

ALDER & WILLOW MOON MAGAZINE

APRIL 2010

SACRED EARTH RETREATS©

Before printing this, please consider the environment!

Note: This magazine is intended for the sharing of information about the Earth, so please feel free to pass it on, or if you want to be removed from the circulation list, just send an email reply to info@arthurianschool.com with the word "unsubscribe" in the heading. Thank you.

PEACE

I am Peace
Surrounded by Peace
Secure in Peace.

Peace protects me
Peace supports me
Peace is in me
Peace is mine -

All is well.

Peace to all beings
Peace from all beings

I am steeped in Peace
Absorbed in Peace
In the streets, at our work,
Having peaceful thoughts,
Peaceful words, peaceful acts.

A Buddhist Meditation

STABILITY AND PEACE

I have just returned from a trip with a group to Egypt and the Great Pyramid of Cheops that we visited on the Spring Equinox and I could feel so many of you tuning in and helping the group on that day- thank you!! - the Earth energies shifted very strongly and it was interesting to notice the Peru/ Machu Picchu connection that was also present - there was a couple who had met last year - in Peru - meditating with us in the Kings Chamber of the Great Pyramid while we were doing our Earth ceremony with sound.

What an adventure!! Egypt is really worth seeing and such an important part of Africa and its healing. It was a privilege to be part of the many different spiritual groups that are at the moment drawn to go there to help ascend and heal the Earth energies in that region. Someone told me that many souls from Atlantis are being

called to go there to reactivate the knowledge of that time and also to heal their issues with power- the use and misuse of it and that was definitely part of my experience there as well.

As I came home and reflected on the gifts received during the trip and also the new cosmic energies received by the Earth during the Equinox, I only could feel one overwhelming energy- the energy of PEACE! While meditating on this I was shown how this was created in ancient times by so many civilisations from the stars- (our group was called "the skylight Faraohs" by one of our Egyptian guides – on some level he was telling us something!) – and how it is possible to use the spiritual power of the pyramid again for ourselves and our world.

The way the ancients built their temples and structures was very much in a completely integrated way. They would never dream of "just" building a house on a purely material level. It would ALWAYS be with a very specific intention and so the whole structure and all its many components would "tune into" or hold that intention and attract that energy. And the pyramid structure was used because it was found to be the most stable on the earth plane. Looking at the pyramid structures at Machu Picchu that are inherent in their architecture and the more obvious pyramid structures of Egypt and South America, one can see why they are mostly still intact- despite the many earth quakes, flooding etc that have happened with the many cataclysmic changes on our planet.

THE GREAT PYRAMID OF CHEOPS Egypt

This must be one of my most favourite structures in the world and some of you may not know these astounding facts about it:

The Great Pyramid of Cheops at Giza is probably the most remarkable building in existence on the face of our planet today. It was built with such precision that our current technology cannot replicate it.

Even the mortar used in building the pyramid is of an unknown origin- it cannot be reproduced, is stronger than stone and is still holding up today.

The Great Pyramid is also the most accurately aligned structure in existence on our Earth: it faces true north with only $3/60^{\text{th}}$ of a degree of error. The position of the North Pole has moved away from true north over time because of the changes in the Earth's magnetic field, but to this day the Great Pyramid stays aligned to our true north pole despite these magnetic changes that have taken place over the ages.

The Great Pyramid of Cheops holds many mysteries, and with its mantle of shining material (that is missing now), it would have been visible from as far away as the mountains in Israel - and probably the Moon as well! Its polished surfaces would have reflected light like a beacon.

The passages in the Great Pyramid too have many astronomical alignments i.e. they face in a particular direction towards a star- most notably the Queens Chamber's southern shaft faces the Star Sirius, our biggest star in our galaxy and associated with the Egyptian goddess Isis, and the southern shaft of the Kings Chamber faces the Orion Constellation associated with the Egyptian god Osiris, the husband of Isis.

The pyramid also has some very important earth factors. There is so much stone mass in the Great Pyramid that the interior temperature is constant and equals the average temperature of the Earth- 20 degrees Celsius or 68 degrees Fahrenheit. And so just being inside of the Great Pyramid is like being in the very heart of Mother Earth!

The pyramid is also located at the centre of the land mass of our Earth: the east/west parallel that crosses the most land and the north/south meridian that crosses the most land, intersect in two places on the Earth - one in the ocean - and the other - at the Great Pyramid of Cheops!

And the cornerstone foundations of the pyramid have ball and socket construction that are most capable of dealing with heat expansion and earthquakes.

No wonder it is said that "Humans fear Time, but Time fears the Pyramid" - it is virtually indestructible!

