



21ST MARCH 2021



DEFENSE FREQUENCIES FOR BETTER IMMUNITY – JILL MATTSON

QUANTUM DESTINY – IAM SAUMS

DESIGNING OUR OWN WEBSITE FOR PEACE – BRENDA RACHEL

OTHER BEINGS IN OUR REALITY WITH US - MARIAN MATTHEWS

Editorial
March 2021



Picture courtesy of Laura Rodley

Last year was unique, where the vast majority of people were given time to think. What did you learn in 2020?

Like many things, that particular year was a double-edged sword. It was a time of great sorrow with the death of loved ones. Illness that took a long time to get over. Stresses of delayed treatments. Also, loss of work, or much diminished finances. Etc

A pause button hit, giving people time to do new things. Time for creativity. Time to think what to do with the rest of your life. Time to help others in need. Time to look at the reality of life, to perhaps think of better ways to do things.

Like lemmings jumping of the cliff, 2020 was a gift not to following suit.

As many grasp onto the vaccine. What happens next? Do we sink back into old ways, or do we fly with the new.

Don't waste this precious opportunity.

Write and let us know of the things that you have learnt in 2020.

Suzanne Thomas

I am available for Zoom calls, with regards to putting the Fountain concept into practice, Fountain International inc Magazine and books.

To arrange your call, please contact

suzannemthomas48@gmail.com



Deadline for the next issue

1st June 2021

Next Issue Out 21st June
2021

All original submissions of the submitter welcome, within the general remit of the magazine. If in doubt ask the Editor.

suzannemthomas48@gmail.com

With regard to articles, we are looking for 1,500 words max, with illustrations or photos. Be a part of this special magazine, don't hide your light. There is no better time than NOW!



Writing articles, not your thing? As you can tell by past magazines, we are happy to receive input from those of you of a more artistic, creative nature, ie poems, inspired writing, short stories, artwork, photographs, etc. The sky's the limit.



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Thank you

Check out our Facebook Page.

Like us.



The gaps may be long between issues of the magazine, but here's an opportunity to interact

with those of a similar interest, and build a strong network between peoples and groups.
www.facebook.com/FountainInternational

Glastonbury Tor, UK

Linked Meditation

Become Involved



Join with us for the daily sending out of Pure Love, Light and Balancing energies, at 7pm GMT, daily, using the focal point of Glastonbury Tor, UK, to encompass the World and all within it.

This is a free activity that any human being can do, in aid of the world that we live in. All can participate and help, there are no barriers.

Not able to make the sending out time of the energies at 7pm!

You can still join in and be of great value, by sending Pure Love energy to the Tor, putting on the intention that it is stored there until 7am the next day, when it will be sent out with the rest of the Pure Love energy into the world and to encompass all.

Everyone can make a difference, don't let anyone else including yourself, tell you different.

A thought is all it takes.

Tongo, an off shoot of Fountain International also sends out energies once a month on the 27th of each month at 7pm. For more information about Tongo go to their website.

www.tongo.org.uk



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*Beware intermittent Transatlantic
spellings, depending on which side of
the Atlantic that you are.*

Defense Frequencies for better Immunity

Jill Mattson



In early March 20, I was awestruck with the devastating worldwide spread of the Coronavirus Pandemic. I immediately thought of Sharry Edwards, who I have known for 20 years. I was familiar with past work that she had done studying viruses and pathogens and protocols that she had developed to alleviate the effects of these - all based on sound frequencies. I contacted her to see what we might be able to do together. As I expected, Sharry had already been hard at work on possible solutions to this virus scourge.

Sharry Edwards' life work has been studying Sound Frequencies as they relate to living organisms and the many interactions and possibilities that exist and link the two realms. She has opened up a new field of investigation - a proto-science, concerning all this - which she calls BioAcoustics. I (Jill Mattson) have worked for over 30 years in a kindred field, which I refer to as Sound Healing. Sharry's specialties include identifying and applying special Frequency Equivalents™ to assist the human body - in an amazing number of diverse ways. My skills are centered around composing music and utilizing/applying Sound Energy and music, teaching, writing, and making these powerful tools available to the average person.

How our work helps against the
Coronavirus

Before I try to explain how our work can help against the coronavirus pandemic, I MUST make clear that we are NOT medical professionals. PLEASE READ DISCLOSURE DISCLAIMER on the website: CoronaVirusDefense.org.

That said, we believe that the work that Edwards and Mattson have collaborated on can be most beneficial. Though Edwards has had success in directly combating some viruses in the past (see website section on Historical Cases - BioAcoustics), in the instance of the Coronavirus, the best option appears to be providing the frequencies of two essential compounds to strengthen the immune system. Edwards has been able to determine that with the onslaught of the current pandemic, the body is in dire need of specific nutrients to help

counter the Coronavirus; two critical ones, according to Edwards, are glutathione and quercetin. A healthy immune system always needs these nutrients - and seemingly in the case of the Coronavirus, they are extraordinarily essential. We can eat foods that are good sources of these nutrients, such as:

- For glutathione - asparagus, avocado, cabbage, Brussels sprouts, spinach, broccoli, garlic, chives, tomatoes, cucumbers, almonds and walnuts
- For quercetin - onions, apples, grapes, berries, broccoli, citrus fruits, cherries, tea, and capers

Research has shown that glutathione is an antioxidant in plants, animals, and some simple organisms. It has been shown to be a critical component in the lymphatic system - supporting the immune system. It has also demonstrated detoxification benefits. Quercetin has exhibited a wide range of health benefits, including the ability to reduce inflammation, reduce pain, protect against cardiovascular diseases, anti-cancer agents, boost the immune system, reduce histamines, fight allergic reactions and skin irritation.

Sharry has done some fantastic work on the Coronavirus, and she has made available some countering frequencies that I have turned into energy-packed audio recordings that are available for downloading and listening - NOW! AND THEY ARE FREE OF CHARGE! Everything is contained in 18 mp3's totaling 70 minutes in length.

I am calling the collection of our collaborative effort: Frequencies for Defense ~ Sound Healing Protection

for your Immune System against the Coronavirus.

<https://youtu.be/SMUEzozAoiU>

Visit CoronaVirusDefense.org to get the free mp3 downloads now!

The music available on this site includes nine frequencies that Sharry Edwards identified to help strengthen the harmony of the body against the attack of the Coronavirus. These sounds stimulate the body to build a wall of "sound protection" against the virus. The sounds are specific packets of energy aimed to support the harmony and strength of the immune system.

Listen to Mattson's compositions containing Edwards' Frequency Equivalents of glutathione and quercetin. Your body needs a healthy dose of these energies, and this is a powerful way to get them. Altogether Frequencies For Defense consists of 18 tracks that range from about two minutes to seven minutes. The free mp3 tracks will sound like pleasing instrumental music on the surface. However, these compositions are deep, multi-layered tonics. They are filled with the emanations from over 20 conventional instruments plus - most importantly - the frequencies for critical components needed by your immune system. In addition to the glutathione and quercetin, mentioned above, we have included seven other substances that will empower the effectiveness of the immune system and increase the overall efficacy of these mp3s. Some of the other frequencies involved are for: Vitamin C, adrenaline, epinephrine, ACTH, and others.

Mattson's music that contains these frequencies is called Crystal Realms - "Enchanting Music With Frequencies of uplifting Flower Essences and Crystal Healings". Absorb the positive energy of the instrumental music and unique embedded frequencies for emotional clearing and healing. There are frequencies for a dozen flower essences and twelve crystals! All remain in the Frequencies for Defense collection. The music is profoundly calming and provides a peaceful feeling amidst the tension surrounded by the coronavirus epidemic. When your body is at peace and relaxed, it devotes more energy to the building and repair of your body.

Please get the free Music Files at coronavirusdefence.org

<https://youtu.be/SMUEzozAoiU>
Bios

Sharry was named Scientist of the Year in 2001 for her work in BioAcoustic Biology by The International Association of New Science.

Sharry Edwards™ is the pioneer in the study of Human BioAcoustic Biology. Her 30 years of research are being used at the Institute of BioAcoustic Biology in Albany, OH.

Sharry Edwards' work is now included in The Duke University Encyclopedia of New Medicine, by Leonard A. Wisneski and The Scientific Basis of Integrative Medicine, by Lucy Anderson. The effects of BioAcoustic Biology, now accepted by these prestigious medical encyclopedias, have unlimited health and wellness potential.



Jill Mattson is a prolific Artist, Musician, and Author. Jill is a widely recognized expert and composer in the field of Sound & Color Healing! She has also produced nine musical CDs with intriguing, magical tracks using ancient & modern techniques & unique healing frequencies to achieve profound benefits. Jill is a four-time author.

Crystal Realms CD – Best Sound Healing CD of 2017, Best Overall Music (popular Vote and Industry Leader's Choice – Gold Awards),

The Lost Waves of Time – Best Book of 2016 and Best Alternative Science book of 2016,

Deep Wave Body Healing CD– Best Sound Healing CD of 2016,

Contacting Angels & Masters CD – Best CD of 2015

Deep Wave Beauty CD – Best New Age CD – Silver Award).

Jill has been featured in hundreds of teleseminars, radio talk shows, and in magazines!

She offers an online Sound (& Color) Healing School. Jill presents new ways of approaching health and everyday issues, using the benefits of sound and color! Free music & School of Sound Healing at <https://jillmattson.com>, and <https://Jillswingsoflight.com>

Quantum Destiny

Iam Saums

“Truth thrives in the absence of reality.”

