The Earth Vision Book

Gaia-Gala Publishing

the earth vision book

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Envoi

The **Earth Vision Book** invites you to visit a personal arboretum – the garden of my life. Part words, part photo-biography, part utopic dreams, part contributions to the global awakening, part exploring the sport adventures of human life, part learning how to learn & remember, part discovering and practicing the infinite treasures of this body-mind-spirit instrument, part surrendering… Here are the trees, the plants, the food forests, the flowers, the weeds… the insects, birds, worms, bees and butterflies… the breezes and the rains, the skies and the sun-shines, the dawns and the sunsets… and the seeds, the days & nights, and the lives yet to unfold…

This is the story of a bio-sphere re-growing into harmonic co-creation…

No life can exist without being embedded into nested bio-energy-consciousness spheres of evolution-being that connect and harmonize any micro-cosm, including humans, to the ultimate macro-cosm. This book is a glimpse into Aya's bio-sphere and the various gifts of communion that cascaded therein, to and from the infinite. Many flowers appeared and receded in this eco-system, sometimes too fast for a full welcome but most flowers being increasingly acknowledged, revered with gratefulness and entered as vistas of lives within greater lives.

The common ground for this story is Mother Earth, the global bio-sphere sustaining humanity and herself sustained by the entire cosmos. This Aya-being jumped into human body in the days following Hiroshima & Nagasaki. The assignment was: it is time to re-insert the cosmic script into humanity's affairs. Let's see how ready humanity is for a full love affair with Mother Earth, in oneness with the Cosmos.

Conscious awakening to the vision of the Earth as cosmic source-mother took exiting the ego bubble-chrysalis of ex-clusive conditionings that comes with the born-in-any-culture human package. The journey to soul integration and light radiance was facilitated by a cosmopolitan upbringing and by the auspicious meeting of many teachers, guides & companions - in all sorts of bodies. Thanks be.

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Whereas the **StarWheels Book** and the **StarWheel Vision Book** attend to galactic gardening, this **Earth Vision Book** attends to the minimum size: this lovely & compassionate planet-being, Gaia-the-Earth and how to dance with her and with each other.

As you would in a thriving, organic garden, kindly visit this book leisurely and joyfully, in the divine mood of playing with yourself and sharing the perfection of One Love.

Remember: all the ~8 billion "others" are only You trying to trick little-you into seeing them as separate, either friendly or dangerous or to be ignored. There are no others - You are this whole Presence… Just accept and celebrate your true size: infinity. Then, life on earth IS paradise. Share it as such…

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1 - The Earth Prayer - 2005

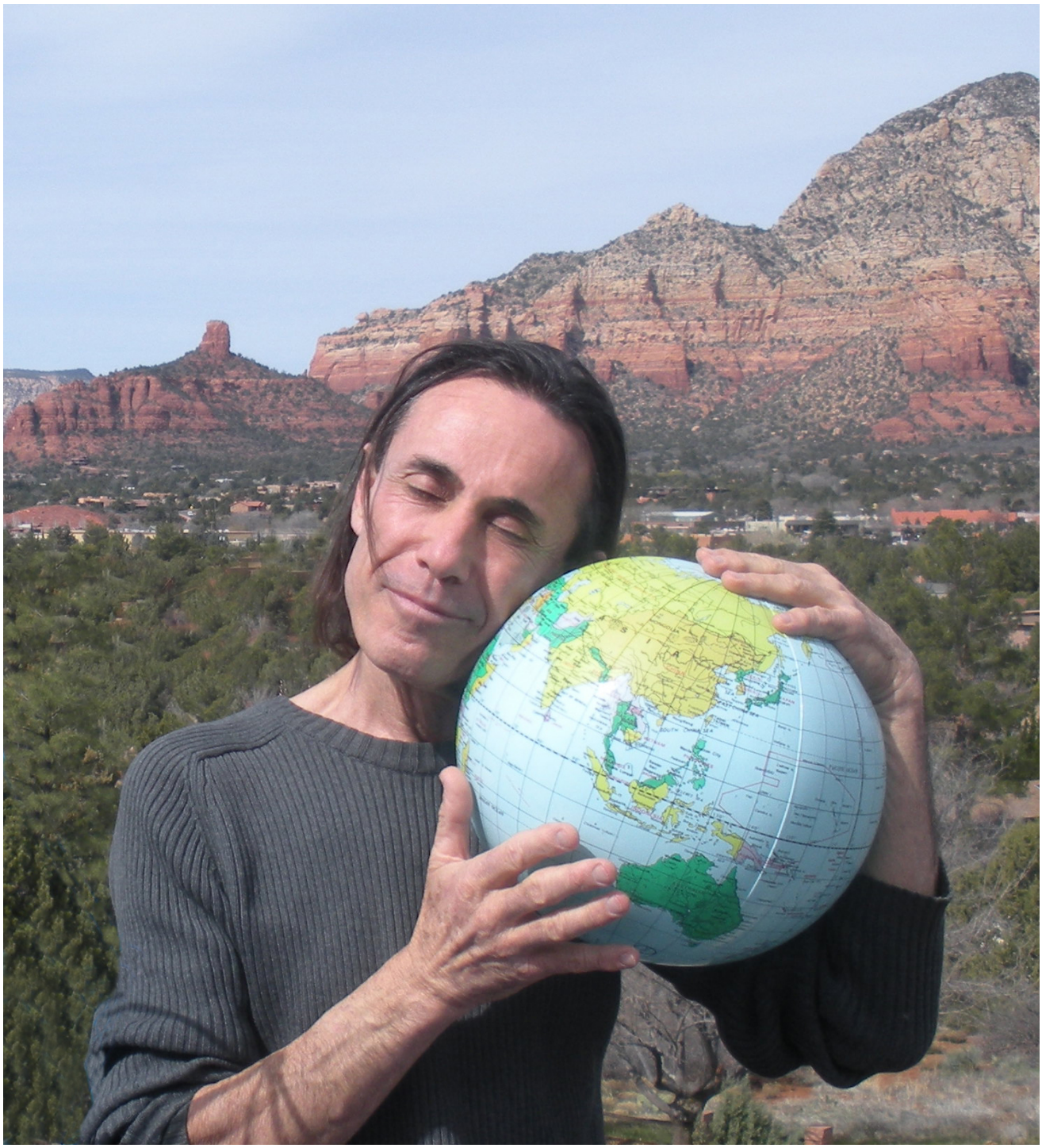
My wish and my prayer are that
The experience of Beauty, Love & Harmony
Inherent in Sacred Geometry
Becomes the sustaining principle
For the evolution of humankind

My wish and my prayer are that
Each & every human awakens to the reality
That we live within a magnificent creation
And that we are its full co-creators

My wish and my prayer are that
All the Beauty of the universe & consciousness
Be embodied into the common denominator
Of Peace
as the highest value on Earth
- A value that all people can agree upon
"And a value that becomes so sacred
that nothing & none can ever shatter it again.

This is what i want to leave to the next generation:
First, a cosmic context of Wholeness, Harmony & Beauty
Second, a hope for permanent global peace
So that the infinite creativity we all carry inside
Can finally blossom into another Earth Paradise

SO BE IT



Starwheel Mandalas by Aya

2 - Harmonic Convergence - 1987

Harmonic Convergence is the name given to the **world's first synchronized global peace meditation**, organized by José and Lloydine Argüelles. It occurred on August 16–17, 1987 and people congregated at various power & sacred sites such as Mount Shasta and Sedona (United States), Mount Fuji (Japan) or Mount Yamnuska (Canada).

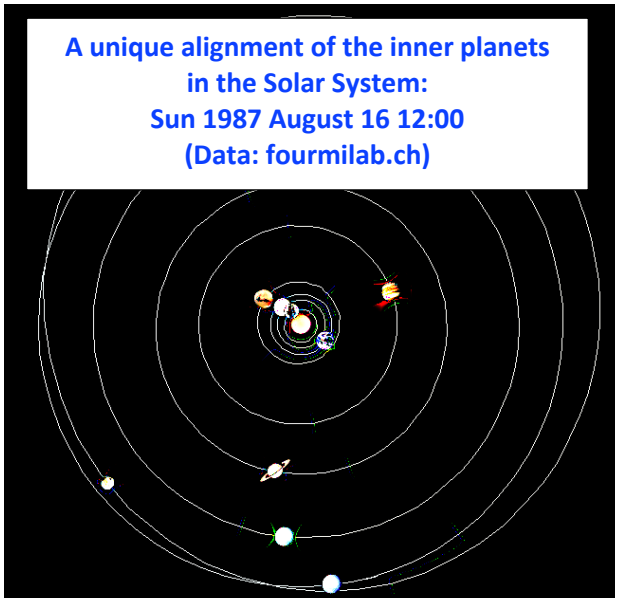
Labeled “a global gathering of peoples of good will” by the media, Harmonic Convergence was remarkably successful as an international grass-roots happening. Something was just ripe in the collective consciousness. It certainly helped that Harmonic Convergence also closely coincided with an exceptionally beneficial alignment of the planets in the Solar System.

Harmonic Convergence set many young people on their first journey for world peace, popularized the power of “sacred sites” and brought the practice of group meditation into the global culture.

Residing in Santa Monica at that time, I was strongly called to join the Harmonic Convergence celebrations in the Four Corners, Hopi land and Sedona, AZ. This greatly strengthened my awareness of humanity’s oneness, as brothers & sisters co-habiting the same planet and sharing the same spirit of beauty, love and infinity.

↑Sunrise Celebration
Chaco Canyon, NM. CBS / AP

↑Sunrise Celebration
Harmonic Convergence, Sedona.

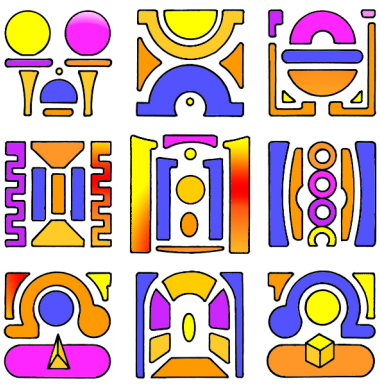


3 - 11:11 - 1992

On January 1992, 100,000 people, responding to the call of Solara, gathered all over the world at sacred sites. The goal was to perform sacred dances, celebrate the unity of humanity and experience the opening of an energetic doorway. The main gathering was in Giza, Egypt, in the courtyard of the 3rd pyramid.

↑ 11:11 Sacred Dances. Giza, Egypt. Court-yard Temple of the 3rd Pyramid.

Below is the StarWheel # 37 “11:11” created as a poster for this global event.
The keyword is: *Activation*. 1992



When you search
for a treasure,
You become
the treasure
And you enter
Yourself

4 - Calling for the EARTH MANDALA

Call for the Earth Mandala – Year 2000

We are the Human Family,
Dwellers upon Mother Earth,
A cosmic dancer spinning thru galactic space...

The start of a new millennium is like the traditional time of harvest in the fields. It is the time to look at the fruits of our human history and assess, in full honesty, our ways of tending the Earth Garden and of living together as a kin family.

ARE we going to repeat, like zombies, the destructive old patterns of hatred, revenge, greed and exploitation of each other? - these instinctual reactions of the reptilian brain that have brought to us, for grim eons, a quasi-permanent state of warfare and sorrow ...

ARE we going to let our proud animalistic ego continuously leading our individual and collective lives? - stubbornly sitting on our puny territories & possessions and viciously kicking around to defend and aggrandize them.

OR, are we going to be bold conscious beings, enacting the Love of Life? - courageous new pioneers daring to break away from millennia of past programming and finally standing up as free beings, set upon deciding a constructive course of collective history...

HOW ABOUT launching a 21st century where our deep & intimate dreams can be given a chance: Happiness, Peace, Respect for Life, Beauty, Creativity, Truth & Spirit of Celebration?

HOW ABOUT acting as free people: women & men & children of all races and colors and religions and cultures holding hands together and co-creating NOW the **Earth Mandala Garden**?

What Happened to our Proclaimed Ideals?

HAVE we entirely forgotten the insights & ideals of "universal good will" that inspired our Founding Fathers (and Mothers) in the course of the human civilization? Have the statements of Freedom /Justice / Equality, the Declaration of Independence and the Charter of the United Nations become disposable wall-paper in the contemporary commodity-oriented Western world?

ARE we now, in the name of the holy stock-market, "free trade" & "global business interests", condoning foreign policies that apply double standards and treat "others" & Mother Nature in ways we would never accept to be treated ourselves?

WHY exactly are we, worldwide, extensively training "special forces" and "intelligence agents", funding known "terrorist" governments and groups, while, smilingly, grossing untold billions in arms (and drugs) business?

DO we really still believe that human beings all over the Earth, no matter their looks, are our "brothers & sisters"? Be honest! Or are they just remote "data" on computer screens and amusing dolls when we go on exotic safaris?

DO we still see that we all share this jewel of a planet? Are we really taking that into account in our daily life, actions, thoughts & prayers?

DID we -the 5% or 10 % elite- turn into complete hypocrites and selfishly benefit from ever increasing luxuries & wasteful gadgets, while myriads are facing genocide, starvation, sickness, loss of freedom and the grim pursuit of un-happiness...?

ARE we going to sheepishly give thanks for being micro-chipped, tracked down in every move & thought, fed sterile GMO, "sweet" aspartame & "irradiated" meals, prescribed expensive drugs & vaccines with multiple "side-effects", given the "creative" option of "designer babies" who will be members of the elite-race club, and, in our holy moments, be submerged in 3D proxy thrillers? All that while driving shiny gas-guzzling credit-bought SUVs with GPS computers? And listening to the "faster-and -faster" frequencies of the xth generation cell-phones?

ARE we realizing the full impact, for this and coming generations, of the "corporate future" dangled in front of us as the next step in human (or trans-human) "happiness and progress"?

ARE we increasingly shying away from personal relationships with our friends, partners, spouses, kids, neighbors and "strangers"? Setting ourselves up in an alienated, schizophrenic but "safe" mindscape proudly labeled "gated property" - yet bitterly ranting about being lonely?

ARE we living a proxy life, totally cut off from our cosmic roots and crowns? And fearfully removing ourselves from direct contact with Life as "others" and "Nature"?

