

January 2007

Before March 23, Form a Group:

- To enter conventional reality with a combined and unified mind force that is capable of transcending conventional reality.
- The amplification possibilities are greater when you're working with a group.

Create a Mission Statement: Why you're coming together. (Transcending conventional reality).

Create Goals: Why you're drawn to this work.

Surround yourselves with pristine beauty of glorious Earth: Moon, Earth, trees, lakes, mountains.

Begin thinking about what the Earth might be asking of you personally.

- ***The Earth needs you.***
- ***2007 is a year for potentially very strong results.***

This is a very precious service. Please be inspired to do the work, and enjoy it. One of the things that the planet really needs right now is a little more enjoyment energy. You're living in heavy times.

You can learn that Earth is your teacher: how Earth tried to take all the messes that humans have created, and reconstitute them into something beautiful.

Meditate: Actively prepare the Earth and her inhabitants for the coming window openings.

- Go into a meditative state and see who comes to you.
 - [Ex.] Pres. Bush: Explain to him (or whoever else) that the world is in a state that needs profound healing.
 - Explain that you and your group are going to be helping with that, and you would like to invite him to join in.
 - [Ex.] Giraffe, Monkey: Explain to that being that the world is in need of severe healing. "You might have seen it where you live. Are you having more difficulties with either not enough rain, or too much rain? Well, that's what we're talking about."
- Each time you have an internal connection you're laying the groundwork, or preparing Earth, for what the next year is going to be about.

When the stakes are high it's important to take yourself seriously enough to meet the problems of your time head on. Actively recognize yourself and those in your group to be a functioning part of the planetary solution.

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Meditate: Actively prepare the Earth and her inhabitants for the coming window openings.

- Go into a meditative state and see who comes to you.
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 - Explain that you and your group are going to be helping with that, and you would like to invite him to join in.
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Create Goals: Why you're drawn to this work.

Surround yourselves with pristine beauty of glorious Earth: Moon, Earth, trees, lakes, and mountains.

Begin thinking about what the Earth might be asking of you personally.

- ***The Earth needs you.***
- ***2007 is a year for potentially very strong results.***

Meditate: Actively prepare Earth and her inhabitants for the window openings to come.

- Go into a meditative state and see who comes to you.
- Explain to that the world is in a state that needs profound healing, that you and your

group are going to be helping with that, and that you would like to invite him/her to join in.

- Each time you have an internal connection you're laying the groundwork, or preparing Earth for what the next year is going to be about.

March 23-June 22

Focus: Non-Violence at All Levels

Meet with your group once a week. Or try to have phone contact with each other at least that often to participate fully in joint service.

- Discuss the insights you've had with your meditations, or just thinking about your joint work.
- Share your progress. Encourage one another.
- Hold a field of celebration for the successful outcome you are envisioning together.
- Pay attention to your thoughts: restrain harsh thoughts, language, and actions.
- Love all people
- See the Buddha Nature in everyone, especially those in high profile positions:
 - See them blessing Earth with altruistic motivation, using their influence to stop conflict and injustice.

April 2007

Pay Attention To Your Thoughts, Speech and Actions:

1. In Your Personal Life:

- Restrain all harsh thoughts, language, and voice tones.
- Let your speech always be kind and caring.
- When someone speaks to you, genuinely listen, and do so in a soft space.

2. In Community:

- The task is to find a way to love all of the people with whom you work, or have a passing casual relationship.
- Even petty judgments are violent. Refrain from indulging any of those judgments where you think someone else is irritating you.
- These petty moments are nothing compared to the transformative healing of the Earth. Let them go, and always refrain from harshness in all your interactions. When you slip, just come back to where you want to be.

3. With Individuals of High Profile:

- Think and speak of these with compassion and humility.
- Don't compare yourself and say, "Well if I had his money..." etc.
- Try to see their Buddha nature, and send them support mentally, emotionally, or psychically:

That their presence in the "public eye" truly benefits others.

- In your mind imagine scenarios where they are actually benefiting others in service to Earth.

