

THE ROSICRUCIAN WINTER INITIATION:

SPECIAL TEACHINGS & PRACTICES FOR DECEMBER 2012

with Dr. Robert J. Gilbert

CLASS 3

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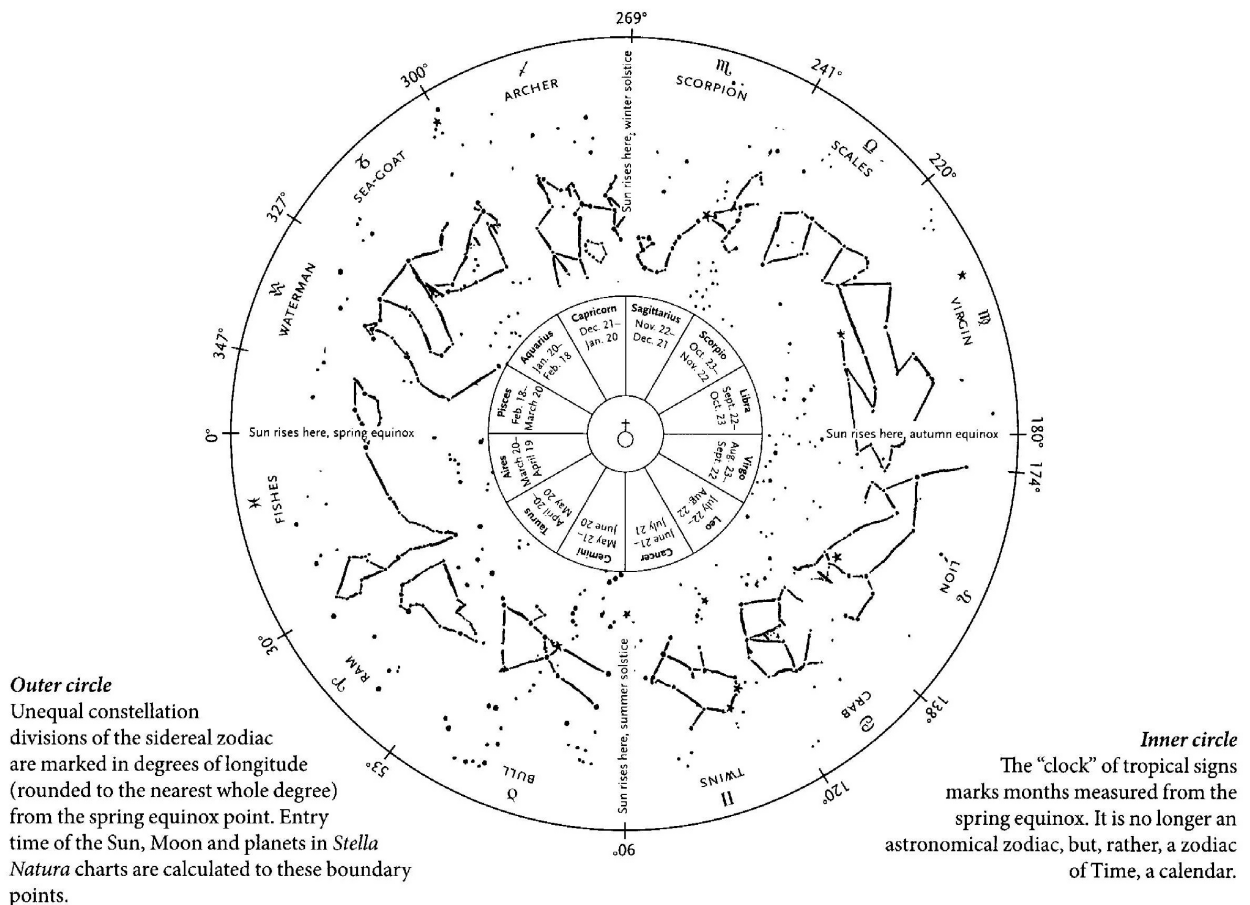
CLARIFYING THE WINTER SOLSTICE ALIGNMENT WITH GALACTIC CENTER

SPIRITUAL CONTEXT AND ENERGETIC EFFECTS

As elaborated by John Major Jenkins and others (with information coming from the Indian science of Vedic Astrology) on Dec. 21, 2012 the Sun will at Winter Solstice align with the Galactic Center, as seen from the Earth.

Why is this important?

The Winter Solstice is one of the four anchor points of the “Cross of Time” for the Earth’s energy field, along with the Summer Solstice and the Spring & Fall Equinox points. The Winter Solstice is in some ways the most important of these key activation points in the yearly energy cycle of the Earth: it is the time when THE LIGHT RETURNS, the time when we have the shortest day of the year and the external power of the Sun begins to increase again after 6 months of decrease (the period from Summer Solstice to Winter Solstice.)



The importance of the Winter Solstice is indicated by the holidays and divine births observed in many esoteric traditions at this time. In esoteric Christianity, it is the time of the greatest spiritual awakening of the human being during the Yearly Cycle, mirrored in Christmas, the 12 Holy Nights, and Epiphany (the manifestation of the Christ Consciousness in the Human Being.) Human beings can attain their highest state of spiritual awakening during this time in the yearly cycle, partly due to the contractive effects of Winter on the human energy body.

The alignment of the Sun with the Galactic Center at the time of the 2012 Winter Solstice thus connects a major energy gateway of the Earth - the turning point in time for the Light returning, and the time of greatest spiritual wakefulness in the human being - with the center of the Galaxy.

All Centers have great power, they connect directly to the Divine beyond time and space: Centers are the gateway to the Divine. This is shown in the classic Initiation symbol of the Point in the Center of the Circle, which groups like the Rosicrucians and Freemasons say is the symbol of the Godhead. The center of our Galaxy is a huge spiritual Gateway with tremendous power, which can create major transformations of human energy and consciousness.

However what I have NOT found in any discussion of the 2012 event from any source, is the actual energetic impact of the Galactic Center alignment. In my own vibrational research, validated later by other researchers I asked to check my results, I have found that ***the human energy system is severely disturbed when one consciously connects to the Galactic Center; this is really not surprising, given that modern science suspects a Black Hole lies in the center of the Milky Way Galaxy, which crushes all matter out of existence.***

In classical times, it was well understood that specific things which activate high level spiritual energies could disturb the human energy system. This gave rise to the science of creating “rituals” to balance these disturbances to the human energy field. Although classical rituals are naively thought today to be merely psychological and symbolic activities, in reality they can powerfully balance the human energy field during states of high-energy exchange with a greater power. [This concept is elaborated by BioGeometry founder Dr. Ibrahim Karim in his important article “Brainwaves, BioFeedback, and Religious Ritual” included in the third level of the BioGeometry® training, which also details specific classical rituals created for this purpose of energy balancing.]

