leaving nothing to pollute the environment. They remind us to honor and care for the earth on which we stand.

Devils are very loud especially in groups ranging in sounds from barks to snorts to screams. If the devil screams into your life ask yourself how you are using your energy? Do you have power issues that need to be addressed? If the devil quietly slips in the back door your personal power is probably being manipulated by another. The tasmanian devil is a no nonsense totem pushing and prodding you into the right use of your personal power. Although a challenging totem to have the rewards it offers are great!

The Tiger

Tigers are magnificent animals that hold an air of independence and confidence. Solitary animals, males and females come together only during the mating season. The cubs stay with the mother into their second year partly because they are born blind. To compensate for this their inner sight is fully operational. This is symbolic for those with this medicine. Children born into this medicine are natural clairvoyants and prophets.

Mysticism and mythology surround this animal. The Chinese believe that the tigers head often carries the chinese "mark of wang," or king, on its forehead. This is can be seen within the patterns of its fur. One vertical line with three horizontal ones passing through it. Because of this Tiger is one of the 12 signs of Chinese astrology.

Muscular, powerful and agile the tiger can travel great distances in search of food. The distance they cover depends on how much prey there is to eat. The less prey the further their territory extends. Walking on their toes with the back part of the foot raised tigers stalk their prey or lie and wait and then spring unexpectedly on them. Tigers are nocturnal hunters and hold the teachings of focus, patience and surprise.

Tigers are also known for their healing properties. Their body parts are sought for use in traditional Chinese medicine and exotic herbal remedies. Their orange gold coloring symbolizes vitality and regeneration. Those with this medicine heal quickly.

The tigers sight, smell and hearing is excellent. They have round pupils and yellow irises, except for the blue eyes of the white tiger. Due to a retinal adaptation that reflects light back to the retina, the night vision of the tiger is six times better than that of humans. Tiger teaches us how to see into the world of the extraordinary.

Those with this medicine have a strong sensitivity to touch and make excellent body workers. Creating sacred space where others cannot enter, spending time alone in order to gather the energy required to move tirelessly throughout life is advantageous for those with this totem. When tiger appears get ready for adventure, challenge and change. The power, passion and vitality of tiger will activate the same components within yourself.

The Tortoise

The tortoise is a land bound creature and is exclusively terrestrial. In myth and folklore the tortoise represents determination and longevity. Tortoises have high domed shells and heavy elephant like hind legs. The weight of its shell keeps it from moving too fast. The heaviness of its hind legs gives it the strength to carry heavy loads. Those with this totem often carry the loads of others as well as the burdens of self. They make good therapists but must be careful not to take on the problems of other people.

One of the most ancient and adaptable creatures, the tortoise holds the energy of patience and perseverance. They are very sensitive to the environment in which they live and have a strong psychic connection to mother earth. Extreme changes in climatic conditions can affect their overall disposition. Tortoise medicine people need a stable environment for their overall well being. Without this stability they are prone to mood swings.

The tortoise feels vibrations within the earth and reacts strongly to them. By observing the tortoise's behavior we are forewarned of any imbalances within the earth's core before an actual change occurs. This helps us prepare for geophysical changes in a balanced way.

The tortoise is self-reliant and self determined. Its ability to survive for as long as it has is partly due to its talent to stay focused. When this medicine is fully developed within us we use these gifts efficiently. If this medicine is underdeveloped staying centered in spite of the constant distractions that appear in our day-to-day life will be our greatest challenge.

Tortoises are vegetarians and are very terrestrial. Those with this totem can benefit from a similar diet and often place a great deal of importance on a stable home environment. The tortoise carries their

home on their backs and reminds us that although stability in our life is important true stability lies within ourselves.

Moving slowly through life the tortoise observes and processes everything efficiently. This movement compliments its inner wisdom. When the tortoise shuffles into your life it is ready to share that wisdom with you. All you need to do is slow down, pay attention and begin to move with patient persistence. In this way longevity, inner strength and a harmonious lifestyle are attained.

The Toucan

The toucan is a large billed bird of the tropics. Their thick bills can be up to a third of the length of their body. It is saw edged and distinctively colored. Most toucans have similar body patterns, mainly black with a bold breast color. The bill is believed to have a frightening effect on other birds, including hawks.

Although it is rare for both the hawk and the toucan to fly into your life simultaneously, it can happen. If it does ask yourself why you are frightened of the message spirit has for you.

In feeding the toucan will juggle pieces of fruit in its bill and then abruptly toss the head back before swallowing. Its theatrical movements and strong presence suggest natural talent in the acting field for those with this medicine. Its wings are short and rounded and the tail is usually long.

The characteristics of this bird have strong significance. The large colorful bill is an attention getter. Those with this totem are often colorful speakers. They have a good command of language and can use words to their advantage. They know what to say and when to say it.

On the other hand, sharp-tongued individuals will need to tone down their speech and those that have difficulty expressing themselves will need to speak up. Words have a great impact on us and care needs to be taken when we communicate. Toucan medicine people are either heard loud and clear or completely misunderstood. Balancing these extremes can be a constant challenge in their life.

Toucans are somewhat gregarious, tending to roost high in tree holes. They are one of the noisiest birds in the forest. Their repertoire of sounds include loud barks, bugling calls and harsh croaks. Those with this medicine would benefit from sound therapies of any kind.

Because the toucan represents speech and its proper application, those with this medicine need to pay attention to how their words affect another. When the toucan flies into your life ask yourself the following questions. Are you are using your gift of communication in a constructive way? Are you saying things you shouldn't? Are you speaking without thinking first? Are you keeping quiet when you should be expressing yourself?

Toucans can be a bit unpredictable. They do what they want, when they want to. This trait can be both a blessing and a curse for those with this medicine. Appropriate action, proper speech and a strong sense of self are the teachings this bird holds.

The Turkey

Wild turkeys are opportunistic feeders with broad tastes. They eat nuts, berries green foliage, grasshoppers, lizards, salamanders and more. The turkey can fly powerfully for short distances but has difficulty maintaining that power in longer stretches. For those with this totem it is important to learn how to channel their energy in a balanced way. Quick bursts of energy can lead to undesirable results. A person can tire quickly and have no energy left for other activities. Tai Chi or other forms of martial arts would be beneficial. In addition, variety in diet is advised for optimum health.

Female turkeys lay an average of 12 eggs. One plus two equals three. Three is the number of reoccurrence and those with this medicine often have reoccurring themes or situations to deal with in life.

The medicine power of the turkey is renewal. To the native peoples, the turkey was a sacred bird because of the abundance of them and because of their good tasting meat. Wild turkeys were an abundant food source for the early European refugees, as well as the native peoples. But uncontrolled hunting virtually wiped them out in several central and north-eastern states. When reintroduced, they renewed their populations very rapidly, growing to many thousands. If turkey has gobbled its way into your life, its message may be that you need to cultivate and care for those renewable resources that benefit your life.

Wild turkeys were almost eliminated because they were taken for granted. Those with this totem need to remember that nothing is an endless resource if it is not honoured and nurtured. Remember to ask yourself if you are relying on something in your life that you always expect to be there, but are taking no steps to treat in a sacred way? This

can pertain to a human partner as well as a resource. If so, learn from the turkey and realize that everything has limits.

The Turtle

The turtle is a creature of the water. Because of its great age and its slow metabolism the turtle is associated with longevity. Turtle medicine can teach new perceptions about time and our relationship to it. It can also help us grow old gracefully and in harmony with our environment. When the pace of life becomes too hectic the turtle shows us how to slow down and go with the flow.

Turtles have amazing survival skills and strategies. They sense vibrations in the water through their skin and shell. Turtle totems hold the mystery of awakening the senses on both the physical and spiritual levels and can stimulate clairaudience.

Turtles carry their homes on their back. The shell is actually the backbone and ribs of the turtle and serves as home and shelter for it. Those with this medicine should remember not to acquire more possessions then they actually need. The burden of responsibility can become a heavy weight for you to carry.

When turtle is flipped on its back it uses its strong neck to right itself. This can be a reminder to use your own head and inner knowledge to right yourself when your world gets topsy-turvy.

All turtles must come ashore to lay their eggs and they are usually buried. When the eggs hatch they make their way to the water. The link between water and land especially for the purpose of reproduction has great significance.

When turtle shows up in your life, it is time to get connected to your most primal essence. Go within your shell and come out when your ideas are ready to be expressed. The turtle cannot separate itself from its shell and we cannot separate ourselves from what we do to the earth. The way to heaven is through the earth and both are interconnected.

The Vulture

The vulture is a member of the raptor family. They feed exclusively on carrion and perform a very useful function by disposing of potential sources of disease. The Pueblo Indians saw the vulture as a sign of purification and the Greeks considered it to be a symbol of

transformation. As old decayed flesh was removed new life emerged. These amazing birds are vital for the health and well being of mankind and all other life forms.

The Andean Condor is the largest of the vultures with a wingspan of up to 12 feet. In North America, the Turkey Vulture is the most common. The California Condor however is now on the verge of extinction. It once had a range from British Columbia to Florida but has now been reduced to about 60 individuals. Some native tribes believe that this reduction is the cause behind the increased number of diseases and viruses of unknown origins now affecting mother earth.

Vultures are adaptable and have a keen sense of smell which they use to locate food. Because the vulture has weak feet and short talons they cannot tear or grasp their prey as other birds do and must rely on the remains of anothers kill for their food source. Their trust in the creative force to provide for them is unshakable. This trust is one of the main teachings they offer those that hold this medicine.

Although the vulture is a somewhat homely bird in appearance they are magnificent in flight gliding through the heavens with a grace unsurpassed by most other birds. They ride the thermals and wind borne currents with little effort soaring for hours without flapping their wings. They know how to use what is available to them to the fullest extent and teach us how to be resourceful and innovative with what we have.

When this medicine is fully developed those with this totem can accomplish great things in life. Resourceful and patient they have the ability to stay focused on their goal despite influences that try to distract them. They have the ability to initiate the pure force of spirit into every thought they have and every action they perform.

Many people don't like vultures because of an impression that, since they feed off carrion, they must be unclean birds. The truth is that vultures are actually quite clean, and they perform the valuable service of eliminating the remains of decaying animals. This is one of the gifts the vulture holds for us, the cleaning up of messes. Many times we create physical and psychic messes that we don't want to deal with. The vulture can guide us to the efficient and joyful resolution of such problems. If vulture has flown into your life you are being asked to remedy a messy situation and turn it into something positive.

If however, messes seem somehow to always be around you, eventually you will end up with a reputation for attracting and creating problems. This can put you in a bad light, like the vulture. Learn from vultures

example and clean up your act to avoid getting an unfavorable reputation.

The Walrus

The walrus is awkward and slow moving on land but very graceful in the water. They have long been a major resource of the Inuit who use their hides for coverings, and their bones and tusks for weapons. Walrus seek out physical contact with other walruses. This helps walruses retain there body heat rather than lose it to the external environment. Physical contact is also indicative of their gregarious nature. The two types of walrus, Pacific and Atlantic migrate in the spring and fall following the food. The ice flows advance and retreat tells the walrus when its time to migrate.

Related to seals and sea lions the walrus has air sacs under their throats that they can fill like flotation bubbles. This allows them to bob vertically with their head above the water as they sleep giving them the advantage of keeping an eye on their surroundings at all times. Walrus are often thought of as the "watch dogs" of the water and teach us how to pay attention to the signs and signals within our environment. Information comes to us in various ways and the walrus is a master at understanding what one's surroundings are trying to convey. The walrus teaches us how to connect with mother earth, heed her warnings and to hear what she is saying!

Walrus have a special strategy for digging up clams by squirting high-powered jets of water out their mouths and under the clams until they break free. This unique ability reflects their ingenuity and survival skills. Another interesting feature about the walrus is the way in which it changes color. It appears pale, almost white, while in the water for sustained periods of time. They turn a pinkish color in warm weather when tiny blood vessels in the skin dilate and circulation increases. Newborn calves are gray to brown in color. The changing color of the walrus reflects its ability to flow into ever changing realities without difficulty. Their thick skin and layers of fat help them keep warm in freezing conditions. They teach us how to protect ourselves from the physical cold as well as chilling emotions like despair or anger. The walrus teaches us how to keep the cold from creeping into our hearts and help us move through the rough emotional waters of life with ease.

The Wasp

The wasp has strong jaws and two pairs of transparent wings. Many females have a stinger at the tip of their abdomen. There are over 2000 different species of wasps alive today some of which have complex social structures. Like all insects, wasps have a hard exterior skeleton, six jointed legs and two jointed antennae. Their complex nests with many six sided cells are made with a type of paper that they make by chewing wood and plant fibers. Because of the wasp's intricate framework as well as their connection to numbers and angles they are said to hold the secrets of sacred geometry. Those with this medicine would benefit by studying this ancient art.

Most wasp species are solitary. Unlike bees, which are hive oriented, the wasp is independent and prefers to work on their own rather than in a group. Solitary wasps have little patience and will attack whatever task they are performing with a vengeance. Those with this medicine are independent thinkers and have difficulty relating to authority figures. They always do things in their own way. Individuals that hold solitary wasp medicine often receive recognition as the frontrunners of new trends or ideas later in life.

Some wasps however, live in colonies and work together. These are called social wasps. They are divided into three classes: Queens, workers and males. Because wasps can be either independent or social, those with this totem often display two different yet distinct personalities, aggressive or communal. Personality shifts can create chaos for those in relationships with wasp medicine people. All wasps undergo a complete metamorphosis that contributes to the challenges of communication. Just when you think you know the person, they change and become someone else.

All wasps are beneficial in some way or another. Some are pollinators while some are parasites of other nuisance insects such as caterpillars and aphids. Their diversity depends on the particular species.

The wasp teaches those with this medicine how to use diversity to their advantage. Balancing all aspects of the various species is an art in itself and can take a lifetime to accomplish. By observing the wasp we can learn how to shape shift our outer image and become more connected to our inner knowing.

The Wattlebird

The Wattlebird is found in Australia, New Zealand and the South West Pacific. This bird is named after its distinctive fleshy growths hanging from its neck or throat that are on each side of its face. These growths

give this bird a distinct look, which sets them apart from other birds. Those with this medicine are often attracted to things with an unusual or unique flare.

The red wattle is the largest of the wattle bird family. This family includes the yellow, the brush, the wattled honeyeater and the little wattle. Wattle birds can be aggressive and although they are delightful songsters they have been known to stand their ground and frighten other birds from their feeding places by producing low harsh sounds.

Excellent mimics they know how to use their voices appropriately in any situation. Similar to a ventriloquist, the wattle has an uncanny ability to throw its voice tricking us into thinking that it is either closer or farther away then we had thought. The wattle is a shaman in disguise and can teach us the proper use of sound. Since sound will either enhance ones life or destroy it those with this totem need to be very careful how they use their voice. Past life connections involving the misuse of sound are common.

Wattlebirds are honey eaters and although they vary greatly in body and bill form they all have a highly developed brush tipped tongue with a horny pointed tip that is adapted for nectar and insect feeding. They are important pollinators and play a great role in keeping the Eco system in tact. Most are species of treetops and flowering branches. They have also been observed hoping around and underneath trees collecting insects when nectar-bearing flowers are not available.

This gregarious bird is a powerful ally to have. It teaches us how to utilize every situation to our advantage as we sing our truth and honor our individual uniqueness.

The Wild Boar

The wild boar is one of the most fearless, aggressive and ferocious fighters of the animal kingdom. They hold the teachings of courage, assertiveness and protection. Since the boar is fearless many ancient cultures believe the boar holds magical healing powers. If fear is absent good health prevails.

These fascinating creatures are deeply connected to the energies of the earth and all it holds. They are often seen rooting and foraging in the undergrowth of plants and trees and show us how to efficiently uncover things that lie beneath the surface.

People with this medicine are continually asked to stand up, have faith and move forward without fear. Once fear is overcome life is experienced in a new and more joyous manner. The boar asks us to look at our fear face on and choose to let it go. If we allow this animal to guide our footsteps fear becomes a distant memory rather than a present reality.

Although boars have poor eyesight their excellent hearing and sense of smell helps them remain alert and ready for anything. Boars are extremely aware of everything around them even when they appear to be totally oblivious to their surroundings. Whenever a boar enters into our life it is asking us to fine tune our senses and pay attention to what's around us. If something is amiss boar asks us to correct it "now." Order and efficiency in all we do is a main part of boar medicine.

Very vocal and communicate with others through a series of grunts and squeals the boar demands attention and gets it. For example, when frightened or alarmed they blow loudly through their nose creating a snorting sound. When hurt they squeal and when content they 'rumble' quietly. They show us how to use our voice to communicate our needs.

Boar teaches us to use all of our senses efficiently and effectively. It assists us in strengthening and developing our character and the quality of our lives. Boar initiates transformation and self-discovery through pushing and prodding us into change. This is a powerful totem to have but not an easy one to work with. Those with this totem would be wise to follow boar's lead without resistance. The more you resist the more wild boar will challenge you.

The Wolf

When a lone wolf is spotted in the wilderness it embodies the energy of freedom. When seen in a pack it embodies a sense of community. If wolf appears to you alone or in a pack it is asking you to acquire the same within your own life. In spite of their negative press wolves are actually friendly, social and highly intelligent.

The wolf's senses are highly developed. Their intelligence is marked with excellent hearing, sense of smell and strong feeling. They are determined as well as cunning and use these skills for the benefit of the pack. The howl of the wolf is primal and penetrating. They howl to find other pack members or to let wolves from outside of the pack know their territory boundaries. If you hear a wolf howl it might be telling you to stand your ground and defend your boundaries.

Wolf teaches you to have a balance between the needs your family has of you and the needs you have for yourself. They are totally loyal to the pack but do not give up their identity to the pack. If wolf appears in your life you are being asked to look at where you are being too dependent and where you may be too independent. In both family and community there needs to be a balance.

Wolves convey much with their bodies. If they are angry, they may stick their ears straight up and bare their teeth. A wolf who is suspicious pulls its ears back and squints. Fear is often shown by flattening the ears against the head. A wolf who wants to play dances and bows playfully. Their body language is symbolic for those with this medicine. Man also uses body language to convey messages. The study of this art can increase perception in those with this totem.

Wolves hunt in packs, relying on endurance to run down weak and older animals. They have been known to run 35 miles a day in pursuit. They are the epitome of stamina and strength. With an extremely well developed societal organization, they act together to hunt and raise their young. They do not fight unnecessarily and often go out of their way to avoid fighting. Sometimes a growl, a glance, a posture is all that is necessary to determine dominance. Wolf teaches those with this medicine to know who you are and to develop strength and confidence in what you do.

The Wolverine

The wolverine is known for its great ferocity and extraordinary strength. Indian mythology describes the wolverine as a trickster hero, a link between the material world and the spirit world. In ancient mythology the energy of a trickster is linked to the underworld where the secrets of creation live.

Baby wolverines are born blind and weigh less than one pound. This prompts all their other sensory organs to awaken quickly, their sense of smell, feeling and inner sight are heightened at an early age. Small yet insightful, the new born wolverine acknowledges and responds to all its intuitive senses from the moment of birth. They respond to life and the challenges it holds with clarity, focus and persistence giving them a deeper understanding of personal power. Those with this medicine should ask themselves if their personal power is serving them appropriately. Learning how to utilize personal power in a balanced way is one of the teachings the wolverine holds.

The wolverines crafty cunning nature coupled with their perseverance and focus keeps them aligned with the energies of creation. This alignment serves them in many ways. They know when to act, when to retreat, how to respond to any situation and how to become invisible. All of these abilities inherent in the wolverine are also inherent in those who hold this medicine. Wolverines are masters at shape shifting their reality to benefit them in some way and can teach us how to do the same. Shamanic studies is helpful for those who have this totem.

Wolverines are excellent scavengers although not the best hunters. They are very resourceful and know how to make do with whatever is available. They turn trash into treasure and teach us how to do the same. Alaskan natives consider the wolverine to by a symbol of the wilderness, a survivor of the elements. Its fur is commonly used for parka trim and hoods because of its durability. The guard hairs of the wolverine fur resist frost accumulation helping people survive in extreme cold weather.

Solitary creatures with tremendous physical endurance the wolverine can travel up to 40 miles a day in search of food. Because of their great strength and endurance wolverines have become the center of folklore, although its fierce reputation has been exaggerated. They rarely attack any predator larger than itself and only attack when food is needed. They show us how to go the distance and acquire that which we seek.

When this medicine is fully developed in humans the capability to survive in any situation is common. If underdeveloped challenges regarding survival are common. Because the wolverine is a shape shifter the art of survival doesn't just represent the physical realm. It also indicates the challenges associated with mental clarity, emotional balance and spiritual understanding.

The wolverine is a master teacher and embodies a variety of skills. When it appears in your life it is asking you to take a serious look at your self and your life, change anything that does not serve and utilize your personal power for the good of self and others.

The Wombat

There are three types of wombats. The common wombat, the southern hairy nosed and the northern hairy nosed wombat. All are found in Australia. Wombats have long claws adapted for digging. They live in burrows and feed at night on grasses and other plants. They teach us how to dig beneath the surface to acquire the resources needed for change.

Like the beaver the wombats incisor teeth are of continuous growth. They eat frequently to keep these teeth from becoming too large. Proper dental hygiene is important for those with this medicine. Over consumption of food can cause health problems in humans so a balanced diet is advised.

Strong and heavily built, with short powerful legs and strong claws the wombat holds the teachings of stability and foundation. They stand their ground in most all situations and are not easily intimidated. Industrious, determined and very smart they have a large brain and know how to use it. These traits are inherent in wombat medicine people yet not always active. Wombat asks you to wake up and use the gifts that are your birth right. Use your will constructively and don't be too pushy in your determination to achieve.

Wombats are frolicsome and will play with what seems like inexhaustible energy. They are also quite fast when they need to be. Their small ears hear sounds unknown to humans and their small eyes can see what lies between the spaces. This indicates that their psychic vision and psychic hearing are fully developed. Those with this totem often find themselves in situations where their psychic skills are tested, criticized, ignored or praised. They are reminded to honor their truth and not be intimidated by others.

Wombat reminds us to play on the road to enlightenment. It teaches us how to dig beneath the surface and use our will to attain our goals. When the wombat appears it is time to reach out and grab what is rightfully yours.

The Woodcock

The woodcock is a member of the sandpiper family. It is often found in wooded areas crouched among dead leaves well camouflaged by its brown mottled plumage. The woodcock has the uncanny ability to remain motionless until disturbed and then takes off in an explosive movement. It holds the element of surprise and teaches us to pay attention to the proper use of timing in our lives. One of the lessons associated with timing is to develop patience.

Because the woodcocks eyes are set father back on its head than other birds it has a 360 degree field of vision. Its ears are located below rather than behind the eye sockets. Those with this medicine are

natural born visionaries and see things in an expanded way. They intuitively understand the deeper reasons of a situation and make excellent counselors and therapists. If this medicine is underdeveloped a know it all attitude can develop and caution is advised to avoid this.

A solitary bird most active at dusk the woodcock lives chiefly on earthworms. It attracts worms to the surface by drumming with its feet and then extracts them from the ground with its long sensitive bill which opens at the tip like a forcep. This feeding habit makes it necessary for the woodcock to migrate. They leave an area as soon as the ground starts to freeze. Drumming is linked to shamanism and the study of this art is beneficial. The tendency to wander through life without putting down roots can present challenges to those with this medicine especially in the area of relationships. More spontaneity and less structure incorporated into a relationship can produce a harmonious outcome .

The woodcock nests in early spring. Its wings are rounded and the outermost wing feathers are attenuated to produce vibratory sounds during flight. The males aerial song, a sweet varied whistling accompanies its courtship displays which are exquisitely graceful. Its spiraling flight upward 200 to 300 feet is followed by a fluttering drop back to the starting point. Vocal expression in the form of chanting or singing is recommended for those with this totem.

The woodcock uses all of its senses to the fullest. It responds to what it hears, sees and feels and asks us to do the same. Skillful and intelligent this little bird can show us how to awaken and refine our inner and outer worlds. All we need to do is pay attention and then act accordingly.

The Woodpecker

There are about 180 species of woodpeckers in the world. Most spend their entire lives in trees. Woodpeckers are climbers. They climb by propping their stiff pointed tail feathers against a support while shifting its leg hold. With its body close to the trunk or branch and its head bobbing, the bird hitches upwards, back down spiraling and nimbly darts sideways at incredible speeds. Because of their speed predators have difficulty catching them.

Their flight patterns are unique. Woodpeckers fly up, coast down then fly upwards again. Those with this totem often find that their path in life wont always conform to society's standards and that their personal unique rhythm needs to be honored. Woodpeckers teach us to honor

our personal truth and move through life with perseverance and inner strength. By staying grounded in our pursuits our goals can be obtained.

Woodpeckers are opportunists. They know when to fly out from a perch to catch insects in the air or on the ground. Their barbed tongues and strong chiseled beaks symbolize life lessons associated with discernment and proper use of speech for those with this totem.

In spring the loud calls of woodpeckers often augmented by drumming on hollow wood are the sounds of males holding territories. Woodpeckers defend their territory aggressively. Those with this medicine need to be in control of their personal environment and will not tolerate others trying to change it. Although personal space is very important for woodpecker medicine people control issues can sometimes be a problem and flexibility needs to be learned.

The woodpecker is known as the Earths drummer. Drumming is the heartbeat of mother earth and is associated with shamanism and the ability to move into other dimensions at will. For those with this totem the woodpecker represents self discovery. As they peck into and through trees and dead wood, hidden layers of ones psyche are revealed. Those with this medicine are good analysts and have strong mental capabilities. They make excellent psychiatrists and psychologists. Woodpeckers are active birds so caution is advised to maintain balance when reviewing any situation or issue. Too much analyzing can result in procrastination.

The Zebra

Zebras are members of the horse family. They live in small family groups consisting of a stallion and several mares with their foals. They are noted for mixing with antelope herds which offer the Antelopes protection from predators because of the zebras alertness. Those with this medicine often take on the role of a kind hearted protector of friends and family. They are excellent therapists and serve others with genuine compassion.

Each zebra has a unique stripe pattern similar to a persons fingerprint. This gives the zebra an individual identity. For those with this totem maintaining ones individuality while harmoniously interacting socially and personally is one of the messages it carries. Compromise in personal relationships can be challenging. Zebras enjoy challenge because they know that all challenges are opportunities for growth.

Questioning reality as well as illusion is common for zebra medicine people. An over analyzing intellect can be a problem for some with this totem. For others the imagination needs to be awakened. The zebras stripped patterns of black on white or white on black suggests that what you see is not always what you get. Occult knowledge both seen and unseen, dimensional shifts, new journeys and worldly endeavors are all part of its medicine.

Zebras are master magicians using the energy of light and dark to shift realities and expand a persons consciousness. They help us look beyond our preconceived ideas as they guide us into the mystery and magic of the unseen. Seeking balance in all that they do the zebra is surefooteded as it stands with confidence in the middle of opposing forces and teaches those with this totem similar skills.

When the zebra appears it indicates a time of change in one or more areas of our life. Hidden knowledge is about to be revealed. It asks us to stand strong, develop trust and flow with the rhythm of a new creation.

What are elementals?

The Elemental Kingdom

There are four basic elements of nature: fire, air, earth, and water.

Within each of the four elements are nature spirits that are the spiritual essence of that element.

They are made up of etheric substance that is unique and specific to their particular element.

They are living entities oftentimes resembling humans in shape but inhabiting a world of their own.

The beings in the Elemental Kingdom work primarily on the mental plane and are known as « builders of form. »

Their specialty is translating thought-forms into physical forms by transforming mental patterns into etheric and then physical patterns.

Each ofthem is a specialist in creating some specific form whether it is an electron or interstellar space.

Elementals range in size from smaller than an electron too vaster than galactic space. Like the angels, elemental beings begin their evolution small in size and increase their size as they evolve.

The elementals serving on planet Earth materialize whatever they pick up from the thoughts and feelings of mankind.

This relationship was intended to facilitate the remanifestation of « heaven on Earth. »

They take their orders from the devas.

They do not remain individualized as humans are.

These beings are animated by the thought power of the lower angels and so are thought forms of sorts.

They may be etheric thought forms, yet they have etheric flesh, blood, and bones.

They live, propagate off spring, eat, talk, act, and sleep.

They cannot be destroyed be frosser material elements such as fire, air, earth, and water because they are etheric in nature.

They are not immortal.

When their work is finished they are absorbed back into the ocean of spirit.

They do live a very long time--300 to 1,000 years.

They have the power to change their size and appearance almost at will.

They cannot however change elements.

Earth: Gnomes

The nature spirits of the Earth are called Gnomes.

Subgroups:

Brownies

Dryads

Durdalis

Earth Spirits

Elves

Hamadryads

Pans

Pygmies

Sylvestres

Satyrs

Fire: Salamanders

The salamanders are the spirits of fire. Without these beings, fire cannot exist.

You cannot light a match without a salamander's being present.

There are many families of salamanders, differing in size, appearance, and dignity.

Some people have seen them as small balls of light, but most commonly they are perceived as being lizard-like in shape and about a foot or more in length.

The salamanders are considered the strongest and most powerful of all the elementals. Their ruler is a magnificent flaming being called Djin.

Those who have seen him say that he is terrible, yet awe-inspiring in appearance. Salamanders have the ability to extend their size or diminish it, as needed.

If you ever need to light a campfire in the wilderness, call to the salamanders and they will help you. It has also been said that salamanders (and the other elemental beings) can be mischievous at times.

For example, a fiery temper and inharmonious conditions in a person's home can cause these beings to make trouble.

They are like children in that they don't fully understand the results of their actions.

They are greatly affected, as are all nature spirits, by human humankind's thinking.

Air: Sylphs

The sylphs are the air spirits. Their element has the highest vibratory rate of the four (beside earth, fire, and water).

They live hundreds of years, often reaching one thousand and never seeming to get old. They are said to live on the tops of mountains.

The leader of the sylphs is a being called Paralda who is said to dwell on the highest mountain of Earth.

Sylphs often assume human form but only for short periods of time.

The vary in size from being as large as a human to being much smaller is.

They are volatile and changeable. The winds are their particular vehicle. They work through the gases and ethers of the Earth and are kindly toward humans.

They are usually seen with wings, looking like cherubs or fairies.

Because of their connection to air, which is associated with the mental aspect, one of their functions is to help humans receive inspiration.

The sylphs are drawn to those who use their minds, particularly those on creative arts.

Water: Undines

The undines are the elemental beings that compose water. They are able to control, to a great degree, the course and function of the water element.

Etheric in nature, they exist within the water itself and this is why they can't be seen with the normal physical vision.

These beings are beautiful to look at and are very graceful.

They are often seen riding the waves of the ocean.

They can also be found in rocky pools and in marshlands.

They are clothed in a shimmery substance looking like water but shinning with all the colors of the sea, with green predominating.

The concept of the mermaid is connected with these elemental beings.

The undines also work with the plants that grow under the water and with the motion of water. Some undines inhabit waterfalls; others live in rivers and lakes.

Every fountain has its nymph. Every ocean has its Oceanids.

The undines closely resemble humans in appearance and size, except for those inhabiting smaller streams and ponds.

The undines often live in coral caves under the ocean or on the shores of lakes or banks of rivers. Smaller undines live under lily pads.

The undines work with the vital essences and liquids of plants, animals, and human beings. They are present in everything containing water.

There are many families of undines, as the chart indicates.

The ruler of the undines is a being called Necksa.

The undines love, serve, and honor her unceasingly.

They are emotional beings, very friendly and open to being of service to human beings.

The smaller undines are often seen as winged beings that people have mistakenly called fairies.

Those winged beings are seen near flowers that grow in watery areas. They have gossamer wings and gossamer clothing.

Subgroups

Limoniades

Mermaids

Naiads

Oceanid

Oreads

Potamides

Sea Maids

Water Spirits

INTRODUCTION TO NUMEROLOGY

Numerology is perhaps the easiest of the occult arts to understand and use. All you need is the birth date and the complete name of an individual to unlock all of the secrets that the numbers hold.

There are eleven numbers used in constructing Numerology charts. These numbers are 1, 2, 3, 4, 5, 6, 7, 8, 9, 11, and 22. Larger numbers that occur from adding the numbers in the complete birth date or from the values assigned to each name, are reduced by adding the digits together until the sum achieved is one of the core numbers. Merely add the components of the larger number together (repeatedly, if necessary) until a single digit (or the "master" numbers 11 or 22) results. Each of these number represents different characteristics and expressions.

Master number are the only exception to rule of reducing to the single digit. The master numbers 11 and 22 are intensified versions of the single digit number they replace (2 and 4). These numbers suggest a potential for a high degree of learning and/or achievement very often in a more stressful environment. In many individuals, the master numbers operate at a much more tangible or practical level, becoming essentially the same as the single digit parallel.

