

The background of the page is a repeating pattern of light gray geometric shapes and symbols. These include triangles, squares, circles, and lines, some of which form more complex, abstract designs. The pattern is centered and covers the entire page.

INTRODUCTION TO GALACTIC CONSCIOUSNESS  
A 28-DAY PROGRAM

**HEPTAD 4: RIPEN**

## Heptad 4: Ripen



### **Kin 135: Blue Overtone Eagle (Sunday, August 16)**

#### **Lesson 22: Empowering Vision**

Today marks the 28th year since the Harmonic Convergence of 1987. This event was a key point in time, activating all of the knowledge of the Law of Time.

Today is a good day to review. The Harmonic Convergence was initiated on 16-17 August 1987, Kin 55-56. This event was the fulfillment of an ancient Mexican prophecy, announcing the conclusion of a major cycle of 1,144 years, and the beginning of a final transitional period of 25 years. This 25-year cycle - the time of prophecy - spanned the period between 16 August 1987 and 21 December 2012.

This event also coincided with the explosion of Supernova 1987A (aka “Quetzalcoatl”). All the codes of the Law of Time are functions of a time released mind transmission beam (GM108X) emanated from Supernova 1987A, the cosmic trigger of the Harmonic Convergence. (Note: In 1997 a further burst of energy of the supernova occurred resulting in a further downloading of synchronic codes).

The basis of the original Harmonic Convergence event and the cause of its success and positive effect on the world was in the principle of unification through synchronized global meditation. The point of the synchronization was two-fold: to establish a common unified field of mind and intention, and secondly to create a type of mental network or field around the planet over a period of two days - a proto-noosphere.

Today contemplate the qualities of a supernova and its effects on consciousness.

You might also study *The 260 Postulates of the Dynamics of Time* - available in print or as a free download at: <http://www.lawoftime.org/bookstore/insides/dynamics.html>



## **Kin 136: Yellow Rhythmic Warrior (Monday, August 17)**

### **Lesson 23: Balancing the 3 Bodies**

On this day we organize in order to question. Today is also a day of balance, so we practice balancing and integrating our three bodies: physical (3D), etheric (4D) and electronic (5D).

We evolve in stages from the purely third-dimensional physical realm, to the fourth-dimensional etheric realm and finally to the fifth-dimensional electronic realm, which contains the divine blueprint of our being. This is the purpose of the cultivation of our mind/body.

The integration of these three bodies is a key to our evolution.

Here is an exercise you can try:

Think of an obstacle or challenge that you are having in your third-dimensional life. Get out your notebook or journal and make four columns. In the first column write the nature of your problem or challenge. In the second column write down your 3D perceptions, i.e. “I don’t know what to do about this, I feel stuck, etc.” Write out all your perceived limitations.

Now clear your mind for a moment, and call in your 4D higher self, holon or subtle body: the invisible, psychic part of you. Practice seeing the situation from your 4D body. Write down what comes to you from this vantage point. Now go even higher to the 5-D: the electronic mother/father guardian spirit who loves you unconditionally. Tune into this and see what messages you receive. You might be surprised at your capacity to tune into different parts of yourself!