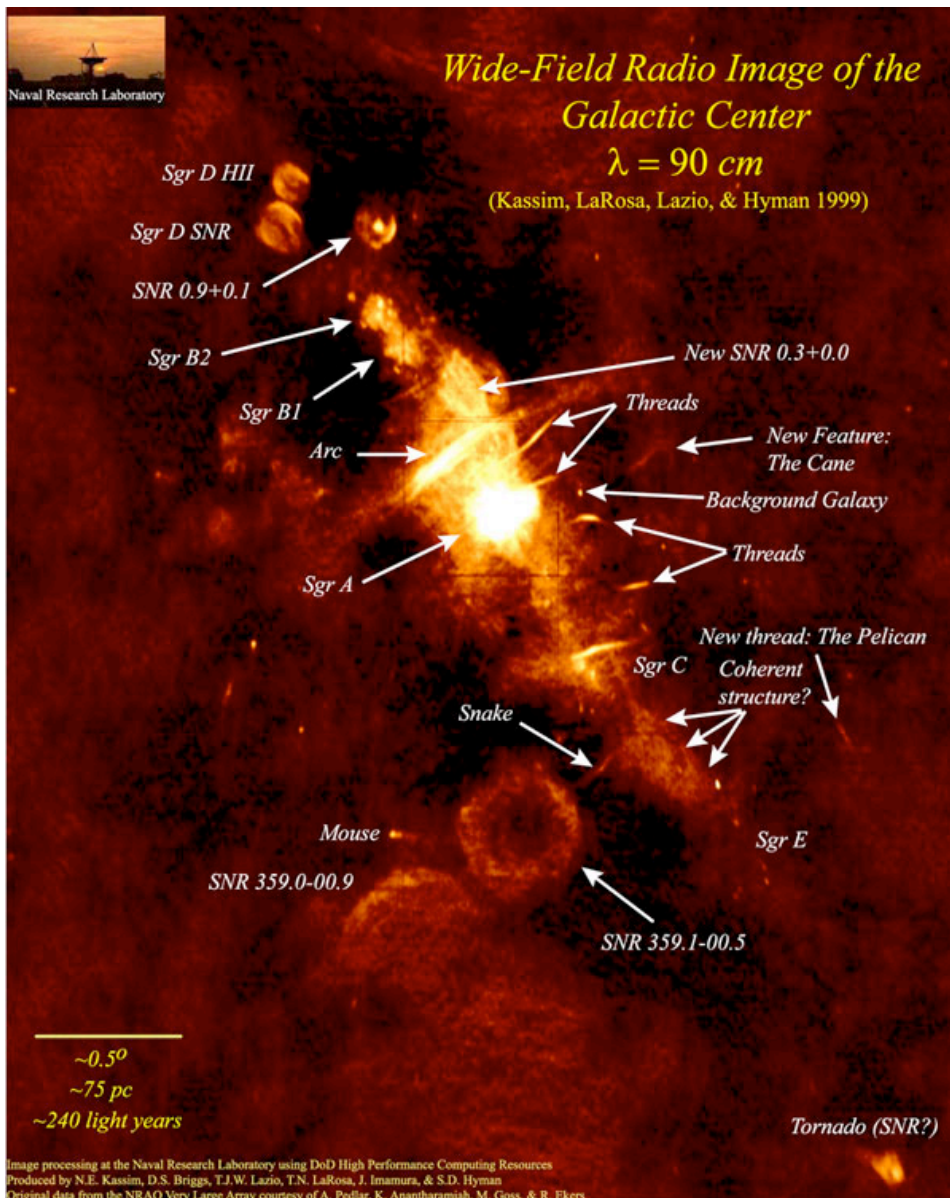
There are specific practices which can balance the effect of the Galactic center on the human energy field, which we will explore in this course.

You should also be aware that:

* The Sun actually aligned with the Galactic Equator at Winter Solstice back in 1998: this date is very significant, as 1998 was a major nodal point in a critical Rosicrucian time cycle which is affecting us very powerfully right now.

Also due to the size of our Sun being half a degree wide, the final movement of our Sun to be clear of the Galactic Equator will not be completed until at least 2018, meaning we have several more years of the Equator effects at the Winter Solstice.

* The Sun will not align perfectly with Galactic Center, which means it will never obscure our view of the Galactic Center. However the Galactic Center is “veiled” from our physical view by great gas and dust clouds that create the “Dark Rift” discussed by the Mayan culture. The energies from the Galactic center do still powerfully penetrate this veil, however, as shown by modern science being able to image the galactic center using infra-red photography.





The Mayans considered the Dark Rift the doorway to the underworld. They understood the sign Scorpio (particularly what we think of as the tail of the Scorpion) to be the Mouth of a great serpent, and the opposite end of this great cosmic serpent - the serpent's tail or "rattlesnake rattle" - to be the Pleiades in the sign Taurus. Scorpio was also considered in Mesoamerica to be the Mother Scorpion, the storehouse of the souls of the dead and the unborn, in the area around the Galactic Center. (See John Major Jenkins' *Maya Cosmogogenesis 2012*, especially the section "Zenith Imagery in Mesoamerica.")

The Pleiades are connected to the Mesoamerican "New Fire" ceremony and solar zenith passages, whereas Scorpio is connected to Galactic Center; the Galactic Center is directly between the "arrow" of Sagittarius and the pointed Tail of the Scorpion in Scorpio.

This axis between Scorpio and Pleiades (Taurus) seen in the Mesoamerican cultures is one line of the "Cosmic Cross" mentioned earlier; there is a deep esoteric teaching behind this primary axis. Scorpio is an origination (and termination) point for the creation of life forms in the Zodiac [see a discussion of this point in Steiner's *The Spiritual Hierarchies*, partly excerpted below], and is the sign of Initiation (related in Christian Esotericism to St. John, 'the Eagle' which is the reborn higher octave of the Scorpion). Taurus is the location of the Pleiades, known to many different world traditions as a source point for many of the spiritual realities connected to the human race; one of the lesser known and more esoteric Rosicrucian teachings relates that the Pleiades will be the location for the next solar system evolution humanity will be involved in when our current evolutionary cycle is completed.

* 2012 is not the date of the Sun's optimal alignment with Galactic Center at Winter Solstice: depending on whose calculations of the exact placement of Galactic Center you believe, that optimal alignment will happen sometime between 2040 and 2219. Although we are not yet in optimal alignment, this does not indicate (as some skeptics assert) that the 2012 date is not connected to this Galactic Center alignment with the Sun; in reality it shows that the vibrational / spiritual effects of the Galactic Center alignment will actually be INCREASING from this point on over the coming years.

This means that during every Winter Solstice in the immediate future, we will have increasing Galactic Center energies resonating with the Earth, which we can use for our spiritual evolution - but we must also consciously balance these energies, in order to use them safely and not be destabilized by them.



Laser indicating location of Galactic Center

RUDOLF STEINER ON THE FORCES OF SCORPIO

"The region of the Eagle [is] where these globes [of living beings] were originally created... When this living globe has completed its journey along the entire circumference, it returns to the region of the Eagle. But now something different happens. Whereas before each globe was infused at this point with life, it is now killed on its return by the same influence that originally called it to life. One globe after another is slain. When all have been killed and no further globes come into being, the existence of the old Sun comes to an end.

Life consists here of the creation of new globes; when they return to this place, they are killed by cosmic forces. The sting of death inflicted by the cosmos on the life of the old Sun was experienced as the "sting of the Scorpion." So, because that region inflicts death, it is called the region of Scorpio, the Scorpion.

At this position may be seen the constellation of the Eagle, which brings dead matter to life, and the constellation that sends forth the forces of death, Scorpio. The forces in the zodiac that brought to rest primordial life in the physical organization of the human being are in the region of the Lion. The forces that have the capacity to destroy life as such are in the region of Scorpio."

from *The Spiritual Hierarchies and the Physical World*, p. 128.

A VEDIC PERSPECTIVE ON THE GALACTIC CENTER

Classical Indian (Vedic) Astrology divides the heavens not only into the 12 signs of the Sun's path through the stars (the 12 sign Zodiac) it also examines the Moon's path through 27 heavenly regions of 13 degrees 20 minutes each. These 27 "Moon Mansions" are called the Nakshatras.

The Nakshatra in which the Galactic Center is found is called Mula Nakshatra; its name means "the Root" and it is symbolized by roots tied together. Its Shakhti power is Barhana Shakhti, the power to destroy. Its Deity is Nirriti, who in later myths becomes Kali, the dark Goddess. Nirriti represents the end of the Universe, where all things are dissolved. She rules over time and dispels fear.

Although Nirriti and Kali are often thought of as connected to suffering, they are in reality divine forces which protect and heal those going through suffering. Engagement with Mula Nakshatra involves deep healing energy, which can also express itself as powerful sexual and creative energies -- the other side of the destructive power in Mula.