Edging God Out:

Humanity is smart. At least we think we are. The collective intelligence of society is debatable. How we measure our perception, understanding and wisdom of the world usually requires a sacrifice of our creativity, consciousness, intuition and soul. In our constant quest to belong and relate with civilization and social reality, we exchange our possibility for programmed intellect and reactionary instinct. Anyone at any time can surf the internet to debunk, discredit, dismiss and falsify any article of information being transmitted. When we do, we tend to pat ourselves on the back and go about our lives rarely considering there may be truth between the lines. Society is an analytical, judgmental and suspicious machine afraid of its own shadow.

Security Blanket:

Oftentimes we buy into the “official narrative” promoted by corporations, the mainstream media, politicians, religious leaders and other notable figures. We do so with blind devotion and righteous opinion to conceal and defend our fear and insecurities at the cost of our awareness, evolution and freedom. We voluntarily tether ourselves to the peripheral world, isolating ourselves from our heart and soul. Our emotions and intuition are the very elements of our being that provide us with insight, counselling, transcendence and transformation. The institutional conditioning of

education, peer pressure, religion, reality and society spurs us toward corruption, desensitization, exploitation and oblivion.



Reality of Duality:

Humanity lives primarily in the mind and body. Impulse and knowledge are the main components of our common, dualistic reality. These fundamentals keep us confined in a narrow experience, perception and understanding. It is easy for authoritarian entities to gain and maintain control and power over the masses, especially when we are more than willing to give our personal power over to them. We are born, live and die in a three-dimensional bubble perceiving life through two-dimensional lenses. A universe of possibilities exists beyond the boundaries of our engineered social existence. In every moment we have an opportunity to shed our linear skin and become multidimensional beings.

World of Words:

Perception is altered and influenced every day in multiple ways to push agendas, establish control, pass laws, manufacture outcomes, gain profits and manage power. The use of language and its verbalization is the common tool to invent and destroy realities. Those who know this often exercise the ability to use and abuse it

by whatever means necessary to further their objective and strategy. The words we choose possess a power greater than nature. We need to acknowledge they are an expression of our mentality and are prone to the persuasion of our bias and ego. They represent our mind, not our heart and soul. Words are a way for us to relate with each other, yet there are many other extraordinary ways to connect.



"Silence is the gateway to the universe."

Beyond the Veil:

Every year my wife and I head west to visit people who have become our family. We are not blood relatives, yet the extraordinary nature of our relatedness transcends origin. The place we visit is one steeped in centuries of powerful tradition. Humility, perseverance, sacrifice and truth are just some of the virtues born there. It is a long journey, yet one that always yields awareness, insight, modesty and understanding. There is no anger, criticism, judgement or politics, only acceptance, belonging, humor and prayer. We do not seek to escape from the mania of contemporary reality and society, we simply intend to experience and relate with something far beyond the personalities we portray to remember who we truly are.

Tryst with Transcendence:

The chaotic and intense busyness of social reality distorts and disrupts our ability to align with the universe. In time, we focus our engagement on honing our instincts and intellect while neglecting our emotions and intuition. We sacrifice our heart and soul to conform to and engage in the linear mechanics of society. Yet through it all, extraordinary and mysterious events occasionally occur to stir us from our self-induced slumber. Epiphanies, insights, revelations and visions bring clarity, guidance, transcendence and transformation. We begin to experience ourselves beyond the known parameters of human existence. A natural shift transpires elevating and expanding our focus, intention and perception.



Era of Empowerment:

If there was ever a greater opportunity to shift our experience, energy and existence, it is now. Reality and society are as ripe for transformation as they have ever been. Social consciousness, curiosity, observance and willingness are peaking at great heights. New and diverse concepts, insights and modalities are being discovered, explored and embraced. Our current circumstances are encouraging and inspiring us to see beyond the real into the great mystery. Life as we have known it will never be the same. This is not a terrifying moment in history. It is an amazing

era of empowerment to envision, create and express all our imaginations content. The first step is to leave behind all that tethers and enslaves us to social reality.

Quantum Destiny:

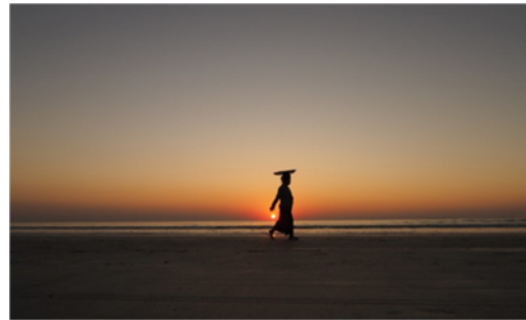
Humanity has bided its time with a plethora of amusement, desire, intellect, instinct and fear. Every moment of every day we have the choice to step out of the drama in which we engage. Now is the time to take a breath, or as many as necessary to observe that our circumstances are not our experience and our personalities are not who we are in our heart and soul. The social hurricanes raging around us are illusions designed to diminish our true selves and divert us from our universe purpose to become an expression of its infinite energy. Our quantum destiny is to be in the present, focus our intent, ground into the earth, center into our intuition, align with the universe and share our unique creativity with all.

“Transformation is the expression of creation.”



DESIGNING OUR OWN WEBSITE FOR INNER PEACE

By Brenda Rachel



As an Angel Healing Practitioner, and as part of my own healing journey from anxiety, chronic fatigue and depression, I asked the Angels to guide me through the process of writing an inspirational message regarding inner peace to share with you. The Angels gave me the analogy of designing my own website for inner peace and I was impressed with this correlation, as they took me back to memories I have of when I began the creation of my own inspirational and spiritual website in 2015, Humanity With Heart at www.brendarachel4angels.com, of which I had no experience at all. I was a novice at computer technology and didn't even really understand the implications of what a website was or what capacity was available within that website to reach people. Here are some inspirational creativity tips I use, which you may find useful in designing your own website for inner peace, should you choose to do so.

1. As with creating any website, a web host must be chosen. This is where our website will be hosted, designed and accessible to us at any time. For my Inner Peace website, I use the web host, DivineDesign.com. This is where I initiate daily, (sometimes by the minute or hourly),

communications with Spirit to receive inspiration for ways in which I can create inner peace throughout my day and/or night. My anxiety is triggered and I become very disconnected from my own inner peace when my safety feels threatened. This can be initiated from any emotional, physical, mental or spiritual imbalance. I am blessed to know when I am in need of help and support to rebalance my inner peace, I now have my Inner Peace website to immediately go to.

2. I have chosen as my website domain name for inner peace, IamAtPeace.com. Every time I visit my Inner Peace website, I am reminded this is an inspirationally creative space designed by me, for me, through me and is all around me in every moment. I have full accessibility, 24/7, to inner peace and the line to Spirit is always open and ready to receive my call, whether it be to help fix a current issue or to support and guide me through a particular situation that is uncomfortable or unfamiliar to me.

3. As I open the main page of my website, IamAtPeace.com, I see it is blank and I realize I am able to design whatever I want on it. It is a clean slate and anything can be added or deleted at any time. I can use graphic images, text boxes, highlighted messages and/or videos of photos and quotes the Angels channel to me constantly for my own inspirational and spiritual work I do for them as their "Messenger of Hope".

4. I select certain SEO's, Spiritually Enlightening Options, which are words or phrases I choose to use as my key to transport me from a place of negative thinking into a

positive place of inner peace, where my world can instantly be brought into enlightened transformation. Some of the phrases I use are I Am Safe in this Moment, I Am Held in the Angels' Arms, God is My Source, Divine Intervention is Here Now, I Am Present, I Am Loved by Spirit, Only Good Prevails in this Matter, Everything is for My Highest and Best, I Am Protected at All Times and Thank You, God!



Now that my Inner Peace website, IamAtPeace.com, is hosted by DivineDesign.com, I feel content knowing I always have a safe place to go to find my own inner peace. Have fun designing your own Inner Peace website!

Love from the Light, From My Heart to Yours,

Angel Blessings,

Brenda Rachel



Why can't we see the other beings in our reality with us?

Marian Matthews



Although many people think we are alone in our reality, the truth is that we are not. There are beings from our own world and beyond that share our space, contributing to maintaining us and the world or just co-exist, usually unseen, with us. Some people do see and work with them, for instance Angels, aliens, fairy folk and elemental beings. But most people, even those that believe they are there, cannot see or detect them. There are three main reasons for this.

Firstly, we are limited beings, we are limited by the quality and scope of our human sense organs. We can only see certain wavelengths of light, hear a certain frequency of sound, smell certain odours around us. It all depends on the equipment we were individually born with. There is variation even within our species, we often see colour differently for instance. Also, we are actually at a base physical level constructed of nothing more than atoms in combination. Atoms themselves are

made from smaller particles which are no more than vibrating energy in different combinations. Other beings may vibrate at different frequencies that our eyes are not geared up to see. This is especially true of spirit beings, or 5th dimensional beings, who vibrate at a higher, finer frequency than we do. They can see us, but we cannot usually see them!



Secondly, it is because of the way that our brain organises the data it receives from our sense organs. We receive a continual stream of data from our sense organ input. If we were aware of all of it would make existing very confusing. Our brain therefore constantly filters what we are aware of and orders the information into what we need and can understand. Research into how the brain works has shown for all the information rushing in from our eyes, for instance, there is information rushing from other parts of our brain to make sense of it. In other words we may not be seeing what is actually there, but our brain's interpretation of it.

Not only that but if it cannot recognise it using existing patterns it may choose to not see it at all! So even if our sense organs were sensitive enough to see these other beings our brain/consciousness may refuse to let us see it. This is why mediation can help with

the process as you are over riding the thinking brain somewhat.

Thirdly, even given the above, the truth is some people can see and interact with such beings, how can they do that?

The answer is quite simple, there are dimensions to our reality beyond the physical. As biological animals we are limited. If we can tap into our greater unlimited spiritual selves we can override these limitations. Some people are just born with this extra layer of sensitivity, others acquire it through meditation and other spiritual practices.