The first consideration of numerology is often the date of birth. This date, expressed numerically, as mm/dd/yyyy, is used to determine what

is called the Lifepath Number and a variety of other factors in the numerology reading.

We will also be converting your FULL BIRTH NAME* to a number. Letters and numbers, you will learn, are always one and the same. Here is a chart of the values assigned to each of the letters in the English alphabet:

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

* Note: Most authorities agree that the full birth name as recorded on your birth certificate is the name that must be used for all calculations involving name. Nicknames, changed names including marriage name changes do not delute the importance of the name given to by your parents.

NUMEROLOGY KEY WORDS - Meaning of the Numbers in a Nutshell

It is essential to understand that the root numbers used in numerology are, in their essence, all equal, one to the other. Each of the numbers has its positive traits and likewise each number has its negative potential.

Here are brief listings of traits for each number:

1 Positive Traits: Initiator of action, a pioneering spirit, inventive ideas, strong leadership skills, independent, drives to attain, individualistic style, executive abilities, extraordinary will and determination, courageous.

1 Negative Traits: Overly assertive or aggressive, dominating, impulsiveness, egotistic, boastfulness, willfulness.

2 Positive Traits: Cooperation, adaptability, considerate of others, sensitive to the needs of others, partnering, an arbiter or mediator, modest, sincere, spiritually influenced, a diplomat.

2 Negative Traits: Shyness, timidity, fear, self-consciousness, drown in detail, depression.

3 Positive Traits: Self-expressive in many ways, verbalization, inspiration and keen imagination, artistic gifts, accurate impressions and insights, never-ending optimism, happy and fun-loving, enjoys life fully.

3 Negative Traits: Scattered energies, exaggeration, unfinished projects, lack of direction, moodiness, self-centeredness.

4 Positive Traits: Strong sense of order and values, struggle against limits, steady growth, highly practical, scientific mind, attention to detail, foundation for achievement, a genius for organization, fine management skills.

4 Negative Traits: Lack of imagination, caught up in detail, stubborn fixed opinions, argumentative, slow to act, too serious, confused.

5 Positive Traits: Expansiveness, new and visionary ideas, quick thinking, versatile and ever-changing, action oriented, curious and exploring, promoting, resourceful in using freedom constructively.

5 Negative Traits: Restless, discontent, edgy temperament and speech, dissatisfaction, too many hasty decisions, impatience, lacking in application.

6 Positive Traits: A strong sense of responsibility, artistic, a nurturing disposition, community oriented, balanced, sympathy for others, a humanitarian, unselfishness, love of home and domestic affairs, freely renders service to others.

6 Negative Traits: Self-righteousness, obstinacy, stubborn, dominates family and friends, meddling, egotistical and susceptible to flattery, outspoken.

7 Positive Traits: Skilled at analysis and research, an intelligent seeker of knowledge, scientific and inventive, studious, meditating, charming personality and demeanor, love of solitude and peace, a perfectionist.

7 Negative Traits: Hidden motives and suspicions, overly reserved, arguments enjoined with silence or sarcasm, isolated, inflexible positions, overly upset by distractions.

8 Positive Traits: Executive character and abilities, political skills, expert handling of power and authority, working for a cause, achieving recognition, exercising sound judgment, decisive and commanding.

8. Negative Traits: Workaholic, overly ambitious, lacking humanitarian instincts, mismanaging money, repressing subordinates, impatient with people, stressed, materialistic.

9 Positive Traits: Heartily friendly and congenial, a hail-fellow, humanitarian instincts, a giving nature, selflessness, obligations, creative expression, readily influenced to do good works, artistic and writing talents.

9 Negative Traits: Self-adulation, scattered interests, possessiveness, moodiness, careless with finances, wanting peer attention.

11 See number 2. Spirituality is emphasized more, but in essence, the 2 traits, positive and negative apply.

22 See number 4. Exceptional projects possible, but in essence, the 4 traits, positive and negative apply.

THE LIFE PATH NUMBER

The Life Path is the sum of the birth date. This number represents who you are at birth and the native traits that you will carry with you through life. The most important number that will be discussed here is your Life Path number. The Life Path describes the nature of this journey through life.

The Life Path number is established from the date of birth. First, convert the month to a single number . Then convert the day of birth to a single digit . Next, add the total digits of year and reduce this sum to a single digit . The individual digits representing the month, day, and year, be they single digits, are then added together, as necessary to reduce the sum once again to a single digit 1 through 9.

Example: If a person was born on October 23, 1972 (10-23-1972*), add the month 10 (which is reduced to 1) to the day 23 (which is reduced to 5) plus the the year 1972 (which reduces to 19, then to 10 and finally to 1**). Thus, the total of the month, day, and year is 1+5+1. This date is a 7 Life Path. The "master numbers, " 11, 22, and 33, have been incorporated within the corresponding single digit number readings.

*Be sure to add the full year, not just the last two digits.

1 (10/1, 19/1)

The Life Path 1 suggests that you entered this plane with skills allowing you to become a leader type rather easily. Your nature is charged with individualistic desires, a demand for independence, and the need for personal attainment.

Many of our military generals, corporate leaders, and political leaders are men and women having the Life Path 1. When you display positive 1 traits your mind is capable of significant creative inspiration, and it possesses the enthusiasm and drive to accomplish a great deal.

You are very good at getting the ball rolling; initiating new projects is your forte. You are at your best when confronted with obstacles and challenges, as you combat these with strength and daring. This is both the physical and inner varieties of strength. With this strength comes utter determination and the capability to lead.

As a natural leader you have a flair for taking charge of any situation. You have a tendency to do this, even if, at times, it is not appropriate for you to do so.

Highly original, you may have talents as an inventor or innovator of some sort. In any work that you choose, your independent attitude can show through.

You have very strong personal needs and desires, and you feel it is always necessary to follow your own convictions. You tire of routine and highly detailed tasks rather quickly.

You are ambitious and assertive in promoting yourself. Although you may hide the fact for social reasons, you can be self-centered and demand to have your way in many circumstances.

That said, for the most part, you are considered very good company, friendly, good-natured, and a wonderful conversationalist.

People like you and are drawn to you. It is a good thing they are, because you are very sensitive to disapproval and you don't handle it very well.

There are several ways that the negative side of the 1 can show up. The 1 always has the potential for greatness as a leader, but they may fail as a follower.

Unfortunately, sometimes you have to follow for a while before you are allowed to lead and this can be a difficult time. When the 1 Life Path person is not fully developed and expressing the negative side of this number, the demeanor may appear very dependent rather than independent, particularly in the early years. If you are expressing this negative trait of the number 1, you are likely to be very dissatisfied with your circumstances, and long for self-sufficiency.

This might be defined as the weak or dependent side of the negative 1 Life Path. On the strong side of this negative curve, the 1 energy can become too self-serving, selfish and egotistical. Avoid being too bossy and demanding.

2 (11/2, 20/2)

The Life Path 2 suggests that you entered this plane with a spiritual quality in your makeup allowing you to be one of the peacemakers in society. Your strengths come from an ability to listen and absorb.

You are a fixer, a mediator, and a very diplomatic type of person using persuasive skills rather than forcefulness to make your way in the world. When you embrace and exhibit the strenghth of your spiritual side, you are intuitive, avant-garde, idealistic, and visionary.

These extremes make you interesting with much to offer society. You have the potential to be a deep-thinker, and no doubt interested in understanding many of life's mysteries and more intriguing facets.

If you are living with the positive attributes of the number 2 Life Path, you are apt to have the most delicate ability to be balanced and fair. You clearly see the full spectrum of viewpoints in any argument or situation, and because of this, people may seek you out to be a mediator.

In this role you are able to settle disputes with the most unbiased flair. There is sincere concern for others; you think the best of people, and want the best for them. You are honest and open in thought, word and deed. You excel in any form of group activity where your expertise in handling and blending people can be used effectively.

Manners and tact mark your way with others, and you are not one to dominate a group or situation. You are the master of compromise and of

maintaining harmony in your environment. As the ultimate team member, you never demand praise or recognition.

In many ways, you are a creature of habit and routine, and you like your path and pattern well worn and familiar.

Your ability to analyze and render accurate judgments is a wonderful natural trait you bring to the business world.

You strive for complete accuracy and even perfection in your work. Perhaps you are not a leader, but you are a visionary and a very talented idea person.

On the negative side of the 2, nervous energy is a trait often observed in the 2.

Because of this, you may be seen as an extremist who is sometimes the zealot in expressing likes and dislikes. Nervous tension can bring the normally easygoing 2 into a state of emotional outrage, which to those around you, may seem so out of character. Indeed, the 2 can sometimes become oversensitive.

In some instances, the strength of the 2 can also become its weakness. You may find it hard to decide what to do at times. Twos often struggle against indecisiveness. Making decisions and getting your life in gear, so to speak, may be a challenge.

There is a tendency for the many 2s to harbor feelings of uneasiness, and dissatisfaction with accomplishments and personal progress in life.

The biggest obstacle and difficulty you may face is that of passivity and a state of apathy and lethargy. The negative 2 can be very pessimistic.

When this sets in to any degree, you are able to accomplishes very little. If living on the negative side of the 2, you may lack common sense, and you are quite often unable to distinguish between fantasy and reality.

Even the more positive individuals with the 2 Life Path will prefer a more amiable and less competitive environment, often shunning the business world.

You can best serve society in endeavors utilizing your skills of counseling and guidance. Much of your idealism is people oriented and quite humanitarian in nature. You expect a great deal of yourself.

3 (3, 12/3, 21,/3, 30/3)

The Life Path 3 indicates that you entered this plane with a strong sense of creativity and with wonderful communication skills. Achievement for you most likely comes through engaging your ingenious expression.

A truly gifted 3 possesses the most exceptional innovative skills, normally in the verbal realm, writing, speaking, acting, or similar endeavors. Here we are apt to find the entertainers of the world, bright, effervescent, sparkling people with very optimistic attitudes.

The bright side of this path stresses harmony, beauty and pleasures; of sharing your inventive talents with the world. Capturing your capability in creative self-expression is the highest level of attainment for this life path.

Life is generally lived to the fullest, often without much worry about tomorrow. You are not very good at handling money because of a general lack of concern about it. You spend it when you have it and don't when you don't.

The 3 loves connecting with people. The characteristics of the 3 are warmth and friendliness, a good conversationalist, social and open.

A good talker both from the standpoint of being a delight to listen to, but even more importantly, one who has the ability to listen to others.

Accordingly, the life path 3 produces individuals who are always a welcome addition to any social situation and know how to make others feel at home. The approach to life tends to be exceedingly positive.

Your disposition is almost surely sunny and openhearted. A happy and often inspired person, you are constantly seeking and needing the stimuli of similar people.

There is a remote side to your 3 Life Path, as well. This comes as a surprise to the native and to those who think they are well acquainted.

The 3 is actually a very sensitive soul. When hurt, you can easily retreat to a shell of morose silence for extended periods. Nonetheless, the 3 eventually copes with all of the many setbacks that occur in life and readily bounces back for more.

It is usually easy for you to deal with problems because you can freely admit the existence of problems without letting them get you down for too long.

Because of your own sensitivity to hurt, you have a caring disposition and seem to be very conscious of other people's feelings and emotions.

In romance, the 3 is a very ardent and loyal lover. Affairs that don't go well can leave scares that seem to linger. Emotional experiences of all sorts tend to deeply touch the 3 and the drama may take some time to play out. Regrettably, the giving disposition of the 3 often attracts demanding partners. As with most of life's issues for the 3 Life Path, balance in relationships is illusive.

Your big test with a 3 Life Path is controlling your highs and lows. You won't survive very well in any routine environment or when you are placed under dominating management.

Slow thinking and overly contemplative people tend to frustrate you, and you don't function too well with this type whether you are working for, with, or under them.

Your exuberant nature can take you far, especially if you are ever able to focus your energies and talents.

For the few living on the negative side of this Life Path, a 3 may be so delighted with the joy of living that the life becomes frivolous and superficial.

You may scatter your abilities and express little sense of purpose. The 3 can be an enigma, for no apparent reason you may become moody and tend to retreat.

Escapist tendencies are not uncommon with the 3 life path, and you find it very hard to settle into one place or one position. Guard against being critical of others, impatient, intolerant, or overly optimistic.

4 (4, 13/4, 22/4, 31/4, 40/4)

The Life Path 4 suggests that you entered this plane with a natural genius for planning, fixing, building, and somehow, with practical application and cerebral excellence, making things work.

You are one of the most trustworthy, practical, and down-to-earth of individuals; the cornerstone members of society. Indeed, as a Life Path 4, you are a builder of society.

The cream of the crop in this Life Path can be a master builder in society. if you are among these highly talented people, you have an idealistic nature which is grounded in practical terms, allowing you to conceive

grandiose, far-reaching schemes and carry them through to the end. If you desire and are willing to work for it, you can achieve enormous success, prestige, and fame. Obviously, everyone with a 4 Life Path does not become famous.

All with this Life Path have the ability to take orders and to carry them out with dedication and perseverance and many 4s live and work happily in this context.

But so often, the 4 Life Path is the entrepreneur and manager in the community. In either role, you always demand as much from yourself as you do from others, and sometimes a lot more.

You have the kind of will power that is often mistaken for sheer stubbornness. You don't think of yourself as dogged, but your honest beliefs and that ever direct speech makes you come across as completely unremitting. Once a decision is made, it will be followed through to the conclusion, right, wrong, or indifferent.

You are very set in your ways and determined to handle things the way you are so certain that they should be handled. Your tenacity of purpose and ability to get the job done borders on obsession. You are a wonderful manager with a great sense of how to get the job done.

You are an excellent organizer and planner because of your innate ability to view things in a very common sense and practical way. This stems from a strong desire to be a perfectionist in your labor.

Planning is necessary to avoid errors. It's very likely that a 4 Life Path person invented the to-do list, because it is the rare Life Path 4 who doesn't have one by her side at all times.

Your life is programed in an orderly fashion permitting you to catalog and manage the flow of ideas and activities that fill your day. Indeed, you seem to function best when you are under the gun and facing a tough set of problems.

Loyal and devoted, you make the best of your marriage, and you are always the good provider.

Friends may be few in number, but you are very close to them and once friendships are made, they often last a lifetime.

The number 4 is solidly associated with the element of earth from which it gains its strength and utter sense of reality. You are one of the most dependable people you know.

If patience and determination can ever win, you are sure to achieve great success in life. Often, you are called on to take care of others; to finish what they have started.

It may not seem fair and probably isn't, but it may be the key to your accomplishment and reputation.

The negative side of the 4 can prove dogmatic to an excess, narrow-minded, and repressive.

A lot of skin-deep people turn you off, and you lack the tact to keep your feelings from being totally clear to all around. Additionally, the negative 4 has a bad tendency to get caught up in the daily routine of affairs, missing the big picture and major opportunities that come along once in a while.

5 (5, 14/5, 23/5, 32/5)

The Life Path 5 suggests that you entered this plane with a highly progressive mindset, with the attitude and skills to make the world a better place.

The key word for your Life Path is freedom. In the pursuit of freedom, you are naturally versatile, adventurous, and advanced in your thinking.

You are one of those people who is always striving to find answers to the many questions that life poses.

The byword for the positive Life Path 5 is constant change and improvement. You want to be totally unrestrained, as this is the number most often associated with the productive use of freedom.

You may be one of the most compassionate of people as the 5 is surely the most freedom-loving and compassionate Life Path.

Your love of freedom extends to humanity at large, and concern for your fellow man, his freedom and his welfare, may be foremost in your mind. A great Life Path 5 American President, Abraham Lincoln, issued the Emancipation Proclamation, and ended slavery in America.

As the ultimate progressive thinker type, your potential in government, the law, and other positions of authority is unlimited.

You are a good communicator, and you know how to motivate people around you.

This may be your strongest and most valuable trait. Because of this skill, and your amazing wit, you are a truly natural born salesman.

This ability to sell and motivate extends to any sort of physical product all the way through to whatever ideas or concepts you may embrace.

You abhor routine and boring work, and you are not very good at staying with everyday tasks that must be finished on time. On the average, the number 5 personality is rather happy-go-lucky; living for today, and not worrying too much about tomorrow.

It is also important for you to find a job that provides thought-provoking tasks rather than routine and redundant responsibilities. You do best dealing with people, but the important thing is that you have the flexibility to express yourself at all times.

You have an innate ability to think through complex matters and analyze them quickly, but then be off to something new.

A love of adventure may dominate your life. This may take the form of mental or physical manifestation, but in either case, you thrill to the chance for exploration and blazing new trails.

Surely you belong to a group considered the most worldly and traveled. Clearly you are not one to pass up a good venture. You have quite a lot of the risk-taker in your makeup.

If you aren't putting your money at stake, you are surely open to a wide variety of risks in your everyday life. Taking the conservative approach is just not in your nature.

In romance, you hate to be tied down and restricted.

This doesn't necessarily mean that you are unfaithful or promiscuous, but it does mean that a good partner for you needs to understand your nature.

A relationship based on jealousy and having tight reigns is not going to work at all for you.

A partner who understands your need to be free and trusted will find you trustworthy, even if you aren't constantly available and totally dutiful.

It is important for you to mix with people of a like mind, and to try to avoid those that are too serious and demanding.

If you are living on the negative side of the Life Path 5, you are apt to be multitalented, but suffering from some lack of direction, and there is confusion surrounding your ambition.

Restless, discontent, and impulsive, you may bounce from one job to the next without accomplishing much at all. A negative Life Path 5 can become very irresponsible in tasks and decisions concerning the home and business life.

The total pursuit of sensation and adventure can result in your becoming self-indulgent and totally unaware of the feelings of those around you.

6 (6, 15/6, 24/6, 33/6)

The Life Path 6 suggests that you entered this plane with tools to become the ultimate nurturer, and a beacon for truth, justice, righteousness, and domesticity.

Your paternal, or maternal, as the case may be, instincts with a 6 Life Path exceed all others by a considerable margin.

Whether in the home or in the work place, you are the predominant caretaker and family head. While the 6 may assume significant responsibilities in the community, the life revolves around the immediate home and family, for this is the most domestic of numbers.

Conservative principles and convictions are deeply ingrained and define your character.

You are idealistic and must feel useful to be happy. The main contribution you make is that of advice, service, and ever present support. You are a humanitarian of the first order. It is your role to serve others, and you start in the home environment.

You are very human and realistic about life, and you feel that the most important thing in your life is the home, the family and the friends.

This is the Life Path related to leadership by example and assumption of responsibility, thus, it is your obligation to pick up the burden and always be ready to help.

If you are like the majority with Life Path 6, you are one who will willingly carry far more than your fair share of any load, and you are always there when needed. In doing so, you take ownership and often become an authority over the situation.

In romance, the 6 is loyal and devoted. A a caretaker type, you are apt to attract partners who are somewhat weaker and more needy than yourself; someone you can care for and protect.

The main ingredient that must prevail in the relationship is complete harmony. You don't function well in stressful relationships that become challenges for you to control.

It is the same with friends, you are loyal and trustworthy. But there is a tendency for you to become dominating and controlling.

It's likely you feel compelled to function with strength and compassion. You are a sympathetic and kind person, generous with personal and material resources.

Wisdom, balance, and understanding are the cornerstones of your life, and these define your approach to life in general. Your extraordinary wisdom and the ability to understand the problems of others is apt to commence from an early age.

This allows you to easily span the generation gap and assume an important role in life early on.

The number 6 Life Path actually produces few negative examples, but there are some pitfalls peculiar to the path.

You may have a tendency to become overwhelmed by responsibilities and a slave to others, especially members of you own family or close friends.

It's easy for you to fall into a pattern of being too critical of others; you also have a tendency to become to hard on yourself.

The misuse of this Life Path produce tendencies for you to engage in exaggeration, over-expansiveness, and self-righteousness.

Modesty and humility may not flow easily. Imposing one's views in an interfering or meddling way must be an issue of concern.

The natural burdens of this number are heavy, and on rare occasions, responsibility is abdicated by persons with this Life Path 6.

This rejection of responsibility will make you feel very guilty and uneasy, and it will have very damaging effects upon your relationships with others.

7 (7, 16/7, 25/7, 34/7)

The Life Path 7 suggests that you entered this plane with a gift for investigation, analysis, and keen observation. You are a thinker of the first order.

You evaluate situations very quickly, and with amazing accuracy. As a result, you are thorough and complete in your work, the perfectionist who expects everyone else to meet a high standard of performance, too.

A Life Path 7 person is a peaceful and affectionate soul. But you guard your connection to people carefully.

It's easy for you to detect deception and recognize insincere people, and you avoid them.

You aren't one to have a wide circle of friends, but once you accept someone as a friend, it's for life. It's as if you must get to know someone a lot better before you allow the wall surrounding you to be penetrated.

Chances are you are a very charming and refined individual with great poise and a quick wit. Nonetheless, there is an exclusiveness about you.

You probably aren't a very social person. Your reserve is often taken to be aloofness, but actually, it's not that at all. It is merely a cover up for your basic feeling of insecurity. There's no rush, It takes time for you to warm up to new friends. Clubs and organizations hold little interest for you; you are not a joiner.

You actually like being alone and away from the hustle and bustle of modern life. In many ways, you would have fit in better in much earlier times when the pace of life was less hectic.

You need a good deal of quiet time to be with your own inner thoughts and dreams. You dislike crowds, noise, distractions, and confusion.

The overwhelming strength of the number 7 is reflected in the depth of thinking that is shown; you will garner knowledge from practically every source that you find.

Intellectual, scientific, and studious, you don't accept a premise until you have dissected the subject and arrived at your own independent conclusion.

This is a very spiritual number and it often denotes a sort of spiritual wisdom that becomes apparent at a fairly early age.

A built in inner guide providing a strong sense of intuition may set you up as being a law unto yourself. Whatever spiritual position you take, whether traditional or bizarre, you will cling to it with fervor.

Once you have decided an issue, it is almost impossible to get you to revisit the question. Adaptability is not your style, and change for you is a rarity.

You rely heavily on your experiences and your intuition, rather than accepting advice from someone. Your hunches usually prove to be very accurate, and knowing this, you follow the directions they seem to guide.

In the most negative use of the 7 energies, you can become very pessimistic, lackadaisical, quarrelsome, and secretive.

A Life Path 7 individual who is not living life fully and gaining through experiences, is a hard person to live with because of a serious lack of consideration for others.

There is such a negative attitude. Indeed, operating on the negative side of the 7 can produce a very selfish and spoiled individual and living with one can be a challenge.

This may be why some 7s actually prefer living alone. If you have any of the negative traits they are very difficult to get rid of because you tend to feel that the world really does owe you a living or that in some way you are not being fairly treated.

Fortunately, the negative 7 is not the typical 7, at least not without some mitigating positive traits. This number is one that seems to have some major shifts from highs to lows. Stability in feelings may be elusive for you.

8 (8, 17/8, 26/8, 35/8)

The Life Path 8 suggests that you entered this plane armed to lead, direct, organize and govern. You are very ambitious and goal-oriented.

You will want to use your ambitions, your organizational ability, and your efficient approach to carve a satisfying niche for yourself.

If you are a positive 8 you are endowed with tremendous potential for conceiving far-reaching schemes and ideas, and also possessing the tenacity and independence to follow them through to completion. In short, you were born to be an executive.

You know how to manage yourself and your environment. Your ability to judge the character and potential of the people around you is an asset used to your advantage.

A large part of your success in life comes from how hard you work. This Life Path is the most prone to producing workaholics.

But your ability to spot good people and engage them in your endeavors is a special trait not to be overlooked. There is an inspirational quality in your makeup which allows you to become a great leader.

You are practical and steady in your pursuit of major objectives, and you have the courage of your convictions when it comes to taking the necessary chances to get ahead.

With the Life Path of the number 8 you are focused on learning the satisfactions to be found in the material world. The Life Path 8 produces many powerful, confident and materially successful people.

Most of your concerns involve money and learning of the power that comes with its proper manipulation.

This Life Path is perhaps the one that is the most concerned with and desirous of status as an ultimate measure of success. You want to be recognized for your hard work and achievements.

The attainment of honors and acceptance into the club of executive leadership is all important.

For this, you may find yourself very well suited to compete in the business world or in the political arena.

In relationships, you are frank, honest, and steadfast. You may be very much in love, but watch that you are not too busy and preoccupied to show it.

Being the lavish provider is not always an adequate substitute for showing your devotion and affection in more personal ways.

You have a great need for close personal relationships to mitigate and somehow soften your nature.

You must find the time for love and keep it as an important project in your life.

The negative 8 can be dictatorial and often suppresses the enthusiasm and efforts of fellow member of the environment. Often, the strength of their own personality excludes close feelings for other people with whom they come in contact.

Material gains and rewards often become issues of utmost importance, even to the neglect of family, home and peace of mind. Dedication to success can become an obsession. Emotional feelings are often suppressed by the negative 8, resulting in isolation and loneliness. All Life Path 8 people must avoid discounting the opinions of others.

9 (9, 18/9, 27/9, 36/9)

The Life Path 9 suggests that you entered this plane with an abundance of dramatic feelings coupled with a strong sense of compassion and generosity.

The key to the nature of a Life Path number 9 person is found in their humanitarian attitude. Even the very average of those with life path 9 possess extremely compassionate tendencies.

Usually this number produces an individual that is very trustworthy and honorable, and one unlikely to harbor any sort of prejudice.

Obviously, this is a rather tall order, but you are, in fact, a person that feels very deeply for individuals less fortunate than yourself, and if you are in a position to help, you certainly will.

The 9, being the highest of the single digit numbers, holds an elevated position in terms of responsibilities to mankind.

Material gains are not overly important, although the quality of some life path 9 people is such that they are materially rewarded in very significant ways. In this, however, the 9 Life Path is not apt to get rich since they are very generous, sometimes to a fault, and usually have an easy come, easy go attitude about money.

The rare 9 life path has a totally selfless attitude, giving up of material possessions for the common good.

The 9 Life Path indicates you have a commanding presence. You have the ability to make friends very easily, as people are attracted to your magnetic, open personality. The term "hail-fellow" may have been coined to describe a 9 Life Path, as you may indeed be one of those who is generally upbeat and heartily friendly and congenial.

You meet people easily and are quickly befriended because of your openness and amiable demeanor. Your genial ways often put you in the lead in whatever field of endeavor you pursue.

Relationships can be difficult for you because it is hard to strike a balance that will work effectively.

If your partner is one sharing your giving attitudes, the relationship will be happy and lasting.

On the other hand, if you choose a partner whose focus is on material issues, problems will arise quickly.

You tend to be quite sensitive, as you see the world with much feeling. The number 9's very deep understanding of life is sometimes manifested in the artistic and literary fields. If drama and acting is not your forte, it will surely be an area of great interest and potential.

Likewise, you may be able to express your deep emotional feelings through painting, writing, music, or other art forms.

The purpose of life for those with a 9 life path is often of a philosophical nature. Judges, spiritual leaders, healers and educators frequently have much 9 energy.

The number is less inclined to the competitive business environment and may find this a struggle.

As do all the life path numbers, the 9 has its negative side. Because of the demanding nature of the truly positive 9, many tend to fail in this category.

It is not uncommon for persons with the 9 life path to fight the realities and challenges of purpose imposed here because selflessness is not an easy trait.

You may have difficulty believing that giving and a lack of personal ambition can be satisfying.

It must be realized and accepted that little long-term satisfaction and happiness is to be gained by rejecting the natural humanitarian inclinations of this path.

THE DESTINY NUMBER

A number derived from all of the letters in your FULL BIRTH NAME make

up what is called the Destiny or Destiny number. This is the number that describes the tasks that you must achieve in this lifetime using the name given you.

This name, the complete birth name, symbolizes the opportunities you have at your disposal. This is sometimes referred to as your potential or destiny.

Living up to attributes of this number may not be easy, but it is your goal in the here and now.

It is your life's purpose, spiritual mission, and your field of opportunity.

Unlike the Life Path number which reads as you are, the Destiny number more correctly reads as you MUST or what you can aspire to become.

To arrive at your Destiny number, take each name separately and add up the letter values using the conversion chart below. Reduce each name to a single digit .

Then add the results of all of the names to arrive at a total which you then once again reduce to a single digit.

Don't use nicknames, assumed name, deviations in spelling used, or omit any part of the birth name.

Use it as it appears on the birth certificate. Don't worry about changes to the name (married name, etc.), just stay with complete birth name. Don't count Jr. Sr., III, etc. following the name.

Here is how to turn letters in the full name to a Destiny Number:

1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**
A	B	C	D	E	F	G	H	I

J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	.

1 (10/1)

The number 1 Destiny suggests that the direction of growth in your lifetime will be toward gaining greater independence and establishing yourself as a leader.

A name producing a 1 Destiny may help you gain the talents to become a skilled executive with keen administrative capabilities, or perhaps a sales executive, or promoter.

You have within you what it takes to become an original person with a creative approach to problem solving, and a penchant for initiating action.

Unless you Life Path shows that you won't need the help, someone may have to follow behind you to handle the details, but you know how to get things going and make things happen. As you develop, you will have little need for much supervision, preferring to act on your own with little restraint.

Progressing through life, you will become one who seeks to expand and broaden opportunities to find new careers and new inventions.

You must develop skills in innovation and ingenuity. You have a good mind and the ability to use it for your advancement. Because of these factors, you have much potential for achievement and financial rewards.

Frequently, this Destiny belongs to one running a business or striving to achieve a level of accomplishment on ones talents and efforts.

As you mature, you must become increasingly ambitious and determined.

Self-confident and self-reliant must be yours, as you develop a strong unyielding will and the courage of your convictions.

The 1 Destiny presents a tendency for you to fear the routine and being in a rut. You often jump the gun because you are afraid of being left behind.

The negative attributes of the 1 Destiny include one becoming egotistic and developing a self-centered approach to life. This is an aggressive number and if it is overemphasized it is very hard to live with. You do not have to be overly aggressive to fulfill your destiny. You do not have to dominate and destroy in order to lead and manage.

2 (11/2, 20/2)

The number 2 Destiny suggests that the direction of growth in your lifetime will be toward gaining an understanding of people and a greater spiritual sense of the world around you.

A name producing a 2 Destiny gives you the tools to work very well with other people. Your destiny will be, in part, in the role of the mediator and the peacemaker.

As you grow in this direction, you become sensitive to the feelings of others, you become diplomatic in handling complicated situations.

The spiritual potential for the 2 Destiny, and perhaps particularly so for the master number 11/2, is very high. You have the capacity to be inspirational, and the ability to lead merely by your own example.

An inborn inner strength and awareness can make you an excellent teacher, social worker, philosopher, or advisor. No matter what area of work you pursue, you are very aware and sensitive to the highest sense of your environment.

Your intuition is very strong; in fact, many psychic people and those involved in occult studies have the number 11/2 Destiny. Indeed, the 2 has a spiritual connection not found in other numbers.

In many ways you are dependent on others and seem to function best in a partnership or in some form of group activity. As you mature, modesty will run deeper in your nature, and you must work comfortably without recognition of your accomplishments.

Often, others will get credit for your ideas, and this must be of little real concern to you as you skill as a team play progresses.

Cooperative, courteous, and considerate, you have the capacity to become an outstanding facilitator.

You will have the capacity to organize and handle people, just as you will handle detail, rarely overlook anything.

As you fulfill your destiny, tactful and friendly behavior will increase your popularity, and nearly everyone will like you.

Perhaps this is also because you are more content working with your ideals, rather than dollars and cents.

The positive aspect of the number 2 Destiny is an always idealistic attitude. This is even more accentuated in the master number 11/2.

The negative 2 personality can be oversensitive and easily hurt. Too much of this number in your makeup can make you very shy and uncertain.

Sometimes the excessive 2 energies makes one apathetic and somewhat indifferent to the job at hand; the ability to handle details is hampered in these cases.

Some 2s, and especially the 11/2s, struggle with a continuous sense of nervous tension; you may be too sensitive and temperamental.

You tend to dream a lot and may be more of a dreamer than a doer. Fantasy and reality sometimes become intermingled and you are sometimes very impractical.

You tend to want to spread the illumination of your knowledge to others irrespective of their desire or need.

3 (12/3, 21/3, 30/3)

The number 3 Destiny suggests that the direction of growth in your lifetime will be toward a more creative and inspirational nature.

This path also leads to establishing yourself as an inspiration person spreading optimism and cheerfulness wherever you reside or travel.

The byword for the 3 Destiny is embracing the joy of living and helping others to do the same.

A large part of your mission in life centers around raising the spirits of your fellow man. This might be on a everyday small scale basis, or it might be by being on stage as an entertainer.

