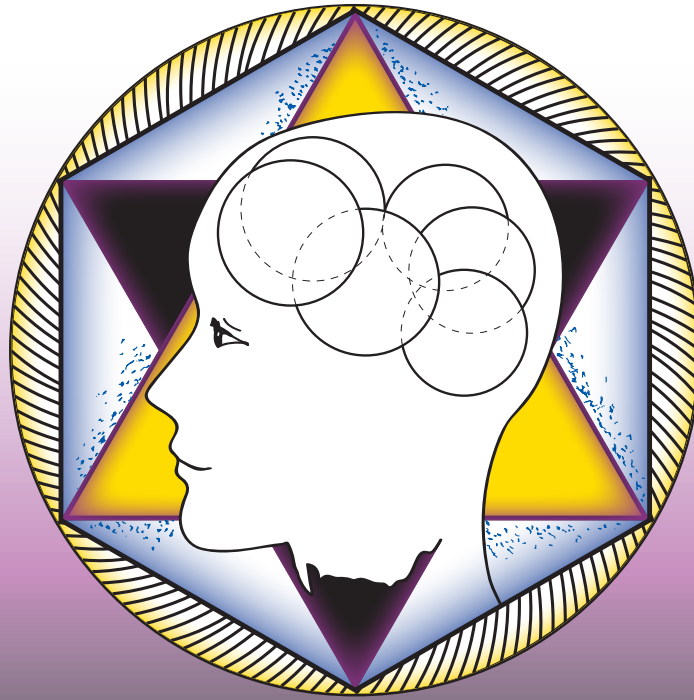


COSMIC HISTORY CHRONICLES VOLUME I



Book of the Throne



Workbook

Cosmic History Chronicles Volume I
Book of THE THRONE Workbook

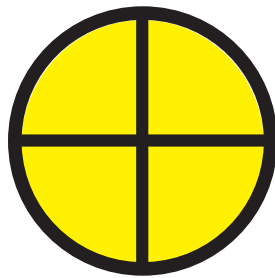


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INTRODUCTION

Cosmic History Chronicles Volume I ***Book of the Throne Workbook***

The *Cosmic History Chronicles*, along with this supplemental workbook, provide a spiritual/mental program for the facilitation of personal and planetary evolution. All that is required to undertake this whole person/whole system program is the willingness to accept new programs and change old programs, with a consequent redefinition of your self-perception. As you change your inner world, so does your outer world change. These exercises are imbued with the purpose of taking you to the next evolutionary threshold—the noosphere!

What you need to begin: a copy of *Cosmic History Chronicles, Vol. 1*, a new journal (8 ½ x 11, unlined is recommended), and some basic art supplies like colored pencils. A 13-Moon calendar is also helpful. This can be obtained by visiting www.lawoftime.org/freecalendar.

Suggested Use: It is recommended that you begin by first programming the 52 workbook exercises into your 13 Moon, 28-day calendar. This way, you will have an organizational template from which to pace yourself and mark your progress. There are four exercises for each of the 13 chapters, 52 in all. It is recommended to take one week for each chapter, for a total of 13 weeks. Some exercises take only a few moments, while others may take an entire day.

First, read the chapter once through. Then start with the first exercise. After completing all four exercises, go back and re-read the chapter and absorb the main messages.

Second, you will also notice that there are four precepts for each chapter located in the back of this workbook. It is suggested to draw and meditate on one per day, in addition to your other meditations and studies. You can also use these precepts as a weekly program, by drawing one per week for a total of 52 weeks.

These exercises are intended to change your perceptions about yourself and the nature of reality, opening you to the ever-existing multidimensional universe. But, the exercises will only work if you are willing to put the necessary thought and effort into them. Remember that *everything* can be attained by those willing to make the effort!

Being that Cosmic History is a whole person/whole system program, you will want to contemplate every aspect of your life. A good place to start is by reacquainting yourself with your body as an instrument for grounding Cosmic History and awakening to the cosmic mind.

Here are some suggestions to take into consideration in your studies:

1. Daily Meditation/Mindfulness Training

(Even for just 15 minutes per day to start)

2. Cultivate a Regular Psychophysical Discipline

It could be Yoga, Falun Dafa, Tai Chi, walking, breathing. Your body is a divine instrument and the more it is disciplined, the clearer your channel.

3. Adopting an Evolutionary Diet

A vegetarian or vegan diet is recommended. Raw fruits, vegetable, nuts and juices produce optimal results. The lighter the foods, the lighter our body and mind. Consider exercise, diet, breathing, purification and fasting in relation to your mind and body.

You may also be inspired to begin experimenting in using the 13 Moon, 28-day calendar, which is a tool for increasing synchronicity. It can be followed alongside Gregorian calendar, and any other calendar system can be plugged into its matrix. You may also wish to form a Cosmic History study group. Working with others helps quicken the evolutionary process.

Now is the time to cultivate your mind. Now is the time to undergo a deep cleansing and purification. Now is the time to find your True Self and maintain your identity inside of yourself. Let go and receive. Everything that you seek is within you, waiting to be awakened and evolved.



CHAPTER 1: WHAT IS COSMIC HISTORY?

Exercise 1: Media Exercise

Purpose: To increase awareness of media conditioning.

Read pages 3-5. Pick up a current popular newspaper or magazine and look through it carefully, keeping the following questions in mind:

1. What is the newspaper or magazine conveying to you about the world?
2. What does it have to do with your soul? With your evolution or the evolution of the human species?
3. What is promoting? Look at the ads. Are they promoting machine consciousness or marketing gimmicks. Is this real? Where is this going?

Write your reflections in your journal. Think about what you are most drawn to, magazines, movies, why? Could it have something to do with the fact that this world is nothing more than a projected hologram? Remember the mind that is reading or watching is the mind that created it.

If the newspaper or magazine is published daily, weekly or monthly, is it saying anything new from issue to issue? Or is it a closed feedback loop talking to itself? What does the publication already assume about you the reader in their articles? What does this type of information represent from the point of view of the noosphere? If anything.

Now, for one day, note all of your verbal exchanges with other people. Or go somewhere public (like a busy restaurant or shopping mall) and sit for long enough to have a well-rounded observation. Listen closely and note what people are talking about. Write snippets of dialog in your journal. How much of what they are talking about is influenced by media? Are they talking about money? The latest movie? Computers or gadgets? About other people? How much of what people talk about expresses consciousness about the planet and what we are doing on it? Are their words and tones congruent with each other or are they merely repeating clichés? Listen for long enough to see if people start saying the same things. Write down any observations in your journal.

Exercise 2: Past-Future Study

Purpose: To gain insight about the evolution of the collective belief system.

Read pages 9-10. Go to the library or bookstore and find a history book that shows the progression of civilization—focus on the evolution of inventions, science and technology. Write your findings in your journal. Contemplate how one material discovery led to another and once discovered or invented, humans could not live without them. Contemplate the fact that the Internet has only been around for the last 20 years or so and the cell phone less than that. Also keep in mind that the personal computer is very recent in the scheme of creation as is the automobile (1908).

Contemplate what it would be like without these “inventions”. Consider how the automobile, which has not been around long, facilitates the deterioration of the body (no exercise). Consider how the computer replaces intuition (with everything at your fingertips, who needs to think?) Contemplate this. How can we go on like this? Contemplate the human dreams or thoughts that pulled these materials into existence. Based on this study, what do you envision for the future?

Exercise 3: Clearing the Brick Wall**Purpose:** Clearing the inner obstacles that block us from the higher dimensions.

In order to deconstruct historical materialism, which is at the root of the present world construct, we have to see what is the opposite of materialism—which is spiritual reality. To deconstruct the root of the prevailing belief system, you must determinedly engage in a higher spiritual point of view.

—Chapter 1

Draw a brick wall with 52 bricks. Allow enough space to write a few things in each brick. Imagine each brick as an individuated storage unit for specific accumulated perceptions beginning at your birth.

Recall yourself as early back as you can and begin writing in simple beliefs that you were taught about the world by your family or society, particularly in the area of God/religion, body/food, money, other people, codes of conduct, etc. Keep them very simple like: “Hide your feelings” “Donuts are rewards” “People are crazy.” “Jesus is Lord,” “You are smart.” “You are not good enough.” “You’ll never change.” “I must shop at Christmas.” “This team is better than that team.” “This country is better than that country.” etc. Just write them down, both “good” beliefs and “bad” beliefs. Just keep going. Do your best to fill in all 52 spaces. After you have completed this, put it away and then come back to it a little later.

Look at your list, as objectively as possible. This list represents a set of conditioned beliefs that filters your perceptions. These beliefs are the learned responses programmed into your brain. Note which ones you wish to keep and which ones no longer serve you. Keep in mind this brick wall is a microcosm of the collective brick that keeps reality locked into this particular consensual system of reality. Now think about it. How do these early programs affect your current behavior and responses? Be honest with yourself. How can you set yourself up to have different responses in order to dissolve these old beliefs?

Now consider your “daily routine.” Is there some physical habit or addiction that you would like to overcome? Identify and define it. Or is there some mental addictive tendency that you would like to change? These addictions/tendencies can be anything from drinking, smoking, overeating to worrying and/or any other form of mental addictions.

Now, consider all of the ways that this habit or addiction hooks you into the present world construct. Make a graphic description of the habit or addiction, showing its many hooks into the present world model.

For example, if your addiction is smoking cigarettes, then your graph would show the connections between a tobacco farmer, agribusiness, pesticides, chemical industry, bit cigarette corporations, advertising industry, television/magazine/newspaper/billboard ads, the cigarette production factory, the trucking industry, retail outlets and vending machines, money and you.

After this consideration, see if you can go about changing it by reprogramming yourself. First of all, think of the affects on your physical body, as well as your emotional, subtle and astral bodies. Make a list of the negative effects caused by this addiction. Be sure to include all levels. Next to each negative effect, write down a positive antidote and create a higher form of behavior to replace the old one. Remember that to change addictive tendencies or bad habits, you must consciously apply concentrated will. This means exerting in consistently directing your focus of attention to new models of behavior, until the old habitual vibration pattern is subsumed into a higher one. If your addiction is mental, consider how your new behavior will no longer contribute to the psychic pollution dominant in the present world model. See if you can make a graphic of this process as well.

Exercise 4: Whole Earth Visualization**Purpose:** To connect your body with Earth's body.

From a cosmic normative point of view, what is valuable and meaningful is your relationship with the Earth as a living entity and to the sun as a divine intelligently coordinating information energy system—and finally your relationship to the galactic whole and the larger constellation of which it is a part.

—Chapter 1

The whole Earth is our home. The whole Earth is the reference point for all of our learning. Wherever you are on Earth, you are home. The Earth is a whole organism, a whole system.

Visualize yourself right where you are. Notice the space that you are in, whether it be inside or outside. Now lift out of the environment you find yourself in and look down on it from above. Lift out further and see the entire street or area that you are in. Now expand out and lift higher and higher out into space. From space, view the Earth as a single luminous blue mandala; like a wheel that possesses everything. See the Earth from all angles. See that it is a planetary orb, a wheel turning in space with an essential value, its dharma or truth. The dharma or capacity of Earth is its capacity to sustain life.

Visualize the whole of life on earth, from the animals, to the plants, the humans down onto the insects and plankton. See it all as one whole system. The whole of the life on the Earth is the biosphere, or the sphere of life that covers the surface of the Earth like a film or vibrant mantle that is ever in motion. Really visualize how all of the different life forms and processes are one unity on this shining blue orb.

Now let your mind penetrate beneath the surface of the Earth. Feel the spherical layers of sediment and crystalline rock. Go to the core and find the massive iron crystal octahedron. Feel this crystal core as a dynamic radio receiver/transmitter elongated in the direction of each of its magnetic poles.

Place yourself in meditation at the very center of that crystal radio receiver/transmitter. Who is the Earth receiving? What is the Earth broadcasting? Where is the Earth receiving? What messages is Earth giving you right now? Write your reflections in your journal.

CHAPTER 2: COSMIC HISTORY, THE LAW OF TIME AND THE SYNCHRONIC ORDER

Exercise 1: Observing Your Thoughts

Purpose: To increase awareness of your daily thought patterns.

For one day, commit to examining your thought processes—keep a journal or notepad with you throughout the day. Write down everything that happens in the external realm/internal realm. These can be in note-form. Record any decisions you were presented with and made today. Note the fluctuation or nonfluctuation of mood and emotion throughout the day. Notice points of frustration or anxiety, joy or excitement. Make a thorough investigation. Be scrupulous. Note any conditioned patterns of mind that may reveal themselves to you today, in the forms of particular beliefs or biases, expectations or irritations. At the end of the day, review the patterns of thought that you engaged in. View these patterns as the imaginal map of your own mind. Draw this map if you like.

It is best to do this practice on a day where you are free from obligation so that you really have time to monitor the influx of your thoughts. It is best to begin this process as early in the morning as possible. Maybe arise a few hours earlier than usual, light incense and keep a journal nearby. Do your best to keep a clear mind, but when thoughts do come to you (as they inevitably will) it is best to immediately write them down. Keep your journal with you throughout the day to monitor and record minor as well as elaborate thought processes. At the end of the experiment, consider the following:

Who thinks these thoughts? Why does there seem to be a compulsiveness to them? How many different types of thoughts are there? Is there a unified, consistent personality behind all of the thoughts? Record your answers in your journal.

Exercise 2: 13 Moon Cycle

Purpose: To increase creativity through engagement of the 13 Moon calendar.

Virtually all of the conditioned reflexes of the mind of the planetary human, for the most part, are held together by the framework of the timing program they use.

—Chapter 2

Read pages 25-32. **If you are new to the 13-Moon calendar,** try first experimenting with following a 28-day cycle to see what perceptions might arise. First, become aware of what day it is on the Gregorian calendar, for example: Saturday, December 24, 2011. Think about this. What feelings does it bring up? For one, it is the weekend so that feels different from a weekday. In addition, it is the day before Christmas—what does this make you feel? Does it make you tune into family? Does it make you feel stress to do last minute shopping? Does it make you want to listen to a certain kind of (Christmas) music? Does it make you want to feast? What is the history of this? Who made all of this up anyway? From the Earth's point of view, does any of this matter?

Now turn your focus to the 13-Moon, 28-day calendar and find the correlate date from the Gregorian calendar to the 13-Moon calendar. (see graphic on the last page of this workbook) You see that it is Rhythmic Moon 12, Red Magnetic Serpent. You will also see that Alpha is the day of the week. How can you experience this? Start by breaking it down. First, note that from your 13-Moon calendar, the Rhythmic Moon is the Moon of Equality. This can be your first point of reflection. And today is the Red Magnetic Serpent, which corresponds to life force, instinct and survival. Just by knowing this basic information, you can begin to create daily questions for yourself to enhance your self-reflective abilities. This new way of thinking and contemplation on a daily basis will shift your consciousness to a new creative frequency.

If you are familiar with the 13-moon calendar, you might try this exercise:

Study the oracle and codes of the day. Then expand your creative consciousness by seeing how many different creative orderings you can find. Write a short code story, prayer, song, poem, prose, etc. of the daily codes to spark your imagination and enter you further into the synchronic realms. Try to include as many levels and layers of the synchronic order as possible. Remember: *The matrices contained in the 13 Moon, 28-day calendar unlock numerous programs—but you are the one who provides the actual meaning. For every person there will be a different meaning for the different juxtaposition of codes.*

Exercise 3: Timing Programs

Purpose: To directly experience all the ways in which a calendar is a programming device.

Virtually all of the conditioned reflexes of the mind of the planetary human, for the most part, are held together by the framework of the timing program they use.

—Chapter 2

Study a Gregorian calendar. What is programmed into each month? For everyone, the meaning is a bit different according to religious holidays or birthdates of friends and family. Map your own pattern on the Gregorian calendar: Birthdays, anniversaries, tax time, holidays (or whatever you celebrate that is also celebrated by the collective human). Write these in your journal. This is your annual “program.”

Note that this program, embedded into the Gregorian calendar is run year in and year out. Each year that it is run without questioning it only increases unconscious thought patterns and therefore increases the acceptance of this particular program as absolute concrete reality. This program is full of concepts like taxes, democracy, war, economics, insurance and holidays. Without reflecting on the meaning of this program, consciousness becomes stagnant—a stunted loop that brings up the same feelings and emotions at particular times, year after year.

For example: Consider the thoughtforms associated with the word “Christmas.” Write them in your journal. Then pinpoint other popular holidays, note what “month” they fall in and then note the specific thoughts and feelings that are associated with them. For added awareness, you may want to write the meanings of all of the names of the months in your journal. Also contemplate the fact that most annual holidays happen on a different day of the week, due to irregular programming.

Consider what happens when all of those holiday moments are fixed on the Thirteen Moon calendar. For example, Dec. 25 would always be Rhythmic Moon, day 13. Feel the difference in your mind between “December 25” and “Rhythmic 13.” Keep in mind that December means “ten” but is the twelfth month. Can you see how conceptualized and “loaded” even the word “December” is, much less “December 25?”

In contrast, the 13-Moon calendar is more than just a schedule of events, but has the synchronic order programmed into it, so there is a whole other level of creative engagement that is possible. This does not exist in the Gregorian calendar. Read pages 25-32.

Exercise 4: Encyclopedia of Time

Purpose: To explore the different information matrices contained in the 13x20 matrix code.

The 260-day or 13:20 pattern is naturally going to orient you to the imaginal realm because it is, in and of itself, a fourth-dimensional program for reading third-dimensional events.

—Chapter 3

Read pages 32-37. Explore the Harmonic Module/Tzolkin (see graphic on p. 79 of this workbook) Imagine that each of its 260 squares is a door—when opened it contains a vast store of information, memories, thoughts, dreams, experiences, as well as evolutionary timing codes. Each day you are playing your program coded into this matrix, while simultaneously depositing information by your response to programmed experiences. Different kinds of knowledge are deposited into each one of these 260 units. 28 units equals one moon. Keep in mind, that this matrix is a fourth-dimensional overlay onto the third-dimensional reality you are now experiencing. Contemplate this well. Write down any reflections in your journal.

Explore some of the different levels and orders of this 13:20 Harmonic Module.

For example, contemplate the Harmonic Module as a coded historical encyclopedia (see Baktun Map on p. 81 of this workbook) The thirteen vertical columns are broken down into what the Maya called baktuns, which is roughly equivalent to 144,000 days. Note how the 20 vertical units are filled with historical events or people. Begin to see this entire program of history as a single thoughtform—a single program. Record your reflections in your journal.

You can also use the Harmonic Module to contemplate the Cycle of Becoming and the Cycle of Return. Read pages 29-30. The Cycle of Becoming is the cycle of manifestation on the physical plane. The Cycle of Return is the cycle of the soul emerging from the physical plane into an ever increasing spiritual plane of existence. Contemplate the first 130 units of the Harmonic Module as the Cycle of Becoming and the last 130 units as the Cycle of Return.

The Harmonic Module can also be used as an interplanetary index, corresponding to the different planets and thus representing the interplanetary history. Focus on this aspect. Study the Harmonic Module with the planets (see graphic on p. 83 of this workbook). Choose a “door” to open a planet. What does the seal or color and tone tell you about the experience of that planet? Can you find the two flows? Galactic Karmic (Pluto to Mercury) and Solar-Prophetic (Mercury to Pluto). Record this fascinating information in your journal.

CHAPTER 3: PLANETARY HUMAN

Exercise 1: Life Review

Purpose: To uncover and release programming conditioned in your childhood.

Read pages 40-45. Now get out your journal and time travel into the heart of your childhood. Note the mental conditions of the particular life configuration that you were born into. Recall the scents and sounds of your household situation. What kinds of foods were you fed? What kind of religion were you born into? Was there substance abuse or violence in your home? What kinds of stories were you told? Be honest and do your best to uncover your deepest programming. If particular events come into your mind, explore why those particular events stand out the most in your memory. Of what value is this reinforced memory? How did your early childhood set your life program? Buddhists say that by the age of seven you are pretty well formed. Does this seem true for you? Can you recall yourself at this time?

Now reflect on the lessons and meaning of your life. What have you learned? What are you currently learning? Do you use circumstances that happened in your early life (or later life, even) as an excuse for not evolving? What channels have you closed off that you would now like to open? Find the synchronic thread running through all of your life events.