Personally I can never see anyone, although I am often helped and guided. Perhaps one day I will.

<https://www.mariansaspects.com>

I Start From Here

By Doug Ten Rose



Many folks tell me that I am the happiest person they've ever met. I've had a nightmare childhood, several chronic disabling problems, and a

couple of terminal illnesses—so the doctors told me. But at least three of the doctors who told me I'd be dead by now have died themselves. Others have just been flat-out wrong with their diagnoses, prescriptions, and predictions. It just goes to show you that a formal education isn't always the most important thing.

Back when medicine was a profession instead of an industry, I may have believed those doctors. I may have been more polite and died out of respect for them. Experience has taught me that polite and compliant aren't always the right course of action.

But nearly fifty years later, now that half of our American doctors have shown a diseased integrity that only used car salesman and high-level politicians were previously famous for, I usually don't show up at their doors at all. Better results have come from taking care of myself.

But I recently made a mistake on this account and did a long-term medication given me by a Naturopath who didn't know his ass from a hole in the ground. It resulted in what looked to be a fatal aggravation to an already problematic liver. Two doctors said I had liver cancer. The "specialist" said I had six months to live. That was in October of 2018. Do the math.

After half a year or more of heavy meditation, highly focused breathing, Rick Simpson oil, apricot seeds (laetrile/B17), Chaga mushrooms, steam rooms and hot tubs, high potency Milk Thistle, lots of vitamins, herbs, raw juices, and of course dietary adjustments and lifestyle changes, I'm still here and having fun. Vampire pimps for the pharmaceutical industry didn't put this smile on my face. I'm

not going to let them take it off. I thank The Universal Whatever for these natural remedies.

It's not that I completely distrust medical personnel and their methods. There are some good doctors and many great nurses. Several close friends are nurses. I am very grateful for their kindness. Doctors deal with diseases. Nurses deal with people. A nurse can sometimes help fix what a doctor screws up.

All that being said, and conquered diseases notwithstanding, I still must admit to being an old man. If you have read *Fearless Puppy* on American Road and Reincarnation Through Common Sense, you know that my aging bones have a lot of hard miles on them. Logic dictates that I be put out to pasture to enjoy the better memories. But if you have read those books, you also know that the out-to-pasture thing is not going to happen.



I'm going to make a voyage completely around the world. Everyone tells me that no one my age, especially no one with a rapidly disintegrating skeletal structure and a diagnosed terminal illness, should make such a journey. But we all have to die sooner or later, and I have a mission to accomplish before I do.

Several friends who have been abroad lately tell me that there is no place else

on Earth as morally bankrupt, lacking integrity, crumbling apart from the inside, and as intimidating and repulsive to its neighbors as America. There is plenty of evidence to support their claims, but I still don't like to believe them. I have to go see for myself. If it is true that no place sucks quite as badly as America does, I want to find out why. What are other places doing that we would benefit from doing ourselves? And more importantly, why are we not doing those things? What things are the other places doing that don't work for them? Why aren't they fixing their own messes? What are the ways people keep smiling, laughing, and loving life while fighting to repair a world that is mentally as well as physically ill, often disgusting, and may very well have a more severe terminal illness than I do? How do folks keep the fun happening in the midst of all the tragedy?

I'll report back to you from each location, for your entertainment. But if you read anything that seems even more important than entertainment, feel free to use it. There may be some unusual information in these reports that you will find helpful. Don't worry if people look at you like you're crazy while you use unusual or unpopular information toward social, or even harmless personal, benefit. Any small move in the direction of saving any part of humanity from falling through its own inconsistencies is a wonderful thing—even if the bulk of humanity itself thinks you and your information are wacky.

The only people who ever change the world are the ones crazy enough to think they can do it. Being "crazy" in the eyes of others often means that you just have a different way of seeing

things than they do. That can be a very good thing just as easily as it can be a very bad thing! Sure, Hitler and Idi Amin were crazy. But Mother Teresa, the Dalai Lama, Jesus, and Copernicus were also said to be crazy, by many people who intended the word as an insult. Those critics didn't realize just how helpful so-called "crazy" can be, if managed with a loving intelligence.

The medicines helped a lot to fix the cancer, but the real reason I am not dead yet is because I am a little crazy. Maybe I can explain that better with this little story I heard from a brilliant Indian mystic. "On a certain day, one cow asked another, 'So what is your opinion about the Mad Cow Disease?' The other cow responded, 'I don't give a hoot! I am a helicopter!'"



The ancient Chinese mystic Lao Tse put it this way. "There is no fear of tiger's tooth, no danger from rhino's horn. There is no place for death to enter."

Understand? If not, no problem. I'm pretty sure it will make perfect sense to you by the time you finish reading this book.

www.fearlesspuppy.info

Be the Alchemist

Peggy Black and the 'team'



We are here once again to empower you. We are here to remind you that you are a magnificent multidimensional being of divine light and love. We are here to acknowledge you as a sentient being. We are here to acknowledge and honor you as the physical human that you are.

These qualities and aspects are interwoven into the energy that makes you unique and powerful. The idea that you are alive and conscious is where your power resides. When you can acknowledge these qualities within yourself you are awake and aware.

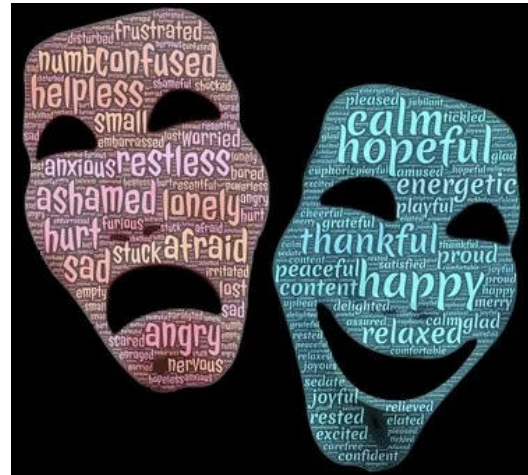
It is that awake and aware quality that we want to engage. You are here to transmute and transform energy through the alchemical chalice of your heart. There is a consciousness process in which you sit quietly and breathe in the suffering of the world and then breathe it out transformed. That is how powerful you are as a divine being. It is the physical mind and consciousness that feels overwhelmed by the chaos and intensity that is occurring on your planet. Your divine self is not overwhelmed.

You came here to do this work. You came here to step up and into your personal power as a divine being in a physical human body. Being physical in this dimension is what gives you permission to do this work. We cannot transform energy for you. It is your birth-right and responsibility to transform negative and mis-qualified energy that you witness or experience.

Your planet is in the stages of an evolution of consciousness. The chaos, confusion and intense energy are the resistance to this evolution and awakening. Remember that all great changes are preceded by chaos.

So, your task or your mission is to hold firmly the truth of love and light. Your task or your mission is to transform all personal negative patterns or emotions that you have repressed or suppressed from past experiences. Imagine as a divine being that when you came to this dimension you gathered all these intense negative emotions with the intention of transforming them. However, in this reality of unconscious limitation you forgot your agreement and you forgot just how to transform this energy.

We have offered many suggestions to remind you of how to shift, delete or transform negative and mis-qualified energy or emotions. First say to yourself "I am fully embodied, I am anchored to this planet, I am my divine self in physical form." This is your foundation, this is your source of power, this is the chalice in which you do any and all alchemical work of transformation.



Next ask yourself what percent of this negative emotion is personally yours. Realize that the minute you begin to feel an emotion, the minute you begin to feel the energy or vibration that you call an emotion, you entrain, resonate with, connect to or attract a similar vibration or emotion that is in the collective consciousness. If, for example, you are feeling fear, imagine that only twenty percent of that fear is personally yours. However, the moment you feel that fear, you connect to the broadcast of fear that is held in the collective. Now you have one hundred percent of fear running through your body. This energy now triggers your adrenals, your muscles contract, you are on alert. You are overwhelmed with fear and your mind/ego begins to tell you more stories that cause you to feel even more fear.

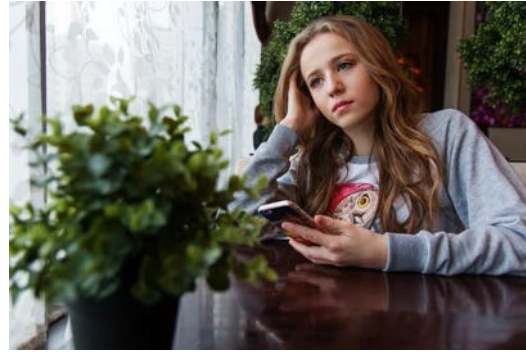
At this point remember that you are your divine self in physical form. Now invite divine beings of love and light to witness and support you as you transform the energy vibration that you have counsel fear. Now take a breath and sound the fear. What would this emotion sound like if it was just expressed as a sound? Do not use words because this engages the left

brain which is the guard of suppressed emotions. Continue to sound your fear or whatever negative emotion you want to clear until it feels complete. Now name the quality or emotion you want to put in place of what you have cleared and call that emotion of peace, strength, hope or joy with sound.

Now you have completed a process we call emotional and energetic Alchemy. You are an Alchemist. You are here on this planet at this time to transform all the negative emotions you have experienced or have empathically taken on from others. This is one of the most powerful processes we can offer you during this time.

Now imagine that you are your divine self in physical form and you call upon divine beings to witness and support you as you transform some of the distress that has been created by a tragic event. Sound the distress until it feels complete for you. Replace it with healing, harmony or love and call that quality into form with sound. Now you are doing global service work without feeling that distress running through your body.

