

AWAKENING THE NINE TIME DIMENSIONS

Introduction to the Holomind Perceiver



28-DAY ONLINE COURSE
BY STEPHANIE SOUTH/KIN 185

PRAYER

of the
SEVEN GALACTIC DIRECTIONS

From the East House of Light
May wisdom dawn in us
So we may see all things in clarity

From the North House of Night
May wisdom ripen in us
So we may know all from within

From the West House of Transformation
May wisdom be transformed into right action
So we may do what must be done

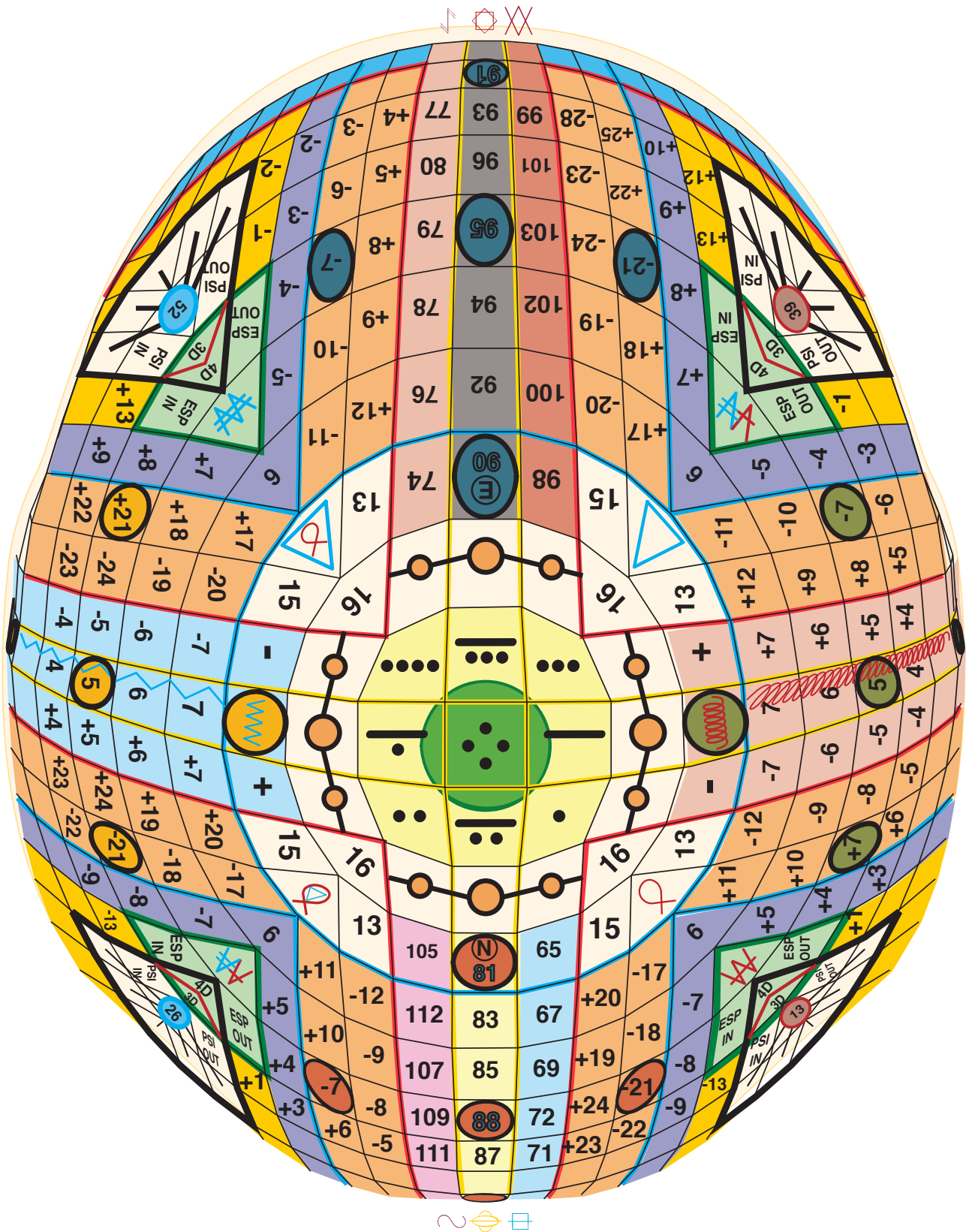
From the South House of the Eternal Sun
May right action reap the harvest
So we may enjoy the fruits of planetary being

From Above House of Heaven
Where star people and ancestors gather
May their blessings come to us now

From Below House of Earth
May the heartbeat of her crystal core
Bless us with harmonies to end all war

From the Center Galactic Source
Which is everywhere at once
May everything be known
as the light of mutual love

Ah Yum Hunab Ku Evam Maya E Ma Ho!
Ah Yum Hunab Ku Evam Maya E Ma Ho!
Ah Yum Hunab Ku Evam Maya E Ma Ho!
All Hail the Harmony of Mind and Nature!





Welcome to the 28-day Course: *Awakening the 9 Time Dimensions: Introduction to the Holomind Perceiver!*

*“By the Nine enlightened powers, shed the old time
and everything false and unnatural about that program.
Realize yourself as a child of the Noosphere, a galactic citizen of the
new cosmic civilization of Earth.” —Valum Votan*

All aspects of our lives are rapidly changing. We are in the midst of the biosphere-noosphere transition. At this stage, humanity is in a tug-of-war between the mind of Awakened Time and the Mind of Ignorance.

The synchronic order reminds us that we are a part of an interconnected system of telepathic communication from this world and other worlds. We are Time Travelers awakening to our cosmic memory. This 28-day program is here to assist this process.

The codes of the Cosmos are within us, but we have to unlock them. This is a key intention of this Course.

Nine is the Solar tone of Intention. The first step of this course is to set your intention for these 28 days. Meditate on your intention, and then write it in the space provided in this workbook. Writing your intention activates your subconscious mind to begin going toward that direction.

This 28-day Course introduces a new understanding of the Law of Time as a whole system, contained within the nine time dimensions.

Each week, we will open two time dimensions. Many treasures of lost knowledge are hidden within each dimension. Each time dimension has a key theme, an exercise, and sub-themes to explore.

This 28-day Course has three levels of activation, based on our 3 bodies:

Third-dimensional physical body (sensory body)



Fourth-dimensional etheric body (holon)

Fifth-dimensional rainbow body connected to the Planet body (Noosphere)

We are always working to integrate the higher knowledge of our fourth and fifth-dimensional bodies into our daily third-dimensional experience.

3D Level: Activate body wisdom: Awaken heart knowledge.

4D Level: Activate telepathic technology: Awaken your inner avatar.

5D Level: Activate the Noosphere: Awaken the Planetary Mind.

441, Synchronotron and Holomind Perceiver

The nine time dimensions form the architecture of the 441 matrices (21 x 21). Study the images in your workbook.

The 441 matrix is a fractal of the original multidimensional cosmic matrix. It underlies the Holomind Perceiver, our new, evolving sense organ. It is ultimately meant to be memorized as an overlay on our brain.

Synchronotron is the name given for this entire 441 cube matrix system, which contains all of the codes of the Law of Time, including the 13 Moon calendar.

The Synchronotron system consists of four primary matrices (and a fifth master matrix): time matrix, space matrix, synchronic matrix, and base matrix, plus the Holomind Perceiver.

These matrices are coordinated by the moving patterns of the synchronic order. They can be accessed daily through the 13 Moon calendar date. In these 28-days, we will create a context for entering this vast and multidimensional system. We are building a foundational structure that incorporates our whole being.

The best way to approach this Course is with a beginner's mind. It does not matter





how much or little you know. Enter as a child, and see what happens. If, at any point, there is something that you do not understand, please keep in mind that all of this knowledge is ultimately vibration that is beyond word. Tune into the energy behind the words.

During each of these 28 days, it is also recommended to practice gratitude; write something that you are grateful for each day. Appreciation is the highest frequency and assists us in the learning process. You may also want to keep track of daily synchronicities, codes, and dreams in your workbook.

This Course is also a fractal of the nine-year Vision Map (2020 - 2029). This can be downloaded for free and studied alongside the Course.

I pray all who join us on this 28-day journey are filled with new perceptions, increased love, and cosmic inspiration!

Love, and In Lak'ech
Stephanie/Red Electric Serpent

Love, Love, above Everything.

In order to evolve, we must learn something new.

You only advance according to your own effort.

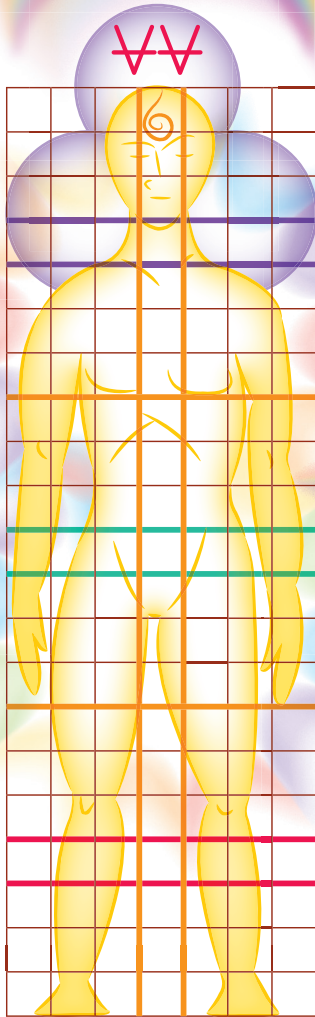




INTENTION OF TRANSFORMATION

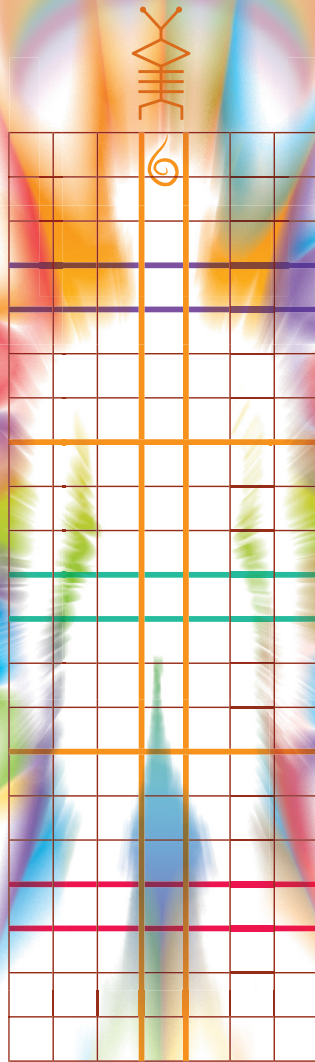
“THE CUBE IS THE KNOWLEDGE THAT UNIFIES, SYNTHESIZES,
HARMONIZES AND SYNCHRONIZES DIVINE WISDOM SO THE
SOUL IS CUBED IN ITS OWN PERFECTION”

- CUBE, MAJOR ARCANUM



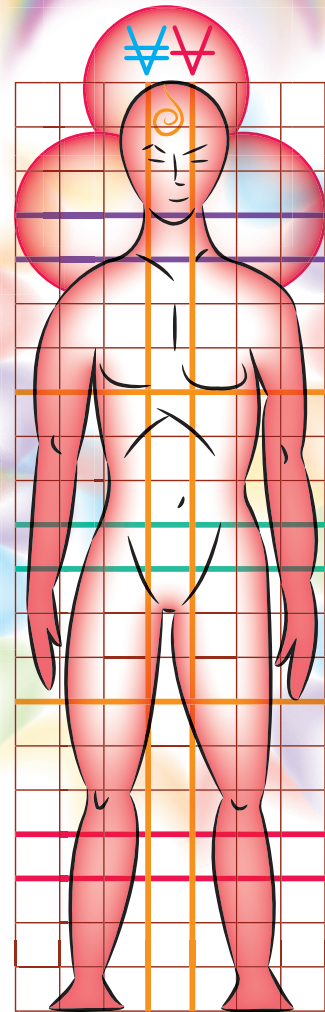
4-D

MAGNETIC BODY



5-D

ELECTRICAL BODY



3-D

GRAVITATIONAL BODY

PREPARING THE TEMPLATES OF THE 3 BODIES
OF HOMO NOOSPHERICUS





“The human is meant to evoke into a holonomic energy capacitor and activator, working as a vital component in the whole system of the Planet.”