Exercise 2: Identifying Media Influences

Purpose: To become conscious of worldly influences in order to transcend them.

Consider in what ways your life has been (or is) shaped by television, movies, popular music, electronic music, videos, computer, the Internet, etc. Write observations in your journal. Then take an inventory and see in the length of one week how many of these forces you are interacting with and how they are shaping your life. Also during this time, be aware of the different statements, slogans and saying that you come across in any of your activities; reading, movies, music, other people, the Internet, etc. Make a mosaic of these statements or slogans and see what overall message it forms.

If you are serious about exorcizing useless bits of media sludge from your mind, then it is helpful to write a stream of consciousness “Pop culture poem.” Again, note just how much of what runs through your mind are slogans, songs or expressions that you have heard from popular forms of media. Do not worry about writing a “good” poem, but rather use it to release the fragmented loops, artificial foods, song phrases, slogans, commercial jingles, etc. onto a sheet of paper in some coherent form. The key is to get them all out so you can look at them and dissolve them. Is it possible to remove yourself from all influences for at least a few days to see what it is like?

Exercise 3: Planetary Human Collage

Purpose: To realize humanity as one being with many parts.

Collect or gather a number of used magazines—news magazines, nature magazines, entertainment/pop culture magazines, *National Geographic* magazines or any other journal that will aid you in constructing your collage of the planetary human. Then get a large piece of poster board (or an even larger sheet if you wish). Envision the One being of which we are all a part of.

Now make a large universal collage or mind/body map of the One being, be sure to include something that represents all traditions, all races, all spiritual teachings, all civilizations, etc. You can go as far out as you wish to include different planets, universes and galaxies, etc. The point is to create the UR being in order to see that there is only one being with many parts. If you really get into this project, your entire being will experience profound integration, as you will be drawing all paths back to one single thoughtform. See where this takes you!

“...When everyone realizes themselves as the one being, telepathy is inevitable, it will be able to contact and speak to itself anywhere at any time.”

Exercise 4: Renewing Your Earthly Persona

Purpose: Visualization to re-envision yourself through self-reflection and universal compassion.

Set aside some time each day to practice merging into the planetary human, operating with a noospheric compassionate consciousness, tuned into the whole of life on the planet.

Part 1: Letting go and developing compassion.

First develop compassion, by sincerely contemplating all of the different forms of suffering that are happening on the planet today. What is the reason for suffering? Write your reflections down in your journal. This contemplation gives rise to a deep sense of compassion for all beings. If done with the highest intention, this contemplation will culminate in a deep desire to eliminate for once and for all the suffering of every living creature!

Contemplate the following and make notes in your journal:

The only way out of suffering is through knowledge of the illusory nature of all created form—however, in order to realize this, you have to sacrifice your time. What does this mean? What attachments do you have that keep you in a state of suffering? Identify them and then take a big breath of relief and remember that they do not actually exist!

Part 2: Penetrating fully the Earth's consciousness. Meditate on the unified thread of light between all beings. You are the supramental bridge. You want to renew your earthly persona so that it reflects a purified instrument able to channel the highest force. What does it mean to embody the universal human being in its entirety? How can you make your thoughts, words and actions absolutely universalized? Feel the quickening of your evolution. Form a clear mental picture of your glorious, translucent higher Self. Feel rainbow light beams shooting out of your third eye into the minds of every last creature causing them to be filled with overwhelming joy and supreme happiness!

CHAPTER 4: YOGA/TRANSFORMATION AND COSMIC HISTORY

Exercise 1: Controlling Your Thoughtwaves

Purpose: To experience natural mind.

The yogic point of view is the direct perception of reality that is based on the control of the thought-waves—so you have penetration of your own mind and consciousness in awareness with the all-abiding reality.

—Chapter 4

Set aside some quite time when you know that you will not be disturbed. Devote your whole being to experience directly the nature of your original mind and self to the exclusion of all else. Put everything into this. Keep telling yourself that nothing is more important than clearing your mind. Sit quiet and let your mind relax. Drop all worries. Think of nothing and of no one. Recognize that all thoughts are past. All words are past. You are already here, but you will only know this by exercising your will to clear your mind.

Let your mind dissolve back to its natural state. Whatever you can touch is outside. Forget all of your outside attachments. They do not exist. Do not think. If thoughts do arise, instantly trace them back to source and they will disappear, as they are only phantoms. This practice must continue at all times so that it becomes as natural as breath itself. If at any moment you are not experiencing peace, check to see what has hold of your mind.

Try the following meditation practice for awakening natural mind. :

Begin by sitting still. The natural way is to sit on the floor, on a cushion that is firm, supports the erect back, and that allows one to sit cross-legged. On the floor, on a cushion like this is most preferable and most natural. However, if that is not possible due to your health and/or body condition, then sit on a chair with feet firmly on the floor and back erect, not leaning on the back of the chair.

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

Now, in this position, you have nothing to do but watch your breath. Breathe normally. You will become immediately aware of your thoughts. As you become aware of your thoughts—it matters not the least the nature or content of the thought—just label it “thinking,” and as you exhale, dissolve the thought. At that very moment before exhaling

and just as the thought is dissolved, lies the “gap” between the thoughts. It is this gap you are going to want to become familiar with and cultivate. It is the seed of natural mind and the key to your true, authentic self.

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

Exercise 2: Eight-Step Character Transformation

Purpose: To understand how you fabricate your character and how to transform it.

Part I: Notice how each thought has a whole set of emotional reactions to it. Experiment to see how your mind is like a monkey reacting to thoughts generated by some unseen spin doctor conjuring dramas, comedies, romances, tragedies, and even horror films. Notice how a thought enters your mind and creates a certain emotional reaction in your body according to your specific wiring.

In your journal, make note of how seemingly random triggers might set off a whole emotional reaction. Try to note the chain reaction of your thoughts and behaviors in response to the trigger. Now answer the following questions in your journal: Who made or created this automatic character that you are? What purpose does your personality serve? Note how your personality is nothing but a compilation of philosophies, concepts and beliefs woven into you at specific moments in time. Really ponder this fascinating fact and write down your reflections in your journal.

Recognizing all of your particular conditioned thought feedback loops is an important step in releasing them. If you sincerely do this work, you will soon see how all of your thoughts are illusory phantoms, which will, in turn, make it tremendously easier to dissolve all thoughtforms in your meditation, opening you to the cosmic states that you have been longing to return to.

Part II: Read carefully pages 64-67. Study the eight limbs of yoga, as coined by Patanjali in his classic *Yoga Sutras*. Now using the template below, craft your program of transformation using the template of the 8 limbs. The goal is to transform your physical body back into cosmic reality. How can you use these as a guideline to discipline yourself back to your original perfection?

1. Yama—Transform moral behavior
2. Niyama—Intensify inner discipline
3. Asana—Exert physical body
4. Pranayama—Transform breath
5. Pratyhara—Transform perception of sensory input
6. Dharani—Develop concentration (to activate memory)
7. Dhyani—Practice meditation
8. Samadhi—Cultivate superconscious state of mind

Exercise 3: Jnana (mind) Yoga Exercise

Purpose: To experience your physical body within the resonant field model.

To serve the purpose of evolution, the etheric body—the subtle body within the light body within the dense body—is spirit’s offering to the soul in order for it to be able to evolve beyond the physical plane.

—Chapter 4

Turn to page 68 of Cosmic History Chronicles Volume 1. Transport yourself to the center of the graphic (Physical Body in Resonant Field Model). Memorize the three resonant fields:

1. Gravitational field—governs third-dimensional physical body.
2. Electromagnetic field—governs sensory phenomenal world of appearances.
3. Biopsychic field—governs patterns of consciousness manifest as life.

Visualize the gravitational field as the force that causes your body to be coherent and stay grounded. Visualize the electromagnetic field as the surrounding force that is continuously pouring out different frequencies of information into each of your senses. Visualize the biopsychic field as the vertical force field passing through your spinal axis that is continuously streaming through from the higher dimensions into your mind.

Remember from the visualization exercise in Chapter 1 that the biosphere is the region for transformation of cosmic energy (for more in-depth information regarding the resonant field model, see *Earth Ascending* by Jose Arguelles).

Once you imprint yourself with the resonant field model, you can use it as a perceptual lens in which to view the world. Visualize it whenever you need to and see how it informs and stabilizes you.

Exercise 4: Aboriginal Continuity and Cosmic Awareness**Purpose:** To understand the meaning of the AC/CA fourth dimensional timing circuits.

Read pages 73-76. Pay close attention to the graphic on p. 75. Study and comprehension of the AC/CA currents accelerates the advance into the noosphere.

AC (Invisible)—Aboriginal continuity

CA (Manifest)—Cosmic Awareness

Sit up straight (or stand) and breathe evenly in and out. When your mind is sufficiently clear, focus on conscious respiration, directing your breath to your spinal column. Now cover your left nostril and breathe in through your right nostril to energize and activate the AC current. See this current of internal force winding around your spinal column. This is the internal force. It contains information that comes to you from the future. It creates the matrix from which history itself arises.

Now cover your right nostril and breathe in through your left nostril to energize and activate the CA current. See this current of manifest form winding around your spinal column forming a crossover polarity with the AC current. This current contains information that flows to you from the past, inclusive of all of the cumulative cultural forms. The CA represents history itself, or the manifest reality that is built on models of past behavior.

Now feel the continuous flow between the AC and the CA currents weaving around your spinal column. This can also be understood as a psychogenetic feedback loop ... the continuous interchange between the biologically innate and increasingly elaborated psychocultural factors.

Now turn your attention to the other graphic on page 75 “The Two Sides of the Galactic Brain.” Meditate on how these two components (AC/CA) structure the galactic brain or the galactic field of intelligence. For more information regarding the AC/CA circuits see *Earth Ascending* and the *20 Tablets for the Law of Time*.

CHAPTER 5: SORCERER'S WHOLE BODY PERCEPTION AND YOGA

Exercise 1: Chakra Plunge

Purpose: To uncover life programs rooted in your chakras.

Consider your seven chakras as constituting the nuclei of your intrinsic life programs. Read and contemplate page 79 to take a glimpse of what life programs each chakra is associated with. If you are not already familiar with the chakras, then it is best to first meditate on each of the chakras, inclusive of its color, location in the body and number of lotus petals. Inhale and feel the prana or life force feeding each of these chakras with pristine energy. Chakras are psychoactive generators turning and being fed by streams of prana. Within the prana or vital breath are the seven radial plasmas. Activate these as they provide the energetic psychotelepathic fuel. There is no limit to the vast inner worlds that will open to you upon contemplation of your chakras.

Now read and think about the sentence or two associated with each chakra. Think of all of your life programs and experiences as being a function of one of each of these seven chakras. The following are some very basic exercises to get you working with your chakras. We will carefully focus on one chakra at a time in order to view the myriad of stored programs contained within each. After viewing the stored programs, you will want to replace those that are no longer serving you with a higher energy program. The best way to replace old programs is to exert in the new. Remember that your ability to view these programs is dependent on the quality of your attention, accurate observation and clear thought.

To begin, sit quietly and breathe. Focus on inhaling vital etheric nutrient plasmas, which are the building blocks of reality. Breathe until you sense the etheric body around the physical body. Breathe prana into the subtle body, which is aligned with the spine.

Now, again activate each of your chakras from the bottom up with the corresponding number of lotus petals as described on p. 79.

Breathe into each chakra and let go, see it growing brighter and brighter in color. Notice the types of programs stored in each chakra. Record in your journal what each of the chakras reveal to you.

Root chakra—Examine your survival programs. Do you feel that you have to struggle to have your basic needs met? How much time is spent on ensuring your “security”/survival? Meditate on your red root chakra and see what old security programs you are carrying. Release cloudy gray programs associated with this chakra and inhale new sparkling red energy into your root chakra. Know that the highest programs are being infused and extending out to all beings.

Secret chakra—Examine your views and beliefs about sexuality. What is the cosmic purpose of sex? What old beliefs or ideas do you hold about your own sexuality? In what ways do you channel your precious life force? Many unconscious programs are stored in this chakra awaiting your reflection. Release cloudy gray programs with the out breath and then inhale luminous

orange energy into your secret chakra. Know that the highest programs are being infused and extending out to all beings.

Solar Plexus—Examine your beliefs about power. What is power? What do you know about your own power? How do you use your power? Identify all third-dimensional attachments or power struggles that keep you from experiencing the grand hook-up to the big power circuit. Release sticky gray attachment programs with the out breath and then inhale radiant yellow energy into your solar plexus, Know that the highest programs are being infused and extending out to all beings.

Heart chakra—Examine your own capacity for selfless compassion. Identify all programs of selfishness that keep you from extending love and service to others. Make an honest assessment of your capacity for joy. How can you extend your heart out to all that lives touching them with rays of compassion? Release all murky resentments and selfishness with the outbreath and then inhale bright shiny green energy into your heart chakra. Know that the highest programs are being infused and extending out to all beings.

Throat chakra—Examine thoroughly your speech. How do you say things? What do you talk about? Do you talk incessantly, compulsively? Do you use your voice to communicate from your heart your true feelings, or do you use words as a shield to cover over your insecurity? Is your voice kind and melodious sounding, or do you talk rapidly, anxious to say as much as possible. What do you use your voice or power of communication for? Release all idle chatter and nervous talk and inhale cool soothing blue energy into your throat chakra. Know that the highest programs are being infused and extending out to all beings.

Third Eye—Examine your views regarding psychic phenomenon. What do you know about your powers in this area? What have you experienced? The whole system is directly knowable through the sixth sense or mind, which is the supersensory mode of knowing or experiencing. Release all idle chatter and nervous talk and inhale indigo energy into your third eye chakra. Know that the highest programs are being infused and extending out to all beings.

Crown chakra—Examine what capacities for enlightenment that need to be activated. Identify all types of mind games that you may play with others or with yourself. Release all head-trips and rote thinking and inhale crackling electric violet energy into your crown chakra. Know that the highest programs are being infused and extending out to all beings.

Root of Root—extends to and encompasses the Earth's octahedral crystal core

Crown of Crown—extends to and encompasses the Earth's noosphere

Exercise 2: Seven Radial Plasmas**Purpose:** To discover telepathic programs embedded in the chakra system.

Within the prana, or the vital breath are the different primary plasmas, known as the seven radial plasmas...Once consciously breathed in, these plasmas may be directed to different chakras, where they provide the energetic psychotelepathic fuel.

—Chapter 5

Read and contemplate p. 80-81 carefully. Meditate on each of the seven radial plasmas as being a specific telepathic message unit. (It is also helpful if you have a 7:7::7:7 Telektonon Revelation Kit as it will give you further insight and practices.)

The seven plasmas constitute the most primary microelectric quanta building blocks of universal structures, such as atoms, but also as carriers of types of information. See if you can discover what types of information they carry. The first three units: Dali, Seli and Gamma correspond to the sensory “outer” quanta or the phenomenal realm. The middle unit, Kali is the corresponding link between the sensory and telepathic quanta, and the remaining three units: Alpha, Limi and Silio are the telepathic “inner” quanta.

These seven plasmas are the key to your third- to fourth- dimensional hook-up. With concentrated and focused meditation, you will feel the power of each of the plasmas surge through you in waves of liquid light-heat, opening you to the vast realm of the electronic universe. After imprinting each of the radial plasmas into each of the chakra centers, meditate them as an overlay laid over the petals of the chakras.

Meditate on the higher dimensional telepathic programs contained in each of the radial plasmas located in your chakras. A meditation springboard is listed below. Meditate on these in correlation with the previous life-program chakra exercise.

Seli/Root Chakra—Higher telepathic powers that reinforce your luminous connection with the earth as a living organism, roots you to the octahedral core of the Earth.

Kali/Secret Chakra—Higher telepathic powers of the “inner sun” the solar programs that connect the activation of your sexual energy (life force) with the sun itself, connecting your sensory and telepathic programs.

Limi/Solar Plexus Chakra—Mental electron of the higher telepathic galactic information circuit. With meditative focus, this center connects you to the coordinating orders of the AA Midway Station, the central mediating center for information between our solar system and all of the higher dimensional realities.

Silio/Heart Chakra—Mental electron/neutron (MEN) that contains higher telepathic powers that connect you with the compassionate guardians of our planet and our solar system. Associated with the Pleiades.

Alpha/Throat Chakra—Double-Extended Electron which contains powers of telepathic communication or capacities that might also be connected to the star Sirius.

Gamma/Third Eye Chakra—Contains the inner light of the higher telepathic psychic wisdom; the ability to know the whole as it is directly emanating from the Hunab Ku.

Dali/Crown Chakra—Pure psychic heat that contains higher telepathic powers that open you to the intrinsic bliss of the higher universal life. Associated with the Omnidirectional Source.

Root of Root chakra—Contains higher telepathic powers of all the coordinating forces of cosmic consciousness gathered like a seed at the center of the Earth.

Crown of Crown chakra—Contains various thought or meditation waves of the galactic brain. Can only be accessed with highly focused, directed effort.

Exercise 3: Imprinting the Harmonic Module**Purpose:** To cultivate prolonged concentration and continuing consciousness

Clear your mind of all thoughts and carefully examine the 260-unit Harmonic Module/Tzolkin on page 79 of this workbook. Notice the 52 shaded units, known individually as *galactic activation portals* and collectively as the *Loom of Maya*. (For more information about this, see *The Mayan Factor* by Jose Arguelles). Examine the dot-bar notation (count of 1-13) contained in each of the 260 units. Notice the 20 glyphs on the left hand side.

Concentrate on this pattern for a prolonged period, allowing its harmonic patterns to sear into your brain. Do your best to etch as many details as possible into your mind, knowing that soon you will be asked to recall it. Remember this is a practice to increase your concentration and enhance your continuing consciousness. Your success is according to your mental exertion.

Now put the graphic away and go for a walk, rest or do something else for a while. When you are ready, test your memory. Call up the image of the Harmonic Module in as much detail as possible. What do you see in your mind's eye? Can you recall where the 7 Serpent is located? Can you visualize what number and glyphs are in each of the four corners? Can you see which seal and tone each of the 52 GAP days are? Give yourself time to recall. Be patient. After you have recalled as much as you can, flip to the graphic and study it again. You will inevitably notice new things, patterns or have new insights.

Continue this exercise every day until you can easily call forth the Harmonic Module/Tzolkin on the screen of your mind. This builds the power of continuing consciousness, which is the prerequisite for sorcerer's whole body perception, which leads into time travel.

Exercise 4: Pranic Current Alignment

Purpose: To bring the imaginal realm into the phenomenal realm.

Assume your favorite Hatha yoga pose (or just sit in proper meditation form). Quiet your mind of all thoughts. Now breathe deeply, inhale, hold and exhale in equal measure. Keeping the mind clear, focus on the central column of your spine. Allow pranic currents to naturally align. Hold this for a few moments.

Now breathe and activate each of the chakras, inclusive of its radial plasma. See the wheels of each chakra spinning simultaneously. Now coordinate your etheric body by activating the double helix AC/CA circuits as practiced in Exercise 4 in Chapter 4. Feel the double helix as two interweaving strands weaving around your central column (spine). Continue to view the chakras spinning while the double helix is weaving.

Know that this double helix AC/CA circuit is a cosmic memory template, grounding the imaginal realm in the phenomenal realm.

Keep everything spinning and moving in pristine clarity so that you can actually see divine sparks of prana flying out renewing each of your chakras. (Through telepathic attunement, you are aligning your etheric body with your physical body, bringing your entire being into balance, which activates the AC/CA cosmic memory templates). This is the first step in grounding the imaginal realm into the phenomenal realm.

The key to this exercise is to keep your mind absolutely clear. This exercise can certainly be expanded upon by various degrees through reading and comprehending pages 81-84 The Cycle of Becoming/Cycle of Return.

Keep in mind that his exercise is the beginning of the conscious practice of the art of *cosmosis*, that aims for the positive transformation of the phenomenal world.

This cosmic energy goes directly into the chakras, reconstitutes and then enters the etheric nervous system before passing back out through the physical cell walls into the immediate biopsychic environment (resulting in what is usually defined as the aura). The “reconstituted” plasma then becomes a type of battery or engine system for the body. At advanced meditative levels, this method is how you subtly alter the environment and biosphere.

—Chapter 5

CHAPTER 6: WHAT IS COSMIC SCIENCE?

Exercise 1: Critical Thinking

Purpose: To understand the basis of Western Science and how it effects you.