ARE we almost programmed out of our human-ness and being-ness,

without even noticing it?

ARE we living a gigantic lie, instead of living a gigantic Life?
Is that the true cosmic destiny of Humankind?

Urgent Call for a Politics of Global Sharing

ISN'T IT high time to stop being the fat & blind-folded "share-holders" the world is laughing at and lashing at? Giving carte blanche to the purposely remote & fuzzy complex of mega-corporations agendas - intelligence agencies operations - governmental policies... that want to exploit the world for the benefit of the few?

ISN'T IT TRUE that no share-holder wants to really know how they get their potential dividends, by which tortuous and merciless routes the money is reaped or lost ...? and what might be the unreported dire effects and human toll of this mega-business that has the means and intent to be "above the rules"...

ISN'T IT high time to stop this complacent & hypocritical attitude of: "Oh, we just get the interests and play gambling with the stocks - BUT we are not involved whatsoever with the decisions..."

DO YOU KNOW (or care?) about the World Bank & multi-national bodies pushing, worldwide, for the privatization of WATER? To the point that, in 1999, small farmers in Cochabamba, Bolivia, had to buy permits (and pay a San-Francisco based corporation) to gather rainwater on their own property?
When are the "global powers" going to charge for "re-conditioned AIR"?

DO YOU KNOW that a Baby Foods Corporation has successfully used the World Trade Organization to suppress a Guatemalan law that encouraged mothers to breastfeed their babies? They claim "expropriation of trademark" and, of course, competition with their "products".

DO YOU KNOW that, during the Gulf War, the US and British / UN forces used 350 tons of "depleted uranium laced bullets" that become radioactive upon impact?

ISN'T IT high time to stop on this deadly track and reverse gears before the ever-increasing gap between the "wealthy" and the "have-nots" tips this planet over? Before the last drop of oil-blood is drained from Mother Earth and the last parcel of wilderness is raped?

OR, are "tactical nuclear heads" and "ethnically specific bio-weapons" going to bring the message of final silence to the majorities grumbling at the G-8s?

ISN'T IT urgent to open our eyes wide and clear and share responsibilities, instead of raking in political & financial interests?
To WAKE UP as the Human Family?

"One man's gift must not become another's capital"
(Tribal wisdom)

DOESN'T IT make pressing sense that, if we benefit from the world, we also need to contribute to it in equal if not larger shares?

Sharing... is the only way to taste Infinity and its Justice.
Let us judge our success by what we give,
without scheming a return.

WE NEED TO LEARN (or re-learn) the Golden Rule: how to approach and practice Global Love for each other, on the planetary & galactic scale. We need to re-learn how to dialogue with the "other", no matter what their bodies, beliefs & life-styles may be. Re-learn how to listen to our brothers & sisters with true family "interest". And lovingly find out about their needs & wants & gifts.

"You have seen your brother, you have seen your God"
(Christian wisdom - Clement of Alexandria)

HOW CAN WE be of service to other ourselves?

HOW CAN WE, as stewards of this magnificent world-garden, do (or undo) whatever is necessary to ensure the full manifestation of Justice, Equality and Freedom for all? We have the means, we only need a surging wave of international cooperation and co-creation...
Isn't it even more challenging than going to the Moon?

"A moment of Great Change is protected by the Giving of Gifts"
(Welsh wisdom)

THEN, we will not have "enemies" any longer and we will live without the paranoid fears of being "attacked"... The only gift and inheritance to pass on to our children is an era of Global Peace, Sharing and Celebration of Humankind as One sparkling & glorious face of Spirit.

Abundance of Solutions

No one is powerless.

REMEMBER your dreams and glimpses of other parts of "You"? We are all multi-dimensional spirits visiting a 3D experience. We are all a unique & shimmering spark of the Spirit-Source that has been recognized & honored by all human cultures.

FROM THE VERY INSTANT we truly realize that we are part of the Whole Hologram, we do access and own the grace & power of Infinity.

INFINITY is beyond the dualistic dance of winning-losing and balancing the check-books... Beyond the implanted belief that we are hapless victims at the mercy of master foes...

Infinity is realizing that:
All is actually possible Now

This is an infinitely abundant Universe.

Solutions are plenty: it takes an open mind & heart to find many.
People of good will are plenty: it takes to be one to find many.

LET US look at the true world heroes who preceded us or dwell among us: the many women & men, known & unknown, who have chosen to further love & peace values rather than personal gratification. We need to be inspired by high-integrity role-models rather than fashion-made puppets...

HOW ABOUT the Western World waking up to a destiny of humbly stewarding the Earth, instead of arrogantly using & abusing it? Let us match our great wealth and immense resources with an equally great sense of responsibility, instead of hoarding & draining the blood, sweat & treasures of the Earth peoples.

LET US create an Earth Council made of personalities globally honored as planetary citizens dedicated to Creative Peace...

HOW ABOUT implementing an Emergency Planetary Recovery Plan, as a bold way to launch the 21st century?

AND, IN COOPERATION with all people of good will, let us walk the Beauty Road to find again our lost dignity, fulfill our true destiny and gain anew the respect of our children and generations to come!

AT OUR FULL DISPOSAL, we have here and now all the necessary tools, technologies, skills, workforce and good will needed to turn around this "world crisis" into an enthusiastic international wave of pioneering the build-up of a **WORLD FRIENDLY-TO-LIFE**.

MOTHER EARTH
will dance with joy
and immediately respond by nurturing all of us
with unprecedented organic crops...

THE PEOPLES OF THE EARTH
will find hope again
and then gloriously reveal their suppressed inheritance
of wisdom, creativity and unique beauty.

SPIRIT
and the other dimensions of the larger universe
will applaud and say:

"Well done, Earth people!"

Our choices NOW will seal the coming Human History.
It is OUR time.

5 - Bucky Fuller: Spaceship Earth

Buckminster Fuller (1895 – 1983) was the first and most influential advocate for Earth sustainability. A prolific Renaissance Man, widely known as the inventor of the geodesic dome, “Bucky” shaped the future of humanity with his legacy of *synergetics* and the living dynamics of *tensegrity*.

Buckminster Fuller’s Epiphany

In 1927, at the age of 32, Bucky found himself unemployed with a new daughter to support as winter was approaching. With no steady income the Fuller family was living beyond its means and falling further and further into debt. During one of his long walks, a despairing Bucky came to contemplate suicide by drowning in Lake Michigan, so that his family could benefit from a life insurance payment.

Fuller said that he then experienced a profound revelation which would provide direction and purpose for his life. He felt as though he was suspended several feet above the ground enclosed in a white sphere of light. A voice spoke directly to Fuller, and said:

From now on you need never await temporal attestation to your thought. You think the truth. You do not have the right to eliminate yourself. ***You do not belong to you. You belong to the Universe****. Your significance will remain forever obscure to you, but you may assume that you are fulfilling your role if you apply yourself to converting your experiences to the highest advantage of others.*

Fuller stated that this experience led to a profound re-examination of his life. He ultimately chose to embark on "an experiment, **to find what a single individual could contribute to changing the world and benefiting all humanity"**

Buckminster Fuller’s Death

In the year of his death, Fuller described himself as follows:

Guinea Pig B:
I AM NOW CLOSE TO 88 and I am confident that the only thing important about me is that I am an average healthy human. I am also a living case history of a thoroughly documented, half-century, search-and-research project designed to discover what, if anything, an unknown, moneyless individual, with a dependent wife and newborn child, might be able to do effectively on behalf of all humanity that could not be accomplished by great nations, great religions or private enterprise, no matter how rich or powerfully armed.

Fuller died on July 1, 1983, 11 days before his 88th birthday. During the period leading up to his death, his wife had been lying comatose in a Los Angeles hospital, dying of cancer. It was while visiting her there that he exclaimed, at a certain point: "She is squeezing my hand!" He then stood up, suffered a heart attack, and died an hour later, at age 87. His wife of 66 years died 36 hours later.

Bucky Fuller on Earth and Energy

(in his unique style of cosmic science)

Planet Earth is a superbly conceived and realized 6,586,242,500,000,000,000,000-ton (over 6.5 sextillion tons) spaceship, cruise-speeding frictionlessly and soundlessly on an incredibly accurate celestial course. Spaceship Earth's spherical passenger deck is largely occupied by a 140-million-square-mile "swimming pool," whose three principal widenings are called oceans.

Upon the surface of the "swimming pool," humanity is playing high-profit gambling games with oil-loaded ships. The largest of all such ships in all history is a quarter-mile-long tanker of 580,000 tons. At top speed it can cross the 3,000-mile-wide Atlantic Ocean in six days. That 3,000-mile, six-day tanker distance is traveled every two and one-half minutes by the eleven-quadrillion-times-heavier Spaceship Earth, which has been moving at this fast rate for at least seven billion years with no signs of slowing or "running out of gas." As it travels around the Sun at 66,000 m.p.h., it also rotates at an equatorial velocity of 1,000 m.p.h.

The units of time and energy expenditures as "matter" or "work" necessary to structure, equip, and operate all the transcendent-to-human contrivings, biological and chemical organisms and equipment, and their "natural" operational events, including the time-energy units invested in creating and operating volcanoes, earthquakes, seaquakes, and tornadoes, as well as to accomplish this fully equipped and complexedly passengered planet Earth's 66,000 m.p.h. cosmic-highway-traveling speed, stated in the terms of time and energy expended per each ton-mile accomplished at that speed, produces a numerical figure of a staggering magnitude of energy expending.

This staggering energy-expenditure figure for operating planet Earth is in turn utterly belittled when compared to the sum of the same units of time-energy expenditures for structuring, equipping, integrally operating, and moving all of the asteroids, moons, and planets as well as the stars themselves of each of all the known approximately 100 billion other star systems of our Milky Way galaxy, as well as of all the asteroids, moon, and planets, and stars of all the approximately 100 billion star systems of each of all the other two billion galaxies thus far discovered by Earthians to be present and complexedly interacting and co-intershunting with Spaceship Earth in our astro-episode neighborhood of eternally regenerative scenario Universe.

All of these "really real" cosmic energy expenditures may be dramatically compared with, and their significance considered in respect to the fact that, the total of all energy used daily -- 95 percent wastefully -- by all humans for all purposes aboard Spaceship Earth amounts to less than one-millionth of 1 percent of Spaceship Earth's daily income of expendable energy imported from the Universe around and within us.

A vast overabundance of this Earthian cosmic energy income is now technically impoundable and distributable to humanity by presently proven technology. We are not allowed to enjoy this primarily because tax hungry government bureaucracies and money drunk big business can't figure a way of putting meters between these cosmic energy sources and the Earthian passengers, so nothing is done about it.

6 - Doing the Dream:
The bright future of COMMUNITIES - 2000

What is the Dream?
The keyword is: COMMUNITY.

We owe to Who we Are and to the "children-of-all-colors-to-indigo" to manifest many new "oasis of life" where we all can blossom in peace, in the wise ways of the sacred arts and the love of Mother Earth & Father Sky... within the context of a larger kin family where

little ones & elders are lovingly honored,
kids learn the best wisdom from many teachers,
grown-ups share joys & sorrows in a sacred circle
of mutual support...
and all can celebrate the Glory of Life...

Yes, the collective **Garden of Gaia** can and will blossom!
We carry it within and we are its trusted guardians...
We are the Earth Keepers...

New global times have been entered. The entire "Last Millennium" culture has just imploded... The old patterns & strategies based on "individual survival of the wealthiest" - those deeply grooved ego behaviors - are now feeling obsolete. Many established institutions and life styles we see upon this world scene are dead or on their way to oblivion. The standard "Western way of life" has revealed itself a cover-up for world domination...

The only hopeful solution appears to look larger & deeper. Larger than individual survival & selfish greed. Larger than the business interests. Larger than the national pride... And deeper than skin color, life style or 3D appearances...

We need to attain to a vision of the Global Heart.
The global brain was not enough.

We need to feel the **loving pulse of the Global Heart of humankind**. And we need to include in this new experience all forms and all levels of Who we Are. Then, we will re-invent new ways of sharing this beautiful human Life, our resplendent Spirit and our many resources...
At this time, I believe we have no more role-models or pre-set tracks to follow. We are on OUR OWN, ready to pass the test, as a collective rite of passage for humankind...

So, we might as well be Spirit-bold, hear and trust the resounding call for consciousness evolution and forge ahead joyfully, with the full freedom of Being...

A New Sense of Home

Why should we remodel the "past" when we can GIVE glorious BIRTH to incredibly exciting new ways of life where all colors & all ages can hold hands across the world, in the loving embrace of Mother Nature & Father Spirit?

"Home" is not continuing, against all common sense, the old ego obedience-and-power games... Some of us tried: it's leading us all to doom... Just quit once for good - it will then be easier and easier...

Home is not acquiring the "paper ownership" of a tiny piece of Mother Gaia to build upon Her our individual castle of pride and live in it an utterly unhappy life because we insist on remaining selfish & exclusive. We will only be surrounded by thousands of misled neighbors who did just the same and are just as miserable. In the "past", we had the lame excuse of "not knowing better": this does not work anymore… This world has developed a global telepathy we all partake of...

Home is not about a roof and walls and foundations built with the sweat of other people...

The New Home is where the Self dwells.
In our Heart of hearts...
This is the real "homeland" and the real security...

Are you so blind and dumb as to sweat your life-force away to purchase your own private million-$ house? And then parade with the privileged elite, while 35,000 children die of hunger every day on this very same planet?

It IS possible to build these new community homes.
Now. The time has come.

Many people are shocked enough by current (and potentially coming) events and they slowly realize that we NEED to stay away from the media, from the cities and all locations of financial, military, nuclear and business "significance and power": they all are subjected to heavy electronic grids and / or can be potential targets... Old world formulas to protect oneself and our loved ones may become killer traps...

Water and air may become more precious than gold & diamonds...

We need to think and feel clearly by ourselves and not in reaction to the dictums of the bankers, politicians and mega-corporations still pushing their private agenda of might to the utter detriment of humanity and nature...