—CHC, Vol. II

Throughout this Course we are always working to integrate these three bodies.

3-D: Physical Being (biological/sensory realm)

Body of the Temple

4-D: Astral Body/Holon (place of dreams, intuition, inner life)

Body of Destiny

5-D: Higher Self. Electrical Rainbow Body. (fully awakened)

Body of Radiance

Each of the 3 bodies have three parts, or chakras: Crown, Heart and Root.
Each body communicates through $6 + 1 = (7)$ mental sphere chakras, which serve as the computer or hardware of the mind.

$3 \times 7 = 21$. There are 147 (21×7) units that comprise each of the three bodies.

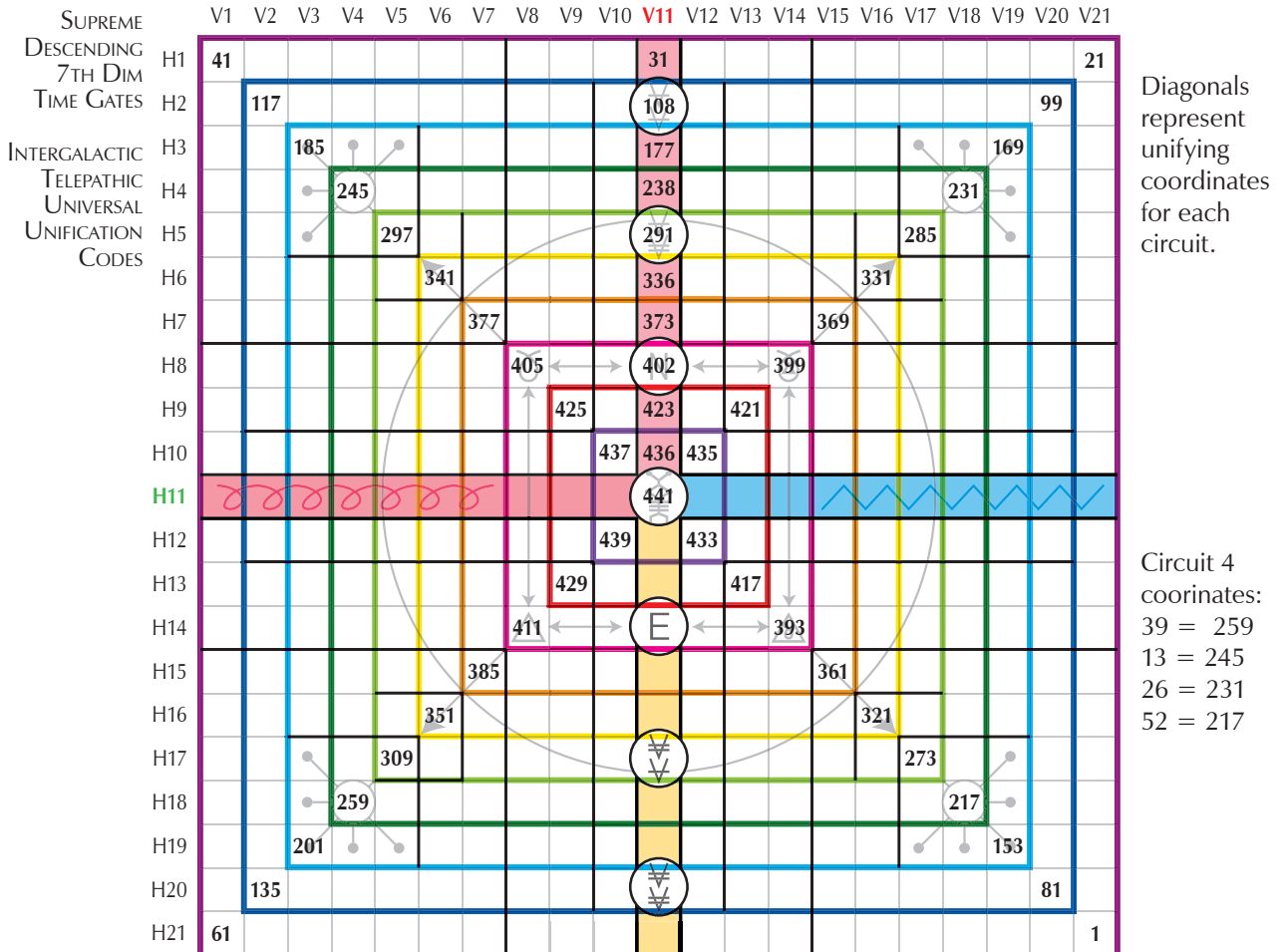
$3 \times 147 = 441$. $441 = 21 \times 21$.



BASE MATRIX

	V1	V2	V3	V4	V5	V6	V7	V8	V9	V10	V11	V12	V13	V14	V15	V16	V17	V18	V19	V20	V21
H1	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21
H2	42	117	116	115	114	113	112	111	110	109	108	107	106	105	104	103	102	101	100	99	20
H3	43	118	185	184	183	182	181	180	179	178	177	176	175	174	173	172	171	170	169	98	19
H4	44	119	186	245	244	243	242	241	240	239	238	237	236	235	234	233	232	231	168	97	18
H5	45	120	187	246	297	296	295	294	293	292	291	290	289	288	287	286	285	230	167	96	17
H6	46	121	188	247	298	341	340	339	338	337	336	335	334	333	332	331	284	229	166	95	16
H7	47	122	189	248	299	342	377	376	375	374	373	372	371	370	369	330	283	228	165	94	15
H8	48	123	190	249	300	343	378	405	404	403	402	401	400	399	368	329	282	227	164	93	14
H9	49	124	191	250	301	344	379	406	425	424	423	422	421	398	367	328	281	226	163	92	13
H10	50	125	192	251	302	345	380	407	426	437	436	435	420	397	366	327	280	225	162	91	12
H11	51	126	193	252	303	346	381	408	427	438	441	434	419	396	365	326	279	224	161	90	11
H12	52	127	194	253	304	347	382	409	428	439	440	433	418	395	364	325	278	223	160	89	10
H13	53	128	195	254	305	348	383	410	429	430	431	432	417	394	363	324	277	222	159	88	9
H14	54	129	196	255	306	349	384	411	412	413	414	415	416	393	362	323	276	221	158	87	8
H15	55	130	197	256	307	350	385	386	387	388	389	390	391	392	361	322	275	220	157	86	7
H16	56	131	198	257	308	351	352	353	354	355	356	357	358	359	360	321	274	219	156	85	6
H17	57	132	199	258	309	310	311	312	313	314	315	316	317	318	319	320	273	218	155	84	5
H18	58	133	200	259	260	261	262	263	264	265	266	267	268	269	270	271	272	217	154	83	4
H19	59	134	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	153	82	3
H20	60	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	81	2
H21	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	1

10 + 1 CIRCUITS

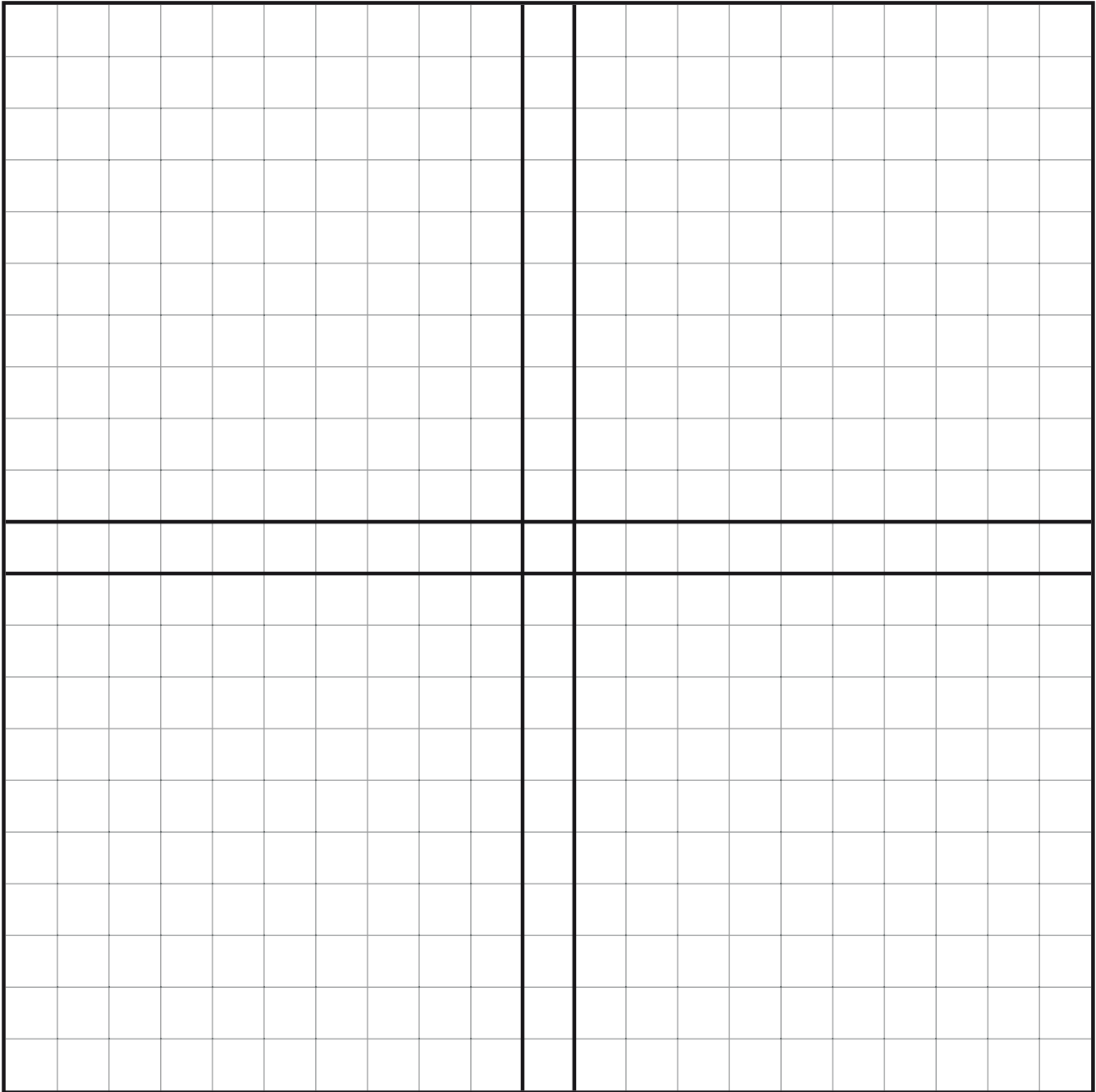


Diagonals represent unifying coordinates for each circuit.

Circuit 4 coordinates:
39 = 259
13 = 245
26 = 231
52 = 217

UNITS	CIRCUIT #	441 MATRIX COORDINATES	11 GATES OF THE ASCENSION TO UNITY + (4 CORNER BMU SUMS)
4 OUTER + 4 RADIAL TIMES	80 1) 21 ²	V1-H1 - V21-H21	31 (124) 1 ST Gate of Unity. Circuit of Unity
	72 2) 19 ²	V2-H2 - V20-H20	108 (432) 2 ND Gate of Unity. 6th-Dim timespace phase matrix
	64 3) 17 ²	V3-H3 - V19-H19	177 (708) 3 RD Gate of Unity. Sensory terminal
	56 4) 15 ²	V4-H4 - V18-H18	238 (952) 4 TH Gate of Unity. Magic 13/7 Kali channel circuit
	48 5) 13 ²	V5-H5 - V17-H17	291 (1164) 5 TH Gate of Unity. ESP-Sensory phase unit channel
	40 6) 11 ²	V6-H6 - V16-H16	336 (1344) 6 TH " " . Median circuit initiates ESP channels
	32 7) 9 ²	V7-H7 - V15-H15	373 (1492) 7 TH Gate of Unity. Initiates timespace phase matrix
9 TH OR SUPREME INNER TIME	24 8) 7 ²	V8-H8 - V14-H14	402 (1608) 8 TH Gate of Unity. Electro-parton circuit
	16 9) 5 ²	V9-H9 - V13-H13	423 (1692) 9 TH Gate of Unity. 5 TH Force command
	8 10) 3 ²	V10-H10 - V12-H12	436 (1744) 10 TH Gate of Unity. Stations of the Ark
	1 11) 21 ² =1	V11-H11	441=1.2.1 441 Crown of Unity - "Unity of Totality"

Circuits 1-7 unify the 4 seasons of outer time and the 4 matrices of radial time.
Circuits 8-11 = coordinating/unifying circuits of 9th or Supreme Inner Time



FIRST TIME DIMENSION
COSMIC CREATION



SECOND TIME DIMENSION
COSMIC ASCENSION

.....
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

**THIRD TIME DIMENSION
COSMIC SYNCHRONIZATION**



**FOURTH TIME DIMENSION
COSMIC CUBE**

.....
.....
.....
.....