Ponder the following questions and write your reflections in your journal. What do you know about Western Science and how does it impact you personally? Does this dominant Western Science begin with acknowledging the existence of mind and consciousness? What types of people are the “most well noted” scientists? Would you trust a scientist who cannot control his/her thought waves? Does Western Science consider extraterrestrial intelligence? What is the human being? How does Western Science view the role of the human being?

Contemplate how Western Science creates theories such as the Big Bang. Do these theories acknowledge any kind of creative intelligence? Where did the material for the explosion of the Big Bang come from in the first place? When studying any kind of science it is important to continuously ponder the following questions:

What is examining?

What is consciousness?

Can you examine something without consciousness?

Contemplate how matter arises in the world of form. Through application of Cosmic Science, we can find out. Why do we want to? Because then we can begin to understand this and in understanding this we can uncreate polluting technologies, eliminate toxic waste, dissolve bombs and guns and erase disease from the planet. Reflect on these themes and write about it in your journal.

Exercise 2: Body as Cosmic Tuning Fork

Purpose: To understand your senses as a multi-frequency radar system.

The purpose of the creation of the human being is to create a highly evolved and intricate medium, not only to act as a vehicle of cosmic intelligence, but as a conduit for ever evolving consciousness and spirit.

—Chapter 6

Visualize yourself as a medium or transduction agent. You are a link, a cosmic chain of transformative actions of cycles and processes. Knowing this, how can you make the best use of your time while on this earth?

Visualize different cycles of transformation going through you. What are you facilitating by living? Visualize the system of life in your body. Can you make a graphic of this system? How do you experience your intelligence? How can you use your intelligence to clear the history channel and input the New Time?

Now visualize yourself sitting at the center of the sun. Just be there and allow the radiant light to purify and fill you with lucid awareness. You are absorbing the direct energy from the sun. Allow the intensity of the heat to increase. Every cell in your body is receiving and bathing in this glorious light that is continuously growing brighter and brighter. Know that this luminosity is purifying your being, making you a crystal clear tuning fork for the Earth. Let the sun's energy invigorate you and fill your channel and all of your etheric nervous fibers with pure, luminous solar energy.

Now come back to Earth and adjust your self-perceptions to that of a “solar recharge battery.” Using the sun's energy, realize that your senses are actually a multifrequency radar system. This means, that if you actually take the time, especially in a quiet room or out in nature, you will be able to tune into the entire spectrum of solar-galactic frequencies, which actually flood the environment.

Learn to listen to the silence and feel all of its textures. When you look, really take the time to see and experience the phenomenal number of modulations of color and light that fill the field of vision. Taste the taste in your mouth. Feel all the nuances of what it is to taste yourself. Take a deep inhalation and smell. Whatever it may be, feel all of the different gradations of odor. Touch the palms of your hands and extended fingers to each other, pressing not too hard, but enough so that you can really feel your skin touching itself. What is this? Everything that you experience, all the gradations of every sense organ are modulations of solar-galactic frequencies and energies. If you still your mind while you do any of these sensory experiments, see if you can feel the messages being communicated. Write them in your journal.

Exercise 3: Sensitizing to Technology

Purpose: Visualization to understand the deeper implications of the machine and consensual reality.

The machine seems to have transformed the human being into an artificial creature with increasing dependence on other forms of life, particularly on the machine.

—Chapter 6

Lift yourself above the Earth and visualize the technosphere, inclusive of all of its various kinds of machines and engineering processes for facilitating machines, including automobiles, cell phones, computers, bombs, freeways, appliances, skyscrapers, etc. See how many you can think of. Write a list in your journal. Now contemplate all the ways that humans are dependent on the machine world. How many millions of people drive cars, use computers, watch television and wear a watch, etc. Think of every hour of the day of which machines are being employed.

Contemplate what kind of an affect this has on consciousness. Contemplate how we now have a virtual reality unified planetary being hologram, but an unconscious one, that mindlessly walks through malls, airports, grocery stores and even down the street, apparently talking to itself on a cell phone, or a wireless headset cell phone. What is this about? What is the purpose of this? Write your reflections in your journal. Now imagine if all or a good portion of these gadgets dissolved and the humans had their time and energy freed up to think and imagine.

Now turn your attention to money. How is money dependent on the machine? Doesn't it take a machine to print money, and then you get your money by pushing a few buttons on what is known as an ATM machine. Isn't this strange? Take this one step further and trace the history of the dollar bill from the Federal Reserve System. For example, when the Federal Reserve Bank prints a new \$20 bill where does it go next? What path does it take to end up in your pocket when you put the card in the ATM machine?

Now go into a wooded nature area. While sitting in nature read and contemplate page 102: the Holonomic Equation. How many patterns can you find—large and small? Contemplate the patterns. Every last detail is saturated with holonomic consistency. Remember how simple life actually is. Write your reflections in your journal. What do these patterns teach you about yourself? About the Earth? About the cosmos?

Remember that you could not learn from nature if there were not patterns and “you couldn't recognize the patterns if there weren't some kind of intelligible process within your own neurocerebral make-up.” Sketch some of the patterns you see from the rocks to the trees to the leaves. Listen to the wind; to the trees. Nature will reward you for your sincere appreciation of her.

Everything in nature has a self-repeating, self-replicating holonomic consistency.

—Chapter 6

Exercise 4: Three Part Entity

Purpose: To coordinate and recognize yourself as a three-part entity.

Art is how the fourth-dimensional uses the third-dimensional body to bring it into harmony with the fifth-dimensional.

—Chapter 6

Get a pen, paintbrush, crayon, colored pencil, chalk and a white piece of paper, practice drawing and making a perfect circle. Bring your awareness to the hand that is holding the drawing instrument—this is your third-dimensional body. Now bring your awareness to the part of you that imagines the picture of the circle—this is your fourth-dimensional self. Now bring your awareness to the part of your self that coordinates and connects this fourth-dimensional image with the third-dimensional body—this is your fifth-dimensional self. Meditate on how your fifth-dimensional essence provides the superior coordination of the fourth-dimensional visual projection and the third-dimensional hand drawing the circle. The more perfect the circle is the more coordinated your three bodies are. Experiment with different shapes. Remember: You are the fifth-dimensional entity waiting to be recognized.

CHAPTER 7: TRIPLE UNIVERSE MODEL

Exercise 1: Identifying Belief Systems

Purpose: To recognize how your belief system creates the world you live in.

What you tend to repeat on a daily basis to create a semblance of reality constitutes your belief system.

—Chapter 7

Read pages 119-121. In your journal, make a diagram of the seven-day week (it is best to use the 13-moon calendar and begin with Dali). Make each box big enough so that you can write in it. Now write in the main activities that you engaged in over the past week in as much detail possible—even down to your grocery shopping. Remember that everything you do is a reflection of your belief system. You are merely reducing your belief system in its duration of time to the concept of the seven-day week that is usually repeated over and over again.

Now look over the list. Is it at all similar to the described consensual model of reality explained on pages 119-120? Ask yourself why you did each of the activities. Record the answers in your journal. How much of your activities are obligatory? How many of your activities benefit the whole of humanity? The planet? Look at all of your activities objectively and ask: What type of belief would a person have to have in order to ...? For example if you work at a job that you do not like but feel obligated to for survival—what type of belief is this? Remember: The more material a belief the more erroneous it is.

If you are not entirely happy with the world model that you have constructed and are now living in, don't worry, you can change it if you want to—but only if you are willing to do deep inner work to transform your belief systems. The first step is discovering the belief systems that you are now operating with. Your perception of your physical world and body will change as you work at changing your beliefs.

Exercise 2: Imprinting the Triple Universe Model

Purpose: To expand your perception of your day-to-day experience.

First, when contemplating the different models of reality, it is helpful to keep the following three-step process in mind:

1. There exists an all-pervading field of intelligence.
2. This field of intelligence is then populated by simple form design principles.
3. From these simple form design principles emerge luminous code forms.

Pull out the black and white Triple Universe model from the back of this workbook. Read through it, then get out your colored pencils or magic markers and color it in a creatively coherent form so as to imprint the information into your being.

Read carefully pages 121-125. If you are a serious student, you may want to write out all of the categories of the three universes in a creative format in your journal. This way, you can contemplate them in a different layout form, which will unlock further perceptions.

While doing the exercise contemplate the following questions and record the answers in your journal. How do you organize what you experience in the phenomenal realm? Is what you know merely a function of your sense perceptions? Are thoughts produced by sensations? Or are sensations produced by thoughts? What do parallel worlds have to do with the phenomenal universe? What does hunger have to do with the imaginal realm? What does art have to do with the moral universe? How do the Phenomenal, Imaginal and Moral universes relate to the Synchronic Order? These are just a few suggestions, see if you can think of more.

Exercise 3: Identifying the Triple Universe Model

Purpose: To make the Triple Universe Model real for you.

After you have thoroughly studied the Triple Universe Model, go spend a few hours at a busy time in the shopping mall (or another crowded people place). Take your journal and sit somewhere where you can observe the scene. Is there an order or pattern? In your observation, consider each of the three Universes.

First, consider the Phenomenal Universe. What do your senses take in at the mall? —Note in your journal any smells, noises, conversations. Are the people experiencing pleasure? Pain? Is there music playing? If so, what kind? Is there more than one sound system that you can hear? How many people are on cell phones?

Now move to the Imaginal Realm and consider what the mall represents at a mythic level. Some kind of artificial materialist utopia? What does this have to do (if anything) with the spirit and soul? If this is a collective hologram, then consider where it is being projected from and for what purpose? Does it appear that the mall shoppers remember that this is all a dream?

Now slide into an observation of the Moral Realm. What seems to be mall “etiquette” or rules and norms of conduct? What kind of manners or social education are the people displaying? Is wisdom the highest social value? If not, what is or what seems to be? Does it appear that anyone is questioning the nature of reality? What feeling are you left with after leaving the mall?

You can continue to observe and reflect on as many of the categories in the Triple Universe Model as you like. This is a fascinating study that you are sure to enjoy!

After this, go to the beach or somewhere in nature away from habitations and sit there for the same amount of time. Observe the difference and write your observations.

Exercise 4: Code of Ethics

Purpose: To craft your own code of ethics.

Once a human being establishes itself with a code of ethics, then it can develop deeper levels of insight.

If the purpose of life is to save and cultivate your soul, what is the best code of ethics to follow? What is the best way to behave in all situations?

—Chapter 7

Read pages 129-142 regarding the moral universe. You will be making your own moral wavespell code of ethics. Study different codes of conduct from the different traditions. Remember that a code of ethics revolves around the purpose of life and helps give definition and a criterion for your conduct. Choose different precepts or quotes that represent the ideal conduct that you wish to live. Write all of these down. Then choose the 13 that most appeal to you and create your own universal code of conduct to live by. Choose very carefully as this is a reprogramming/programming process so make sure the codes reflect your highest ideals. Let these codes lead your thoughts into higher channels. Remember that to really deconstruct old thoughtforms you must insert something new to replace it. Think how each of these “codes” informs your conduct in different situations.

Memorize the 13 and then live them!

CHAPTER 8: COSMOLOGY OF TIME – THE FOUR PILLARS

Exercise 1: Imprinting the Four Pillars

Purpose: To become conscious of the always existing Four Pillar Model in your day-to-day operation. This understanding will expand the parameters of what you perceive.

The Four Pillars graphic is an archetypal image meant to be meditated on in order to begin to experience and allow all those different levels of reality that are contained in your psychobiology to have expression and be brought forth into greater consciousness.

—Chapter 8

Pull out the black and white Four-Pillar model from the back of this workbook. Read through it, then get out your colored pencils or magic markers and color it in a creatively coherent form so as to imprint the information into your being.

Read carefully pages 146-155. If you are a serious student, you may want to write out all of the categories of each of the four pillars in a creative format in your journal. This way, you can contemplate them in a different layout form, which will unlock further perceptions.

While doing the exercise, keep in mind that four is the number of form. Consider the following statements and record observations and answers to questions in your journal:

1. History: What does it mean that **history** is the form and structure that makes the other three pillars possible? Why is this?
2. Science: How are different levels and orders of your life **scientifically** organized? Can you think of ways in which different orders of the universe are **scientifically** structured?
3. Philosophy: What is the highest **philosophy** of life? Is this the philosophy that you live by? What is the highest philosophy of the universe? (Remember that ethics, morality and issues of logic are also related to philosophy, as is mathematics).
4. Religion: Think of the original purpose of **religion**, which simply means, “to bind back to one.” What are your feelings about religion? Is there a difference between personal religion and organized religion? Write down your vision of Universal Religion.

Exercise 2: Embodying the UR Dome

Purpose: To embody the four pillars through the four-pillar yoga pose.

After you have sufficiently studied the four pillar graphic, stand up straight and bend forward until your hands are flat on the ground (or as far as your current level of flexibility permits). Now arch your body up, with the intention of becoming the UR dome. Your spine is the rope of prophecy and revelation. Your arms and legs are the four pillars.

Your right arm is the first pillar: Cosmic History—Path of Knowledge of Time.

Your left arm is the second pillar: Cosmic Science—Path of Unitive Knowledge.

Your left leg is the third pillar: Cosmic Philosophy—Path of Wisdom.

Your right leg is the fourth pillar: Cosmic Religion—Path of the Mystic Way.

Now feel each of the paths unfold into a set of stairs, with seven steps each. Each of the stairs contain one of the steps for that path. For example, let your left arm hang and feel a staircase with seven steps emerging, leading from your hand up to your shoulder. Imagine the different facets of knowledge written on each step. Though the list is endless, you can begin by using the steps shown in the four pillars graphic. Expand the amount of steps if you so desire. Do this for each of your limbs.

Congratulations! You have become the UR dome embodying the highest art of universal peace, universal human fellowship and harmonic *cosmocracy*. You are the living transcription of the higher collective voice!

Exercise 3: Tracing History**Purpose:** To understand principles of history in order to increase awareness about the world.*Everything is Cosmic History or a subset of Cosmic History.**History accounts for the stages of development of any naturally existing phenomenon and is a value or index in self-reflective consciousness.**—Chapter 8*

Consider how every person, place or thing has its own specific history. Consider how everything is programmed to occur at just the right time; not earlier and not later. Choose a subject that you are interested in and then investigate its history. It is best to choose a relatively limited subject with a definite history to achieve the aim of this exercise. For example, you might choose the history of the Internet, history of Tarot cards, history of electricity, or the history of the Theosophical Society. Note that there are as many histories as there are topics.

Make detailed observations of your study in your journal. Note the stages or progression of your subject into whatever it is or is not today. Looking at this pattern, can you project what it will become in the future? For example, if your subject is the history of the Tarot deck, you might ask questions such as: What was its original purpose? What need in human consciousness brought it about in the first place? How is it viewed today?

Note how most things become commercialized or profaned the closer you get to the present moment. What type of conditioned thinking has been formed around this? By what type of minds? Think about how organization is intrinsic to history. What does this mean? Inevitably, there are dates and successions involved in its unfolding. Now apply the synchronic order, look up important dates and view these through the lens of their fourth-dimensional oracles.

Exercise 4: Activating Synesthesia

Purpose: To unlock new forms of creativity.

Choose one theme from each of the following five categories, so that you are working with five themes in all. Now write each of the titles in your journal, allowing at least two pages in between.

Meditate for a moment on each title, and then write a short 1-2 page essay on each of the five themes. Do not lift your pen until you have filled the allotted space. You might be surprised at what comes out.

Themes to choose from:

1. History of Sight, History of Sound, History of Taste, History of Touch, History of Smell, History of Extrasensory Perception.
2. Science of Sight, Science of Sound, Science of Taste, Science of Touch, Science of Smell, Science of Extrasensory Perception.
3. Philosophy of Sight, Philosophy of Sound, Philosophy of Taste, Philosophy of Touch, Philosophy of Smell, Philosophy of Extrasensory Perception.
4. Religion of Sight, Religion of Sound, Religion of Taste, Religion of Touch, Religion of Smell, Religion of Extrasensory Perception.
5. Art of Sight, Art of Sound, Art of Taste, Art of Touch, Art of Smell, Art of Extrasensory Perception.

For added fun and creative expansion, keep a list of unusual subject combinations, like the Smell of Number or the Color of Dimensions or the Imagination of Magnets.

CHAPTER 9: SIMULTANEOUS UNIVERSE MODEL

Exercise 1: Sphere of Influence

Purpose: To purify your mind stream in order to perceive new models of reality.

In your journal, draw a circle. Now draw a triangle in the center of the circle to represent the 3-part entity that you are. (See pages 114-115) One point of the triangle represents your third-dimensional self, one is your fourth-dimensional self and the last is your fifth-dimensional being. Now create various rays extending from the circle and write in brief answers to the following questions.

First think about all of the people who are currently in your life. In what ways do they influence your thinking and behavior? Think of what books you are currently reading and what subjects that you are presently drawn to. What ideas are you currently contemplating? What is your living environment like? What foods/substances do you put into your body on a regular basis? What type of music do you listen to? Do you watch television or see movies? If yes, what kinds of programs do you view? Include anything else that you feel is relevant to get a full picture of your current “sphere of influence.” This should prove as a most useful template of self-reflection for you.

In looking over your sphere of influence—how much of it is useful for the evolution of your body/mind/spirit? Consider what type of influence each person or thing has in your overall attitude or mental environment. How can you expand your field of influence? Make notes of any observations you find.

Exercise 2: Entering the Simultaneous Universe

Purpose: To expand the perceptual parameters of your day-to-day reality.

Focused study of the SUM model as well as the other CH models of reality is actually intended to help restructure our mind and knowing into larger comprehensive whole system orders of reality.

—Chapter 9

Pull out the black and white Simultaneous Universe Model from the back of this workbook. Read through it, then get out your colored pencils or magic markers and color it in a creatively coherent form so as to imprint the information into your being.

Read carefully pages 160-169. If you are a serious student, you may want to write out all of the categories of each of the dimensions—highlighting the inner and outer organizational codes—in a creative format in your journal. This way, you can contemplate them in a different layout form, which will unlock further perceptions. While doing the exercise, contemplate the following and record reflections in your journal.

1) Contemplate the fact that everything that has ever happened, is happening or will happen can be mapped and pinpointed in the radial matrix of the fourth dimension. 2) Study and contemplate the function of each of the seven dimensions as seen in the graphic. 3) Contemplate the mirror universe dimensions (8-13) as described in Cosmic History. Write all observations in your journal. Where are the dimensions located? Are they outside of this universe? Are they within it? What does it mean that the seventh dimension is a mirrorless resonator?

After you have sufficiently studied the SUM graphic and read pages 170-171, you may be eager to find ways to access your **highest astral movie**. Each moment of decision potentiates the quality of the astral movie that will play out in the next moment. To access the highest movies, stay alert and keep choosing the highest response!

Over a period of a week, do the following experiment (you may want to keep your journal with you at all times): Every time that you are confronted with any type of decision or reaction (no matter how small it may seem), see if you can stop yourself in the moment in order to access the highest form of action, or nonaction. If you keep a journal of those moments and study the patterns, you will soon notice your entire reality shifting in a beautiful direction. Having seen for yourself the results of this experiment, vow to make every effort to continue this in your day-to-day life.

This concentrated effort of positive change will spontaneously open you into higher dimensions. Remember that all of the dimensions are already present here and now. However, the higher dimensions are only knowable through the mind, which is the medium of consciousness (just as space is the medium of the mind).

Additional exercise to experience the simultaneous nature of reality: Choose three pivotal points in your life, one from childhood, one from teenage/early adult years, and one more recent. Write these down in your journal. Tune in and feel the quality and textures of each experience. Imagine a large radial matrix or circle, ring within a ring. The center of the circle represents the present moment. Now imagine three dots at various places on the circle that represent your three experiences. The more recent experience will be more toward the center. You may want to draw this in your journal. Now, feel how their qualities interpenetrate each other. Feel how they are all happening simultaneously right now! Write any insights in your journal.

Exercise 3: Exploring Radial Forms

Purpose: To further understand the perfect symmetry of creation.

Read pages 158-160. Begin by first contemplating the radial form of a tree with its trunk being the center. Do the same for plants, animals and insects or anything else seen in nature. You may want to make some sketchings in your journal.