This Nakshatra and its divine forces convey the ability to deal head-on with fear and suffering, and not be swayed by them. It carries a warrior energy, which is feminine in nature at its core. Kali gives the power to be courageous in life's most brutal struggles, to overcome fear and find the true happiness that can only be integrated when fear has been transcended. Her color is black, the void beyond all qualities in the phenomenal world.

PRACTICE FOR ENERGY BALANCING **THE EFFECTS OF GALACTIC CENTER ALIGNMENT**

Since we will be experiencing increasing Galactic Center energies through the coming years, especially during the Winter Initiation cycle (when human spiritual awareness is most awakened), it is vital that the destabilizing aspect of these energies be balanced through our spiritual activity / rituals.

This need to balance the effect of Galactic Center energies is even more important for those on the path of Spiritual Initiation who are consciously working with the in-streaming cosmic energies at this time (including those on the path of “self-initiation”, in the sense of having no physically incarnate guru, although of course they are always guided by spiritual beings).

In the Rosicrucian tradition, many of the most potent Mantras to use for energy balancing the galactic center energies come from the work of St. John the Divine, which would be expected given that St. John’s Gospel and the Book of Revelation are the only truly “Cosmic” texts of the New Testament. “Dissolving” these mantras into direct experience puts us into direct resonance with the Spiritual Realities represented in the work of St. John: this is an extremely profound and powerful practice, not to be underestimated. For this reason, it should only be undertaken in an internal spirit of sanctity and reverence; without these essential “soul moods”, the practice will not connect in resonance to the spiritual realities the mantra has emerged from.

1. BEGINNING PRACTICE:

Dissolve this Mantra:

“I am the Light of the World”
(John 8:12)

This is a very simple and effective mantra, relatively easy for beginners. The dark energies of the Galactic Center / Black Hole are powerfully balanced by our attaining resonance between our own Spirit Core (“I Am”) with the Light of the World.

The “I Am” is experienced primarily as our own spirit essence, our own ‘I’, and then connects in resonance with the “I Am” of the Christ Being (which is of the exact same nature and quality as our “I Am”, which is one reason why Christ is referred to as the “Representative of Humanity” and similar terms in esoteric Christianity; see Steiner, and Origen’s “On First Principles” for examples.)

2. INTERMEDIATE PRACTICE:

Dissolve this Mantra:

***“In the Beginning was the Logos, and the Logos was with God,
and the Logos was God.***

***This ONE was in the Beginning with God,
through him all things became manifest.”***

(John 1:1 - 1:3)

The Prologue to the Gospel of John is a fundamental text for meditative work in Rosicrucianism, using the “Dissolving” practice so that the text becomes a direct spiritual experience of the described higher realities. This mantra connects us directly to the Christ Being and its resonance with the Godhead, which the source of all the manifestation that is taken out of existence in the Galactic center.

3. ADVANCED PRACTICE:

Dissolve this Mantra:

***“I am the Living One; I was dead, and behold I am alive forevermore.
And I hold the keys of Death and of the Underworld.”***

(Revelation 1:18)

This is the one of the most powerful of the St. John’s mantras. Dissolving this mantra not only leads to overcoming the fear of Death, it also connects us to extremely high spiritual realities. This is the “Death and Resurrection” mantra of the Christ Being, which holds the power of spiritual resurrection following physical incarnation and death. It not only balances, it also transcends (and puts into its true divine context) the destruction of physical existence which radiates from the Galactic center.

Optimally, all three John Mantras can be Dissolved, in the sequence given above. This leads our awareness from our own spiritual nature united with the Christ, to our spiritual nature united to the Christ and the Godhead, and then into the higher spiritual attainments (overcoming of death and the material plane, Resurrection) which come from this Union.

UPCOMING CELESTIAL EVENTS

SATURN - RAHU CONJUNCTION

A powerful conjunction occurs between January 2013 and July 2014, which is exact on September 16, 2013. This is the conjunction between Saturn and Rahu (the name for the “Shadow Planet” that is the North Node of the Moon, ie where the Moon crosses the Sun’s path in the sky moving North.) Rahu is not a physical planet, it is an Etheric entity; it is responsible for Lunar eclipses, just as its opposite Ketu (the South Node of the Moon) is responsible for Solar eclipses. In the Vedic Astrology of India these two “Shadow Planets” are associated with major karmic events, often of a challenging nature.

Rahu is associated with change, revolution, accidents, innovative thinking, new revolutionary technologies, compulsion and obsession, as well as an unquenchable thirst for experiences in the physical world. Saturn is the planet classically associated with suffering and challenges; in reality Saturn raises those core issues which block our spiritual progress, and which require hard work on our part to clear them out in order to attain enlightenment.

Rahu is often said to act like Saturn, but with a more “shadow” side. Since Saturn is considered a malefic in Vedic Astrology, for Rahu to act like Saturn gives a kind of “double Saturn” effect; ie, a more intense and more fully manifested challenge to overcome.

In Vedic astrology a conjunction is whenever two planets are in the same sign; an exact conjunction is when they are at exactly the same degree, ie overlapping one another as seen from the Earth. The Saturn-Rahu conjunction occurs every 11 years; the 2013 conjunction is remarkable because the time that these two planets will be in conjunction in the same sign lasts for an unusually long time, 18 months, signifying potential powerful effects and prolonged stress (some conjunctions of the two planets last as little as three months.)

The American Vedic Astrologer James Kelleher has done significant research into the Saturn-Rahu conjunction, partly due to his association with an Indian Guru named Swami Sivanandamurthy. Sivanandamurthy had a spiritual vision of a past catastrophic earthquake in the United States, which when his students researched it turned out to be the great San Francisco earthquake of 1906. Sivanandamurthy then saw another approaching great earthquake coming to the San Francisco Bay area when he visited the area and felt the energy in the land there; he sees this event happening by the year 2025. Sivanandamurthy indicated to Kelleher that this major earthquake would take place either during a Saturn-Rahu conjunction, or during a Jupiter-Saturn conjunction. Kelleher then researched all Saturn-Rahu conjunctions going back to the year 1800.

The following information is primarily from Kelleher's research, which can be found in videos available on his website jameskelleher.com

He has numerous educational videos and audio recordings, as well as his excellent two volume introduction to Vedic Astrology titled The Path of Light.

The information on Spiritual Practices ("Astral Remedies") is by myself, based on key concepts from a variety of sources.

PREVIOUS SATURN - RAHU CONJUNCTIONS

To get a sense of the impact of the Saturn-Rahu conjunction, we can look at previous conjunctions and Earthly events during that time (significant events sometimes happen at the very beginning of a period or at the time of exact conjunction, although they can happen actually anytime during the planets in the same sign). By looking at the individual natal charts of countries, it can be seen which countries are most likely to be affected by the conjunction.

1808: Height of Napoleonic War, Wellington defeats Napoleon in August (the month of the exact conjunction.) Russo-Swedish war in June.

1820: Greek Revolution. The Saturn-Rahu conjunction is often linked to Revolutions (Rahu represents revolution and change, Saturn represents structures.)

1830-1831: Belgian revolution against the Netherlands. The revolution started at the beginning of the conjunction. The exact conjunction was in Magha Nakshatra, represented by a throne room which is the sign of a king and a kingdom; the revolt was against the united kingdom of the Netherlands. There was a close aspect at this time onto natal Moon of the Netherlands in Taurus from Saturn and Rahu in Leo.

1842: Mt. St. Helens erupted within 5 days of the exact conjunction. This Saturn-Rahu conjunction occurred on a sensitive part of the USA natal horoscope, with the conjunction on the U.S. Ascendant in Sagittarius and opposite the Sun. The conjunction occurred in the Nakshatra Purva Ashadha in Sagittarius; this Nakshatra's Shakhti is the power to energize, and it is a fire element (energize + fire = volcanic eruption.)