4. With Politicians, Heads of State, Judges, Congressional, Senatorial, and Parliamentary Leaders:

- Visualize them as using their power to bless the Earth. This power is a gift. It's been given to them to do something
- See them using their influence to stop wars, to stop conflict and to dissolve injustice.
- See them looking deeply within their own hearts for deeper clarity, for stronger purpose, and altruistic motivation.
- As they play out their leadership role, it's as if the world has entrusted certain things to them.
- See all of their actions as being or having the potential to touch altruistic motivation.
- If you're given an insight to help these people accomplish their higher calling, WRITE them or PHONE them or do whatever you have to do to share the insight.

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May 2007

Intense Activation Period: May 1-14

Heighten your efforts during this time:

- If you can, meet more frequently.....Maybe twice a week if possible.
- At the very least, have each group member agree that s/he will take 3 times during the day to come away from tasks, routines, and schedules (one in the morning, one at night, and one other time.)
- Focus on non-violence and deep-reconciliation
- We want to not only remove the violence but we want to heal the places that have been wounded by the violence (in cultural and racial separations, etc.)

After The Intense Period Has Passed:

- Continue looking for deeper or more hidden levels as you finish out that particular time of year.
- Pay attention to your thoughts.
- In the post critical area, or intensified area try to generate gratitude meditations:
 - For the non-violence that has already been established by your efforts and

- For all peace that will in the future be established by your future efforts
Continue the Work

1. In Your Personal Life:

- Restrain all harsh thoughts, and language.
- Let your speech always be kind and caring. When someone speaks to you genuinely listen, and do so in a soft space.

2. In Community:

- Find a way to love all people with whom you work, or have passing relationships.

3. With Individuals of High Profile:

- Think and speak of these with compassion and humility. Try to see their Buddha Nature, and send them support mentally, emotionally, or psychically. Imagine scenarios where they are actually benefiting others in service to Earth.

4. With Politicians, Heads of State, Judges, Congressional, Senatorial, Parliamentary Leaders:

- See them altruistically using their power with clarity, and strong purpose to bless the Earth, and to stop wars, conflict and injustice.

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June 2007

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 - For the non-violence that has already been established by your efforts and
 - For all peace that will, in the future, be established by your future efforts

1. In Your Personal Life: Restrain all harsh thoughts, and language

2. In Community: Find a way to love all people with whom you work, or have a passing relationship.

3. With Individuals of High Profile: Think and speak of these with compassion and humility, seeing their Buddha Nature as they benefit others in service to Earth.

- See them altruistically using their power with clarity, and strong purpose, to bless the Earth, and to stop wars, conflict and injustice.

June 23 – September 22

Focus: Dissolving Corruption

See this practice as a natural flow from the work with non-violence. They're connected.

Personal, Family, Community, National, International, Corporate, Political, and Leadership Levels:

- Your meditation and internal process dissolves corruption at the personal, family, and other levels. Look at areas where people haven't told the truth. Sometimes you might know what it is. Other times you may get a name.

Tonglen practice:

- See the object of your meditation before you engulfed in a dark cloud (representing the corruption).
- On the in-breath, breathe in a portion of the dark cloud. It comes in through the nose. Watch it as the energy drops.
- Drop it into the fiery furnace of the heart. Watch as the darkness is burned up by the heart fire.
- On the out-breath return a blessing of White Light.
- Send it to a person, an organization, a situation, etc.
- Breathe in again. Keep breathing until you have dismantled the dark cloud.
- Keep working with it until you have burned all the dark energy.
- The blessing energy (the White Light) you have returned, surrounds the person or the entity.

July 2007

June 23 – September 22, Focus: Dissolving Corruption

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Intense activation period: July 28-Aug. 11

- Try to meet with your group more often
- Discuss the insights you've had with your meditations, or just thinking about your joint work.
- Share your progress. Encourage one another.
- Hold a field of celebration for the successful outcome you are envisioning together.
- Individually meditate on dissolving corruption, healing the places that have been wounded by corruption, at least 3 times a day.

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August 2007

Intense activation period: July 28-Aug. 11

- Try to meet with your group more often
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- Share your progress. Encourage one another.
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After this intensified time has passed

- Continue to root out deeper levels of corruption for dissolving. (They get finer, and don't look as bad when you go deeper).
- Spend some of your meditation time with gratitude meditation.
- Give thanks for all that has been dissolved, and for all that will continue to dissolve, as you do your service to rid Earth of the energy of corruption.