Now contemplate the bilateral symmetry of humans. Meditate on what it means that your human form is the embodiment of the universal design formula. Consider in what ways your body is bilateral and radial. See what forms you can construct just by moving and connecting your different bodily parts. How many forms can your body create, separated or touching each other in different ways? How are you a circle? How are you a cube? A triangle? A square? These are the fundamental building blocks or form patterns. How many structures or mathematical formulations do you actually need to create the universe?

Now, turn your attention to Cosmic History as universal intelligence. Feel how it lies down the central imaginal core of all phenomena. How, then, can you experience yourself as Cosmic History? If your spine and central nervous system are the core fields of Cosmic History, then the nerves extend to all parts of your body. Each part of your body contains different levels of knowledge. Ask questions to your different body parts. For example: "Right foot, what is your higher dimensional function?" or "Heart, what is the highest way to perceive your function?" or "Right elbow, what area of knowledge do you represent?" Really question your body. It is helpful to draw your body as a map of knowledge. Make radial body maps if you like.

Exercise 4: The Electronic Universe**Purpose:** To explore the meaning of electricity in relation to interdimensional travel.

The fifth dimensional entity monitors both the living substance of life as well as the energetic component of pure atomic molecular life.

—Chapter 9

Begin by contemplating your three-part being: third-, fourth-, and fifth-dimensional. Invoke your fifth-dimensional self, which is a purely electronic being. Consider the following question: What is electricity in the higher realms? Consider what electricity has to do with interdimensional travel. Consider that this higher-dimensional electricity exists everywhere. If you focus on this, your ever-present fifth-dimensional self will help you to understand.

Now, consider that every thoughtform that you have contains an electrical charge. Positive thoughts contain positive charges. Negative thoughts contain negative charges. Remember that all thoughtforms or created matter have a particular spin. The energy permutation patterns of each particular spin is etherically stitched together by the sixth dimension. Now consider that the fifth dimension is purely an electrical construct—every molecule has its electrical charge. This energy is transferred by electronic resonance to the fourth dimension. Therefore, the only way to access these higher dimensions is by keeping your third-dimensional thoughtforms super positive.

Make a list in your journal of how electricity is used in the third-dimensional world—like neon lights, elevators, carnival rides, etc. Now, consider what would happen if we could harness all of the positive electrical charges that fill the noosphere. Could we construct another reality? Write down your vision of this.

CHAPTER 10: NOOSPHERE: THE NEW EARTH CONSCIOUSNESS

Exercise 1: Interactive Noosphere

Purpose: To increase awareness of the noosphere as the earth's mental envelope. (All communication actually comes from the noosphere).

Think about the Internet and make a list of its most useful characteristics and functions, such as:

1. Communicate with anyone anywhere instantaneously
2. Obtain past recorded information on any subject
3. Obtain lists of subject categorization

Since machines are an extension (though artificial and faulty) of the human mind much can be learned about ourselves by contemplating the computer and especially the Internet.

When you type in a subject on the Internet, you get huge lists of information or stories related to the key words—but you can only get the results you desire by typing in very specific key words. The question is, how can we begin to use our minds in this way without a machine? Try this first without the Internet and then make an experiment using the Internet.

First, consider the word **noosphere**. Open your journal to a fresh page and write: “Noosphere is the total mind of the sum of life on our planet.” Now contemplate the meaning of the noosphere as the sum repository of all human thought. Write down everything that comes to your mind regarding the meaning of the noosphere, based on whatever level of knowledge that you might have about it. Keep writing until all impressions and ideas naturally stop.

Now go to your computer and type in the word “noosphere” or “what is the noosphere?” Scan the list. Chances are you will get some relevant information but the rest may be a lot of commercial hogwash—like noosphere Internet services, noosphere projects, etc. Analyze all of this—be discriminating. How much useful information did you find? How much unnecessary information? What do each of these results have to do with the spiritual evolution of our species?

Now compare what you wrote in your journal about the noosphere with what appeared on the Internet. What did you learn? Write this in your journal.

Exercise 2: Interactive Noosphere II

Purpose: To explore the power of your mind to connect without wires or machines.

Next, imagine being able to perform all of the services provided by the Internet through your own mind. Communicating with anyone you wish, anywhere in this world or any other world at any given time. Imagine having instant access to all of the astral libraries on any subject at any given time. All you have to do is direct your focus and the results are immediate. Describe in detail in your journal what this world will be like.

What stops you from experiencing this now? Are you continuously recycling old thoughts? Do you have indiscriminate thought overload? If so, clean them out. Is it possible to generate new thoughts to deposit into the noosphere? Thoughts that we think are new inevitably come from a higher intelligence. Does this higher intelligence live in a world that has a noosphere? What types of worlds have noosphere? Which do not?

Now consider this: If the noosphere has embedded within it the principles of Cosmic History then how does the SUM model with its higher-dimensional universe fit in? Does this model transcend the noosphere? Is it possible to think outside of the noosphere? How many noospheres are there in the mind of God? What does the reality of the noosphere mean for us on Earth? What implication does it have to know that the Earth has an actual “thinking layer” that is the sum repository of all thought?

Exercise 3: Earth Cube

Purpose: To experience the earth as a living system.

Turn to the graphic of the Earth's parts on page 181. Either photocopy from the back of this workbook, or draw a 16-unit grid in your journal. This is your template. It represents the 16-year Cube of the Law. (For more about this see www.lawoftime.org, or the *20 Tablets of the Law of Time* or the *Telektonon*).

Notice the numbers and glyphs associated with each of the 16 units. 1. Dragon, 2. Wind, 3. Night, etc. Now fill in the 16 main parts of the Earth as seen on page 181. Begin with the outer point (electromagnetic field) as the first. This means you will write "electromagnetic field" in Cube 1: Dragon and so on. Here is the cube fill-in formula:

1. Electromagnetic field
2. Radiation Belts
3. Ionosphere
4. Stratosphere
5. Troposphere
6. Atmosphere
7. Biosphere
8. Technosphere
- 9 Hydrosphere
10. Crust
11. Tectonic Plates
12. Outer mantle
13. Inner mantle
14. Tympanum inner mantle
15. Core
16. Crystal Core

Research the function of each of the parts and make notes in your journal. Try to include as much detail as possible about its third-dimensional function and its higher dimensional function.

For example, in the Crystal Core, located in Cube 16—Warrior region, you might write: "Crystal Core: Gyroscope—keeps sphere moving steadily in its course of orbit. On higher dimensions: Place where the solar programs are downloaded. Crystal core is an octahedron which has four faces above and four below, analogous to the psi bank with its bipolar plates." Don't forget to consider the aspects of the Warrior: Question, Fearlessness and Intelligence. Putting all of this together opens up infinitely creative dimensions. The key is to use your creativity to become familiar with the Earth as a living system.

Exercise 4: Opening to the Psi Bank

Purpose: To understand your place in relation to the psi bank and noosphere.

Write the following statement in your journal and then commit it to memory:

The noosphere is the sum capacity for the input of different ranges of sentiency and thought that occur across the range of life in all of its diversity since the beginning of the evolution of life on the planet.

Turn to the psi bank graphic on page 91 of this workbook. Really, contemplate that everything that has ever been thought, said, felt is registered into the psi bank contained in the noosphere. See that the psi bank operates on both north/south hemispheres, as well as in each of the four seasons as the Earth revolves around the sun. Make note of the perfection of this form and recall that the psi bank exists within the noosphere between the Van Allen radiation belts (see previous 'Earth Cube' exercise).

Recall that you are a thinking, speaking, feeling being—now see that your biological mechanism or neurocerebral/biological mechanism is merely the literal mouthpiece for the noosphere. Go back to workbook exercise in Chapter 1 where you kept track of your thoughts. Can you map out and categorize the varieties of thoughts that you have? See if you can categorize them into as few categories as possible i.e. Past Worries, Future Projections, Current Absorptions, etc. How many of these thoughts transcend personal interest? How many thoughts do you feel are coming from the planet/noosphere's point of view? Write reflections in your journal.

Begin to feel that you are evolving from homo sapien to "homo noosphericus", one whose thoughts, words and actions (electromagnetically directed) are the mouthpiece of the noosphere.

CHAPTER 11: MULTIDIMENSIONAL PARANORMALITY AND COSMIC SCIENCE

Exercise 1: Dreaming

Purpose: To activate dreamtime for increased wakefulness.

To attain paranormal powers requires exertion, discipline of mind and effort—and even then—the effort is not to attain powers.

—Chapter 11

One area of multidimensional paranormality that we may take for granted is dreaming. Take into account that there is another life that you live “over there” when you are fast sleep “over here.”

Learning to become a waking dreamer can do wonders in altering your here-and-now reality. If you don’t already have one, it is helpful to keep a dream journal in order to be more aware of your nighttime activity. Record your dreams first thing upon awakening as that is when your level of retention is at its peak.

Before you go to sleep at night, set the intention to fully recall the other “you.” Say to yourself: “Not only will I remember my dreams, but also in my dreams I will wake up and be conscious of myself in the dream.” When you lie down to go to sleep, focus your attention on a luminous white “A” or “Ah” radiating out from your solar plexus. You may even repeat “Ah” over and over to yourself while visualizing. This will create a sufficient opening.

If you follow these instructions on a regular basis (minimum 28 days), you will begin to experience yourself becoming increasingly “awake” in your dreams. When this first happens, try not to get overly excited, but rather remain calm and detached, studying, absorbing and observing this “dream” reality until you get the hang of how it works. Be respectful of whatever “dream” characters that you may encounter or in whatever “dream” environment that you may find yourself in. In this way, you will more easily be able to learn, grow and remember on the astral plane.

Another form of dreaming is *hypnogogic reverie*. This is an exercise of dreaming while awake. It is best to do this exercise during the day, when you are a bit sleepy but not too tired. Lie down somewhere comfortable and close your eyes. Stay as conscious as possible while letting your body relax. Feel yourself becoming heavier, while keeping your awareness intact.

Find the point or the intermediate state between waking consciousness and sleep. You may note that there are very rapid streams of images. You might even hear words, conversations, or sounds. Where are these taking place? Can you make sense of them? Do you recognize any coherent patterns or forms? Could it be that you have tapped into the noosphere’s stream of consciousness? Record your observations in your journal—or write a poem or draw a picture of your experiences. If you don’t succeed the first time, try again—you will eventually get the hang of it. Practice this state regularly to keep your inspiration flowing.

Exercise 2: Constructing the Cosmic Human

Purpose: To understand the functioning of your etheric body.

Make a list of what you consider paranormal phenomenon. Study the graphic on page 197 “Chakra Biopsychic Generator.” This represents the interior of the chakra system (see page 71). Make several large simple outlined drawings of the human body.

Now you are going to begin constructing the internal system of the new cosmic human. Draw or make copies of seven cosmic “citiobarico” cellular plasmic generators. Cut and paste these generators into the chakras of your outlined human. Once you have all seven in place, you may want to draw an outline of the chakra with its corresponding color around the internal generator. Once this is complete, sit quietly and attentively contemplate your cosmic human. Open your senses and merge your chakra points into these generators.

The goal is to really begin to understand how your inner chakra system and etheric structure functions. Only when you gain a thorough understanding of your own energy system can you become a conscious facilitator of the transformation of the planetary mental field.

Please note: Each of the “generators” is also a replica of the “resonant field model” in Exercise 4 of Chapter 4. In looking at the graphic, you can then see that there are 12 “neutrinos” that make up each of the 3 fields: gravitational, electromagnetic and biopsychic

Exercise 3: The Six Mental Spheres

Purpose: To tune into different thinking layers via conscious engagement of the six mental spheres.

Read pages 199-201. Observe the graphic on page 199. Begin with focusing on the preconscious sphere. Draw it in your journal. Note its location and function. Keep in mind that the six mental spheres are connected to the third-, fourth- and fifth-dimensional functioning. Their function is to provide the human capacities to link with interdimensional information.

Do you understand what experience is signified by each of the six mental spheres? Consider “**preconscious**” as literally the same as deep, dreamless sleep. Though you are not aware, your bodily autonomic functions are all active. The **unconscious** is the vast storehouse of dreams and visions, which only arise when some trigger occurs. The **conscious** is your normal, every day waking state. It is literally moment-to-moment. The **continuing conscious** is cultivated through the experience of meditation and concentration in conjunction with the system of codes which define the synchronic order. The **superconscious** is characterized by those experiences in which our mind seems to expand far beyond the limitations of our skin and our ego, to encompass all time and the Universe. These are the glimpses that we have of superconsciousness. Finally, **subliminal conscious** is experienced as those peripheral experiences like *deja vus*, fleeting flashes of past or future lives. (There is actually a seventh hidden mental sphere, known as the holomind perceiver which is explained in later volumes of the *Cosmic History Chronicles*).

Notice that at the center of each mental sphere is an aggregate of analphas, electrical fluid created by the interaction of two partons that give rise to thinking or the capacity to form thoughts. Call upon your imaginal realm to assist you in creating a graphic of these analphas. Record any observations that you may have in your journal. What analphic engravings are playing out of your noospheric chip at this given moment?

Therefore, if you remember something, think of how this memory might actually consist of a series of “analphas.” Consider what part of the memory that each analph might contain. In this way, you can be more precise with the questions that you ask yourself about the analphic engravings.

Keep in mind that memories are engraved analphas stored or archived in the cerebral fissure of your brain. And in turn, you will want to be more precise in communicating with others. As we become ever more conscious, new language is required to further express the complexity of our workings. Can you provide examples in your journal of new combinations of words to express particular feelings more precisely? Dig deep.

Exercise 4: Creating a Power Object

Purpose: You set the intention and create the purpose.

Choose a power object that speaks to you, then create it out of the most natural items possible, preferably those found in nature. Set a strong intention for the object, which could be anything from a galactic wand, a memory stick, a set of 24 runes made from stones, a communication stick, etc. You could include feathers, stones, crystals, beads, etc. Be as mindful as possible while creating it. The important point is to let your natural instinct find the objects for you.

The idea of a power object is that it represents in the imaginal realm a very specific attribute of mind or mind energy. In other words, it is the mind that endows the object with its powers. Therefore, everything chosen for the object has to be done with the consciousness of what the object represents according to the particular mental energy.

If you are successful in remaining conscious about the quality of energy that you are projecting into the object, then it should be apparent to any sensitive person who picks up that object that it has powers. Your object will tell you when, where and how to use it.

CHAPTER 12: CEREMONIAL MAGICK

Exercise 1: Circle and Square

Purpose: To experience the magickal effects of form.

Draw a 3 ft. circle outside in the dirt or on an earthen area and sit in the center of it. See if you can orient yourself to where East is. Once you have found east, know if you face east your right is south, left is north and back is west. Think about this. Your body has these intrinsic directions. Feel the effect of being in a circle. Does it feel like a protective parameter? What does it define?

In the same earthen ground, make a square as perfectly as you can, maybe 3 ft by 3ft. Again, see if you can orient one of the sides to the east so that the other sides are naturally north, west and south. Sit in the center of this. First, face east and feel the south to your right, the north to your left and the west to your back. What does it feel like to be sitting in a square? How does it feel different from sitting in a circle? Is it better protection? What kind of energy does the square have as distinct from the circle?

Now, face each of the directions—is there any difference between them? What do you feel? Record or make a drawing of your experiences in your journal.

Exercise 2. Earth Magick

Purpose: Activating the earth as noospheric time within yourself.

Ceremonial magick is the practice of activating the noosphere. Since the noosphere is coordinated by the Law of Time, it can be activated both on a daily basis and according to your galactic signature (you can find your galactic signature at www.lawoftime.org). In this and the following exercise we will study the graphic on p. 210. This exercise is an example of everyday ceremonial magick for transforming the nature of reality.

Do you know the kin of the day? If you do not have a 13 Moon calendar, you can find the daily kin on www.lawoftime.org. Let's say, for example, it is **Red Lunar Skywalker**, kin 93. Locate Skywalker on the Planet Holon. Can you find it there in the South Atlantic ocean between South Africa and the South East Coast of Brazil and South America? Visualize that part of the world as if from high above the Earth. Then note that Skywalker belongs to the Signal earth family, and it is connected to the Solar Plexus chakra.

Now, transfer the visualization of the South Atlantic ocean into your Solar Plexus. Feel that part of the earth broadcasting through your solar plexus. As you do this, think to yourself: "May the Skywalker zone of Earth be inseparable from my Solar Plexus. May I become one with the Earth."

Now, following the daily kin of the Thirteen Moon calendar, you will do this exercise for the next nineteen days, until you return to the next Skywalker day (or whatever kin it is that you begin the exercise). Each day do the visualization of that part of the Earth that corresponds to the zone of the daily kin, locating it in your chakra system. Keep a journal of this exercise, noting any unusual sensations of the Earth in your chakras.

Also note that each of your five major chakras has four seals, four colors and four directions associated with it: Red seal (E), White seal (N), Blue seal (W), Yellow seal (S). This means when you are complete in 20 days, each chakra will have its four directional gates sealed with one of 20 planetary holon zones. That means in 20 days you will have wrapped the planet around your chakras. The Earth is in you as you are in the Earth.

Exercise 3: Holon Magick**Purpose:** To activate your planet holon zone.

This is the second part of the exercise connected with the graphic on p. 210. While the previous practice depends on knowing the daily kin, this one depends on knowing to which Earth Family your galactic signature belongs.

Step 1. Knowing your Earth Family. Whatever solar seal you are—for example, Red Skywalker—your Earth Family is then located as one group of four seals in one of the five horizontal rows on the left side of the graphic. What this means is that on your birthday you are always rotating through these four seals. In staying with our example—Red Skywalker—note that you are in the Signal Family. Locate this also in the Planet Holon. This means that you are always rotating through the South Temperate Zones of the Planet Holon.

But also note that, in this example, Red Skywalker is also a member of the White Truth Clan. But every year you also change clans. This means that the Signal Family for instance codes the four seals in the solar plexus of both your body and the Planet Holon. The point is that in the Planet Holon the special zone of the Signal Family is the South Temperate. This is your zone to cherish and protect through your telepathic “ownership” of it. Wherever your Earth Family is, locate the zone on the Planet Holon and familiarize yourself with it. Study it, feel its qualities in your solar plexus or in whichever chakra your Earth Family is located.

Now note your native clan—the clan to which your galactic signature assigns you. In this example, Red Skywalker belongs to the White Truth Clan. See the diagonal zone the White Truth Clan occupies on the Planet Holon. Note that the Red Skywalker’s role is to “receive” the energy as it comes down from the White Dog zone in the North pole, transmitted through the Blue Monkey and the Yellow Human, who transduces the energy, and Skywalker then receives it. From Red Skywalker then, the energy is passed on to the White Wizard in the South pole completing the energy process of the White Truth Clan.

Feel the vital role your particular native zone plays in the Planet Holon, both in the horizontal Earth Family sequence and in the diagonal Truth Clan sequence. Wherever you find your seal to be, feel the dynamic of the psychic energy which this zone holds between the two flows.

As an act of enduring ceremonial magick, know that this particular zone with its psychic energy flows is yours to protect on behalf of the noosphere and the biosphere. Study all you can about this zone. What problems does it have due to excessive waste and 12:60 mismanagement? Tune into these and see in what ways you can help through your own service to the planet, both telepathically and economically. Think that, from where you live, to this zone, there is a constant telepathic stream of good vibrations that you are sending to it.

Exercise 4: Ceremony of the Seven Rays

Purpose: To attune to the seven rays.

Ceremonial magick requires extraordinary suspension of our acquired beliefs. One of these beliefs relates to the notion of hierarchy.

The 12:60 world has created a false vision of hierarchy—heavy-handed, top-down, autocratic authoritarian, male-dominated Vatican, neo-Babylonian priest class corporate power structures, etc. This is an artificial, ego-centered construct and distorted perception that has nothing to do with genuine hierarchy.

“Shambhala is organized by hierarchy, moving everything into a total pattern of true New Age vision. Hierarchy is the normal order of the universe. This is a methodical process. Ceremonial Magick is scientific in the way it represents an order in conformity with hierarchy and with the actual natural laws that govern the resonance of the noosphere and the biosphere ... {with this in mind} ... You must understand your role as a seventh ray actor in the process of making the transition for the now disintegrated sixth ray civilization into the seventh ray order of ceremonial magick.” Ch. 12

To understand hierarchy better, think of yourself in relation to the sun. Think of the size and the grandeur of the sun. Think of yourself physically in relation to the sun. You are a mere cell of the planetary biosphere. Does the sun know who you are? Does it even care about you? Probably not. But the sun dispenses its life-giving glory to you in ample and impartial abundance! This is because the sun is of a higher order of reality than you. This is how genuine hierarchy works. You are actually a channel for the higher level energy.