1854: Crimean war. This was a major war, in which Russia fought six countries, including France, Britain, and the Ottoman Empire. The Crimean War is said by some historians to be the birth of modern warfare. Saturn is often associated with disaster, death and grief; Rahu is associated with new forms of technology and innovation, i.e. the development of modern technological warfare in this case.

Britain was a primary instigator of the war - this Saturn-Rahu conjunction was right on its Ascendant at that time, and both its Sun and Moon both aspected by the Saturn-Rahu conjunction.

Kelleher discovered some remarkable Hermetic relationships in this event.

The conjunction happened in Kritika Nakshatra, in the first section of Taurus; this is the location of the Pleiades. The Pleiades has 7 stars, although they appear as 6 with one star being double.

In Indian mythology the Deity of this Nakshatra is AGNI the God of Fire. Agni attempts to seduce the wives of 7 Saints, and does seduce 6 of them. The 6th wife he seduced gave birth from the intercourse to the God of War, Kartikeya, through a collective womb of all 6 wives, and together they nursed the God of War to maturity.

This myth is reflected remarkably in human history at the time of this Saturn-Rahu conjunction:

Just as there are 7 stars in the Pleiades, 6 countries attacked the 7th country.

Just as the God of War was birthed in the collective womb of 6 mothers, so Modern Warfare was born from the attacks of 6 countries collectively (on the 7th, Russia.)

Just as the 6 mothers nursed Kartikeya, so in this birth of modern warfare with the attack of six countries, we actually also had the origin of modern nursing: this is the time of Florence Nightingale, who became famous for her service in the Crimean War.

1865: Destruction of the Southeastern U.S. at the end of the Civil War,

Assassination of Abraham Lincoln. This Saturn - Rahu conjunction aspected the Sun in the U.S. chart, at the time of the end of the Civil War and massive destruction in Southeastern U.S. ("Sherman's March") and the Assassination of Abraham Lincoln (U.S. leader, with leaders being connected with the Sun forces.)

This conjunction of Saturn-Rahu took place in Chitra Nakshatra, whose deity is Vishwakarman: the designer of the weapons of the Gods, i.e. linked to warfare.

1877: Holland Flood. The conjunction occurred in Shatabhisha nakshatra, ruled by the God of the oceans, and the great Holland flood occurred near the exact moment of the conjunction.

Russia declared war on Turkey.

The Ku Klux Klan became so powerful at this time that the U.S. army lost the ability to control them in the Southern U.S. (Rahu represents fanaticism, and the color of Saturn is black: one recurring theme is persecution of blacks or people of color, and/or their struggle for liberation.)

1888: Yellow River Flood in China. 1.5 million died in this catastrophe, that occurred with the conjunction in Pushya Nakshatra, which symbolizes nourishment and food.

The flood destroyed croplands and led to major food shortages. This conjunction took place in a Water sign (Cancer) so a water disaster. Note that with Mt. St. Helens volcanic eruption the conjunction was in a Fire sign, in a Nakshatra whose power is to energize.

1899: Boer War in South Africa.

The war started the exact day that Saturn and Rahu entered the same sign, on October 12 1899.

The conjunction took place in Jyeshtha Nakshatra, which is related to war; this Nakshatra denotes the shakhti power to rise, overcome, and conquer.

1911: Multiple Revolutions.

Revolution against the monopoly of oil (the Standard Oil Anti-Trust Decision, which broke up Standard Oil.) One of Saturn's significations is oil.

Portugal overthrew its monarchy.

A Revolution overthrew the President of Honduras.

A Revolution in Mexico overthrew the President.

1921 - 1923: Start of Nazis in Germany. Hitler gives his first major public speech in Munich, starts the progression to their taking power.

USSR is formed.

1933-1934: Nazis take power in Germany. In 1933 Hitler takes power; he centralized the government under his control in 1934.

1944-1946: First atomic explosion and first use of nuclear weapons in war. The first nuclear explosion in New Mexico happened during the Saturn major period and Rahu sub-period for the U.S. natal chart, in addition to it being the Saturn-Rahu conjunction in transit.

At this time the planets Saturn and Rahu wer also conjunct Venus, Sun, Jupiter, and Mars in the U.S. natal chart, at time of first atomic bomb explosion.

The Saturn - Rahu conjunction occurred in the Naskhatra of Ardra, which is ruled by Rudra (the wrathful aspect of Shiva) who hurls the thunderbolts of the Gods.

This is also the time of the Atomic bomb attacks on Japan, the Fall of Hitler (who had started his rise and then seized power in the two preceding Saturn-Rahu conjunction periods) and the end of World War 2.

1956: Rosa Parks begins U.S. Civil Rights movement by not giving up her bus seat. Saturn represents oppressed people, especially people of color (Saturn's color is black.) Rahu represents revolution.

At this time also:

Israel government formed.

Sudan declares independence.

Morroco declares independence from France.

Islamic Republic formed in Pakistan.

Soviet Union crushes Hungarian Revolution.

U.S. greatly increases number of atmospheric nuclear tests, and first commercial nuclear reactor was built. (More nuclear significations of Saturn-Rahu.)

1968: Assassination of Martin Luther King Jr. and Bobby Kennedy.

Tet offensive in Vietnam; war escalates.

1979: Iranian Revolution.

Iran is now becoming a nuclear power, and threatening to wipe Israel off face of the Earth; Israel is threatening to bomb Iran's nuclear facilities.

Both Iran and Israel are nuclear countries, and both were formed during Saturn-Rahu conjunctions.

1991: US and Allies invade Iraq in the Gulf War (“Desert Storm”).

USA invaded Iraq and started Desert Storm only four days from the exact conjunction.

2002 - 2003: US goes to war against Iraq again, the invasion overthrows Saddam Hussein.

This Saturn-Rahu conjunction occurred right on top of the Moon in Iraq's horoscope. The conjunction took place in Taurus, in Rohini Nakshatra.

A classical Indian text, the Brihat Samhita, says:

"When Saturn cuts the wane of Rohini, what shall I say, the whole world will perish, being plunged into the ocean of misery!"

Numerous Vedic Astrologers had predicted in the 1990's that a war would affect the whole world during this time of the 2002-2003 Saturn-Rahu conjunction.

(Note: the Crimean War also took place with Saturn-Rahu in Taurus.)

THE UPCOMING SATURN - RAHU CONJUNCTION

This brings us to the coming Saturn-Rahu conjunction: **Jan. 2013 - July 2014**

The conjunction will take place in Libra in the Nakshatra of Swati; Swati means "the Independent One". It is a Nakshatra associated with independence / revolution.

Its deity is Vayu, God of the Wind.

Its Shakhti is the power to scatter like the wind.

A few common themes of past conjunctions:

- War.
- Natural Disasters.
- Nuclear activity.
- Oppression of, or Revolution by, classes of people.
- Events in the Middle East.

SPIRITUAL PRACTICES FOR SATURN AND RAHU

A major challenge in learning and practicing a modern “Star Wisdom” where we learn to perceive and work with the spiritual influences which are activated by / timed to specific planetary/star configurations, is to overcome any NEGATIVITY or REACTIVITY when learning of particular challenges which the Divine is bringing us for our awakening.

When hearing of the potential challenges which the end of the Mayan Calendar brings (with the Earth Changes associated with the end of the 5th Sun, for example) or the influences which come with the Saturn-Rahu conjunction, it is all too common for people

to feel drained, pessimistic, or frustrated. Not only is this not helpful, it is not what spiritual forces intend to be the result of our understanding these influences. ***These are “Initiation Trials” meant to awaken us to our full potential for higher consciousness and loving service to others.***

The classical Indian science of planetary and stellar influences is popularly called “Vedic Astrology” in English today, however its true name is “Jyotish” meaning The Science of Light. As a science of light, it sees all aspects of human existence -- including all planetary and stellar influences, whether “benefic” or “malefic” in our limited human perspective -- as being a Divine path of spiritual development. Every aspect of our life experience can, and is intended to, develop new skills and higher consciousness within us.