What used to be "utopic and crazy" might just be "wise and safe" at this point. And we all are unique & beautiful "home-builders" waiting for a chance to tap the Infinite and bring it on Earth...

A New Global Culture of Communities

How about, for a happy change, deciding to put our resources, skills, ideas and extraordinary love abilities into co-creating interactive models of life that can uplift the world and welcome others to an oasis of peace & creativity?

If and when you have resources to invest, friends, why not be bold and pool them together with others to have access to a large land where nature is still alive with open spaces, grassy meadows, all manners of tree-friends, laughing waters, dancing hills and many representants of live creatures...?

Where the elements are the teachers,
the Earth is the loving bosom
and the starry sky beckons to the soul...

Yes, kin family friends, why not put ourselves to play and pool whatever we have into creating a life-style that satisfies us in our deeper self and will speak to the world of:

sharing Life,
learning the sacred ways of Spirit,
celebrating the bubbling joy we all carry within,
and inviting others - young & old - to contribute
their own unique beauty...

How about starting to do what we are dreaming of?

Many formulas for many types of communities will appear, each best suited to a particular situation or region and group of people. New technologies for simple yet beautiful housing are in existence. New modalities of easy and non-polluting transportation are ready.

New power systems based on the quantum energy of space are available. New economies of sustainable and just sharing will follow. And we still have some organic seeds around to feed ourselves beautiful diets...

A new culture honoring Life and Spirit in all forms is close at hand...
Lift the veil and step in!

The StarDome Community Vision

The vision is to pool resources, investment sponsorships and donations to the StarWheel Foundation in order to secure a large (around 1,000 acres) and friendly land with running waters, trees, meadows and hills... backed up by a wide-open wilderness... and in a climate zone offering mild winters... The location may be Arizona or a close by Four Corners location...

Each individual or family participant receives at least 5 acres to build their own personal type of dwelling and live, play, work, create, laugh & jump without disturbing anyone else... When the time & mood come for more social interactions, then there are common facilities centered around a visionary educational project called the StarDome.

The StarDome Eco-Village

In this vision, the StarDome is the interface between the "community" and the outside world: a place where visitors come to view the StarWheel collection (a family of 108 large-size mandala paintings) and other exhibits or programs of Sacred Arts. Within and around the StarDome, the StarWheel Foundation team plans to develop an innovative learning center for kids and others students wanting to unfold their spirit wings and nurture their sacred seeds of creativity, in tune with the cycles of nature and a community of creative humans...

The Mandala Research & Development Center is envisioned as a facility dedicated to the "technology of mandalas", both as a traditional world-wide spiritual knowledge and as a promising format / model to image & support the collective shift to a new culture of Oneness. A Mandala Archive Center and a multi-cultural network of ceremonial practitioners will be created for data and teaching access.

Interactive and multi-media, the "Mandala School of Sacred Arts" will provide a pioneering environment to directly experience the traditional and new wisdom of the Sacred Arts. Three colleges are envisioned: Mandala Creativity and Color, Sound Healing and Music, Sacred Dance and Celebration... A variety of apprenticeship and residency formulas will offer flexible curricula...

A synergistic team of performers (musicians, ceremonialists, sacred dancers ...) will be gathered to form a StarDome Troupe and develop a series of Sacred Arts Celebration Events that can be taken around the nation or the world...

The StarDome Community at large will develop appropriate self-sustaining functions: power generation, greenhouses for the production of fresh organic foods, cottage industries, common services and activities as the need appears etc...

So, dear friends, this is where I AM...
and sharing That with all the kin I know & love
and all those I don't know yet...

7 - The Sedona Peace Garden

The Peace Garden (Shanti Park)
at the Sedona Creative Life Center, 333 Schnebly Hill Rd, Sedona, AZ.

The Peace Garden is a Nature Sanctuary established in 2004 by Shirley Caris, the founder of the Sedona Creative Life Center and Adele Seronde, the founder of Gardens for Humanity.

The Peace Garden is inviting you to a personal communion with nature and a joyful celebration of life.

↑ April 2013 view of the Pagoda, with Forsythia and Daffodils in bloom.

After years of patient landscaping and building of the Pagoda and access paths, the Peace Garden was ready in 2012 for the planting of new trees, both ornamental and fruit-bearing trees, that would offer beauty and use to the current and future visitors. In the tradition of an Arboretum and for the benefit of school students and lovers of nature, new trees will have individual tags giving their names and qualities.

We are now offering to Friends of the Peace Garden the opportunity to become Sponsors of newly planted trees. We have a list of the "tree beings" awaiting a gracious sponsor. Your name will be added to the tag of the tree you choose to sponsor. And you can start a spirit relationship with this special tree being, in order to support each other, like you do with a dear friend.

Traditionally, a new tree would be planted for each new child being born, sometimes placing the placenta in the hole beneath the roots. Thus, the child would grow up with a personal tree "ally" and a life-time companion offering its shade, flowers & fruits as an expression of **unfolding and cycling within the web of life**. Later, the grown-up person would come to their tree to honor the bonding & communion with the earth and the elements. This is why cutting a tree down makes a hole in the matrix of life; and planting a tree adds richness and celebration to it.

We invite you to be part of the co-creation of life
by becoming a tree Sponsor at the Peace Garden.

Please contact Aya, the caretaker of the Peace Garden, to discuss sponsoring a tree. Aya can be reached through the Sedona Creative Life Center.

"He / She who plants a tree will live a long life".

A single Monarch butterfly in 2021. In 2015, we saw hundreds of them in the Garden, on their way to Mexico.

May 2022 - Entrance to the Peace Garden

The Benevolent Buddha

The Faery Circle

The Peace Garden:
an organic Arboretum and Sanctuary - 2019

The Peace Garden, at the Creative Life Center, is an ***organic arboretum*** featuring native & imported fruit, shade & ornamental trees & plants. Most of the trees were planted 5-6 years ago and are now coming of age, starting to provide a wealth of flowers, fruits, green shades and healing beauty.

It took a lot of volunteer and dedicated work, over the course of 10 years, to turn barren sand and river-rocky soil into the composted humus necessary to grow trees & plants. Progressively, the garden has become a budding eco-system – where various micro-organisms in the soil, insects of all kinds, birds, deer, butterflies, bees, even javelinas (sometimes excessively good earth diggers, along with ants & gofers) and the constant gardening improvement work resulted in what can now be seen and enjoyed, in 2019.

It should be noted, that, in keeping with the wisdom of a healthy & harmonious relationship with nature, from the very beginning, and very intentionally, we have refrained from using any kind of pesticide or toxic fertilizer. Why? Because we knew, as it is now an increasingly accepted scientific fact, that respecting, sustaining and creating organic gardens, agriculture & eco-systems, small and large, is the key to a healthy humanity's future. And unless we start here and now, with what we have, the planetary sphere will no longer be sustainable. The foundation of all human activities (and especially corporate business), at this point of the human evolution, is a full-fledged, conscious and compassionate commitment to serving humanity, in all its forms, colors & cultures - and to making the global environment sustainable & healthy again. The Peace Garden is a small, grassroots, local, but potentially significant, contribution to reverse the greed-driven environmental degradation. And Sedona is a very good place to start as it is a global showcase, a vision quest medicine spot and a spiritual education classroom.

In addition to become an organic arboretum, we wanted the Peace Garden to be friendly to people and wild life and not expose them to toxic chemicals. The multi-faceted vision is that the Peace Garden can be:

• A ***Community Place*** where people, from kids to elderly, can come and experience a respite from the tensions of work or life, can relax in quiet communion with nature and can feel the healing benefits of the pagoda and surroundings. Let us remember that the Peace Garden was the common dream & gift of two dear visionary elders: Shirley Caris, the founder of the Creative Life Center, and Adele Seronde, the founder of Gardens for Humanity. Previously, the SCLC property was the site of a spiritual community for many years. So, the vision of Community is embedded in this garden.

• A local ***Anchor for World Peace.*** The Garden was blessed by the young Karmapa, a spiritual Tibetan lineage holder, who suggested to plant the very first apple tree, now the most abundant fruit tree on the property. On his coming World Peace Tour, the Karmapa will make the Peace Garden a stop-over. We also have a Peace Pole, inscribed in 6 languages and one of 200,000 such poles around the planet. And the Garden has been listed by the global network Cities of Peace. Thus, we have a history and mission statement to honor by offering peaceful solutions to all issues.

• A ***Safe Environment***, protected from chemical & electro-magnetic influences, from smoking & drinking, and from playing loud noisy music. In the beginning, we had to firmly discourage weekend picnic parties. This is why we have a sign, at the entrance of the Garden, indicating the appropriate "tone".

Another angle is that, as the population ages, more & more people experience allergies and are becoming sensitive to environmental toxic factors or electro-magnetic frequencies. We want the Garden to be a place where these people can safely walk, relax and smile. We will be there someday too and will be grateful that there are places designated as "frequency peaceful".

• A ***Sanctuary for the many birds***, butterflies, insects, bees and wild life that are seeking refuge in the Garden as their old habitats are phased out. The Garden is now on the map of bird watchers and nature lovers. We want the Garden to become an active and fruitful pollination area: with that intention, a beehive has been placed in the back forest.

• A ***Classroom for School Children*** (and summer school children led by Nancy out of the Art Barn), so they can come to see nature, play with the soil and learn the shapes, names, & properties of plants & trees, as well as observe the cycles of nature by planting seeds and watching them grow into seedlings and trees. We even offer a bonding program where someone can sponsor a tree and have a "green friend" for life. To facilitate the educational function of the Garden, we started to place name tags at the base of a number of trees.

• A ***Sacred Place of Meditation*** where people practicing meditation, yoga, contemplation or prayer can come, select a cozy spot and feel safe to just *be*, quietly sitting in a protected corner of the Garden.

To summarize, we are dealing, in the Peace Garden, with a *self-sufficient, organic eco-system* that has been painstakingly established from the ground up and is still very fragile. Any trace of adverse or toxic chemical would create a chain of reactions un-doing the loving work put into this garden experiment. It would be rewarding to see the Garden continue to develop, without compromises, along the lines of an organic, thriving oasis of green beauty.

The Peace Garden is, in fact, a potentially unique asset in Sedona that could become a well-known and well-loved *Peace Arboretum* featuring a Bird Sanctuary, a well-pollinated eco-system, friendly wild life, green beauty & golden love for the heart and the soul. The access to abundant water would optimize the organic inter-connectedness that has been progressively woven in the Peace Garden. Namaste, Aya

Ode to the Peace Garden by Aya
My Love affair with the Peace Garden

In the story of my relationship with the Peace Garden, there has been an on-going feedback loop saying that nobody asked me to plant all the trees i bought & planted or to bring all the improvements i brought in over time - therefore, i am on my own and have no ground to ask for support and compensation. I feel this is a legal, restricted, "corporate" stand that keeps the Gardens for Humanity board happily un-involved but, on a deeper level, ignores the true spirit of GfH and the vision statement of Adele Seronde, the founder of GfH - and herself a poetess, artist, gardener and educator.

My response is that i feel i was hired by Adele as an artist, visionary, poet and sacred geometer, to bring beauty, sacredness and magic life in these 3 acres of wild landscape - and not just a hired hand paid to sweep the pathways and pull some weeds out.

I feel that i have been fulfilling the mission and vision of GfH by putting so much time, energy, money and loving care into this Garden that now, 10 years later, it is a place that is uplifting & inspiring to visitors and helps people to get in touch with their inner spirit, their oneness with nature and all life - a place that helps people to take a rest from their oftentimes stressful life.

I have been co-creating this garden as a mandala, a sacred circle of life, a rainbow Medicine Wheel. The Garden is a space-time extension of the StarWheel Mandalas vision and body of artwork i have offered to the world. It is much more than a job: it is a creative love relationship. This **Garden Mandala** can be walked upon and experienced, bodily and spiritually, like a labyrinth or a sacred site. The Garden is now an environment of harmony where birds come to feed from 6 bird feeders and to chat with other, where butterflies flock to the several "butterfly bushes", where new plants weave their branches together with native plants, where a large variety of invited trees, both ornamental and fruit trees, are gracing the landscape and give the feeling of a small-scale arboretum, with many shades of greens and forms of leaves & seeds...

A family of thriving life is growing here. If i had not followed my inner prompting, the Garden would have remained an improved local dry landscape mostly given to cacti, yuccas and weeds... But if i had not done what i did, i feel i would have completely failed the unspoken, spirit mission Adele entrusted me with. I am very humbly happy and proud to have been able to co-create this Garden as it is now. Everyone who comes feels the Garden, finds a bond with it through sponsoring a tree, walking around, sitting in the stone circle or just standing still... There is a gift going around here and being shared...

I am happy to leave this Garden gift to the next generation. This year the fruit trees started to give a good harvest - and much more is to come. And i wish that, should i stop caring for this garden, the same level of quality loving care may be given to it in the future...
My relationship to the Garden is a love relationship. Every day i talk to the trees, to the land, to the stones, to the beings who are making a home here: birds, butterflies, squirrels, the gofers and ants... Every day i am walking the garden like i am going to a love date: feeling, listening, touching, sharing feelings of love and of being in harmonic benevolence...

Daily, life is growing here with beautiful colors, dances and songs... I sing and chant to this Garden so that, in turn, it can sing & chant to the people who are attracted to it.
This is the vision i have had for the Garden and i felt it was in perfect tune with Adele's vision. So, i put much time, money, energy, wisdom and all i had into developing the magic.

And now it shows. In the balance of life, this needs now to be recognized and the caretaker needs to receive a commensurate return.

A great part of the work in the Garden is invisible, subtle. The physical work is only a part of a much larger work, a geomantic co-creation, a live mandala, a Buddha field - a place where people can step into their larger Being.

To some, it may appear that the Garden "takes care of itself". The fact is that nobody is in a position to realize the amount of work and energy that has gone into not only "maintaining" the garden as it is step by step, but preparing for and implementing its improvements in the near future. A cursory look at pictures of the Garden 5 years ago and older is revelatory. Nobody knows what it took to take the Garden into this 10-years journey... Visitors and friends are shocked when they ask what the caretaker is being paid...