Now think of the seven rays as thought beams channeled by the sun from a yet higher level source, and then channeled to and by you through the process of attunement. Now study the graphic on p. 218. Contemplate each of the seven rays. After you have meditated on each of the first six rays, can you feel how the first three rays create a descent into your being? Can you feel how the fourth ray catalyzes, then there is a process of ascent through the fifth and sixth rays. Now envision yourself receiving the seventh ray. Envision yourself being initiated as the planet sorcerer—what would that ceremony be like? This should be an act of the highest magick possible. Design the ceremony so you can accommodate the influx of the power of the higher-dimensional hierarchy as it is being channeled directly to you on behalf of the Earth!

CHAPTER 13: SIGNIFICANCE OF THE NUMBER 7

Exercise 1: Seven in the Cube

Purpose: To experience the number seven as a living reality.

Consider the number 7. What do you know about it? What is its significance? Why is seven considered a lucky number? Start considering and research the prevalence, unconsciously or consciously, of the social programs, even in historical materialism, related to the number seven. Begin by listing as many “sevens” as possible: i.e. 7 days of the week, Seventh Heaven, Seven deadly sins, etc. Consider how this is actually the power of the primordial seven, which is said to symbolize immortality. Write your reflections in your journal. Remember that the cosmology of seven informs and structures the planetary noosphere.

Now consider that the seven is the invisible center holding together the six-sided cube. Consider constructing a life-sized cube that you can sit in. Maybe you can find five pieces of poster board or four-foot square pieces of cardboard. You can tape three of the sides to the top and to each other. Leave the fourth side taped to the top but not to the sides so you can go in and out. Sit inside of the cube, and see what you experience. If it is too dark, perhaps you can bring a flashlight so you can have a sense of what it is like to be the number seven inside of a cube. Consider that your heart is at the center of the cube. Note the quality of experience that you have in your journal.

Exercise 2: Embodying Time

Purpose: Realizing a whole number ratio as the basis of a personal cosmology of Seven: become an Avatar of Time!

Read pages 229-231. See the graphic on p. 231 “4:7::7:13.” You will see that the graphic demonstrates that four is the absolute center of seven spheres, just as seven is the absolute center of thirteen spheres. How can we bring this home and find this prime ratio sequence of the Law of Time within our own body? According to the principle of holonomic resonance, this should be so.

Let’s start with the number four. You have four extremities: two arms—a right **day** arm and left **night** arm; and two legs—a right **day** leg and **left** night leg. Let your arms reach into the cosmic sky, let your legs reach down into the cosmic Earth. Through these four extremities you are cosmically connected to the universal night and day.

Now, let’s make seven! Your body, the central axis of the universe from which the four extremities extend, has three principle parts: **head**, which holds the thinking center; **chest**, which contains the feeling and breathing center; and the **abdomen**, which contains the processing plants. With the four extremities, these three principle body parts make seven.

So, now we have the four is to seven—**4:7**. You can think of the first part of this ratio as a demonstration of your body as a cosmic temple: think of the three parts—head, chest and abdomen—and what functions they perform for the circulation of universal life, while the four extremities connect the temple to heaven and earth.

Now let’s us go to the **::7:13**, as seven is to thirteen.

Staying with the body as the central axis, we see the neck and spine as the seventh articulation of the body, with six matching articulations on either side of it to make thirteen articulations in all, so then we have the 7:13 in the following way:

right Ankle 1
right knee 2
right hip 3
right wrist 4
right elbow 5
right shoulder 6
neck and spine 7
left shoulder 8
left elbow 9
left wrist 10
left hip 11
left knee 12
left ankle 13

So with the four extremities and the three main body parts, along with the spine and the six articulations on either side, you can see how you literally embody the prime ratio of the Law of Time, 4:7::7:13! This will help you think of your body as a cosmic template. For instance, the thirteen articulations also mean your body is analogous to a wavespell, the form constant of fourth-dimensional time.

Think of your body as the embodiment of cosmic time as well. See how the first 4:7 creates seven elements, while the second, 7:13 creates 13 for a sum total of 20 parts. Note then how this 20 is recapitulated in the 20 fingers and toes to make you a perfect 13:20 timing frequency embodiment.

If you can realize your body as a cosmic template through the embodiment of the ratio 4:7::7:13 as the unfolding of the power of seven, then you, too, can become the avatar, reconstructing yourself as being none other than the original Interval of Lost Time in Eternity!

As the final part of this exercises in cosmic identification, think of and perform a simple dance that utilizes your body as the reconstruction of the Interval of Lost Time in Eternity. Feel the cosmic transmission coming through your instrument.

Exercise 3: Seven Stages of Evolution

Purpose: Recapitulate in your own life the evolution of consciousness in the Moral Universe.

First, study the list of the seven stages of the evolution of consciousness in the moral universe on p. 240. Take seven pages in your note book and on the top of each page write down one each of the stages. Think of each of these stages as corresponding to one of the seven stages of your own life. (You might recall Shakespeare's famous description of the seven stages of life, as well). By seeing these stages of consciousness as corresponding to stages of your own life, you might get a better comprehension of the nature of the evolution of cosmic consciousness.

1. Absolute Oceanic Consciousness.

Think of this stage as the time when you were in the womb, the time before you were born. Go into that period of your life—pre-birth—and even preconception, if you will. Feel and try to imagine how that might be like “Absolute Oceanic consciousness. Write down whatever comes to you about this time and how it is like absolute oceanic consciousness.

2. Birth of Ego (which gives rise to unconscious and diminishing consciousness).

When does this occur? Why does ego create the unconscious? What is ego—differentiation of self from the world identified with your body? Think of how that would create an unconscious realm. And then think, why does consciousness diminish with the birth and maintenance of the ego? Can you remember when you first thought of yourself as an “individual” attached to the name you were given at birth? Think how much a given name establishes or solidifies the ego. What if you had no name? Write down your reflections.

3. Moral Awakening Consciousness.

You can think of this kind of awakening as coupled with a sense of the limitations of the ego. Can you define moments when your ego came up against its limits? How did you respond? What did you learn? Can you say if you ever had a moral awakening? Think about it. Describe this experience or experiences. Describe how such a moral awakening changed your life. Describe how you seek to become a morally better person.

4. Liberated Consciousness.

This means consciousness liberated from ego, the ultimate object of pursuing moral consciousness. To be liberated from ego is to experience “non-ego.” have you ever experienced non-ego? How so? Describe your experiences. Think of life without ego. Describe what that might be like. Think of everybody liberated from ego. What would that be like? Could there be such a thing as enlightened society?

5. Universal Compassionate Consciousness—Noospheric.

How or why would liberated consciousness lead to universal compassionate consciousness? Why do you think this is also referred to as “noospheric” consciousness? If the noosphere is the mind of Earth, does this mean that when the noosphere becomes consciously activated that we will live in a compassionate society? Think about it and describe your feelings about this, how could this come about and what might that be like?

6. Wise Old Wizard Consciousness (so totally self-transcendent as to appear normal).

How do you account for this stage of consciousness? Can you imagine yourself as a wise old wizard? Go into the imaginal realm and describe briefly how you envision your life at this stage of consciousness.

7. Oceanic Consciousness (return to galactic source).

Do you believe there is the survival of consciousness after death? Do you believe there is a "Hereafter?" What is the relation of cosmic consciousness to consciousness after death? Think about your own post-mortem soul and consciousness survival. Describe your thoughts and feelings about this. How is it different from the first stage of "Absolute Oceanic Consciousness?"

Exercise 4. Cubing Yourself

Purpose: Visualization to experience the cubing of your soul as the method of its perfection.

When we get to the seven, which is the cube or the cubing of the soul, this creates the perfection of the human soul.

—Chapter 13

On p. 233, there is a list of the Seven Stages of the Perfection of the Human Soul. What we will do in this exercise is take each of the seven stages and create an imaginal cube.

First of all, write each of these down in your notebook. Commit them to memory.

Then on p. 258, is a description of the story of creation as a cube form. In this exercise we will associate the seven stages of the perfection of the human soul with these seven stages of the creation of the cube in the following manner:

1. First stage of the perfection of the human soul, “perfection of the perception of heaven or the beyond—the Hereafter” corresponds to the top of the cube.
2. The second stage, “perfection of the perception of the meaning of Earth,” corresponds to the bottom of the cube.
3. The third stage, “perfection of the perception of the meaning of light and vision,” creates the front of the cube.
4. The fourth stage, “perfection of the meaning of darkness and dreaming,” creates the back of the cube.
5. The fifth stage, “perfection of the meaning of the orders of time” creates the right side of the cube.
6. The sixth stage, “perfection of the meaning of enlightenment and illumination” creates the left side of the cube.
7. The center of the cube is the place of the “perfection of the meaning of the soul’s perfecting itself.”

Having memorized the seven stages of the perfection of the human soul, sit with eyes closed in your imaginal cube, feel the six sides of the cube around you with each of their six perfections. Now feel yourself, the very essence of your life, as the meaning of the soul’s perfecting itself. Really feel the perfection of the meanings given to each of the six sides of the cube. Know that any time you need to, you can sit down and meditate this cube and the seven perfections of the human soul. When you complete the meditation visualize streams of rainbow light radiating from your heart in great waves of compassion for all beings.

RAINBOW BRIDGE MEDITATION

Purpose: To visualize and project the manifestation of the noosphere as an irrevocable phenomenon of every day life.

The purpose of this Meditation is to generate a telepathic wave of love that connects ourselves with the center of the Earth, with the bipolar rainbow alternators that hold Earth's magnetic fields in place, and with all of the other planetary kin who are doing the same meditation. By establishing this world-wide telepathic Earth wave we are creating a matrix of communication which brings the noosphere—Earth's mental envelope—ever closer into conscious manifestation. This matrix also provides a protective field of genuinely positive thought vibrations meant to maintain Earth's resonant field in a state of harmony and peace.

The goal of this annual meditation exercise is to actually manifest Earth's Rainbow Bridge—the day-night alternators of Earth's magnetic field—by the closing of the cycle, Winter (North) Summer (South) Solstice, 2012.

This Rainbow Bridge is the bridge of peace long prophesied that will permanently connect the third-dimensional Earth with the fourth and higher dimensions, assuring a peace and harmony that will not be able to be broken. In order that all beings may participate in this meditation, whether or not they have ever heard of the synchronic order, we offer this universal version of the Day Out of Time Rainbow Bridge World Peace Meditation.

You may do this alone or in a group—early in the day is best, but whenever you do it is fine. If you are in a group, gather in a circle if you can, seated on the ground or floor if possible, with your legs crossed. Take a few deep breaths, inhaling what is negative, transmuting that within yourself and then exhaling what is positive and purifying. Then close your eyes. Visualize that you are in the center of the Earth. Then visualize the giant octahedron crystal core. Four faces of the crystal end in a point along the North polar axis. The other four join at a point aligned with the South polar axis. Surrounding the giant octahedron crystal is the Earth's inner membrane, like a drum resonating the surface of the outer Earth. The Northern half of the crystal has two red and two white faces; the Southern half has two blue and two yellow faces.

Now you go inside the crystal.

In the center of this giant crystal is an intensely blazing point of white light. An etheric column or axis of light extends North and South from the blazing center point through the tips of the octahedron going on to the North and South poles at the Earth's exterior. Around this etheric vertical magnetic axis of light, are two intertwined flux tubes through which plasmic energy is



continuously passing. Coiled around each other like the two strands of DNA, the flux tubes are red and blue in color. They deliver plasma—electrically charged ions—to the blazing point at the center of the Earth.

Strung on the northern axis of this column of light with the two flux tubes wound around it is the red time atom. Around the southern axis of light is the blue time atom. The red and blue polar time atoms turn in opposite directions to each other, the red northern time atom in a clockwise direction, the blue southern time atom in a counterclockwise direction. The time atoms consist of seven points: a center point, two points at either end of the vertical axis, and two points each—four points in all—equidistant to each other on either side of the central axis. The six outer points of the time atoms are in the shape of a hexagon, a six-sided figure.

The gravitational plane of the octahedron crystal emanates horizontally out from the blazing luminous center of the crystal, extending to the four points that mark the edges of the crystal, where the four northern and four southern faces of the octahedron meet. The gravitational plane connecting these four points is like the base of two pyramids—one pyramid extends from this base with four faces to the northern point of the octahedron, and the other four faces to the southern point. Along this gravitational plane exactly opposite each other are two more time atoms: a white one and yellow one. These two gravitational time atoms are constructed just as the red and blue polar time atoms, except that their two axial points are aligned with the gravitational plane, lying on their side as it were and perpendicular to the polar time atoms. These white and yellow time atoms turn around like paddle-wheelers making a slow circular motion, counterclockwise, from left to right around the central point of blazing luminosity.

Once you have visualized the octahedron crystal core of the Earth with its eight faces, four time atoms, etheric column of light and two flux tubes, then visualize that from the center of the crystal a great stream of multicolored plasma filled light shoots up in both directions toward both of Earth's poles. Now you have gone from the center of the Earth to a point out in space where you are seeing the whole Earth. While you can still see the crystal octahedron at the center of the Earth, at the North and South poles the stream of light shoots out to become a great double rainbow bridge—the day alternator and the night alternator of Earth's magnetic field made visible. Two rainbow streams connect the North and South Poles of the Earth, exactly 180 degrees apart from each other. As the Earth slowly revolves on its axis, this rainbow bridge remains steady and constant, unmoving.

Once you have completed the visualization, take the whole Earth revolving beneath the rainbow bridge and place it in your heart. Imagine the two streams of light shooting out through your central column above your head and beneath your feet. Now they make a similar rainbow bridge around your body, holding your aura in place.

Now you and the Earth are one. The Rainbow Bridge of World Peace is real.

There is a science behind all of this. What exists at first in the imagination, visualized by enough people in a telepathic wave of love, will in time become a reality.

52 PRECEPTS of Cosmic History: Book of the Throne

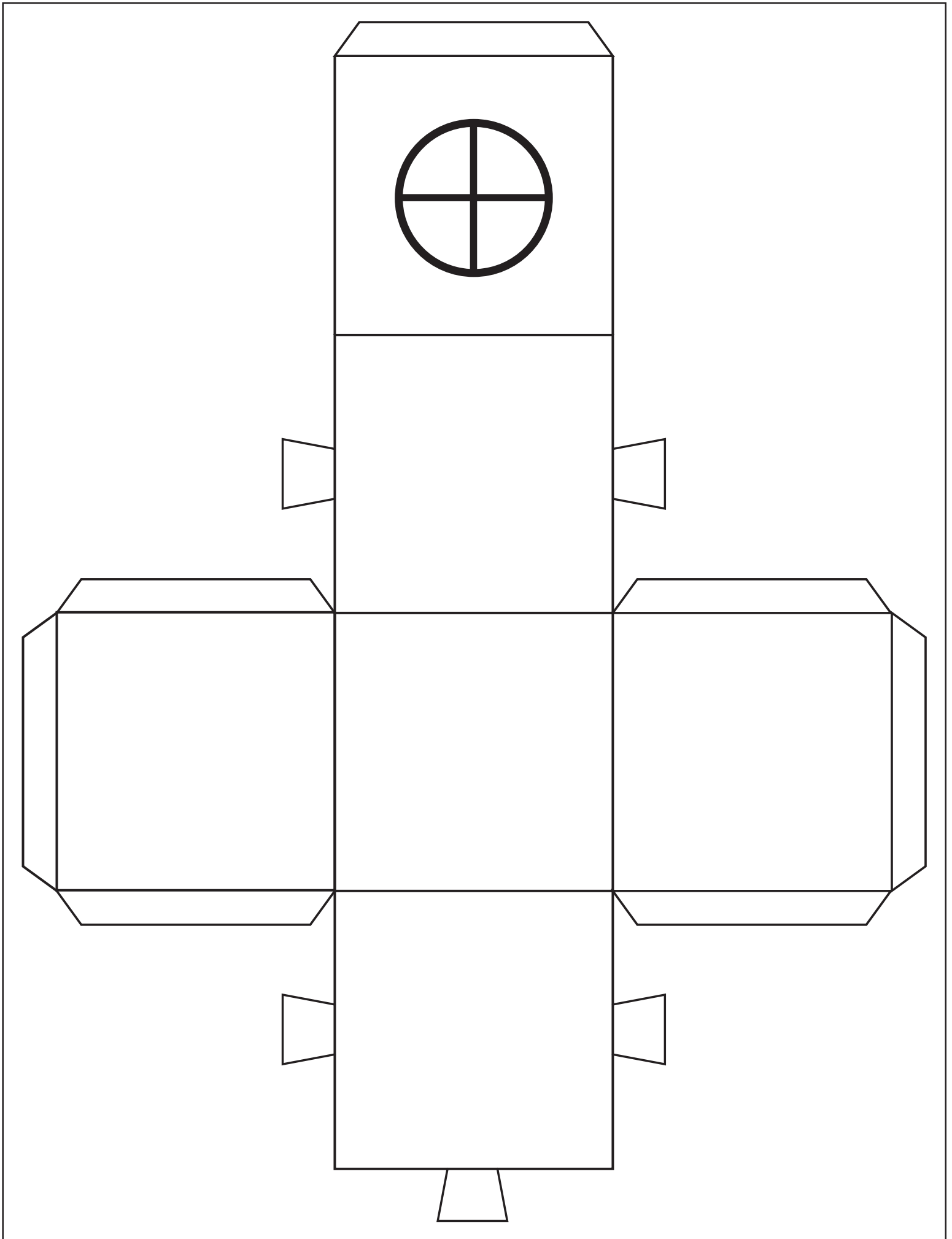
The 52 precepts represent the most fundamental concepts of Cosmic History, understood as a system of thought. Since this system of thought has not been presented before on this planet, at least not in this manner, its presentation can be challenging.

The purpose of these precepts is to lessen the challenge by identifying these 52 key thoughts as points of meditation and reflection.

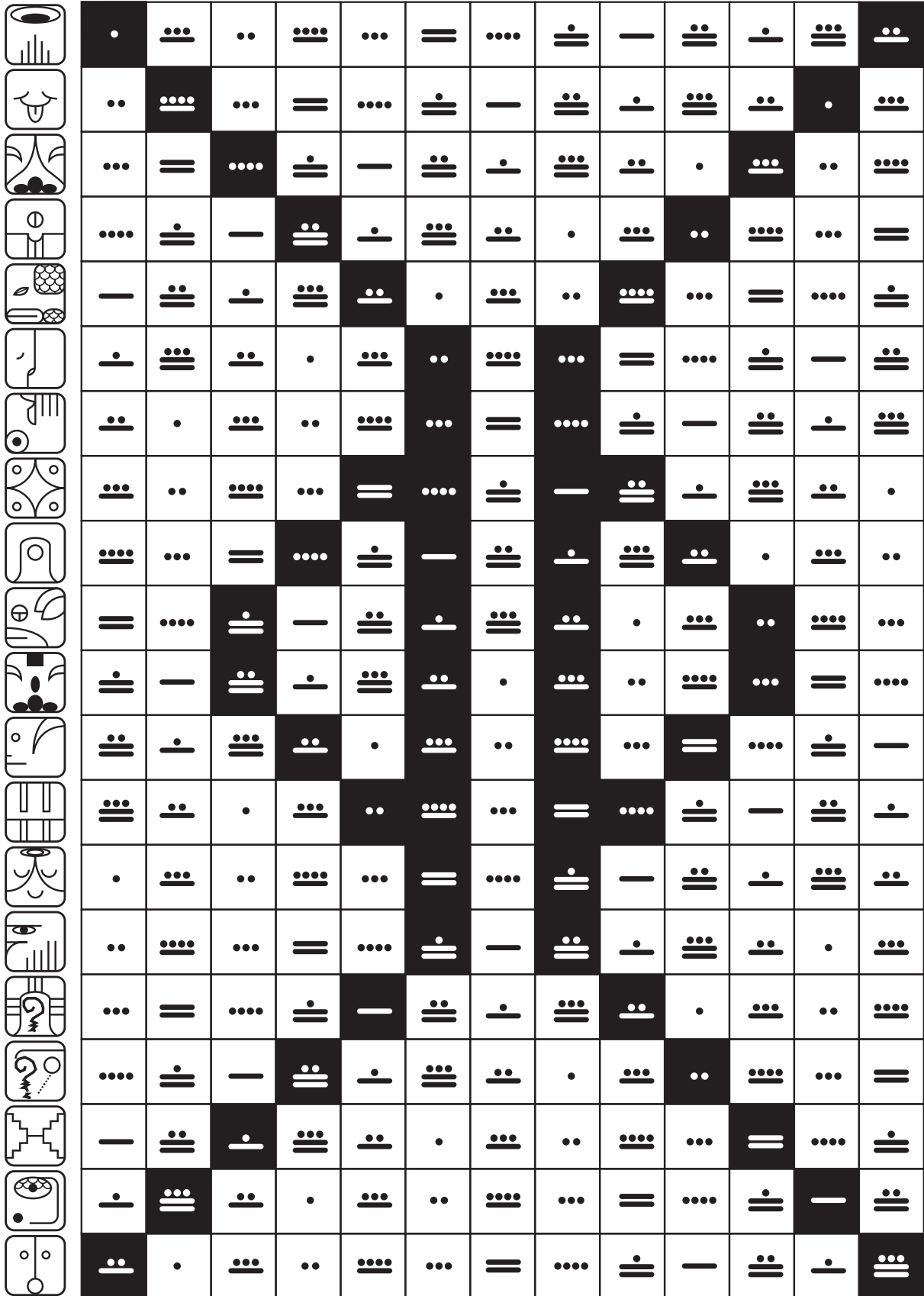
Copy these precepts on extra thick card stock. Then cut them out. Do the same with the cube. You may need to enlarge the cube template and then copy it onto card stock. The point is to create a cube container to hold the 52 precepts.