If each and every one of us began to do this work, that would be a tremendous shift and change with all the current events. You see everyone stores their suppressed emotions in the tissues, organs, cells and bones of their body. Everyone has been taught to repress emotions; no one has been taught how to clear them in a healthy manner. No one has been taught that they are an Alchemist.



What humans don't realize is that if you suppress sadness because you don't allow yourself to feel that sadness at the time, then you have suppressed that sadness into your body. When you encounter someone who is feeling sad, your sadnesses are going to be triggered. Emotions are contagious.

You are witnessing that very process in your reality at this time. All the repressed emotions of hatred, judgment, anger, fear, and prejudice are being triggered. There is not a safe way to express these emotions. We have observed the practice of huge stadiums of people all gathering to watch their favorite sport. Everyone screams, yells and is very expressive with sounds that are not usually expressed.

Everyone leaves the game or sporting event feeling so good. It was a great game. What they don't realize or didn't understand is that in one of the areas in which loud sounds/emotions are acceptable and expected, they just cleared lots of emotions that they had been repressing.

We are inviting you to begin to step into your awesome power to transform negative and mis-qualified emotions. Be the Alchemist. Imagine that you are clearing and cleaning up toxic vibrations and energy in this process.

We are honored to remind you of your power and your ability to shift the energy very consciously with dedication and intention. Be sure that you invite us to join you as well as other divine beings; we truly love working with you. The 'team'



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Trapped in Heaven/Free in Bondage

Doug Ten Rose

Want to know how to be blissful and free while shackled to where you

are? I found the answer (again) while trapped in The Boudha Stupa's wheelhouse in Kathmandu, but it can happen anywhere.

Just three short days after moving into The Pundarika Cozy Apartments to enjoy my last two weeks in Kathmandu while finalizing plans for a Spanish adventure, Spain closed. It seems like most of the world closed with it.

The corona virus has spun the planet into panic. Everything is closed. Everyone is out of work. Early reports say that it will become a lot more serious. So far, what we have seen here involves a lot more social engineering and cultural manipulation than disease. A lot has been done about successfully controlling human behavior. Nothing has been done about successfully controlling a virus.

"Never waste a crisis." —Winston Churchill

The manufactured fear, real economic impact, and spooky sociopolitical consequences are already proving to be worse than the actual disease. Nepal has one reported case so far. That person was isolated and cured weeks ago. Nonetheless, the government has officially mandated social distancing to the point of locked down isolation for its citizens. There is no projected end date to this process. Communication with the Western world tells me that reactions and overreactions to this virus are just as pronounced there. A real disease exists and it can be dangerous. But media exaggeration, dramatization, and fear-mongering seem to be serving a diabolical purpose that has nothing to do with a virus. Call me a conspiracy theorist, label me paranoid, and send

me for counselling but I'll bet anyone that wants to take the bet—there is a sociopolitical plague and an impending degeneration of freedom in the works that a virus itself could not produce.

Anyway, I am trapped here in heaven and loving it, so far. I'm not loving the fact that people around the world are getting sick and some are dying. I'm not loving the way so many people are drinking fear as if it is champagne during Prohibition. There is nothing lovable about the economic butt kicking being suffered by so many people that have always been a paycheck or two away from being homeless and hungry, or the restrictions already put on personal freedoms, or the strong possibility that those restrictions will expand in the near future. What I am loving is that sheer dumb luck has landed me on a fragrant garden island floating in a sea of both bullshit and real shit. Yes, there is a nasty storm all around. Yes, the storm is complete with viral monsters, social maelstroms, a typhoon strength manipulation of the public that is painful to watch, and tidal waves of debilitating insecurity and fearful insanity. Common sense has become a victim of both the hype and the disease.

But life here in the Boudha Stupa area is a bit more fun than most reports of life elsewhere. When your dimension is collapsing, it is a real plus to be surrounded by folks who are already halfway into another dimension.

Joseph Campbell said that when a person is no longer directed by and mentally immersed in the history of his or her carnal body, but is rather directed by and immersed in the

Consciousness that informs that body, then the suffering of that ego driven carnal self no longer has anything to do with this person's experience of life. Although conditions outside of self stay the same, a change of perspective, perception, and focus can actually make the suffering disappear from the way we experience those conditions.

Identifying with the dimension of consciousness cancels a lot of problems that we employ by identifying with our so-called normal egoistic frame of reference. Mr. Campbell said that it is as if the shackles fall off while never leaving your wrists—like being free in bondage. A common old expression states a similar notion as, "head in the clouds with feet on the ground." George Harrison nailed open the door to all this for us by saying quite often that, "It's all in your mind."

A very high percentage of the people here understand and live by these ideas. There are over a thousand monks and nuns in this small neighborhood. They spend more time dwelling in that Universal Consciousness than in their carnal, ego-based history. They radiate what the Buddhists call Loving Kindness. It is considered to be the base station of both human and universal nature. The entire population of the neighborhood absorbs a lot of what the robed people radiate. That general public then radiates love and support back to the monks, nuns, and each other as well as toward any and all living things.

This kind and loving way of life makes sense, and it is nothing new. It has been voiced in one form or another by sages, shamans, and other emotional scholars around the world

for thousands of years. Generating a state of Loving Kindness and psychological freedom by identifying with the Universal, instead of identifying with the strictly and restrictively personal, has major advantages. It provides the practitioner with great inner strength as well as a ticket to ride with happy freedom's essential sibling components—altruism, compassion, and universal connectedness. These qualities are the building blocks for a happier life.

Knowing that a mind free and strong enough to transcend conventional, mundane thought is the base station for happiness is not enough. Just knowing about this state of mind is a very different thing than consistently practicing and actively embodying it enough to internalize its benefits and become skillful in sharing those benefits with others.

It doesn't take a shaman to see that we are on the edge of some very deep shit, folks. It is more important now than it has ever been to practice the transcendence that will actually bring transition. Knowing about it won't save us. Embodying it, becoming it, and then consistently being it, will.

Knowing that we need food to live will not keep us alive if we don't shop, cook, and eat.

MORE TO COME ON Nepal, photos of ancient spiritual and historical sites, people, culture, then the continuing trip around the world, and more—if you want it. If not let me know and I will take you off the mailing list right away.

***If you missed the Introduction to the book that will be titled Temple Dog

Soldier and contains the above chapter, or would like to see several other chapters that are available for free online, go to the Puppy website Blog section at www.fearlesspuppy.info This is a book in progress. You are reading it as it is being created! Just like you, I don't know what the next chapter is going to be about until it is written. As the Intro will tell you, this is a totally true story—and probably the only book ever written about and by a corpse traveling around the world!

***The books Fearless Puppy On American Road and Reincarnation Through Common Sense by this same author are also available through the website at www.fearlesspuppy.info, as are sample chapters from those books. Very entertaining tv/radio interviews with and newspaper articles about the author are also available there. There is no charge for anything but the complete books, if you choose to buy them! (You can also get them right from Amazon. See all the 5* reviews there.) All author profits from book sales will be donated to help sponsor an increase in the number of wisdom professionals on Earth, beginning with but certainly not exclusive to Buddhist monks and nuns.

www.fearlesspuppy.info

Living the Presence of Now

Through Self-Care Reiki Wellness and Yoga

Judith Campbell

Using Reiki as self-care becomes a limitless practice. If there is a miracle to be found in Reiki, then perhaps this is it. As a simple mode of self-care, it is always available, always pure and

reliable and with no expiry date. As we heal and grow within its energy, so does its ability to take us further ... to reveal more energy awareness secrets to us, 'hooking us' by the excitement of just being ourselves ... leaving us liberated and satisfied by this alone ...



When does the Universe reach out to us?

'Listen' as your Self-Care Reiki practice ...

Listen with ether's intensity of awareness to nature's sounds

As music of the Universe,

Speaking to the heart and soul

Of those who listen ...

Like an inner language of knowing – the Universe can reach out to you at any point in your life, regardless of where you are or who you are with ... and in that moment of inner knowing, you have a choice of listening and responding, or not. As you practice Self-Care Reiki, you become more sensitive to this language of inner knowing and more trusting of its guidance. Reiki prepares you for these healing moments of opening, where healing energies meet – in their own time – allowing you to listen more intensely ... to interpret more precisely ... and to respond more confidently when you are ready ... and through all

of this, to release more completely, and to heal more fully.

How can we reach out to the Universe?

You can reach out to the healing energies of the universe anytime in meditation or prayer. These times are obvious. However, did you realize that you can also reach out to the Universe to connect at the first sound of crickets in the grass at dusk?

- or frogs singing in springtime?
- or wind blowing in the trees?
- or quiet sounds of a gurgling stream?
- or the power of ocean waves pounding against the shoreline?
- or raindrops falling on rooftops?
- or in the magic of a rainbow following the rain?
- or observing a sunrise or sunset, or a full moon rise or set?
- or while out jogging?
- or ending a yoga class, as examples ...

Your Self-Care Reiki practice sensitizes you to acknowledge your place in the Universe during such times ... opening you ... to receive its healing energy without labelling this energy as Reiki or Meditation or any other title society has tried to place upon its universal healing potential. No speaking is needed. It is a moment of Divine connection you are feeling with the Universe, in the presence of now ... the language of inner knowing.

Then without even trying, being in the Reiki flow allows this balanced energy to move out from you and through you

in all you are and do ... it flows in you in your workplace, your community, family relationships, in all forms of fellowship, including social media and contacts with all you meet, for you are the product of your energy-healing practice of Reiki!

You can meet any challenge that is before you with peace and authenticity. Remember this! Your inner stillness is what will allow this to happen. You will know this is real when you feel it without trying to understand it. It just is ... your inner language of knowing ...

What prevents any of us from doing this? At the root of much of our energy imbalance is both fear and ego.