May this Peace Garden be safe and protected and recognized as a precious Sedona Arboretum, Bird Sanctuary and Sacred Site of serenity and harmony. May this Peace Garden be supported abundantly by sponsors in order to grow into more beauty and variety and to offer all people visiting it a glimpse of their own inner Garden of Light.

Namaste,
Aya

The Garden's shed became a tiny home for Aya – Costa Rica style.

8 - Sedona Labyrinths

The Resurrection of Timeless Labyrinths

In these times of global culture, there is a current massive revival of Sacred Arts and Artforms: ceremonies & rituals, medicine ways, healing practices, prayers, mantras & spirit chants, sacred geometries, mandalas... and of course those resurrected and still mysterious ***"labyrinths"...***

These arts & artforms are called "sacred" because they are to be approached with a clear **intention of spiritual transformation**. After the sacred art experience, the practitioner is no longer the same: an overall change, the seeding of a new direction, a series of insights, a special grace, an intuitive glimpse, an irrepressible smile... some transformation has occurred. And it is not just in the mind or of the mind: it is a wholistic, multi-dimensional change that can be hard to pinpoint but is nevertheless felt, during & after the experience, as a bodily sensation, an emotional response or a spirit presence. The field of awareness is actually affected in more ways that may immediately be apparent. The entire Being is in fact involved: this is Sacredness.

There is a key to this Sacredness and that is the Intention: to intensely desire a transformation, an answer, a solution, an insight, a new feeling... to be willing to move forward in life, in consciousness & in spirit. To be longing, like a lover, to enter the Great Mystery of Who We Are.
Any activity (or non-activity), anywhere, approached with that clear intention is "Sacred Art". But there are time-honored and traditional (as well as "new") ways to create, share and experience a sacred transformation.

Labyrinths are such a sacred artform. Amazingly, they are springing up all over: in people's yards, on refrigerators' magnets, in public buildings, in parks, on the beach..., thus resurrecting an ancient ceremonial design and re-imprinting its etheric form.

What is a labyrinth?

Labyrinths belong to the family of “Mandalas” (Sanskrit for *“circle that contain the Essence”*). They guard, activate & amplify the spiritual energies of a place so that people who walk it can experience a feeling of grace, peace or holiness in their heart, soul & spirit.

Labyrinths can be found in all sacred cultures of the world, from the Hopi to the Australian Aborigines to the Christian cathedral builders. Like mandalas, labyrinths are archetypal collective symbols that transcend all cultures because they are grounded in consciousness itself. Labyrinths are non-denominational: people who walk labyrinths come from all life styles, religious backgrounds and spiritual practices.

A Labyrinth is a MINI-PILGRIMAGE into your own Self:
an open invitation and a guide to encounter Who You Are

The best-known example of labyrinth is embedded in the stone pavement of Chartres cathedral in France (12th century). It used to be “walked” (often on the knees) in place of the actual pilgrimage to Jerusalem. It was a holy experience.

If you walk the labyrinth with the full dedication of a pilgrim, you won’t be the same anymore upon exiting: the old “you” will be literally grounded and "peeled off" at the threshold stone and a purified “you” will emerge, eager to tackle new directions in your life’s journey.

The 11-ring labyrinth at Chartres

LINK: a wonderful explanation of the Chartres Laby pilgrimage (French language)

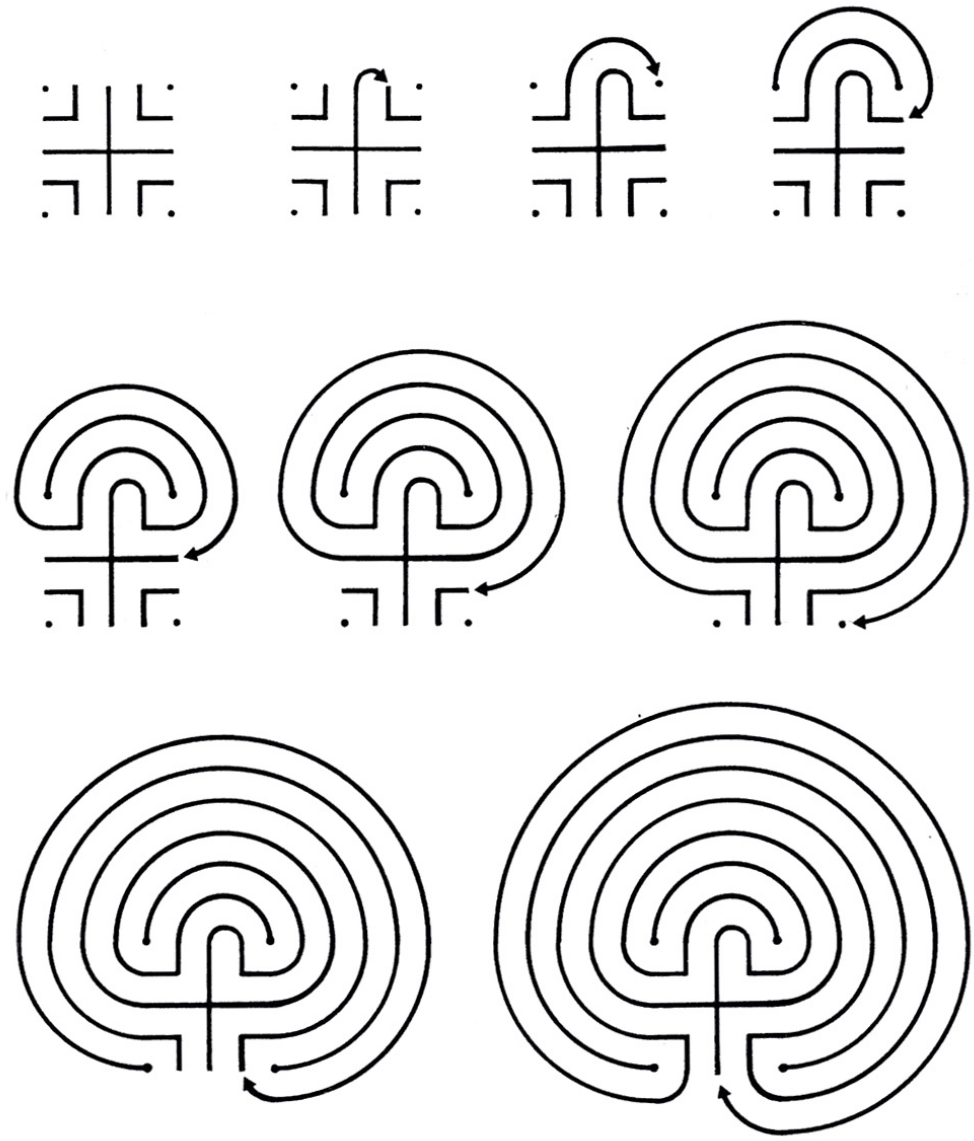
The clergy at Chartres used to keep chairs upon the labyrinth design, thus effectively preventing people to walk it. But, in summer 1999, we had the happy surprise to learn that the labyrinth was now open every evening, for a period of time, when the chairs are removed. And, in summer 2001, we could walk a labyrinth that was "open" for a whole day per week - every Friday.

This shows the progressive re-acceptance of the sacred spirit power of this ceremonial artform. In fact, the entire city of Chartres is dedicated to the theme of the labyrinth: from designs in public parks to exhibits to experiential workshops...

A classical 7-ring labyrinth
Note the correspondences with the seven chakras,
the seven colors, the seven musical notes etc...
(The sequential order of the paths is: 3-2-1-4 and 7-6-5-8)

As a “uni-cursal” path (one path only: one way in, one way out)), a labyrinth is showing and teaching **Centered-ness**. This differentiates a labyrinth from a “maze” which has many paths & dead-ends, leading to confusion. Like life & destiny, a labyrinth may be a long journey but it has a specific beginning and a definite end. Like mandalas, a labyrinth offers a holistic route (meandering radius) from the periphery to the center. A labyrinth imprints a “royal groove”, a ceremonial pathway designed according to principles such as Harmonic Proportion and Alternance of Energy...

For instance, the clockwise (sun-wise) and counter-clockwise (moon-wise) spins of the meanders map out a balance between the left and right hemispheres of the brain. Walking them help to myelinate the neuronal pathways that bring about a better integration and synthesis of the brain polarities.



How to draw a labyrinth
(really try it… It's fun with kids!!!)

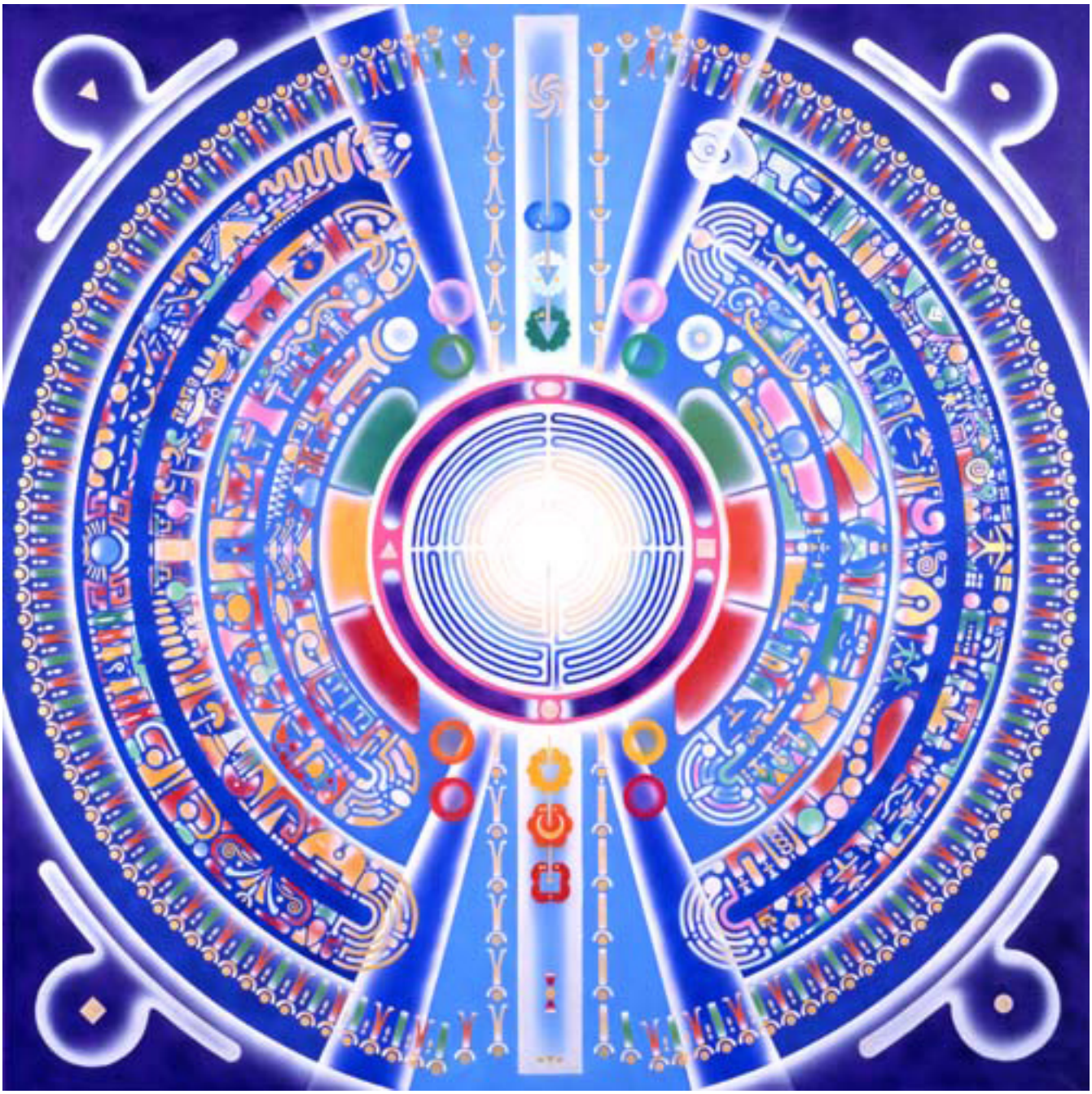
A labyrinth contains non-verbal, implicate geometric & numerological codes that create a multi-dimensional holographic field. These unseen patterns are referred to as Sacred Geometry and they reveal the presence of a cosmic order as they interface the world of material form and the subtler realms of higher consciousness.

The contemporary resurgence of labyrinths in the West is stemming from our deeply rooted urge to honor again the Sacredness of All Life. Indeed, a labyrinth can be experienced as the birthing womb of the Great Goddess.

Thus, the labyrinth experience is a potent practice of Self-Integration as it encapsulates the spiraling journey in & out of incarnation: on the journey in, towards the center, one cleanses the "dirt from the road". On the journey out, one is born anew to consciously dwell in a human body, made "holy" by having got a taste of the Infinite Center.

LABRYS-13, a StarWheel Labyrinth

Within the StarWheel family, SW # 61 ("Labrys-13") pictures a labyrinth.



StarWheel # 61 - "Labrys-13"

The center of Labrys-13 shows a 13-ring labyrinth: follow the traced lines (and jump over the arms of the cross!)... On the left & right of the center, some meanders have been expanded to fill the entire mandala: they show the "stories" and adventures one encounters by meandering through life. Shown as a bottom-top axis containing the progression of the chakra symbols, there is a column of Light that should actually be seen in 3-D as going through the center (remember, a mandala looks like a 2-D cross-section but is in fact a 3-D sphere!).