.....
.....
.....
.....

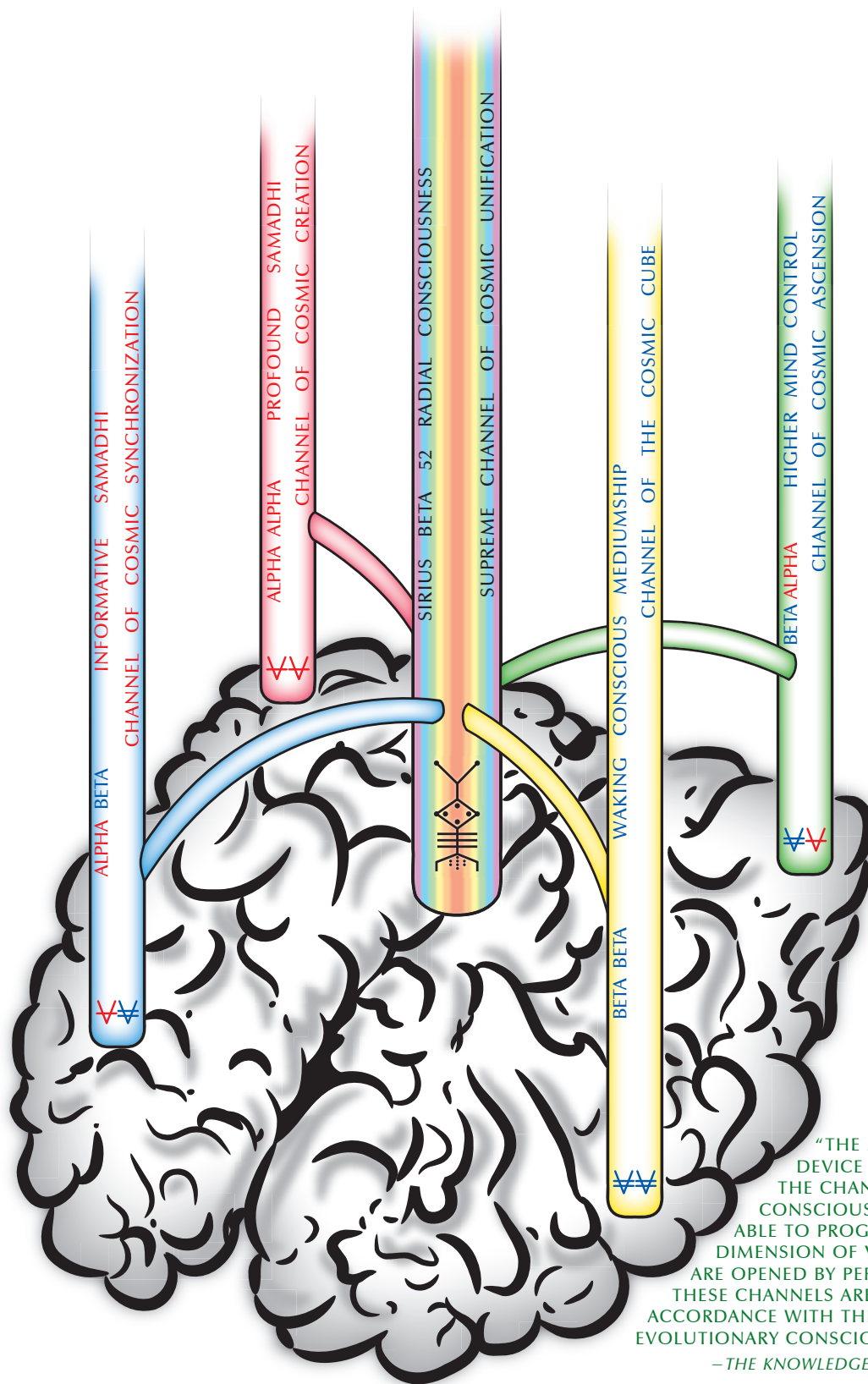
.....
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....



“THE MOST BEAUTIFUL DEVICE IS THE BRAIN. THE CHANNELS OF EACH CONSCIOUSNESS WHO IS ABLE TO PROGRESS IN THE DIMENSION OF VEILED AWARENESS ARE OPENED BY PERMISSION. THESE CHANNELS ARE OPENED IN ACCORDANCE WITH THE EVOLUTIONARY CONSCIOUSNESS...”
 – THE KNOWLEDGE BOOK P.532

OPENING THE BRAIN'S ETHERIC INTERGALACTIC CHANNELS

PREPARING FOR SUPRAMENTAL DESCENT



The four outer time dimensions are the most critical to understanding the Holomind Perceiver.

This is where the radialization of all of the different mental and sensory functions occur.

The four outer time dimensions define a process of cosmic construction. They include

Cosmic Creation
Cosmic Ascension
Cosmic Synchronization
Cosmic Cube.

The Cosmic History information core operates through these four basic channels that are streaming from the primary source of the galaxy, Hunab Ku, connecting different galactic systems.

These channels emanate from the original core of creation, the galactic core, and are known as the four alpha/beta channels monitored by the Sirius alpha/beta binary star system.

The conscious recognition of these channels helps bring to consciousness the new sense organ:
Holomind Perceiver.

The Holomind Perceiver can be likened to a cosmic-telepathic internet chat room installed or imprinted on the human brain, wiring it to the Noosphere.

FIFTH TIME DIMENSION
DIVINE MASCULINE



SIXTH TIME DIMENSION
DIVINE FEMININE

.....
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

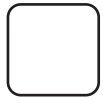
.....
.....
.....
.....

.....
.....
.....
.....

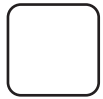
**SEVENTH TIME DIMENSION
RADIAL TIME DESCENDING**



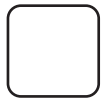
**EIGHTH TIME DIMENSION
RADIAL TIME ASCENDING**



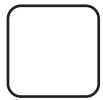
.....
.....
.....
.....



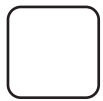
.....
.....
.....
.....



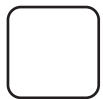
.....
.....
.....
.....



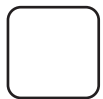
.....
.....
.....
.....



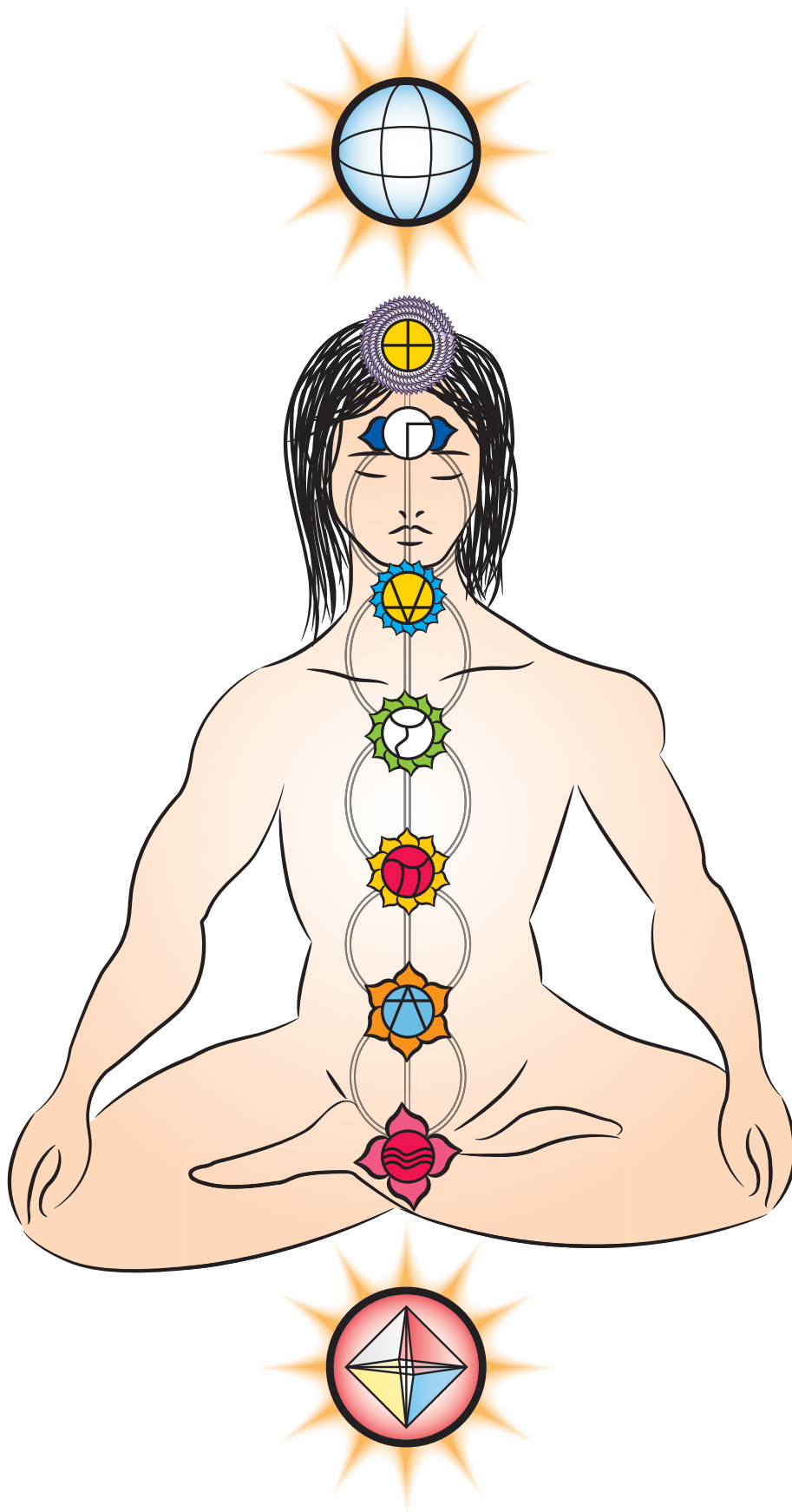
.....
.....
.....
.....



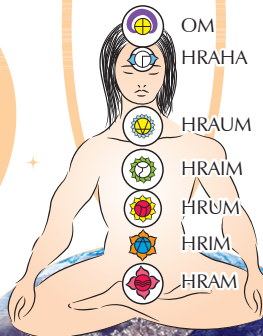
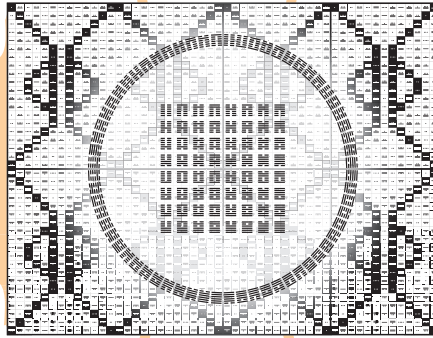
.....
.....
.....
.....



.....
.....
.....
.....