## Kin 137: Red Resonant Earth (Tuesday, August 18) Lesson 24: The 6 (+1) Mental Spheres

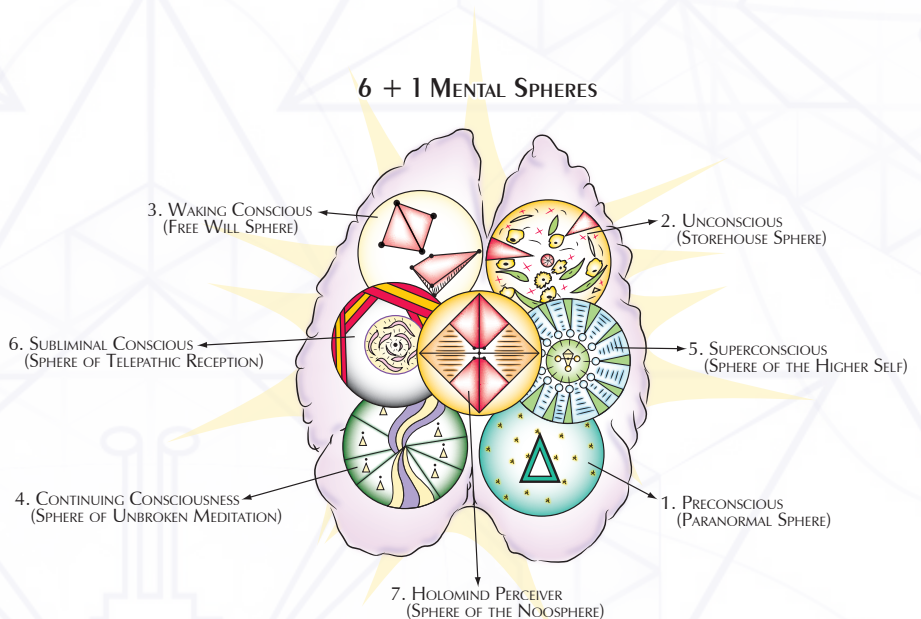
Today is also known as *Ah Vuc Ti Kab*, Lord of the center of the earth, with the affirmation “I channel in order to evolve.” What is your highest vision for planet Earth? Let’s take some time today in the inner chamber and envision. You may want to write a life vision statement for yourself so that you know the direction that you wish to go.

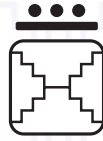
Each day of the week we activate one of 6 (+1) mental spheres. Today is the third radial plasma, Gamma, and we activate the third mental sphere which is the waking conscious sphere.

The brain is a wireless receiver or antenna with the capacity to tune into any number of vibration stations. By consciously activating and recognizing the different mental spheres, we activate dormant parts of our brain so that slowly, then quickly, our vibration begins to change. This is a result of adopting new mental habits.

Study each of the 6 (+1) mental spheres, listed below. To go further in depth see *Book of the Transcendence: Cosmic History Chronicles, Volume VI* (Available at <http://www.lawoftime.org/transcendence>).

1. Preconscious—This sphere serves as resonance chamber of the physical body where paranormal faculties are developed and stored. Contains karmic patterns, past life memory, etc.
2. Unconscious—This sphere contains conditioned and acquired thought reflexes.
3. Conscious—This sphere contains fleeting, moment-to-moment awareness as perceived through the five senses.
4. Continuing conscious—Sphere of disciplined concentration. Maintaining unbroken stream of consciousness. No longer falling into the unconscious or automatic reactions.
5. Superconscious—Sphere of 5D electronic body. Receiver station of telepathic mind programs. Seat of cosmic consciousness.
6. Subliminal conscious—Sphere of para-psychic parallel universe access. Subliminal means “below threshold”. This sphere assists in reprogramming conditioned 3D programs.
7. Holomind Perceiver—Sphere of our new evolving sense organ, the noospheric sensing device. Located in the corpus callosum. Contains master control panel that governs all other spheres.





## Kin 138: White Galactic Mirror (Wednesday, August 19) Lesson 25: 8 Keys to Enlightenment

The path of the synchronic order is holistic, which means it takes into account the totality of our being. While practicing new knowledge we are also working internally to become a better human to evolve ourselves at all levels. Eight is the number of harmony. Today meditate on the 8 aspects of enlightenment as put forth by Dogen (who brought Zen Buddhism to Japan, 1200-1253)

1. Freedom from greed.
2. Satisfaction with what you have.
3. Enjoying quiet.
4. Diligence/discipline.
5. Correct remembrance.
6. Practice of samadhi.
7. Practice of wisdom(self-reflection on the teachings you are being given).
8. Refrain from random discussion.





## **Kin 139: Blue Solar Storm (Thursday, August 20)**

### **Lesson 26: Solar/Galactic Energy activation**

Today is the day of self-regeneration. This is an exercise to activate our solar galactic powers.

Sit in a quiet place and meditate on the Sun. Feel the heat. Feel the light. Feel the healing rays penetrate into every cell of your body.

Using the Sun's energy, turn your attention to each of your five senses: sight, sound, smell, touch, taste. Realize that your senses are actually a multifrequency radar system. Through your senses you can tune into the entire spectrum of solar-galactic frequencies, which actually saturate the environment.