Jyotish is not “fatalistic” as it is sometimes misinterpreted in the West; instead the better practitioners of the Art always emphasize that while specific events will manifest in our lives and in the world from higher influences, how difficult these events will be is up to us. Difficult, challenging life experiences have the purpose of waking us up spiritually, calling on our deeper, slumbering spiritual potentials to deal with and overcome them. Higher levels of Jyotish teach that persons who are very conscious and fully on their spiritual path may have a specific “malefic” planetary/star configuration influencing them, but it may make very little impact on their lives as they are already awake and they don’t require much more awakening. However persons who are not on their spiritual path, living their lives in a low state of consciousness, may have the exact same malefic configuration appear in their lives and have it manifest as extremely painful experiences causing great misery, as they require that level of experience to wake them up out of their destructive patterns and reconnect to their true spiritual path.

It is important to remember that while EXTERNAL CHALLENGES are mandatory -- they are a fundamental aspect of our evolution in the school of physical incarnation -- our INTERNAL SUFFERING is optional. We can develop a higher state of awareness (the awareness which Spiritual Initiates possess) which lovingly accepts all of our earthly challenges without resistance, understanding all challenges to be precious opportunities to develop higher consciousness and to provide loving service to others.

Indian Jyotish also offers - unlike most Western Star Wisdom systems - practical methods of counteracting difficult planetary/star influences to be performed at the times they will be affecting us. These methods appear to me to fall into two general categories:

a) “Folk Magic” methods, which in many cases have degenerated from an original vibrational science. These have to do with burying certain objects, throwing them in rivers, and other practices which have the intention of “placating” a higher force -- but these methods do not require any development of higher consciousness, and are often purely mechanical in nature.

b) “Service and Higher Consciousness” methods. These awaken us to the Divine forces which are being expressed in the stellar events, and what aspects of our human life mirror these aspects of the Divine. Methods of this kind create Mindfulness of the parts of ourselves which the “malefic” influence is meant to challenge, and through this mindfulness reap the benefits of the influence without having to experience the level of pain and suffering which comes when we try to avoid the lessons of the influence (through clinging to our illusions, detrimental personal habits and patterns, and remaining in lower states of consciousness.) They may also be based on balancing the influence through our performing acts of Service to other people, an unconditional giving without thought of compensation, which essentially is the activation of our will forces to look beyond ourselves and help others who suffer; this is understood as a critical part of the spiritual path by most great traditions, as well as an effective counterbalance to difficult karma we have incurred through our unskillful actions in the past.

The “Folk Magic” methods appear to me to be attempts to avoid the awakening which the planetary/star influences bring to us (out of a great divine wisdom) through attempts to avoid this awakening process by simple external activities, which can be done without any activation of higher consciousness. This does not seem to me to be the best solution.

The “Service and Higher Consciousness” methods are directly linked to helping other people in service, and/or awakening our own higher consciousness, and so are a superior choice in pro-actively working with difficult or “malefic” influences. They honor the divine intent behind these influences, and use them productively for the creation of more Love, Beauty, and Goodness in the world.

The Remedial measures for star/planetary influences in Jyotish are referred to in English as “Astral Remedies”, as the term “Astral” comes from the root “Aster” meaning “Star.” Here are a few suggestions for Astral Remedies, i.e. Spiritual Practices, based on the understanding of the Astral influences and their remedies known in Jyotish and other great Star Wisdom traditions, that you may choose to explore in working with the Saturn-Rahu conjunction of 2013-2014.

HIGHER CONSCIOUSNESS PRACTICE:

Saturn activates FEAR within a person living at the instinctual / reactive mind level. Saturn transits and Dashas provide us the opportunity to observe every aspect of Fear within us.

1. What are you afraid of?
2. What thoughts arise in your mind from your fear of these things? Desire to escape from Earthly challenges? Blaming others? Dehumanizing and caricaturing those we deem responsible for the suffering we fear?
3. What other emotions does the fear activate in you? Depression? Anger?
4. What energetic effects does the fear create in you? Contraction? Withdrawal?
5. Where do you feel the fear in your body? Do you feel it in your chest? Your abdomen? Your head? Move the body, breath into the contracted area, and consciously release the fear energy.

Rahu activates Obsessive - Compulsive aspects of our personality, of our coping mechanisms. Observe what aspects of life you have obsessive or compulsive tendencies in, especially when triggered by the Saturnian fear.

Rahu also activates instabilities in general in our psyche; observe where the “fault lines” or stress cracks are in your physical, energetic, emotional, mental, and spiritual structure. See how events during the Saturn-Rahu conjunction may put pressure on these fault lines within you, creating stress in you, so that you can become aware of your own weak areas and consciously work to heal them.

Mindfulness -- pure observation, with no reactivity -- has the power to start to separate negative internal patterns from our core spirit. Through this process of mindfulness and self-observation in the areas described above, we will find ourselves increasingly avoiding the tendency to fall into these negative patterns, and choose empowering patterns of thought / feeling / action instead.

Rahu, as the North Node of the Moon, is responsible for Lunar Eclipses.
Meditate on the positive aspect of the illuminated Moon forces, i.e. UNCONDITIONAL LOVE AND SERVICE during the Saturn-Rahu conjunction period.

Saturn is the power to restructure our lives to bring everything into optimal resonance with our highest spiritual truth and potential. It is also the power to manifest things into the world through hard work. **Meditate on what core restructuring your life needs to activate your full spiritual truth and potential, and what to work on creating in your life right now during the Saturn-Rahu conjunction period.**

SPIRITUAL SERVICE PRACTICE:

Saturn is linked to FEAR.

When you find people suffering from fear of the many challenges in the world, find ways to help them overcome the fear through seeing things from a higher perspective. This is an aspect of the “Speech of the Grail” which finds the right words to say to put them back in touch with their higher self and activate their higher spiritual potential.

Saturn is linked to misery and suffering in many cases, and a classical Vedic “Astral Remedy” for Rahu is to help persons who are suffering.

* Help persons who are suffering that you encounter in the course of your daily life, with whatever they need at that moment. This not always something material that they need, but may be a friend to talk to, someone to validate and appreciate them, etc.

* Donate to help the victims of the world issues which arise during the Saturn-Rahu conjunction; this may be victims of natural disasters, wars, etc.

(Do research on what charities use the majority of donated funds to help people in crisis. Many, many charities use the majority of donated funds to pay themselves and for fund-raising, including many of the best-known charities, so research what groups will use your money for the most good before you give!)

JUPITER - SATURN ASPECT: 2013 - 2014

Also in the Summer of 2013, Jupiter will move into Gemini and for one year will aspect Saturn in Libra (where Saturn is exalted.) This may be beneficial, depending on a person's natal chart (indicating which Houses in their chart the planets occupy, and other factors.)

Jupiter gives Wisdom, Vision, Inspiration and Hope; Saturn provides the ability to do the hard work to bring that vision into manifestation.

However in December 2020 Saturn and Jupiter will have an exact conjunction in the sky. Swami Sivanandamurthy told James Kelleher that the 2020 conjunction of Saturn and Jupiter at the Winter Solstice is a low point of Dharma, much more significant than 2012. It's challenges will be more severe than those of December 2012, according to Sivanandamurthy. This may be because that conjunction will be in Capricorn, which is a home to Saturn but which is the place of Debilitation for Jupiter.

MARS - KETU DASHA IN THE USA NATAL CHART

From calculations based on the rectification of the U.S. natal chart by Kelleher, the U.S. entered into its Mars Dasha (activating Mars-related Karma) in 2008 - right at the time of the financial crash.

Interestingly, the last U.S. Mars Dasha was from 1888 - 1895, when we also had a major stock market crash - the "Panic of 1893" - which led to a Long Wave Depression in the U.S., with major unemployment, mortgage failures, bank crises etc.