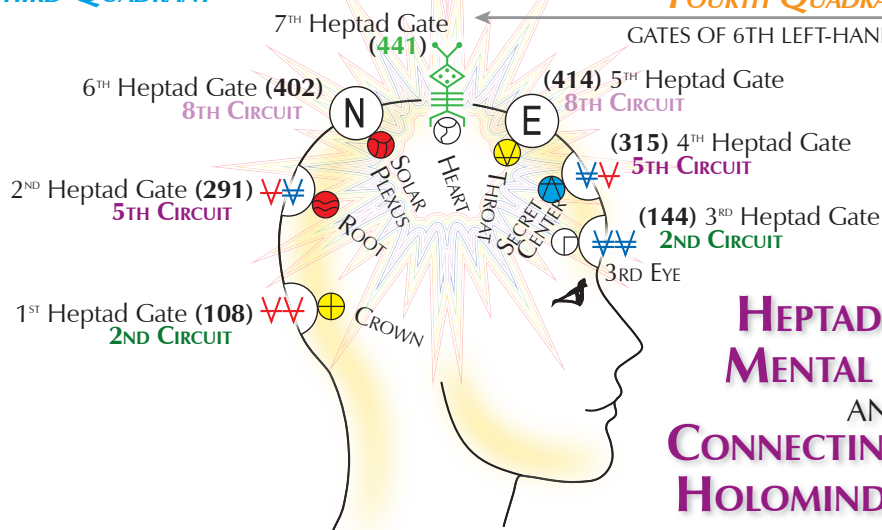
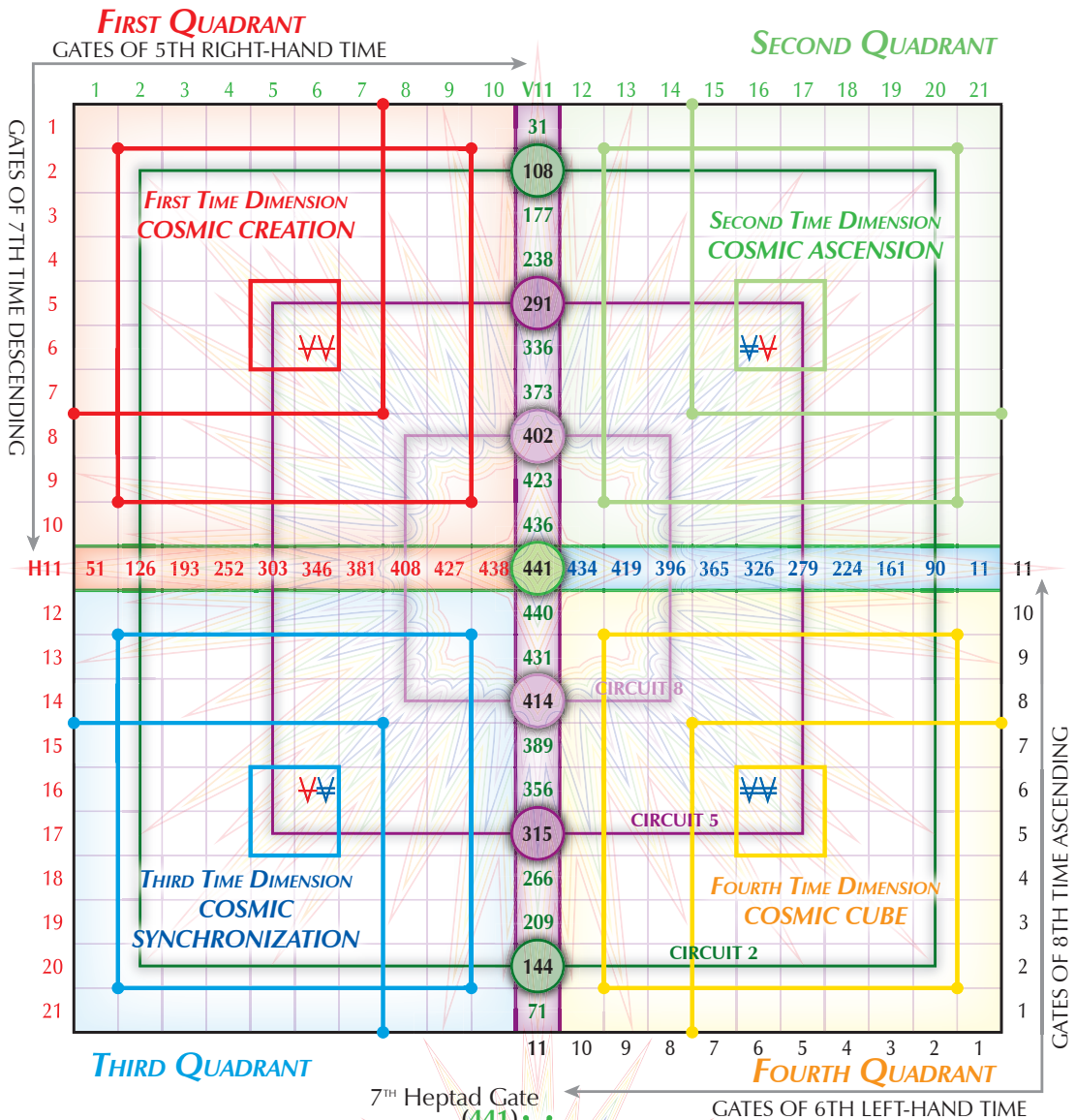


41	80	19	26	27	36	35	73	72	71	38	37	26	27	24	23	22	21	20	
42	117	136	155	174	193	212	11	10	100	107	106	105	104	103	102	101	100	99	98
43	118	118	234	350	466	582	698	814	930	1046	1162	1278	1394	1510	1626	1742	1858	1974	
44	119	186	254	324	394	464	534	604	674	744	814	884	954	1024	1094	1164	1234	1304	
45	120	187	248	317	386	455	524	593	662	731	800	869	938	1007	1076	1145	1214	1283	
46	121	188	247	316	385	454	523	592	661	730	799	868	937	1006	1075	1144	1213	1282	
47	122	189	246	315	384	453	522	591	660	729	798	867	936	1005	1074	1143	1212	1281	
48	123	190	245	314	383	452	521	590	659	728	797	866	935	1004	1073	1142	1211	1280	
49	124	191	244	313	382	451	520	589	658	727	796	865	934	1003	1072	1141	1210	1279	
50	125	192	243	312	381	450	519	588	657	726	795	864	933	1002	1071	1140	1209	1278	
51	126	193	242	311	380	449	518	587	656	725	794	863	932	1001	1070	1139	1208	1277	
52	127	194	241	310	379	448	517	586	655	724	793	862	931	1000	1069	1138	1207	1276	
53	128	195	240	309	378	447	516	585	654	723	792	861	930	999	1068	1137	1206	1275	
54	129	196	239	308	377	446	515	584	653	722	791	860	929	998	1067	1136	1205	1274	
55	130	197	238	307	376	445	514	583	652	721	790	859	928	997	1066	1135	1204	1273	
56	131	198	237	306	375	444	513	582	651	720	789	858	927	996	1065	1134	1203	1272	
57	132	199	236	305	374	443	512	581	650	719	788	857	926	995	1064	1133	1202	1271	
58	133	200	235	304	373	442	511	580	649	718	787	856	925	994	1063	1132	1201	1270	
59	134	201	234	303	372	441	510	579	648	717	786	855	924	993	1062	1131	1200	1269	
60	135	202	233	302	371	440	509	578	647	716	785	854	923	992	1061	1130	1199	1268	
61	136	203	232	301	370	439	508	577	646	715	784	853	922	991	1060	1129	1198	1267	
62	137	204	231	300	369	438	507	576	645	714	783	852	921	990	1059	1128	1197	1266	