**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. By tuning into our senses we come fully into the present moment. Still your mind and see what messages are being communicated. Write them in your journal.



## Kin 140: Yellow Planetary Sun (Friday, August 21)

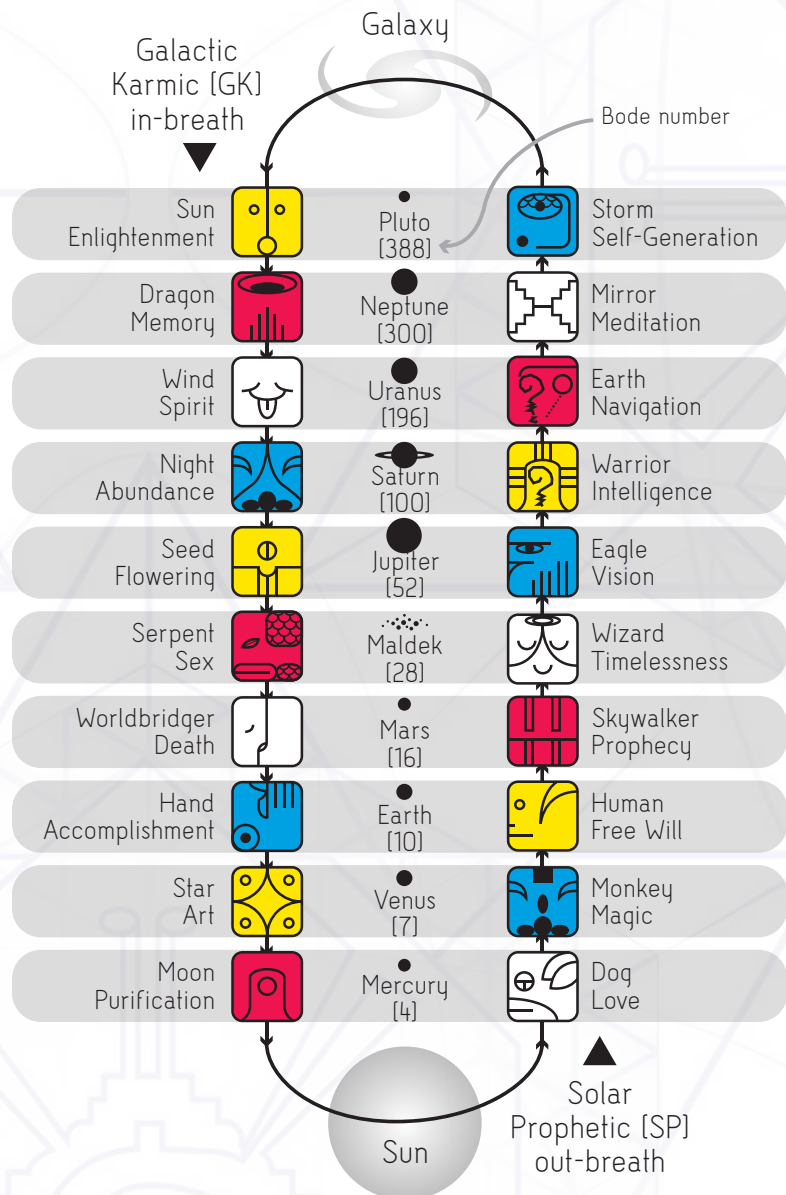
### Lesson 27: Heliosphere Meditation

Visualize yourself sitting in 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 lumoniscity 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." Use the Sun's energy to infuse each of your 5 senses: Feel the light/heat bathe your sight, smell, touch, taste and feeling. Feel yourself once again as a multifrequency radar system. Now from the Sun begin to tune into the qualities of consciousness held in each planetary orbit. Memorize the planets with their solar seals.

The Law of Time recognizes 10 planetary orbits as we include Maldek (now the Asteroid belt) (and, Yes, Pluto). Study the graphic and note the in-breath toward the Sun is called "galactic/karmic" and the out-breath away from the Sun is "solar-prophetic." There are two solar seals assigned to each planet: One galactic karmic and one solar prophetic.