Let's return our attention one last time to the space where healing energies of the Universe meet ... the space where you consciously feel an invitation from the universe reaching out to be present to you and with you in the presence of now ... it is in this space – this space of inner knowing – that Reiki energy arises, and fear and ego can be

eradicated such that authenticity and peace can once again flourish.

Such is our Self-Care Reiki practice of energy-healing awareness and wellness. Such is our ability to connect with healing energies within ourselves, to become an ego-less healing presence to others in all we do and in all we are. For we are in the mists of time.

We are in the silent sounds of waters

We are in the thunderous sounds of oceans

We are in the gentle breezes and the tumultuous hurricanes

We are in all that is.

We find ourselves as we awaken to this level of consciousness: of something more,

This level of pure consciousness that acknowledges

This level of pure consciousness that knows ... and understands

That we are in all that is.

Here, healing is in the past.

Healing is in the present, and

Healing will be in the future.

For there will be times when we will forget our past;

There will be times when we will forget

That we are in all that is.

And then, something within this grand spectrum of nature

Will guide us back to the place inside of us that remembers

When time began

And we will once again know that we are in all that is

And that all that is, is within us ...

In the presence of now ...

How can Universal Healing Energy do these things? Here are my final thoughts:

By recalibrating us to return to our 'inner home' space again, we 'remember' how to unleash our spirit, and our creative potential flourishes.

This practice and effect of energy healing is not confined to Reiki; it is present within all energy healing that connects us to the space inside of us where healing energies meet, regardless of where we happen to be or what modality we follow.

Yet, because I am speaking about Reiki in this book, I'll return to it specifically to continue. The healing result of Reiki energy is not simply peace and authenticity for the one who has welcomed and received the benefit of Universal Healing Energy. Its effect is too large to contain within oneself alone. It's like love ... it spreads out to others through the renewed energy that we carry within ourselves!



So, we share it in dance, in words, in song, in action, in writings, in recordings, in wisdom, in stillness, in the workplace, in our home, in our family, in our community, in social media ... and throughout our life. It spreads like milk and honey as needing

souls attach to its comfort and take it into their weariness to be renewed also.

Like the expression, "It's everywhere, it's everywhere," this is Reiki! All we need to do is join its loving flow of healing energy and wear its healing peace in all of our authentic interactions with others on any given day of our lives.

Self-Care Reiki is a wonderful tool and way of being to live our life without ego getting in the way and without fear ruining many opportunities we are equipped to meet, that we might grow in our humanness. Self-Care Reiki's effects open us into ever-increasing depths of energy healing and expansiveness in the way we mindfully choose to live our life.

Bottom Line Teaching

A Self-Care Reiki practice trains us to live in the feelings of a 'presence of now' reality, where each of our energy centres flow freely with the comforts of love and peace.

... excerpt from *Living the Presence of Now, through Self-Care Reiki Wellness and Yoga*, by Judith M Campbell, released November, 2020, available via amazon / kindle as ebook or paperback.

My Experience

I am aiming for My Experience, to be a new regular feature of the Magazine. Encouraging people to share their own spiritual experiences and travels.

We are now in a period of action. Sharing could spur others into action, build a like-minded community with research into

the spiritual. Or even, I had that same experience, so I can't be mad. So often I come across people who are frightened to say what they are spiritually receiving for fear of scorn.

Now is the time to get it off your chest. Make fear of ridicule redundant.

I am looking for short or long experiences to share.

suzannemthomas48@gmail.com

This first experience that I want to share with you comes from Judy Sharp, and her experiences on a trip to the Bosnian Pyramids. (When we have the virus under control, she aims to guide others physically to have their own experience of the Bosnian Pyramids.)

(Please don't be frightened to send your own experiences even if it only takes a couple of paragraphs to share.)

BOSNIA PYRAMIDS AND TUNNELS

By Judy Sharp

The plane started its descent into Sarajevo airport. I gazed out of the window and my mind wandered back over the previous six months to the journey that had brought a group of us to visit the Bosnian pyramids and tunnels we had heard so much about.

A friend had invited me to a talk given by Nigel Grace - "it's about the Bosnian pyramids," she said.

To me pyramids meant Egypt, sand, desert ... but my curiosity was aroused, and I went along. Nigel knew his subject well, the images were beautiful and the story fascinating. I invited him to give the same presentation to the

Indigo Umbrella "Science meets Spirituality" group that I run.

Nigel's talk to the Indigos was in November 2017: from there the idea of a trip was born – and four short months later here we were, about to start our adventure.

It was mid-March – our visit to coincided with the Spring Equinox – and it was snowing. By the time we got to the hotel in the town of Visoko, some 40 minutes from Sarajevo, it was dark, and we were weary. We were given a warm welcome and some tasty local food – all gratefully received – and then it was time for bed.

Our first view of the Pyramid of the Sun was the next morning, from the panoramic windows of the 5th-floor restaurant. The sun was shining brightly, melting the overnight snowfall on the rooftops. There, at the other end of the town, rising majestically on the skyline was – well – an enormous pyramid!

"How could they not have seen that that was a pyramid?" I wondered.

RE-WRITING HISTORY



Dr Semir Osmanagich

Picture courtesy of Doreen Duthie

It was in 2006 that Dr Semir (Sam) Osmanagich, a Bosnian anthropologist and specialist in Mayan civilisations and archaeology, received a call from Sarajevo University, asking him to investigate the place known as Visoko Hill. It was strange, the University man said, that during the civil war a decade before, shells that landed on the “hill” had bounced off, and had created an echo-type sound.

Sam’s initial investigations revealed that the north face of what is now called the Pyramid of the Sun aligns perfectly with cosmic north. From the top of the pyramid, he realised that before him was a valley with two more, smaller, pyramids and a tumulus. Those pyramids formed a perfect triangle with the main one and when the tumulus was taken into account, the extended geometry was just as perfect. Sam’s research – and all of his instincts – told him that this was indeed a major discovery.

In addition to his degree in anthropology, during which he did much of his travelling and studying of pyramids, Sam Osmanagich has degrees in politics and economics. Prior to 2006, he was a highly-successful businessman, based in America: exploring pyramids played second fiddle to his commercial career. Having been introduced to the pyramids in his home country, however, and understanding their importance, his focus changed, and all his energy is now dedicated to the work of the foundation he established to oversee the unearthing of the pyramids and tunnels.

His approach is refreshingly open. He welcomes scientists of all modalities, from anywhere in the world, to visit

the site and conduct scientific studies on any aspect of the pyramids and tunnels. He is equally open to “alternative” disciplines to use their gifts, skills and knowledge to further the overall understanding of the structures. So, dowzers, clairvoyants and sensitives have worked there alongside physicists and archaeologists. Harry Oldfield with his Polycontrast Interference Photography (PIP) equipment captured some stunning images of the energy fields around the Pyramid of the Sun, for instance.

Despite the growing mountain of evidence for the age and unique qualities of both the pyramids and the tunnels, there remains stiff resistance in some official and academic circles to their very existence, as they undermine accepted historical wisdom. As Sam himself says, “Almost everything they teach us about ancient history is wrong.”

THE TOWN, THE TUNNELS

Our group comprised nine Indigos and Nigel Grace whose talk inspired the visit. Having been a regular volunteer and guide at the site for a decade, he knew the place and the people well. He took us into the town to get our bearings. A modern-style bank willingly changed our Euros into Bosnian Marks: the influx of foreign currency is a welcome boost to the local economy.



Heading through Visoko to the Pyramid of the Sun

Picture courtesy of Tony Field

Visoko has a population of around 40,000, and sits on a fertile plain at the confluence of the rivers Fojnica and Bosna. Wars are nothing new here – the area has been fought over throughout history – but the bitter civil war that raged from 1992 to 1995 cost many lives and left physical scars too, pock marks of bullets, shells and shrapnel still clearly visible on some of the buildings. The younger generation, armed with smartphones rather than deadly weapons, prefer to look forward: most speak English as the international language, and those we met enjoyed learning about our way of life as we learned about theirs.

Their town was spotlessly clean. Small shops lined the main streets, offering – by our standards – very limited choice, but the bakeries were full of freshly-baked bread and delicious cakes. And as for the pancake and waffle eatery – “yummy” is “yummy” in any language!

As we left the town and headed towards the little complex at the entrance to the tunnels, I was struck by neat rows of small white obelisks in a number of the fields. These marked the graves of those killed in the war. Under a blanket of snow, they shone brightly

in the sunshine. Once I had noticed these cemeteries, I saw them wherever I looked, and the image stuck in my mind.

Having mapped the valley of pyramids at Visoko, Sam Osmanagich predicted that there would also be a network of tunnels under the valley, leading to the main pyramid – and he was proved right. Locals showed him entrances to caves, not going anywhere. Sam instinctively knew there was more and over the years careful excavation revealed a complex network of tunnels that seem to head towards the Pyramid of the Sun – some 3km (about 1.9 miles) from the main tunnel entrance. Early excavation work and scientific testing dated the tunnels to some 12,000 years ago.



Group at the main entrance

Picture courtesy of Doreen Duthie

The tunnels extend for tens of miles – nobody knows for sure, this is a Work in Progress. They were created by meticulous craftsmen with advanced knowledge. Generally, the tunnels are high enough for a tall human to stand up in, and wide enough for several people abreast. Varying tunnel heights create air flow throughout. There are open areas, possibly used for gatherings or ceremonies: in some of these benches have been placed so

visitors may sit and meditate. A slope of 1.5° precisely allows fresh water streams to flow over strategically-placed crystals, which appear to have two purposes at least. First, they somehow help to focus the water-excited energy along the tunnels forming an extraordinary beam of energy that comes out of the top of the Pyramid of the Sun. A number of these water-excited Piezo energy sources have so far been discovered. And secondly, they increase the concentration of highly-beneficial negative ions to several thousand times more than we normal experience. This, along with the ambient temperature in the tunnels, the complete lack of electro-smog, the natural darkness and total silence, all create a powerful healing environment that naturally resets our bodies at every level.