June 23 – September 22

Focus: Dissolving Corruption

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Sept. 23-Dec. 22 Focus:

Purifying Earth's Physical Body

- In meditation: visualize a cleansing (perhaps with White Light) of Earth's water (oceans, lakes, rivers, ponds, streams, creeks, rain).
- See a cleansing of Earth's land masses.
- Imagine a cleansing of Earth's air.

October 2007

Continue with purification meditations:

- Visualize a cleansing (perhaps with White Light) of Earth's water (oceans, lakes, rivers, ponds, streams, creeks, rain).
- See a cleansing of Earth's land masses.
- Imagine a cleansing of Earth's air.

Do gratitude meditations:

- For the opportunity and ability to purify the Earth
- For the knowledge that you have as to how to do it
- For the fact that Earth is responding.

Gratitude is very important particularly in this third segment.

Intense Activation Period: Oct. 21- Nov. 11

- Try to meet with your group more often
- Try to have phone contact with each other
- Discuss the insights you've had with your meditations, or just thinking about the joint work.
- Share your progress. Encourage one another.
- Hold a field of celebration for the successful outcome you envision together.
- Individually meditate on cleansing Earth's water, land and air, healing the places that have been wounded, at least 3 times a day

November 2007

Intense Activation Period: Oct. 21- Nov. 11

- Try to meet with your group more often
- Try to have phone contact with each other
- Discuss the insights you've had with your meditations, or just thinking about the joint work.
- Share your progress. Encourage one another.
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- Hold a field of celebration for the successful outcome you envision together.

December 23 – March 22

Focus: Purification of Earth's Emotional and Mental Bodies

- These two are less concrete than the Earth's physical body, (you may amend somewhat the meditation you did previously).
- You may use White Light to cleanse the auric field around the Earth, where toxic thoughts or toxic feelings, given off by humans, reside.
- From the cleansed auric field, let pure vibrations penetrate Earth moving inward.
- Take purified energy all the way to the core, into the magma. Let that stimulate the cleansing potential of the heat at the core.
- Use White Light up to, and through, the period of intensified energy.

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Intense Activation Period: Jan. 29 – Feb. 12 2008

- Use White Light up to and through the period of intensified energy.
- Meet with your group more often if possible
- Try to have phone contact with each other
- Discuss the insights you've had with your meditations, or just thinking about your joint work.
- Share your progress. Encourage one another
- Individually meditate on cleansing Earth's Emotional and Mental Bodies, healing the places that have been wounded, at least 3 times a day.

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Beginning on Feb. 13, 2008, use [GOLDEN LIGHT](#)

Use [GOLDEN LIGHT](#) to cleanse the auric field around the Earth, where toxic thoughts or toxic feelings, given off by humans, reside.

- [Golden energy, or light](#), is a symbol for seeding potentiality in the Earth, and it's very important.
- From the cleansed auric field, let pure vibrations penetrate Earth moving inward.
- Take purified energy all the way to the core, into the magma. Let that stimulate the cleansing potential of the heat at the core.
- You might find that you naturally have some kind of connection from the core of the Earth, out to the auric field, (which extends way beyond the ozone layer). You will thus benefit the ozone layer as well.

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- Find a way to be inspired by the work and enjoy it. One of the things that the planet really needs right now is a little more enjoyment energy.
- You can learn that the Earth is also your teacher: Think about how the Earth tried to take all the messes that humans have created and reconstitute them into something beautiful. It's very important to have appreciation for not only the fact that it works this way, but that you can observe it. [Ex. Think of the blood that has been spilled only in the last century. Think of how the Earth has absorbed, not only the blood of those who have died in some kind of fight, but has also utilized it in some way--maybe it fertilized a flower].

Master's Blessing

May you be happy
in your life, and also in your spiritual service.

May you know peace
and may you share that peace through your thoughts,
your words, and your actions with all beings everywhere.

Every time you do any little thing that is peaceful, even if you offer a tiny flower to the Buddha, do it with the dedication of bodhichitta, that people can be happy and go free from their suffering. Do this also with anything you do that allows you to touch and encourage peace.

May you have ease and a sense of well-being,
both in your personal and spiritual life.

May love and kindness fill and heal you,
and may you then fill and heal others with love and kindness.