Note that the whole system of the sun and the planets constitutes the **heliosphere**. This is an extension of the Sun's electromagnetic plasmic sheathe that extends from the Sun and out to and beyond the electromagnetic field of Pluto. This whole electromagnetic plasmic sheathe constitutes the solar body.










## Kin 141: Red Spectral Dragon (Saturday, August 22) Lesson 28: Destiny Castle

The 13 Moon/28-Day calendar and 260-day Tzolkin/Galactic Spin combine to make a perfect 52-year cycle. **Your galactic signature engages this 52-year Cycle in a unique pattern called the Destiny Castle.** The Destiny Castle demonstrates the power of time magic by revealing different patterns and synchronicities in your life that you may not have otherwise known about.

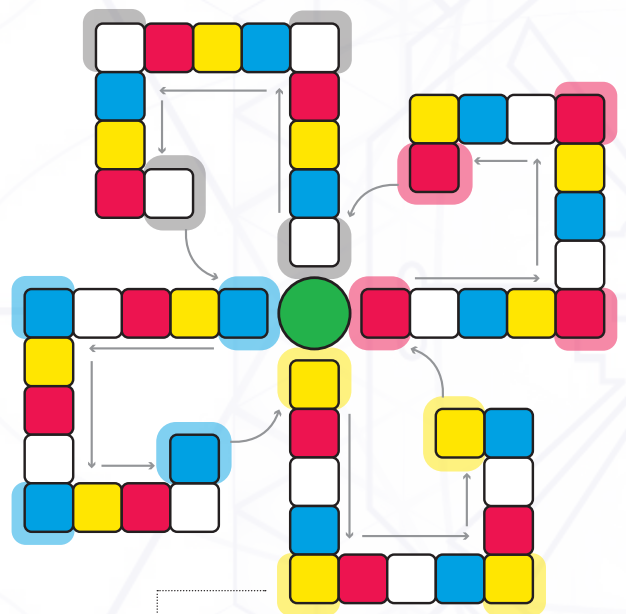
Your galactic signature is the basis of your personal Destiny Castle. Each year on your birthday you cycle through a new galactic identity based on one of the 13 tones and one of the four solar seals of your Earth Family.

### Which Earth Family Are You?

Find your Seal in the chart below. Circle which Earth Family you are in. The Four Seals of your Earth Family are the Seals that you will draw into your Destiny Castle Blank on the next page, always in the sequence of Red, White, Blue, Yellow, Red, White, Blue, Yellow, and so on.

-  Polar Earth Family
-  Cardinal Earth Family
-  Core Earth Family
-  Signal Earth Family
-  Gateway Earth Family

The sequence of your galactic signature belongs to one of the five Earth Families and is always coded by one of the colors, Red [R], White [W], Blue [B], Yellow [Y]. As shown in the graphic, the Destiny Castle consists of four wavespells. Although each wavespell is rotated to a different orientation they all still follow the same numbering of 1-13 for each position.



### Example:

Begin *HERE* if you are a Yellow Overtone Star 

That's because this the Yellow [Y] unit in the Overtone tone — position!