Even more mysterious than the construction of the tunnels is that, some 5,000 years ago, they were blocked up with dry walling hard to match even today. Nobody knows why. The only clue comes from 20 symbols carved into one of the flat, hand-worked stones found in the tunnels. Eight of the symbols match recognised Runes, and the message translates as: “The gateway is closed, we are at a standstill. We will have to act as warriors to defend and conquer until we can move again through the stargate.”

Given what we understand now about portals and stargates, it makes us wonder – just who were these Beings, and where did they come from?



Nigel Grace with tunnels he helped to excavate.

Picture Courtesy of Doreen Duthie

As we entered the tunnels for the first time, we were both nervous and excited. Those sections of the tunnels open to the public have wooden supports and lighting, and hard hats are standard issue. Nigel asked us to pause at the entrance, to ask the Guardians of the Tunnels for permission to enter, as volunteer workers do when they start a shift. They had all felt “something” and felt they were not alone. The Guardians were keeping an eye on what was happening on their patch.

After about half an hour in the tunnels I realised we were all breathing totally normally, some had undone their heavy winter jackets, and nobody was showing any signs of claustrophobia. I dislike being in enclosed spaces and not once did I feel uncomfortable.



Guide explaining large stone in tunnel.

Picture courtesy of Tony Field

On subsequent visits to the tunnels – we went every day to soak up the energy and to just “be” - we saw many examples of these drystone walls that have so efficiently blocked the tunnels for thousands of years. In some cases, holes had been made just to see what was beyond – another “highway” perhaps, another chamber? One day, I wandered alone to one such area. I put my smartphone to Video mode, and asked very respectfully for one of the Guardians to show itself. Sure enough, a large wisp of smoke appeared to the left of the screen and moved to the right. Then, proving the point, it returned from right to left, in rainbow colours! I was astounded, and thanked the Guardian for its special appearance. On seeing the video clip, Nigel confirmed it was the Spirit they call “Fierce Truth” which does not show itself very often: I was honoured indeed.

Work in the tunnels is slow and very labour-intensive. No machinery is involved, no explosives: this is manual labour with basic tools and torches. Volunteers venture into territory untouched for thousands of years, not knowing what they will find. All the excavated rubble is taken out in

wheelbarrows – the deeper into the tunnels the workers go, the longer the journey out with loads of heavy stone! It is tough physical work and yet the workers say they do not get physically tired – the energy in the tunnels keeps their batteries fully charged, healing any aches and pains along the way.

Nigel once had an extraordinary experience while working with some other volunteers. Their task was to open up a drystone wall hoping for a stretch of “open road” on the other side. Imagine the scene: it is pitch black, with only helmet torches and a lamp or two. Apart from their conversation and their tools, there is complete silence. Ahead of them is a drystone wall some 5,000 years old, and they have no idea what is on the other side. They know there is running water in the tunnels, so they may face a deluge. There may have been a rockslide – will piles of rubble topple onto them? They start to make a hole, about head height, working away at the stonework until they break through. Silence, darkness – so far, so good. They continue, making the hole larger and larger so they can easily climb through – and then, suddenly, they leap back in astonishment. A large flock of “other-worldly” orbs swoops past them, out of the darkness and away into the network of tunnels. The camera on Nigel’s helmet captured the incident, and it is incredible to see at least 100 orbs consciously flying past Nigel and his co-workers: were they, perhaps, the Beings who left the inscription in the stone? Who knows?

THE ASCENT, THE SUN – AND SARA

The day dawned bright and clear. Overnight snow was clearing and the

sun shone: a perfect day to hike to the top of the Pyramid of the Sun.



Pyramid of the Sun

Picture Courtesy of Caroline Smith

According to various scientific sources, the layers of soil covering the pyramid are between 12,000 and 15,000 years old. The pyramid is coated with large rectangular slabs that fit together perfectly. The materials of the blocks match that originally excavated to create the tunnels, and they form a type of concrete that is harder than anything known today. Fossilized leaves discovered between two slabs were scientifically dated at 29,200 years old: this is the current accepted date of the pyramid, making it not only the largest but also the oldest on the planet.

Many scientists from various countries have tested the energy fields around the Pyramid of the Sun, and confirm the existence of a 28kHz electro-magnetic signal that emerges from the top of the pyramid, with a radius of some 4.5 metres, which does not diminish in strength as it rises. This is created by the pyramid itself, and there are also strong emissions of low frequencies in the 5 – 50hertz range, close to the 7.83 infra sound of the Schumann Resonance. This equates to the Alpha brainwave of healing and

relaxation. Extensive archaeo-acoustic research has identified scalar waves within the pyramid beam which have remarkable properties including the ability to transmit and magnify power and to communicate with other energy-generating structures via resonance.

The hike to the top of the oldest, tallest pyramid in the world took a few hours and I found it physically very challenging – but those whose fitness levels were better than mine were fine. There is a road virtually to the top, to a plateau with a small, family-run restaurant. The lady owner recognised Nigel and made us welcome. After our coffee break, a young girl appeared, the lady's granddaughter. She introduced herself in perfect English: her name was Sara, she was a Guardian of the Pyramid of the Sun and she offered to accompany us to the summit.



Sara showed us a labyrinth and did soul readings too.

Picture Courtesy of Doreen Duthie

There was certainly something special about Sara, a maturity way beyond her ten years. She guided us deftly to the top of the pyramid, showed us the different energy points and even led us in a meditation there. While we could not see the energy beam emerging from the pyramid, we all felt the

strong, positive energy around the area.



Top of the Pyramid of the Sun

Picture courtesy of Doreen Duthie

The view from the top of the pyramid was stunning. There were the other pyramids and the tumulus: it was easy to understand why Sam Osmanagich was so excited when he first saw it. Outside the town of Visoko, there were a few farmhouses scattered across the landscape and, again, those fields of neat white obelisks, the cemeteries that had caught my eye before.

On the descent, Sara took us “off piste” to a discreet field where a large stone labyrinth had been created some years earlier. She invited us to walk the path, to sense the energy – and then, in the centre, she gave soul readings too, that all resonated at a deep level with the recipients. It was an extraordinary experience in the presence of a very wise old soul in a young human body.

A FITTING FINALE

At the same time that the Indigo group was there with Nigel, a separate group was there with Sam.

His knowledge and passion for the project shine through, and his charisma and enthusiasm inspire visitors and volunteers alike. The two

groups joined for a final meditation – Sam led us to an area deep in the tunnels, away from the usual tourist pathways but with lighting, and with benches against the walls. Once we were settled, Sam turned off the lights for that area, giving us time for our own meditation.

The darkness and the silence created the most amazing space in which to just “be”. I closed my eyes to settle into meditation. Then I opened them: I could not see a thing, so there was no distraction.

My mind was wandering – and then I heard a voice in my head saying, “open the gate, open the gate.” Gate? What gate? But somehow I knew, and in my mind I visualised a field, with a bridge crossing a small river and, on the other side of the bridge, a gate, which I opened. Immediately, from the right, came a stream of young soldiers, crossing the bridge and “going home”. These were the souls of those who had been killed in the war – no wonder I was drawn again and again to their gravestones! After what seemed a very long time but that may have only been a few seconds, the voice in my head said, “you can close the gate now,” which I did. The scene faded from my mind, and the most profound feeling of gratitude and peace enveloped me: tears trickled down my cheeks. Somehow soul rescue work seemed a very fitting finale to my time in the tunnels.

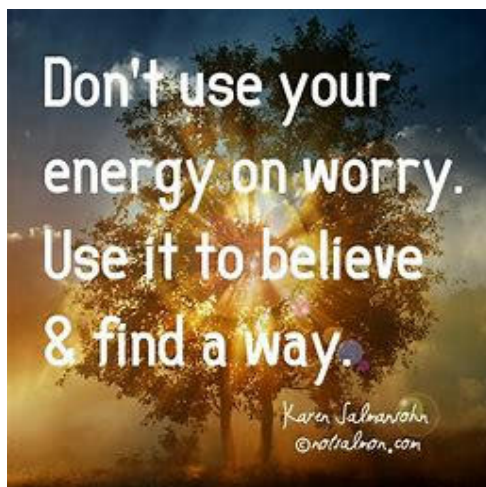
Talking with the other Indigos afterwards, it became clear they had all had their own, very personal, experiences during the meditation: releasing, insights, preparation for future “coincidences” - powerful energy was at work.

For me personally and for the Indigos, this was a journey of physical exploration and spiritual awakening; of head-based learning and heart-based understanding. As we enter a new Golden Age, as we shift our consciousness to a higher dimension, perhaps we are a little closer to opening our hearts and our minds to the possibility of “something more” ...

As American spiritual researcher and author of “The Keys of Enoch” JJ Hurtak said, when he visited the Visoko site, “The symbolism of a Pyramid is one of a great unification of consciousness. The timely discovery in 2006 of this ancient Valley of Pyramids, coupled with its perpetual energy technology, rejuvenation and healing powers, may herald the readiness of the human species to advance into a higher form of unity consciousness which embraces Divine Light and Spirit.”

Let it be so.