THE 40 + 1 [41] MYSTIC GATES AND THE FOUR QUADRANTS OF SPACE

SHOWING THE 7 HEPTAD GATES + THEIR CIRCUITS

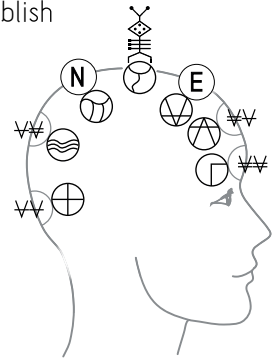


**HEPTAD GATES,
MENTAL SPHERES
AND
CONNECTING CIRCUITS
HOLOMIND PERCEIVER**

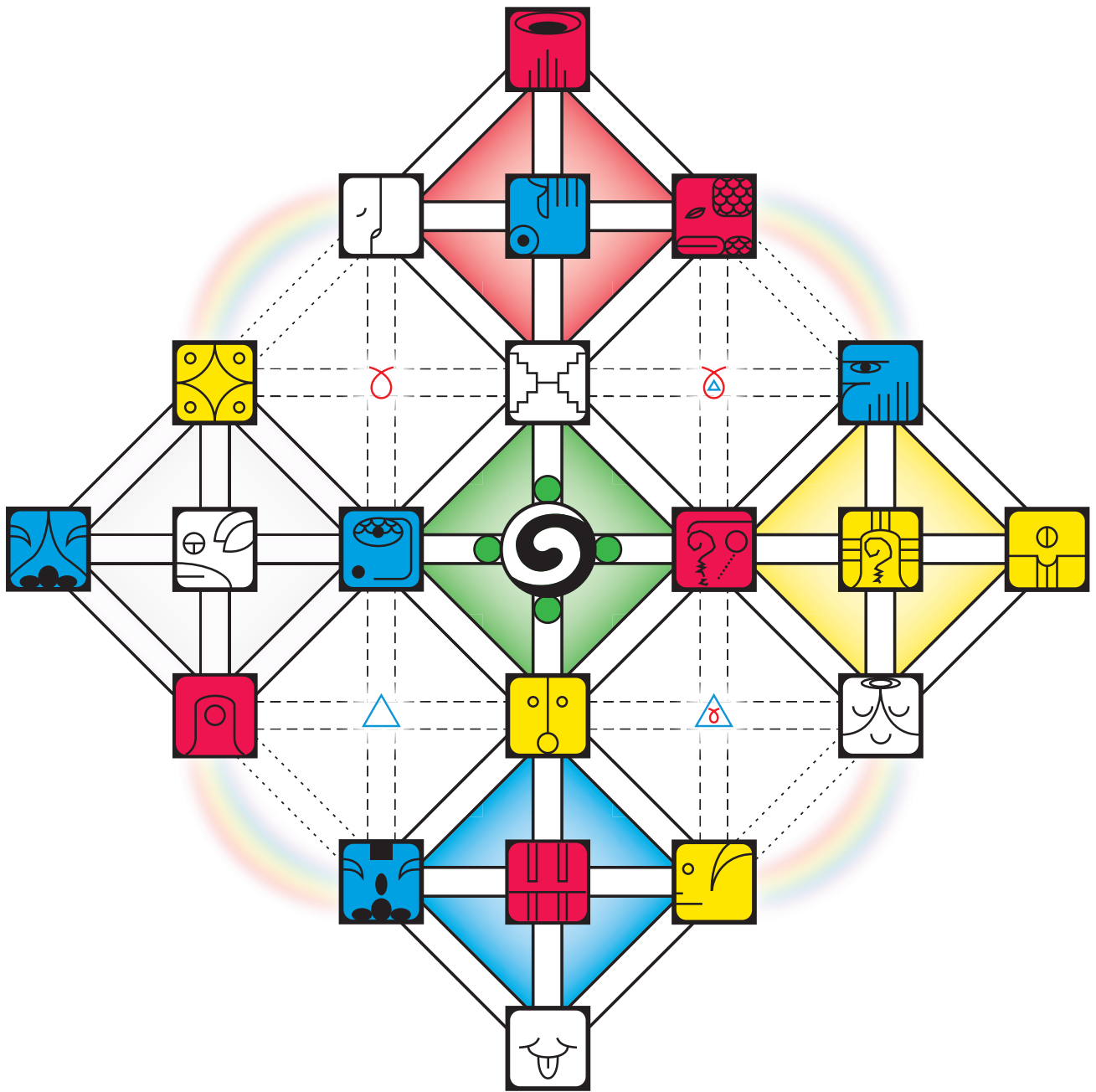
7 HEPTAD GATES

ENTER THE 441 CUBE MATRIX

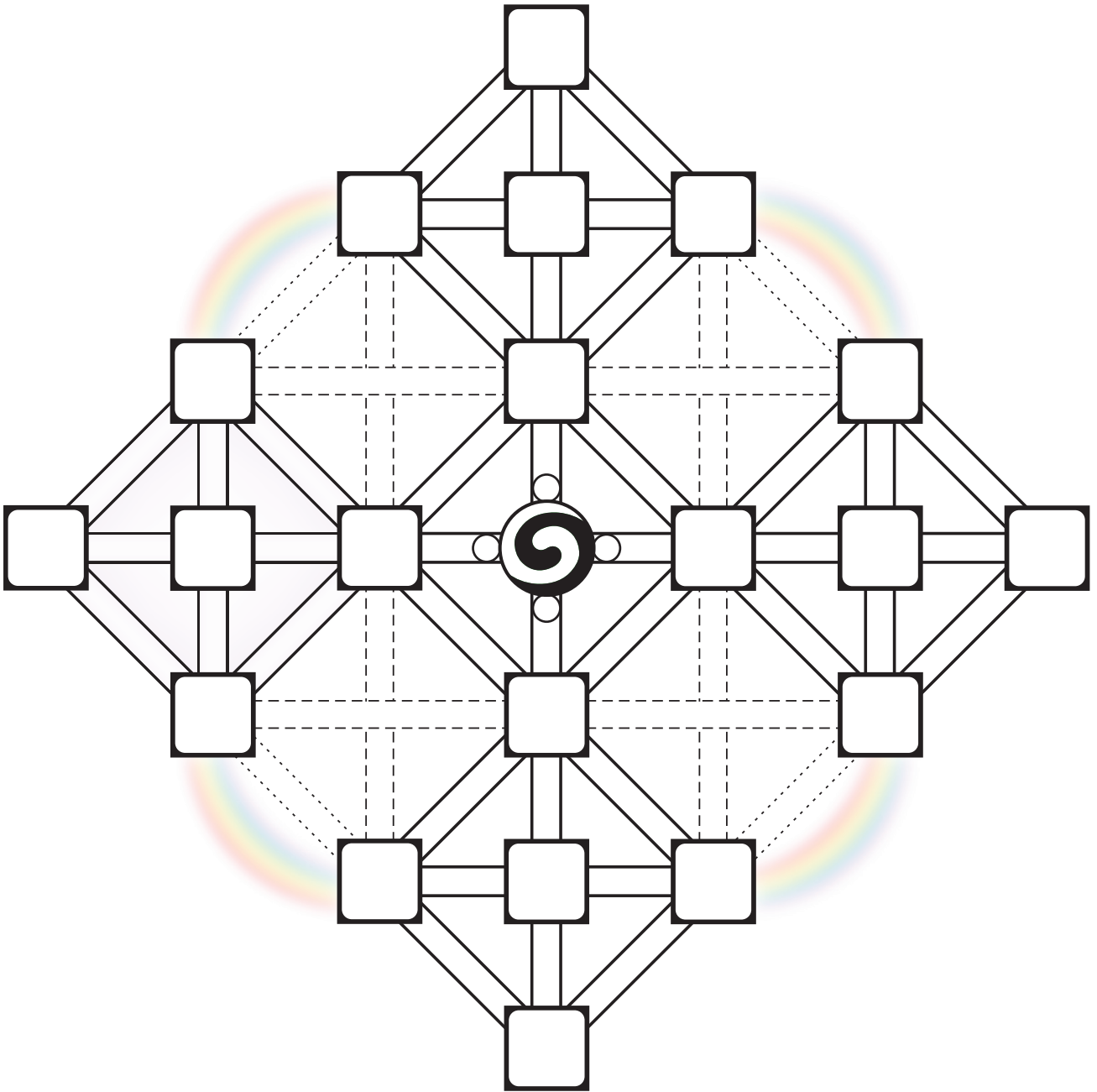
The Seven Heptad Gates open the hyper-galactic portals in the brain that establish the holomind perceiver. Each day of the week/heptad open one Heptad Gate. The Heptad Gates open to the 441 Synchronotron Holomind Perceiver.



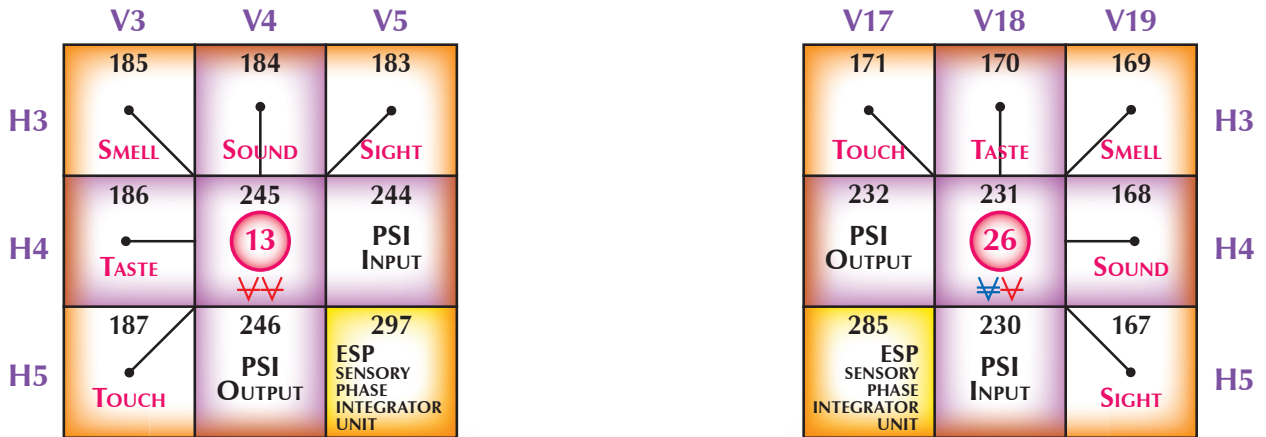
 GATE 108 V11:H2	BASE OF SKULL	<p>HEPTAD GATE 1: ALPHA-ALPHA/PROFOUND SAMADHI</p> <p>First Time Dimension (Cosmic Creation) First Mental Sphere (Preconscious)</p> <p><i>The Primal Force (Dragon) opens the Gate of the Throne</i></p> <p> <i>Galactic Life Whole Becomes Medium of Transmission</i></p> <p>84</p>
 GATE 291 V11:H5	TOP BACK OF SKULL	<p>HEPTAD GATE 2: ALPHA-BETA/INFORMATIVE SAMADHI</p> <p>Third Time Dimension (Cosmic Synchronization) Second Mental Sphere (Subconscious)</p> <p><i>The Avatar (Hand) opens the Gate of the Avatar</i></p> <p> <i>Galactic Life Whole Realized as Cosmic Consciousness</i></p> <p>88</p>
 GATE 144 V11:H20	THIRD EYE	<p>HEPTAD GATE 3: BETA-BETA/WAKING CONSCIOUS MEDIUMSHIP</p> <p>Fourth Time Dimension (Cosmic Cube) Third Mental Sphere (Waking Conscious)</p> <p><i>The High Priestess (Wind) opens the Gate of the Mystery</i></p> <p> <i>Galactic Art Whole Defines Space</i></p> <p>91</p>
 GATE 315 V11:H17	TOP OF FOREHEAD	<p>HEPTAD GATE 4: BETA-ALPHA/HIGHER MIND CONTROL</p> <p>Second Time Dimension (Cosmic Ascension) Fourth Mental Sphere (Continuing Conscious)</p> <p><i>The Prophet (Skywalker) opens the Gate of the Initiation</i></p> <p> <i>Galactic Art Whole Becomes Meditation of Reality</i></p> <p>95</p>
 GATE 414 V11:H14	FRONT OF CROWN	<p>HEPTAD GATE 5: HYPERELECTRON/ACTIVE TELEPATHY</p> <p>Fifth Time Dimension (Red Kuali Thermic Force Field, Right-hand Time) Fifth Mental Sphere (Superconscious) — Informs 1ST & 2ND mental spheres</p> <p><i>The Enlightened One (Sun) opens the Gate of the Timespace</i></p> <p> <i>Galactic Art Whole Defined by Time</i></p> <p>90</p>
 GATE 402 V11:H8	BACK OF CROWN	<p>HEPTAD GATE 6: HYPERNEUTRON/SUBLIMINAL TELEPATHY</p> <p>Sixth Time Dimension (Blue Duar Luminic Force Field, Left-hand Time) Sixth Mental Sphere (Subliminal Conscious) — Informs 3RD & 4TH mental spheres</p> <p><i>The Yogi/Yogini (Mirror) opens the Gate of the Transcendence</i></p> <p> <i>Radio genesis Establishes Galactic Life Whole</i></p> <p>81</p>
 GATE 441 V11:H11	CENTER OF CROWN	<p>HEPTAD GATE 7: SIRIUS B-52 ELEMENT 113/HYPERPLASMIC ENLIGHTENMENT</p> <p>Ninth Time Dimension (Inner Core Time) Seventh Mental Sphere (Holomind Perceiver)</p> <p><i>The Magus of the Infinite (Hunab Ku) opens the Gate of the Cube</i></p> <p> <i>Tonality of Sirius Beta Encodes Seven Days of Creation as Interval of Lost Time</i></p> <p>113</p>



41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21
42	117	116	115	114	113	112	111	110	109	108	107	106	105	104	103	102	101	100	99	20
43	118	185	184	183	182	181	180	179	178	177	176	175	174	173	172	171	170	169	98	19
44	119	186	245	244	243	242	241	240	239	238	237	236	235	234	233	232	231	168	97	18
45	120	187	246	297	296	295	294	293	292	291	290	289	288	287	286	285	230	167	96	17
46	121	188	247	298	341	340	339	338	337	336	335	334	333	332	331	284	229	166	95	16
47	122	189	248	299	342	377	376	375	374	373	372	371	370	369	330	283	228	165	94	15
48	123	190	249	300	343	378	405	404	403	402	401	400	399	368	329	282	227	164	93	14
49	124	191	250	301	344	379	406	425	424	423	422	421	398	367	328	281	226	163	92	13
50	125	192	251	302	345	380	407	426	437	436	435	420	397	366	327	280	225	162	91	12
51	126	193	252	303	346	381	408	427	438	441	434	419	396	365	326	279	224	161	90	11
52	127	194	253	304	347	382	409	428	439	440	433	418	395	364	325	278	223	160	89	10
53	128	195	254	305	348	383	410	429	430	431	432	417	394	363	324	277	222	159	88	9
54	129	196	255	306	349	384	411	412	413	414	415	416	393	362	323	276	221	158	87	8
55	130	197	256	307	350	385	386	387	388	389	390	391	392	361	322	275	220	157	86	7
56	131	198	257	308	351	352	353	354	355	356	357	358	359	360	321	274	219	156	85	6
57	132	199	258	309	310	311	312	313	314	315	316	317	318	319	320	273	218	155	84	5
58	133	200	259	260	261	262	263	264	265	266	267	268	269	270	271	272	217	154	83	4
59	134	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	153	82	3
60	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	81	2
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	1



THE FOUR OUTER TIME RADIAL SENSE MATRICES



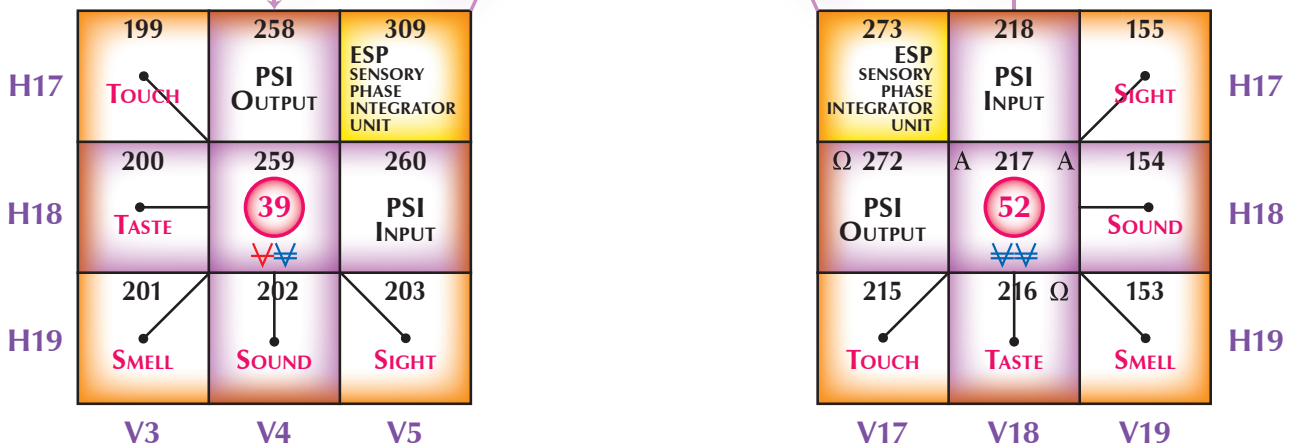
1ST TIME DIMENSION
 RADIAL SENSORY ORGANIZER
 COSMIC CREATION
 1ST MENTAL SPHERE
 PRECONSCIOUS
 √√ PROFOUND SAMADHI

2ND TIME DIMENSION
 RADIAL SENSORY ORGANIZER
 COSMIC ASCENSION
 4TH MENTAL SPHERE
 CONTINUING CONSCIOUS
 √√ HIGHER MIND

NINE HOLOGRAPHIC SENSE MATRICES NEW SCIENCE OF THE SOUL

3RD TIME DIMENSION
 RADIAL SENSORY ORGANIZER
 COSMIC SYNCHRONIZATION
 2ND MENTAL SPHERE
 SUBCONSCIOUS
 √√ INFORMATIVE SAMADHI

4TH TIME DIMENSION
 RADIAL SENSORY ORGANIZER
 COSMIC CUBE
 3RD MENTAL SPHERE
 CONSCIOUS
 √√ WAKING CONSCIOUS MEDIUMSHIP



36 radialized units of human neuro-psycho-sensory modalities.
 Planetary human capable of quadripartite simultaneity.