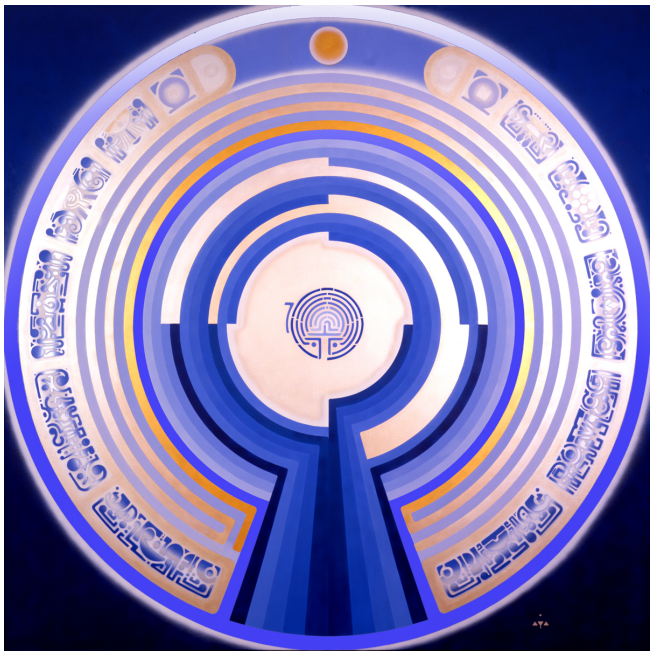
On the periphery, many apprentice pilgrims are forming a queue: eventually, when they reach the north position “portal”, they will be able to descend (incarnate) into their life’s journeys. The name “labrys” comes from the shape of the openings, in the north & south positions, that resemble the antique *labrys*, a ceremonial double ax and magical scepter of the Amazons.

“Wisdom Card” description for Labrys-13 / SW # 61:

“A 13-ring cross-labyrinth, the sacred path of pilgrimage
- questing for the Inner Treasure.
Your traveler’s staff is topped by a labrys,
the double ax symbolizing the higher & lower natures of our being.
Many pilgrims are lining up at the entrance:
only one - the Real You - will successfully cross the threshold,
in perfect alignment with the Pathway of Light,
the cosmic axis of the spinal column.
On either side of the center labyrinth,
you can zoom in on many diverse encounters
as you enter your inner journey
and meander through your life’s experiences.

On the way, one has a choice:
to identify with the passing objects of ego-satisfaction
or to focus upon Realizing the Totality.

This is an invitation to join the Pilgrimage,
a daring journey from the outer edges of consciousness
into the sanctuary of your own Holy Land
- the Self, the center of Consciousness.”



SW #67Ka-Ur – Circumambulation -
Is also using the labyrinth format.

Sedona Labyrinths

Beautiful Sedona, Arizona, is offering a variety of labyrinths. Below are pictures of labyrinths Aya and the StarWheel Foundation helped to co-create in the Sedona area.

Cretan-type labyrinth (7 rings). Lodge at Sedona.

Chartres-type labyrinth (11 rings)
Angel Valley Retreat Center

Chartres-type (11 rings) Labyrinth at Mago Ranch.
Village of Oak Creek, Sedona, AZ.

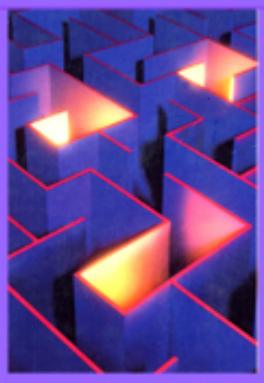
Custom-designed 9 rings Cretan-type Labyrinth.
Sedona Sanctuary Center. Cornville, AZ.

Wednesday
August 30th
5:00- pm

SEDONA
HEALING YOGA

Red Rock Cliffs Plaza, 1835 W State Route 89A,
Ste 8, Sedona, AZ 86336
928-862-4121
http://www.sedonahealingyoga.com

Which life do you choose?



Life as a maze...

or

Life as a labyrinth?

The Labyrinth: a sacred pilgrimage to the Self - a visual and experiential evening

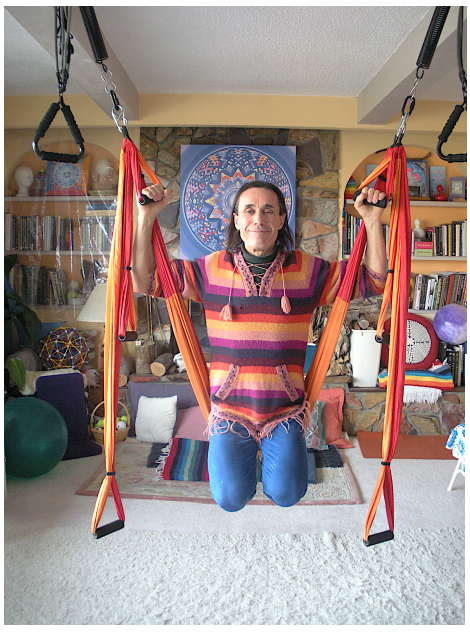
Powerpoint presentation by Aya - followed by group design of a walk-in labyrinth on the studio floor.
Sunday September 3rd: visit of the 7-rings laby at The Lodge at Sedona

Promotion poster for Labyrinth presentation.

8 - The Surya House
at 460 Panorama Blvd, Sedona, AZ

At the time I was a Jeep Tour guide for Earth Wisdom, I rented a large, wonderful house on the Sedona hillside – with a wrap-around balcony, a large yoga sun-deck and sweeping views of Thunder Mountain, The Eagle and the sunset-over-the-horizon beyond the Guardians of the West…

Soon enough, the house became a sweet community house of the vegan / vegetarian life-style, attracting gentle, peaceful souls… Art, music, meditation, yoga and acro-yoga flourished… We called it the Surya House (from Sanskrit *Surya* = sun)



10 - Sedona Sacred Tours

"You won't find this anywhere else in the Galaxy!"

- **The Sedona Labyrinth & Stupa.** There are two contemporary sacred sites in West Sedona: a 7-rings *Labyrinth* and a Tibetan Buddhist *Stupa*. Walking the Labyrinth in meditation is a mini-pilgrimage to Spirit-Source. Circum-ambulating the Stupa is an active way to offer prayers and to understand its sacred architecture & power. In his studio, Aya can offer you a presentation to prepare you for these two visits. After studying labyrinths in his native France, Aya became a Labyrinth consultant: he has designed and co-created several labyrinths in the Sedona area: 7, 9 and 11-rings.

- **The Chartres-type Labyrinth.** For this large labyrinth, you will drive out of Sedona to a beautiful retreat center, on Oak Creek river, to experience both a 7-rings and an 11-rings labyrinth. The 11-rings is the exact replica of the famous medieval labyrinth in Chartres Cathedral, France. Walking a labyrinth is a spiritual vision quest as well as a healing practice of self-integration and centeredness.

- **Sedona 7 Canyons Vortices**. Going North on Dry Creek Road, you progressively enter the traditionally sacred ***Seven Canyons*** of Sedona, at the foot of the Colorado Plateau. While enjoying the sightseeing (get your camera ready!), you can admire the extraordinary geology, the native plants and the wonderful vistas. There are two special vortex locations: *Kachina Woman*, famous in the American Indian creation stories, and a 15-minutes hike to a stunning *ceremonial site*.

- **Palatki & Honanki Ruins of the Ancient Ones.** These two heritage sites need reservation. Call 928-282-3854. 9:30 am to 3:00 pm. Gravel road for 7 miles but direct experience of the ancient way of life of the Cliff Dwellers.

- **Montezuma Castle & Montezuma Well National Monuments.** South of Sedona, off I-17. Hours: 8:00 am to 5:00 pm. This combined visit brings many insights to better understand the way of life of the Ancient Ones. The Well is an amazing gift of nature popping out of the semi-desert environment and the Castle is a flash-back in history and past lives.

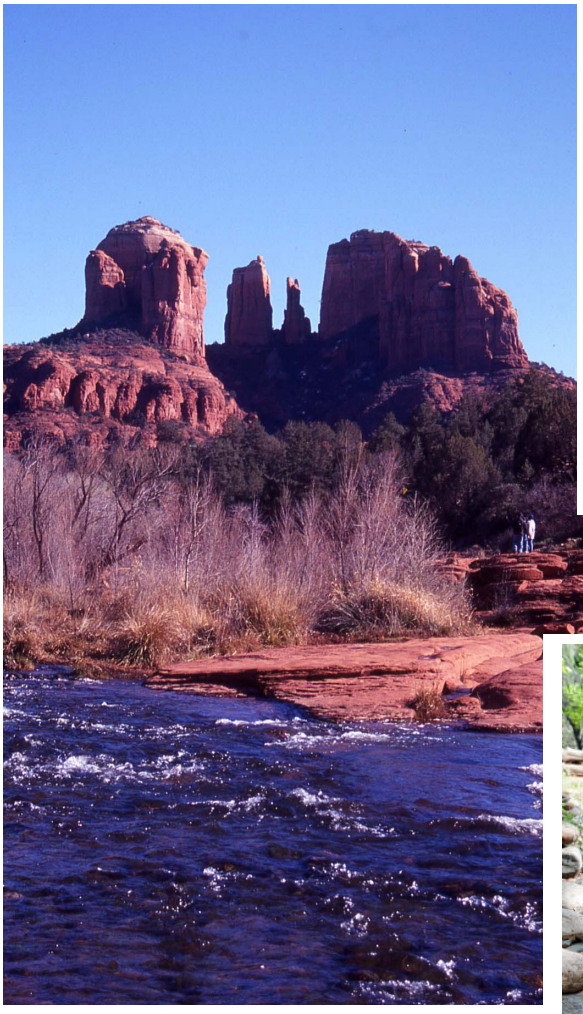
- **Cathedral Rock Hike.** At the end of Back O' Beyond, off 179, starts the trail to Cathedral Rock, the majestic and most famous Sedona vortex. The Forest Service trail leads to the top edge of Cathedral Rock, where, amidst towering red rocks, you can enjoy the serene power of this magnetic vortex spot and gaze at far-horizon vistas. Timing the hike with the sunset is an unforgettable experience.

- **Medicine Wheel Ceremony.** Aya's studio. After an introduction to Sacred Circles and the Wheel of Life, we'll learn how to build a simple Medicine Wheel and use it in a Blessing Ceremony. Includes a sage / juniper smudging and a personal Medicine Wheel reading. Donation.

- **Visit of Aya's Studio.** In his house overlooking Sedona, Aya will share his experience about Sacred Art, his StarWheel Mandala paintings, Sacred Geometry, Global Education and the New Paradigm of Quantum Consciousness. See an original StarWheel painting face-to-face. This is a unique, informal opportunity to meet a cosmopolitan artist in his creative environment. Duration: 1 hour. Donation.

- **Multi-Media Presentations.** This is a mini-seminar on Sacred Geometry, in Aya's studio. The first part of the presentation is a series of hands-on demonstrations & practices with educational toys & tools. The second part is a Power-Point show on a big screen: Introduction to Sacred Geometry or a chosen Sacred Geometry topic from the curriculum of www.schoolofsacredgeometry.org
  All PowerPoint programs are packed with inspiring information. Duration: 3 hours. Minimum 3 people. Donation.

- **StarWheel Wisdom Reading.** Using the full StarWheel Mandala spread (108 prints) or any of the 3 published StarWheel Decks (36 cards), Aya and his spiritual team will share their spirit wisdom in a personal reading. The reading is preceded by an aura cleansing and healing. Duration: 1 to 2 hours. Donation.



Cathedral Rock from Oak Creek

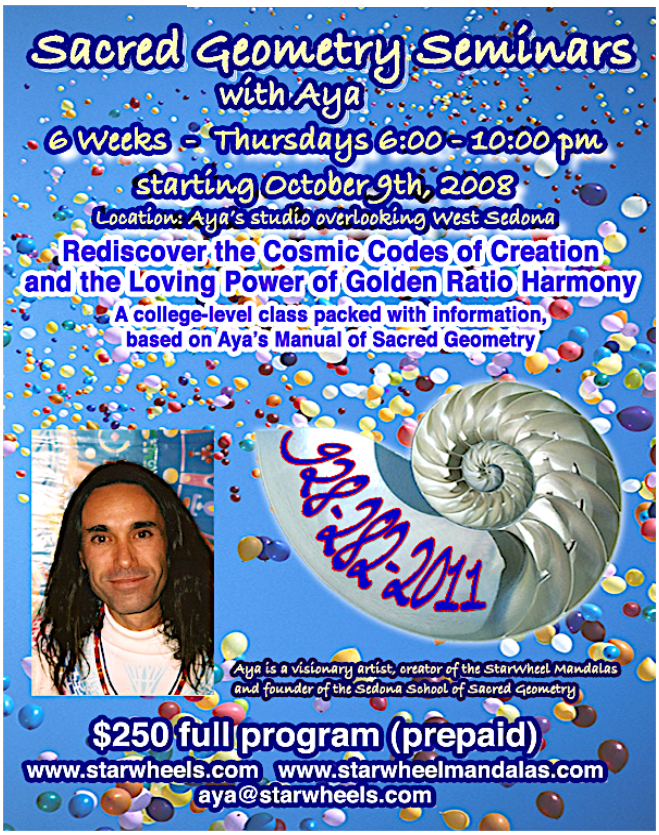
Views from Bell Rock

Buddha Beach, Sedona.

11 - Sacred Geometry School

Inspired by the expansive views, I delved into researching the horizons of Sacred Geometry behind the StarWheels. The School of Sacred Geometry was born in 2009 with a variety of workshops and PowerPoint presentations in the house - as well as the successive volumes of the **Encyclopedia of Sacred Geometry** offered online.

The Surya House's living room, overlooking the sun deck and Thunder Mountain, was turned into a yoga studio with a greenhouse feel and a projection classroom for sacred Geometry classes. Several runs of the ***7 weeks SG Workshop*** were shared over the years… Next page is the program of the typical SG Seminar.