The exact time of the Panic of 1893 was during the Ketu sub-period within the Mars Dasha, a time also marked by massive fires in Minneapolis and in Chicago (both Mars and Ketu are "Pitta" planets linked to fire) as well as destructive tornadoes.

The Ketu sub-period of the current U.S. Mars Dasha will run from March 29, 2013 to August 25, 2013.

To give a sense of Ketu influences in the U.S. chart:

Korean War: during a Ketu sub-period.

Vietnam War: during a Ketu Dasha main period.

Gulf War: during a Ketu sub-period.

On September 11 2001, Ketu conjuncted Mars right on top of the U.S. natal chart Ascendant, which can indicate war / terrorism; on an astrocartography map, the conjunction is shown to have occurred right over New York, where the 911 attack took place.

Ketu is linked to unexpected events.

CREDIT TO JAMES KELLEHER FOR THE JYOTISH (VEDIC ASTROLOGY) INFORMATION IN THE ABOVE SECTION (except for the information on Spiritual Practices / Astral Remedies, which is my own work.) WWW.JAMESKELLEHER.COM

SPIRITUAL PRACTICES FOR MARS AND KETU

The practices below will be the most significant for persons living in the United States, as this is the country going through the Mars-Ketu Dasha. However we should bear in mind that the United States is the most powerful country in the world and what it does tends to affect everyone in the entire world to a greater or lesser extent, so that the following practices will also be beneficial for everyone.

HIGHER CONSCIOUSNESS PRACTICE:

Mars activates ANGER within a person living at the instinctual / reactive mind level. Mars transits and Dashas provide us the opportunity to observe every aspect of anger, impulsiveness, and reactivity within us.

1. What things trigger anger in you?
2. What thoughts arise in your mind from your anger about these things? Desire to take revenge or harm others? Blaming others? Dehumanizing and caricaturing those we have anger towards?
3. What other emotions does the anger activate in you? Does the anger alternate with guilt, or grief, or hopelessness?
4. What energetic effects does the anger create in you? Heat?
5. Where do you feel the anger in your body? Do you feel it in your chest? Your abdomen? Your head? Move the body and consciously release the anger energy. Physical exercise is excellent for this.

Ketu activates our desire to escape from the physical world, to see the physical world as worthless and unsatisfactory. Ketu can drive us towards withdrawal or asceticism, or towards extreme forms of religion / spirituality.

Ketu (like Rahu) also activates instabilities in general in our psyche; observe where the “fault lines” or stress cracks are in your physical, energetic, emotional, mental, and spiritual structure. See how events during the Mars-Ketu Dasha may put pressure on these fault lines within you, creating stress in you, so that you can become aware of your own weak areas and consciously work to heal them.

Mindfulness -- pure observation, with no reactivity -- has the power to start to separate negative internal patterns from our core spirit. Through this process of mindfulness and self-observation in the areas described above, we will find ourselves increasingly avoiding the tendency to fall into these negative patterns, and choose empowering patterns of thought / feeling / action instead.

Ketu, as the South Node of the Moon, is responsible for Solar Eclipses.

Meditate on the positive aspect of the SUN forces: awareness and activation of your “I AM” spirit core during the Mars-Ketu Dasha period.

The beneficial side of Ketu is that it has tremendous power to activate spiritual potential and to empower all types of meditation; take advantage of this power.

Mars is the power to exert our will, to take action, to have the courage to stand up to detrimental influences of all types and assert what is good and true.

Meditate on what actions you can take now to fully manifest your spiritual truth and potential during the Mars-Ketu Dasha period, and to put these at the service of others.

SPIRITUAL SERVICE PRACTICE:

Mars is linked to ANGER.

When you find people suffering from anger, or expressing anger destructively toward yourself or others, find ways to help “cool the flames” and help them overcome the anger through seeing things from a higher perspective.

Remind them, and yourself, that the people we are angry at also are suffering, and to have compassion for their suffering, and not to think of anyone as their “enemy.” The highest wisdom is to find how to convert “enemies” into friends and allies. This is an aspect of the “Speech of the Grail” which finds the right words to say to put them (and us) back in touch with their higher self and activate their higher spiritual potential.

A classical Vedic “Astral Remedy” for Ketu, as the Shadow Planet of intense spirituality, is to help Holy Persons or spiritual causes.

*** Donate your time and/or money to help those who are spiritual teachers, or Holy Persons, or authentic spiritual institutions, to help them in their work.**

*** Another beneficial service is to donate time or money to persons suffering from events activated by the karma of the United States during the Mars-Ketu Dasha period.**

TIMES FOR SPIRITUAL PRACTICES IN THE 2012-2013 WINTER INITIATION PROCESS

OVERVIEW

THE GATE OF THE EAGLE

The opening of the Gate of Initiation, as the Sun comes into alignment with Antares (the Heart of the Scorpion, and one of the four Anchor Points for the Zodiac's Cosmic Cross along with specific stars in the constellations of Taurus, Aquarius, and Leo.)

ADVENT

The Preparation for the Human Being to become self-aware on the 12 Holy Nights, and then to attain the trans-personal Christ Consciousness at Epiphany.

WINTER SOLSTICE

The central inbreathing point of the Earth's breathing cycle, linked to the Solar mysteries of shortest day of the year and the "Rebirth of the Sun."

This is the beginning of the 3-day Initiation period, built on the preparatory practices of illuminating our inner life of thinking, feeling and willing (thought, speech, and action). This 3-day initiation period is a further preparation for the 12 Holy Nights which gives birth to the Spiritually Self-Conscious Human Being.

THE 12 HOLY NIGHTS

The most holy time of the year, when human beings can most powerfully experience spiritual realities. This time of year is also related to the Spiritual Gap ("Pythagorean Comma") between the Lunar and Solar years, a difference of between 11 - 12 days each year.

This is the time when we awaken into a fully conscious spiritual being, mirrored in history in the incarnation of Jesus. In the 12 nights which follow, we "walk the circle" around the 12 aspects of our own incarnation, linked to 12 essential perspectives on the Christ being. This leads to union with the Christ (our higher Ego) at Epiphany.

EPIPHANY

The culmination of human evolution on Earth, the union of the spiritually self-aware human being (personal Ego) with the Cosmic Christ being (Trans-personal Ego.) This is mirrored in history in the incarnation of the Solar Logos, the Christ into the body of Jesus at the time of his Baptism in the Jordan by John. If we have properly completed the preparatory stages in the Winter Initiation process, this is when the Dove of Holy Spirit descends upon us as we unify our consciousness with that of the living Christ Being.

The four weeks of Epiphany which follow are the time for the Christ being to illuminate our four bodies (Ego, Astral, Etheric, Physical) in turn, transmuting them to their higher alchemical stages.

ADVENT

PREPARING THE TEMPLE OF THE BODY TO RECEIVE THE SPIRIT

The Preparation for the Human Being to become self-aware, and then to attain the trans-personal Christ Consciousness.

DATES:

- First Sunday of Advent: The Sunday on or after 27 Nov.
- Second Sunday of Advent: The Sunday on or after 4 Dec.
- Third Sunday of Advent: The Sunday on or after 11 Dec.
- Fourth Sunday of Advent: The Sunday on or after 18 Dec.

In the Christian calendar, the feast of Christ the King is the Sunday on or after 20 November, which initiates the period of Advent (4 weeks beginning on the Sunday on or after November 27th) leading to Christmas, the Holy Nights, and Epiphany.

This is a time of spiritual watchfulness and wakefulness for every person on the path of Spiritual Initiation; this is the time of maximum outer darkness as the days shorten until the turning point of the Winter Solstice. We reflect on our own biography, and how our past has brought us to this present moment of the great spiritual awakening that will soon manifest with the “Return of the Light” at the Winter Solstice, and then through the 12 Holy Nights to Epiphany.