That way every day you can go to the cube and pull one of the precepts for daily study. Use the precept as a point of contemplation, meditation and reflection. Through these 52 precepts, the true essence of Cosmic History will be instilled in you like a seed to be germinated by your growing cosmic consciousness.

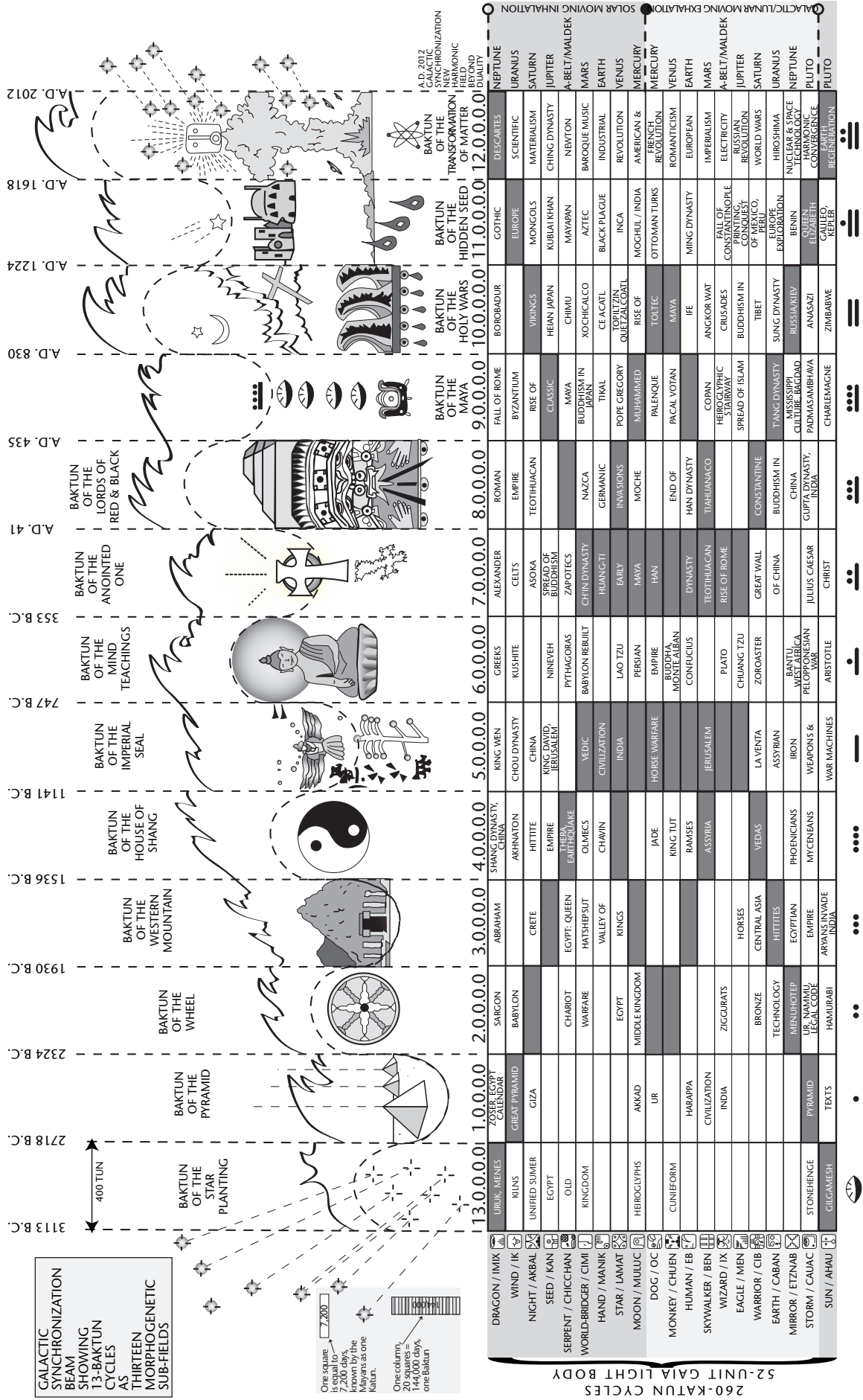
<p align="center"><u>Part I, Chapter 1</u></p> <p>1. The sole purpose of life is to remember God and get back to the soul – that pure place where you can read the inscribed words that God has placed in your heart.</p>	<p align="center"><u>Part II, Chapter 4</u></p> <p>14. Yoga is the primary tool to build the foundation of the inner temple, which penetrates through the profane so you can realize your innate cosmic identity.</p>	<p align="center"><u>Part III, Chapter 7</u></p> <p>27. The simple, most elegant means will always be true; therefore, it will be aesthetic and moral. Truth is always harmonic.</p>	<p align="center"><u>Part IV, Chapter 10</u></p> <p>40. Spiritual self-sufficiency is a function of discipline which is a continuing spiritual sacrifice of the lower self for the sake of inner perfection, or the coming out and polishing of the divine incarnate self or form within.</p>
<p align="center"><u>Part I, Chapter 1</u></p> <p>2. Disillusionment of the cloud covering of the materialist belief system is the purpose of Cosmic History – only then can the clear mental field of the human shine through as the planetary mind field.</p>	<p align="center"><u>Part II, Chapter 4</u></p> <p>15. Yoga as a system of knowing begins with the physical body and penetrates into the deepest recesses of the universal cosmic mind.</p>	<p align="center"><u>Part III, Chapter 7</u></p> <p>28. Suffering exists because you have made the choice to buy into illusion. The moral universe indicates choice. You always have the opportunity to choose the right way or the wrong way.</p>	<p align="center"><u>Part IV, Chapter 11</u></p> <p>41. To facilitate the major adjustment to human consciousness involved in activating the noosphere, it is necessary to cultivate multidimensional paranormality.</p>
<p align="center"><u>Part I, Chapter 1</u></p> <p>3. The garment of reality is holy and there is a Divine authorship to the Universe – the soul exists with the inscription of God that says: “Remember me.”</p>	<p align="center"><u>Part II, Chapter 4</u></p> <p>16. The totality of what needs to be known is contained within the human body – when this is understood, then the paranormal means of extending out the senses into orders of nature will also come to be known.</p>	<p align="center"><u>Part III, Chapter 8</u></p> <p>29. Everything that grows is meant to transcend itself. When you become fully who you are your character opens like a flower – when you fully flower you pass beyond yourself into the final image of the flower, which is the full development of the soul.</p>	<p align="center"><u>Part IV, Chapter 11</u></p> <p>42. To attain paranormal powers requires exertion, discipline of mind, effort and even then, the effort is not to attain powers, but rather to gain self-mastery or self-realization, which is the goal of yoga and meditation.</p>
<p align="center"><u>Part I, Chapter 1</u></p> <p>4. The first step in shifting to a cosmic state of mind is through daily use of the 13 Moon, 28-day calendar – this is the basis and foundation of the new world structure.</p>	<p align="center"><u>Part II, Chapter 5</u></p> <p>17. From the sorcerer’s point of view, the purpose of yoga is to establish the body as a completely unified base and temple so that the reflection and order of the body’s movements are a reflection of the original sacred order of the higher cosmos.</p>	<p align="center"><u>Part III, Chapter 8</u></p> <p>30. The art of UR (universal recollection) is the art that is meant to invoke the cosmic memory as a cosmic whole and the memory of the self as the entire cosmos and the entire history of the cosmos.</p>	<p align="center"><u>Part IV, Chapter 11</u></p> <p>43. To learn to coordinate the third-dimensional being with the fourth-dimensional being is a major purpose of life and opens us to the multidimensional paranormality, which is actually the norm.</p>
<p align="center"><u>Part I, Chapter 2</u></p> <p>5. The program of the 13 Moon calendar is a radical step, which is the whole purpose of Cosmic History – to lead the soul back to the divine perfection of the order of the universe as it actually is.</p>	<p align="center"><u>Part II, Chapter 5</u></p> <p>18. Cosmic History is the structure of the universe projected through our own body and being as a harmonious work of art.</p>	<p align="center"><u>Part III, Chapter 8</u></p> <p>31. The process of redemption means ceasing to be oblivious or beginning to remember or recollect. Universal Recollection means humans are no longer oblivious to their origin or destiny.</p>	<p align="center"><u>Part IV, Chapter 11</u></p> <p>44. Your identification must change to that of a planet sorcerer cultivating your multidimensional paranormal powers to aid in the supermental evolution of the planet. Nothing else exists.</p>
<p align="center"><u>Part I, Chapter 2</u></p> <p>6. The 13 Moon, 28-day calendar is not only a vehicle for the reharmonization of the human mind and ultimately of the human DNA, but also a tool for the instant transcendence of history.</p>	<p align="center"><u>Part II, Chapter 5</u></p> <p>19. You must understand that what you put out to the world and what you interpret is nothing but your own psychogenetic feedback.</p>	<p align="center"><u>Part III, Chapter 8</u></p> <p>32. Holonomic recollection is the unfolding of a being into a planetary order and begins once the human frequency shifts by changing calendars.</p>	<p align="center"><u>Part IV, Chapter 12</u></p> <p>45. Our task is to make the world-soul conscious by initiating it into the every day synchronic order of reality so the human beings become stabilized at a higher normative level of continuing consciousness.</p>
<p align="center"><u>Part I, Chapter 2</u></p> <p>7. Application of the Cosmic History Chronicles with the codes of time open you to multidimensional levels of consciousness; and once your mind is really operating on these codes, you will begin to experience increasing levels of sensory teleportation.</p>	<p align="center"><u>Part II, Chapter 5</u></p> <p>20. Cosmic History is an internal revolution dependent on the cultivation of seeing.</p>	<p align="center"><u>Part III, Chapter 9</u></p> <p>33. Only when the personal will is surrendered to Divine Will, will we have the opportunity to create a victorious ending to the movie being projected into the third dimension.</p>	<p align="center"><u>Part IV, Chapter 12</u></p> <p>46. Just as the biosphere is the medium on Earth for the transformation of cosmic energy, so the noosphere is the medium for the transmutation and transformation of cosmic thoughtforms.</p>
<p align="center"><u>Part I, Chapter 2</u></p> <p>8. Cosmic History is a system of thought and technique to be learned and applied so the human can take the next steps on the road of evolution into a holographic perceptual system.</p>	<p align="center"><u>Part II, Chapter 6</u></p> <p>21. All the work that you are doing is to return to this point of God at the center of the circle where the light is always pure.</p>	<p align="center"><u>Part III, Chapter 9</u></p> <p>34. Interplanetary travel starts with meditation that clears the mind of the thinking disposition – this is mandatory in developing the samadhi and the concentration within the samadhi to go where you have to go or do what has to be done.</p>	<p align="center"><u>Part IV, Chapter 12</u></p> <p>47. A magician is someone who is attuned to the knowledge of the processes of nature in such a way that s/he can mentally coordinate these processes with others to create certain effects, which, to most people, are seemingly impossible.</p>
<p align="center"><u>Part I, Chapter 3</u></p> <p>9. Cosmic History is the highest level of information and comprehension to which previous history becomes subordinate, transformed and remade.</p>	<p align="center"><u>Part II, Chapter 6</u></p> <p>22. The purpose of the creation of the human being is to create a highly evolved and intricate medium not only to act as a vehicle of cosmic intelligence, but as a conduit for ever-evolving consciousness and spirit.</p>	<p align="center"><u>Part III, Chapter 9</u></p> <p>35. When viewing your entire life movie, the quality of what you experienced and how you responded to those experiences conditions what is going to happen to you in the next life or Afterlife.</p>	<p align="center"><u>Part IV, Chapter 12</u></p> <p>48. Humanity is the point through which the manifestation and commands of hierarchy and the cultural forms of the matrix of Shambhalla/Tollan are evolved. We must form clear pictures about how all of this works.</p>
<p align="center"><u>Part I, Chapter 3</u></p> <p>10. All of the perceptions you have accumulated must be washed away in the light of the truth that there is only one tradition, one religion, one Earth and one being.</p>	<p align="center"><u>Part II, Chapter 6</u></p> <p>23. From the point of view of Cosmic Science, who you really are is the evolving component that maintains the intentional thinking element of the cosmos.</p>	<p align="center"><u>Part III, Chapter 9</u></p> <p>36. All of the movie archives of every being who ever existed are stored in the fourth dimension, which is the space of the imagination or imaginal realm.</p>	<p align="center"><u>Part IV, Chapter 13</u></p> <p>49. Study of the Cosmic History Chronicles is the first step in envisioning the mechanism and structure of how the whole human mind and basis of human knowledge is being reformulated.</p>
<p align="center"><u>Part I, Chapter 3</u></p> <p>11. There can be no new advance within the matrix of an old structure without a sacrifice – you have to sacrifice something of yourself – if not all of yourself that is attached or involved in the old to get to the new.</p>	<p align="center"><u>Part II, Chapter 6</u></p> <p>24. Art is how the fourth-dimensional being uses the third-dimensional body to bring it into harmony with the fifth-dimensional.</p>	<p align="center"><u>Part IV, Chapter 10</u></p> <p>37. The degree to which we are immersed in our ego is the degree to which we are creating and repeating noospheric clichés. The degree to which we are open to spirit and to nonegoic forms of life and communication, then to that degree we are potentiating ourselves as noospheric mediums.</p>	<p align="center"><u>Part IV, Chapter 13</u></p> <p>50. The Cosmic History Chronicles are the power of the number seven, which underlies the narration of cosmic creation and the creation of the cosmic field as the function of the different stages of the evolution of time.</p>
<p align="center"><u>Part I, Chapter 3</u></p> <p>12. Dissolution of old structures, as well as cultivation of universal compassion for all beings, is the goal of the evolution of the planetary human.</p>	<p align="center"><u>Part III, Chapter 7</u></p> <p>25. By becoming conscious of the three universes: phenomenal, imaginal and moral, that are always simultaneously in operation, you may begin to create an enlarged assessment of who you really are and what you are really doing here.</p>	<p align="center"><u>Part IV, Chapter 10</u></p> <p>38. The codes of the Law of Time exist to help us maintain continuing consciousness in the 13:20 timing frequency and thus access the noosphere.</p>	<p align="center"><u>Part IV, Chapter 13</u></p> <p>51. The more your mind becomes imbued with the informative resonant power of Cosmic History, the more it becomes a reflection of the primal chronicle of seven.</p>
<p align="center"><u>Part II, Chapter 4</u></p> <p>13. According to Cosmic History, yoga exists as a necessary system to facilitate this next stage of transformation where the human mind and soul experiences unification at a noospheric or planetary level.</p>	<p align="center"><u>Part III, Chapter 7</u></p> <p>26. You must begin to examine the process of everything. Everything that exists is based on some type of divine blueprint.</p>	<p align="center"><u>Part IV, Chapter 10</u></p> <p>39. The noosphere is now absorbing into itself the mind and consciousness of increasing numbers of people.</p>	<p align="center"><u>Part IV, Chapter 13</u></p> <p>52. The comprehension of the Cosmic History Chronicles as the structure of order of the power of the number seven is the serpent biting its tail to release the poison that heals it into wholeness.</p>