Syllabus of the 7-Weeks Sacred Geometry Seminars

Seminar #1: History & Traditions of Sacred Geometry *(Ppt: SG101, SG102, SG103)*
Orientation: Purpose of the Course - Syllabus - Calendar - The Manual of SG - Options…
Intro to SG: What is SG? - SG Now - Geometer's Tools - Canon of Proportion - SG Evidence
Brief History of SG in the West: Emergence Cycles - Origins to 21st century - Future
The School of Pythagoras: Life & Teachings - Figured Numbers - Tetraktys - Lambdoma - Musical Ratios
The Power of Archetypal Numbers (*Ppt: SG202*).
Brief Overview of SG in Nature & Culture. Universality of SG. Phi Scale-Invariance.
Intro to Golden Ratio: Hands-on Practices - Home Work: watch *Ppt: SG103.*

Seminar #2: The Golden Ratio, Pentagon & Classic Figures (*Ppt: SG104, SG105, SG106*)
The Golden Ratio: History - Preference - Constructions - Phi - Growth Ratio - Phi Game
Fibonacci Series & Numbers: Leonardo Da Pisa's Rabbits - Lusus Numerorum - Deep Structure
Examples of Fibonacci Series & the Phi Ratio: Phyllotaxis & Growth Angle - Optics - Fractals
Pentagon & Pentagram: Symbolism - SG Constructions - Penta-Modules - Quine - Examples
Vesica Piscis: Womb of Creation - The 3 Sacred Roots - Constructions - Examples
Classic SG Figures: Golden Rectangle & Spiral - Squaring the Circle - Arbelos - Golden Ellipse
Home work: practice tracing basic SG diagrams. Beginning visualization practices

Seminar #3: Music, Harmonics & Cymatics *(Ppt: SG201)*
The Monochord: Introduction - Experiments in Tuning & Musical Ratios - SG & Monochord
The Overtone Scale: Musical Harmonies - Spiral of Fifths - Spiral of Fourths
Pythagorean Tuning: Musical Pitch & Well-tempered Systems - 'Comma' - Just Intonation
Basic Sounds Chanting: OM, Bijas, Sound Current Yoga, Mantras and Overtone Singing
Music & Sacred Architecture: The Vesica - Musical Geometries - Music & Color - Photosonics
Harmonics: Laws - A Cosmology of Harmonics - Frequency & Form - Golden Fractal Cosmos
Cymatics: Early Cymatics - Chladni - Hans Jenny - Water Cymatics - Tonoscope & Cyma Plate

Seminar #4: Sacred Geometry in 3D (*Ppt: SG107, SG108*)
The Power of Angles: Using the SG Protractor - Constructions & Practice
The 5 Platonic Solids: Building Blocks of the Universe - Metatron's Cube - Inner Harmonics
Constructing the Platonic Solids with 'nets': Hands-on Practice - The Star Mother
The 13 Archimedean Solids: Examples & Construction with Nets - Transformations
The Fun World of Polyhedra: Geometric Origami - Jitterbug - Building models with Zome Tools
Contemplating & wearing 3D SG: Metaforms - Jewelry - Environmental Design
Hyper-Platonics - Play with a model of the Hyper-Dodecahedron.
Class & Home work - play with and apply the Vesica Piscis: Cosmic Womb of Creation

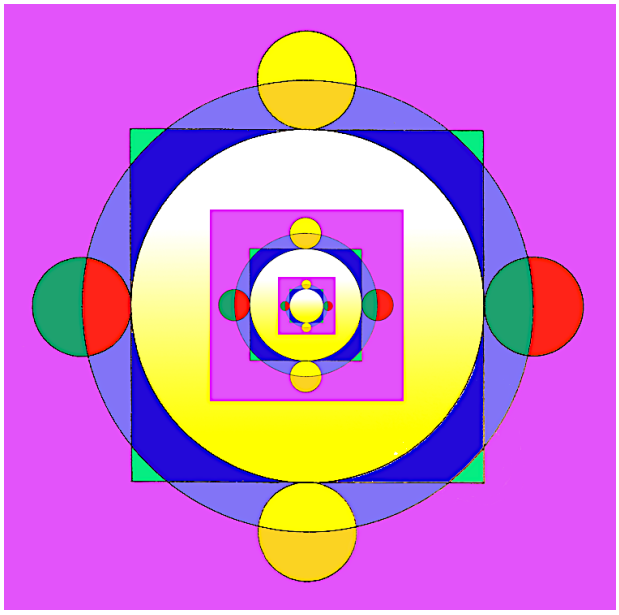
Seminar #5: Sacred Geometry in Nature & the Human Body (*Ppt: SG204, SG205A & SG205B*)
SG websites & YouTube links - Hands on examples from nature: sunflowers, shells, plants, pine cones...
Measurements of the Golden Ratio in the Human Body - Traditions & History of the Human Canon
PHI & Fibonacci resonance in DNA: geometries and latest research - PHI harmonics in Brain and Heart
Phyllotaxis and the Sacred Geometry of plants & flowers - Geometries of Pollen and Seeds
Geometries & Symmetries in Minerals & Crystals - Quasicrystals
Harmonic Proportions in Animals - Geometries in Shells - Radiolarians & Diatoms
The Power of Harmonic Unfoldment in nature and in consciousness

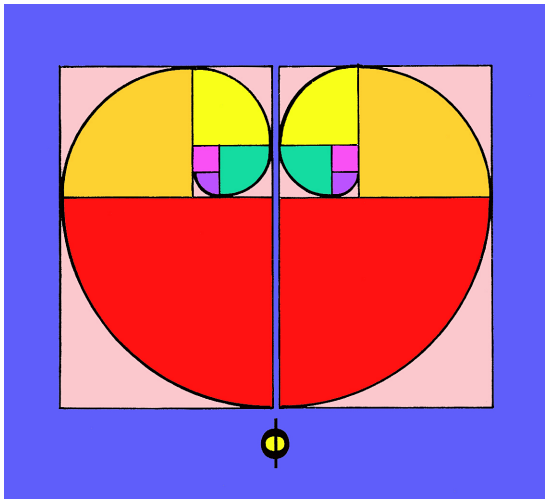
Seminar #6: Sacred Geometry in Science: Fractals, Quasicrystals, Fullerenes (*SG203A / SG203B*)
Introduction to Fractals & Self-Similarity: Mandelbrot Set - Golden Fractal Trees - Implicate Fractal Order
Penta Symmetries Discoveries in Science: Penrose Tiling - Quasicrystals - C60 the "Buckyball"
Platonic Models: Atom Models - Platonic Chemistry - Platonic Cosmology
Fibonacci & Lucas Series in Mathematics, Nature and Technology
Vortex Science: Schauberger and other pioneers - Tracing spirals & vortices - Golden Vortex - Vortex Gallery
The New Biology: bio-photons & epigenetics - Super-coherence & Cooperation - Quantum communication
Preview of *Ppt: SG301* (The Golden Cosmos). New Validation of the Harmonics of the Solar System
A Golden Matrix Universe: Coherence, Non-Locality, Scale-Invariance - Quantum PHI - Cosmic Harmony

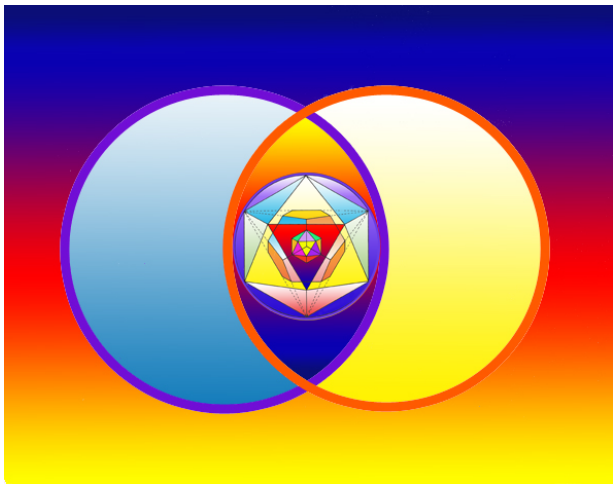
Week #7: Completion & Review
Updates - Feedback - Review of Sacred Geometry basics - Discussion of personal SG projects
Sacred Geometry in the current culture: Architecture (*Ppt: SG207*), Art, Stock Market, Education, Healing...
Mandalas, Yantras and Universal Symbols: sacred vortices - Basic mandala practice
Sacred Languages, Gematrias and Magic Squares: languages of geometric & resonant harmonics
Mini practice in presenting Sacred Geometry to an audience - Sharing & Teaching SG
SG as a Spiritual Path - Inner Sacred Geometry - Golden Harmony & Bliss - Phi & The Golden Rule
How to apply SG in daily & community life - A New Paradigm of Global Harmony and Universal Unfoldment.
Presentation of the labyrinth PowerPoint (*SG304A*): The Labyrinth, A Mini-Pilgrimage to Self.
Co-creation of a personal mandala of symbols - Preview of online certification material.

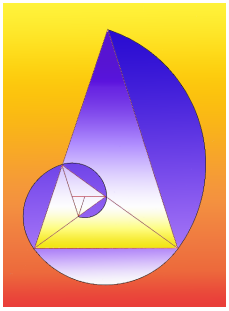
12 - *PHI Art*

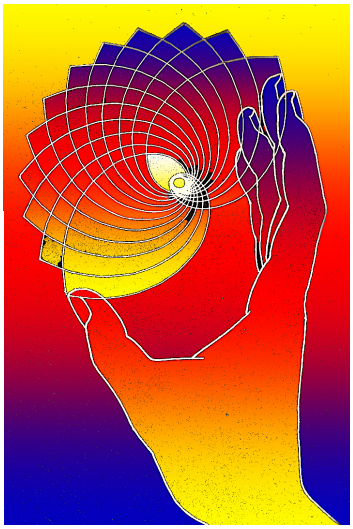
In the process of assembling the PowerPoint presentations for the Encyclopedia of Sacred Geometry, many Phi-based diagrams and art pieces were created. Here are a few…