Obviously, for most, the first more likely, but, this Destiny does incline you along a variety of lines that may include writing, speaking, singing, acting or teaching.

For some the interest in and appreciation of the arts is there, but the creative pursuit of these interests might not arrive.

You also have the destiny to sell yourself or sell just about any product that comes along. You may indeed be a natural salesman as the 3 traits are always welcome in sales and public relations.

You are imaginative in your presentation and a pleasure to be around.

As you mature you must become an optimistic person that seems ever enthusiastic about life and living. You are friendly, loving and social, and people like you because you are charming and such a good conversationalist.

You must develop an ability to communicate effectively in order to inspire others. It is your role in life to inspire and motivate.

Friends are extremely important to the 3 Destiny, and you must develop the ability to be a true friend. Through this talent you will achieve success. Opportunities open for you as you become increasingly social.

The negative side of number 3 Destiny is superficiality. You may tend to scatter your forces and simply be too easygoing. It is advisable for the negative 3 to avoid dwelling on trivial matters, especially gossip.

4 (4, 13/4, 22/4, 31/4, 40/4)

The number 4 Destiny suggests that the direction of growth in your lifetime will be toward a greater sense of order, service, and management skills.

As you develop, you must adopt an approach that is more practical, down-to-earth, and thorough. You must be willing to work those long, hard hours to push a project through to completion.

A increase in your patience with detail allows you to become expert in fields such as building, engineering, and all forms of craftsmanship.

You may accumulate abilities to write and teach, leaning toward the more technical and detailed. In the arts, music will likely be your choice.

Artistic talents may also appear in such fields as horticulture and floral arrangement.

Many skilled physicians and especially surgeons have the 4 Destiny. Indeed, you may enjoy success in any number of professions in which

planning, organization, regulation, and dogged follow through are valued.

All with Destiny 4, and especially the master number 22/4, are potentially equipped to handle large scale undertakings in the material world.

Often the reference to "master builder" is used in with regard to the 22/4, however, this trait is a potentiality in every 4, and does frequently occur.

The Destiny 4 produces a very moral character and you must choose your friends from those living up to your high standards. It will be difficult to hide your disappointment in those who fail to meet this ideal.

You will be happiest mixing with associates and friends who are, like yourself, practical, moral, and doing good works for others.

The negative side of 4 often produces dominant and bossy individuals. If there is too much 4 energies present in your makeup, you may express some of the negative attitudes of the number 4.

The obligations that you face may tend to create frustration and feelings of limitation or restriction. All 4s, and particularly the 22/4 may accentuate unorthodox methods to the point of eccentricity.

This negative manifestation of the 4 Destiny can also be very dominating and overbearing.

Avoid becoming too rigid, stubborn, dogmatic, and fixed in your opinions. You may have a tendency to develop and hold very strong likes and dislikes, and some of these may border on the classification of prejudice.

5 (5, 14/5, 23/5, 32/5, 41/5)

The number 5 Destiny suggests that the direction of growth in your lifetime will be toward becoming a harbinger of change, freedom, and progressive thought and action.

The number 5 Destiny potentially endows you with the wonderful characteristic of multi-talents and versatility. You must develop in ways allowing you to do so many things well.

The tone of the number 5 is the constructive use of freedom, and in your drive to attain this freedom, you must be the master of adaptability and change.

As you mature, you must become good at presenting ideas and knowing how to approach people to get what you want.

Naturally, this will give you an edge in any sort of selling game and spells easy success when it comes to working with people in most jobs. Whatever you do, you have the capacity to be clever, analytical, and a very quick thinker.

You must learn to accept changes as they come along and avoid clinging to the outdated.

Avoid rebellion, and focus on enlightenment and progression thinking that will benefit mankind. You life is broadened by gaining an understanding and an appreciation of all kinds of people.

The Destiny 5 will be welcome in many varied professional environments. The public sector is a natural for you because you must administer to all peoples.

The media, advertising, promotion, publicity, all types of selling, and entertainment are all potential fields that may interest you.

Settling on a single career may not be in the cards for you, as you are in a continuous state of flux brought by constantly changing interests.

If there is too much of the 5 energy in your makeup or if you develop negatively, the negative side of the number may appear.

Your restless and impatient attitude may keep you from staying with any project for too long. Sometimes you can be erratic and scatter yourself and your energies. You have a hard time keeping regular office hours and maintaining any sort of a routine.

As clever as you are, you may have a tendency to make the same mistakes over and over again.

Much of your response to such errors is glib reaction rather that thoughtful application.

6 (6, 15/6, 24/6, 33/6, 42/6, 51/6)

The number 6 Destiny suggests that the direction of growth in your lifetime will be toward a greater sense of responsibility, love, and balance.

Development in life must make you more helpful, conscientious, and capable of rectifying and balancing any sort of inharmonious situation.

You must be a person very much inclined to give help and comfort to those in need.

You have a natural penchant for working with the old, the young, the sick, or the underprivileged.

As the saying goes, charity begins at home, and the home is where you must be a special person. The qualities of the 6 make the finest and most concerned parent, and one who is often deeply involved in domestic activities.

Openness and honesty is apparent in your approach to all relationships, particularly close family relationship.

A happy home life is the goal of Destiny 6, and if you live up to the promises of this number, you will reap this reward most likely with some degree of luxury and grace.

Although you may have considerable creative and artistic talents, the chances are that you will devote yourself to an occupation that shows concern for the betterment of the home and of the community at large.

The destiny of the 6 is often a career in medicine, welfare work, education, dealing in the arts, furniture, decorating, landscaping, home construction, religious endeavors, or scientific fields.

The positive side of the number 6 suggests that you are very loving, friendly, and appreciative of others. You have a depth of understanding that produces much sympathetic, kindness, and generosity.

If there is an excess of the number 6 in your makeup, you may exhibit some of the negative traits associated with this number.

This can include stubbornness, self-righteousness, or dominance. There may be a tendency for you to be too exacting and demanding of yourself, too. In this regard, you may at times sacrifice yourself (or your loved ones) for the welfare of others.

Many with the Destiny of the number 6 worry much too much. In some cases, the over zealous 6 has difficulty distinguishing helping from interfering.

7 (7, 16/7, 25/7, 34/7, 43/7, 52/7)

The number 7 Destiny suggests that the direction of growth in your lifetime will be toward thought, analysis, and the development of a mind skilled at searching out the truth.

You must become accomplished at analyzing, judging and discriminating, so that little escapes your observation and deep understanding.

In this you will become increasingly introspective, and value seclusiveness and solitude.

You are the type of person that can really get involved in a search for wisdom or hidden truths, and you must become an authority on whatever it is your are focusing on.

This can easily be of a technical or scientific nature, or it may be religious or occult, it matters very little, you pursue knowledge with the same sort of vigor. You can make a very fine teacher, or because of a natural inclination toward the spiritual, you may become deeply emerged in religious affairs or even psychic explorations.

You have excellent capabilities to study and learn really deep and difficult subjects, and to search for hidden fundamentals.

You tend to operate on a rather different wavelength, and many of your friends may not really know you very well.

At full maturity you are likely to be a very peaceful and poised individual. You really like to work alone, at your own pace and in your own way. You neither show or understand emotions very well.

The positive aspects of the 7 Destiny are that you must be a true perfectionist in a very positive sense of the word.

You are very logical, and usually employ a quite rational approach to most things you do.

You can be so rational at times that you almost seem to lack emotion, and when you are faced with an emotional situation, you may have a bit of a problem coping with it.

If there is an over supply of the number 7 in your makeup, the negative aspects of the number may be apparent.

The chief negative of 7 relates to the limited degree of trust that you may have in people. A tendency to be highly introverted can make you a bit on the self-centered side, certainly very much self-contained.

Because of this, you are not very adaptable, and you may tend to be overly critical and intolerant.

8 (8, 17/8, 26/8, 35/8, 44/8, 53/8)

The number 8 Destiny suggests that the direction of growth in your lifetime will be a move up the ladder of attainment in the material world, to achieve financial security, and status amongst your peers.

The positive 8 Destiny produces individuals that are very ambitious and goal-oriented. If you are expressing the positive qualities of 8, you are an outstanding manager because you can plan, initiate, and complete projects; you are very dependable and determined.

The 8 Destiny makes you well-equipped to develop and grow in a managerial sense.

You have outstanding potential for organizational and administrative responsibilities.

You have the potential for considerable achievement in business or other powerful positions such as government leadership roles.

You have the skill and abilities to establish or operate a business with great efficiency.

You can expect to receive the financial and material rewards. You have good judgment when it comes to money and commercial matters, and you understand how to build and accumulate material wealth.

Much of your success must come due to your ability to judge character. With the number 8 Destiny, you must exercise sound judgment in most of your affairs; you must be realistic and practical in your approach to business matters.

No one has any more energy that a person with the 8 Destiny who has a plan laid and is starting to work.

No one has any more self-confidence, either.

If you have too much of the 8 energy in your makeup, you may express some of the negative attitudes. A negative 8 can be very rigid and stubborn.

Ambition sometimes has a way of becoming over-ambition, and you may express an unreasonable impatience with the lack of progress.

If your negative side is showing, you may be too exacting, both of yourself and of others. Sometimes this can even becomes a case of intolerance.

The Destiny 8 is on a quest for status and power.

Neither of these drives are inherently negative unless they are taken to an extreme. You must avoid the tendency to strain after money, material matters, status, or power, to the detriment of the other important factors in your life.

9 (9, 18/9, 27/9, 36/9, 45/9, 54/9)

The number 9 Destiny suggests that the direction of growth in your lifetime will be in benevolent activities, in compassion, and in worldly understanding.

You are living up to and growing toward your Destiny when you follow your feelings and sense of compassion, and allow yourself to be sensitive to the needs of others.

You must be willing to help others as you were intended to be the "big brother or big sister" type. You must work well with people, for you have the potential to inspire.

Creative ability, imagination and artistic talent (often latent) of the highest order are present in this Destiny. Career fields in which you can excel are many and include advisory roles, medicine, legal fields, artistic fields, diplomacy, and religion.

Friendships, affection, and love are extremely important. Your personal ambitions must be maintained in a very positive perspective, never losing sight of an interest in people, and preserving a sympathetic, tolerant, broad-minded and compassionate point of view.

If you are able to achieve the potential of your natural Destiny in this life, you are capable of much human understanding and have a lot to give to others.

Undeveloped or ignored, the negative side of the 9 Destiny can be very selfish and self-centered.

If you do not actively involve yourself with work that benefits others, you may tend to express just the opposite characteristics.

It is your role to be very involved with other people and their needs, but it may be difficult for you achieve this role. Aloofness, lack of involvement, and a lack of sensitivity mark the low road of this Destiny.

THE SOUL URGE

The Soul Urge or as it is sometimes called, the heart's desire, is an important core influence in numerology. However, the Soul Urge falls well below the Lifepath (the birth date number) and Destiny (the full birth name) numbers in importance, because this is a number that you don't expose overtly to those around you.

It is your inner cravings, likes and dislikes, which are usually kept rather private. This number denotes what you value most regardless of Life

Path (what you are from birth) and expression (what you will become in life).

This influence suggests the nature that drives you in your daily life. Satisfying the demands of the Soul Urge will give you a sense of inner peace and contentment.

This number is made up from the vowels (**a, e, i, o and u**) in your full birth name just as it is recorded on your birth certificate.

The sum of all of these letter, converted to numbers, and reduced to a single number or a master number is your Soul Urge.

Here is a chart reflecting the number value of the vowels and sometime vowels:

1	2	3	4	5	6	7	8	9
A	-	-	-	E	-	-	-	I
-	-	-	-	-	O	-	-	-
-	-	U	-	W*	-	Y*	-	-

- A "**Y** "is also a vowel when there is no other vowel in a syllable (Lynn or Carolyn) and when it is preceded by a vowel and sounded as one sound (Hayden). A "**W"** is treated as a vowels when it is preceded by a vowel and produces a single sound, as in such names and Bradshaw.

Master numbers 11 and 22 should be considered as 2 and 4, respectively.

1

With a 1 Soul Urge, you achieve a sense of contentment when you succeed in any type of competition. You need to have the sense that you are a winner at doing what you do. Winning makes you feel accepted and appreciated and these are keys to being fulfilled.

2

With a 2 Soul Urge, you have a deep inner need for love and harmony in your life. Resolving problems using mediation and diplomacy produces a warm sense of achievement. When you avoid the pain of stress and conflict, you are well on the road to feeling fulfilled.

3

With a 3 Soul Urge, you gain a sense of contentment when you engage in creative endeavors. Exercising your verbal or writing talents to gain status in your environment makes you feel good about yourself. Social interaction and just having a good time produces a sense of fulfillment.

4

With a 4 Soul Urge, there is an ever-present need to feel secure in a financial and in a professional sense. You gain happiness in the knowledge your debts are gone and your home environment is solid. When others show appreciation for your knowledge and expertise, you achieve a sense of fulfillment

5

With a 5 Soul Urge, the desire to have complete freedom to be in control of your affairs is paramount in your makeup. Happiness is having the latitude to go where you want to go and do what you want to do. Tasting life in an unrestrained fashion produces a sense of fulfillment.

6

With a 6 Soul Urge, having a sense of being needed and appreciated is an always present pressure. You have a strong need for acknowledgment. Fulfillment comes when you are looked up to by your family, friends, or coworkers for the efforts you expend on their behalf.

7

With a 7 Soul Urge, you have a strong inner need to gain a spiritual sense about the world around you. You have an inborn appreciation for nature and the wonders of the world around you. Fulfillment comes with being able to spend time in solitude and in seeking wisdom.

8

With an 8 Soul Urge, you harbor a focused drive to achieve in a material sense and to gain a position of authority and power. Happiness is financial freedom, a well established business or, at least, a very secure job. Status in your environment produces fulfillment.

9

With a 9 Soul Urge, you are happiest when you can do something to benefit humanity. You have a strong desire to make a difference in the world. Living life fully and helping where you can produces a sense of fulfillment.

YOUR INNER DREAMS

The sum of the consonants in your name relates a secret dream, your inner desires, or maybe even fantasies.

As a modifier, this aspect of your chart may be considered less important than many of the others because often these remote and deep-seated dreams are never realized.

Sometimes, however, when this number has a relationship to another core number, the dream can come true. Strangely, this number is also associated with your personality or how people see you on first meetings.

This number may be so strong in your subconscious that you even project the trait as a personality mask.

Here's a chart showing the value of the consonants:

1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**
--	B	C	D	--	F	G	H	--
J	K	L	M	N	--	P	Q	R
S	T	--	V	W*	X	Y*	Z	--

** Don't count W or Y as a consonant if it is been used as a vowel in the name.*

If the consonants in your name add up to:

1…You dream of being a leader and one who is in charge. You want to be known for your courage, daring, and original ideas. You seek unconquered heights. People may get a first impression that you are very aggressive and sure of yourself.

2…You dream of close and meaningful relationships, cooperation with those around you; family and friends. You want to be a peacemaker and mediator. You present an image that you are a very pliable and easygoing person who would be very easy to get along with.

3…You dream of artistic expression; writing, painting, music. You would seek to more freely express your inner feeling and obtain more enjoyment from life. You also dream of being more popular, likable, and appreciated.

4…You dream of being a very solid citizen that people can depend upon. You strive for organization and predictable order. You want to be recognized as a person with a plan and the discipline to make that plan work like clockwork.

5…You dream of being totally free and unrestrained by responsibility. You see yourself conversing and mingling with the natives in many nations, living for adventure and life experiences. You imagine what you might accomplished.

6…You dream of guiding and fostering the perfect family in the perfect home. You crave the devotion from offspring and a loving spouse. You picture yourself in the center of a successful domestic unit.

7…You dream of having the opportunity to read, study, and shut yourself off from worldly distractions. You can see yourself as a teacher, mystic, or ecclesiastic, spending your life in the pursuit of knowledge and learning.

8…You dream of success in the business or political world, of power and control of large material endeavors. You crave authority and recognition of executive skills. Your secret self may have very strong desire to become an entrepreneur.

9...You dream of being creative, intellectual, and universal; the selfless humanitarian. You understand the needy and what to help them. You would love to be a person people count on for support and advice.

11...You dream of casting the light of illumination; of being the true idealist. You secretly believe there is more to life than we can know or prove, and you would like to be provider of the "word" from on high.

22...You dream of being a master organizer and a builder of monumental projects; of guiding a truly huge endeavor. Your secret fantasy is to think big and imagine what could be done for the world. You may also dream of the huge rewards.

THE BIRTHDAY NUMBER

The birthday is a supporting influence added to the Life Path.

Think of it as a modifier to the Life Path. These are traits that you brought into this life much as with the more important and dominating traits shown by the Life Path.

Here is your birthday and the modifying traits shown by it:

1
The number 1 energy suggests that there is perhaps more executive ability and leadership qualities in your makeup than your lifepath may have indicated.

A birthday on day 1 of any month gives a measure of will power and self-confidence, and very often a rather original approach.

This 1 energy may diminish your ability and desire to handle details, preferring instead to paint with a broad brush. You may be sensitive, but your feelings stay rather repressed.

2
Your birth on the 2nd day of the month adds a degree of emotion, sensitivity, and intuition to your reading.

The 2 is a very social number allowing you to make friends easily and quickly. Yet you are apt to have a rather nervous air in the company of a large group. You have a warmhearted nature and emotional understanding that constantly seeks affection.

You are more prone than most to become depressed and moody, as emotions can turn inward and cause anxiety and mental turmoil. It can be hard for you to bounce back to reality when depression sets in.

3
Being born on the 3rd day of the month is likely to add a good bit of vitality to your life.

The energy of 3 allows you bounce back rapidly from setbacks, physical or mental. There is a restlessness in your nature, but you seem to be able to portray an easygoing, sometimes "couldn't care less" attitude.

You have a natural ability to express yourself in public, and you always make a very good impression. Good with words, you excel in writing, speaking, and possibly singing.

You are energetic and always a good conversationalist.

You have a keen imagination, but you tend to scatter your energies and become involved with too may superficial matters.

You are affectionate and loving, but sometimes too sensitive. You are subject to rapid ups and downs.

4
Being born on the 4th day of the month should help make you a better manager and organizer.

You may be more responsible and self-disciplined than your Life Path suggested because of this date. Sincere and honest, you are a serious and hard working individual.

Limitations may be imposed by this 4 energy, especially if this number is active elsewhere in your reading. Your feelings are likely to seem somewhat repressed at times.

The number 4 has something of an inhibiting effect on your ability to show and express affections, as feeling are very closely regulated and controlled. Even if it by itself, you are apt to be much more practical,

rational, and conscious of details. There is a good deal of rigidity and stubbornness associated with the number 4.

5
With a birthday on the 5th of the month you are inclined to work well with people and enjoy them.

You are talented and versatile, very good at presenting ideas. You may have a tendency to get itchy feet at times and need change and travel.

You tend to be very progressive, imaginative and adaptable. Your mind is quick, clever and analytical.

A restlessness in your nature may make you a bit impatient and easily bored with routine. You may have a tendency to shirk responsibility.

6
A birthday on the 6th of the month adds a tone of responsibility, helpfulness, and understanding to your natural inclinations.

Those born on the sixth are more apt to be open and honest with everyone, and more caring about family and friends, too. This is a number associated with responsibility and caring, and no matter what your lifepath may be, this birthday lends a degree of concern for others.

7
Born on the 7th day of month gives you a tendency to be something of a perfectionist and makes you more individualistic in many ways.

Your mind is good at deep mental analysis and complicated reasoning. You are very psychic and sensitive, and you should usually follow your hunches.

You may not take orders too well, so you may want to work alone or in a situation where you can be the boss. This birthday gives a tendency to be somewhat self-centered and a little stubborn.

8
Born on the 8th day of the month, you have a special gift for business, as you can conceive and plan on a grand scale.

You have good executive skills and you're a good judge of values. You should try to own your own business, because you have such a strong desire to be in control.

You are generally reliable when it comes to handling money; you can be trusted in this regard. Idealistic by nature, you are never too busy to spend some time on worthwhile causes, especially if managerial support are needed.

There is much potential for material success associated with this number.

9
Your birth on the 9th day of the month adds a tone of idealism and humanitarianism to your nature.

You become one who can work easily with people because you are broadminded, tolerant and generous. You are ever sensitive to others' needs and feelings, and even if the other numbers in your core makeup don't show it, you are very sympathetic and compassionate.

Your feeling run deep and you often find yourself in dramatically charged situations. This 9 energy always tends to give more that it gets.

10
Your birth on the 10th day of the month adds a tone of independence and extra energy to your Life Path.

The number 1 energy suggest more executive ability and leadership qualities than you path may have indicated. A birthday on the 10th of any month gives greater will power and self-confidence, and very often a rather original approach.

This 1 energy may diminish your ability and desire to handle details, preferring instead to paint with a broad brush. You are sensitive, but your feeling stay somewhat repressed. You have a compelling manner that can be dominating in many situations.

11
Your birth on the 11th day of the month makes you something of a dreamer and an idealist.

You work well with people because you know how to use persuasion rather than force. There is a strong spiritual side to your nature, and you may have intuitive qualities inherent in your make up, too. You are very aware and sensitive, though often temperamental.

Although you have a good mind and you are very analytical, you may not be comfortable in the business world. You are definitely creative and this influence tends to make you more of a dreamer than a doer.

12
Being born on the 12th day of the month (3 energy) is likely to add a good bit of vitality to your life.

The energy of 3 allows you bounce back rapidly from setbacks, physical or mental. There is a restlessness in your nature, but you seem to be able to portray an easygoing, sometimes "couldn't care less" attitude.

You have a natural ability to express yourself in public, and you always make a very good impression. Good with words, you excel in writing, speaking, and possibly singing.

You are energetic and always a good conversationalist.

You have a keen imagination, but you tend to scatter your energies and become involved with too may superficial matters.

Your mind is practical and rational despite this tendency to jump about. You are affectionate and loving, but very sensitive. You are subject to rapid ups and downs.

13
Being born on the 13th day of the month should help make you a better manager and organizer, but it may also give you a tendency to dominate people a bit. You may be more responsible and self-disciplined than your Life Path suggested because of this date.

Sincere and honest, you are a serious, hard working individual. Limitations may be imposed by this 4 energy, especially if there is additional indications the number elsewhere in your number.

Your feeling are likely to seem somewhat repressed at times. Even if it by itself, you are apt to be much more practical, rational, and conscious

of details. Your intolerance and insistence on complete accuracy can be irritating to some.

14
With a birthday on the 14th of the month (5 energy) you are inclined to work well with people and enjoy them. You are talented and versatile, very good at presenting ideas, and you are also very good at organization and systematizing.

You may have a tendency to get itchy feet at times and need change and travel. You tend to be very progressive, imaginative and adaptable.

Your mind is quick, clever and analytical. A restlessness in your nature may make you a bit impatient and easily bored with routine, and rebel against it. You have a tendency to shirk responsibility.

15
With a birthday on the 15th of any month, you are apt to have really strong attachments to home, family and domestic scene.

The 1 and 5 equaling 6, provide the sort of energy that makes you an excellent parent or teacher. You are very responsible and capable.

This is an attractive and an attracting influence. You like harmony in your environment and strive to maintain it.

You tend to learn by observation rather than study and research. You may like to cook, but you probably don't follow recipes.

This number shows artistic leanings and would certainly support an talents that may be otherwise in your makeup. You're a very generous and giving person, but perhaps a bit stubborn in ways.

16
Your birth on the 16th day of the month gives a sense of loneliness and generally the desire to work alone.

You are relatively inflexible, and insist on your being independent. You need a good deal of time to rest and to meditate. You are introspective and a little stubborn. Because of this, it may not be easy for you to maintain permanent relationships, but you probably will as you are very much into home and family.

This birth day inclines to interests in the technical, the scientific, and to the religious or the unknown realm of spiritual explorations.

The date gives you a tendency to seek unusual approaches and makes your style seem a little different and unique to those around you.

Your intuition is aided by the day of your birth, but most of your actions are bedded in logic, responsibility, and the rational approach.

You may be emotional, but have a hard time expressing these emotions. Because of this, there may be some difficulty in giving or receiving affection.

17

Your birth on the 17th day of the month suggests that you are very fortune financially, because this date is very good for business interest and a solid business sense.

Although you are probably very honest and ethical, this birthday enables you to be shrewd and successful in the world of business and commercial enterprise.

You have excellent organizational, managerial, and administrative capabilities enabling you to handle large projects and significant amounts of money with relative ease. You are ambitious and highly goal-oriented, although you may be better at starting projects than you are at finishing them.

A sensitivity in your nature, often repressed below the surface of awareness, makes it hard to give or receive affection.

18

Your birthday on the 18th day of the month suggests than you are one who can work well with a group, but still remain someone who needs to maintain individual identity.

There is a humanistic or philanthropic approach to business circumstances in which you find yourself. You may have good executive abilities, as you are very much the organizer and administrator.

You are broad-minded, tolerant and generous; a compassionate person that can inspire others with imaginative ideas. Some of your feelings may be expressed, but even more of them are apt to be repressed.

There is a lot of drama in your personality and in the way you express yourself to others. Oddly enough, you don't expect as much in return as you give.

19

Your birth on the 19th day of the month adds a tone of independence and extra energy to your life path.

But at the same time, it poses a number of obstacles to overcome before you are able to be as independent as you would like.

The number 1 energy suggests more executive ability and leadership qualities than your path may have indicated.

A birthday on the 19th of any month gives greater will power and self-confidence, and very often a rather original approach; but with this, a somewhat self-centered approach to life that may be in conflict with some of the other influences in your life.

This 1 energy may diminish your ability and desire to handle details, preferring instead to paint with a broad brush.

You are sensitive, but your feeling stay somewhat repressed. You have a compelling manner that can be dominating in many situations.

You do not tend to follow convention or take advice very well. Consequently, you tend to learn through experience; sometimes hard experiences.

The 19/1 is a loner number and you may experience feelings of being alone even if you are married. You may take on a tendency to be nervous and anger more easily than your Life Path number suggests.

20

Your birth on the 20th day of the month adds a degree of emotion, sensitivity, and intuition to your reading.

The 2 energy provided here is very social, allowing you to make friends easily and quickly. Yet you are apt to have a rather nervous air in the company of a large group.

You have a warmhearted nature and emotional understanding that constantly seeks affection. You are very prone to become depressed and moody, as emotions can turn inward and cause anxiety and mental turmoil.

It can be hard for you to bounce back to reality when depression sets in. When things are going well, you can go just as far the other way and become extremely affectionate.

21

Being born on the 21st day of the month (3 energy) is likely to add a good bit of vitality to your life.

The energy of 3 allows you bounce back rapidly from setbacks, physical or mental. There is a restlessness in your nature, but you seem to be able to portray an easygoing, sometimes "couldn't care less" attitude.

You have a natural ability to express yourself in public, and you always make a very good impression. Good with words, you excel in writing, speaking, and possibly singing. You are energetic and always a good conversationalist. You have a keen imagination, but you tend to scatter your energies and become involved with too may superficial matters.

Your mind is practical and rational despite this tendency to jump about. You are affectionate and loving, but very sensitive. You are subject to rapid ups and downs.

22

While sometimes employing unorthodox approaches, you are capable of handling large scale undertakings, assuming great responsibility, and working long and hard towards their completion.

Often, especially in the early part of life, there is rigidity or stubbornness, and a tendency to repress feelings. Idealistic, you work for the greater good with a good deal of inner strength and charisma.

An extremely capable organizer, but likely to paint with broad strokes rather than detail. You are very aware and intuitive. You are subject to a good deal of nervous tension.

23

With a birthday on the 23rd of the month (5 energy) you are inclined to work well with people and enjoy them.

You are talented and versatile, very good at presenting ideas. You may have a tendency to get itchy feet at times and need change and travel.

You tend to be very progressive, imaginative and adaptable. Your mind is quick, clever and analytical. A restlessness in your nature may make you a bit impatient and easily bored with routine.

You may have a tendency to shirk responsibility. Very sociable, you make friends easily and you are an excellent traveling companion.

24

Born on the 24th, you have a greater capacity for responsibility and helping others than may have shown in your life path.

You may also become the mediator and peacemaker in inharmonious situations.

Devoted to family, you tend to manage and protect. This birth date adds to the emotional nature and perhaps to the sensitivities.

Affections are important to you; both the giving and the receiving.

25
Your birth on the 25th day of the month (7 energy) modifies your life path by giving you some special interest in technical, scientific, or other complex and often hard to understand subjects.

You may become something of a perfectionist and a stickler for details. Your thinking is logical and intuitive, rational and responsible.

Your feelings may run deep, but you are not very likely to let them show.

This birthday makes you a more private person, more introspective and perhaps more inflexible. In friendships you are very cautious and reserved. You are probably inventive, and given to unique approaches and solutions.

26
Your birth on the 26th day of the month (8 energy) modifies your life path by increasing your capability to function and succeed in the business world.

In this environment you have the skills to work very well with others thanks to the 2 and 6 energies combining in this date. There is a marked increase in organizational, managerial, and administrative abilities. You are efficient and handle money very well.

Ambitious and energetic, while generally remaining cooperative and adaptable. You are conscientious and not afraid of responsibility.

Generally sociable and diplomatic, you tend to use persuasion rather than force. You have a wonderful combination of being good at both the broad strokes and the fine detail; good at starting and continuing. This birthday is practical and realistic, often seeking material satisfaction.

27

Your birth on the 27th day of the month (9 energy) adds a tone of selflessness and humanitarianism to your life path. Certainly, you are one who can work very well with people, but at the same time you need a good bit of time to be by your self to rest and meditate.

Regardless of your life path number, there is a very humanistic and philanthropic approach in most of things that you do. This birthday helps you be broadminded, tolerant, generous and very cooperative.

You are the type of person who uses persuasion rather than force to achieve your ends. You tend to be very sensitive to others' needs and feelings, and you able to give much in the way of friendship without expecting a lot in return.

28

Your birth on the 28th day of the month (1 energy) adds a tone of independence and extra energy to your Life Path. The number 1 energy suggest more executive ability and leadership qualities than you path may have indicated.

A birthday on the 28th of any month gives greater will power and self-confidence, and very often a rather original approach. Unlike much of the other 1 energy, this birthday is one that endow with the ability to start a job and continue on until it is finished.

You may prefer to use the broad brush, but you can handle details as well. You are sensitive, but your feeling stay somewhat repressed. You have a compelling manner that can be dominating in many situations.

29

Your birthday on the 29th adds a tone of idealism to your nature. You are imaginative and creative, but rather uncomfortable in the business world.

You are very aware and sensitive, with outstanding intuitive skills and analytical abilities.

The 29 reduces to 11, one of the master numbers which often produces much nervous tension. This is the birthday of the dreamer rather than the doer. You do, however, work very well with people.

30

Your birthday on the 30th day of the month shows individual self-expression is necessary for your happiness. You tend to have a good way of expressing yourself with words, certainly in a manner that is clear and understandable.

You have a good chance of success in fields requiring skill with words. You can be very dramatic in your presentation and you may be a good actor or a natural mimic.

You have a vivid imagination that can assist you in becoming a good writer or story-teller. Strong in your opinions, you always tend to think you are on the right side of an issue.

There may be a tendency to scatter your energies and have a lot of loose ends in your work. You may have significant artistic talent and be very creative.

31
Your birthday suggests that you are a good organizer and manager, an energetic and dependable worker; attributes often showing success in the business world.

Serious and sincere, you have the patience and determination necessary to accomplish a great deal. Your approach can be original, but often rigid and stubborn.

Sensitivity may be present, but feeling are likely to be repressed. You are good with detail and insist on accuracy, but at times scatter energies.

Practical thinker, but not without imagination. You love travel and don't like to live alone. You should probably marry early, for responsibility is necessary for your stability.

THE LIFE PATH PERIODS

The life periods are based on the birth date. The number representing the month of birth, reduced to a single digit or master number, is the first life path period indicator. The second life path period is determined by the day of birth reduced to a single digit or master number. The final period is based on the year of birth reduced to a single digit or master number.

The timing of the first period begins at birth and continues until at least when in astrological progression the Moon has returned to its original place in the birth chart. This is about 28 years. To estimate the completion of the first period, determine the year that the subject turns 28. Next, calculate the personal year for the subject that year. If it is a 1 personal year, this year should be considered the beginning of the second life path period. If it is a 2 personal year for the subject, the previous year should be considered the beginning of the second life path period. If it is a 3-9 personal year, the beginning of the second life path period will not occur until the beginning of the next nine year cycle, i.e. the next 1 personal year.

This same process should be used to determine the beginning of the third life path period. For this, it is the 1 personal year a year before, on, or after, the 56th birthday.