HARMONIC MODULE showing TWENTY SOLAR SEALS



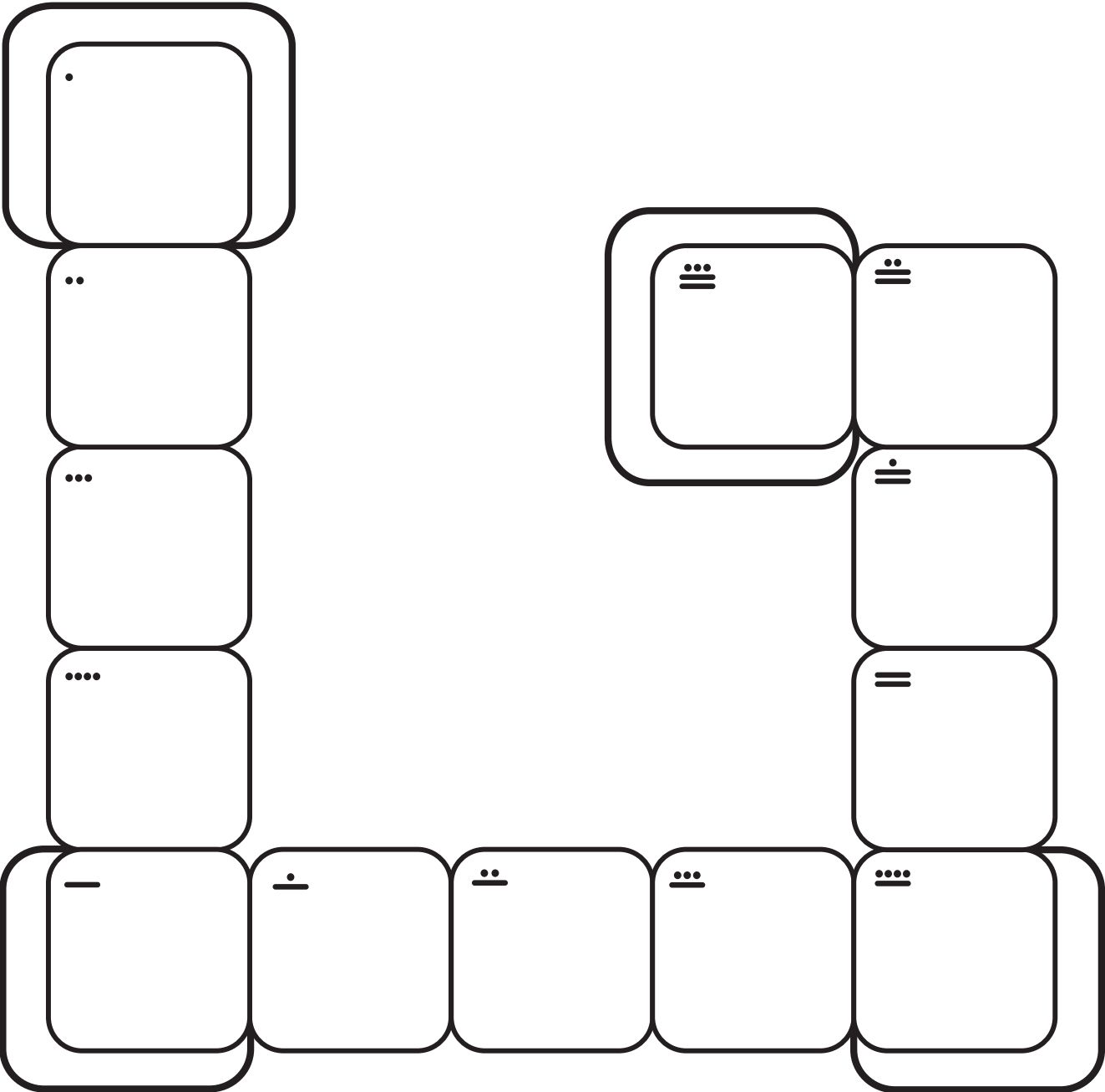
13 BAKTUN MAP - GREAT CYCLE of History



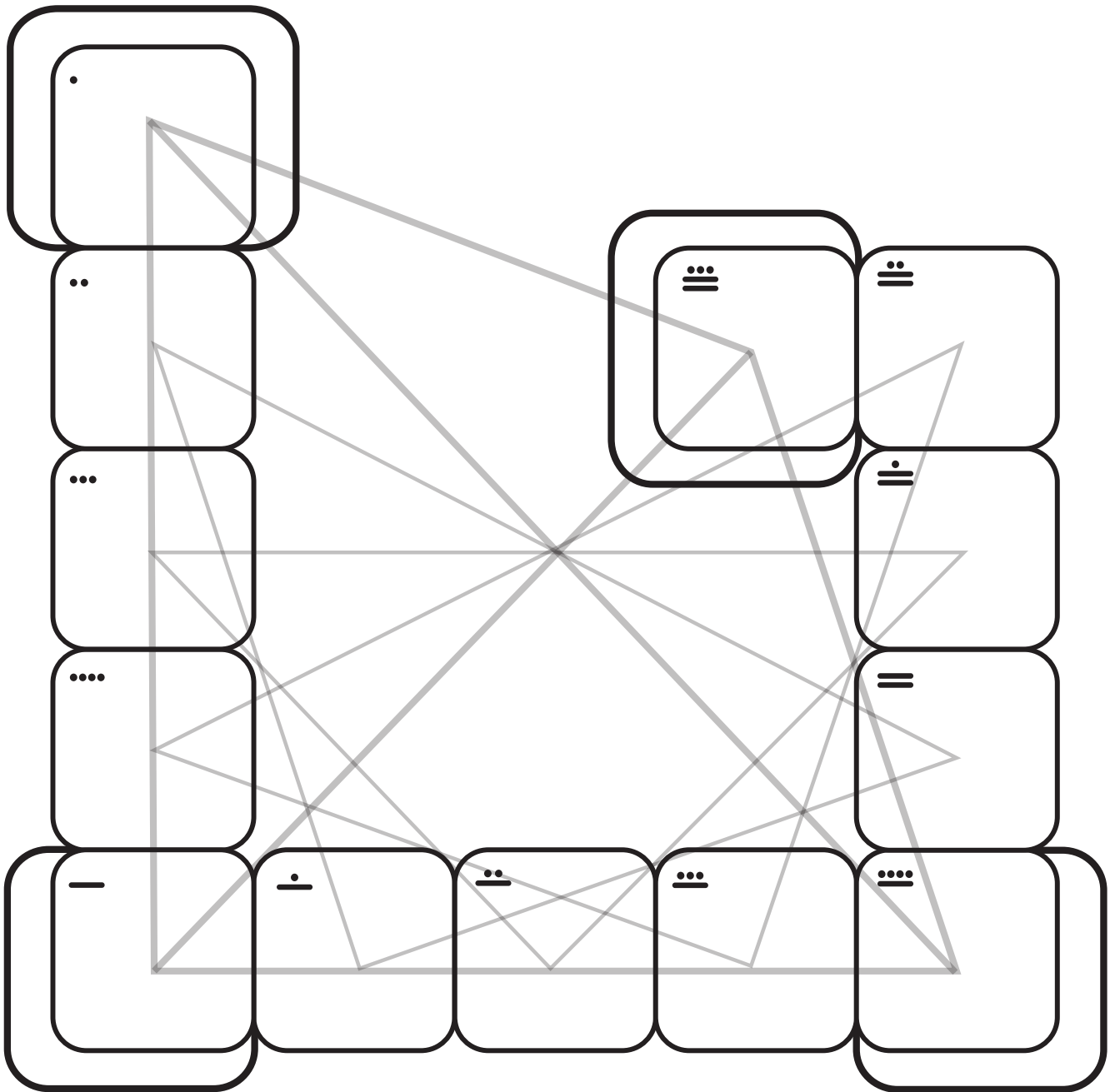
HARMONIC MODULE SHOWING TEN PLANETS

Neptune	•	⋯	••	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯
Uranus	••	⋯	••	⋯	⋯	⋯	⋯	⋯	⋯	⋯	•	⋯	⋯
Saturn	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	•	⋯	••	⋯
Jupiter	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯
Maldek	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯
Mars	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯
Earth	⋯	•	⋯	••	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯
Venus	⋯	••	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	•
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Mars	⋯	⋯	•	⋯	••	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯
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Uranus	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯	⋯
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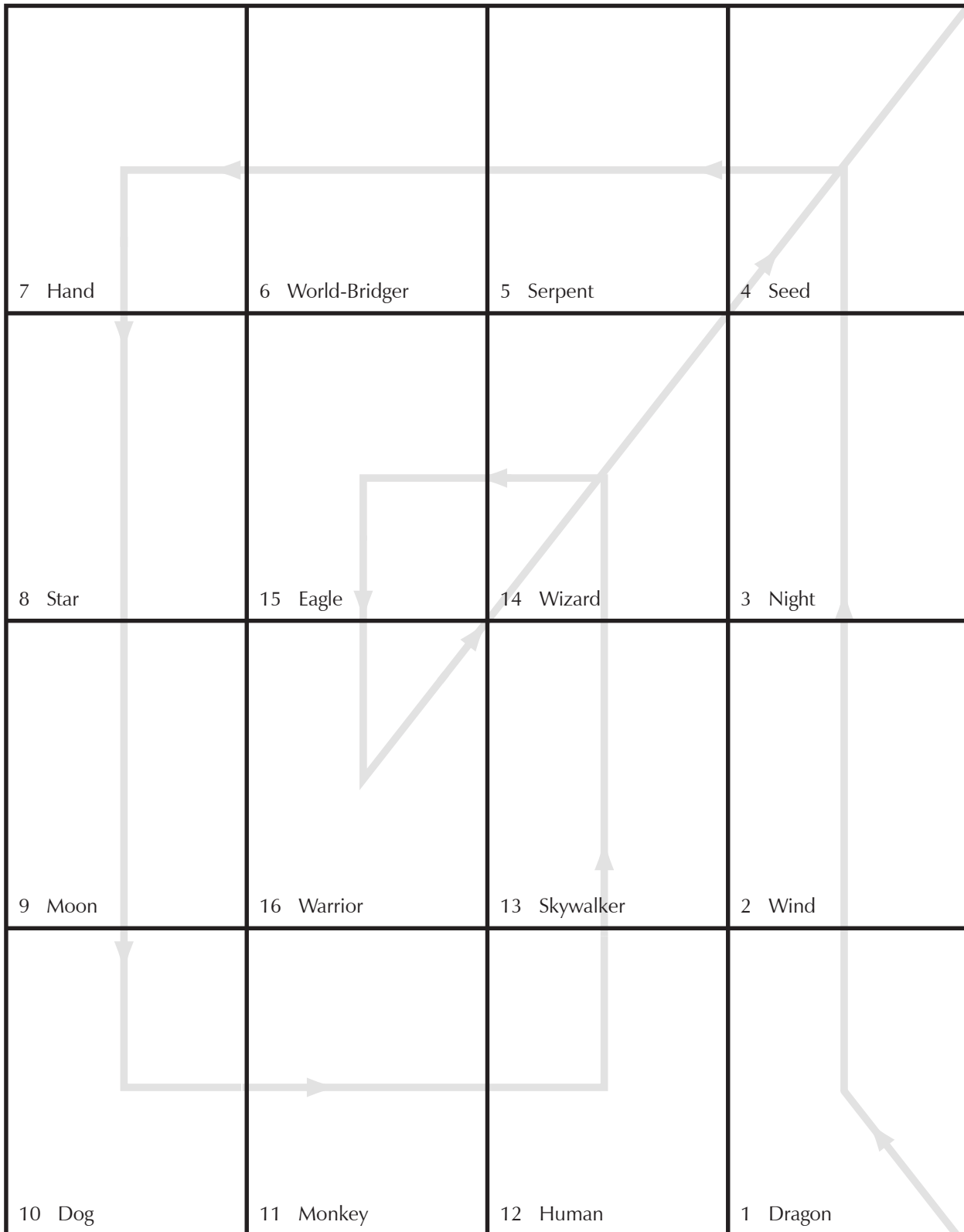
WAVESPELL



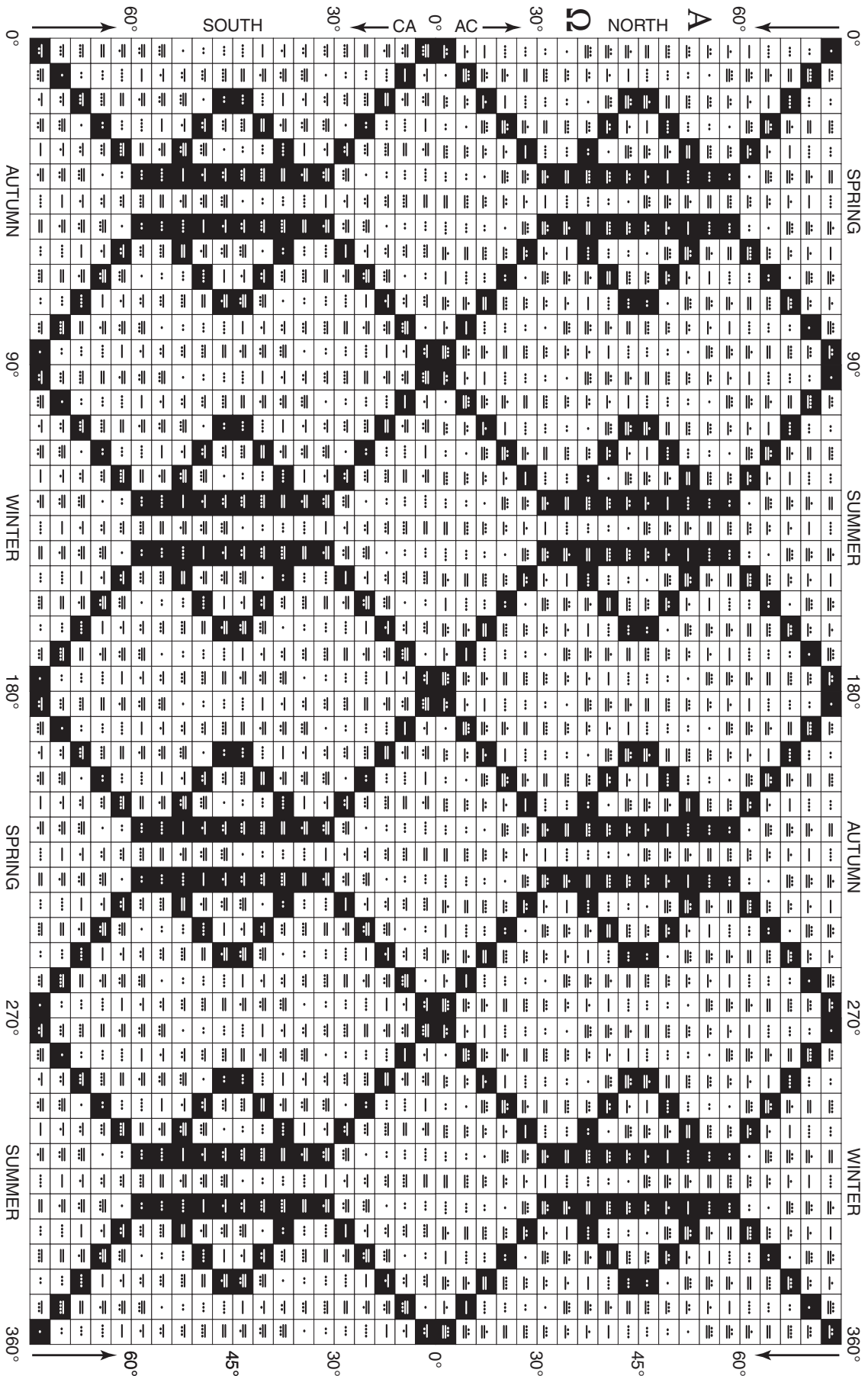
WAVESPELL SHOWING PULSAR GEOMETRY

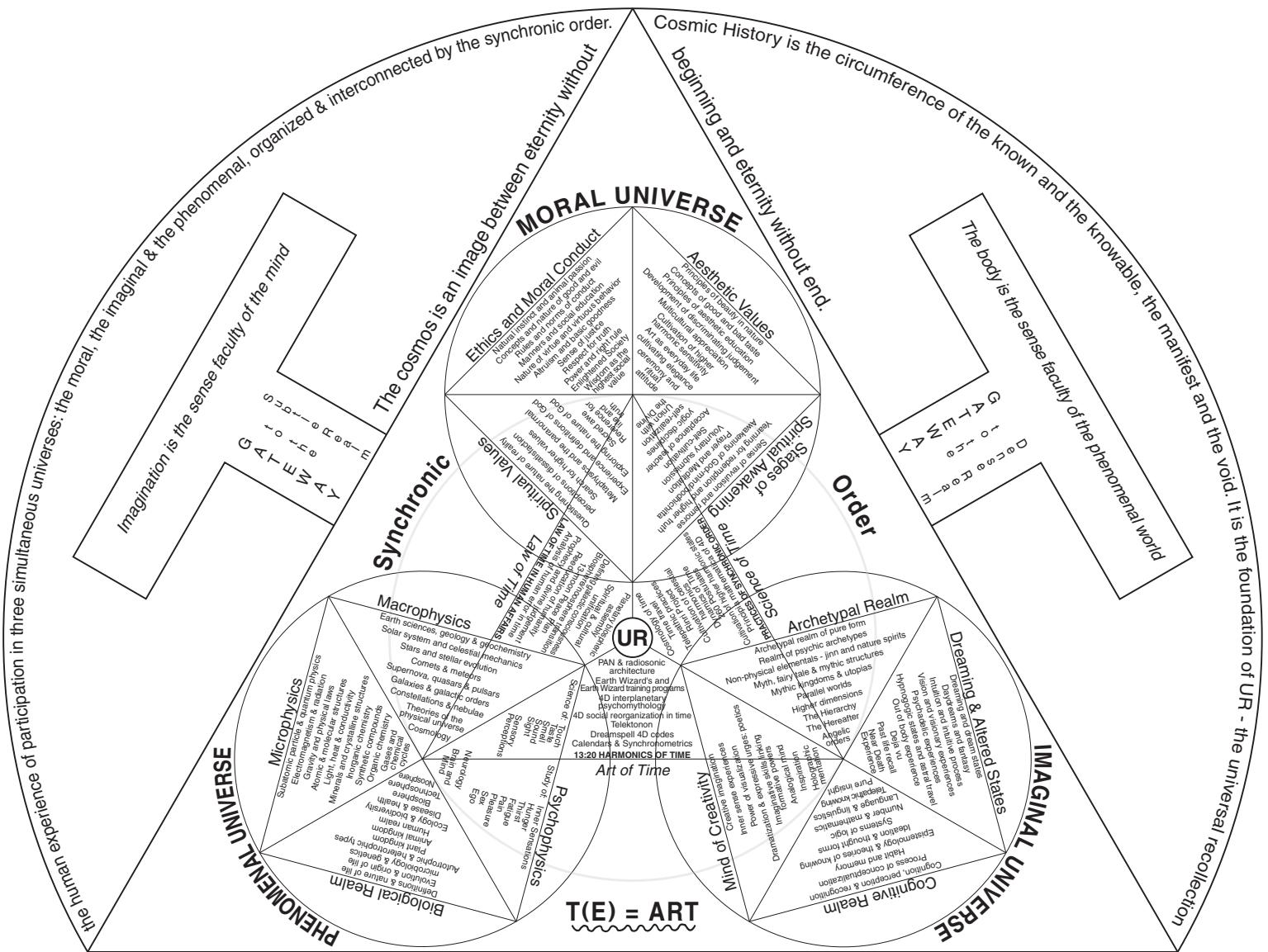


16-UNIT CUBE



Psi Bank





Imagination is the sense faculty of the mind

The body is the sense faculty of the phenomenal world

The cosmos is an image between eternity without beginning and eternity without end.

The synchronic order provides points of convergence that

restores unity to the three universes making them as one

The soul is the sense faculty of the divine will

encompassing the cycle of wisdom, the mutual turnings of the wheel of becoming and the wheel of return. Cosmic History reformulates

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COSMIC HISTORY as ART

GOD

O you who would know
 First study the self ~
 Forgetting the self
 remove the barrier
 between self and other.

Cosmic History
 will then in-form you.

A single pillar
 will not support
 a dome ~

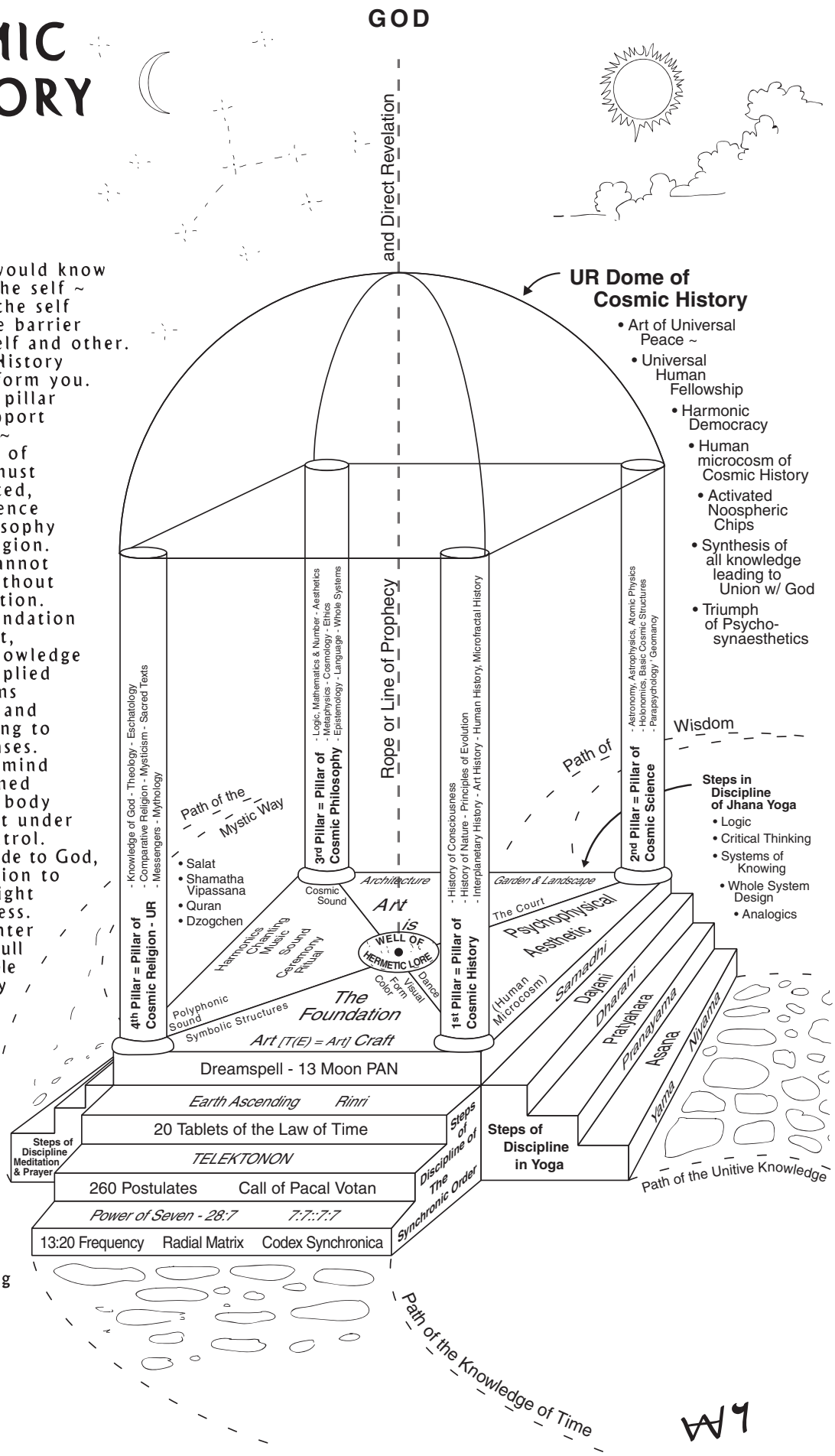
The Pillar of
 History must
 be replicated,
 first as Science
 then as Philosophy
 then as Religion.