For further information visit the Foundation website:
<http://piramidasunca.ba/eng/home-en.html>



Essence World News

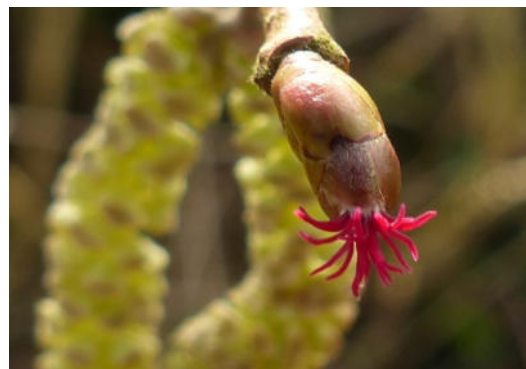
Catkins

By Jan Stewart



Hazel – Male Catkins

For me, one of the delights of Spring is seeing the Hazel catkins (*Corylus avellana*) dangling like yellow 'lambs' tails' along our hedgerows. A catkin is a closely arranged *single-sex* spike of flowers in which the sepals and petals (perianth) are usually reduced or missing. In other words they are structures that consist *either* of pollen producing stamens (male) or ovule producing carpels (female). Sometimes both male and female catkins may be borne on the same tree, as with Alder, Beech, Birch, Hazel, Hornbeam and Oak. Others, like Willow and Aspen, however, produce them on separate trees.



Hazel – Female catkins

Catkin forms vary enormously. Male catkins are often, though not always, bright yellow as pollen is released. Additionally, not all catkins are pendulous. The young, male, downy 'pussy willows' or 'palms' of the Sallow (*Salix caprea*), for example, are erect catkins. Furthermore, not all pendulous catkins are cylindrical. Male Beech catkins, for example, consist of spheres of purplish-brown tassels with yellow tips arranged at the end of pendulous stalks, rather like drop earrings. It has been suggested, by the Swiss botanist Peter Endress, and others, that the various types of catkin probably represent an evolutionary pathway leading from insect dispersed ancestors to more recent wind dispersed species. Pendulous male forms certainly favour wind dispersal and pollination. Erect catkins are designed for pollen to be brushed on to or from visiting insects and the projecting split stigmas from simple female forms are useful for either wind or insect pollination.



Willow Male Catkins



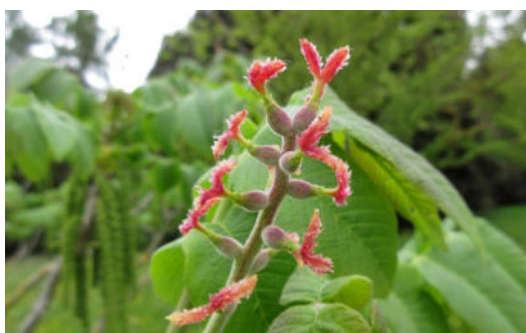
Beech Male Catkins

Female catkins may vary similarly in structure being pendulous, erect or simply reduced to inconspicuous ovaries from which emerge a few elongate styles with enlarged or feathery stigmas. These ovaries are often concealed by scales around their base which, as in oak, form cups or hard coverings for the developed fruit. Female catkins may, therefore be easily overlooked. Indeed, those of the Hazel are so similar to the plant's leaf buds that they can only be distinguished from the latter by pairs of crimson stigmas protruding from their tips.



Oak Female Catkins

A quarter of Edward Bach's essences are made from catkins and two from just the female forms. *Oak*, for example, is only made from the inconspicuous female flowers. It helps *'the plodder who keeps going past the point of exhaustion'*. *Walnut* is also made from the female catkins which appear as swollen buds topped by two feathery, green stigmas which turn pink after pollination. *Walnut* essence offers *'protection from change and unwanted influences'*.



Walnut Female Catkins

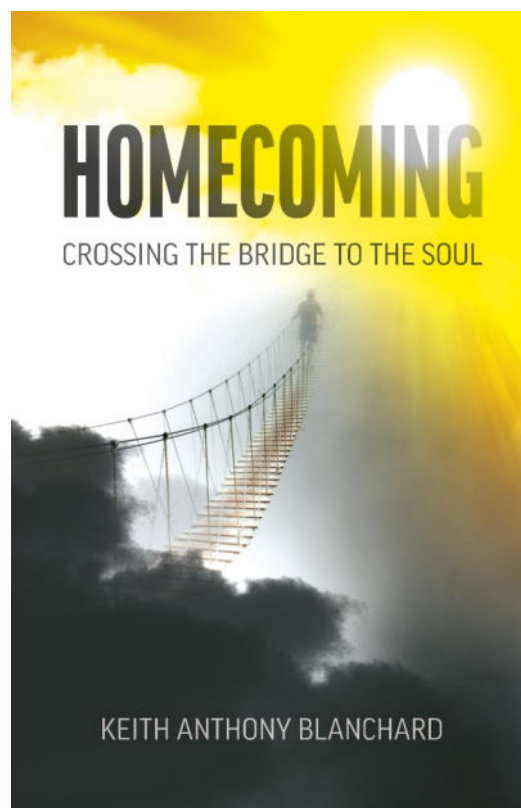
But what do essences from the famous "lamb's tails" offer? Findhorn's *Hazel* helps us *'be free to go with the flow'* and travel forward in wonder of your new unfolding potential.' In contrast, Green Man's *Hazel* helps *'the flowering of skills. Ability to receive and communicate wisdom. Helps all forms of study. Clears away unwanted debris. Brings more stability and focus in order to integrate useful information'*. Great essences for New Year!

Book Review



Homecoming

Keith Anthony Blanchard



- ISBN-10: 1789044111
- ISBN-13: 978-1789044119

John Hunt Publishing

Always be careful when asking to be of service, and finding out where your path is going to lead. I totally resonate with Keith, and like him had my "Oh shit," moment when the answer came.

This book takes you on a journey of discovery. From Keith's love of music, which drew him along a spiritual path. To the question and answer sessions with God which forms the backbone of this book, and his life experiences.

It is done with humility, and makes for an interesting read. Although I do admit at times I got lost in who was talking, as it was not always clear.

Not for me, but recommended to those who feel drawn.

Suzanne Thomas

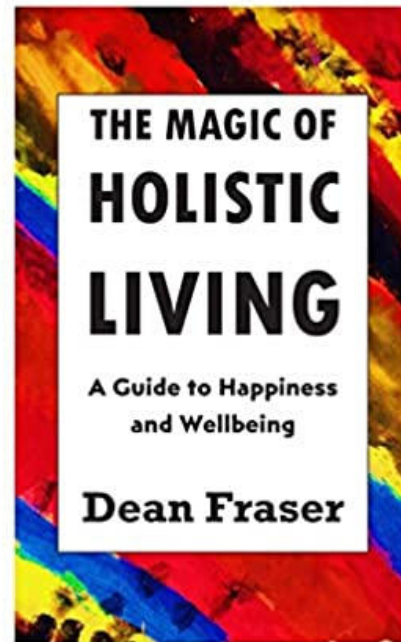


About the author

Keith Anthony Blanchard is the Founder and Host for Center of Light Radio whose listening audience now reaches 5 million. He is the author of several books, including the best-selling, *The Divine Principle: Anchoring Heaven on Earth* and *For the Love of God: A Spiritual Journey*.

As a spiritual teacher, he is remarkable in his naturally sincere love and acceptance of all people, which is palpable to those who connect with him.

Keith is also an intuitive speaker, and is a Disciple of Swamji Viswayogi. He is a philosopher, a poet, composer and a music and film, producer. He is a devoted father and enjoys a life-long career as a professional musician in both contemporary music and with his spiritual band, LavenderSoul. Keith lives in Memphis, Tennessee.



How to move forward in your life. If you have no idea how to get started, then this book is for you.

Dean share's his own experiences of getting from A to B, with all the twists and turns in between.

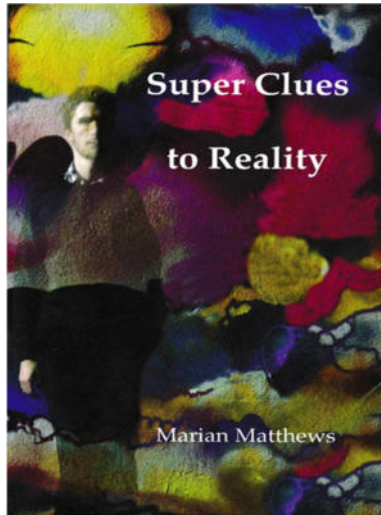
Dean says, if we have a goal in life, enjoy the journey along the way, don't pin yourself down to certain steps, as life might give you a different route to your goal.

The style of writing is easy, with a down to earth approach, and guiding with a gentle hand.

Giving psychological tips to put us on our roads to success.

It's a comprehensive read on Dean's chosen subject, and well worth a place on the bookshelf.

Suzanne Thomas



Topics include: the science of reality, the puzzle of human consciousness, Earth and our energies, other beings in our reality with us, the universal big picture, life after death and much much more. You will never look at things the same way again! This is a well thought out, research into the above subjects.

It's not about coming to a final conclusion, but bringing forth and sharing the pro's and con's of the various subject being investigated.

Marian's research into these matters is done in a down to earth, easily read style. It has a lot to recommend it, and is a good primer for people who are new to this area of investigation.

Describing what reality is, is not an easy thing to do. But with this book you will have a better understanding of the possibilities that are involved.



Creative Corner



Much of life can never be explained but only witnessed
Joseph Westlake



A baby hippopotamus that survived the tsunami waves on the Kenyan coast has formed a strong bond with a giant male century-old tortoise in an animal facility in the port city of Mombasa. The hippopotamus, nicknamed Owen and weighing about 300 kilograms (650 pounds), was swept down Sabaki River into the Indian Ocean, then forced back to shore when tsunami waves struck the Kenyan coast on December 26, before wildlife rangers rescued him.

It is incredible. A less-than-a-year-old hippo has adopted a male tortoise, about a century old, and the tortoise seems to be very happy with being a 'mother.'