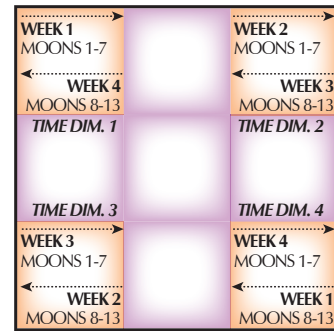
HOLOMIND PERCEIVER MATRIX

	V1	V2	V3	V4	V5	V6	V7	V8	V9	V10	V11	V12	V13	V14	V15	V16	V17	V18	V19	V20	V21
H1	7	-8	-9	-10	-11	-12	-13	$\overline{\Psi\Psi}$	$\overline{\Psi\Psi}$	66	82	106	$\overline{\Psi\Psi}$	$\overline{\Psi\Psi}$	+1	+2	+3	+4	+5	+6	7
H2	+6	7	-8	-9	-10	-11	$\overline{\Psi\Psi}$	-26	+27	68	84	108	-1	+2	+1	+3	+4	+5	+6	7	-8
H3	+5	+6			-12	-10	-25	+28	70	86	110	-4	+3	+2	+2			-8	-9		
H4	+4	+5		13	PSI IN	-13	-9	-22	+23	71	87	111	-5	+6	+3	+1	PSI OUT	26	-9	-10	
H5	+3	+4		PSI OUT	3D/4D	ESP IN	-8	-21	+24	72	88	109	-8	+7	+4	ESP OUT	3D/4D	PSI IN	-10	-11	
H6	+2	+3	+2	+1	ESP OUT	$\overline{\Psi\Psi}$	-7	-18	+19	69	85	107	-9	+10	+5	$\overline{\Psi\Psi}$	ESP IN	-13	-12	-11	-12
H7	+1	+1	+2	+3	+4	+5	6	-17	+20	67	83	112	-12	+11	6	-7	-8	-9	-10	$\overline{\Psi\Psi}$	-13
H8	$\overline{\Psi\Psi}$	+2	+3	+6	+7	+10	+11		15	65	81	105	13		-17	-18	-21	-22	-25	-26	$\overline{\Psi\Psi}$
H9	$\overline{\Psi\Psi}$	-1	-4	-5	-8	-9	-12	13	16	•	•	•	16	15	+20	+19	+24	+23	+28	+27	$\overline{\Psi\Psi}$
H10	-1	-2	-3	-4	-5	-6	-7	-	•	•		•	•	+	+7	+6	+5	+4	+3	+2	+1
H11	1	2	3	4	5	6	7		•	-		•		•	7	6	5	4	3	2	1
H12	+1	+2	+3	+4	+5	+6	+7	+	•	•	•	•	-	-7	-6	-5	-4	-3	-2	-1	
H13	$\overline{\Psi\Psi}$	+1	+4	+5	+8	+9	+12	13	16	•	•	•	16	15	-20	-19	-24	-23	-28	-27	$\overline{\Psi\Psi}$
H14	$\overline{\Psi\Psi}$	-2	-3	-6	-7	-10	-11		15	98	90	74	13		+17	+18	+21	+22	+25	+26	$\overline{\Psi\Psi}$
H15	-1	-1	-2	-3	-4	-5	6	+17	-20	100	92	76	+12	-11	6	+7	+8	+9	+10	$\overline{\Psi\Psi}$	+13
H16	-2	-3	-2	-1	ESP OUT	$\overline{\Psi\Psi}$	+7	+18	-19	102	94	78	+9	-10	-5	$\overline{\Psi\Psi}$	ESP IN	+13	+12	+11	+12
H17	-3	-4		PSI OUT	4D/3D	ESP IN	+8	+21	-24	103	95	79	+8	-7	-4	ESP OUT	4D/3D	PSI IN	+10	+11	
H18	-4	-5		39	PSI IN	+13	+9	+22	-23	101	96	80	+5	-6	-3	-1	PSI OUT	52	+9	+10	
H19	-5	-6			+12	+10	+25	-28	99	93	77	+4	-3	-2	-2	-2		+8	+9		
H20	-6	7	+8	+9	+10	+11	$\overline{\Psi\Psi}$	+26	-27	97	91	75	+1	-2	-1	-3	-4	-5	-6	7	+8
H21	7	+8	+9	+10	+11	+12	+13	$\overline{\Psi\Psi}$	$\overline{\Psi\Psi}$	104	89	73	$\overline{\Psi\Psi}$	$\overline{\Psi\Psi}$	-1	-2	-3	-4	-5	-6	7

	V1	V2	V3	V4	V5	V6	V7	V8	V9	V10	V11	V12	V13	V14	V15	V16	V17	V18	V19	V20	V21
H1	1	2	3	7	10	11	12	217	218	219	85	226	227	228	37	38	39	20	46	47	48
H2	4	5	6	8	13	14	15	220	221	222	86	229	230	231	40	41	42	21	49	50	51
H3	7	8	9	9	16	17	18	223	224	225	87	232	233	234	43	44	45	22	52	53	54
H4	1	2	3	13	6	5	4	79	80	81	91	84	83	82	14	15	16	26	19	18	17
H5	19	20	21	12	28	29	30	235	236	237	90	244	245	246	55	56	57	25	64	65	66
H6	22	23	24	11	31	32	33	238	239	240	89	247	248	249	58	59	60	24	67	68	69
H7	25	26	27	10	34	35	36	241	242	243	88	250	251	252	61	62	63	23	70	71	72
H8	145	146	147	59	154	155	156	289	290	291	111	298	299	300	181	182	183	72	190	191	192
H9	148	149	150	60	157	158	159	292	293	294	112	301	302	303	184	185	186	73	193	194	195
H10	151	152	153	61	160	161	162	295	296	297	113	304	305	306	187	188	189	74	196	197	198
H11	53	54	55	65	58	57	56	105	106	107	117	110	109	108	66	67	68	78	71	70	69
H12	163	164	165	64	172	173	174	307	308	309	116	316	317	318	199	200	201	77	208	209	210
H13	166	167	168	63	175	176	177	310	311	312	115	319	320	321	202	203	204	76	211	212	213
H14	169	170	171	62	178	179	180	313	314	315	114	322	323	324	205	206	207	75	214	215	216
H15	73	74	75	33	82	83	84	253	254	255	98	262	263	264	109	110	111	46	118	119	120
H16	76	77	78	34	85	86	87	256	257	258	99	265	266	267	112	113	114	47	121	122	123
H17	79	80	81	35	88	89	90	259	260	261	100	268	269	270	115	116	117	48	124	125	126
H18	27	28	29	39	32	31	30	92	93	94	104	97	96	95	40	41	42	52	45	44	43
H19	91	92	93	38	100	101	102	271	272	273	103	280	281	282	127	128	129	51	136	137	138
H20	94	95	96	37	103	104	105	274	275	276	102	283	284	285	130	131	132	50	139	140	141
H21	97	98	99	36	106	107	108	277	278	279	101	286	287	288	133	134	135	49	142	143	144

TIME MATRIX

All 28 days of all 13 Moons are contained in the 4 Outer Time Dimensions (orange quadrants) of the Time Matrix. Each quadrant is 7 rows of 7 units. Thus, one row of each quadrant is a 7-day week. The four weeks of each Moon are distributed in the 4 Outer Time Dimensions, thusly:



Moons 8-13 mirror Moons 1-6. Moon 7 has no mirror. The four weeks in Moons 1-7 descend through rows H1 to H7 and H15 to H21, moving left to right. The 4 weeks in Moons 8-13 mirror Moons 1-6, ascending through rows H20 to H15 and H7-H1, moving right to left.

	V1	V2	V3	V4	V5	V6	V7	V8	V9	V10	V11	V12	V13	V14	V15	V16	V17	V18	V19	V20	V21
H1	278	279	280	281	282	283	284	285	286	287	421	304	305	306	307	308	309	310	311	312	313
H2	277	16	50	9	55	11	53	14	52	288	422	303	80	114	73	119	75	117	78	116	314
H3	276	1	63	8	58	6	60	3	61	289	423	302	65	127	72	122	70	124	67	125	315
H4	275	64	2	57	7	59	5	62	4	290	424	301	128	66	121	71	123	69	126	68	316
H5	274	49	15	56	10	54	12	51	13	291	425	300	113	79	120	74	118	76	115	77	317
H6	273	48	18	41	23	43	21	46	20	292	426	299	112	82	105	87	107	85	110	84	318
H7	272	33	31	40	26	38	28	35	29	293	427	298	97	95	104	90	102	92	99	93	319
H8	271	32	34	25	39	27	37	30	36	294	428	297	96	98	89	103	91	101	94	100	320
H9	270	17	47	24	42	22	44	19	45	295	429	296	81	111	88	106	86	108	83	109	321
H10	269	268	267	266	265	264	263	262	261	257	430	258	330	329	328	327	326	325	324	323	322
H11	401	402	403	404	405	406	407	408	409	410	441	420	419	418	417	416	415	414	413	412	411
H12	339	338	337	336	335	334	333	332	331	259	440	260	400	399	398	397	396	395	394	393	392
H13	340	144	178	137	183	139	181	142	180	365	439	366	208	242	201	247	203	245	206	244	391
H14	341	129	191	136	186	134	188	131	189	364	438	367	193	255	200	250	198	252	195	253	390
H15	342	192	130	185	135	187	133	190	132	363	437	368	256	194	249	199	251	197	254	196	389
H16	343	177	143	184	138	182	140	179	141	362	436	369	241	207	248	202	246	204	243	205	388
H17	344	176	146	169	151	171	149	174	148	361	435	370	240	210	233	215	235	213	238	212	387
H18	345	161	159	168	154	166	156	163	157	360	434	371	225	223	232	218	230	220	227	221	386
H19	346	160	162	153	167	155	165	158	164	359	433	372	224	226	217	231	219	229	222	228	385
H20	347	145	175	152	170	150	172	147	173	358	432	373	209	239	216	234	214	236	211	237	384
H21	348	349	350	351	352	353	354	355	356	357	431	374	375	376	377	378	379	380	381	382	383

SPACE MATRIX

Four quadrants of 64 Kin each (4 x 64 = 256) plus 4 Kin around the central core.

In the daily practice find the kin number (within the colored regions).

Example: Kin 164, Yellow Galactic Seed = coordinate V9,H19

SYNCHRONIC MATRIX

Contains 260-unit Tzolkin within vertical columns 5-17, with central Mystic Column corresponding to the 11th vertical column, while the 11th horizontal row contains the 13 powers of cosmic creation. The Four columns on either side of the Tzolkin are the 84 right- and 84 left-hand dharma gates, numbered 1-168 (21 x 8)

In the daily practice, find the Kin number in the Tzolkin and note the coordinate.