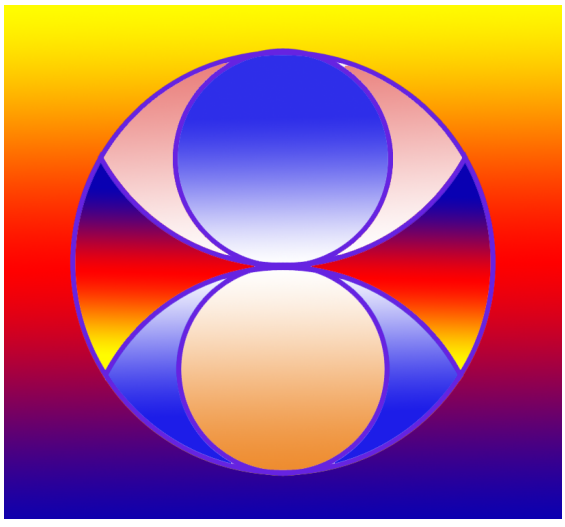


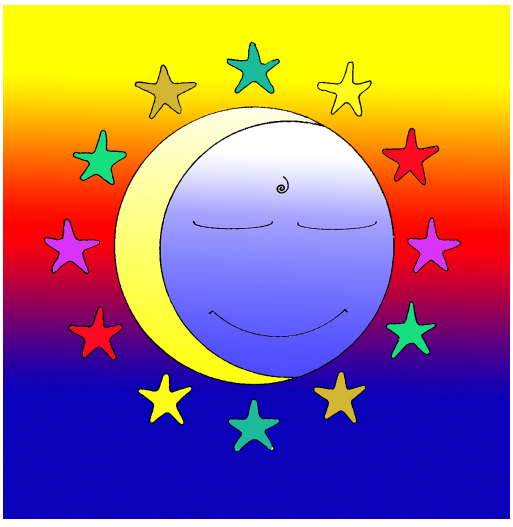


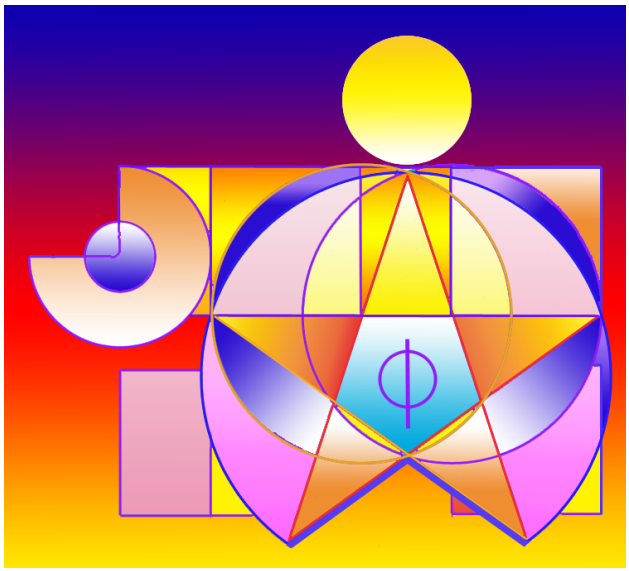


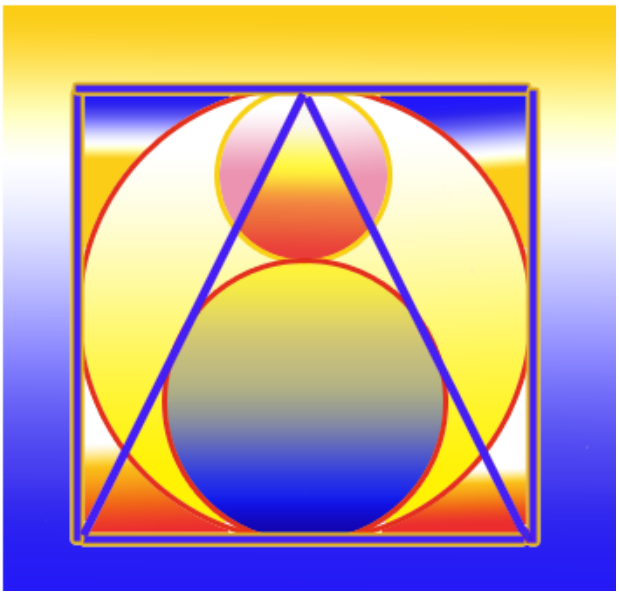


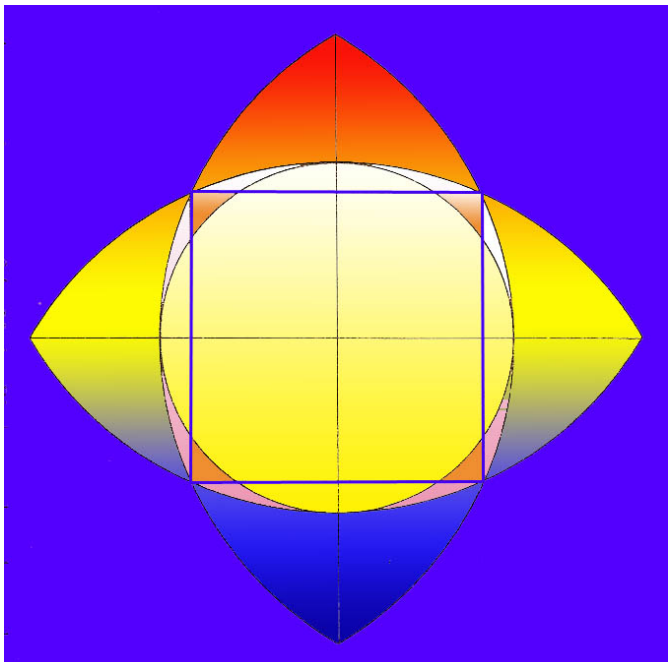


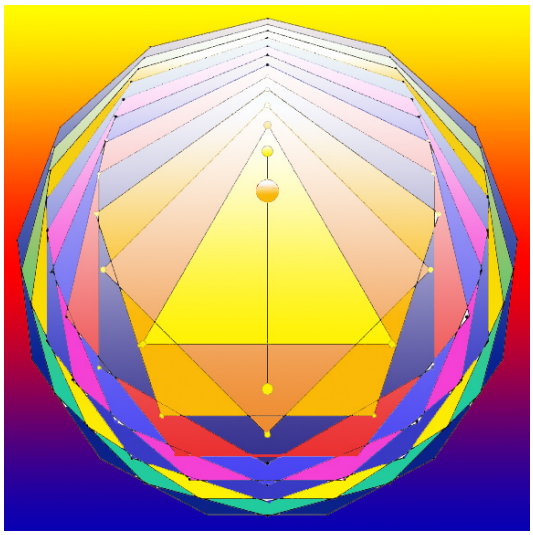


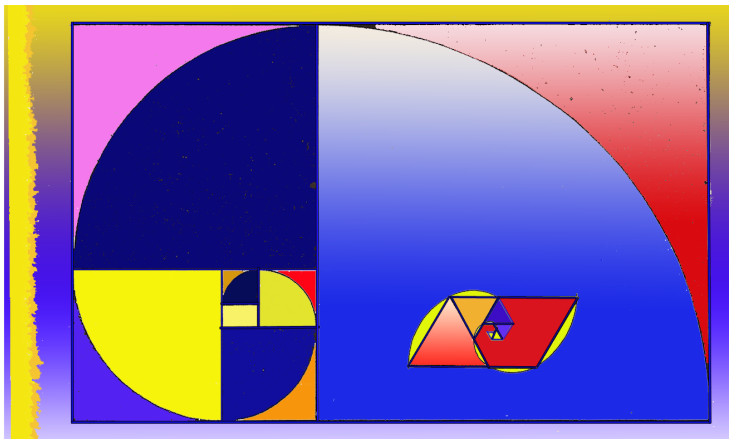


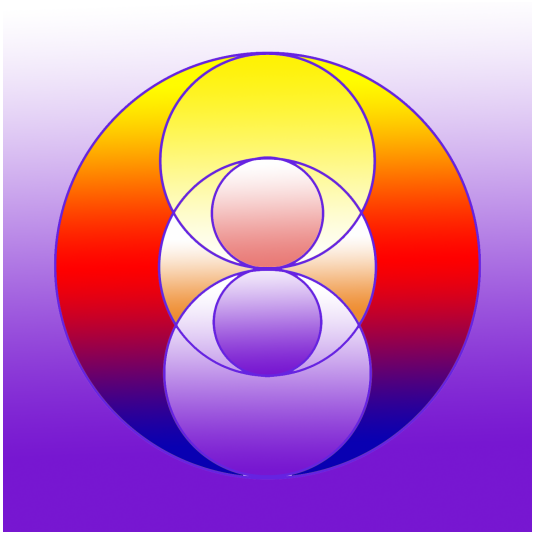












13 - Embodying Fractality

Sacred Geometry teaches FRACTALITY, an essential survival knowledge

Sacred Geometry (hereafter "SG") is resurfacing in these times of global transition because it is teaching an essential survival skill: FRACTALITY or NESTEDNESS, the ability to create NESTS WITHIN NESTS, i. e. cozy places where LIFE energy can thrive and the HARMONY of love can be felt & blissfully enjoyed. Fractality, as the sacred geometry of FEELING HOME and finding FAMILY again, is gifting us back with our innate instinct & feeling of BELONGING to a benevolent & loving COSMOS.

Fractality is the new word (coined in 1980 by Benoit Mandelbrot) for what the ancient wisdom of SG called Harmonic Ratio or Proportional Relationship: the open-ended universal oneness from quantum potential to Primordial Source played out in the "music of the spheres" and its resonant musical octaves. Traditionally, SG is explaining the "HARMONIC BEAUTY" found in nature (on all scales), in sacred cultures, and of course in humans (body, mind and consciousness) by the presence of the **Golden Number PHI**, a unique non-linear or irrational number manifesting as the Fibonacci / Lucas series of cascading proportions. Sacred Geometry describes Phi as the universal scaling factor allowing waves to add & multiply without any loss of information. Indeed, Phi is the only mathematics creating a **super-conductive inter-dimensional highway of energy** transfer, called the "*Golden Brick Road*" or, more traditionally, the "*Celestial Ladder*".

Phi-based Harmonic Proportionality breaks down the boundaries of individuation, on any scale, and creates inter-connectedness by optimizing the un-finite, holographic relationship between the small part, the large part and the whole. Phi makes possible the LOVE-DANCE IMPLOSIVE VORTEX of the self-aware universe by offering the **perfect way for waves to interfere constructively and phase-conjugate in unison**, in the fundamental non-local, entangled and ubiquitous way of OMNI-PRESENCE.

The survival key here is: FRACTALITY CREATES LIFE FORCE as optimized energy from the quantum plasmic ocean.

Quasi-infinite energy is available from the primordial spin of the quantum "zero-point" field. This basic spin momentum (or charge) is attracted into conscious manifestation by a blueprint of vibrational architectonics, i. e. geometric wave structures of self-organization. Simple capacitance-type structures can be formed to build up, contain and release a momentary energy charge, based on basic symmetries. But the most successful "energy attractors" and "life manifestors" are the geometries applying **golden fractal 5-fold symmetries** (such as the dodeca-icosa structures) making them able to be in open resonant pulsing (cosmic breath) within and without their own lines of force, and thus enter Co-Creation. Being entrained (dancing) to the rhythm of the cosmic quantum drummer is essential for life force to survive and thrive. Life force as optimum charge distribution is the breathing pulse of the quantum plasma getting self-organized and omni-connected, therefore potentially "immortal" because in communion with Primordial Source.

Perfected **PHI-BASED FRACTALITY is key to life** because it creates sacredness in living spaces, accelerates evolutionary metabolism in organisms, triggers the kundalini force to flood glandular centers, harmonizes heart-brain loops & all body-mind systems and expands the auric field to dance to the resonant frequencies of larger (the earth) and whole systems (the galaxy).

Successful fractality, as perfectly focused attention, is a survival skill that human consciousness is urgently called to master in order to co-create a new global civilization in tune with the cosmos.

Becoming again a FRACTAL HUMAN is the next evolutionary (and fashionable) goal of life – i. e. a human being in direct resonance and navigation with larger / smaller systems of life as well as higher frequency / lower density realms of consciousness.

The old paradigm lost the game because it created an **increasing loss of fractality**, a literal bleeding of life force and consciousness through the systematic isolation of "individuals", their confinement into non-organic metal cubic buildings within urban areas of chaotic electro-magnetic grids etc… This resulted in the break-up of and isolation from the "web of life", **the rich cosmic fabric of fractal relationships & lineages** connecting and weaving people into the dance of living consciousness within the micro- and macro-universe. The old paradigm has witnessed the collapse of an obsolete civilization and the re-appearance of **LIFE FORCE AS THE HIGHEST VALUE OF EXCHANGE**, replacing the pitiful value of "money".

We are done with the survival of muscle-man, the "fittest". And we are done with worshipping **mind-man**, the mental leader. The new paradigm is about the **THRIVAL of the MOST FRACTAL** = the one able to consciously burst out of ego-cocoon isolation and connect to the entire universe by **riding the waves of love relationship** - nowadays called fractal inclusiveness, recursiveness, embeddedness or self-similarity. Beyond approximate fractality, there is exact Phi-based GOLDEN FRACTALITY or **optimized perfection**. Achieving successful "golden" self-similarity or Golden **vortexing Self-Nestedness** is awakening to BE the Same Source, regardless of any body's perspective. It is really a matter of **BEST SNUGGLING**: communing with the "other" as the Whole communes with Itself. This is the origin of the Golden Rule, historically restricted to religion instead of being understood and applied as **basic physics of the cosmos.**

As a survival priority, SG IS **TEACHING HOW TO CREATE FRACTALITY** in ALL aspects of our personal, community and global lives. This is the practical and essential benefit of SG.

HARMONIC FRACTALITY is the only way life force can exist and evolve. We are all aware that we FEEL better, even if we can't exactly explain why, in places that have an organic, nature-like vibrancy that expands our auras and makes us feel ALIVE & expanded. This vibrancy is variously called Chi, Prana, Mana, Spirit Breath, Sacredness, negative-ion wind, magnetic ley-line … These places, naturally occurring or intentionally created, all have in common a **FRACTAL DYNAMICS OF INTER-CONNECTEDNESS**: they link or connect us with other domains of space-time & other realms or dimensions of our full Being. These **"sacred sites"** are tuning us up, by the linkage function of fractality, to recall ancestral memories, to lucid dream or dream better, to open up psychic & mystical abilities and, generally speaking, to feel renewed & refreshed because, literally, they allow us to **"touch base" with Source**. Humans, as temporary containers f& instruments for experimentation with life force and consciousness, need to re-learn **FRACTALITY MAKING** as their evolutionary skill. It is the missing secret knowledge: the art-science-religion-technology from which we have been disconnected. But no longer!

We are all moving to honor & preserve
the existing natural fractal sites on this planet
(forests, natural meandering rivers, mountain ranges, wildlife habitats…),
as well as the traditional sacred sites infused with numinous presence.

We are all moving to learn how to re-establish & create anew
an overall presence of FRACTALITY, HARMONY & COHERENCE
by re-weaving the webs and grids of subtle communication & communion
between all aspects of the cosmic planetary hologram.

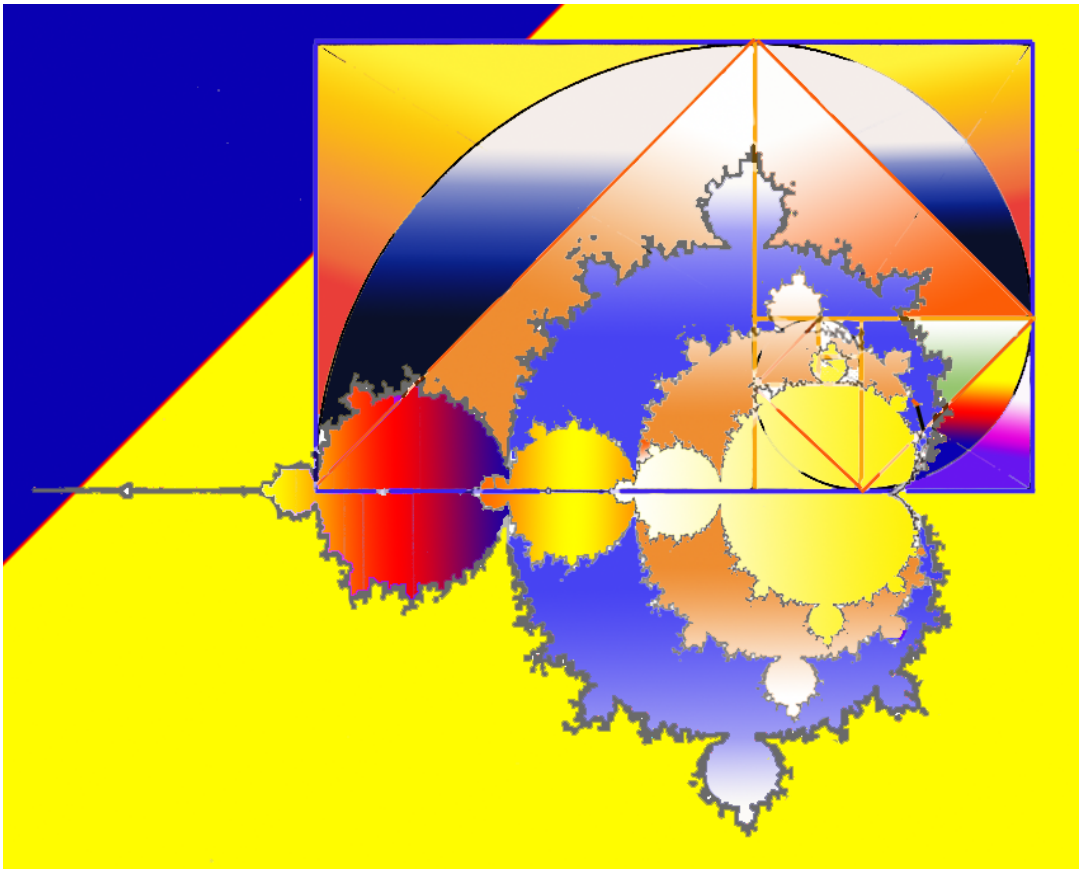
We are all finding within ourselves the DESIRE,
the deep longing
for the FRACTAL EXPERIENCE OF "BEING HOME" EVERYWHERE:
as we live, love, work, play, dance, travel or just be.

This IS the priority goal for our global culture:
invite and embrace creative ways, technologies,
arts & sciences, and playful celebrations
that can make life force and sacredness
feel at home again on Mother Earth.

Look within:
our deepest stirring desire IS the re-blossoming
& the re-enchantment of this blessed Garden-Paradise.
Let us invite the entire universe to the current EARTH AWAKENING FESTIVAL!
The goal of conscious fractal evolution
is to access the hub of the COSMIC MANDALA:
the inter-connected harmonic Oneness
brought about by the universal key of golden fractality:
adding when multiplying and multiplying when adding.
This is the glorious multi-dimensional embrace.
This is the stargate to living in
and being the GOLDEN FRACTAL COSMOS.