After it was swept away and lost its mother, the hippo was traumatized. It had to look for something to be a surrogate mother. Fortunately, it landed on the tortoise and

established a strong bond. They swim, eat and sleep together. The hippo follows the tortoise exactly the way it followed its mother. If somebody approaches the tortoise, the hippo becomes aggressive, as if protecting its biological mother.

The hippo is a young baby, he was left at a very tender age and by nature, hippos are social animals that like to stay with their mothers for four years.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

This is a real story that shows that our differences don't matter much when we need the comfort of another. We could all learn a lesson from these two creatures.

Look beyond the differences and find a way to walk the path together.



Sudden Rain
By Laura Rodley



There is a lake in the middle of our lawn
that fills with rains such as these,
a yawn that raindrops widen, as
suddenly as a fish grasping for bait;
no gills on this lake, but the grass
and the lawn and the dirt itself
that allows the lake to breathe for as
long as the minions of drops fill its banks,
the gills of the lawn allow the lake
to recede into the recesses of its dry dirt,
the dirt below that waited for this rain,
then, saturated, holds up the bowl of the
lake,
filled, and as suddenly as the rain stops,
drips trickling off the roof, the lake
recedes, gills of lawn fluke wide, let
the air pass out of the water and then the
water
pass out of the lawn until all that's left
is dry land, scarcely any mud, no frogs,
no fish, nothing to say that here stood
a sometimes lake, just a recessed indent,
a cup empty, the dry earth satisfied,
no need of intervention or clean up. For
now,
the lake is full, raindrops contracting its
surface,
overlapping circles, a minuet reflecting
the tall maples across the street: witnesses.

Previously published in Straw Dog Press

Praise Me
By Laura Rodley



Minding my own business,
I adjust the setting
on the hose head, set it to
spray, to water freshly planted
delphiniums, petunias, store bought,
not grown by me from seed.
Soil parched, it's noon, not best
time for watering, spray filming
wide umbrellas of delphinium leaves,
forming cup sized pools:
praise me, from whom all blessings flow.
Feet braced for long haul, I hold hose
for dowsing, mist branching out rainbows,
then foot long garter snake edges forward
out of brush, red forked tongue darting
seeking droplets, slithering soundlessly
closer,
head raised inch off ground, basks
underneath spray, turns to drape head by
pool
formed beside delphinium, sinks head to
eye level,
drinks, pale flaps behind jaw that allow
its mouth to open for wider prey,
expand, contract, just the way
you could see Cinnamon swallow water
behind her jaw, drinking five gallons
like a glass of water. The garter snake
continues to drink, expand, contract,
my shoulders burning from sun, I turn
hose off, set it down a ways away,
as the pool recedes, snake consuming
every drop he can.

Previously Published in Boston Literary
Magazine.

THE HEAVENLY PRAYER

The Gate of Light

Heavenly Source
You, who are every where
Hallowed be your sacred SHM
(Sacred Light)
Kindle in me the fire of Your clarity
Here and now and for evermore.
Open my heart to the power of Your
compassion
And free me from the fetters with
which I bind myself
and others.
Lead me from self-deception,
Let me repose in the Higher Self
So I can come closer to You.
Forgive me and let me forgive
Until my actions become one
With Your sacred moment.
Amen

Lars Muhl The Gate of Light

The Feast of Peace



Our World is in a Famine from the
Sustenance of Peace.
Respect for Each Other is Continuing
to Decrease.
The Frontier of Faith is Fertile with
Plight

Creating a Darkness that is
 Enshrouding the Light.
 The Corral where Caring and
 Compassion were Contained
 Is Empty from Grace and Gratitude
 that No Longer Remains.
 The Healing Well of Water where
 Kindness Once Flowed
 Has Dried up Completely, Unable to
 Nourish Our Soul.
 If We Choose to Unlock the Paddock of
 Pride
 Where Ignorance from Ego is Stored
 Deep Inside,
 We Can See Our Lands Begin to
 Flourish Once More
 From Patiently Tending the Crops at
 Their Core.
 The Sunlight from Spirit Shines
 Positive Rays,
 Guiding Us All Through Our Blurred,
 Foggy Haze.
 As Our Way is Made Clearer and We
 Can Now See,
 The Gates are Wide Open and We are
 Set Free,
 To Live with Our Neighbours in
 Harmony and Ease,
 Uniting Us All at the "Feast of Peace"

Brenda Rachel
THE GILDAS PRAYER

Let Light from the Source
 Shine into the darkness of the earth
 And bring healing

Let Love from the Source
 Shine into our hearts
 And bring Peace and harmony

Let the force of Light, tempered with
 Love,
 Enter our minds,
 That the things of our own creation
 Be more truly in the image of God.

Let Light and Love, peace and
 strength, healing and harmony,
 Bring about that union with the
 Source
 That passes all understanding.

Let understanding, born of peace and
 harmony, Light and Love
 Encompass the Earth
 Now and forever. Amen.

Pause

After a great laughter there is a pause.
 After a long walk there is a pause.
 After a work there is a pause,
 Those who were struggling there is also
 a pause,
 Likewise;
 There is also a pause,
 After a lots of rower, hardships,
 tiredness,
 For hard workers and slower one's,
 Because of "corona virus",
 Why people become lazy,
 After every pause at, every walk of life,
 It is not easier, to keep the
 Same routine where it stops.

AMBER MUKHTIAR

If you are creative, we'd love to display your
 work here, whether artistic, poetic,
 photographic, short story etc.etc

Contact suzannemthomas48@gmail.com

E mails to the Editor



RESTORING a SENSE of
SACREDNESS in DAILY LIFE

A Ten Week Online Course

12 April – 14 June 2021

Mondays 16:00-18:00 (BST) 18:00-20:00 (EET)

What is sacredness, beyond traditional religious definitions?

Why does its loss matter?

How would our lives and the world change if sacredness was restored?

In this course we will explore the meaning and value of sacredness and through practical exercises, meditation, writing and discussion discover how to increase its presence within ourselves, our lives and our world.

We will focus on a different area each week and learn to create potent intentions to generate change, and manifest what is needed in our lives and community.

There will be supportive homework assignments between sessions.

There is no fixed charge, but donations are welcome.

To reserve a place, please email rasos2021@gmail.com

with a short explanation of why you want to take part.

About the facilitator: Caroline Sherwood embarked on her spiritual journey in 1973, with a seven year training in insight meditation. She has studied with a number of teachers and healers and is the author of *Making Friends with Ourselves: Introducing Children to Meditation*, which has been translated into Hungarian and Romanian. Caroline has run workshops and retreats since 1980,

and is particularly interested in finding new expressions of ancient spiritual knowledge for the needs of contemporary people.



If you would like to send in your own thoughts, experiences, images or comments.

suzannemthomas48@gmail.com

My aim is to build a healthy spiritual network, with no boundaries, there is no need to feel alone, no matter where you are physically in the world, all are free to share, if you wish.

I am truly grateful to all who promote the Fountain International Magazine and or Newsletter.

Be a part of this spiritual project. Don't miss out.



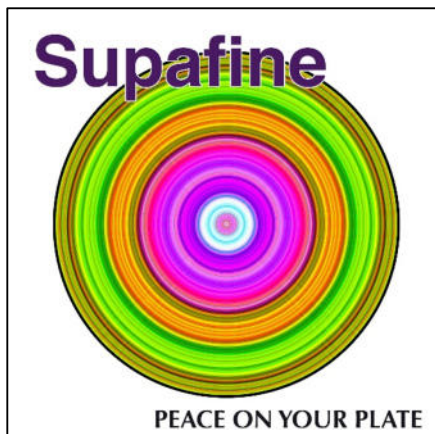


Supafine

Peace On Your Plate

Released – 1st January 2021

**Peace On Your Plate
release new single
'Supafine' to begin 2021
with some funk and
positivity**



is
the
new

**single from musical collective
Peace Supafine On Your Plate,
released on 1st January 2021.**

This funk explosion of positive vibes was written by Giles Bryant & Gavin Chappell-Bates, the songwriting team who achieved a No. 5 hit last Christmas (Google download chart) and funkster pianist Ian Haywood.

A fantastic backing troupe of singers, dancers and musicians joined them to create this feel-good song and video, destined to become a modern funk classic. The song was produced by Giles Bryant (The Perpetual Choirs) and

mastered by Christian Wright (Ed Sheeran, Blur, Radiohead) at Abbey Rd Studios.

Giles said:

"Going into 2021, we wanted to gift the world something that could help bring about positive change and healing. 2020 has been tough! And many people are struggling right now. What is the way out of this? We believe we co-create our reality through our thoughts and feelings. We can feel supafine. It is possible, even with the challenges we face."

"When lots of people focus on something it can create change – so let us focus on health, harmony and happiness – getting outside, moving the body, eating a rainbow of foods, having meaningful relationships and community connection. Supafine is about all of these things."

Links

Listen to 'Supafine' (please do not share this link):

<https://soundcloud.com/peaceonyourplate/supafine/s-7FleTowdr50>

Download 'Supafine' as a WAV file (please do not share this link):

<https://peaceonyourplate.co.uk/wp-content/uploads/2020/12/01-Peace-On-Your-Plate-Supafine.wav>

Download 'Supafine' as an MP3 file (please do not share this link):

<https://peaceonyourplate.co.uk/wp-content/uploads/2020/12/01-Supafine.mp3>

Website:

www.peaceonyourplate.co.uk

Facebook:

facebook.com/peaceonyourplateuk

YouTube (for official video release):
youtube.com/channel/UCIg3Cw1hvnNoiMHX3Vzn5rw

**For interview and content requests
please contact:**

07736 979221 (Gavin) /
info@peaceonyourplate.co.uk

Online EPK (including biog, logos, photos):
peaceonyourplate.co.uk/electronic-press-kit-epk

Finally