1 Life Path Period

Early years: In this period you will show a stronger tendency toward independence. Originality and creativity come early and continue through this period. You have the ability to lead early on, but at a time when the emphasis is on learning to follow, this can be a problem. You do have a good deal of early self-confidence and individuality which can help you achieve early successes. You are aggressive in your early career path.

Productive years: In this period you will have more drive and determination thanks to the 1 life path period. If you have other indicators that you would do well in business for yourself, this life path period would be time to move in that direction. Your demeanor now is highly independent and leadership skills are sharpened. The potential pitfalls here are letting ego go a little out of control and perhaps showing a lack of patience at times.

Later years: New challenges may continue to appear even in your later years. In this period you may achieve the recognition that eluded you earlier, and this may mean it will be hard to kick back and take life easy. A 1 life path period does not lend itself to early retirement and leisure activities. Indeed, this may become the most active time of your life.

2 Life Path Period

Early years: This is a difficult life path period for a young child since it suggests that emotions may run high and sensitivities to many things may be present. On the positive side, this influence may be helpful for developing any artistic talents. The 2 period may be one in which you

will be required to be helpful, supportive, and willing to adapt in general. A tendency to have emotional reactions to problems and confrontation may follow you into early adulthood.

Productive years: The 2 lifepath period suggests that you will profit from your ability to work together with others in harmony and cooperation. In these years your ability to use skills in diplomacy and mediation will be pronounced. The affairs of others and their success may be the key to your own advancement. Pushing your own agenda doesn't work as well now. The need is to control hyperactive emotions that may appear from time to time.

Later years: The 2 lifepath period in the later years promises a good retirement with many friends and opportunities. Your influence now will be based on your ability to bring together diverse opinions and ideas. Friends and family, and especially a close relationship is all important to your happiness now. Having close connections is vital to your health and wellbeing in your senior years.

3 Life Path Period

Early years: The 3 is an excellent lifepath period for a young person because of its inclination toward the development of expression. Any talents you may have in creative or artistic endeavors are encouraged during this period. Emotions may be high and hyperactive tendencies can be present. Making friends and enjoying social interactions will come easily now. Enjoy life as this is the tone of the 3 period, but be careful not to scatter your activities to the point that you fail to make progress on anything.

Productive years: This is likely to be a very pleasant, carefree and creative time in your life. Being original and using your talents of expression will find you furthering your career and your life in general. If there is a pitfall during this time it is becoming overly optimistic and extravagant, and spreading your talents too thin. In all this is a period that offers much happiness in exchange for a minimum of planning and concentration.

Later years: A 3 period in later life suggests an active social life with numerous hobbies and activities. If you are a creative person, this late

life period may become your most prolific and fruitful. Indeed, this may be the time to write that book you have thought about, a time to learn a new method of expression perhaps, or simply let your imagination run free. Enjoy yourself, it won't be that terribly hard now.

4 Life Path Period

Early years: A 4 life path period is not much fun for a young person. It suggests that learning is difficult or the demands placed upon you to learn were harsh and burdensome. Now you have to build a solid foundation and the tone is one of learning practicality, order, and routine. Often this period denotes growing up with limited resources or restrictions of some sort. The demands often set the stage for later successes. You are to be very well prepared to start your career in early adulthood.

Productive years: This period is a time to build and develop ideas into a tactile form. Now is a time that you become more of a builder, a better organizer, and perhaps even a more stable and secure person. Your judgment and decisions take on more conservatism and practicality, and they are based on careful and more thoughtful planning. You are apt to be more serious about your work and perhaps devote more time to it, too. Be careful not to become a workaholic. With a 4 lifepath period you must be constantly reminded to take the time to smell the roses.

Later years: The 4 period in the later years suggests a period that predicts work rather than retirement. Whether by choice or by necessity, you are apt to keep your nose to the grindstone a lot longer than most of your peers. Even if you do retire, you will want to keep working on hobbies and avocation long after others have opted for the rocking chair. If you own your own business, it may be hard to accept that fact that things can run without your ever present attention.

5 Life Path Period

Early years: The 5 period early in life can be difficult because it often lacks the stability and certainty that you may wish for. This period often features changes and emphases freedom of thought and activity. You are likely to be constantly looking for something new, something exciting, something less boring to stimulate your expansive mind. During this time you will be an explorer and a wanderer. Whether this is a positive or a negative trait only time will tell. At any rate you are driven by curiosity and adventure. A restless nature often results, and as you progress into adulthood, a number of job or career changes may occur.

Productive years: In this period you are ever ready to accept change, progress, and new ideas. Likewise you are quick, some times too quick, to dump the old, old jobs, old activities, even old relationships. Sometimes this is good, sometime not so good. At any rate this 5 period suggests that you are more impulsive now and the test will be to see if you can handle the increased freedom you are feeling with constructive judgment. If so, you will find this is a period that can and should produce remarkable results.

Later years: With the 5 period occurring late in life, be prepared for a never ending series of adventures and expansive travel so long as the resources hold out. Actually, however, many with a late life 5 period choose to continue to work because of the sense of freedom found in their endeavors now; so long as the work is not boring or routine, there may be no reason to quit. This influence will continue to send you off to find new challenges and try new things. You are never too old to learn.

6 Life Path Period

Early years: The 6 period produces a need to be needed, and you probably want to help your parents or your brothers, sisters, and friends in whatever way you can. In some cases, this period is one in which the subject is required or somehow forced to take on more than a normal amount of responsibility at an early age. Generally, this early time in the life is marked by obvious attempts to be helpful and even nurturing to others. In early adulthood there is a strong sense of responsibility and caring.

Productive years: Through these years you will find yourself getting ahead only after you have made the personal sacrifices necessary to benefit others in need. Much of your life in this period will tend to be centered around your home and family. This is not a period that lends itself to dramatic enrichment because you tend to be more selfless and less demanding of personal rewards. Your opportunities may be as an idealist, a mediator, and perhaps even a leader in your community. Certainly the focus of the period is associated with family and domestic concerns.

Later years: The 6 period late in life is usually a happy and content time. It denotes a tendency to accept responsibility and lend a helping hand to those around you. You are not likely to be lonely in your later years since family and domestic matters will probably be emphasized during this time. Indeed, you may help or even be responsible for rearing a grandchild or two.

7 Life Path Period

Early years: If there is a problem with the 7 period in early life it is being misunderstood or considered "difficult." In this period you may have the sense that you are different from your peers. You repel conformity. The 7 period makes you inclined to seek and absorb learning as a primary focus. The fact that you don't feel very comfortable in your environment is to be expected. Your natural curiosity and inquisitive mind will take you far during this period.

Productive years: The 7 period in the productive years is excellent for one continuing studies and analysis into mid life. The tendency is to strive for mental growth and development and you are apt to be in the process of expanding your areas of interest now. This period is a plus if you are engaged in academic pursuits, but otherwise progress may be slow. It is hard to force yourself to seek opportunity now, and if you do, it will probably be to no avail. Perhaps it will come to you if you get prepared.

Later years: When the 7 period occurs in later life you may find yourself engaged in study as never before in your life. This period may find you writing more, engaged in some form of research, or venturing into new and interesting subjects. This is not a very social period and indeed there is concern that you may become increasingly isolated by your own choosing.

8 Life Path Period

Early years: An 8 period in early life stresses the practical and the material. This is not the stuff of a good childhood experience as it may tend to elevate the importance of material success at an inappropriate age. For the less affluent, there may be too much interest in achieving material goals. This period may have its positive side in preparing a relatively young person for financial and material success. You may go into business early in life with the tools to succeed.

Productive years: The 8 lifepath period in the productive years may push you to a level of success that would not have otherwise been attained. This period denotes a time when attainment, authority, and general business acumen is brought to foreground. You will want to set your goals high and do everything in a big way. If you have the inherent management abilities, this period will accelerate your prestige and attainments.

Later years: With the 8 lifepath period in later life, it is suggested that your greatest achievements may be yet to come. If all you have lacked before is good management, now may be your time to shine. In retirement you may find yourself deeply involved in clubs, organizations

and perhaps government entities. Your contribution to these can be important for your sense of accomplishment and for your social life at this time.

9 Life Path Period

Early years: The 9 lifepath is difficult for a young person because so much is expected of them in terms of feeling compassion and tolerance. The youthful years are by nature selfish years and the 9 period stifles this sense of being self absorbed. While the upbringing under this influence can be helpful in the future, often the period brings periods of feeling lonely, unappreciated and unsure of self. The lesson of the 9 is that life is universal rather than personal, and thus, those with this early path may have a head start.

Productive years: With the 9 in the productive years you may find yourself becoming more of a humanitarian. You may find it easier to express compassion, sympathy, understanding and tolerance while in this period. This can be an emotional cycle and one of significant personal growth. You may be called on to overcome disappointments and setbacks, but the potential for gain in this period is significant.

Later years: The 9 period in the later years generally signifies a settled and happy life at this juncture. You are inclined to positive feelings toward the world, and you will want to share your experiences to a greater extent. You may engage in many positive works benefiting mankind or just a few needy souls in your immediate environment. The lesson of the number is learning to give without expecting to get something back. If you have learned this by this time, this period may well be the best part of your life.

11 Life Path Period

Early years: This master number is generally not attainable by a very young person and it is usually best to consider this a 2 lifepath period early on. As a young adult, you may find yourself drawn toward spiritual matters and idealism. Indeed, in this period you are inclined to act as an idealist, perhaps studying religion, metaphysics, or philosophy. Modest goals during this period will serve you best, as being too aggressive will result in problems with stress and nerves.

Productive years: In the productive years the 11 lifepath period will serve you best in any spiritual pursuit, but you may find yourself being a little out of touch with the business world. If your life has been a material one up to now, this period may cause some redirection. If you have inclinations to teach, to heal, to uplift, this is period when these

lofty goals can come to fruit. This period can be a hard one if you find yourself under pressure and stress. Nervous tension can be a periodic problem.

Later years: In retirement or at least the later years, the 11 lifepath period may direct you toward a more spiritual conclusion. In these years you will be able to find more time for study and reflection, expanding your mind and broadening your thinking. This redirection may push you into a more spiritual way of thinking and definitely away from the material side of life. For some who reject the idea of spiritualism, the "Later years 2" reading may be more definitive.

22 Life Path Period

Early years: There is no early 22 lifepath period since there is no 22 month.

Productive years: The 22 period during the productive years can send you sailing up the ladder. If you are properly prepared and adequately equipped, this period may find you being placed in charge of big projects, accomplishing huge achievements, and functioning or striving for a spot at the top of the heap. The number 22 is the master builder. Having the period doesn't necessarily make you a master builder, but it does produce the flow of events that will certainly speed you on the road to success. This is a time to follow your hunches as you assume greater responsibility and capitalize on opportunities. Keep nerves and emotions under control as these can be a problem during this period.

Later years: Many with the 22 period in later life never do retire or if they do, that retirement is never one that is complete leisure. Nervous energy may keep you on the go. This period may well be your most accomplished as events of the time may indeed set you up for big projects and major achievements. Keep occupied in these years and don't shy away from the main stage of life.

THE PERSONAL YEAR

The Personal Year is helpful in evaluating the trend of the coming calendar year. For a clue as to what lies ahead in the coming year, calculate your personal year using this formula:

First, reduce the **month** and **day** of your birth, your birthday, to a single digit. Using my birthday for example, February 8th, that single digit would be 1 (2+8=10; 1+0=1). If your month and day total comes to 11

or 22, the master numbers, in this instance, reduce the number to 2 and 4, respectively.

Next, reduce the year for which you are making the calculation to a single digit.

Now, add the single digit representing your birthday to the single digit representing the year in question.

Personal Year 1. . . .A New Beginning In Your Life

The current year is the beginning of a new nine year cycle for you. It holds the promise of being an exciting new adventure, with life taking on new challenges that pave the way for the next cycle of nine years in your life. This is a time to clarify your goals and it is a time to act on them. Hard work may be necessary to get a new venture moving. Your physical strength will be up during this year, perhaps higher than it has been for some time, as you have some special needs for this extra energy. If you are unable or unwilling to answer the call to change and make the move in your life the appears necessary now, your prospects may be delayed until the next cycle begins in nine years. Because of this, you feel like an adventure, a major change in your life, something new. New goals should be clearly set and worked toward, as this is really a new beginning of a nine year cycle and it is best not to dwell on the past at this time. This will be fairly easy for you to do because most of the problems and disappointments of the past will tend to disappear, leaving the way open for these new challenges. This is a great time; use it to its full advantage.

Personal Year 2. . . .Development, cooperation, and waiting

This is a number 2 personal year. A personal year 2 is a wait and see time; a year when you will find yourself in the background and very much in a stage of development. This is not a time to force the issue and try to move forward. It is a time for cooperation and building relationships that will benefit you in the future; a year for accumulating and collecting. Aggressiveness will cause problems now. You must be prepared for delays, detours, stoppages and you must be patient. This is a time of small contribution, of helping, and details must be taken care of when they come up. You may give time and effort to further another's work. This year may be a test to your self-control and emotional sensitivities. This is a time to improve your abilities to work with others in a productive way and this can be difficult for you if you have chiefly worked alone in the past. Keep calm, cool, and pleasant. You may experience a degree of nervous tension during this period; the two year brings a tendency to emotional extremes including depression. Very

deep relationships with a person of the opposite sex (including marriage) may be more apt to occur during a 2 year. If married, there is apt to be a deepening of feeling in the relationship during a 2 year.

Personal Year 3. . . .Social expansion & creative successes

This is a number 3 personal year. This is a social, happy year, and it generally tends to exude bright and cheerful vibrations. This is a year when you will want to check up on old friends and broaden your social circle to include some new ones. Romance and love affairs may bloom. You are inclined to live life to its fullest now, even if you have to pay the consequences later on. You are likely to be more sociable and the bridle of responsibility will seem to be loosened a bit. You are inclined to scatter your energies and undertake too many things at the same time. You can safely take some time off to enjoy yourself, but resist the temptation to completely give in to having a good time; keep your goals in mind. A 3 personal year is a good time to expand personal creative talents, particularly those related to the arts and verbal skills. Recognition in this regard is likely this year.

While this can be a happy year as far as personal expression and activities are concerned, it may be a disastrous year on the business scene. A generally frivolous attitude in that environment can cause rash decisions and impractical, unfinished schemes. This is not likely to be a very good year for your finances, and it is fortunate that the next year is designed to compensate these effects.

Personal Year 4. . . .Hard work and slow, but steady progress

This is a number 4 personal year for you. The previous year frivolity will now be truly forgotten, as the facts of life are clearly spelled out. This is a year of hard work and effort when one must knuckle down to the task at hand. A year of digging in and hoeing, a reestablishment of self-control. In many ways, however, it is a frustrating year, when considerable effort fails to produce dramatic results. One step forward and two back may seem to be the case most of the time. This is an organizational period and you must look at your current and past performance in a very hard light. It is a time to get organized and bring yourself down to earth. Responsibilities will increase, magnifying the effort and hard work needed to maintain a reasonable level of existence. Health and diet should be carefully scrutinized this year, as physical resistance is low and you may become more susceptible to ailments. A tidying up of affairs is now in order, as you must make ready for a very hectic year ahead.

Personal Year 5. . . . Feeling Loose and Free

This is a number 5 year, a year of major change in your life. Horizons are expanded and growth is less impeded. You are likely to make a number of new friends this year as social activities are expanded. This is a year that has brought/will bring excitement and adventure and a good deal more freedom than you have experienced in recent years. This is a time for feeling loose and free; for moving away from old routines in a constructive way. If you became bogged down during this past year, now is the time to seek out new directions.
The problem with a personal year 5 is the tendency to scatter energies in all directions. Your ability to do detail work is limited now and it will make you feel very confined. In all, this a free-wheeling year that is liable to bring major changes to your life; your career, your family situation, your residence.

Personal Year 6. . . . Love, Family, Home and Responsibility

This is a number 6 Personal Year for you. A personal year 6 tends to bring on increasing responsibilities and a deepening concern for family, loved ones, and close friends. It may be a year when you are called on to make some adjustments in your life, or sacrifices for those in your family or close circle of friends. This is not really a year for major accomplishments, but rather a time to handle those adjustments to your plans that may be necessary or required, and for finishing projects started earlier. Endeavors will seem to be moving so very slowly throughout this year. You should expect to have a very good year so far as family, domestic, and romantic matters are concerned. Your emotional interchange with those who are close to you should be at its very best during this particular year. The important thing is to be willing to accept a slower pace and be sure to enjoy the peace and harmony that the personal year number 6 will bring.

Personal Year 7. . . . a time for analysis and understanding

A 7 personal year promises to be a very introspective year, a period of some pause and reflection between very active years in your life. This year should provide you with some time for gaining some understanding of yourself, and you are apt to spend a good bit of time in contemplation. It will be good for you to spend time alone or in quiet activities, as free from outside responsibilities as possible. You should try to get away from business pressures. This is a good year to reflect on the past and plan for the future. This will not tend to be a year of action, but rather a year of waiting and development. One of the most profitable activities in with to engage during a personal year 7 is that of study and writing, for your ability to think clearly, analyze, and integrate your thoughts is peaked now. Your capacity for research and understanding is

at its very best. It would not be unusual for you to take on an appearance of coolness and detachment during a 7 year. Certainly, it is best for you to focus your attention on your talents and your skills in an effort to use the time you have now to refine them. Perhaps you can find the time to gain more education, or simply spend free time in reflection and meditation.

Personal Year 8. . . . Attainment and capital gains

This is a number 8 personal year for you. This is your power year, a period when you can make important strides in you life. Coming after a very slow and introspective period (the personal year 7), you may start feeling some stirrings of ambitions. This is a year of big decisions and major achievements. Activity is your keynote now, and you will find yourself very much involved and occupied. Opportunities for advancement and recognition for past and current work is likely to come about during this year. You have things going for you so long as you take advantage and act. It is easy for you to branch out and expand in a businesslike manner. If you are at all inclined, this is the time to exude self-confidence and authority, because others will tend to be receptive to your leadership and control. Your power and status potential is at a peak of the nine years personal epicycle that concludes at the end of the next year.

Personal Year 9. . . . Reflection and Reaching Out

This is a 9 personal year for you. This is a year of completions, ending, and a time when you are apt to take inventory of the many factors in your life, some of which you are no doubt proud of, and others that you may want to change. You are likely to scrutinize old values, ideals, and the ideas that you thought were important. This should be a time when you become more involved with other's and giving may become more important that merely looking out for yourself. You may also become aware of a lure to commune with nature, as escapist desires become much stronger than in the past. A lot of things that you have been working for should come to completion during this year, and you will tend to clear the deck for the beginning of a new nine year cycle.

THE CHALLENGE NUMBERS

Lets face it. Life is not a bed of roses.
There are hurdles to get over and mountains to climb.

In numerology, the roadblocks faced in life is called the **challenges**.

The Challenge is a weak point in our Life Path. It is the weak link in the chain of life which must be overcome for us to grow and develop properly. We learn by meeting the challenge, and dealing with it effectively.

The nature of the challenge is shown in the Life Path.

Actually, there are three challenges included in your life path. Two that will be called sub-challenges and then a main challenge. Each challenge is represented by a number, and the number reflects the tone of the confrontation. We will again use the month, the day and the year of birth in this calculation.

The first step will be to reduce each of these components to a **single digit** base number. Thus, December 14, 1968, would become month 3 (1+2), day 5 (1+4), and year 6 (1+9+6+8=24; 2+4=6).

The first sub challenge is derived by finding the difference between the month and day of birth. In our example, this would be 5-3=2 first sub challenge.

The second sub challenge is identified by finding the difference between the day of birth and the year of birth. The example would be 6-5=1; the number 1 for a second sub challenge.

The final challenge is identified by finding the difference between the first and second sub challenge. Our example would have a 2-1=1 challenge.

The numbers behind the final challenge will each be a potential problem during half of the life.

The first sub challenge during the first part of the life, and the second sub challenge during the second half of the life.

The Final Challenge is a potential weakness and problem throughout the entire life.

If you correctly reduced the month, day and year to a single digit (no master number), the difference between the two numbers must be a number from 0 to 8.

Challenge 0

The obstacles life during this period may not be many, or they may be coming from all directions. The challenge of the number 0 is called the challenge of choice. You are likely to have difficulty acting on your preferences. You are perfectly capable of analyzing a situation and realistically comparing possible solutions. The challenge of 0 may make bring this decision to requisite action very difficult for you. To overcome the challenge, it should be understood that you must have the faith in your own abilities to the extent that you can analyze, make a choice, then act with ease and comfort. This challenge is one that is normally found on in a highly evolved individual and an individual who can be expected to make your own decisions about life and know where the pitfalls lie. To meet the challenge of 0 you must have control of all of the numbers; the independence of 1, the diplomacy of 2, the optimism of 3, the application of 4, the understanding of 5, the adjustment of 6, the wisdom of the 7, the constructive power of 8, the universal service of 9. In other words, to meet the challenge of 0 in your life, you must be a very gifted person.

Challenge 1

The challenge of the number 1 suggests you are likely to feel dominated by others with strong influence, probably parents or others with whom you compete. The challenge of the number 1 is avoidance of being dominated, but doing so in a fashion that does not impose upon or dominate others. With the challenge of the number 1 it's extremely important to control the ego, and avoid the negative aspect of individuality. False pride, pomposity, egotism are issues to be guarded against now. You are now in a period of learning about self-reliance and how to solve your own problems independently. Learn to rely on your wit and your intelligence, avoiding argumentation and resentfulness.

Challenge 2

The challenge of the number 2 suggests you are likely to be extremely sensitive and more or less brimming with feeling. You find it hard to work with people because your are afraid of being criticized or, worse yet, ignored. You have a good deal of self-doubt and a definite lack of self confidence. There is a tendency to constantly worry about the opinion that others have of you. There is likewise a tendency to use this sensitivity in a negative way. Used more positively, your keen sensitivities can be a significant strength, allowing you to be acutely aware of so much of with others rarely perceive. But during this period it will be hard for you to assert yourself and make decisions. You will shy away from positions of authority and responsibility. This can be a time for accumulation of wisdom, as you show patience and pay close attention to detail. Try not to take things too personally. Friendships are

a source of deep satisfaction to you during this time. Respect your ability to compromise and grow in a quiet way. Do not let details overwhelm you and keep you from seeing the big picture. Plan for slow growth rather than immediate gain.

Challenge 3

The challenge of the number 3 suggests a tendency to scatter talents and try to do too many things at once during this period of your life. You may have a fine imagination and a gift for words, but you find it hard to express yourself effectively. Though you know you should cultivate friends and be sociable, you tend to be somewhat reclusive and defensive. You may have a talent for writing, acting, or speaking, but you are reluctant to involve yourself with these sorts of activities because you do not like to face the prospects of criticism. You are expressing yourself with a negative emphasis, hiding your creative talents behind a wall of shyness. You must strive to develop yourself in a social and in a creative sense. It's hard to just relax and have a good time.

Challenge 4

The challenge of the number 4 suggests a difficulty with work. Either you simply don't like to work, don't like the work your are forced to do, or you have difficulty completing tasks and working efficiently. You may be careless and lack a sense of practicality. Often this challenge makes it hard to see the forest for the trees when it comes to work and obligations. It is important for you to learn patience, understanding and the practical, common sense way of dealing with mundane responsibilities. You may also need to learn the importance of working within the parameters of a time schedule.

Challenge 5

The challenge of the number 5 suggests that your challenge is to overcome the desire and the demand for freedom at any price. This challenge number is very difficult to handle because, with it, you are apt to be extremely impulsive; you want to try everything at least once, and you are rather unstable in many ways. Change may be necessary for you, but it must be handled in an intelligent and controlled manner. Make certain that the desire for change is not associated with a desire to escape responsibility. In any event, this challenge requires that you learn as early as possible in life to control your impulses.

Challenge 6

The challenge of the number 6 suggests that you may have difficulties because of your insistence on extremely high standards. You are apt to appear authoritarian, intolerant, and a little self-righteous. It is hard for others to live up to your standards of expectation. Many of your considerable talents for balancing situations are used with a negative emphasis. Avoid creating friction in relationships and strive for harmony. You must learn that your diplomatic approach will only be appreciated if others feel that their needs are met, their desires understood, their point of view respected. You must learn to allow others to set their own pace, make their own rules. This challenge requires learning unconditional love and acceptance.

Challenge 7

The challenge of the number 7 suggests difficulties brought on by your discomfort with your own inner feelings; feelings of a reserved attitude and unexpressed emotions. You may feel unable to better your situation, or to change and improve circumstances. There is a tendency with this challenge to be a chronic critic and complainer, while offering little or nothing as a suggest to correct the faults that are found. The sense of discrimination is strong, but it is expressed in a very negative way. A sense of false pride tends to keep your real feelings buried beneath the surface. Avoid a tendency to approach people in a very reserved and aloof way, and develop faith in your own abilities rather than dwelling on your limitations. Marriage is apt to be delayed until this challenge is overcome, or if married, this can be a difficult time.

Challenge 8

The challenge of the number 8 suggests an early life assumption that satisfaction can only be gained and safeguarded by adequate material accumulation. There's likely to be considerable effort exerted to attain money, status, and power, sometimes to the exclusion of almost all else. The number 8 challenge indicates that you are/were using your concern with material matters with negative emphasis. You must learn to use your ability to gain money, status and power with a sense of proportion and an awareness of the relation of material affairs to other matters, and deal with the material world in a comfortable manner.

SPECIAL TRAITS AND LESSONS

Now we'll look at your name with respect to the number of times that the same number repeats, or when certain numbers fail to be represented in your name.

The repetition of numbers may show special talents that you possess. The absence of numbers suggests an issue relating to the nature of the number.

The norm in distribution of numbers in the name is somewhat hazy because some names are very short and others are very long. The average name has 15 to 19 letters

If your name is significantly longer or shorter than 15-19 letters, you must make adjustments accordingly. Now, make a count of each of the numbers in your name.

Be aware that if a missing or less than average number is represented in the subject's core numbers (the Life Path, Expression, or Soul Urge), the karmic deficiency is diminished, if not completely eliminated.

For example, if an individual did not have the number 5 in her name, but her Life Path number was 5, she would have little difficulty handling the deficiency shown by the absence of the number.

Here are my delineations of each of the numbers as they would reflect average occurrence, and fewer, or more than average occurrence in a name:

1

Average. With 3 ones in your name, it appears you have sufficient leadership skills, initiative, and ample individuality to get along fine in life.

No 1s or fewer than average. With few or no ones in your name, you may find it hard to stand up for your rights and leadership may be a very difficult trait for you to develop.

More than average 1s. With more than the expected number of ones in your name, you may be very headstrong and even overly assertive in your will to lead. Avoid being too quick to demand your own way.

2

Average. You have a normal and natural desire and ability to associate with others. You are tactful and diplomatic enough to get along fine in the world. Cooperation is no problem for you.

No 2s. You lack patience with people and you may be insensitive sometimes because of this. Cooperation is a trait that must be learned.

Many 2s. You're very considerate of others and have a flair for compromise. Harmony and agreement making may be a major career advantage. You are faithful and adaptable, even to the extent of giving too much. You have a significant appreciate of the arts.

3

Average. If you have a pair of 3s in your name, your imagination and creative talents most likely are in the normal range. You express ideas and feeling with natural ways. Although you may not be described as the life of the party, you know how to have fun and enjoy good company.

No 3s or less than average. This doesn't say that you are dull, but it does suggest that you may have to be stimulated into enjoying yourself. You are not a romantic and one to base decisions of fanciful ideas. Creative ideas may be rare. Of course, if you have a 3 Life Path, Expression, or Soul Urge, this may not be such a problem.

Many 3s. You have more than your fair share of creative talent. You have the kind of imagination that makes you special in music, painting, writing, design, or other artistic endeavors. Indeed, you may tend to scatter yourself a bit at times. You have a "gift for gab," and express yourself well.

4

Average. If you have at least one 4 in your name, your ability to concentrate and apply yourself to a task will allow you to get along well in the world much of the time. The number 4 gives us common sense and the desire to build or develop things. The number 4 needs order and structure.

No 4s or less than average. If there is no 4 in your name, you will not likely be famous for your common sense and focus on mundane tasks. This trait will be well hidden if you have the number 4 as one of the core numbers, but if this is not the case, you may be a very unstructured and disorganized person. The concept of steady building and developing will be something that you must learn the hard way.

Many 4s. If you have more than the average of one 4 in your name, your ability to engage yourself in concrete plans will be a strong trait. You know the value of things and have the willingness to work toward long range goals. You understand details and respect law and order. You may tend to become too rigid and narrow in your thinking.

5

Average. If you have the average of four 5s in your name, you enjoy the human trait of having change and variety in your life, at least to a normal degree. You get along well in day-to-day public contact with the world, and adjust to meeting new people, travel, progress, and all of the changes that are part of living.

No 5s or less than average. It is very unusual to have no 5s in a name. If you if you have less than the average number of 5s, you may have a varying degree of difficulty meeting and dealing with people. You will not feel at ease in a crowd, and indeed, you will want to be left alone much of the time. A limitation of 5s makes it hard to face changes. Hopefully, this number will appear in your core so that this absence will merely be viewed as introspection.

Many 5s. With 5 or more 5s, you may have a very restless nature needing much stimulation. It may be hard to apply yourself to any one project because you tend to get too many things going on at the same time. If this number become too heavy in a name, there is a lessening of attention to detail and less respect for law and order. Properly channeled, this excess of 5s aids salesmanship and promotion.

6

Average. The average of two 6s produces normal instincts to protect and cultivate those close to us and even in the larger community. The traits inherent to 6 yield caretakers, teachers, caring parents, and responsible citizens. The number 6 stands for responsibility and nurturing.

No 6s or less than average. With just one 6 or with a name not containing a 6, your sense of duty to those around you is not strong. Indeed, the sense of obligation to fix the world is not strong in many of us. In daily living, the absence of 6s suggests a certain detachment, and problems large and small are handled without becoming very emotional or concerned. Parenting is often too loose and less than demanding.

Many 6s. A more than average number of 6s in the name produces strongly possessed beliefs and emotions. Ideals are strongly held and seldom surrendered. Your humanitarian spirit and sense of generosity

may be outstanding traits in your nature. But your leadership and parenting may be too strict and unyielding sometimes. Loyalty is often consider an absolute necessity. Traditions are strong.

7

Average. The average of one 7 gives the abilities to analyze, investigate, and learn easily. You have a questioning mind which stimulates reading, study, observation and development of the mind. You have the ability to question and discriminate constructively.

No 7s. The qualities of the 7 are missing in many names making the mysteries of life more difficult to understand and grasp. Without a 7 in your name, you may be less cautious, less analytic, and perhaps not the top of the class when it comes to study. You are less apt to be overly skeptical and demanding of those around you.

Many 7s. If you are that rare individual who has many 7s in your name, it may be said that you "dance to a different drummer." Your mind is highly scientific and proof oriented. You take nothing on faith. Many of your ideas will be considered odd and out of step with most of the world around you. Emotions are very controlled.

8

Average. If you have the average of at least one 8, you are generally businesslike and self-sufficient in your affairs. You have average abilities to lead, direct and control others if you choose to develop these traits. With an 8 in your name, you can weigh and balance. Business, management, supervising people, and managing money are traits shown by the number 8.

No 8s. Without an 8 in your name it will be more difficult to manage and direct even your own personal affairs. Power, wealth, and leadership roles in life may not be your primary goal. Yet you are apt to suffer less stress because of your attitudes about these issues.

Many 8s. With 2 or more 8s you may have an intensity in your nature that drives toward power and control of others. You have a strong drive to accomplish, work, guide and command. Life may hold many tests and be frustrating at times, but the rewards can be high. Be aware of the stress in your life.

9

Average. With the average three 9s (or perhaps with only 2) in your name, you have the sense of compassion, goodwill, and tolerance for your fellow man that is necessary to live in our complicated world. The number 9 is associated with mankind and brotherhood. It produces our willingness to accept different races, colors, religions, and beliefs, and life comfortably in our environment. There is a spiritual understanding and acceptance that is normal and healthy.

No 9s or only one 9 in your name. The lack of 9s in the name, though rare, makes it hard to understand and accept others that are different. There is little feeling of universal or spiritual connection.

Many 9s. With many 9s in your name you may be overly sensitive to the world and become an idealist in some aspect of society. You may be generous to a fault. You may take such issues as religion or philosophy to an extreme.

THE ESSENCES

An additional cycle used in numerology is associated with the name rather than the birth date. This timing method uses the letters in the name in what might be called transits of the name, to arrive at this important cycle information that is called the Essences.

The transit begins at birth with the first letter of your first name, the first letter of your middle name, and the first letter of your last name, their values totaled, defining the tone of the year from birth to age one. Then we will go on with these transits finding the Essence of each year of the life.