SPIRITUAL PURPOSE

It was known by the Ancient people that all light and sound wave energies from outer space enter our planet through the North Pole, and so it can be said that the main purpose of the Great Pyramid with its true north alignment was to bring into our planet the advanced frequencies from space.

I truly believe that the Great Pyramid in Egypt was built to anchor these high vibrations from outer space onto the planet, so that a balance of light and love could be maintained for the Earth - and all that live on her. Like an acupuncture point, the Great Pyramid could access earth meridians and energy points elsewhere on the planet and spread out the light frequencies that came down from the heavens:

Its true purpose was to create a sacred place where humans and the cosmic forces of space could meet and communicate easily -

It was built by star born people who knew, understood and communicated with the more subtle energies of the Stars and Mother Earth.

THE PYRAMID STRUCTURE OF FIVE POINTS

On a spiritual level, the four corners of the Great Pyramid of Cheops are represented by the four elements and directions - connected to water (intuition), fire (sound), earth (posture) and air (breath) with the apex or point of the Pyramid representing the fifth element of Spirit (stability/peace/love consciousness).

Many entering the Pyramid for the first time have visions or memories of ascending through the point of the Pyramid facing skyward- as if being directed to move out into the sky like a rocket.

The Pyramid was a sacred place of cosmic initiations and we are so lucky to have it with us here on our Earth!

BRINGING AWARENESS OF THE PYRAMID STRUCTURE INTO OUR WORLD TO CREATE PEACE

There are many ways of working with the pyramid energy in your life to create peace for our world. Try to meditate and bring awareness of the pyramid energy into your body. It will help to create more stability in your life. You can also do this to help stabilise your physical home. As long as you use this intention to anchor it for a highest good and to harm no one, it will be incredibly empowering for you and everyone around you. I have included meditation in the magazine below if you feel like using that as an example. See what works for you to make it alive in your life!

Notice also around you in the mountains or other natural features of the landscape how the pyramid shape is inherent and really everywhere in nature! Every time you notice this, you are helping to make it conscious and awaken greater knowledge of it.

I will also be visiting the Mayan Pyramids of Tikal and Palenque in Central America in May as well as Machu Picchu (the mountains there are like pyramids!!) in August and the Great Pyramid in Egypt again in October of this year if you want to join me! (See more information about these special planned journeys in the separate document attached to the magazine, or email me.)

It is time to take care of our world, it is our home....

PEACE AND SERENITY COMES FROM THE HEART:

Finally, I share this beautiful description of Paulo Coelho in his book "Like the Flowing River" (thank you Monica who was in Egypt with me for reading this to me) about "Elegance" and how our body posture can help bring equilibrium and serenity:

"Sometimes I find myself sitting or standing with my shoulders hunched. Whenever that happens, I am sure there is something that is not quite right. At that moment, before even trying to find out why I'm feeling uncomfortable, I try to change my posture, to make it more elegant. When I draw myself up again, I realise that this simple movement has helped me to feel more confident about what I am doing.

Serenity comes from the heart. Although often tormented by thoughts of insecurity, the heart knows that, through correct posture, it can regain its equilibrium."

Blessings to all of you and may you keep on creating a beautiful world...

With Love

Elizabeth

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PRINGLE BAY

www.arthurianschool.com

info@arthurianschool.com

telephone: (0027) 28 273 8277 international 028 273 8277 local mobile: (0027)

783716343 international 0783716343 local

"Revitalise and Enlighten your Life with the Moon"

THE MOON CYCLE OF APRIL

We have just had the full moon (Tuesday 29th March) in the sign of Libra. I found it an interesting full moon with much lighter energies and not as emotionally intense as the last full moon.

The moon will now be waning until the 14th April when it goes into an Aries new moon- called the Willow Moon, White Lady Moon and Grass Moon in the Celtic tradition.

On the 30 March it was the start of the Jewish Passover called Pesach to remember the liberation from slavery in Egypt with a meal, the Passover supper, that avoids anything fermented or yeast risen. Room is always left at the meal for unexpected guests.

The 30th March was also the celebration of the birth of Mahavira, last of 24 great teachers of this cycle, born 599 BCE in North India. The celebration tells of his renunciation of palace life at the age of 30, followed by 12 years of great austerity with no possessions, even clothes, and avoiding harm to any living being - culminating in his enlightenment.

ON the 2nd April it was Christian Good Friday remembering the death of Christ and Sunday the 4th is Easter when Christ rose from the dead according to Christian tradition. Monday the 5th is Easter Monday or called Monday of the Renewal.

This year, Easter is the same date in all churches.

On the 5th April it is also the start of the Chinese Pure Brightness Fortnight called Qing Ming when family graves and tombs are tidied and picnics made beside them! A peeled egg is left on the grave to represent the old changing into the new.