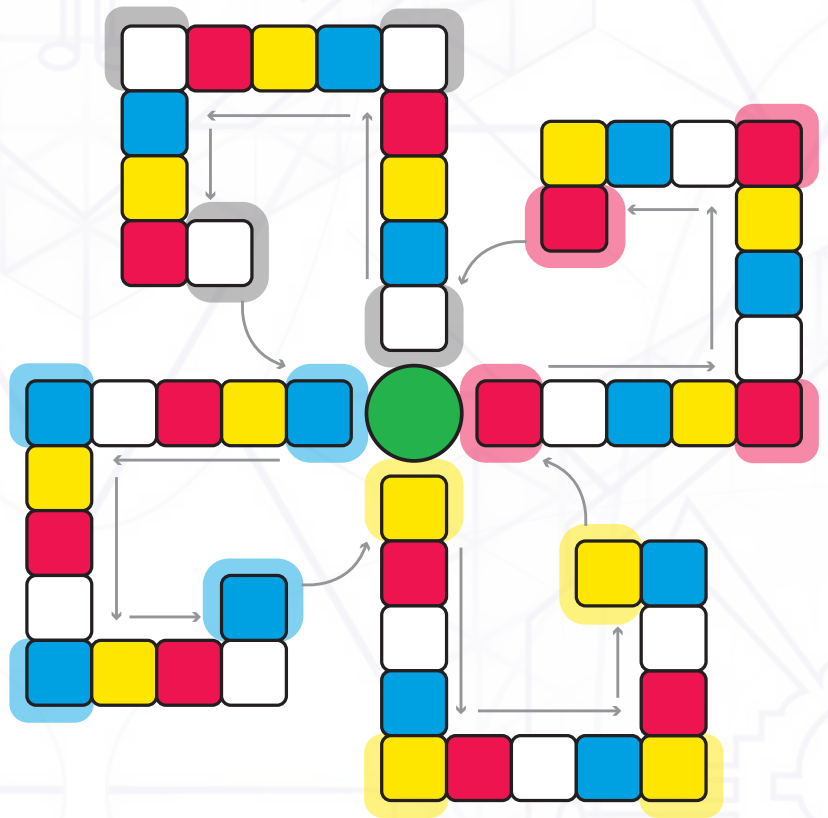


X 4 = 52-YEAR CASTLE



For example: If your galactic gateway is Yellow Overtone Star, you start with the Yellow “Overtone” tone position [—], then when you are 1 year old you will be a Red Rhythmic Skywalker; 2-years old a White Resonant Mirror; 3-years old a Blue Galactic Night; and 4 years old Yellow Solar Star; and when you are 51, you will be Blue Self-Existing Night, the last position before your galactic gateway and so on.

Remember you are always moving counter clockwise. Just keep going from wavespell to wavespell until you get back to where you began. This is your 52-year cycle. When you turn 52 this is your “Sirian Rebirth” since the cycle of Sirius is 52 years. After that, the cycle repeats, i.e. when you are 53 you will be the same galactic signature as when you were 1 year old, when you are 54 you will be the same galactic signature as when you were 2 years old, and so on..



*Remember: Your Castle starts at the position of your Tone and the color of your Seal, as shown in the example on the previous page.*

1. Match the color and tone of your galactic signature with the specific position in the Destiny Castle.
2. Fill this position in on the empty Destiny Castle provided. Your galactic signature is your Year 0 point - or galactic gateway - your entry to this planet.
3. Once you have located your galactic gateway on the Destiny Castle, each succeeding kin represents the sequence of your solar birthdays. Moving through all four wavespells of the Destiny Castle, your 51st birthday will be represented by the position preceding the galactic signature of your birth. Then on your 52nd birthday you will return exactly to the same position as your galactic signature!
4. Make a record of the years of your life and the corresponding galactic signatures so you can study your life with 4-D glasses!



# THANK YOU

Thank you for participating in this 28-day Journey to Galactic Consciousness! If you have any questions from the course or suggestions on how to improve future courses, please send them to us at [info@lawoftime.org](mailto:info@lawoftime.org) - put “28-day Course” in the subject line.

We always appreciate your support! If you benefited from this, please consider making a donation to the Foundation for the Law of Time (<http://www.lawoftime.org/donate>). We are a nonprofit and rely on your donations to continue the work.

*The codes of time are all aspects of a system of new knowledge. New knowledge by its nature is cathartic and transformative. Old knowledge must be displaced, abandoned or revised; otherwise, the new knowledge will not take root. There must be a turning in the deepest seat of consciousness for the new knowledge to become real in order to inform and nourish the most profound psychic bases of our being. This can be by turns a painful, a bewildering, or even a boring process. Painful because new knowledge confronts the spell of egoic attachments that the old knowledge casts upon us; bewildering because the new knowledge does not fit our preconceived notions of reality, both philosophically or socially; and boring, because sometimes it seems like it is just rote practice and we are not certain that it leads anywhere or that anything is really happening. The point is: once you have entered the stream of new knowledge, do not stop half way. “If you don’t do it, it won’t work.”*

—Valum Votan, Rinri Project Newsletter Vol. 1, Number 6