You'll need to recall those letter values, so here is chart for easy reference:

1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	-

1 Essence

The Essence of the number 1 signals a time when you are developing new ideas and enlarging on projects that have been around for a while. This will be a period that will bring the opportunity for marked increase in your personal status and recognition. This Essence is often an opportunity to turn a life-long avocation into a money-making vocation. Many new friends and business associations are likely now. Your status in the world may grow, and you may get some recognition for your achievements. One thing may lead to another and you may find many alterations in your life during this essence.

if this essence remains in effect for 3 years or more...

Because this Essence is in effect for such a long period of time, its meaning with regard to change is somewhat confusing. In some cases, this foretells of a series of dramatic ongoing changes, or one considerable change with many years between the beginning and the finale of the alteration.

with a 1 personal year...

The effects of this Essence in a number 1 Personal Year are greatly amplified. It will be very hard for you to choose between the opportunities during this period. You are apt to run into some frustrating situations. You need to be prepared to make careful choices now with an eye on the future value of decisions as opposed to what feels good at the moment.

2 Essence

The Essence of the number 2 is a cycle when everything seems to be consolidating and this is decidedly a period of growth. But often the growth is not without reversals, and there is much emphasis on cooperation and patience. You may find yourself developing relationships, or trying very hard to develop a good relationship. You will likely find yourself working with and hopefully helping others. Conversely, you can expect to get much help from others now. This is apt to be a period of slow development, delays, roadblocks, and obstacles, and the period can be one of great frustration for you in certain ways. There can be a lot of emotions associated with the 2 Essence, and you may become much more sensitive now. Lowered

energy and vitality may be experienced throughout the cycle. Confrontations are difficult now, but often necessary.

if this essence remains in effect for 3 years or more...

The 2 Essence remaining in your lifepath for a lengthy period may produce nervous tension due to prolonged high emotions and/or deep frustration due to the delays and problems encountered.

with a 2 personal year...

When this Essence is in effect during a number 2 personal year, emotional conflicts may heighten the tension, upset the sensitivity, and even affect the health. Self-control and a disciplined approach can help maintain a harmonious balance. Plan to move forward slowly, despite periodic detours.

3 Essence

The Essence of the number 3 is a very special time when you feel and experience the joy of living to its utmost. This is a very enjoyable time in your life. You are apt to be making a lot of new friends and renewing old friendships. This is a time for love affairs and expanding the social circle; many activities and good times. You are likely to travel a good bit during this Essence.

The other factor that is associated with the Essence of 3 is that of expression. This is a very good time for you to be interested in the development of creative work, particularly works that involve words...singing, acting, writing. This should be a busy time advancing your talents with classes or study, or for starting or expanding business ventures involving creative endeavors.

Optimism is the operative word for this cycle. This is a very pleasant period, but you must beware of a tendency now to scatter your energies.

when the period extends for 3 years or more...

This long period may allow a significant creative development in a positive and happy time of your life.

3 Essence with 3 Personal year...

Since you are enjoying this three Essence along with a 3 personal year, you may have a great deal of difficulty maintaining your sense of self-discipline. Having too much fun can be a long term mistake. Likewise,

this is probably to be a very restless time for you as you may be on the go a great deal.

4 Essence

During this number 4 Essence the events and opportunities coming your way will emphasize a more serious tone. This is a time to buckle down and put the affairs of your life in order. Your attention is apt to be drawn to more practical interests such as dealing with financial matters and your work. The development of opportunities in your life now requires a practical and realistic view along with a lot of hard work, effort, determination and discipline. In many ways you are apt to feel a sense of restriction in your life for a while and you may face some setbacks as the pace of progress slows somewhat. This is a building time and the building is sometimes painfully slow.

if this essence is in effect for 3 years or more...

Since the 4 essence is with you for several years, this period is apt to feel like a never ending struggle. Yet significant gains or accomplishments may be the reward for your hard work and determination during this essence.

with personal year 4...

Since this Essence accompanies a personal year number 4, the feelings of being in a rut are not uncommon. The repressive conditions may be in your mind more than in the work at hand, but the feeling will be there just the same. Be objective about the obstacles you really face because it may be that they are not as formidable as you think.

5 Essence

With the Essence of the number 5 you will find that the events and opportunities coming your way will emphasize freedom and change. Your experiences during this cycle will be sudden, unusual, and unexpected, and you are apt to be dealing with constantly changing circumstances and activities. The ventures in your life now will stress progress, new ideas, and probably new friends. Travel is very likely. There should be a caution here to avoid tendencies to go off in every direction and scatter your forces. Choose your opportunities carefully and thoughtfully. Freedom is great, but be sure to use it in constructive ways that help others and yourself.

period of 5 Essence for 3 or more years

A long period of 5 Essence suggests that it is apt to be a very free-wheeling period. Unless some self-discipline is exercised, most of the energy is likely to be scattered with little accomplishment. If this scattering occurs, there may be feelings of deep frustration.

the 5 essence during a 5 personal year...

This may be a period when you are too free-wheeling and unrestrained. Constant change is not always constant growth and development. Try to maintain a balanced and thoughtful approach to problems and opportunities. Control self-centered interests.

6 Essence

The 6 Essence focuses circumstances and opportunities on the home, the family, and largely on domestic matters. This time is associated with responsibility, but usually the job is close to home or involving those nearest to you, including your close friends. If you are single, this Essence is a very good time for marriage; if married, this is a good time for your marriage. It is a good time to surface any problems that may exist in the marriage and deal with them before they become more serious. This is also a time for children, and it may be a time to have a child. The 6 essence also may and often does involve you in service to your community in some way; assuming responsibility for those outside your immediate family. This is more common if you are older and the need for your services in the immediate family is not apparent.

if 6 essence extends for three years or longer

The idea of intense responsibility is very much a part of your life during this period. Ideally, you will accept responsibilities and thrive in its execution. Resistance to duty now may impart a sense of suppression or isolation. On the other hand, if you meet challenges now, you are apt to become handsomely repaid with love and the devotion of those close to you.

The 6 essence during a 6 personal year

Responsibilities may never seem greater, but the rewards for accepting obligations and meeting the test may never be greater either. This is a year when feeling emotions and sharing them with someone close to you can help the family or community grow stronger and more cohesive. This may be a time when the size of your family grows larger.

7 Essence

During the essence of the number 7, many of the events in your life now will often involve study, a sense of isolation, and an inwardly focused attitude toward yourself. A time of looking for an understanding of fundamentals and pursuing new interests has arrived. You are likely to find yourself withdrawing for a time of reflection and perhaps even meditation, hopefully comfortable with a chance for repose.

When the 7 essence is in effect for 3 years or more...

Since the 7 essence is to be with you for a while, look forward to a time of internality and spiritual growth. You may grow away from others and become much more introspective.

When the 7 essences is joined by a 7 personal year

This can be a period when you become very moody and withdrawn. You may have to force yourself to be social because this seems like an aspect of life that is not important now. While you may actually enjoy your solitude, guard against signs of depression.

8 Essence

The number 8 essence suggests that the trend of events will be pointed toward getting ahead in a material sense and basically taking care of business. This essence normally marks a period when the business and professional reputation is enhanced and ripens. You are apt to reap financial gain now, building or expanding current ventures. Common sense and good judgments will help you achieve goals and make some real progress. This is apt to be a period when you work very hard.

for periods of 8 Essence exceeding 3 years...

This long period 8 essence may be an indication that you are very focused on issues of the career, power, and status. You may have to be reminded to stop occasionally to "smell the roses."

8 Essence with 8 Personal Year

When the 8 essence is joined by an 8 personal year, the stress of you devotion to "getting ahead" can be great. While this is an important period for you relative to the career, your power and status, it is also a time that can take a toll on other aspects of your life.

9 Essence

With the Essence of the number 9 life will tend to have a very dramatic or emotional flair. Your feelings and reactions to events will be very acute. Often this Essence denotes the ending to a significant endeavor, and a marked change in interests of some kind. Usually, additional freedom is a byproduct of the concluding affair. If you are single, there is likely to be an intense or emotional romance. Frequently, this Essence shows involvement with humanitarian endeavors are a constant during the essence period. Endings now may lead to a more useful life.

for periods of 9 Essence exceeding 3 years...

The fact that this is such a long period of 9 essence suggests that it is apt to be a very extended period of passionate feelings, a long drawn out love affair with a prolonged ending, or perhaps a sustained effort of some sort.

when the 9 Essence is coupled with a 9 personal year....

This may be an emotionally draining year which completions coming only with great difficulty. Clear thinking will be difficult but it is a must.

PINNACLE PHASES

We are all inherently subject to major changes in our lives just as surely as we are subject to death and taxes.

Numerology attempts to project major life changes and calls these monumental turns in the road **pinnacles**.

If it weren't for these big transformations in life, the highly successful would become apathetic, and those struggling would soon feel totally hopeless.

Pinnacle in our live give us the necessary change of pace and direction that is stimulating and hopeful. Pinnacles show the direction that progress will lead us.

A pinnacle is an experience occurring over a specific time in our life.

These pinnacle periods have been likened to the four seasons. The first pinnacle is in the spring of life.

The second covering years of family raising and responsibility represents summer.

The third covering middle-age and growing maturity of judgment represents the autumn of life, and the forth, consolidating the experiences of life, is represented by winter.

Each pinnacle is represent by a number and the number reflects the tone of the period. The pinnacle number is written in the birth date.

We will use the month, the day and the year of birth in this calculation. The first step will be to reduce each of these components to a single digit base number or master number. Thus, December 14, 1968, would become month 3 (1+2), day 5 (1+4), and year 6 (1+9+6+8=24; 2+4=6).

The first period is derived from the adding the month and day of birth. In our example, this would be 3+5=8 first pinnacle.

The second pinnacle is identified by adding the day of birth with the year of birth. The example would be 5+6=11; the master number 11 for a second pinnacle.

The third pinnacle is identified by adding the first and second pinnacle. Our example would have an 8+11=19 or 1 third pinnacle.

The fourth pinnacle is identified by adding the month and the year. Our example would produce a 3+6=9 fourth pinnacle.

The timing of pinnacles varies for each of the first nine Life Path numbers.

The timing for the master number 11 is the same a Life Path 2, and the master number 22 is same as the Life Path 4.

Here is a chart for determining the timing of pinnacles keyed to your Life Path number:

The pinnacles (age span for each of the 4 pinnacles)

Life Path #	1st Pinnacle	2nd Pinnacle	3rd Pinnacle	Final Pinnacle
1	0-35	36-44	45-53	54 & beyond

2/11	0-34	35-43	44-52	53 & beyond
3	0-33	34-42	4351	52& beyond
4/22	0-32	3341	42-50	51& beyond
5	0-31	32-40	41-49	50 & beyond
6	0-30	31-39	40-48	49 & beyond
7	0-29	30-38	39-47	48 & beyond
8	0-28	29-37	38-46	47 & beyond
9	0-27	28-36	37-45	46 & beyond

Here are readings of each of the pinnacles:

The 1 Pinnacle

The influence of the number 1 pinnacle is a drive for independence; the desire to express one's individuality using original ideals; leading and directing others, attaining achievements and being recognized for them.

First Pinnacle...1

With a number 1 first pinnacle, most of your youth was probably spent learning how to use original ideas, how to lead, how to rely on yourself without being egotistical, stubborn, self-centered or dominating. This is a period to learn leadership and it may not product the opportunities you would like. It is primarily a learning time.

Second/Third Pinnacle...1

With the second pinnacle and the third pinnacle providing number 1 energies a degree of aggressiveness becomes apparent in your demeanor. Your ability to get ahead and develop your talents is limited only by your own initiative. Your achievements are likely to very apparent to the public and a sense of independence allows you to assume a leadership role

Fourth Pinnacle...1

With the number 1 energies imposing itself on the latter stages of your life, any desire to retire or slow down will be unfulfilled. Challenges and changes will mark this part of your life. Responsibilities and accomplishments will be based on the ability to lead, direct, and express your own individuality and original ideas.

The 2 Pinnacle

The general emphasis of the number 2 pinnacle is that of friendliness, cooperation and harmony. You are apt to be a very sensitive person during this pinnacle, even if sensitivity is not indicated in your basic makeup. The 2 shows patience and attention to detail. You are tactful and cooperative, and willing to work with relatively little recognition.

First Pinnacle...2

Since this pinnacle is experienced early in your life, it may tend to make you an over-sensitive child, and you may be easily hurt or offended. You may experience early difficulties with expression, both verbal and emotional. Your mother is apt to be the stronger influence in your life throughout this period.

Second/Third Pinnacle...2

Your accomplishments during this productive period of your life will greatly depend on your abilities to work with other people, promote harmony, and show patience and a willingness to wait for credit due based on your contributions. The work you do may be very detailed and demanding during this period.

Fourth Pinnacle...2

This latter part of your life should be harmonious whether you are retired or continue to work. The key to fulfillment will be patience, tact, and cooperation, and you will find it necessary to control a tendency toward sensitivity.

The 3 Pinnacle

The general effect of the number 3 pinnacle is one of light, enjoyable activities. Travel, social activities, friends, and entertainment are much a

part of your life during this pinnacle. You nature is more affectionate and outgoing. Personal expression is developed, particularly verbal expression. Any latent artistic or creative talents are apt to exposed now. Life seems to flow toward you during a 3 pinnacle, thoughts are of the present, not so much the future nor the past. Being with people and having fun is essential. Attitudes are youthful; easy come, easy go. Variety in work and play is likely. Money is not a concern so long as you can get by. Thinking, using your imagination, dreaming, these are all a large part of this period.

First Pinnacle...3

This is a difficult number to handle on the first pinnacle, for while there may be many opportunities to develop artistic or creative potential, you may not recognize them or be willing to work as hard as may be required for the development of these opportunities. There is a tendency to scatter energies and work on the wrong ideas. You may be too busy having fun to worry about the future.

2nd and 3rd Pinnacle...3

With the number 3 directing activities of the second or third pinnacle, responsibilities and accomplishments will be greatly dependent on social demeanor and general influence. This pinnacle may bring about opportunity for writing, speaking, interior designing, or some form of participation in the entertainment arts. Imagination and feelings are stimulated.

4th Pinnacle...3

There is a good possibility of much travel, social activity and entertainment. This transit usually promises freedom from financial worry in the later years. While there is a tendency to drift in relative comfort, this is a time when you can be at your creative best.

The 4 Pinnacle

The general influence of the number 4 pinnacle is that of a practical, realistic approach to life. This pinnacle demands a higher degree of order, system and organization. You tend to adopt a very conscientious and dependable response. Hard work and determined effort mark your attitude now. It seems as though you have an emotional need for work and truly thrive on it.

First Pinnacle...4

With the 4 influence in your first pinnacle, this can be a demanding period in with you are required to work due to economic circumstances, or in which you are a highly motivated person in your pursuit of education. In either event, you may not be so active in normal youthful activities because of your work schedule.

2nd or 3rd Pinnacle...4

With the number 4 second or third pinnacle, your ability to get ahead and achieve will no doubt be directly associated with your ability to out work the competition. Sometimes, this pinnacle brings a sense of economic limitation. This is likely to be a period of building and steady growth.

4th Pinnacle...4

With the number 4 fourth pinnacle, any desire to retire or slow down is not likely to be fulfilled. You are not the type to relax and enjoy leisure activities. It is important to work and feel the sense of accomplishment. In some unfortunate cases, economic conditions retard the ability to retire and enjoy life.

The 5 Pinnacle

The general influence of the number 5 pinnacle is that of freedom and a lessening of responsibility. The tendency toward change, sudden and unexpected, may enter you life during these years. You may tend to develop more variety in your friends, you work duties, and in your outside interests. You will probably be adventurous and inclined to travel. Your financial circumstances, like everything else in this cycle, can change rapidly, both up and down.

First Pinnacle...5

This can be a difficult first pinnacle because it is hard to find the stability to establish yourself and build a suitable foundation for latter life. You are likely to experience moves that require you change schools and friends. As a first pinnacle, the 5 has you living by your own set of rules, even if you are raised in a tradition family. You are more resourceful that others your age, but you may also tend to get into more trouble. Impulsiveness and a craving for independence are both strong in your nature during this period.

2nd or 3rd Pinnacle...5

With the number 5 pinnacle coming in mid-life, your ability to progress and achieve in may be linked to your ability to function comfortably in a fluctuating environment. Your ability to adapt is very critical. The sense of freedom that you have now is very significant. The caution here is not to burn too many bridges because of your urge for freedom, travel, and adventure. You may need that job (or family) later on.

Fourth Pinnacle...5

With the fourth pinnacle showing 5, any desire to retire or slow down is not likely to be fulfilled. Change and variety will continue to keep your occupied and busy. If you are adaptable, this can be a very interesting time in your life. In most cases, a final pinnacle of 5 means freedom from financial or domestic worries.

The 6 Pinnacle

The general influence of the number 6 pinnacle is that of responsibilities, which may cause feeling of restrictions. There is a close accord with home, family, children, and those in your environment for whom you feel responsible. You are apt to be involved in service work. The 6 vibrations have a very balancing effect on circumstances during this period. You are apt to receive many opportunities to serve and help others; teaching, counseling, and promoting harmony and diplomacy.

The first Pinnacle...6

As a young person you are likely to find much duty and responsibility related to home and family. There may be strong feelings of limitations because of these pressures. Ill-advised marriages at an early age sometimes occur. It is a period for you to attend to the demands made on you for family and close friends rather than self. Often, the six pinnacle suggests a person who is under the close dictates of a parent or of some authority figure.

2nd/3rd Pinnacle...6

In this period of your life you can progress and achieve through the acceptance of increasing responsibility and through diplomatic acts. Home and family with generally take precedence over business, however. It is a period for you to attend to the demands made on you for family and close friends rather than self. Often, the six pinnacle suggests a person who is under the close dictates of some authority figure.

Forth Pinnacle...6

As a last pinnacle, the 6 brings home the rewards and pleasures of family, security, and a close circle of friends. You are likely to find yourself giving back some of the nurturing and attention that you received in the early part of your life.

The 7 Pinnacle

The general influence of the number 7 pinnacle is that of learning, investigating, and gaining skills. The number 7 is a somewhat introverted number and you will tend to be more of a loner while the pinnacle is in effect than you will be in other times of your life. You will be more comfortable working alone, and while marriage is not out of the question during this time, it will take a good bit of effort. You are apt to need periods of isolation to develop inner resources. This time will be especially marked by a your lack of interest in material matters and little concern with practical affairs. This lack of concern can result in some financial shortages, limited material benefits, or possibly physical handicaps.

The First Pinnacle...7

With the number 7 first pinnacle, your circle of friends will not be large and you may have difficulty finding those you get along with. You are a serious student, motivated to learn by inner yearnings. Your youth may be a difficult and confusing time.

2nd/3rd Pinnacle...7

Unless you are involved in some sort of research or possibly religious or philosophical endeavours, your progress during this pinnacle will be painfully slow. Your accomplishments are simply not the type that bring financial benefits as desired or expected. The benefits of this pinnacle are much deeper and internal.

Fourth Pinnacle...7

With a number 7 fourth pinnacle, your later years will be a quiet time when you will be chiefly involved with the development and refinement of your inner being. This is a time for study, development, and thinking about life in philosophical ways. During this period it may not be easy for you to find individuals with whom you truly feel comfortable unless your spouse has similar attitudes. Be patient for people will come to you for what you know.

The 8 Pinnacle

The general influence of the number 8 pinnacle is that of business and commercial activity. There is a good deal of status orientation, success, and recognition associated with this number, and your financial circumstances and personal status are apt to changing during this period, with improvements likely to occur. The tone of the period is more on the pragmatic side, stressing organizational and management abilities. Emotions tend not to be a motivating factor.

First Pinnacle...8

With the first pinnacle featuring the influence of the number 8, you may become involved in business or commercial activity at an early age and face some restriction on this account. You are a very practical thinker at a young age.

2nd/3rd Pinnacle...8

During this period of your life you are apt to become very deeply involved with being a executive (or perhaps being married to one). You will begin to rely more on rational feelings and less on emotional impulses. You are more ambitious and success oriented.

Fourth Pinnacle...8

With the number 8 fourth pinnacle, business and position will make retirement at the normal age unlikely. Circumstances in the later years may be an atmosphere of status and power.

The 9 Pinnacle

The general influence of the number 9 is that of humanitarianism. Irrespective of which pinnacle of the life is colored by this influence, the trend will be to feel and express greater concern for those who are weaker, poorer, and less fortunate than yourself. The 9 denotes a degree of selflessness not show in any other number. The attitude is more humanistic, philanthropic and emotional.

First Pinnacle...9

Selflessness is often difficult for a young person, so the tone of this influence may be but barely detectable. You may be the type of person who is a friend to those who have few friends, a protector to those who might be the favourites of bullies, and generally a helping person in

whatever way you talent permits. As you mature in our modern society, you are apt to embrace humanitarian political views and ideals.

2nd or 3rd Pinnacle...9

With the number 9 energy apparent on the second or third pinnacle, you may at times express very emotional and dramatic humanitarian views and ideals and become a champion of the need for tolerance and compassion in the world. You may possess a universal view of the world, working in ways that will benefit mankind.

Fourth Pinnacle...9

With the fourth pinnacle showing the number 9, your work in the latter part of life will tend to be more philanthropic, allowing you to give much more of yourself, and if your financial circumstances permit, your assets, to causes that benefit mankind. Certainly, you have a more caring attitude now than in earlier times of your life.

The 11 Pinnacle

The number 11 is the first of the master numbers. The influence of this number is somewhat philosophic and illuminating. The 11 vibration has associations with spiritual and metaphysical studies and understanding. It has associations with the reformer, the philosopher, the welfare worker. With the number 11 energies influencing behaviour in any stage of the life, there is a significant lessening of material goals and desires. In fact, thoughts may tend to stray a bit from the practical and the mundane, irrespective of the life path you may be following. A certain disassociation with mundane reality can cause problems with associates in the environment. Frequently, there is a heightened sense of nervous tension associated with this energy.

First Pinnacle...11

With the number 11 first pinnacle, you may identify with some of the foregoing, however, it is difficult for a young person to use the general influence productively. Thus, the background tone of this period is perhaps better communicated through use of the number 2 energies. The general emphasis of the number 2 pinnacle is that of friendliness, cooperation and harmony. You are apt to be a very sensitive person during this pinnacle, even if sensitivity is not indicated in your basic makeup. The 2 shows patience and attention to detail. You are tactful and cooperative, and willing to work with relatively little recognition. Since this pinnacle is experienced early in your life, it may tend to make you an over-sensitive child, and you may be easily hurt or offended. You

may experience early difficulties with expression, both verbal and emotional. Your mother is apt to be the stronger influence in your life throughout this period.

2nd/3rd Pinnacle...11

With the 11 pinnacle occurring in the second or third stage of your life may take on much the same implications as the 2 pinnacles, however, responsibilities and accomplishments of significance will contain the tone of the inspirational nature of this number.

Fourth Pinnacle...11

With the 11 pinnacle occurring in the fourth stage of your life, your responsibilities and accomplishments of significance will contain the tone of the inspirational nature of this number, and it is probable that your work later in life or your retirement years will carry this influence.

The 22 Pinnacle

The general influence of the 22 pinnacle is one that many people cannot readily attain. This is the larger of the master numbers and the connotation of 22 is that of master builder. It inclines toward large-scale endeavours in business or government. It denotes vast influence and power. Both of the master numbers are highly idealistic, but the 22's expression of idealism is in obtaining practical goals and useful projects. At any stage of the life, the number 22 tends to create a significant degree of nervous tension in the individual.

First Pinnacle...22

Young persons, except in very rare instances, are unable to use the general influence of the 22 productively. Therefore, the background tone of this pinnacle is more in tune with the number 4.

2nd/3rd Pinnacle...22

With the mid-life 22 pinnacle, many great things are possible. Much depends on the life's development and preparation up to now, and whether you possess the capacity to bring about such endeavours. If you have not received the opportunity for education and developed sufficiently to anticipate the responsibilities of the master number, it's likely that the reduced number 4 will better describe the tone of this period.

Fourth Pinnacle...22

If you have the capacity to achieve the statue of master builder forecast by this pinnacle, business endeavours with idealistic ends will likely preclude retirement.

Angels

Seraphim

The uppermost section of the hierarchy, these are the angels closest to the throne of God.

It is they who unceasingly chant the Trisagion, « Holy, holy, holy... » and encircle the throne, existing off the love emanated by God.

It is this fiery love which gives them the term 'fiery serpents'. In this form of fiery serpents, it is said that the light they give off is so intense, that not even other divine beings may look upon them.

There is said to be four of these angelic beings.

They are listed as the four holy beasts in the book of Revelation and are also described as angels with four faces and six wings.

Cherubim

Second to only the seraphim, the Cherubim hold the knowledge of God.

It is also they who are often sent to earth with the greatest of tasks; the expulsion of Man from the Garden of Eden and the Annunciation of Christ were both performed by Cherubim.

Spirits of the Harmonies.

The guardians of the fixed stars, keepers of celestial records, bestowers of knowledge.

Chief rulers are Ophaniel, Rikbiel, Zophiel.

Thrones

also known as the Ophanim, these angels serve the primary function of being God's chariot.

But besides this, they are also noted as being the dispensers of God's judgment; acting with impartialness and humility to bring about the desires of the Lord.

Having the most bizarre physical appearance of the celestial host, they are described a great wheels, covered with a great many eyes and glowing with light.

One explanation given for this (besides them acting as God's chariot), is that they mark the end of the first Choir, where the emanations of God begin to take on more material forms and as such exist in a state of transition.

Spirits of Will
Bring God's justice to us.

Dominions

act as a sort of middle management between the upper choir and the lower, holding the task of regulating the duties of lower angels.

They receive their orders from the seraphim and cherubim and are responsible for ensuring that the cosmos remains in order.

Mortals, instead quietly concerning themselves with the details of existence only with extreme rarity that the dominations make themselves physically know it.

Spirits of Wisdom, through them is manifested the Majesty of God.

They hold an orb or scepter as an emblem of authority, and in Hebraic lore, the chief of this order is named Hashmal.

Virtues

given to two main tasks, the virtues not only are concerned with maintaining the aspects of the natural world, but also with bestowing blessings upon the material world as well.

In their first task, they preside over the movements of the celestial bodies as well as events of weather including rain, snow, wind and the like.

In the second, it is they who take the orders given to them and in turn convert them into miracles for God's favored.

Variant names for them include the Malakim and the Tarshishim.

Powers

Spirits of Form

Holding one of the most dangerous tasks, the powers are responsible for maintaining the border between Heaven and Earth.

Acting as a sort of elite guard, they constantly watch for demonic attack, and are the major line of defense and battle during heavenly warfare.

They are also tasked with guarding the celestial byways between the two realms and ensuring that souls, which leave the mortal world, reach heaven safely.

Perhaps not surpassingly, given their proximity to the nether regions, there are more angels from the ranks of the powers listed as fallen than from any other member of the hierarchy.

They Stop the efforts of demons to overthrow the world. Ertosi, Sammael, or Camael is chief of the Powers.

Principalities

the head of the final choir, the principalities watches over the mortal world directly, guiding and protecting the earth's nations, cities and towns.

Also, they are given to the protection of religion and of politics.

As such, they are assumed to be given more freedom to act than the lesser angels below them and are responsible for carrying out divine acts concerning their area of jurisdiction.

Finally, they are given to the task of managing the duties of the angels.

Spirits of Personality or Time.

Protectors of religion. Nisrocand others, are named Requel, Anael, and Cerviel.

Guardians of people and all physical things

Fire Spirits. Angels above the order of Angels. It also serves to designate a specific rank of angels in the angelic hierarchy.

The term Archangels refers to the greater angels such as Michael and Gabriel, known also as chief princes. The order can also refer to the angels who stand at the throne of God, thus being the higher angel ranking.

While also listed as a way of defining an especially important angel, the term archangel is used here as the second to last rank in the celestial hierarchy.

The confusion comes mainly from the ancient Hebraic way of defining angels, which were simple angel and archangel.

It was not until later that the hierarchy was defined, and many of the angels previous named as simply archangels were given new posts.

Despite this, as a class the archangels are tasked with not only watching the duties of the angels, but also acting as the leaders in the divine army during battle.

Sons of life or of twilight
A rank, which intermediates between God and Man.

Angels, are closest to earth and earthly matters, whereas the archangels have more to do with the heavenly realm.

Both orders are very similar and they often cross in their duties with each other.

THE GOVERNING ANGELS OF THE TWELVE MONTHS OF THE YEAR:

JANUARY: Gabriel (or Cambiel)

FEBRUARY: Barchiel

MARCH: Machidiel (or Malahidael)

APRIL: Asmodel

MAY: Almbriel (or Ambiel)

JUNE: Muriel

JULY: Verchiel

AUGUST: Hamaliel

SEPTEMBER: Uriel (or Zuriel)

OCTOBER: Barbiel

NOVEMBER: Adnachiel

DECEMBER: Hanael (or Anael)

THE GOVERNING ANGELS OF THE FOUR SEASONS

SPRING: Governing Angel: Spugliguel

Serving angels: Amatiel, Caracasa, Core, Commissoros

AUTUMN: Governing Angel: Torquaret

Serving angels: Tahquamn, Guabarel

SUMMER: Governing Angel: Tubiel

Serving angels: Gargatel, Gaviel, Tariel

WINTER: Governing Angel: Attarib

Serving angels: Amabael, Cetarari

THE GOVERNING ANGELS OF THE DAYS OF THE WEEK

MONDAY: Archangel: Gabriel Angel: Gabriel

TUESDAY: Archangel: Khamael Angel: Zamael

WEDNESDAY: Archangel: Michael Angel: Raphael

THURSDAY: Archangel: Tzaphiel Angel: Sachiel

FRIDAY: Archangel: Haniel Angel: Anael

SATURDAY: Archangel: Tzaphiel Angel: Cassiel

SUNDAY: Archangel: Raphael Angel: Michael

GUARDIAN ANGELS OF PEOPLE

BORN UNDER THE SIGN OF ARIES

March 21 to 25: VEHUIAH
One of eight Seraphim invoked to fulfill prayers. He governs the first rays of the sun.

March 26 to 30: JELIEL
A Seraph whose name is inscribed on the Tree of Life. He inspires passion between the sexes and insures marital fidelity.

March 31 to April 4: SITAEL
A Seraph invoked to overcome adversity. April 5 to 9:ELEMIAH - One of the 8 Seraphim of the Tree of Life in the Book of Yetsirah. He rules over voyages and maritime expeditions. His corresponding angel is Senacher.

April 10 to 14: MAHASIAH .

April 15 to 20: LELAHEL
An angel of the zodiac exercising dominion over love, art, science and fortune. We appeal to this being of light for good luck and good fortune.

BORN UNDER THE SIGN OF TAURUS

April 21 to 25: ACHAIAH
He is a Seraphim, the angel of patience and discoverer of the secrets of nature.

April 26 to 30: CAHETEL
One of 8 Seraphim; he rules over agricultural products.
In the Cabala generally he is often invoked to increase or improve crops.
His corresponding angel is Asicat.

May 1 to 5:HAZIEL
A Cherub invoked to obtain the pity of God.

May 6 to 10: ALADIAH.

May 11 to 15: LAUVIAH
In the Cabala, an angel of the order of Thrones; also of the order of Cherubim.
More correctly, he formerly belonged to these orders.
He influences savants and great personages.

May 16 to 20: HAHAIAH
An angel of the order of Cherubim.
He influences thoughts and reveals hidden mysteries to mortals.

Born UNDER THE SIGN OF GEMINI

May 21 to 25: IEZALEL
One of the angels of the Zodiac

May 26 to 31: MEBAHEL

June 1 to 5:HARIEL
Angel with dominion over tame beasts
He is invoked against impieties.
He rules science and the arts and is of the order of Cherubim.

June 6 to 10:HAKAMIAH
One of the Cherubim (invoked against traitors) and Guardian Angel of France.
His corresponding angel is Verasua.

June 11 to 15: LAUVIAH.

June 16 to 21: CALIEL
One of the Throne angels serving in the Second Heaven, invoked to bring prompt help during adversity.
His corresponding angel is Tersatosoa (or Tepisatosa).

BORN UNDER THE SIGN OF CANCER

June 22 to 26: LEUUIAH.

June 27 to July 1: PAHALIAH
He rules theology and morals.
His corresponding angel is Sothis, who is an angel of an hour.

June 2 to July 6: NELCHAEL
An angel belonging to the order of Thrones

July 7 to 11: YEIAYEL
One of the angels of the Zodiac

July 12 to 16: MELAHEL.

July 17 to 22: HAHUIAH.

BORN UNDER THE SIGN OF LEO

July 23 to 27:NITHAIAH
A poet-angel of the order of Domination's.
He is in charge of occult sciences, delivers prophecies in rhyme, and exercises influence over wise men that love peace and solitude.