Advent marks the time leading to the birth of Jesus at Christmas, and the “birth” of Christ within Jesus at the Baptism in the Jordan when the Dove of the Holy Spirit descended. In the Cycle of the Year, it is the time of preparation for the penetration of the Life Spirit of Christ into the core of the Earth and the human being. This is also the time to remember the stages of the awakening of the human spirit over the course of human evolution, which leads to conscious interaction with the Christ Logos.

MICROCOSMIC LEVEL OF ADVENT:

Meditation on the stages of preparation for our becoming self-aware, contemplating our own biography in a way which illuminates each event in our lives with its larger spiritual significance for our own evolution.

For more detailed practices for Advent, see *The Winter Initiation Handbook* by Robert J. Gilbert.

WINTER SOLSTICE

THE THREE DAY INITIATION DECEMBER 21-23

This is a major nodal point of the seasonal cycle, when the Earth wakes up to the greatest extent and Solar forces descend into the Earth's core. Similarly, our own human life forces are drawn into our core, awakening our perception of our own spiritual nature and of the spiritual realities around us. This is the time when the spiritual Sun forces become very strong on the Earth.

This is the time in the Breathing Cycle of the Earth when the Earth 'holds its breath' at the time of greatest inbreath, preparing for the exhalation of life forces of the Spring. The Earth soul is wide awake and permeated by cosmic and solar life ether forces which descend into the Earth's core (and create a radiant star with the 'Sphere of Gold' of Sophia). The elemental spirits of the Earth contemplate cosmic forces and their spiritual blueprints which create the patterns of life on Earth (Sacred Geometry). The human being is permeated with life spirit forces drawn into our core, giving the potential for deep soul regeneration. Human thought forces are awakened to the point of becoming clairvoyant of deeper spiritual realities. At night we are drawn into the Earth, where we experience the Life Spirit of the Christ Sun and the Spirit Consciousness of the Sophia (the Divine Sophia of wisdom in human consciousness and emotion). Like the nature elementals, we may contemplate the zodiacal and cosmic forces deep within us which give us our form and our physical/subtle body sheathes.

The external power of the Sun is strongest in spring/summer; the spiritual power of the Sun is strongest in winter. The winter solstice is the time when spiritual Sun forces are strongest and high spiritual forces are found in the depths of the earth.

ENERGETIC PRACTICE

This is the time of the alignment of the Sun's Winter Solstice "Turning Point" with the increasing alignment with Galactic Center described earlier in this handout. This is the most important 3 day period to actively engage with Dissolving one or more of the St. John Mantras taught earlier in this class, to energy balance the vibrational exchange of our energy field with Galactic Center. It is optimal to Dissolve all three John Mantras, in the same sequence taught earlier. Meditate on the powerful energies from Galactic Center which are now more easily integrated as a result of doing the Dissolving practice.

SPIRITUAL PRACTICE

The Spiritual Practice connects this 3-day Initiation to the essential illumination of our three Soul Powers through the power of our consciousness. The three Soul Powers of Thinking, Feeling, and Willing are also connected to the three anchor points for the Astral Body (the structure of our Soul) in our physical bodies at the Head, Heart, and Hara/Belly areas.

SPIRITUAL PRACTICE FOR THE THREE DAYS: ILLUMINATING THE THREE SOUL POWERS

DECEMBER 21st THINKING: Illuminate your thoughts with full consciousness. During the course of the day, observe all the thoughts which run through your mind. Through this observation, you will become aware of patterns in your thinking which you are normally not aware of, patterns which do not serve your spiritual development.

Do not react to the patterns of detrimental thinking which you become aware of; just observe it quietly during the course of the day. Mindfulness in your thinking process will help you to choose strengthening thoughts instead of harmful reactive thinking.

DECEMBER 22nd FEELING: Illuminate your emotional feelings with full consciousness. Quiet self-observation of all feelings and emotions throughout the course of the day, with the same objectivity you would have in observing another person. Become aware of patterns in your emotional life, and how these can be clarified & taken to a higher level of consciousness.

DECEMBER 23rd WILLING: Illuminate your actions, reactions, and will impulses with full consciousness. Quiet self-observation throughout the course of the day.

Observe how your Thinking, Feeling, and Willing become vehicles for your conscious spiritual core.

ADVANCED LEVEL

For those who understand how our thoughtforms create living Elemental Beings, it is very powerful during the entire three day Initiation period to observe the elemental beings you create with your Thinking, Feeling, and Willing. [For those with little understanding of this process, see the works of the Greek Christian healer Stylianos Atteshlis, better known as "Daskalos." His works are listed in Dr. Robert J. Gilbert's *Spiritual Initiation in the Western Tradition*.]

PLANETARY POSITIONS FOR THE WINTER SOLSTICE, DECEMBER 21 2012: END OF THE MAYAN CALENDAR

Sun: 5 degrees Sagittarius

Moon: In Pisces

Rahu: 1 degree Scorpio

Ketu: In Taurus

Mercury: 20 degrees Scorpio

Venus: 12 degrees Scorpio

Mars: 2 degrees Capricorn

Jupiter: 14 degrees Taurus

Saturn: 14 degrees Libra

THE 12 HOLY NIGHTS

BIRTH OF THE SPIRITUALLY AWAKENED HUMAN BEING

BEGINS THE NIGHT OF DECEMBER 24

These 12 nights from Christmas to Epiphany are the most powerful spiritual nights of the year. The Holy Nights bring pure forces of life and love, so that real spiritual love arises in human hearts. This is the Joyous mood of Christmas.

Inspiration from the spiritual world flows during the time from Christmas Eve to Epiphany. In olden times in Europe it was felt that the solstices, both summer and winter, were the most important time of the year for 'dreams', i.e. direct inspiration from spiritual realities – the summer solstice dream is more 'enchantment' and the winter is more deeply spiritual. This was the time of the Old Testament Jewish Festival of the "Hallowing of the Temple", and of the Greek "Feast of Lights." It was and is possible for people to experience powerful inspirations from the spiritual world in the period of the 12 holy nights.

During the Holy Nights the plant elementals have communion with the mineral elementals, the gnomes; this communion involves the Gnomes' knowledge of the original spiritual Ideas (archetypes) and sacred geometric blueprints which create the physical world. In ancient times certain women were specially prepared to be Priestesses to experience and bring back the knowledge of the gnomes in their interaction with the plant elementals.

The 12 Holy nights connect to the 12 signs of the Zodiac, the 12 aspects of the New Jerusalem, the 12 stones in the Breastplate of Aaron, the Dodecahedron, etc.

This is the most powerful time of the year to take some time for yourself in a quiet retreat, even if only for an hour or two each day. Practice the Guardian Angel Meditation each day, and enter into a deep receptive meditative state to receive spiritual inspiration, images and guidance for the coming year.

Devote your spiritual practice on New Year's Eve to writing up your specific plans for the coming year. These special "New Year's Resolutions" are based on the spiritual inspirations you have received in the earlier stages of the Winter Initiation practices. They will guide you in making plans to take full advantage of your precious time on Earth, through specific actions in the coming year.

A detailed explanation of different meditative paths through the 12 Holy Nights is given in The Winter Initiation Handbook by Robert J. Gilbert.

EPIPHANY

JANUARY 5 - 6

THE BIRTH OF THE CHRIST (TRANSPERSONAL "I AM") IN THE HUMAN BEING

The term 'Epiphany' comes from the Greek term meaning "Manifestation." For initiated early Christians this was the manifestation of the Christ on earth, when he entered the sheaths of Jesus at the Baptism in the Jordan by John. This was marked by the descent of the Dove of the Holy Spirit. Here at the climax of the Holy Nights, every human being has the potential to create intimate resonance with the Christ being and awaken our Christ consciousness within.