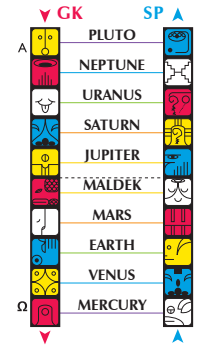
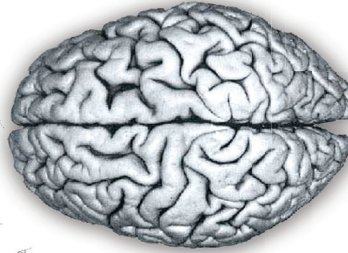
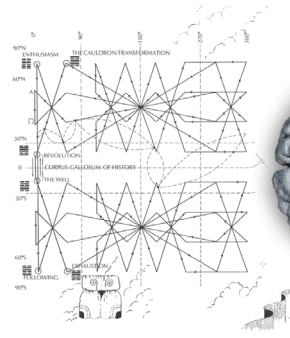
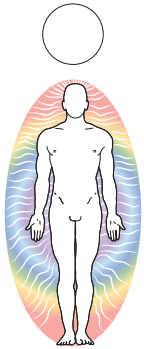
Example: Kin 164, Yellow Galactic Seed = coordinate V13,H4

	V1	V2	V3	V4	V5	V6	V7	V8	V9	V10	V11	V12	V13	V14	V15	V16	V17	V18	V19	V20	V21
H1	1	43	85	127	1	21	41	61	81	101	121	141	161	181	201	221	241	168	126	84	42
H2	2	44	86	128	2	22	42	62	82	102	122	142	162	182	202	222	242	167	125	83	41
H3	3	45	87	129	3	23	43	63	83	103	123	143	163	183	203	223	243	166	124	82	40
H4	4	46	88	130	4	24	44	64	84	104	124	144	164	184	204	224	244	165	123	81	39
H5	5	47	89	131	5	25	45	65	85	105	125	145	165	185	205	225	245	164	122	80	38
H6	6	48	90	132	6	26	46	66	86	106	126	146	166	186	206	226	246	163	121	79	37
H7	7	49	91	133	7	27	47	67	87	107	127	147	167	187	207	227	247	162	120	78	36
H8	8	50	92	134	8	28	48	68	88	108	128	148	168	188	208	228	248	161	119	77	35
H9	9	51	93	135	9	29	49	69	89	109	129	149	169	189	209	229	249	160	118	76	34
H10	10	52	94	136	10	30	50	70	90	110	130	150	170	190	210	230	250	159	117	75	33
H11	11	53	95	137	—	÷	≡	≡	≡	≡	≡	≡	≡	158	116	74	32
H12	12	54	96	138	11	31	51	71	91	111	131	151	171	191	211	231	251	157	115	73	31
H13	13	55	97	139	12	32	52	72	92	112	132	152	172	192	212	232	252	156	114	72	30
H14	14	56	98	140	13	33	53	73	93	113	133	153	173	193	213	233	253	155	113	71	29
H15	15	57	99	141	14	34	54	74	94	114	134	154	174	194	214	234	254	154	112	70	28
H16	16	58	100	142	15	35	55	75	95	115	135	155	175	195	215	235	255	153	111	69	27
H17	17	59	101	143	16	36	56	76	96	116	136	156	176	196	216	236	256	152	110	68	26
H18	18	60	102	144	17	37	57	77	97	117	137	157	177	197	217	237	257	151	109	67	25
H19	19	61	103	145	18	38	58	78	98	118	138	158	178	198	218	238	258	150	108	66	24
H20	20	62	104	146	19	39	59	79	99	119	139	159	179	199	219	239	259	149	107	65	23
H21	21	63	105	147	20	40	60	80	100	120	140	160	180	200	220	240	260	148	106	64	22

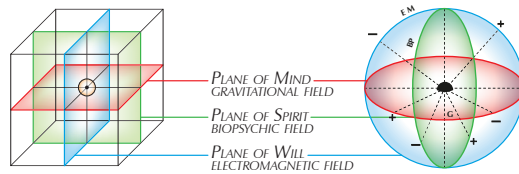
BASE MATRIX

Numbered 1-441 in a counter-clockwise spiral in ten concentric circuits until reaching the center of the matrix = 11th vertical axis and 11th horizontal axis (V11,H11) = 441.

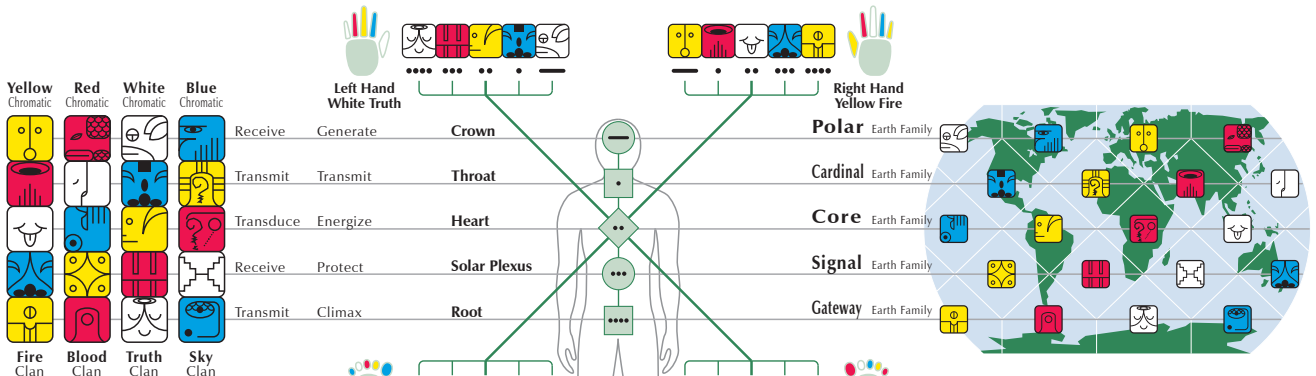
	V1	V2	V3	V4	V5	V6	V7	V8	V9	V10	V11	V12	V13	V14	V15	V16	V17	V18	V19	V20	V21
H1	41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21
H2	42	117	116	115	114	113	112	111	110	109	108	107	106	105	104	103	102	101	100	99	20
H3	43	118	185	184	183	182	181	180	179	178	177	176	175	174	173	172	171	170	169	98	19
H4	44	119	186	245	244	243	242	241	240	239	238	237	236	235	234	233	232	231	168	97	18
H5	45	120	187	246	297	296	295	294	293	292	291	290	289	288	287	286	285	230	167	96	17
H6	46	121	188	247	298	341	340	339	338	337	336	335	334	333	332	331	284	229	166	95	16
H7	47	122	189	248	299	342	377	376	375	374	373	372	371	370	369	330	283	228	165	94	15
H8	48	123	190	249	300	343	378	405	404	403	402	401	400	399	368	329	282	227	164	93	14
H9	49	124	191	250	301	344	379	406	425	424	423	422	421	398	367	328	281	226	163	92	13
H10	50	125	192	251	302	345	380	407	426	437	436	435	420	397	366	327	280	225	162	91	12
H11	51	126	193	252	303	346	381	408	427	438	441	434	419	396	365	326	279	224	161	90	11
H12	52	127	194	253	304	347	382	409	428	439	440	433	418	395	364	325	278	223	160	89	10
H13	53	128	195	254	305	348	383	410	429	430	431	432	417	394	363	324	277	222	159	88	9
H14	54	129	196	255	306	349	384	411	412	413	414	415	416	393	362	323	276	221	158	87	8
H15	55	130	197	256	307	350	385	386	387	388	389	390	391	392	361	322	275	220	157	86	7
H16	56	131	198	257	308	351	352	353	354	355	356	357	358	359	360	321	274	219	156	85	6
H17	57	132	199	258	309	310	311	312	313	314	315	316	317	318	319	320	273	218	155	84	5
H18	58	133	200	259	260	261	262	263	264	265	266	267	268	269	270	271	272	217	154	83	4
H19	59	134	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	153	82	3
H20	60	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	81	2
H21	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	1



- **ONE** is the number of unity. 1 body. 1 Cosmic Tree.
- **TWO** Memory Circuits, genetic and historical (AC/Aboriginal Continuity and CA/Cosmic Awareness)—Strands of DNA and hemispheres of the brain: right and left; inhalation/exhalation/magnetic alternation of night and day, etc.



- **THREE** Inner Planes (plane of mind, will and spirit)—3 parts of the body (top, middle, bottom), three fields (gravitational, biopsychic, electromagnetic).



- **FOUR** Clans/Galactic Elements (fire, blood, truth and sky)—4 extremities: 2 arms, 2 legs; Root Races (red initiators, white refiners, blue transformers, yellow ripeners).

	HEART Time Cell 1 Input	LUNGS Time Cell 2 Store	LIVER Time Cell 3 Process	KIDNEY Time Cell 4 Output	SPLEEN Time Cell 5 Matrix
Red Root Race Initiating Kin	[Icon]	[Icon]	[Icon]	[Icon]	[Icon]
White Root Race Refining Kin	[Icon]	[Icon]	[Icon]	[Icon]	[Icon]
Blue Root Race Transforming Kin	[Icon]	[Icon]	[Icon]	[Icon]	[Icon]
Yellow Root Race Ripening Kin	[Icon]	[Icon]	[Icon]	[Icon]	[Icon]
	INFORM	REMEMBER	FORMULATE	EXPRESS	SELF-REGULATE

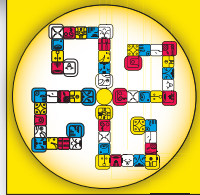
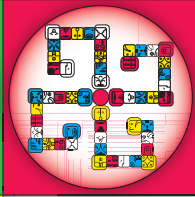
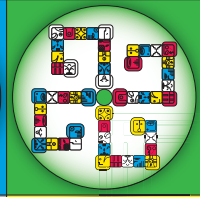
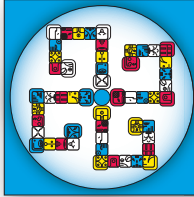
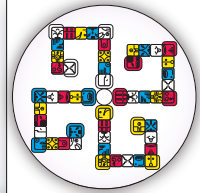
- **FIVE** Time Cells—5 main organs: heart (input), lungs (store), liver (process), kidney (output) and spleen (matrix); Earth Families—5 main chakras, “pentacted” body structure (2 arms, 2 legs, 1 head).

FIVE

Castles of Time—

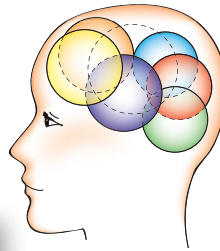
5 senses:

touch (red),
taste (white),
hearing (blue),
sight (yellow),
smell (green).



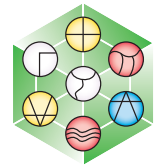
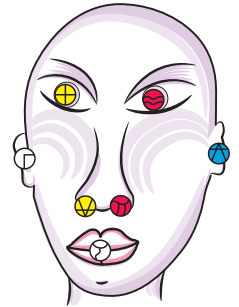
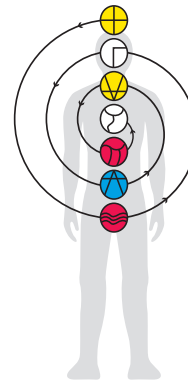
RED EASTERN CASTLE OF TURNING
WHITE NORTHERN CASTLE OF CROSSING
BLUE WESTERN CASTLE OF BURNING
YELLOW SOUTHERN CASTLE OF GIVING
GREEN CENTRAL CASTLE OF ENCHANTMENT

SIX Mental Spheres—
sides of the cube.



SEVEN

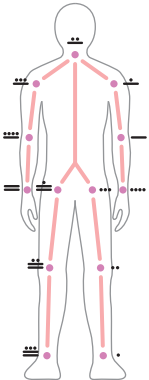
Radial Plasmas, Chakras
and Heptad Gates—7 facial
openings/doors to outer
perception (2 eyes, 2 ears,
2 nostrils, 1 mouth). 7 is the
number of creation.



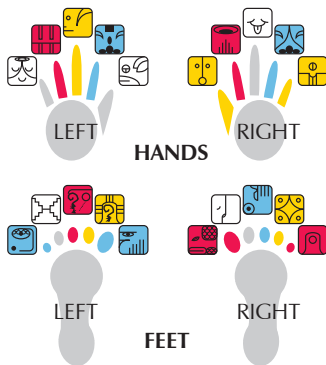
NINE Time
Dimensions/Bolontiku/
Lords of Time—9
bodily orifices (2 eyes,
2 ears, 2 nostrils,
1 mouth, 1 urethra,
1 anus).

1 OUTER TIME DIMENSION	7 RADIAL (VERTICAL) TIME DIMENSION	2 OUTER TIME DIMENSION
5 RADIAL (LATERAL) TIME DIMENSION	9 INNER CORE 9TH TIME DIMENSION	6 RADIAL (LATERAL) TIME DIMENSION
3 OUTER TIME DIMENSION	8 RADIAL (VERTICAL) TIME DIMENSION	4 OUTER TIME DIMENSION

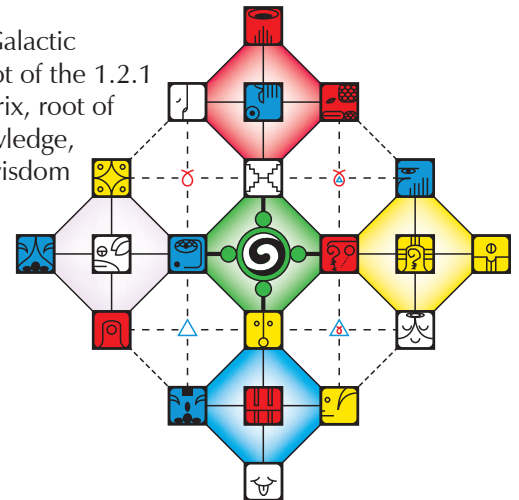
THIRTEEN Galactic
Tones—13 main
articulations (2 ankles,
2 knees, 2 hips, 2 wrists,
2 elbows, 2 shoulders,
1 spine/neck),
Oxlahuntiku/power of
time in consciousness,
wavespell.