On 8th April it is the Japanese festival of Hanamatsuri, a flower festival celebrating the birth of Shakyamuni Buddha when the infant Buddha image is surrounded with flowers and anointed with tea.

The 22nd April is Earth Day and the 23rd April is ST George's Day in England and also World Book Day.

The 27th April is Freedom Day in South Africa and also the Moon's Northern spring equinox.

The full moon is on the 28th April called the Beltane Full Moon and Wesak when the birthday of Buddha is celebrated and all illuminated beings invoke a special blessing for the Earth.

1st May is celebrated as Beltane in the Pagan or Celtic tradition when sacred springs are visited to drink the healing water, and there is dancing around the May pole, implanting sky shapes on the ground, bringing heaven to earth in a joyful union of great promise. Choose a colour to bring into your life!

13th May is the Christian Ascension Day and also the Pagan Dark Moon.

WHAT ARE THE PLANETS UP TO THIS MONTH?

On the 21st March the planet Saturn was opposite the Sun.

On the 8th April Mercury is furthest out from the Sun in the evening sky and it makes a fine pair with Venus in the western evening twilight.

The waning crescent moon is nearby the planet Jupiter on the 11/12th April and on the 15th April the very thin new crescent moon can be seen from the northern hemisphere just above Mercury in the western evening twilight. The much brighter Venus is to the left and higher above the horizon.

On the evening of the 16th April, the moon is near Venus, with the Pleiades above.

Venus grows gradually brighter this month as it continues its journey back from the far side of the sun.

The moon passes south of the red planet Mars on 21/22nd April.

The moon is nearby the planet Saturn on the 25th April and Saturn is now moving away from its closest to Earth and becoming gradually less bright.

The old crescent moon is near the planet Jupiter on 9th May.

ENVIRONMENTAL CONCERNS

Loving the Dolphins

I was so saddened to get an email (thanks to Felecia) about the ritual slaughtering of dolphins that have been going on in one of our so-called more civilised countries- Denmark!

The annual ceremony takes place with the killing at Feroe Island in Denmark of hundreds of Calderon dolphins, a very rare specie of dolphin that is renowned for their intelligence. These dolphins are killed in the cruellest of ways by younger men and teenagers to prove that they have successfully made a transition into manhood!

What a sad reflection on us as humans and our consciousness - that in order to prove that we are "grown up" we have to kill and inflict our domination over animals.

Some of you -I am sure - will also have a chance to see the award winning film called THE COVE (although I don't think I will be able to stomach the visual parts of it- it was bad enough to see the red sea of blood of the ritual killing of the Calderon dolphins in the above email.)

It is time to send love again specifically to the dolphins and thank them for the energy of love that they are keeping for our planet- how can we ever thank them and ask for forgiveness of our ignorance as a specie.

Keep them in your awareness and in your heart- they need that support.

POLLUTION BY ESKOM (SUPPLIER OF ELECTRICITY IN SOUTH AFRICA)

For those of you living in South Africa like me, have a look at the website link of http://www.avaaz.org/en/no_eskom_coal_loan/?v1 for more information if you feel like you want to join in a campaign about the proposed World Bank loan to Eskom that will create a huge amount of environmental pollution. Please remember that every voice counts and that we can only change our world by taking the responsibility of own action- we can make a difference by speaking out about actions that do not reflect what we believe in- the Earth needs it!!

THANK YOU

Lastly, I would like to thank Jeannie and David Meyers who placed a sacred stone I found in Egypt at a Mosque in Lebanon during their recent Peace visit there- thank you Jeannie and David!

CHANNELLINGS

I am a fan of the channellings by Emmanuel and for those of you who may not be that familiar with his teachings, here are some very interesting perspectives on 2012 (thanks to Renee for reminding me of this):

<http://www.emmanuelmessages.com/>

Question: You said that two people -even close neighbours- would experience different outcomes from the 2012 events, like one will experience ascension and the other one catastrophe. Could you please elaborate on this?

For two individuals to experience the same event they have to share the same portion of the vibratory spectrum. All possible combination of frequencies, including all planes in all universes exist within your consciousness, but are only the vibrations that passes through your awareness are the ones you perceive.

Many of you believe that previous to incarnation you choose the life-events you wish to experience in order to learn certain lesson and grow as individual, but in fact you did not choose the life-events but the vibrations you want to experience. After incarnation is all up to you. It is you, acting on free-will, who creates the events that occurs in your life, and if those events lead you to experience the vibrations you choose to experience as part of your spiritual growth, you have achieved. Then you can move on, otherwise you will have to try again.