July 28 to August 1:HAAIAH
An angel of the order of Domination's. He rules over diplomacy and ambassadors.

August 2 to 6: YERATEL
An angel of the order of Dominations (Dominions).
He « propagates light, civilization, and liberty. »
His corresponding angel is Hepe.

August 7 to 12: SEHEIAH
An angel who provides protection against sickness and fire.

He also governs longevity.

August 13 to 17: REIIEL
An angel of the order of Domination's.

August 18 to 22: OMAEL
An angel, who multiplies species, perpetuates races and influences Chemists.

BORN UNDER THE SIGN OF VIRGO

August 23 to 28: LECABEL
An angel in control of vegetation and agriculture.

August 29 to September 2: VASAIRIAH
In the Cabala, an angel who rules over justice, nobility, magistrates, and lawyers.

September 3 to 7: YEHUDIAH
In the Zohar, one of the chief angelic envoys.
He descends with myriads of attending angels for the purpose of bearing aloft the souls of the persons about to die, or who have just died.
He is a beneficent Angel of Death.

September 8 to 12: LEHAHIAH.

September 13 to 17: CHAVAKIAH.

September 18 to 23:MENADEL
An angel of the order of Powers; also one of the 72 angels of the Zodiac.
Menadel keeps exiles faithful or loyal to their native land.
His corresponding angel, in the Cabala, is Aphut.

BORN UNDER THE SIGN OF LIBRA

September 24 to 28: ANIEL
One of the numerous angelic guards of the gates of the West wind.

September 29 to October 3: HAAMIAH
An angel of the order of Powers.

He dominates religious cults and « protects all those who seek the truth. »
His corresponding angel (in the Cabala) is Serucuth.

October 4 to 8: REHAEL
An angel of the order of Powers.
He rules over health and longevity, and inspires respect for one's parents.
His corresponding angel is Ptechout.

October 9 to 13: IHIAZEL.

October 14 to 18: HAHAHEL
Hahahel is also spelled Hahael and this angel in an angel of the order of Virtues.
Hahael protects missionaries and all disciples.
His corresponding angel is Chantare', who's description only states that he is the corresponding angel to Hahahel (Hahael).

October 19 to 23: MIKAEL
An angel who influences the decisions of monarchs, nobles, and governors; also useful in uncovering conspiracies against states.
His corresponding angel is Arpien.

BORN UNDER THE SIGN OF SCORPIO

October 24 to 28: VEULIAH
An angel of the order of Principalities; also a Zodiac angel.

October 29 to November 2: YELAIAH
One of the angels of the Zodiac.

November 3 to 7: SAELIAH.

November 8 to 12: ARIEL
Ranks as one of the 7 Princes who rule the waters and is « Earth"s Great Lord. »
In occult writings, he is the « 3rd archon of the winds. »
He is also the angel who assists Raphael in the cure of disease.
In practical Cabala he is regarded as originally of the order of Virtues.
He is known to be a conglomerate of Anael and Uriel, a Sprite.

November 13 to 17: ASALIAH

In the Cabala, an angel of the order of Virtues, under the ethnarchy of Raphael.
He has dominion over justice.

November 18 to 22: MIHAEL
In the Cabala, an angel in control of conjugal fidelity and fertility.
He belongs to the order of Virtues.

BORN UNDER THE SIGN OF SAGITTARIUS

November 23 to 27: VEHUEL
An angel of the order of Principalities; also a Zodiac angel.

November 28 to December 2: DANIEL
An angel of the order of Principalities.
He exercises dominion over lawyers.
He is a high Holy Angel who bears the name of Shemhamphorae.

December 3 to 7: HAHAZIAH.

December 8 to 12: IMAMIAH.

December 13 to 16: NANAEL
Exercises dominion over the great sciences, influences philosophers and ecclesiastics.
His corresponding angel is Chomme.

December 17 to 21: NITHAEL.

BORN UNDER THE SIGN OF CAPRICORN

December 22 to 26: MEBAHIAH
An angel who exercises dominion over morality and religion.
He also helps those desiring offspring.

December 27 to 31: POIEL
An angel of the order of Principalities.
He rules over fortune and philosophy.
He also is one of the 72 angels of the Zodiac.

January 1 to 5: NEMAMIAH

This sacred being is a guardian angel of all those who fight for just causes.
He is especially protective towards people who defend the rights of those who cannot defend themselves, such as animals and children.
When an injustice is done towards anyone, including ourselves, we can pray to Nemamiah to right the wrong.

January 6 to 10: IEILAEL.

January 11 to 15: HARAEL
This radiant one protects libraries, archives, schools and universities.
Harahel opens our minds and hearts to new ideas while inspiring humankind to use this knowledge in life-affirming ways.

January 16 to 20: MITZRAEL

BORN UNDER THE SIGN OF AQUARIUS

January 21 to 25: UMABEL
In the Cabala, Umabel is said to have dominion over physics and astronomy.
His corresponding angel is Ptiau.

January 26 to 30: IAHHEL
This shining one inspires meditation and illumination.
Iahhel watches over philosophers and those who seek a retreat from worldly pursuits.
For those who have difficulty meditating, pray to Iahhel for help just before you begin your meditative practice.

January 31 to February 4: ANAUEL
His corresponding angel is Aseij.

February 5 to 9: MEHIEL
An angel who protects university professors, orators and authors.

February 10 to 14: DAMABIAH
An angel of the order of angels with dominion over naval construction.

February 15 to 19: MANAKEL
Angel of aquatic animals.

BORN UNDER THE SIGN OF PISCES

February 20 to 24: EIAEL
An angel with dominion over occult sciences, longevity, etc.

February 25 to 28: HABUIAH
An angel who exercises dominion over agriculture and fecundity.
March 1 to 5: ROCHEL
An angel who finds lost objects.

March 6 to 10: GABAMIAH.

March 11 to 15: HAIAIEL
One of the 72 angels of the Zodiac.

March 16 to 20: MUMIAH
This angel presides over the sciences of medicine and physics. Mumiah is traditionally believed to grant health and longevity, as well as being able to suspend physical laws to create miracles.

The Angels Of The Seasons

Each season of the year and every month has its own special angel. These angels help us learn from nature the particular lessons and insights that every season imparts.

The Angel of January –

Teaches us to look within and to take stock of our lives and ourselves.

The January angel keeps us company as we ponder over those long, cold winter nights, helping us to be honest with patient and ourselves at the same time.

Conveying the wisdom of an elder, the January angel takes our hand as we seek to glean understanding from our lessons of the past year.

With this support, we can give ourselves both recognition and admonition and admonition in their turn.

With this help, we can chart a new course or alter our present one.

We seek and receive the companionship of the January angel to warm us through the winter of our introspection.

The Angel of February –

is the angel of patience. During the dark, blustery nights of February, when nature is in a deep chill and we long for a sign of warmth and life, this angel can help us learn to await with grace the first signs of spring.

February's angel teaches us that winter has its own special peace, that being snowbound or staying indoors can give us a welcome reprise from the busyness of life. In February, we can complete unfinished projects and prepare for new initiatives in the spring.

The angel of February brings us the gift of patience, helping us to enjoy the solitude and quiet of the winter, guiding us to replenish our energy for the warm, busy days to come.

The Angel of March –

brings us stamina and courage. As winter ends, we take heart from the crocuses that push their way up through the snow.

The Angel of March cheers us on through life's frozen moments; boosting our morale and helping us achieve new landmarks.

With the angel's help, we dare to break through whatever barrier, whether personal belief or lack of self-confidence, that holds us back.

We gather the will to launch a lifelong dream or begin the project we have envisioned but never dared to tackle.

As the sun begins to warm our spirits, the March angel rejoices with us at the first signs of spring and lends us courage to prepare for a new and daunting, but also fulfilling, task.

The Angel of April –

is the spirit of rebirth. As the days grow longer and the sun begins to warm us, April is a time for new life and new beginnings.

April's angel spurs us to test ourselves in new directions and to make ourselves vulnerable in the face of unfamiliar people and places.

Encouraged by the April angel, we search for novel endeavors that will enrich our lives and bring new meaning to our career or family roles.

The April angel teaches us to delight in each sign of awakening, in nature and in ourselves.

The Angel of May –

brings the blush and promise of spring.

May's angel rejoices with us as we take heart at the sight of trees ad shrubs in bloom and relish our anticipation of the fruits to come.

This angel of spring reminds us that this is a time of awakening the seed within ourselves.

Perhaps we have a deep longing, an artistic talent never explored or a friendship never quite attempted.

This angel of May will help us discover this potential, nurturing our spirits as we can dare to fulfill this hidden promise and bring forth the fruit of a life fully lived.

The Angel of June –

helps us flourish and grow strong.

June's angel teaches us to sustain our enthusiasm for the new projects and directions we started in the spring.

In this glorious time of sunshine and growth, we learn to seek out the warmth of friendships and family ties, to help nurture the seeds we planted and become all that we were meant to be.

The angel of June urges us to be steadfast in our intentions, to renew our dedication, and to stay on course.

The Angel of July –

brings a season of leisure, a time to play and replenish our energy.

The projects we began in the spring should be well underway and growing stronger on their own.

July's angel urges us to take the time, now, to step back and observe what we have planted.

The July angel encourages us to tend the garden of our life, to care for what we have started, and to be objective enough to weed out the unhealthy or unproductive elements.

This angel of summer reminds us to nurture the people and things that bring us happiness, so we can product for ourselves a crop of joy and fulfillment.

The Angel of August –

is the angel of perseverance.

The new directions we began in the spring may have become difficult to sustain.

Like a garden that needs constant watering and weeding in the scorching August sun, our projects and dreams require stamina and determination to bring them to fruition.
The angel of August helps us with unflagging energy to tend the garden we have planted.

When the hot summer sun and the work of our lives demand too much of us, the August angel brings us the fortitude to cleave to our tasks through completion.

The Angel of September –

helps us prepare for the harvest at hand.

As the summer draws to a close, September's angel reminds us to pause and gather fresh strength because the culmination of a project often demands one last surge of energy.

The September angel brings us this boost, seeing us through to the fulfillment of our task.

This late-summer angel also helps us recognize the fruits of our labors and share with others the bounty of what we have created in our lives.

In September, we take delight in our good fortune, whether in a garden, a relationship, or a career, and we share our joy with all those whose support has made our harvest
possible.

The Angel of October –

rejoices as we reap the harvest of what we have sown in life.

October is a good time to step back from our projects and our dreams and to take a hard look at what we have actually accomplished.

The October angel helps us to be honest and objective about what is good and what is not.

With this help, we can face clearly the consequences of our choices over these past seasons.

We will taste our harvest and reject what is bitter or unripe; we will make note of what worked and what did not, and we will change for the better.

October's angel teaches us that the greatest fruit of our personal harvest is understanding ourselves.

The Angel of November –

is the angel of humility.

This autumn angel brings a special gift that helps deepen the meaning of the Thanksgiving season for our loved ones and ourselves. November's angel urges us to acknowledge and appreciate the supporting roles others have played in our lives this year and even thank those who have taught.

The angel of November leads difficult lessons us to give thanks in a new way by forgiving old hurts and healing broken relationships.

Thus we help one another to be truly grateful for our relationships and the richness they bring to our lives.

The Angel of December –

is the angel of generosity.

The December angel celebrates with us this time of giving gifts to all the wild creatures and to all of God's children.

The angel of December leads us to join hands with people of all races and religions, recognizing that we are children of the same creator, and we all share the responsibility of bringing joy and health upon the earth.

Inspired by December's angel, we can celebrate this season of brotherhood by doing one act of kindness every day of December ~ going out of our way to bring warmth and light into another's life.

The Angelic Elevator

1. Close your eyes and feel yourself drifting into sleep.
Your breathing is slow and easy.

2. Let your neck relax.
Let your shoulders relax.
Feel your entire back relaxing.
From head to toe, feel your whole body releasing tension.

3. Now, visualize a long, long hallway in your mind.
The walls and floors are made of glowing light.
See the light, and see yourself slowly walking down the luminous hallway, with your Angel right beside you.

4. At the end of the hallway you see a shimmering portal.
This is the doorway to the Angelic Elevator.
As you and your Angel get closer, the door slowly opens.

5. Hand in hand, with one of its wings wrapped around your back, your Angel and you step into this elevator.
When you do, your body is bathed in the purest, warmest light you can imagine.
It soothes your body and flows deeply into every part of you, into every cell.

6. You watch your Angel reach out with the tip of its wing to push one of the glowing buttons on the panel by the door.

7. The elevator door slowly closes.

Bathed in light, you and your Angel are slowly rising up into your dreams.

8. If you are working with affirmation, repeat it now, slowly, several times over.

9. If you would like to ask your Angel a specific question, or seed a particular dream, now is the time to do it.

10. Notice your breathing again.
Feel yourself drifting into sleep.
Together with your Angel, you are moving up, up, up into the world of dreams.

What are Kundalini energies?

KUNDALINI RISING

Stretching back into the corridors of time, Asian religions have spoken of a mystical force called the 'kundalini'.

The medical symbol is actually a symbol for self-healing.

The staff is the spine, the two serpents are the two-way flow of kundalini energy, and the wings are the awakened brain connected to spirit, enlightenment.'Kundalini' literally means coiling, like a snake.

In the classical literature of hatha yoga kundalini is described as a coiled serpent at the base of the spine.

The image of coiling, like a spring, conveys the sense of untapped potential energy. This energy is described as a sleeping serpent coiled three and a half times at the base of your spine. In fact, her name comes from the Sanskrit kundala, which means 'coiled'.

A storehouse of creative energy awaiting the command to spring into action, Kundalini is the active property, unconscious in most, which functions under the direction of Universal Law, DNA, and the subconscious mind.

In Eastern legends she is a Goddess, and to know her is to possess the wisdom of a creator.

When uncoiled, streams of creative energy known as prana are released, drawing energy from the inner levels of consciousness for mental creation or for physical procreation.

This outpouring of energy would drain the mind unless there was a means to return the used energy back into the inner levels of consciousness from whence it came.

Thus the activation and use of Kundalini shares an independently intimate relationship with the mind's centers of recycling often referred to as chakras.

Kundalini rising experiences vary a lot from person to person.

They can happen in a sudden, drastic whoosh, or in repeated bursts extending over a longer period of time.

Or both. The important thing about recognizing it is to remember that it is very powerful, a radical change in one's energy.

Someone who is in balance especially with his or her energy fields should only attempt the awakening of this energy.

If the person is dysfunctional - this surge of energy can cause permanent damage to their energy fields making it difficult for them to function in the third dimension.

The process should be gradual as one raises one frequency thorough meditation - or the like. After the Kundalini rises the action of the chakras must be set into motion so energy can be replenished for future creative endeavors.

Exploration of the nature of the chakras brings the knowledgeable practice necessary for continued fulfillment of desires.

Pursuit of the raising of the Kundalini eventually unveils the state of desirelessness, which is the spiritual destiny of man.

Perhaps more meaningfully kundalini can be described as a great reservoir of creative energy at the base of the spine. It's not useful to sit with our consciousness fixed in our head and think of kundalini as a foreign force running up and down our spine.

Unfortunately the serpent image may serve to accentuate this alien nature of the image. It's more useful to think of kundalini energy as the very foundation of our consciousness so that when kundalini moves through our bodies our consciousness necessarily changes with it.

The concept of kundalini can also be examined from a strictly psychological perspective. From this perspective kundalini can be thought of as a rich source of psychic or libidinous energy in our unconscious.

In the classical literature of Kashmir Shaivism kundalini is described in three different manifestations. The first of these is as the universal energy or para-kundalini.

The second of these is as the energizing function of the body-mind complex or prana-kundalini.

The third of these is as consciousness or shakti-kundalini, which simultaneously subsumes and intermediates between these two.

Ultimately these three forms are the same but understanding these three different forms will help to understand the different manifestations of kundalini.

Knowledge of how to awaken the kundalini, what it does, and what to do after its awakening was a closely guarded secret among spiritual masters of the East.

Those spiritual masters had very good reasons for keeping secret their knowledge of this power. The kundalini feels like a warm liquidy magnetic energy when it rises up the spine.

Once awakened, you will find that the kundalini gradually rises and then slowly subsides within the spine.

Throughout history many names have been given to this power: orgone, esprit, loosh, prana, elan vital, and bioelectricity are some of these names. In humans, kundalini is present as a coiled mechanism lodged invisibly in the base of the spine, close to the last vertebrae.

It has been referred to as the « coiled Serpent » lying in deep slumber, in it's spinal resting-place awaiting activation. Kundalini usually releases only enough bioelectricity to give a person enough energy for her/his daily round of needs.

This energy is directly related to one's personal storehouse of sexual energy.

Kundalini takes sexual energy in its raw form and converts it into fine spiritual energy of an extremely high frequency, which then allows the fruition and activation of paranormal activities such as good quality OBE's, telepathy, matter/energy conversion, and communication with entities that inhabit the vast areas of our multi-dimensional universe.

Physical symptoms connected to the opening of the kundlini may include crackling noises at the base of the neck, and unexplained headaches.

A blow to the head or other physical trauma often triggers kundalini energies.

Releasing the Kundalini energy too quickly can have serious emotional effects on a person.

RESULTS OF OPENING THE KUNDALINI

Feeling connect to all things in the universe

Your mind feels expanded in its quest for higher awareness and knowledge.

Allowing your ego to step aside and connecting with spirit

Feeling unconditional love and connection with spirit

OPENING THE KUNDALINI WITH MEDITATION

Find a quiet place free of distractions . . .

Adjust the lighting and room temperature . . .

Adjust clothing . . . footwear . . . eyeglasses . .

Sit down or lie down . . .

Find a position that is comfortable for you . . .

Quiet your mind . . . Still your thoughts . . .

Relax your body . . .

Your face . . . your jaw . . . relaxing . . .

Your shoulders . . . your neck . . . relaxed

Your arms . . . your hands . . . feel at peace . . .

Your torso . . . your hips . . . letting go . . .

Your legs . . . your feet . . . totally relaxed . .

Focus on your breathing . . .

Inhale slowly and deeply through your nose . . .

Retain the breath as long, as is comfortable . . .

Exhale through the mouth slowly and completely . . .

Repeat for two more breaths . . . or as is comfortable.

Concentrate on your breathing.

You may want to practice a technique called « alternate nostril breathing. »

Alternate nostril breathing calms the mind and energizes the third eye chakra.

Alternate nostril breathing is performed in the following manner.

Rest the base of the palm of your right hand on your chin and your three

Middle fingers on your forehead; if necessary rest your elbow on a table.

Gently press closed your left nostril with your little finger and breath

In through your right nostril.

Now, close your right nostril with your thumb, and slowly breath out

Through you're left nostril.

Next, breathe in through your left nostril, while your thumb

Holds the right nostril closed.

Finally, breath out through you right nostril while your left nostril is

Held closed by your little finger.

Repeat the process over and over until your mind clears of thoughts

And is relaxed.

Once your mind is quiet and relaxed rest your hands on your lap or

A table and start slow deep breathing through your nose.

Eventually, you will slip into an alpha state.

If you have enough residual energy from the breathing exercises,

Your third eye or crown chakra will awaken; you will see brilliant flashes

Of light in your mind, be brought instantly out of trance state, and

Feel a lot of bliss.

While practicing any of the above exercises, you should feel no strain at all.

Now focus your attention on your chakras.

Starting from the top of your head see your crown chakra opening . . .

Fell your connection to spirit.

Bring in the white light . . .

Feel in enter the top of your head and slowly moving down through your spine.

The white light opens your third eye chakra . . .

You may experiences vibrant colors especially in blue and violet . . .

The white light moves down to your throat chakra . . .

Releasing your blockages . . .

You feel like you want to chant or sing . . .

Allow the tones to resonant from your throat . . .

Do this as long, as is comfortable . . .

The white light now enters your heart chakra.

You experience a feeling of unconditional love and understanding . . .

The white light enters your solar plexus . . .

Your fear . . .angers. . Tensions . . .released

See the white light enter your spleen chakra . . .

Releasing pain and guilt in the sexual areas . . .

The white light now enters your Root Chakra . . .

The seat of your kundalini energy . . .

It begins to activate the energy of the base (root) chakra . .

Feel the energy suddenly emerge from your Root Chakra . . .

Spiraling up through the base of your spine . . .

As if it were a coiled snake.

The coiled snake represents the spiraling DNA . . .

Opening . . . activating . . . to higher levels of consciousness . . .

It is primal energy . . . bright to the fore.

See this energy leave through your crown chakra at top of your head . . .

Experience this energy . . .

Integrate it with your entire being. When your are ready . . . come back into your physical body . . Relax and balance for a while.

What are ghosts?

Ghosts

Though they are usually seen in a 'white light haze' some ghosts can manifest in colors or rays of light. The colors depend on their frequency of the ghost.

Animals are more aware of ghosts - than humans are - as they can see and hear in higher frequency than we can.

All ghosts are spirits that have lived in physical (corporeal) bodies at some point.

Their causes of death vary as does the reasons why they haunt specific places and people.

Ghosts of pets and other animals have also been seen.

Ghosts have personalities usually similar to that which they had when they were in physical manifestation.

Just because a person dies - does not mean they will become instantly enlightened.

As on the Earth plane - it takes many incarnations of clearing and healing.

Multidimensional entities have always been part of our experience in third dimension.

Ghosts sightings have been reported in most parts of the planet - with some reports being written, photos, drawings, folk tales, even carved on stone (hieroglyphs in caves).

Some of the most popular places they haunt are sacred burial grounds, cemeteries, sacred/power sites,

Native American reservations, places where there are strong magnetic fields, places of religious worship, caves, places where acts of violence occurred, taverns, theaters, ancient ruins, castles, and perhaps even in your home.

Many people see ghosts of departed loved ones in their home.

Many people see ghostly apparitions but never tell anybody for fear of ridicule.

This comes from fear and/or ignorance on the part of the observer or those around them.

Ghosts are not to be confused with angel, guides or other spirits from higher spheres.

At this time in the planet's history we are going through physical and spiritual changes. Earth changes cause shifts in our weather patterns and magnetics.

All of this leads to a dimensional merging that will make it easier and easier for ghosts and other phenomena from the other side to be experienced in our third dimensional reality.

HOW GHOSTS CONTACT US

Ghosts connect to you by affecting one or more of

your senses

VISUAL

Spirit manifests for you as an ectoplasm being

You look in a mirror and see an ectoplasm shape thought the ghost is not visible in the room

Electric lights or appliances flickering on and off in the room

Peripheral vision - you see spirit out of the side of your field of vision

A object in the room moves - that is linked to the ghost - such a picture of the ghost when it was in a corporeal body

SMELL

Floral fragrances - which are the most commons

A scent associated with the spirit. For example - if the spirit smoked cigars while in a physical body - you might smell a cigar scent in the room.

TOUCH

A tickling sensation on your body - could be a kiss or a touch by spirit

A pressure on top of your head (which means the opening of your crown chakra to receive messages)

A chill on the back of the neck or head---->hair standing up on your body

A cold breeze passing through the room

HEARING

Noise - Spirit turns on an electric appliance - usually linked to them.

Rapping does include thumping, knocking, tapping or bumping. In ancient times rapping was thought of as an omen of approaching death.

Ghost phone calls from a deceased soul - usually a family member. It usually means that the deceased soul wants to impart a farewell message.

Many such calls occur on days of importance such as Mothers Day, holidays or birthdays.

People who have received phone calls from the dead report that the voices are often exactly the same as when the person was living.

The telephone rings normally but the connection has static.

The voice of the deceased tends to grow fainter as the call progresses.

Sometimes the voice fades away completely. In some very interesting cases the call is placed long distance and connected by an operator.

Checking with the Telephone Company usually turns up no evidence of a call on their records.

Phone calls are sometimes placed to the dead as well.

A person places a call to someone only to find out later that the person was already dead at the time of the call.

WHY DO GHOSTS HAUNT?

Ghost haunt people and places for many reasons.

Often they have messages they wish to convey before they move on to a higher realm - or back to the creational Source.

The messages may concern the circumstances surrounding their deaths - such as murder, suicides, accidents, other foul play.

Often the ghost has unfinished business - such as inheritances/wills - finding lost papers and other items belonging to the ghost.

Many ghosts do realize that they are dead -, as the death was instantaneous rather than from a prolonged illness.

Many ghosts choose to live close to the family they were part of when they were in a physical body.

Some ghosts like to remain in the physical frequency of the home in which they once lived. As in all things some ghosts are positive while some are negative in energy.

Often a soul does not know how to go to the creational Source.

Not all ghosts understand about the other realms.

Angels and spirit guides often assist them on their journey.

One or more people can see a manifested ghost at the same time.

But there are instances where only one person in a room can see the ghost while the other people see nothing.

Spirits exist in higher frequency realms.

When a spirit manifests as a ghost - it usually is able to produces something that is physical.

What are malevolent spirits?

I would suggest that some traditional myths associated with methods to expel malevolent spirits. These are myths and do not work.

The first myth suggests calling upon the name of a heavenly entity, such as Jesus or the Virgin Mary to « compel » a malevolent spirit to depart.

Simply making the sign of the Cross, holding Rosary Beads or a Cross and than calling upon either Jesus or the Virgin Mary for help will have no effect upon the malevolent spirit.

A malevolent spirit is outside the belief system that those upon whom live will predicate their lives.

The malevolent spirit has the advantage of being in the spirit world and comprehending the two realities.

While we mortals can only practice dogmas and tenants that we have been taught, the spirit knows which is truth that is man's interpretation.

The second myth is that a malevolent spirit can be removed by exorcism.

A malevolent spirit will not leave simply because someone sprinkles holy water or speaks words commanding them to leave.

This is more appropriate for scriptwriters in Hollywood who conjures up the dark figures who torment man and the easy, predictable solutions, such as exorcism to expel a malevolent ghost.

These myths suggest that religious icons, religious rituals or holy and powerful words will force a malevolent spirit from a home is steeped in the folklore of the Middle Ages.

Consider for a moment that not all spirits are or were Christians in life so why would they suddenly obey holy words uttered now when they would not in life?

What magical powers do these words have?

Have these words ever stopped a killer?

The answer is no. Worlds alone cannot change the course of a river nor move mountains. Words can help us understand about the world within which we live. Words have no effect or power upon the spirits of the dead.

Now what will remove malevolent spirits?

Let us consider why a spirit may remain in this earth plane as a malevolent spirit.

Consider a person who allowed his vices to rule his life.

This person succumbs to the baser instincts in life and relies upon his need to feel good by outside stimulation.

His spirit is debased and resides in the lowest levels of the spirit world upon his death.

That spirit has not evolved into a higher life form but has retained the level it was at death.

It seeks to find victims exhibiting negative energy fields upon which it can feed.

This is the traditional emotional vampire that sucks the emotional energies until the victim is emotionally dry and than abandons them for someone else.

Who are the victims of these malevolent spirits?

The victims are those who are filled with unresolved emotions, such as animosity, malice, bitterness, anger, hatred or resentment that festers in the deep dark recesses of the mind.

These intense emotions are attracting the negative energy malevolent spirits.

The negative emotions may be a result of divorce, bankruptcy, marital conflicts, domestic family problems, employment problems or any kind of stress.

Perhaps this internal conflict is from bitter memories of childhood or a traumatic event in one's life that has not been fully resolved.

This is not a common occurrence. It is well documented that most exorcism work for a short time and than the spirit activity seems to increase afterwards.

I would suggest that the lunar cycles involving the full and new moons could explain this dormant period between the exorcism and activity.

The period between the new and full moon has the lowest geomagnetic fields; thus suggesting that ghostly activity is almost nonexistent.

The problems that arise from attempts to banish or exorcise the spirit suggest that a greater negative force come into the home, stronger than before.

I do not believe that exorcism is effective because our laws or practices do not bind the spirits of the dead.

They have crossed over and understand more of what we accept on faith and their knowledge suggests that what we believe may not be factual.

Exorcism is like using the Ouija boards; often allowing unwanted malevolent spirits to enter the home.

What is more common in 99% of the time is what we call the prankster spirit who loves to play a good joke on the living.

It has been my experience from communication with thousands of people who have had an experience that frightened them sufficiently to call for banishment or exorcism that their reasons were purely selfish and reflected a lack of understanding of the spirits of the dead.

What is a regular prankster spirit?

If we come to understand that the pranks initiated by the spirits of the dead are often a call for acknowledgment, a call for help or perhaps it is simply a joke they are playing on the living.

The most common ghostly pranks that scare people are as follows:

Footsteps in the hallway or attic
Low voices
Muffled voices
Objects vanishing
Objects being moved
Dark shadows on the wall
Appliances being turned on and off
Lights turned on or off at will
Strange odours
Dogs & cats acting weird
Your name being called
Impression someone is watching.
Footprints appearing
Strong negative emotions felt.

In all of the above, the ghost may simply be having some fun to see how we will deal with it. Some folks will move out of the home, others will become paranoid and a few will laugh about the prank.

The only time that I would consider unhealthy for a ghost to pull pranks in a home is if small children (ren) are being frightened. I would ask the spirit not to scare the child or children in a firm voice, strong but not overbearing.

Talking to a spirit is very helpful in resolving issues that the living want addressed.

The prankster spirit has issues that it needs to address, earth linked emotions that it must release so it can move to a higher level of the spirit kingdom.

Banishing these spirits will not help them on a spiritual level, We should work with them to resolve the issues or aid them in resolution of unfinished business so they are free of the anchors that tie them to this realm.

We need to be concerned about their spiritual welfare, not simply our own fears of the unknown. However, there is another kind of spirit who is not seeking for help or for resolution of issues, but is simple a low-level malevolent spirit that takes pleasure in hurting others.

A malevolent spirit is a spirit with destructive behavior patterns that will harm a member or members of a household.

Once the member is attacked by this malevolent sprit, the member seeks the name of a good priest who will conduct an exorcism or they will contact the IGHS.

I will respond and suggest that it will do no good to hold an exorcism, instead we must treat the cause, not the issue.

I believe in cause and effect and the cause is not the malevolent spirit causing negative activity, but the reasons that the spirit is drawn to that victim.

The cause stems from the negative energy being broadcasted by the individual because of deep emotional issues that are not resolved.

Resolution does not come by applying myths of the Middle Ages that represent outside changes or events, but to turn inside for changes that will negate the negative energies being broadcasted by the person.

Very often the person will not know that he or she is transmitting negative emotions because the transmitter is buried deep inside scare tissue.

Victims expect bells and whistles when they call upon someone to do an exorcism but in reality, the truth is plane and is ignored my most because it appears to be too simple to work.

Each of us acts as a beacon, sending forth-emotional energy that can be positive or negative.

Malevolent spirits who feed on negative emotions soon arrive to « stir the pot » and bring it to a boil.

If we want to heal, we must forgive and forget and move on. We must forgive those who have hurt us and move past the pain to find emotional harmony.

Forgiveness is the first step in healing our inner being and turning off the beacon.

The key to removing pesky spirits is to remove the negative emotions buried deep within us. We must not keep these destructive emotions buried, but let them go.

The solution is within us and only we can change how we feel or how we react with others.
We need to let go of emotional baggage and get on with life. We hurt no one except ourselves with destructive emotional baggage.

Remember the adage that says, « As a man thinkest, so he is. »

We carry within us the forgiveness key that will unlock the catacomb that protects our emotional monsters. We do not want emotional monsters locked away in our minds because they will beckon to the low-level malevolent spirits who feed on these negative emotions.

If we heal ourselves, we can get rid of those pesky ghosts.

What is a quest?

Your quest is the journey your soul takes on the path to awareness.

It is something that stirs in your imagination and dreams when you are young and seeks fulfillment as you grow up.

As the 'cycles of time' are changing now - it is understandable that many readers want to find their quest! Some of us are aware of our quest from birth, while others find it at other points in their lifetime.

Usually there is a 'trigger' that sets you on your quest. It could be an event in your life, a dream, a person you meet, synchronicity (as you create your own) - whatever.

You suddenly realize, « I have something more to do here that 3D stuff »! The most common trigger numbers are the numbers 11:11 or the like.

A quest begins differently for each soul - as set up by your 'genetic memory' - and we know with the higher frequencies more and more people are being triggered.

If you work in a higher frequency - naturally you will trigger information of 'higher knowledge about the changes that are happening.

You go to the higher frequency when you are ready and clear out much of the emotional stuff - thus letting go of emotions the 3D physical hold on your soul. Many people have trigger numbers and / or words

Some people quest after ideas - bringing light to the planet - Healing - Channeling ascended masters to teach about love and light.

Once your quest has been found - no 'stone' is left unturned until you complete your work. It becomes a passion - sometimes an obsession.