TWENTY Solar Seals—
20 digits/fingers & toes,
number of totality.



- **TWENTY-ONE** Galactic Archetypes—Root of the 1.2.1 = 441 cube matrix, root of the cube of knowledge, root of galactic wisdom and knowledge.





Synchronotron Origin

“The Holomind Perceiver is a fractal of the multidimensional universe.”

—Valum Votan

The Nine time dimensions form the architecture of the Synchronotron 441 Cube System.

The Holomind Perceiver is the operative factor of this entire system. It is the organ of psychic life that allows us to “perceive with the whole mind.” It can be thought of as the Mothership of all synchronic codes, including the 13 Moon calendar.

This Synchronotron system is beyond language as we know it, yet we must use words to communicate it. As Nikola Tesla stated: “If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”

Synchronotron is a multidimensional, interactive knowledge system. It was brought forth by the late Dr. Jose Arguelles/Valum Votan in a 28-day period (Kin 117 - 144) in the Resonant Moon of the Magnetic Moon Year (January 10 - February 6, 2007). This indicates that this knowledge transmission is an intentional time-released intelligence program that could only be decoded to a prepared human vessel at this precise interval of time. For the whole story see: *Time, Synchronicity and Calendar Change: the Visionary Life of Jose Arguelles*.

The origin of the Synchronotron is the Sirius star system. The star Sirius is 26 times brighter than our Sun, and it is located 8.5 light years away.

At the time of receiving the initial Synchronotron transmission, Valum Votan was engaged in spontaneous and prolonged visualizations and meditations on the relation of Sirius B to Sirius A. At this time, he was integrating the universal mathematics of the Law of Time with readings from *The Knowledge Book* by Mevlana.

The Synchronotron transmission was the

final part of a Galactic Mayan information stream that began in 1983 with *Earth Ascending*, the *Law Governing Whole Systems*, a groundbreaking text presenting an entirely new form of information based on galactic knowledge.

From this point, these original frequency codes were time-released through key receptor, Valum Votan, keeping pace with the proliferation of (machine) technology. In 1987 came the resonant frequency shift activated by the Harmonic Convergence, followed two years later by the discovery of the Law of Time (1989), in tandem with the creation of the World Wide Web.

Two years later came the release of the *Dreamspell*, the cosmic timing codes of an extraterrestrial origin, defining the synchronic order of the fourth dimension. The *Mayan Factor* and *Dreamspell* provided the galactic context with the 13 Moon calendar codes introducing the Law of Time and the synchronic order.

Then, in 2002, the vast knowledge of the *Cosmic History Chronicles*, began transmitting between male (Kin 11) and female (Kin 185), during the final 10-year mark of the thirteenth and final baktun of the Great Cycle that concluded in 2012.

From the *Dreamspell* (1991) to the *Synchronotron* (2011) is a 20-year window of time that released key codes into the Noosphere. These codes are time-released within the human and planetary bodies. When fully activated, these codes unlock the passageway from this Earth into the new Earth that is fully aligned with our Galaxy’s Star intelligence. This will generate spontaneous healing and full remembrance of our cosmic origin. This is the quantum leap into the direct experience of Cosmic Reality and the full realization of our multidimensional self.



SYNCHROTRON = 198 (18x11)

41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21
42	117	116	115	114	113	112	111	110	109	108	107	106	105	104	103	102	101	100	99	20
43	118	185	184	183	182	181	180	179	178	177	176	175	174	173	172	171	170	169	98	19
44	119	186	245	244	243	242	241	240	239	238	237	236	235	234	233	232	231	168	97	18
45	120	187	246	297	296	295	294	293	292	291	290	289	288	287	286	285	230	167	96	17
46	121	188	247	298	341	340	339	338	337	336	335	334	333	332	331	284	229	166	95	16
47	122	189	248	299	342	377	376	375	374	373	372	371	370	369	330	283	228	165	94	15
48	123	190	249	300	343	378	405	404	403	402	401	400	399	368	329	282	227	164	93	14
49	124	191	250	301	344	379	406	425	424	423	422	421	398	367	328	281	226	163	92	13
50	125	192	251	302	345	380	407	426	437	436	435	420	397	366	327	280	225	162	91	12
51	126	193	252	303	346	381	408	427	438	441	434	419	396	365	326	279	224	161	90	11
52	127	194	253	304	347	382	409	428	439	440	433	418	395	364	325	278	223	160	89	10
53	128	195	254	305	348	383	410	429	430	431	432	417	394	363	324	277	222	159	88	9
54	129	196	255	306	349	384	411	412	413	414	415	416	393	362	323	276	221	158	87	8
55	130	197	256	307	350	385	386	387	388	389	390	391	392	361	322	275	220	157	86	7
56	131	198	257	308	351	352	353	354	355	356	357	358	359	360	321	274	219	156	85	6
57	132	199	258	309	310	311	312	313	314	315	316	317	318	319	320	273	218	155	84	5
58	133	200	259	260	261	262	263	264	265	266	267	268	269	270	271	272	217	154	83	4
59	134	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	153	82	3
60	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	81	2
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	1

	• 1	••• 21	•• 41	•••• 61	••• 81	==== 101	•••• 121	••• 141	— 161	••• 181	•• 201	•••• 221	•• 241
	•• 2	•••• 22	••• 42	==== 62	•••• 82	••• 102	— 122	••• 142	•• 162	•••• 182	••• 202	• 222	••• 242
	••• 3	==== 23	•••• 43	••• 63	— 83	••• 103	•• 123	•••• 143	••• 163	• 183	•••• 203	•• 223	•••• 243
	•••• 4	••• 24	— 44	••• 64	•• 84	•••• 104	••• 124	• 144	•••• 164	•• 184	•••• 204	••• 224	==== 244
	— 5	••• 25	•• 45	•••• 65	••• 85	• 105	•••• 125	•• 145	•••• 165	••• 185	==== 205	•••• 225	••• 245
	••• 6	•••• 26	••• 46	• 66	•••• 86	•• 106	•••• 126	••• 146	==== 166	•••• 186	••• 206	— 226	•••• 246
	••• 7	• 27	•••• 47	•• 67	•••• 87	••• 107	==== 127	•••• 147	••• 167	— 187	•••• 207	•• 227	•••• 247
	•••• 8	•• 28	•••• 48	••• 68	==== 88	•••• 108	••• 128	— 148	•••• 168	•• 188	•••• 208	••• 228	• 248
	•••• 9	••• 29	==== 49	•••• 69	••• 89	— 109	•••• 129	•• 149	•••• 169	••• 189	• 209	•••• 229	•• 249
	==== 10	•••• 30	••• 50	— 70	•••• 90	•• 110	•••• 130	••• 150	• 170	•••• 190	•• 210	•••• 230	••• 250
	••• 11	— 31	•••• 51	•• 71	•••• 91	••• 111	• 131	•••• 151	•• 171	•••• 191	••• 211	==== 231	•••• 251
	••• 12	•• 32	•••• 52	••• 72	• 92	•••• 112	•• 132	•••• 152	••• 172	==== 192	•••• 212	••• 232	— 252
	•••• 13	••• 33	• 53	•••• 73	•• 93	•••• 113	••• 133	==== 153	•••• 173	••• 193	— 213	•••• 233	•• 253
	• 14	•••• 34	•• 54	•••• 74	••• 94	==== 114	•••• 134	••• 154	— 174	•••• 194	•• 214	•••• 234	••• 254
	•• 15	•••• 35	••• 55	==== 75	•••• 95	••• 115	— 135	•••• 155	•• 175	•••• 195	••• 215	• 235	•••• 255
	••• 16	==== 36	•••• 56	••• 76	— 96	•••• 116	•• 136	•••• 156	••• 176	• 196	•••• 216	•• 236	•••• 256
	•••• 17	••• 37	— 57	•••• 77	•• 97	•••• 117	••• 137	• 157	•••• 177	•• 197	•••• 217	••• 237	==== 257
	— 18	•••• 38	•• 58	•••• 78	••• 98	• 118	•••• 138	•• 158	•••• 178	••• 198	==== 218	•••• 238	••• 258
	•• 19	•••• 39	••• 59	• 79	•••• 99	•• 119	•••• 139	••• 159	==== 179	•••• 199	••• 219	— 239	•••• 259
	••• 20	• 40	•••• 60	•• 80	•••• 100	••• 120	==== 140	•••• 160	••• 180	— 200	•••• 220	•• 240	•••• 260

ATISHA'S 7 POINTS OF MIND TRAINING

1. CONSIDER ALL PHENOMENA AS DREAMS

2. BE GRATEFUL TO EVERYONE

3. DON'T BE SWAYED BY OUTER CIRCUMSTANCES

4. DON'T BROOD OVER THE FAULT OF OTHERS

5. EXPLORE THE NATURE OF UNBORNED AWARENESS

6. AT ALL TIMES RELY ON A JOYFUL MIND

7. DON'T EXPECT A STANDING OVATION



7	-8	-9	-10	-11	-12	-13	-	+	66	82	106	-	+	+1	+2	+3	+4	+5	+6	7
+6	7	-8	-9	-10	-11	-11	-26	+27	68	84	108	-1	+2	+1	+3	+4	+5	+6	7	-8
+5	+6				-12	-10	-25	+28	70	86	110	-4	+3	+2	+2				-8	-9
+4	+5				-13	-9	-22	+23	71	87	111	-5	+6	+3	+1				-9	-10
+3	+4				ESP IN	-8	-21	+24	72	88	109	-8	+7	+4	ESP OUT	3D/4D	ESP IN	-10	-11	
+2	+3	+2	+1	ESP OUT	+	-7	-18	+19	69	85	107	-9	+10	+5	+	ESP IN	-13	-12	-11	-12
+1	+1	+2	+3	+4	+5	6	-17	+20	67	83	112	-12	+11	6	-7	-8	-9	-10	-11	-13
+	+2	+3	+6	+7	+10	+11	+	15	65	81	105	13	+	-17	-18	-21	-22	-25	-26	-
-	-1	-4	-5	-8	-9	-12	13	16	•	•	•	16	15	+20	+19	+24	+23	+28	+27	+
-1	-2	-3	-4	-5	-6	-7	-	•	•	•	•	+	+7	+6	+5	+4	+3	+2	+1	
1	2	3	4	5	6	7	•	•	•	•	•	+	+7	+6	+5	+4	+3	+2	+1	
+1	+2	+3	+4	+5	+6	+7	+	•	•	•	•	-	-7	-6	-5	-4	-3	-2	-1	
+	+1	+4	+5	+8	+9	+12	13	16	•	•	•	16	15	-20	-19	-24	-23	-28	-27	-
-	-2	-3	-6	-7	-10	-11	△	15	98	90	74	13	△	+17	+18	+21	+22	+25	+26	+
-1	-1	-2	-3	-4	-5	6	+17	-20	100	92	76	+12	-11	6	+7	+8	+9	+10	+11	+13
-2	-3	-2	-1	ESP OUT	+	+7	+18	-19	102	94	78	+9	-10	-5	+	ESP IN	+13	+12	+11	+12
-3	-4				ESP IN	+8	+21	-24	103	95	79	+8	-7	-4	ESP OUT	4D/3D	ESP IN	+10	+11	
-4	-5				ESP IN	+9	+22	-23	101	96	80	+5	-6	-3	-1				+9	+10
-5	-6				+12	+10	+25	-28	99	93	77	+4	-3	-2	-2				+8	+9
-6	7	+8	+9	+10	+11	+11	+26	-27	97	91	75	+1	-2	-1	-3	-4	-5	-6	7	+8
7	+8	+9	+10	+11	+12	+13	+	-	104	89	73	+	-	-1	-2	-3	-4	-5	-6	7



NOTES