A dome cannot
 be built without
 a foundation.

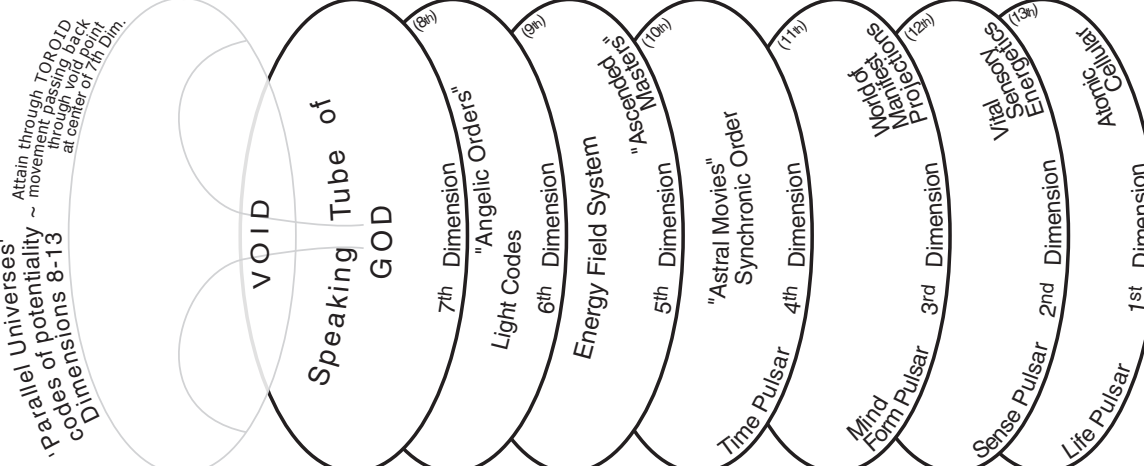
Let that foundation
 be Art,
 so that all knowledge
 may be applied
 in forms
 pleasing and
 informing to
 the senses.
 Let the mind
 be tamed
 and the body
 brought under
 control.

Let prayer guide to God,
 and meditation to
 the clear light
 consciousness.

From the center
 of the dome pull
 down the invisible
 rope of prophecy
 and revelation,
 then drop it
 through the
 hidden well
 of hermetic lore
 at the center
 of the
 foundation
 floor, and there
 below
 foundations
 unearthed,
 you will find
 the treasure
 you are looking
 for!

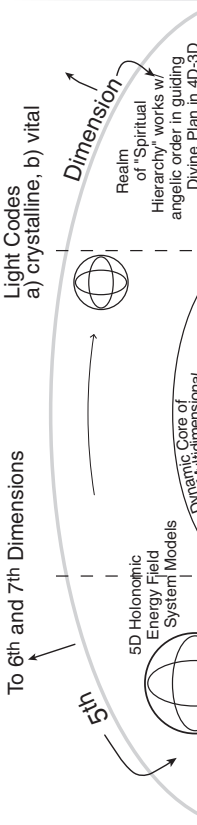


1-7 Dimension ~ Codes of Manifestation



Simultaneous Universe Model [SUMI]
 "Universe w/o Beginning and w/o End"
 Multidimensional Creation Codes
 "History of Harmony"

"No visions can encompass Him, but He encompasses all visions. He is The Compassionate, The Cognizant."
 Quran 6:103



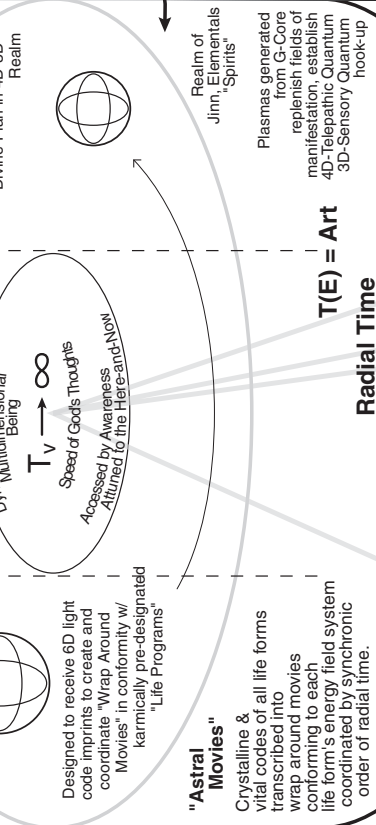
COSMIC HISTORY

Hierarchy of Information Model Based on [SUMI]

INNER =
 Law of Time Synchronic Order Codes ~ inclusive of 4-D Spiritual teachings in conformity with T(E)=Art under normal conditions ~ But on V.24.3 3D/4D Broken ~ Cosmic History

OUTER =
 Macro organizing codes 3D space universe and History Models ~ compendium of universal (Cosmic History) (Knowledge Codes)

This model to be used in the systematic organization of the outer inner and secret macro & micro organizing codes constituting the system of thought & practice of Cosmic History Way of Conduct Way of Wielding Power



Light Codes
 a) crystalline, b) vital
 Realm of "Spirits" Jinn, Elementals "Spirits"
 Plasmas generated from G-Core replenish fields of manifestation: establish 4D-Telepathic Quantum 3D-Sensory Quantum hook-up

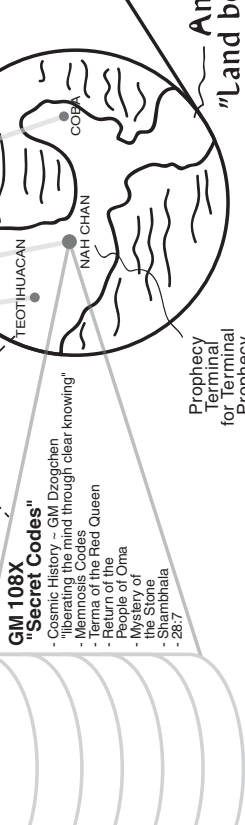


Velatropa Free Will Zone
 Manifest projections test free will and may "change" movie's ending.

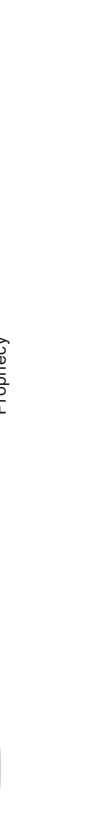
V.24.3
 Final focus of free will experiment "Match your Astral Movie"

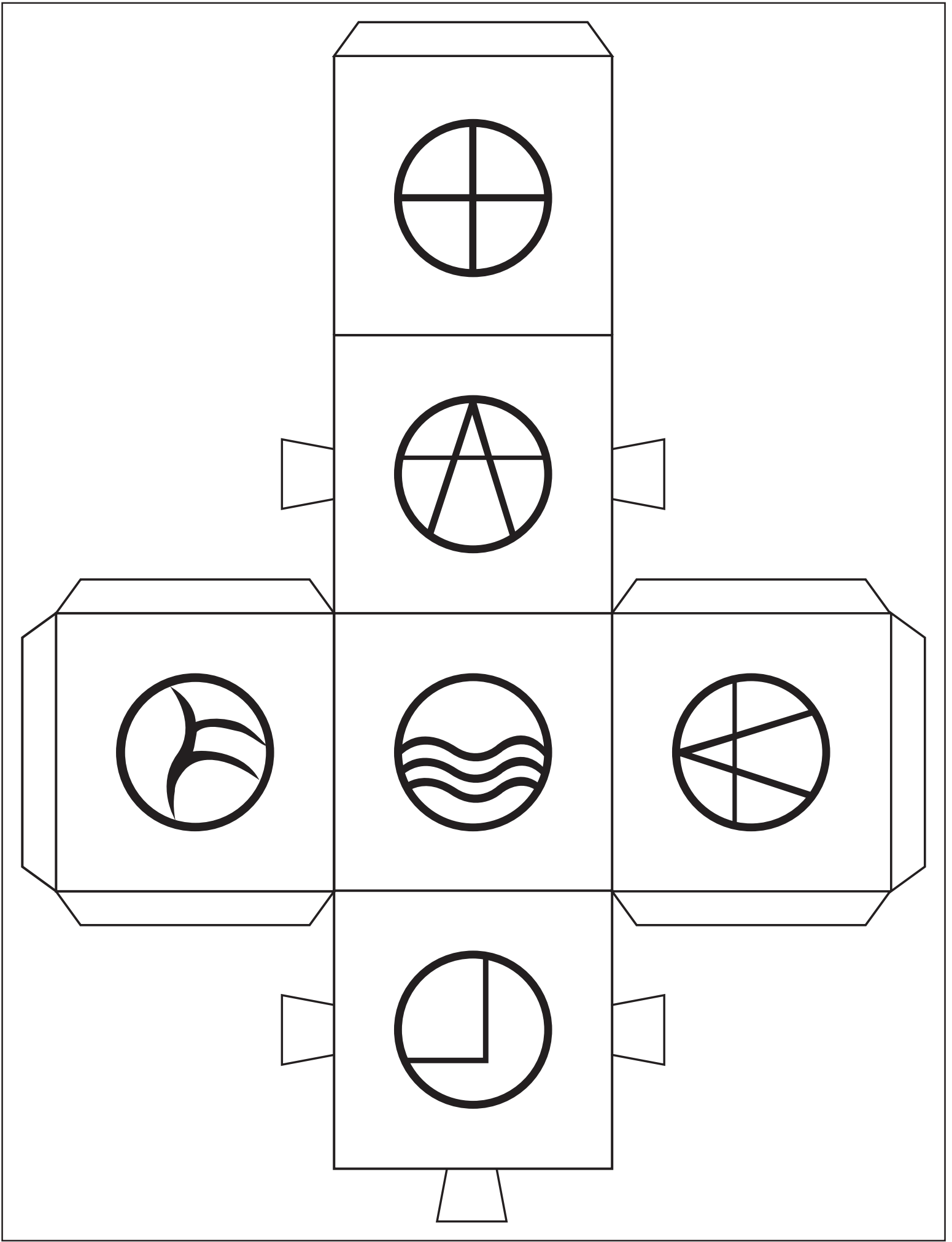


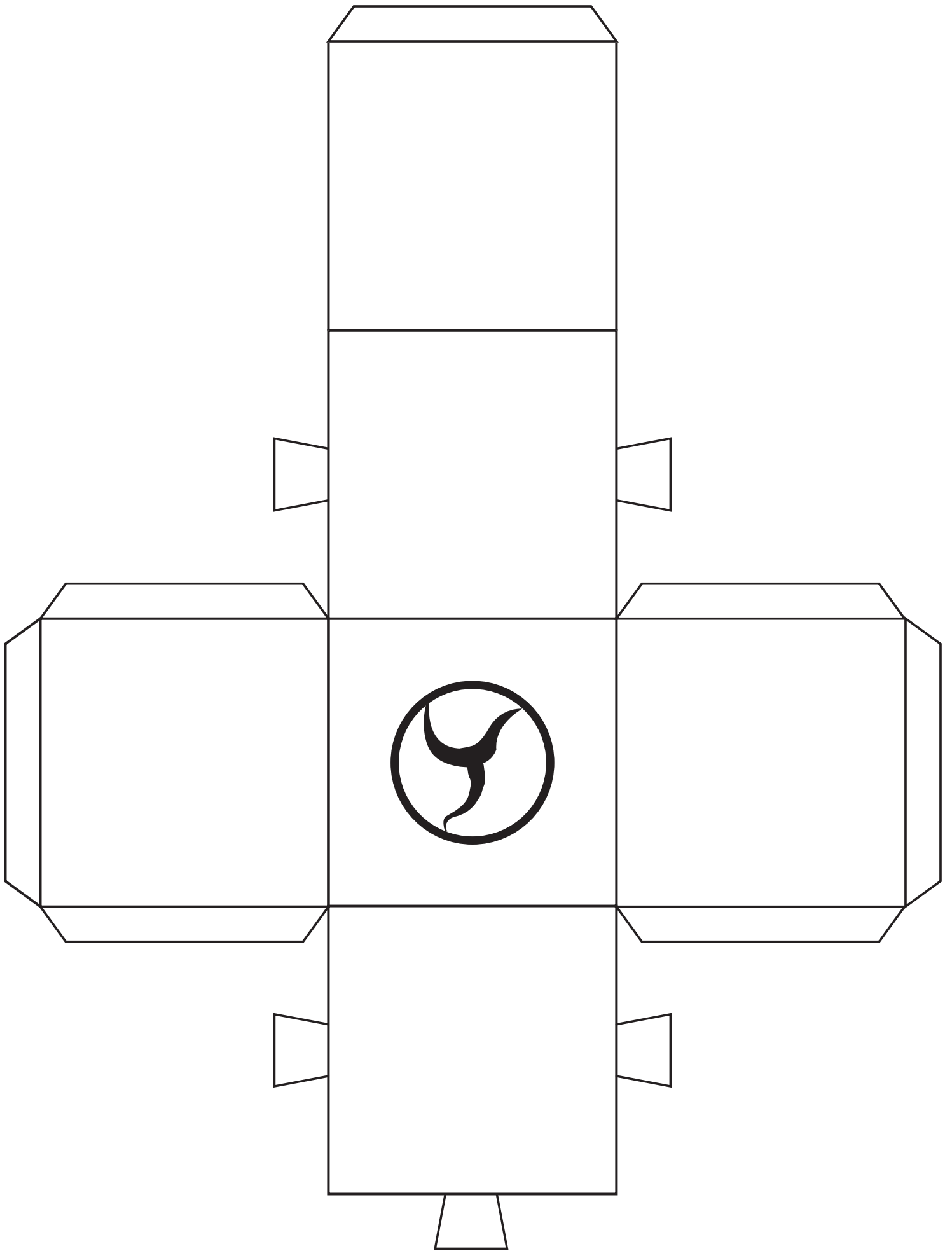
GM 108X "Secret Codes"
 - Cosmic History - GM Dzogchen
 - "liberating the mind through clear knowing"
 - Mennosis Codes
 - Terms of the Red Queen
 - Return of the People of Oma
 - The Store of the Shore
 - Shambhala - 28.7



13th Dim. completes rotational Dimensional Inversion and returns to 1st Dim.







PERPETUAL 13 MOON WAVESPELL CALENDAR

Moon 1 - Magnetic

1	2	3	4	5	6	7
7/26	7/27	7/28	7/29	7/30	7/31	8/1
8	9	10	11	12	13	14
8/2	8/3	8/4	8/5	8/6	8/7	8/8
15	16	17	18	19	20	21
8/9	8/10	8/11	8/12	8/13	8/14	8/15
22	23	24	25	26	27	28
8/16	8/17	8/18	8/19	8/20	8/21	8/22

Moon 2 - Lunar

1	2	3	4	5	6	7
8/23	8/24	8/25	8/26	8/27	8/28	8/29
8	9	10	11	12	13	14
8/30	8/31	9/1	9/2	9/3	9/4	9/5
15	16	17	18	19	20	21
9/6	9/7	9/8	9/9	9/10	9/11	9/12
22	23	24	25	26	27	28
9/13	9/14	9/15	9/16	9/17	9/18	9/19

Moon 3 - Electric

1	2	3	4	5	6	7
9/20	9/21	9/22	9/23	9/24	9/25	9/26
8	9	10	11	12	13	14
9/27	9/28	9/29	9/30	10/1	10/2	10/3
15	16	17	18	19	20	21
10/4	10/5	10/6	10/7	10/8	10/9	10/10
22	23	24	25	26	27	28
10/11	10/12	10/13	10/14	10/15	10/16	10/17

Moon 4 - Self-existing

1	2	3	4	5	6	7
10/18	10/19	10/20	10/21	10/22	10/23	10/24
8	9	10	11	12	13	14
10/25	10/26	10/27	10/28	10/29	10/30	10/31
15	16	17	18	19	20	21
11/1	11/2	11/3	11/4	11/5	11/6	11/7
22	23	24	25	26	27	28
11/8	11/9	11/10	11/11	11/12	11/13	11/14

Moon 5 - Overtone

1	2	3	4	5	6	7
11/15	11/16	11/17	11/18	11/19	11/20	11/21
8	9	10	11	12	13	14
11/22	11/23	11/24	11/25	11/26	11/27	11/28
15	16	17	18	19	20	21
11/29	11/30	12/1	12/2	12/3	12/4	12/5
22	23	24	25	26	27	28
12/6	12/7	12/8	12/9	12/10	12/11	12/12

Day Out of Time
7/25

Moon 13 - Cosmic

1	2	3	4	5	6	7
6/27	6/28	6/29	6/30	7/1	7/2	7/3
8	9	10	11	12	13	14
7/4	7/5	7/6	7/7	7/8	7/9	7/10
15	16	17	18	19	20	21
7/11	7/12	7/13	7/14	7/15	7/16	7/17
22	23	24	25	26	27	28
7/18	7/19	7/20	7/21	7/22	7/23	7/24

Moon 12 - Crystal

1	2	3	4	5	6	7
5/30	5/31	6/1	6/2	6/3	6/4	6/5
8	9	10	11	12	13	14
6/6	6/7	6/8	6/9	6/10	6/11	6/12
15	16	17	18	19	20	21
6/13	6/14	6/15	6/16	6/17	6/18	6/19
22	23	24	25	26	27	28
6/20	6/21	6/22	6/23	6/24	6/25	6/26

Moon 11 - Spectral

1	2	3	4	5	6	7
5/2	5/3	5/4	5/5	5/6	5/7	5/8
8	9	10	11	12	13	14
5/9	5/10	5/11	5/12	5/13	5/14	5/15
15	16	17	18	19	20	21
5/16	5/17	5/18	5/19	5/20	5/21	5/22
22	23	24	25	26	27	28
5/23	5/24	5/25	5/26	5/27	5/28	5/29

Moon 10 - Planetary

1	2	3	4	5	6	7
4/4	4/5	4/6	4/7	4/8	4/9	4/10
8	9	10	11	12	13	14
4/11	4/12	4/13	4/14	4/15	4/16	4/17
15	16	17	18	19	20	21
4/18	4/19	4/20	4/21	4/22	4/23	4/24
22	23	24	25	26	27	28
4/25	4/26	4/27	4/28	4/29	4/30	5/1

Moon 8 - Galactic

1	2	3	4	5	6	7
2/7	2/8	2/9	2/10	2/11	2/12	2/13
8	9	10	11	12	13	14
2/14	2/15	2/16	2/17	2/18	2/19	2/20
15	16	17	18	19	20	21
2/21	2/22	2/23	2/24	2/25	2/26	2/27
22	23	24	25	26	27	28
2/28	3/1	3/2	3/3	3/4	3/5	3/6

Moon 7 - Resonant

1	2	3	4	5	6	7
1/10	1/11	1/12	1/13	1/14	1/15	1/16
8	9	10	11	12	13	14
1/17	1/18	1/19	1/20	1/21	1/22	1/23
15	16	17	18	19	20	21
1/24	1/25	1/26	1/27	1/28	1/29	1/30
22	23	24	25	26	27	28
1/31	2/1	2/2	2/3	2/4	2/5	2/6

Moon 6 - Rhythmic

1	2	3	4	5	6	7
12/13	12/14	12/15	12/16	12/17	12/18	12/19
8	9	10	11	12	13	14
12/20	12/21	12/22	12/23	12/24	12/25	12/26
15	16	17	18	19	20	21
12/27	12/28	12/29	12/30	1/1	1/2	1/3
22	23	24	25	26	27	28
1/3	1/4	1/5	1/6	1/7	1/8	1/9

Moon 9 - Solar

1	2	3	4	5	6	7
3/7	3/8	3/9	3/10	3/11	3/12	3/13
8	9	10	11	12	13	14
3/14	3/15	3/16	3/17	3/18	3/19	3/20
15	16	17	18	19	20	21
3/21	3/22	3/23	3/24	3/25	3/26	3/27
22	23	24	25	26	27	28
3/28	3/29	3/30	3/31	4/1	4/2	4/3