If you are lucky you find someone on the same quest. It is curious that all roads . . .no matter where they begin . . . how they are journeyed . . . must all lead back to the same truth in the end.

Ascended masters

The term 'Masters' refers to those ascended souls who after many incarnations and life experiences have mastered the lessons of the physical realm.

They can then choose whether to serve on planet Earth or continue on to other realms and dimensions. Lifetime after lifetime, and experience after experience, the Law of Cause and Effect, or Karma, has drawn them back into physical bodies until they have reached a high enough frequency to enter into a body of light.

Ascended Masters speak / channel to us - through synchronicities, dreams, meditations, art, music, other aspect of the creative mind - intuitive side of the brain - the right brain - also known as the feminine side. Ascension means a return to the higher frequencies.

Masters of Ascension

Who where Jesus and Mary?

JESUS / SANADA Master of the Sixth Ray - Son of God - Christ Consciousness
Jesus and Lady Nada both work with the sixth ray to heal fanacitism and to raise the focus of devotional worship.

Esoteric traditions view the teachings of Jesus - and his role as a master - in a somewhat different light than does traditional religion.

The Ascended Master Sananda/Jesus/Christ serves as the World Teacher, and was one of the greatest Spiritual Healers who walked our beloved planet Earth

He was known on this planet as Jesus but in other realms as Sananda.

The depth of Divine LOVE that Sananda/Jesus/Christ brought to the Earth for ALL HUMANITY was examplified by what he was willing to put himself through while walking the Earth 2,000 years ago when he anchored the Light Body for humanity.

The Divine spark of Christ lives in every heart. It is a frequency to which we are returning.

Christ is a frequency that means, ONE WITH GOD.

Each person has the potential to be a Christ in this lifetime; remember the teachings, the path homeward through the Heart of God.

Jesus Christ

Messenger of truth

There came a time in my life, where questions seemed to appear in abundance.

In addition, whenever I sought answers, I would end up being a little more confused each time.

This of course was due to the fact that I was essentially seeking answers from people who where suppose to know about these matters.

But in reality knew only what they had read, studied or learned, which of course did not answer my questioning, for it seemed to be like a merry-go-round, for every answer there was another question and for every question there was another answer.

This lead me to read a number of bibles, scriptures and holy books from different religions, and again confusion set in. for even if these wrinthings had a sense to them they did not fully answer my questioning.

As the years passed I stop looking for answers, for it became quite obvious to me that my questioning would have to remain unanswered and that I would better off just listening to my innerself.

In the winter of 1994, during a conference where I was invited as guest speaker

I went into a deep trance state and felt a very brilliant and bright light entering my body, as this was happening.

I was overwhelmed by the immense power of love and energy emanating from that being.

I knew at that point that I did not have to ask for protection for I knew nothing could harm me as this being entered my body.

What you are about to read is a transcript of the audiocassette that was used for taping the conference.

The reason of birth to the one whom is called;

« Jesus of Nazareth . . . »

Upon a very cold night, there was but one star upon the eastern sky, a very beautiful and bright star. Its light would serve to guide three very wise souls; the fourth being would join them later on. Their travel was the reflection of their quest, for one was an astrologer, the second a mystic, the third was a spiritual healer and the forth one was an astral traveler.

They had but one thing in common that being the purpose and reason of their quest. For they where to welcome upon the earthly plains a new born who would become a messenger of light, knowledge and reality.

They carried with them different gifts that they would passe on to the newborn. The first one carried with him the essence of purification, the second one carried the gift of vision, the third one carried the gift of light and the forth one carried the coins of abundance.

They where already aware that this new born was a messenger from the Divine Worlds who would bring to the worldly plains the knowledge of truth, reality, wisdom and understanding through light

How would they recognize this new born?

This would quite simply be a matter of knowledge, for even thought they are called wise men, they where not part of mother earth, for they where travelers from distant lands and within their wisdom and knowledge they would recognize the new born, by his birthright in manner of fusion.

For his appearance would no doubt be of physical form, but within the physical being there would be two spiritual beings.

They knew that this child of light was born to bring upon Mother Earth a time of change, a new beginning.

For it was written there shall come a time of change, a time where kings and rulers would no longer oppress its people, suffering and sacrifice where not a part of the reality of life.

These words where interpreted as a challenge to their power, for they had been so blinded by this power of illusion, that they had forgotten the wisdom in truth.

This lead them to believe that this future messenger would over-take their kingdom and become himself a king and thus giving him power over all.

That was of course a misinterpretation of sacred knowledge.and so they sought ways and means to prevent this from happening.

They could not comprehend that this was a new beginning that could not be altered, for they had already made it quite clear that their choice would lead Mother Earth towards the gates of darkness, for already there was a state of turmoil and destruction that could not be allowed to be continued.
They were free to do unto themselves, as they wanted to, but did not have neither the right to control, enforce or obligate others to follow in their footsteps of destruction and above all they had no rights upon Mother Earth herself.

For these caretakers had forgotten their origins and had become more emotional and mental beings, searching conquest and material goods thus entering upon needs, wants and desires fed by illusion.

They had forsaken truth, wisdom and knowledge for death and violence. For what was once a world of paradise had become a world of corruption, violence, illness, power and darkness, and this obviously was not Mother Earth's destiny.

In essence not all of her inhabitants where part of this darkness, for these and Mother Earth herself, this messenger of the Divine Worlds was sent to free them from the cloak of darkness by bringing them the wisdom of knowledge in the reality of life through love and light.

This was also known to the order of chaos, which is why they sent out messengers of illusions, demons of fear and masters of lies.

As influences so that this new arrival would not become a reality, thereby preventing the inhabitants of Mother Earth to return to the light, thus provoking even more darkness.

One must bear in mind that these travelers from the dark worlds sought to disrupt the delicate balance of truth and reality of the very essence of life itself.

And that is why they created confusion concerning the coming of the new messenger and at the same time struggles of power, filling men's dreams with visions of conquest, riches thereby creating fears of punishment and destruction.

All this they undertook in order to destroy the essence that was to be born.

That of course would not come about, for the Lord of Pure Light and Energy had already given His protection to those by whom this essence would be born.

Thereby allowing them the freedom to travel until the moment of birth.

And everything was already in preparation for his arrival, for this newborn would not be conceived in a painful manner but rather by the means of fusion.

That is why messengers of light re sent to the one called Joseph, so that he may comprehend all that was to take place.

The beings of light thought him the ways of shamanism and sacred rituals and gave unto him the sacred knowledge and wisdom in order for him to assist in the rights of birth.
And even if there where certain times where Joseph doubted himself, he had absolutely no doubts about the reality of life, light, and love.

Thus willingly accepted his worldly mission to aid the one called Mary.

Hers was a life of pure love, wisdom and knowledge for she was a spiritual being in a physical form. She knew that it was time to prepare for a new arrival.

Joseph, who already was father of three, had accepted to protect and give shelter to Mary. Guided by visions, dreams and messengers, he

welcomed her amongst his family like any father who would welcome a lost daughter.

But before hand he would travel with his wife and family towards a new land, where they would be cared for by the wise ones until his mission was completed, then he would rejoin them.

Once his family under the protection of the wise ones, he returned to lands that where familiar and waited for the arrival of Mary. And together would undertake their new life.

And thus it came to be Mary and Joseph, the start of a new awakening in the reality of life.

Both new what their purpose was, and they spent much time in travels, preparing for the arrival of the messenger of Light.

Now the moment had come and so they sought refuge, not in poverty but rather in wisdom for this birth had to take place in a surrounding of purity, light and love, in the quietude of peace, knowledge and wisdom.

Thus, on the night that the star of Eden shined brightly, essence and spiritual being would blend by fusion so that the one called Jesus may be born.

For two beings would now be part as one; the essence of Christ and the spiritual being who is called Jesus.

This then was the beginning.

The family traveled to many lands, for this child called Jesus had much to learn, for he would learn many different languages and this not only in the spoken word but also in the written form.

This was done in the first five years.

The sixth and seventh year, he was thought in the very eastern plains, ways of meditation and rites of passage, different breathing techniques and the art of deep trance.

The eight, ninth and tenth years were in studding the sacred books and scrolls of the future times to be.

On the eleventh year, it was time for philosophical, theological and religious studies, so that he could speak within the temples.

On his eighteenth anniversary he received the teachings of pure science, mysticism and shamanism.

He was now ready to forth and choose his disciples, and this would not be a very difficult task for in his visions he had already seen them, he knew of their capabilities, their fears, their strengths and weaknesses.

MOTHER MARY

Mother of Jesus

In the early days of Atlantis, Mary, the embodiment of the Mother Ray, served in the Temple of Truth where, as priestess of the Most High God, she tended the emerald fires of the fifth ray.

Serving under the Masters of Truth, Mary, together with other temple virgins, studied the healing arts and submitted to the disciplines required of every soul who desires to magnify the Consciousness of the Lord.

Working with the laws governing the flow of God's energy from the planes of Spirit to the planes of Matter,.

she learned that all disease, decay, and death are caused by an arresting of the flow of Light at some point in the four lower bodies of

man and that this clogging of energy results from his misuse of the Sacred Fire with its attendant karma.

She learned that the cure for disease is the harmonization of the flow through the Light-centers in the lower bodies, whereas the reversal of the processes of death and decay is effected by the initiation of spirals of the resurrection flame within the chalice of the heart.

Her mentors showed her how, once ignited, these spirals are expanded to include the entire being and consciousness until man becomes a pulsating sphere of white fire, the victor over hell and death, the Incorruptible One.

Thus long ago in the Temple of Truth, where religion and science stood as pillars of Alpha and Omega, Mary experimented with the laws of flow that also govern the science of precipitation.
Did she then know that in another life she would be chosen to bear the Son of God.

who would demonstrate these laws in the changing of the water into wine, the healing of the withered hand, the multiplication of the loaves and fishes, and many other so-called miracles by which he would introduce to the world the supreme methodology of the Sacred Science?

In all of her incarnations Mary worked closely with her twin flame, the Archangel Raphael. He remained in heaven (the plane of Spirit) to focus the energies of Alpha while she made her abode on earth (the plane of Matter), there to focus the energies of Omega.

Thus together they fulfilled the law of their God-identity, their Sphere of Being, proving that « as above, so below » God is omnipotent, omniscient, and omnipresent.

With each life opportunity Mary developed greater concentration upon the Image Most Holy of the Father who appeared to her as the I AM Presence.

Her consecration to the immaculate concept of the Son became intensified with each passing day while she perfected her four lower bodies as vehicles for her soul's expression of the Holy Spirit.

Her face shone with its inner Light and her garments flowed to the rhythm of the Flame. It was her magnification of the Christ Light and of the Mother Flame that actually sustained the healing focus in the Temple of Truth.

and it was through her daily devotions that its emanations were expanded throughout Atlantis. One with the Cosmic Virgin, she remained a temple virgin during her entire embodiment and left a focus and a flame that shall rise again in the New Atlantis to enshrine the fundamentals of healing mastery in the hearts of those who under the aegis of the Law would be the true healers of the race.

In the days of the prophet Samuel, Mary was called of the Lord to be the wife of Jesse and the mother of his eight sons.

Ever fulfilling her role as the Mother Ray, Mary, in this incarnation of her soul on earth, magnified the Light of the seven rays of the Christ in the first seven sons of Jesse.

But in the youngest, David, she glorified not only the full complement of virtues from the prism of the Lord, but also the majesty and mastery of the eighth ray, which David exemplified in his reign and extolled in his psalms.

The Birth of the Mother of Jesus
In her final embodiment, « the Blessed and Ever Glorious Virgin Mary, sprung from the royal race and family of David, was born in the city of Nazareth and educated at Jerusalem in the temple of the Lord.

Her father's name was Joachim and her mother's Anna.

The family of her father was of Galilee and the city of Nazareth. The family of her mother was of Bethlehem.

Their lives were plain and right in the sight of the Lord, pious and faultless before men. » [1] So reads the Gospel of the Birth of Mary attributed to Saint Matthew, a work received as authentic by early Christians and included in the library of Jerome.

Anna and Joachim were initiates of the Brotherhood and followed many of the teachings of the Essene community.

Among other spiritual disciplines, they followed a strict dietary regime and practiced certain temple rituals corresponding to the mystical teachings of Christ given in the retreats of the Masters.

To them prayer and fasting was a way of life.

Mary was born to Anna and Joachim because they gave their lives to the fulfillment of the plan of God.

They were chosen to serve because they chose to serve, and their commitment was one which spanned the centuries of their previous existence both on earth and in heaven.

Therefore, in keeping with heavenly protocol, the angel of the Lord appeared to them to announce the birth of the Virgin and told them that their daughter as a virgin would bear the Son of God who would prove before the multitudes of Judaea the laws of the Divine Alchemy and the ability of the Christed man or woman to become the master of sin, disease, and death.

The account of the childhood of Mary is one of the tenderness of God enfolding the Queen of Angels incarnate.

She who was to become the bride of the Holy Spirit was presented at the temple at the age of three.

It is said that her parents placed her upon the first of the fifteen stairs symbolizing the initiations of the psalms of degrees (Psalms 120 through 134).

The child ascended the stairs one after another « without the help of any to lead or lift her, » showing that she had passed these initiations in other lives and was spiritually prepared to fulfill her mission.

« Thus, » comments Matthew, « the Lord did, in the infancy of His Virgin, work this extraordinary work and evidence by this miracle how great she was like to be hereafter. »

Therefore Mary was left with other virgins in the apartments of the temple to be brought up there; and her parents, having offered up their sacrifice according to the custom of the law and perfected their vow, returned home.

For those who know the beauty of the soul of Mary, Matthew's account of her daily communion with the heavenly Hierarchy is precious.

« The Virgin of the Lord, as she advanced in years, increased also in perfections; and according to the saying of the Psalmist, her father and mother forsook her but the Lord took care of her.

For she every day had the conversation of angels and every day received visitors from God which preserved her from all sorts of evil and caused her to abound with all good things; so that when at length she arrived to her fourteenth year, as the wicked could not lay anything to

her charge worthy of reproof, so all good persons who were acquainted with her admired her life and conversation. »

According to Matthew, when Mary was fourteen years old the high priest made a public order that all temple virgins « as they were now of a proper maturity should according to the custom of their country endeavor to be married.

To which command, though all the other virgins readily yielded obedience, Mary the Virgin of the Lord alone answered that she could not comply with it.

Assigning these reasons, that both she and her parents had devoted her to the service of the Lord and besides that she had vowed virginity to the Lord, which vow she was resolved never to break. »

The priest, being perplexed, commanded « that at the approaching feast all the principal persons both of Jerusalem and the neighboring places should meet together that he might have their advice, how he had best proceed in so difficult a case.

When they were accordingly met, they unanimously agreed to seek the Lord and ask counsel from Him on this matter.

And when they were all engaged in prayer, the high priest, according to the usual way, went to consult God.

« And immediately there was a voice from the ark and the mercy seat which all present heard.

that it must be inquired or sought out by a prophecy of Isaiah to whom the Virgin should be given and be betrothed.

for Isaiah saith, there shall come forth a rod out of the stem of Jesse. and a flower shall spring out of its root, and the Spirit of the Lord shall rest upon him, the Spirit of Wisdom and Understanding.

the Spirit of Counsel and Might, the Spirit of Knowledge and Piety, and the Spirit of the fear of the Lord shall fill him.

« Then, according to this prophecy, he appointed that all the men of the house and family of David who were marriageable and not married should bring their several rods to the altar.

and out of whatsoever person's rod after it was brought a flower should bud forth and on the top of it the Spirit of the Lord should sit in the

appearance of a dove, he should be the man to whom the Virgin should be given and be betrothed. »

But, Matthew tells us, Joseph, being advanced in years, « drew back his rod when every one besides presented his.

So that when nothing appeared agreeable to the heavenly voice, the high priest judged it proper to consult God again, who answered that he to whom the Virgin was to be betrothed was the only person of those who were brought together who had not brought his rod. Joseph therefore was betrayed.

For when he did bring his rod and a dove coming from Heaven pitched upon the top of it, every one plainly saw that the Virgin was to be betrothed to him. »

Thus Mary was betrothed to Joseph. Matthew's version is that Joseph returned to Bethlehem to make ready for the marriage and Mary, accompanied by seven virgins, returned to her parents' house in Galilee, whereas James says that Joseph took Mary to his house and then went to mind his trade of building, leaving her alone.

James, in the Protevangelion, says that while she was yet betrothed.

Mary was one of several virgins chosen to spin the new veil for the temple and that as she was spinning the true purple, « she took a pot and went out to draw water and heard a voice saying unto her, Hail, thou who art full of grace, the Lord is with thee; thou art blessed among women. »

This, then, is his account of Archangel Gabriel's annunciation of Mary's conception of the Christ by the power of the Holy Ghost:

« And she looked round to the right and to the left to see when that voice came, and then trembling went into her house; and laying down the waterpot, she took the purple and sat down in her seat to work it.

And behold the angel of the Lord stood by her and said, Fear not, Mary, for thou hast found favour in the sight of God; which when she heard, she reasoned with herself what that sort of salutation meant.

« And the angel said unto her, The Lord is with thee, and thou shalt conceive: to which she replied

What! shall I conceive by the living God and bring forth as all other women do? But the angel returned answer

Not so, O Mary, but the Holy Ghost shall come upon thee, and the power of the Most High shall overshadow thee; wherefore that which shall be born of thee shall be holy and shall be called the Son of the Living God, and thou shalt call his name Jesus; for he shall save his people from their sins.

And behold thy cousin Elizabeth, she also hath conceived a son in her old age. And this now is the sixth month with her, who was called barren; for nothing is impossible with God. And Mary said Behold the handmaid of the Lord; Let it be unto me according to thy word. »

When Mary had completed the spinning of the true purple, she took it to the high priest, who blessed her, saying, « Mary, the Lord God hath magnified thy name, and thou shalt be blessed in all the ages of the world. » Like the account in the Gospel of Luke

James's description of Mary's visit to the house of her cousin

Elizabeth is punctuated by the leap and the blessing of the fires of John the Baptist.

Elizabeth, who was carrying the Messenger of the Lord that would go before the face of Jesus, exclaimed upon her arrival:

« Whence is this to me, that the Mother of my Lord should come unto me? For lo! as soon as the voice of thy salutation reached my ears, that which is in me leaped and blessed thee. »

As Mary became great with child, Joseph was sorely troubled concerning her condition and determined to put her away privily.

The angel of the Lord, however, appeared to him, telling him that this was not the work of man, but of the Holy Ghost.

James tells us that Annas the scribe then visited Joseph and, seeing Mary with child, informed the high priest that Joseph had privately married her.

« Upon this both she and Joseph were brought to their trial, and the priest said unto her, Mary, what hast thou done? Why has thou debased thy soul and forgot thy God, seeing thou wast brought up in the Holy of Holies and didst receive thy food from the hands of angels and heardest their songs?

Why hast thou done this?

To which with a flood of tears she answered, As the Lord my God liveth, I am innocent in his sight, seeing I know no man.

Then the priest said to Joseph, Why hast thou done this?

And Joseph answered, As the Lord my God liveth, I have not been concerned wit her.

« But the priest said, Lie not, but declare the truth; thou hast privately married her and not discovered it to the children of Israel and humbled thyself under the mighty hand of God that thy seed might be blessed.

And Joseph was silent. Then said the priest to Joseph, You must restore to the temple of the Lord the Virgin which you took thence.

But he wept bitterly, and the priest added, I will cause you both to drink the water of the Lord, which is for trial, and so your iniquity shall be laid open before you.

Then the priest took the water and made Joseph drink and sent him to a mountainous place.

And he returned perfectly well, and all the people wondered that his guilt was not discovered.

So the priest said, Since the Lord hath not made your sins evident, neither do I condemn you. So he sent them away.

Then Joseph took Mary and went to his house, rejoicing and praising the God of Israel. »

Who is El Morya?

Tibetan Master of the First Ray - Blue Connected to the Throat Chakra
Chief of the Darjeeling Council of the Great White Brotherhood.

He is connected to the Temple of Will of God.

He is working to transform the aggressive human from domination to the will-to-good.
He is head of all of the esoteric schools.

Helps direct those wishing to achieve self-awareness so that they may learn how to express their deep inner thoughts and feelings.
The Master El Morya assists in stimulating those who initially may find some difficulty in realizing the need to accept Spiritual Enlightenment.

He also helps in the control of one's willpower and tolerance when life seems difficult. For those of you whose interests lie in astrology and numerology this Master joyfully offers his influence.

The Master's extraordinary devotion to God's word and work is a powerful stream that runs throughout his soul's incarnations on earth as he has stood staunch in the role of advocate, teacher, and exemplar before our spirits soaring unto Love.

El Morya was embodied as Abraham, the ancient patriarch who emerged from Ur of the Chaldees to become the prototype and progenitor of the twelve tribes of Israel.

Returning as Melchior, one of the three wise men of the East, he followed the star that portended the birth of the best of his seed who would fulfill all the promises of God unto his spiritual descendants.

As Arthur, king of the Britons, he summoned Knights of the Round Table and ladies of the court of Camelot to quest the Holy Grail and to attain through initiation the inner mysteries of Christ. Appearing again on Britain's soil as Thomas Becket as well as Thomas More, both martyred, he twice played the role of defender of the Faith and challenger of King Henry-also twice born (Henry II and VIII), and twice the oppressor.

In the sixteenth century, his soul's journey took him to the East in the person of Akbar, greatest of Mogul emperors, and in the nineteenth to Ireland to be her poet laureate Thomas Moore.

Next he appeared as El Morya Khan, perhaps the most renowned of the Tibetan mahatmas.

Paradoxically, little biographical information of a traditional nature is available about El Morya Khan.

It is known that he was born a Rajput prince in the Indian class of warriors and rulers esteemed for their courage and honor. The date of his birth is uncertain.

What makes the life of El Morya so notable is his far-reaching work in the merging of the ancient spiritual truths of the East with the traditions of the West.

This was accomplished largely through the founding of the Theosophical Society in the latterpart of the last century and the subsequent instruction released through that organization by the Master Morya and his longtime friend the Master Koot Hoomi Lal Singh.

This instruction came in part in the form of personal letters addressed to but a handful of theosophical students, chelas of the « Mahatma of the Himavat. »

These letters are now on file with the British Museum in London. Found also within the society's literature are occasional awe-filled testimonies of the few Theosophists that were visited by this Himalayan adept who, for the most part, preferred to remain unidentified by the outer world.

The writings of these disciples reveal that many strove for even the slightest contact with El Morya.
In 1898, El Morya Khan ascended to the heart of God.

Who is Buddha?

I am Buddha. I am honored to meet you.

This is my story.

The title Buddha means Enlightened One or Awakened One.

In history, the Buddha refers to Gautama Siddhattha Buddha.

Buddha was born around 565 B.C. in Lumbini Park in the city of Kapilavastu in the ancient northern India, today's Nepal.

His name was Gautama Siddhattha, which means 'he who has accomplished his aim'.

According to most Buddhist traditions, the future Buddha lived many lives before coming to our present world era as Buddha Goutama. In his many existences during the long, long period of time and in the one hundred thousand worlds, the future Buddha had fulfilled the Ten Paramitas, and, in order to save this world, he was to be born in our era and to become a fully enlightened Buddha.

Since King Suddhodana had long awaited a child, he and everyone else in the palace rejoiced at the birth of a son.

The King immediately called a famous wise sage, Asita. Asita told the king, « If he remains at home, the child will become the Wheel-rolling King. If he leaves home, he will become the great teacher, the Buddha. »

Maya died on the seventh day after her delivery and Maya's sister, Mahapajapati became the stepmother of Siddhattha.

The prince grew up in an environment of care and love, respect and joy. However, he was sometimes unhappy.
Buddha studied science and technology, art and philosophy, religious knowledge under the tuition of famous scholars, riding, archery, and fencing.

He excelled at everything.

A sage named Asita told his father that he would be do important things. His expected much from his son and made him crown prince and heir apparent.

But this did not please the young man, who steadily grew to be thoughtful and depressed. To cheer him up, his worried father and foster mother built three palaces, one for cold weather, one for hot weather, and one for the rainy season.

They appointed many beautiful court ladies to wait on him and arranged banquets with dancing and music. Siddhattha soon married the princess Yasodhara - a beautiful woman. Their son was named Rahula.

Hoping to give his son pleasure, King Suddhodana arranged four trips outside the city of Kapilavastu, one through each of its four gates.

On the first three occasions, Siddhattha met with - an aging man, a sick man and a corpse. In the fourth trip he met a calm, serene ascetic monk, who inspired Siddhattha to have same kind of life.

« The four gates » represent the state of mind of the prince with respect to the suffering of aging, illness and death. Superficial prosperity in economy and relative stability in political environment cannot relieve people from worry, fear, anxiety and suffering and cannot lead them to ultimate happiness.

With his great compassion, the enthusiastic prince decided to give up his worldly glory and desire, and leave home.

He would devote himself to search for the ultimate truth. Though his love to his family may have hindered him, the birth of his son, Rahula provided a favorable occasion for his departure since with the birth of his son, Siddattha had fulfilled his karma to his father and his wife according to the Indian tradition.

Departing from the palace and the wearing coarse clothes, the prince chose to become a Samana. Siddhatha went to Rajagaha, the capital of Magadha, which was the center of culture with many orthodox and unorthodox monks.

By that time, the two major disciplines for the sake of enlightenment were meditation and ascetic austeritics. Siddhattha studied meditation under two famous teachers, Alara-Kalama and Uddaka-Ramaputta.

The state attained by Alara-Kalama was that of a much higher formless world where physical matter no longer exists.

Uddaka-Ramaputta reached an even higher state at which neither thought nor non-thought existed.

Siddhatha did not find it difficult to attain either state. Attaining these states of mind did not ease his mental anxieties, because once he stopped meditation, he returned to the mental state of depression.

He knew that only reaching a state of absolute tranquillity could attain the true liberation from the attachment of ignorance and suffering.

He left his teachers to continue his search for the ultimate truth.

He next practiced asceticism, which was very common among Samanas.

They believed that the human suffering was caused by the attachment to the physical body and the mental spirit. Suffering can only be freed by detaching the spirit imposed by the body.

Therefore, they tormented themselves for the purpose of weakening the power of the physical body over the mental spirit, until the body was destructed. Siddhattha passed through the country of Magadha to the town of Uruvela, where he settled in a grove of trees to find enlightenment.

Practicing austerities for six years, he was extremely tough on himself and put himself through many difficult tests after which was became so weak his body was nothing more than skin and bones.

Realizing that asceticism had no effect in attaining enlightenment, Siddhattha decided to give up austerities.

He accepted a bowl of milk from a maid Sugata. He ate and gradually recovered his strength. Knowing that neither meditation nor ascetic austerities could lead to the Enlightenment, Siddhattha stopped following existing methods but turned to find his own way.

He prepared a seat with soft grass under a Bodhi tree. Sitting in the lotus posture, he made a vow not to leave until he attained enlightenment. Having struggled with Mara Papiyan (the Evil King representing all kinds of desires, hatred and ignorance) in deep meditations in the state of Samadhi, he was finally enlightened.

He discovered the reality of universe, and found the path to free humanity from the suffering of birth and death thus attaining eternal happiness.

Who is Hilarion?

Master of the Fifth Ray

Green Ray Third Eye Chakra Connected to the Temple of Truth Works to help us expand the mind

Helping to bring new consciousness and spiritual receptivity into all areas of scientific development

Previous incarnations: The Apostle Paul in the time of Jesus
Founder of anchoritic life in Palestine; born at Tabatha, south of Gaza, Palestine, about 291; died in the island of Cyprus about 371.

The chief source of information regarding him is the biography written by St. Jerome (P.L. XXIII, 29-54).

In the introduction Jerome mentions a letter from St. Epiphanius, Archbishop of Salamis, in regard to the life of Hilarion whom Epiphanius had known personally during the hermit's later years.

The letter is not extant. A newly discovered life has been edited by Papadopulos-Kerameus (Analekta Ierosolymikes Stachyologias, V, 1898).

Some special circumstances regarding Hilarion are related by the ecclesiastical historian, Sozomen, from oral traditions handed down by Hilarion's disciples; among others that Sozomen's grandfather and another relative were converted to Christianity by Hilarion (Hist. Eccl., V. xv).

Hilarion was the son of pagan parents.

The date of his birth is ascertained from the statement of Jerome (Vita, c. xxv), that Hilarion, at the death of Anthony (356), was 65 years old.

As a boy Hilarion's parents sent him to Alexandria to be educated in its schools. Here he became a Christian, and at the age of fifteen, attracted by the renown of the anchorite, St. Anthony, he retired to the desert.

After two months of personal intercourse with the great « Father of Anchorites », Hilarion resolved to devote himself to the ascetic life of a hermit.

He returned home, divided his fortune among the poor, and then withdrew to a little hut in the desert of Majuma, near Gaza, where he led a life similar to that of St. Anthony.

His clothing consisted of a hair shirt, an upper garment of skins, and a short shepherd's cloak; he fasted rigorously, not partaking of his frugal meal until after sunset and supported himself by weaving baskets.

The greater part of his time was devoted to religious exercises. Miraculous cures and exorcisms of demons, which he performed, spread his fame in the surrounding country, so that in 329 numerous disciples assembled round him.

Many heathens were converted, and people came to seek his help and counsel in such great numbers that he could hardly find time to perform his religious duties.

This induced him to bid farewell to his disciples and to return to Egypt about the year 360. Here he visited the places where St. Anthony had lived and the spot where he had died.

On the journey thither, he met Dracontius and Philor; two bishops banished by the Emperor Constantius.

Hilarion then went to dwell at Bruchium, near Alexandria, but hearing that Julian the Apostate had ordered his arrest, he retired to an oasis in the Libyan Desert.

Later on he journeyed to Sicily and for a long time lived as a hermit near the promontory of Pachinum.

His disciple, Hesychius, who had long sought him, discovered him here and soon Hilarion saw himself again surrounded by disciples desirous of following his holy example.

Leaving Sicily, he went to Epidaurus in Dalmatia, where, on the occasion of a great earthquake (366), he rendered valuable assistance to the inhabitants.

Finally he went to Cyprus and there, in a lonely cave in the interior of the island, he spent his last years. It was during his sojourn in Cyprus that he became acquainted with St. Epiphanius, Archbishop of Salamis.

Before his death, which took place at the age of eighty, Hilarion bequeathed his only possession, his poor and scanty clothing, to his faithful disciple, Hesychius.

His body was buried near the town of Paphos, but Hesychius secretly took it away and carried it to Majuma where the saint had lived so long.

Hilarion was greatly honored as the founder of anchoritic life in Palestine. His feast falls on 21 October.

The attempts of Israel and of other historians to relegate Hilarion to the realm of imagination have completely failed; there can be no doubt as to the historical fact of his life and the truth of its chief features.

Who is Serapis Bey?

Master of the Fourth Ray - White Ray

Root Chakra

Holds the ascension door open at the Temple of Ascension on the etheric level in Luxor, Egypt

Works to balance and activate the energy needed to introduce beauty and art into all areas of life. Helps with personal initiations.

The Ascended Master Serapis Bey is the Lord (Chohan) of the Fourth Ray and Hierarch of the Ascension Temple at Luxor, Egypt.

He is known as the great disciplinarian, he reviews and trains candidates for the ascension. In the nineteenth century, Serapis Bey worked closely with El Morya, Kuthumi, Djwal Kul and other Masters to found the Theosophical Society.

Serapis was embodied as a high priest in the ascension temple on Atlantis more than 11,500 years ago.

He was the Egyptian pharaoh Amenhotep III, c. 1417-1379 BC called « the Magnificent. » He brought Egypt to its height of diplomatic prestige, prosperity and peace.

His extensive building of monuments, palaces and temples included construction of the temple of Luxor, which was built to correspond to the outline of the human skeletal framework.

Careful studies of its architecture have revealed that the entire temple explains many secret functions of the organs and nerve centers. Serapis was also embodied as Leonidas, king of Sparta. In about 480 b.c., with only three hundred soldiers, he resisted the advance of Xerxes' vast Persian army in a herculean effort at Thermopylae.

Though finally defeated, their fight to the last man is celebrated in literature as the epitome of heroism in the face of overwhelming odds. Serapis Bey supposedly ascended in about 400 BC.

Who is Quan Yin?

Th

e Goddess of Compassion and Mercy

Quan Yin - Kuan Yin - is an incarnation of Mary, Sophia, and other feminine icons.

They are all the same soul - given the Yin frequency.

For centuries, Kuan Yin has epitomized the great ideal of Mahayana Buddhism in her role as « bodhisattva (Chinese « p"u-sa)--literally « a being of bodhi, or enlightenment, » who is destined to become a Buddha but has foregone the bliss of Nirvana with a vow to save all children of God.