From the perspective of the Sophia, the Christ entered a 'Son of the Widow' at the Baptism then unified with the Widow at Golgotha. This can be seen as the marriage between heaven and earth. The Christ force that descended into Jesus at the Jordan descends into the Earth every winter, and descended to the mother at the crucifixion. It is within us as it is within the Earth's life forces. At Epiphany the 12 Holy Nights culminate with the birth of the Life Spirit in the womb of the Earth Soul, and the union of human and divine with Jesus and Christ.

Epiphany was understood in early times to be the time Christ incarnates at the Baptism in the Jordan; this was intentionally suppressed by the Roman Church. Copies still exist of the letters written by St. Augustine to Southern European Bishops ordering that Epiphany no longer be celebrated as the time of Christ descending on Jesus. To fill the gap in the meaning of the holiday, it became 'Three Kings Day' to mark the meeting of the Magi with the 'Christ Child' (Jesus), partly due to Emperor Constantine's mother Helena bringing back the supposed 'bodies of the three Magi' as relics from Palestine early in the fourth century; the bones were held in Constantinople and by 600 A.D. the Eastern churches accepted the idea that Epiphany was three Kings Day (or at most the day that Christ, i.e. Jesus, was 'blessed' by God in the Jordan.) The three Magi are of course important in themselves, being significant spiritual individualities in the Grail Stream (and representatives of particular stages of human evolution in esoteric teachings).

On Jan. 6 in the Greek Mysteries was the festival of the birth of a spiritual child by the virgin Kore, who contained within herself the interweaving of the consciousness forces of the human soul and that of the Earth soul.

Regarding Epiphany as the 'birth' of Christ at the Baptism, see in the Nag Hammadi Library the *Gospel of Philip* which says "He who [was begotten] before everything was begotten anew. He [who was] once [anointed] was anointed anew." Also in the *Testimony of the Truth* we find "And John bore witness to the [descent] of Jesus. For it is he who saw the [power] which came down upon the Jordan River." At a deeper level the river Jordan was sometimes seen esoterically as the lower astral plane, the soul world of emotion seen as a body of water (at other times, water is a metaphor

for the etheric – this is because the emotional/lower astral plane is essentially the crossover point of the etheric and higher astral).

Eastern Christianity has a ceremony called “the Blessing of the Waters” where a body of water is blessed by a Bishop who invokes the power of Christ into the water. This is connected to an earlier tradition of driving out evil beings on the 12th night.

In addition to the actual moment of Epiphany on the 13th Holy Night (connected to Christ being in the 13th, in the middle of the circle of the 12 Apostles), there are also 4 weeks following Epiphany in which the human being integrates the Christ being into deeper and deeper layers of their structure.

SPIRITUAL PRACTICE FOR EPIPHANY

MEDITATION ON OUR ‘I AM’ SPIRITUAL CORE

The spiritual fulfillment of the Winter Initiation cycle is to bring to Christ consciousness to full birth within oneself at Epiphany, just as the Master Jesus became filled with the Christ Being at the Baptism in the Jordan River by John.

The spiritual practice for Epiphany is to meditate on our own “I AM” spiritual core, which is of the exact same nature as the Christ – and the Godhead. There are two stages of this meditation which correlate with Epiphany:

First Stage: the individual, personal I AM, crystallized into existence through our evolution as a separate being in the manifest world.

Second Stage: The transpersonal Christ consciousness, perceiving the universal spirit within all of humanity. Our awareness and concerns extend beyond ourselves, to the welfare of all sentient beings. This is the true experience of “Not I, but Christ in Me.”

This is the primal mystery of our time: finding the correct relationship to the crystallizing of our own “I AM” self-awareness as a separate Being, while also developing resonance with the transpersonal awareness of the Christ Being. This is the mystery of our evolution as a Microcosmic Being to the stage that we can Resonate with a Macrocosmic Being. This Macrocosmic Being of the Christ carries the spiritual forces of the Sun, which is the reason for the Christ being known esoterically as the “Solar Logos.”

The Seven I AM sayings (the first stage mentioned above, and given in detail below) and the “Not I, but Christ in Me” statement can be Dissolved as a powerful spiritual practice during Epiphany, and the four weeks which follow. They hold powers which can

only be unlocked through repeated, sustained meditation throughout one's lifetime. They are to treasures to continually return to.

However for other specific spiritual practices on Epiphany, feel free to adopt whatever type of meditation seems right to you. You will find that once one has developed basic skills of quiet communion with the Christ Being, the content of this Meditation period at Epiphany will be guided directly by spiritual forces. Open yourself to the guidance of your Guardian Angel, who can direct your meditative attention to the things that will be of most relevance to you personally in regards to developing your "I AM" spiritual core.

To put this in a larger context, here is a repeat of the information earlier in this course regarding the stages of developing our "I Am" higher consciousness:

1. Pre-Personal Stage: Tribal / group identification. Placement of family name before personal name is an example of this stage.

2. Personal Stage: Awakening the Individual Human Spiritual Awareness:.
The 7 "I am" Sayings in the Gospel of John are Mantras for crystallization of this stage, which is that of the Microcosm.

I AM the Way, the Truth, and the Life

I AM the True Vine

I AM the Good Shepherd

I AM the Door

I AM the Bread of Life

I AM the Light of the World

I AM the Resurrection and the Life

3. Trans-Personal Stage: "Not I but Christ in Me" is the Mantra for this stage, which is that of the Macrocosm.

4. Awakening the Divine Unity Consciousness: "I and the Father are ONE" is the Mantra for this stage, which is that of Unification with the ONE, the source of all Being without separation.

RUDOLF STEINER'S CALENDAR OF THE SOUL VERSES FOR THE WINTER INITIATION TIME

Steiner's Calendar of the Soul for Dec. 15 – 21:

To bear the Light of Spirit
Into the World's Winter Night,
Is the Joyous Striving of my heart;
That Shining Seeds of Soul
May root in the World's Deep Ground,
And the Word of God resounds in the Dark of the Senses
Enlightening all Being.

December 22-28:

I feel as from enchantment freed
Is the Spirit-Child in my soul's womb;
So in the Heart's Bright Radiance
The Holy Word of Worlds has begotten
The Heavenly Fruit of Hope,
Which grows rejoicing to the farthest worlds,
Out of my being's foundation in God.

Dec. 29 – Jan. 4:

Devoted to the Spirit's revelation,
I gain the Light of the World's Being;
The Power of Thought grows in clarity
Giving myself to me;
Through the Thinker's power I awake
And the feeling of Self is freed.

Jan. 5 – Jan. 11:

And when I AM in Spirit-depths
Fulfilled in my soul's foundation,
Then out of the Heart's Worlds of Love
The vain delusions of my narrow 'Self'
Are filled with the fiery strength of the Cosmic Word.

KEY QUESTIONS FOR THE WINTER INITIATION CYCLE

These are the “4 Power Questions” to use in meditation during the Winter Initiation cycle. These questions awaken our consciousness of our core self and our purpose in incarnating on Earth at this time, and are especially potent to meditate on during the Winter Initiation time period when human beings are at their most spiritually awakened.

These questions can also be taken into sleep, by bringing them to awareness when we lie down in bed in night just before we drift off to sleep. By taking questions into sleep, our spirit engages with these questions during the time it is free of our body, often bringing important insights back which we become aware of when we awaken the next morning. It is ideal to take these questions into sleep multiple consecutive nights in a row: 3 consecutive nights, or 7 consecutive nights, or 12 consecutive nights. These time rhythms add power to the practice.

1. Who Am I?

2. Why Am I Here?

3. What Am I Here to Do?

(Purpose for incarnating at this time; Karmic Agreements.)

4. What Do I CHOOSE to Do with the rest of my Life?

(Maximizing Self-Development & Service to Others.)

*We hope you have enjoyed this series of three classes,
and found it to be of benefit to you.*

Please contact us with any feedback at info@vesica.org

*We plan to offer a complete series of Rosicrucian training seminars
online beginning in 2013.*

Many Blessings!

Robert J. Gilbert for the Vesica Institute