So after incarnation you have two ways of succeeding, the first one is to create the right life-events, and the second one is expanding your awareness. It is up to you to choose the way with which you the greatest affinity and therefore the greatest chance of success.

The frequencies of all the universes can be seen as energetic lines or strings.

Like the strings on the guitar, and the sound-hole is your awareness.

The larger the sound-hole is, the more strings will resonate.

When you expand your awareness the world you perceive expands, allowing more energetic lines through, expanding the segment of the vibratory spectrum accessible to you, hence increasing exponentially the chances of experiencing the group/kind of vibration you came here to experience.

Awareness can be seen as circles, two individual's circles may intersect or not. Two individuals will share the same world only in the area of intersection.

When one of those individuals expands his/her awareness and the other one's awareness remains the same the intersection area become smaller because awareness expansion moves the centre of the circle away from the two intersecting points, until there is no more intersection. And when this happen these two individuals will be living in different worlds, vanishing from each other reality.

In human history have been thousands of individual ascensions before, but this time is different because never humanity as a collective has been where you are now.

Your planet is increasing energy, expanding awareness, and hence increasing her vibratory frequency rate. It is a monumental change, a universal happening. Observers from many planets and distance constellation are here to witness such unique event in Galactic History.

But the higher your planet raises its frequency, the greater the separation will be between Gaia and those individuals with no awareness expansion. The centres will be further and further apart until the two intersecting points disappear and there is no more shared intersected area.

Those individuals whose awareness is in harmony with Gaia's frequency will continue living on the new 5th density Gaia. The rest will have to repeat the cycle in 3rd density.

Gaia is changing, if you do not change with her by means of expanding your awareness, you will experience the 2012 outcome as highly negative events. On the other hand, if you change with her and keep your awareness expanding, you will never be in harm's way.

Many of you believe that the soul grows through difficulties, when the real growth is through responsibility. Awareness expansion is your responsibility, in all four levels of consciousness.

Every new day brings the opportunity to be responsible. Life is an adventure into the infinite, viewed this way it is easy to continuously expand your awareness from every new experience gained in the course of living.

Causes do not exist outside your consciousness, they are all within you. You are the cause of your life, only when you understand this and take responsibility for it; the journey of divine transformation begins.

From this moment start taking total responsibility for your own being. This is the meaning of being a Lightworker.

PYRAMID MEDITATION

Try to sit cross legged on the ground, or if you find that uncomfortable, stand upright with your feet a little apart. The objective is to feel as stable and grounded as possible- almost as if you are a mountain that is immovable.

Now feel your connection to the Earth- try to feel where your anchor point is. It may take some time, but be sure to find it. This is vital for you to do this first before you start with the meditation because it will facilitate the whole process:

The anchor point is something that you will only find by going within. Close your eyes and focus on the third eye area- between the eyebrows- see it as a light that is like a measuring device, a radar that helps you to find your way. Now see or feel with the third eye area where you feel there is inside yourself an anchor point – just as if you are sinking a bore hole for water deep within.

Once you have a “sense” of this anchor point, you are ready to continue. Now imagine that you are creating four points around the anchor point- one in each corner, just like the shape of a pyramid. Go round to each corner starting from right to left, and then repeat the whole process of going to each of the four points from left to right - do this as slowly as you can, making sure that you don't skip any of the points and if you feel that you need to spend longer at one of the points, do so because it will show you how it needs strengthening.

Now imagine that you are connecting up all the points also with your anchor point- like the apex of the pyramid that is now communicating with each of the four points in the base of the pyramid.

Keep your focus on creating light and with that light also stability and peace! Feel the energy of the pyramid coming into your body and also the Earth where you are- anchoring a new awareness of Peace and stability that is centred around the Heart.

Feel the lightness and ease in your body- as if it is somehow easier for you to keep your balance and also how your head feels more moveable and light- with the neck no longer taking so much strain.

Stay in this position for a little while so as to get used to the feeling and when you are ready, you can open your eyes.

Know that you have anchored the energy of the pyramid more securely in your body and the world around you.

Sit down for a little while and rest to make sure your body stays calm and remains easy with the process.

Remember also to drink some water.

UPCOMING SACRED EARTH RETREATS

Please see the attached document called MOON MAGAZINE APRIL 2010 RETREATS INFORMATION.

Be wonderful if you could join me!

THE ARTHURIAN SCHOOL
PRINGLE BAY

www.arthurianschool.com

info@arthurianschool.com

telephone: (0027) 28 273 8277 international 028 273 8277 local

mobile: (0027) 783716343 international 0783716343 local

This magazine's stated intention is to be for the Highest Good of All, and to harm no one.

"Revitalise and Enlighten your Life with the Moon"