Quan Yin carries the Goddess and Divine Mother aspect of Buddhism.

The same Goddess and Divine energy carried by the Virgin Mary in Christianity. In the Egyptian mysteries Isis carries it.

In Hinduism it is carried by Shakti, wife of Vishnu, by Parvarti, wife of Shiva, by Radha, wife of Krishna, and by Sita, wife of Rama.

Quan Yin's name is a translation of the Sanskrit name of her chief progenitor, which is Avalokitesvara, also known as Avalokita.

In its proper form it is Kuanshih Yin, which means « She who harkens to the cries of the world. »

In Korea, Japan, and China she is called Quan Yin.

She is a celestial bodhisattva and an ascended master. One of her jobs in the celestial spheres is to sit on the board of the Lord of Karma.

Who is Paul The Venetian?

PAUL THE VENETIAN

Master / Lord / Chochan of the Third Ray

The Heart Chakra - Pink Ray

Paul works closely with Serapis Bey.

He helps transform conditional human love in unconditional divine love by bringing love and spiritual intelligence into and through our higher mental activities, thus accelerating the entire evolutionary process.

Who is Lady Nada?

Lady Nada of the 6th Ray Solar Plexus Chakra Uses a three fold flame to protect souls Ascended Master, Love & Understanding.

The Ascended Master Lady Nada is the Cohan of the Ruby Ray or the Sixth Ray of ministry, peace, justice, freedom and devotion to the God/Goddess/Source.

Lady Nada serves on the Karmic Board.

She originated on the Pink Ray or the Third Ray of Divine Love, and continues to work with energies of both Rays

Seven Rays represent seven different aspects of God/Goddess/Source.

Each one of us has roots to at least one of the Seven Rays. Lady Nada was a Priestess in the Temple of Divine Love during the Atlantis.

Even today, there exists an etheric counterpart of this Temple, designed in a form of a Pink Rose, and centered above New Bedford, Massachusetts.

Each petal of Pink Rose represents a room in the Temple of Divine Love. The teachings of Divine Love are offered for individual and planetary healing, for balancing karma and expanding such love to other Kingdoms: plants, animals and rocks/crystals.

The Sixth Ray is the ray that Beloved Sananda/Jesus/Christ held for 2,ooo years but since he moved on to greater service as the World Teacher, together with the Beloved Kathumi, the Spiritual Hierarchy asked Lady Nada to take over his position.

Sananda/Jesus/Christ and the Ascended Master Lady Nada are the Twin Flames or Divine Complements; and both continue to work with the Pink Ray of Divine Love.

Lady Nada oversees another etheric Temple above Lake Titicaca, in Peru, together with Mother Mary, Kuan Yin and Lady Atheana where the feminine energies of God/Goddess/Source are distributed to this planet in order to re-balance out the masculine.

As our Beloved Earth is changing, balancing our individual masculine and feminine energies is of paramout importance for the Ascension.

Both, men and women will be empowered, by balancing our individual feminine and masculine energies.

Learning to love your new Selves, will allowe more of your Spirit to flow through your physical Being.

Who is Milarepa?

Milarepa is the Tibetan Buddhism's most renowned saint.

Full of intrigue, disaster, and amazing feats, it is the heroic story of a man who transforms from an avenging black magician into a supremely powerful yogi, pointing the way to self-knowledge and liberation.

In 1050 Milarepa sought vengeance on unscrupulous relatives for mistreating his mother and sister.

Trained in sorcery - black magic - to destroy the enemies of his family - he commanded a rain of scorpions, snakes, and lizards to attack the villains.

Later he meet a teacher - Marpa - who tells him that this is not the way to deal with one's enemies. Milarepa renounces black magic to seek mystic truth insetad.

He retreats to a cave where, after years of intense meditation, he acquires the power to change his body into any shape and to fly across the sky like a bird.

But most important, he achieves the greatest victory of all-mastery over his own self.
After years of teaching the Dharma, a jealous Lama poisoned Milarepa.

He asked that all of his faithful followers come to see him on his deathbed.

For many days he taught the Law of Karma and the Nature of Reality.

The scene was filled with mysterious music, wonderful aromas, rainbows arching the clear sky, and an eerily mystical feeling.

He passed away at age 84. It is said that his mourners heard these words, « Dearest to my heart, abandon your old concepts - realize your encompassing emptiness and dissolve all duality. »

Who is Metatron?

Metatron is the soul who sits beside God.

Some consider him the link between the human and the devine.

He is the father of the electron.

He brings in the microtron - cosmic energy - into our elam.

We can request this in the form of a light shower.

Creation

The beginning

In my younger years one particular question raised within me, when and where did life really begin?

Since I had already been initiated to the Trance State, I decided to ask my question to Archangel Gabriel.

Please note that when I say that I asked my question, I would tape record my question and then I would try to enter a deep trance state while the recorder was still on in order to receive an answer to my question.

This method was quite useful at times but not always.

When and how did life come to be?

Life started in the outer worlds, that is to say beyond the gateway of the Divine Worlds, the essence that one finds is of pure light, love, energy, knowledge and understanding.

This of course is life as it is found in all beings no matter what their form.

That, of which THE DIVINE ONE touches, brings Life and that is the beginning of essence. And that of which we are all part of.

This of course is truth and need not be explained, for truth, reality and knowledge are lived and not explained.

Since we are aware that our brothers and sisters of Mother Earth need also to understand, we choose to nourish their understanding so that they may better comprehend the reality of Life.

Picture if you will a living cell that multiplies itself into a million different ways.

This of course is a very simple explanation, for it is much more complex than that.

But as such it will allow you to understand the beginning of essence as life, not in form, but as spiritual beings.
Thus the beginning of essence and of spiritual being, was now a comprehensive state of being.

For this was and is life form in the beginning of Beginnings.

FIRST DAY

On the first day of creation, which extended over four hundred trillion light years, the very existence of essence was that of pure energy and not form.

Seeing that His children had grown into spiritual beings and wanting them to be free to grow even more, the Being of Light that he was, decided that they would need new plains, spheres and worlds to venture upon.

And that is why creation came to be.

The very first of these new worlds would be the divine and spiritual worlds.

Within these realms one would find the different plains, spheres and worlds of pure light, knowledge, wisdom and truth.

Thus permitting spiritual essence and being the freedom of sacred knowledge, truth, wisdom and choice. And by doing so, spiritual life form could travel freely in light and love.

THE SECOND DAY

On the second day of creation, He then sent His Light beyond the boundaries of the spiritual worlds, there by creating plains, spheres and worlds of pure light.

And this was done within six hundred trillion light years.

After a certain period it became obvious that these new domains would also need life and this not only in essence but also in form.

He then gathered with the eldest of his children, in order to ask them to become travelers to these new worlds, so that they may create with his help spheres, plains and worlds, where upon younger travelers could meet with elders.

Thus where created the archangel, angel and angelic plains, spheres and worlds.

It is also known to spiritual being, that on the second day of creation there also came to be newer worlds, for these were created with the fruits of knowledge and the trees of life.

Where in blended pure energy, light, love and knowledge within truth, and there by life became a reality in shape and form.

At that very moment, real creation was more of essence than life form. Even if one could consider spiritual being, as a life form, it was still primarily essence there by permitting the permutation of life itself.

For essence can develop physical being.

He knew that all of His children where of His Essence, and yet He knew that they needed the freedom to discover in there own way.

And so came to be worlds of pure wisdom, sacred science and knowledge.

There by allowing his children the liberty to explore these new worlds without any obligation to use all that He had already given them, by planting the seeds of choice and freedom, to become or to be as one with themselves and Him.

The pathway to all life was now closer to the spiritual worlds, where essence and life originated.

THE THIRD DAY

One this day one could feel the flow of Energy and Light within all the worlds; there was a sense to this manifestation, for all of life and essence gathered with Him as one.

From this communion of Pure Light and Energy where created, seeds of love, trees of light and fruits of knowledge.

In a magnitude that was never seen before, there by creating worlds of paradise, giving life and essence by fusion of pure energy.

Allowing for rays of light and stars of joy.

This blessed communion was the beginning of a new life form, known as animal, vegetable, mineral and elemental.

These worlds of paradise would now welcome all essence and spiritual being and are located just beyond the doors to the pathway of life.

These new realms and worlds of paradise would have time to grow and develop in the Divine Light, for they would receive their first travelers seven hundred trillion light years after their conception.

THE FOURTH DAY

On this day He asked to be alone, for His travels would take Him beyond the worlds of paradise.this was respected for truth and knowledge where one with life.

For all knew that on this day there would come to be new worlds beyond the doorways of paradise.

And all knew that these new worlds would be different, for this would be the first world beyond paradise.

And so came to be new stars, universes, cosmic and planetary plains, spheres, dimensions and worlds.

And within these, one would find worlds of light and darkness, that is to say, day and night.

The first of these new worlds were the Emerald world, the first born of Gaia and the Bleu planet. One could consider these the beginning of life in a more physical manner, for it was known that it was possible to create physical form through essence, spiritual being changing structures by energetic and vibration focusing.

This would allow spiritual being to explore and discover the ways of physical being, if he so chose.

This exploration did not begin until one hundred and fifty billion light years later.

THE FIFTH DAY

On this day of birth, the twenty-two generations of spiritual beings and essences met in the divine worlds.

For they came to greet a new generation of spiritual beings.

For on this day Alpha was born.

The time had come to nourish all of the new worlds.

THE SIXTH DAY

On this day each generation of beings departed for these new plains, spheres and worlds. Thus began a great pilgrimage for all worlds would know be lived upon.

Since there were six worlds of paradise and three worlds beyond, elders were asked to inhabit these in a very different manner.

They departed two at a time towards these worlds, and with His help they would create a new envelop for their essence and being.

For upon their awakening on their new worlds, they would be physical being. And they where in no way different in essence from their brothers, only in form.

On one of these worlds of paradise, were elders' known as Adam and Eve?

After the ninth generation, there came a new time, for it was now time to travel towards the outer worlds of Gaia and the Bleu planet.

They left two generations in the worlds of paradise and seven generations in the outer worlds.

In order to recognize each generation, physical being would be of different shades; from ivory white, white, gold, silver and copper, and within these shades there would be a difference from the very light to the very dark, allowing them to travel to new worlds.

For there would be new worlds

THE SEVENTH DAY

On this day, there was a great gathering within all worlds, to give thanks for LOVE, LIGHT, Wisdom and Knowledge.

To express the reality of Life.

To acknowledge the right of birth.

To accept the Freedom of choice.

And to comprehend that spirit is one.

This was and is the beginning of all that is.

Exercise for clairvoyance

Day 1

Colors are very important as the are frequencies who's meanings you should learn.
Colors have tones and over tones
Preparation:
Get some magic makers or crayons - if they are available - some paper to write on - or a journal for each experience you have. If using a computer journal - be sure to insert a disc before you begin - then save to disc immediately.
In you journal write - date - time - what you saw - anything else that seems important to you at the time.
Find a quiet place free of distractions . . .
Get comfortable . . .
Close your eyes . . .
Relax your mind and body . . .
Focus on your breathing . . .
Inhale slowly and deeply through your nose . . .
Retain the breath as long, as is comfortable . . .
Exhale through the mouth slowly and completely . . .
Repeat for two more breaths . . . or as is comfortable.
For those who don't know this . . . when awake we experience in the 'Beta' state . . .
Relaxed breathing takes you go into the 'Alpha' state . . .
Focus your mind to look forward as if viewing a screen . . .
Your third eye - will begin to open . . .
You are going to look for a color - any color.
You may initially see 'black' - but be patient -
You will eventually see a color.
Keep watching the screen . . .
A color will manifest . . .
Once you have experienced the color - stop for today . . .
Archive the color you saw.
If you have been shown a color that is not part of the current spectrum for the human eye - then you have already moved into the higher frequencies.
Describe the color in your notes as best you can.
You will see it again.

You may want use magic markers or crayons to try to draw the color.
If you are practicing this technique - allow your marker to draw the color first as a line - then create a shape - or whatever else your mind feels like drawing with it.
Do not worry about interpreting what you have drawn.
If you have seen two colors do the same for each one. Do no more than two colors today.

Day 2 - Seeing Shapes.

Today we will begin to look for shapes or images.
Everyone 'sees' images or shapes after closing their eyes a few minutes - though most people don't pay attention to the images because their are not programmed to look at images.
The images can come from several sources - your higher self - your spirit guides - other entities.
It takes time to learn who is sending you the messages - but there is no hurry!
Sitting quietly - your mind free of diversions and clutter - take one or more slow deep breaths -
Focus on the screen in your mind . . .
A color of some sort should come into view.
Colors generally precede images.
Keep watching the color . . .
Relax . . . Breath deeply again . . . <You may or may not recognize the shape.
Make a mental note of the shape, as it may be an archetype that your cellular memory has set in for you at this time.
If the shape does not become animated then stop and draw what you saw.
If it does start to move - note everything it does until it stops.
Here is an example - I am looking at the color red.
The shape that formed is a 'peace dove' with that circle of flowers around it (laureate I believe is the word).
Nothing is moving.
I will write this all down and draw what I saw as that too can trigger memories for me.
I know that some people will complain that they are looking and looking and see nothing. This is usually because you are nervous and not relaxed enough.
Practice deep breathing and try again later today.
You WILL see something!
Now that you have your image and notes - you can either quit for today or seek explanation for what you saw.
To determine the source of the image is another lesson.

Symbols that are uniquely yours will be hard to decipher –
You can also try to connect your images through the list of references above.
Many images speak for themselves and are easy to understand.
I interpret my image as - A symbol for global peace - but nothing is moving!
Red is the color of the physical world - the Earth plane - Mars =war!
I am not going to seek out the source of my information - for even if I did - I may not get an answer.

Day 3 - Establishing the Symbols for YES and NO

Today we are going to get symbols to use as a base for 'YES and NO' questions.
Close your eyes . . .
Breath deeply and slowly . . .
You can look for a color today if you like.
Think . . .
I need an image that symbolizes the word - NO!
Wait a few minutes until an image comes into focus.
You might want to breath deeply again . . .
You will get a symbol such as the letter N.
Now ask for a symbol for the word YES!
Again you will be shown a symbol.
Be patient!
If you still do not get anything - try again later
Don't forget to archive notes!

Day 4 - Looking at Images.

Prepare as you did the past few days.
Relax . . .

Breathe deeply . . . slowly . . . several times . . .
Close your eyes . . .
Watch your screen . . .
Your third eye begins to slowly open . . .
A color/ colors come into view . . .
Watch the screen . . .
An image will soon appear . . .
It may focus all at once - or slowly begin to focus for you . . .
Examine the image to determine if your recognize it . . .
Now mentally tell the image to move - if just a little bit . . .
Watch what the image does . . .

Carefully note details of what you are seeing . . .

Day 5 - Asking for a message

Prepare as you did the past few days.
Relax . . .
Breathe slowly and deeply several until you are completely relaxed . . .
You may find that you no longer need the deep breathing to get to the alpha state.
In that case. . Just close you eyes and relax your mind.
'Look' in front of you as if viewing a screen . . .
You are going to project this thought thought either to your spirit guide or to your higher self = collective unconscious.
Please give me a message for today.
Your third eye slowly begins to open . . .
A color / colors come into view . . .
Watch the screen . . .
You may see one or more images . . .
Please take your time . . .
Look for an image / images.
Do not 'listen' for information today.
You are just watching - as if in a movie - and making neither comments nor judgments.
Do not ask questions.
After the images are seen - stop and record what you saw.
You may need time to interpret the message behind the image.
If you can not determine the message at first - leave it in your notes.
Its true meaning will come to you.
The message may be personal to you - or about universal matters.

Day 6 - Finding your 'Key'

Prepare a quiet place . . .
Prepare your journal . . . and / or audio tape recorder . . .
You may need some extra time today
Sit or lay back comfortably.
Relax and breathe deeply and slowly if needed . . .
Still your thoughts . . .
Close your eyes . . .
Look at the screen in your mind . . .
Images may begin to manifest for you immediately . . .
Allow them to come into your field of vision.
Tape-record what you see as spirit is probably wanting to talk to you before you continue our lessons today.

When the last image stops - you are ready to move on.
Today you are going to ask for an image (images) that is a 'trigger' for you.
Remember that those of you who are reading this page are activating your DNA - and ready for the ancient wisdom that was once yours - your Hall of Records - Akashic Record, if you will.
When you watch your screen today you will be activating your key (keys) that will begin to unlock your genetic memory.
Now mentally ask for your 'key'!
Relax and watch what emerges.
You may hear sounds or tones.
Do not open your eyes until the images stop.
Record messages in your tape recorder as the images emerge.
Later you will make notes in your journal.

Day 7 - Asking two spiritual questions - Universal and personal

Prepare as the past lessons.
Sit or lay back comfortably.
Relax and breathe deeply and slowly if needed . . .
Still your thoughts . . .
Close your eyes . . .
Focus on the screen in your mind . . .
Images may begin to manifest for you immediately . . .
Allow them to come into your field of vision.
Tape-record what you see as spirit is probably wanting to talk to you before you continue your lesson today.
When the last image stops - you are ready.
We are going to ask two spiritual questions today - one universal - one personal - and quietly wait for answers.
If you didn't get the symbols last week - for YES and NO - or forgot what the are - perhaps you should ask spirit to show them to you first!

Question 1 - Universal question. What do you wish to show me about the universe at this time?
Relax and wait for the information to manifest.
Record information

Question 2 - Do I hold a frequency on the planet?
This would require a YES or NO answer.
This may be followed by a color frequency - an archetype - or anything else spirit wishes to share with you.
This will help you trigger.
Several images may be shown for each question.

Day 8 - Clairvoyance and Remote Viewing.

Prepare as you have in past lessons.
Allow your mind to wander . . .
Focus on the images on the screen in your mind . . .
Archive the images you receive in your journal and/or audiotape .
Allow your mind to wander into the solar system . . .
Take your time . . .
You may see many things or just one image - such as the moon -
Focus for one celestial image - and watch what it does.
You have now begun to remote view!
Record information.

Day 9 - Returning to outer space

Prepare as is comfortable for you.
After you have allowed general messages and images to flow through your screen . . .
Turn your thoughts to outer space . . .
Observe what you see - moon, stars, planets, UFO's, satellites, other
Record what you see.

Day 10 - Clairvoyance - Who is your spirit, guide?

Prepare as is comfortable for you.
Allow your mind to wander . . .
Focus on the screen in your mind . . .
Mentally connect with one - or more - of your spirit guides . . .
Ask your spirit guide to show him - or herself to you.
You may get an image / images . . .
You may just get 'light' as that is what spirit truly is!
You may get some other surprising images.
Record information.
Draw what you see - even if it is just a rough sketch!

Cristal Deva (meditation)

This is a lovely meditation to help you meet the crystal Deva

Sit quietly holding your crystal in both hands.
Center yourself and calm your breathing.

Imagine roots growing out of your feet and curling round the damp soil going deep into the earth, allow your roots to touch the green gold mother earth energy.

Draw the energy up towards you with each in breath.

Until you're whole body and your crystal are filled with the beautiful green-gold mother earth light.

Now reach up with your mind and pluck a strand of pure white light from every star in the heavens and draw it towards you.

Allow the strands of light to gather in a ball just above your head.

Let the ball grow larger and larger.

Now bring that ball pure white heavenly light down through your body to mingle with the green gold mother earth energy within you and your crystal.

(This in itself is a wonderful energizing, cleansing and grounding exercise.)

You now see yourself standing on the shore of a lake.

On the other side of the water you see your crystal.

It has grown to the size of a mountain.

With it's point high up amongst the clouds.

Halfway up the crystal mountain you can see a doorway.

Stretching from that doorway across the water to just beside you is a rainbow bridge.

You can see the rainbow arching gracefully across the lake to the doorway halfway up the crystal mountain.

Your guide has come to take you across the bridge.

You can feel their reassuring presence behind you as you step on to the Rainbow Bridge and begin to glide upwards.

As you come to the top of the bridge the air is cool and fresh.

You can see the lake stretching out below and around you.

As you glide downwards the crystal doorway comes nearer.

Step off the bridge as you arrive beside the doorway, the floor is sandy and cool to your feet.
Your guide will wait for you here.

This is your journey now.

As you enter the crystal mountain you can see the walls are suffused with an orange glow.

Bathe in the gentle orange light as you are gently lifted and begin to float upwards.

As you drift notice the walls of the crystal mountain.

Look above you as your surroundings now begin to glow with a yellow light.

See how the colors blend as you float ever higher within the Crystal.

Yellow gives way to pink as you rise, lighter than air.

Pale blue shot with silver now as you travel higher, see the light refracting off the walls.

Pale blue changes to deep indigo with gold and brassy flecks blinking and flashing as you drift upwards.

Feel surrounded by the deep indigo light.
Upwards higher and higher, the indigo pales to the purest violet.

With a beauty that catches your breath.

You have reached the very top of the crystal now.

There is a floor beneath your feet.

Look around you, What can you see?

Very soon the Keeper of the Crystal will come to you
Talk with them a while and receive their message.

When it is time to leave.

Thank the crystal angel.

You will begin to float downwards through the colored realms of the crystal mountain.

Down through Indigo, drifting gently passing the blue and sliver.

Falling gently as a leaf from a tree, through the pink and yellow, finally alighting gently on the sandy floor of the orange area.

Close to the doorway where your guide is waiting to take you back across the Rainbow Bridge.

As you travel across the bridge share with your guide the message from the crystal angel.

They may have something to add. Feel reassured by their presence.

As you step off the Rainbow Bridge on to the ground say goodbye to your guide and thank them for their protection during your journey.

Breathe a little deeper now and begin to bring your awareness back to where you are sitting.

Allow your crystal to shrink back to its original size between your hands.

Let go of that ball of white light and see each beam winging back to its star.

Become aware again of your roots holding you to the earth.

Just experience that feeling for a while as you gently return.

Look at your crystal, does it look or feel different to you, now you have met its angel?

Reflect on the message you were given. What does it mean to you?

Dimensional time warp

The dimensional time warp affects and distorts by means of time, whether it be travelers or information, everything that goes threw it and this in all worlds, plains or spheres where there is a combination physical and material.

In certain ways it allows us to understand the inaccuracies pertaining to past, present or future life.

The traveler who wants to be certain of the information that he gathers must avoid these areas, which are located on both the visible and invisible worlds.

They where created to protect the many worlds from destructive forces emanating from the lower worlds.

These zones do not constitute a danger to any being they are simply a protective force field containing vibrational and energetic time, which permits the safe keeping of higher knowledge that could be used in a destructive manner.

Secondly it radiates confusing aspects that affect lower beings and does not permit them to migrate from the dark worlds to other worlds permanently.

Healing Stones

Here we begin a new journey, in some ways there are times when having an outer body experience can be very educational.

There came a time where traveling became quite easy for myself and while experiencing I came across a various number of worlds that where unknown to me.

These worlds offer so many different teachings; knowledge and wisdom that one begins to wonder why we seem to be so limited on the earthly plains.

This lead me on a quest, for I decided that what ever new knowledge I would come across, I would Wright it down and then verify it later on with my heavenly teachers in channeling sessions.

By doing so, I knew that if I passed the information on to others it would be accurate and at the same time it could be very useful. Since the time has come to share my travels, I decided to start with what is called HEALING STONES.

My travels led me to the seventh star of Orion.

This is one of the most beautiful and brightest stars.

This is a very peaceful and tranquil world, in certain ways one can feel the solitude and yet one knows that this haven of peace is filled with information and sacred knowledge.

And is, has been and will be used by the many travelers that come from different worlds. As I walk upon its lush gardens, taking in the beauty of its deep forests, I came across what appeared to be a temple, yet at the same time this structure reminded me somewhat of the pyramids that can be found in Egypt back home on Mother Earth.

As I walked closer it became quite apparent that I was no longer alone, for at the entrance to the temple stood a being of light, this did not prevent me from advancing for in ways that I could not yet comprehend, I was already having a conversation with this being of light.

He explained to me that he was a guardian of the light, and that I was welcomed to enter the temple as any other traveler who seeks knowledge and wisdom.

He then also explained to me, that with the temple one would find different stones of pure knowledge.

One could discover within different chambers such stones as; The philosopher stones the ten commands of life, sacred stones.

But one was not permitted to leave with such stone or tablet for this would create an imbalance on all worlds and there by creating massif destruction.

For the stones and tablets do not only contain sacred knowledge, for they are a combination of very high energy combined with the purest form of cobalt and their organic structure is hydrogen and nuclear, which makes them very sensitive to change.

And that is why they are stored within the protective environment of the temple.

The first chamber I entered was the one containing the philosopher stones, these stones contain the legacies of past life forms such as the Shirats, the Lumurians, the RAS, the Venusians and many more.

The stones tell the story of how they lived their lives, their conquests, and their realizations and also of their destruction.

But more importantly the stones also indicate how to read ones universe of disease and sickness, of herbal remedies that can be used for healing or destructive purposes.

They also unveil the many mysteries; truths and realities pertaining to all worlds visible or not.they contain answers to questions that still remain unanswered on Mother Earth today.

Within the stones lie the most beautiful words emanating from ascended masters such as, Buddha, Christ, Brahma, Mahomet, Vishnu, Genoa, Manaviram, Inda, Vardhamana and many more, for all those who come in contact with the philosopher stones leave within these stones their knowledge, wisdom and light.

When coming out of this chamber, I knew that my being was forever transformed.

For deep within myself I felt a sea of tranquility.

As I continued on the pathway of light within the halls of the temple, I began to see other travelers from different worlds.

Some seemed very familiar to me, and yet at the same time it seemed like a new encounter, this was lather on explained to me, as being quite natural.

For all spiritual travelers recognize each other when traveling in their natural state. As I approached a new chamber, I knew time had come for me to return to the physical plains, there was no sadness felt for I knew that I could return to this world of teaching and understanding whenever I felt it was necessary for me to do so.

For that is part of the freedom of choice that each traveler has

Upon reentering my physical body, it became quite clear to me that there where many more worlds for me to discover.

And that this was only the beginning of travels to come.

Spiritual worlds

The spiritual plains, spheres and worlds exist since the beginning of beginnings, even before the arrival of physical life as such.

Our own beginning stems from the spiritual worlds, we are spiritual and essence in nature and in time we will return to our true nature. I can already hear some of you say; how is it possible?

Taking into consideration the number of beings, how could we all exist at the same time?

Quite simply we must not forget the process of incarnation and that there are a multitude of worlds that one can incarnate on, not neglecting the astral worlds, dimensional worlds and all the worlds, plains and spheres of the higher realms.

In our spiritual nature we transcend upon all worlds, we do not choose to incarnate into the physical world in order to suffer, but rather for reasons of knowledge and understanding.

It is only when we become physical in nature that we accept suffering as being part of our reality, for suffering is but an illusion created by belief and nurtured by emotional and mental thoughts.

This process allows us, even before we return to our spiritual form, to establish the number of times that we will reincarnate, the reasons why and the exact period of our reincarnation.

Where as our spiritual self travels more freely upon different worlds.

Spiritual worlds are sanctuaries of peace, when traveling upon these we are free of emotion and thought, this in no way means that we cannot think, for we can; the difference lies in the fact that tought is based upon essence, truth and knowledge thereby being free of confusion and emotion, thus permitting a clearer view of understanding.

Vibartional pathway

North upon the deep blue circle of Kaiemeria lies the vibrational pathway where all life must come through in order to cross over to the higher plains.

This hollow tunnel gives of the impression of total darkness, which of course is the result of two vibrations of a totally different nature meeting at the same time.

The walk inside the tunnel appears to be quite long but in reality lasts only one quarter of a second. When reaching the most inner part, we have a sense of not being alone; this is due to the fact that all travelers, no matter their origin, pass through at the same time.

And since we travel towards different portholes, it is quite understandable that we do not see another being until we reach the everlasting light at the beginning of the tunnel.

There seems to be a certain misconception on or part when entering the tunnel, for what we believe to be the entrance is in fact the exit.

Therefore when we go back, we are back at the beginning and are welcomed by the guardians of light, who can transform their being into many different life forms.

Spiritual Worlds

What of spiritual worlds, do they really exist, or are they simply part of belief?

In my younger years, I often found myself wondering, questioning myself.

In some ways the answer seemed to lie deep within and yet there never seemed to be any proof.

For I could not neither see them with my physical eyes, nor could I touch them.

This to me was of course mysterious for I knew that they were real but there still was doubt.

This did not prevent me from traveling, nor did it prevent me from using my capabilities of communication, this of course allowed me to find the answer to my question.

As I look back upon that certain evening of December 66, I can still feel, hear and see my journey towards the spiritual worlds and where upon I met one of the ascended Masters

The Love and Light emanating from that being was in itself a blessing, but I would be blessed even further, for He knew of my questioning, and the time had come for me to receive an answer.

These then where His words

On Mother Earth everything is based upon what you can see and touch, thereby becoming in certain ways a reality.

This is not to say that everything you see or touch is reality, for in truth and knowledge, one does not base ones knowledge on what one receives in ones education, for this would be to limit oneself.

And one can be much more aware of all that is, when you permit yourself to tune in to all that exists.

Going beyond the five minor senses does this, which then opens the door to all of your sense.

For your minor senses are primarily used to explore the material and physical world that you live upon

where as you're seven major senses permit you to explore all of the plains, spheres and worlds that are part of the whole.

there by allowing you to travel upon these in various manners and enabling you to live completely within the reality of Life.

For when looks at the material world, one can find numerous subtle elements, whether it be microscopic, vibrational, energetic and elemental.

And could also be included, nature itself, for she contains aspects that you know exist but that you can not see with your naked eye.

Within this there is a very simple element, all is reality until proven otherwise.

The blue circles of Hydra

One will discover on these plains, amphibious beings. That is to say that their physical body is composed of hydrogen and oxygen. They are what is called healers of the universe, so being called because of their willingness to help other planetary systems, stars or galaxies and their inhabitants in a major environmental clean up. Whether the planet is dying due to carelessness or wars, this does not matter for the healers are beings of light, understanding and teachings.

It is also very important to note that they also help in areas where new life forms have a chance of starting their lives in a comfortable environment.

The healers are also, in certain way, the breeders of all life that is in a vegetative state. Flowers plants fruits and vegetables of all kinds. The healers being amphibious are able to travel on land and sea.

Keep in mind that this that this is not limited to mother earth.

The bleu planet of Syphera

On the blue planet of Syphera on would find the elementals for this is their natural home. Here one can look upon all elementals and elements in numerous shapes and forms.

On these plains, one will discover knowledge of harmony and understanding to be at one with all elements and elementals. Thus, the traveller is not only able to understand but also communicate with the elements and elementals, there by creating a bond of respect allowing for transformation of being.

Pyramids

When we look at the different shapes of the existing pyramids we find our selves confronted to a variety of different symmetrical shapes and forms.

for if we where to travel Egypt and then to Mexico and from there to Peru we would notice that these temples of ancient time are very different from each other, not only in form but also in their structure.

let us uncover the reasons to these, we could start by considering the difference between their culture and or their civilization but that would only lead us to an understanding of their form and not of their reason.

First let us look at the oldest of these, the Egyptian pyramids; their construction was based upon ancient lumarian charts, thus allowing them to follow the ways of the ancient ones.

There by using telepathy and levitation, this would be more complex in modern times for logic and thought has replaced our natural abilities of knowledge.

In order to perceive the construction of these temples one would have to visualize the work of many different people.

from the laborer, to the builder and the makers of stone who knew the secrets of transformation from hay, to clay, to stone varying in weight and size, once the stones where cut, they would be gathered and brought to those whose knowledge allowed them to work with their capabilities of levitation.

These would concentrate on the stones as to levitate them in the rightful place erecting in this manner the perfect mathematical shape, size and form.

The pyramids would serve many purposes like gathering the necessary energy for the well keeping of spiritual beings on their voyage to different planes; they would also serve as libraries where ancient scrolls and sacred texts would be stored.

In later times they would be used as mausoleums for kings and queens, this of course happened when thought became more a reality than knowledge itself.

They're by altering the mathematical precision of these structures for they became part of a quest for power and glory.

There are very few pyramids left to discover in Egypt for most of them have been found and vandalized, but there remains the oldest who have yet to be uncovered.

For these are the central libraries containing ancient manuscripts, books of knowledge and sacred books allowing man to return to the age of golden knowledge?

The Mexican and Peruvian pyramids where more of a natural construction and they served a more protective purpose, the elders where quite aware of the fact that they would be invaded by different cultures.

So they built a protective area for their people.

By building the pyramids they constructed a maze of sorts that would allow their people to escape from invaders, for entering the pyramids they would loose themselves within the hallways and passages of the pyramids.

Conclusion

This was only the beginning of the journey, and can only be concluded when you travel within.

Lucien Clausse
Maître spirite