At this time, the Earth is a gigantic school play & practice ground
teaching us the urgency to RE-INVENT FRACTAL COHERENCE
and apply it to our personal energy fields, our houses, the layout of our cities,
our food, our water, our music, art & culture, economy, politics and science…
All of these are beginning to look like the *phyllotaxis* phi-based patterns of growth
seen in atoms, sunflowers, mandalas, the sparkling eye of a child and galaxies:
they are starting to attract
the golden symmetries of harmonious energy distribution (life force)
in the way of BEAUTY,
in the LOVING way of Conscious life.

So it is!



Phi play on the Mandelbrot set fractal

Further Comments on Fractality

• **"Fractals",** a word coined & publicized only one generation ago, has now taken over the scientific world and the global public awareness. Fractals carry a revolutionary power that is just beginning to manifest itself.
• **Fractals** are now fulfilling the traditional function of Sacred Geometry: teaching the wisdom of "As Above, So Below". Their inner and outer structures are identical : they can be turned inside out. And so can we. They teach us how to be completely transparent, non-resistive and how to allow for super-conductive transfer of energy/information.
• **Do not let FRACTALITY be trivialized.** Fractality does not belong to the old mindset of fractionation, fragmentation or explosion. It is reconnection, the gateway to Oneness. Fractality is IMPLOSION, centripetal embrace. It is SACRED.
• **Fractals are mathematically & scientifically** proving the essence of Sacred Geometry: the grand inter-connectivity of the universe and the illusion of "chaos" when looked past the appearances, and, shall we say, past the fears.
• **Fractals describe** the gap-less geometric nesting or embeddedness of energy/charge wave patterns weaving the fabric of the universe. This nesting is a zooming-in and out of Self or Sopurce.
• **The self-similarity of fractals**, when optimized by the Golden Ratio, is re-discovered, at an exponential rate, in all domains and on all scales of nature, as well as in biology, psychology and consciousness. "I am your own fractal".
• **PHI FRACTAL SYMMETRY** is the key to go beyond the old beliefs in separation and bridge again between the structures of the very small and the structures of the very large, between physics & metaphysics, and between all beings: between you and me and also you and YOU.
• **The GOLDEN ROAD** of infinite and unified focus upon UNITY, as steps of quantum musical overtones, is an ineluctable scientific key as well as a spiritual key. No longer are we living in the war of duality. The Field of Life is unified again.
• **Because a fractal creates compression and centeredness**, and a Golden Mean Fractal creates infinite centered compression, we now have a mandala map for the new global awareness of a Golden Cosmos and for navigation of the multiple dimensions of manifested consciousness. The cosmic mandala is hubbed again. We can happily practice highway tunneling through space-time, dimensions & stargates and we CANNOT be lost. The universe is a fractal labyrinth: one way in and out.
• **Phi fractal-based technologies** are now reinventing life-enhancing, regenerative, bio-mimicry types of applications for sustaining a harmonious & happy life style all over the planet. Welcome to the inventive creativity of our cosmic children!
• **PHI is the HARMONIC FRACTAL SCALING** constant of the universe.
• **Not only Phi is FRACTAL but it is DOUBLY FRACTAL** as it embeds into itself by addition AND by multiplication. It is the only doubly, reciprocally symmetric universal code allowing for infinite cascading from Source to Manifestation and back, in the non-local, instantaneous way of enlightened consciousness.
• **Manifesting the perfect positive interference of phase-conjugation**, PHI fractality rises above mortality and all politics to provide the Golden Thread encoding all spirals of evolution, from sub-atomic vortices to DNA to galactic clusters, in a scale-invariant and dimension-invariant way. No longer are we body-bound.

The universe was already suspected to be based on SYMMETRIES.

Now, it is described as functioning with FRACTAL SYMMETRY.
Ultimately, it will be known to be based on PHI FRACTAL SYMMETRY.
It is going fast.

We need this cosmic science to back up
the New Paradigm higher evolutionary spiral
of human consciousness.

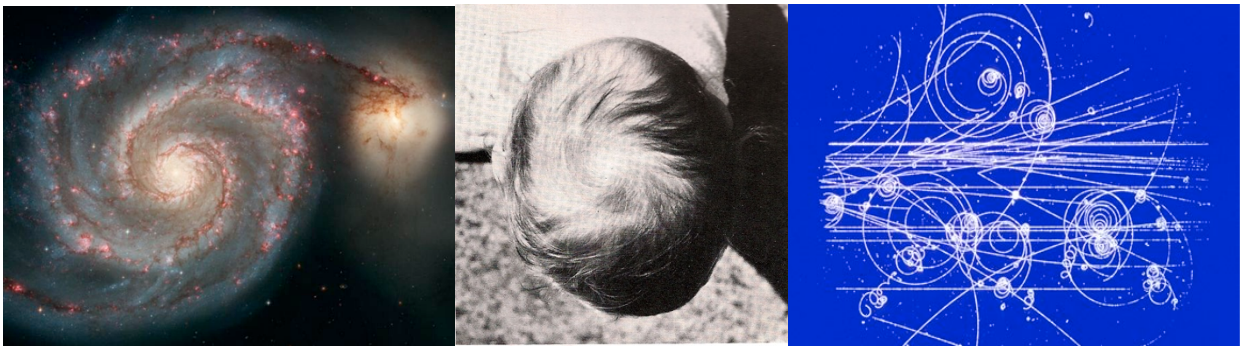
14 - Spira Mirabilis

The SPIRAL – SPIRA MIRABILIS

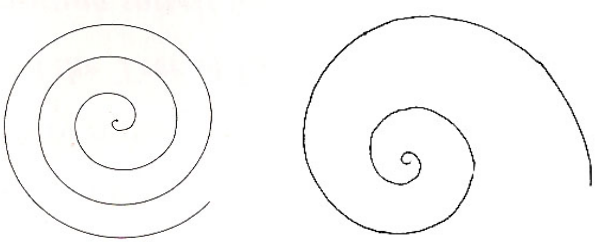
(Sedona School of Sacred Geometry)

Life is a magnificent adventure of discovery - re-discovery - of the Beauty, Love and Oneness hidden within all appearances. What a Gift!
It is like a magical treasure hunt: we come here, into this body and upon this planet, with our cosmic memory quite dimmed, if not almost erased. The wonderfully exciting game of life is to progressively uncover how we and everything else are part of the whole universal concert, so perfectly orchestrated by consciousness. With each unfolding moment of NOW, we consciously put back together another piece of the cosmic puzzle. And we learn to **CELEBRATE and dance Life**.

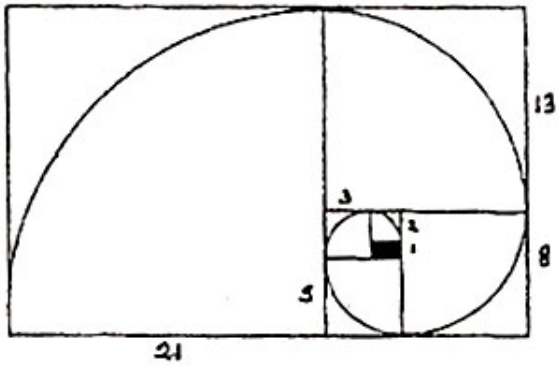
The best way to dance and to understand the universe is to look at the SPIRAL. The Spiral is everywhere: on the large scale of the galaxies, on the human scale of nature and the body and on the small scale of atomic events.



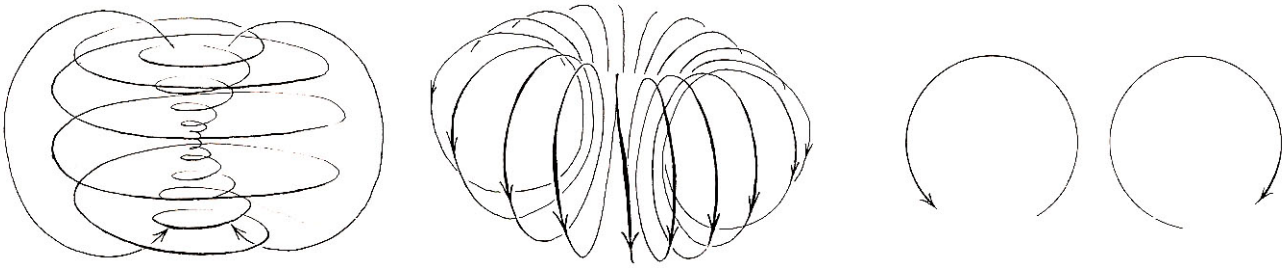
There are two main types of spirals: the “coiled rope” spiral **(“Archimedean spiral”),** in arithmetic progression, and the “growth” spiral **(“logarithmic spiral”)**, the general shape of evolution.



The most harmonious, energy efficient and holographic/fractal form of logarithmic spiral is the **GOLDEN "Phi Ratio" SPIRAL**, inscribed in a Golden Rectangle and based on the "whirling squares" of the Fibonacci Series.



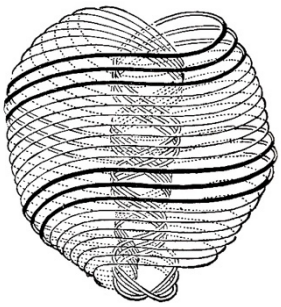
We can see and trace the Golden Spiral in 2D but we can better understand its essence and dynamics in 3D: it is the **Golden Vortex**, the primordial dance of the entire cosmos.



The **Vortex Dance of perfect Harmony** is what we are here to re-discover, to embody and to share as we are co-creating the new paradigm of a global civilization upon Mother Earth. This is the next level on the spiral of human evolution: "musical" attunement to the whole cosmos, inter-connectedness with the Web of Life and learning to respect Life and be embraced by its higher intelligence, rather than trying to control it for ego gratification and then suffer from separation.

This **Sacred Dance is born *from inside out*.** It is the spirit wisdom of knowing how to be small and infinite at the same time. It is the sacred knowledge of how the **Small** spirals up into the **Large** and the Large spirals up into the **Whole**. It is the Golden Rule of the Heart: give to others the same Love, Beauty and Harmony that you and others are receiving from the Whole. The secret of PHI.

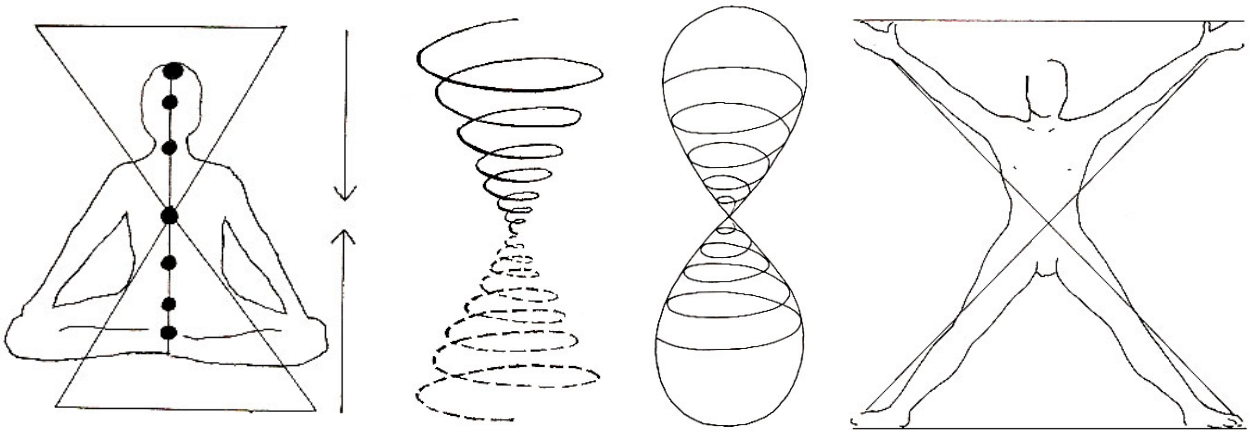
The Heart is the ultimate spiral vortex, the Golden Vortex of Love.



The Vortex joins with itself by spiraling through its own center, expanding and contracting with the pulse of the cosmic breath. It has an interchangeable beginning and end, center and periphery. It is beyond the limiting rules of space / time. It is a continuum: the infinite Ocean of Life.

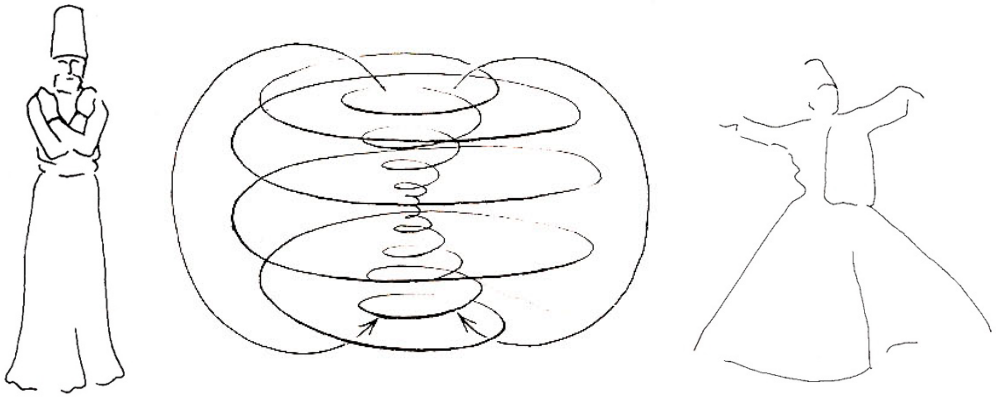
"The nature of infinity is this: that everything has its own vortex." **(William Blake)**

The Spiral Vortex is the perfect, harmonious balance between the two polar flows of Source Energy: the YIN and the YANG, the Male and the Female, Earth & Heaven, the Ascension and the Incarnation. This Double Spiral Vortex is seen in the pinecone, the human energy field, megalithic art, planet Earth etc… It points to the perpetual, fractal, unwinding love-dance of Spirit as the **Lover and the Beloved** in ecstatic Union.

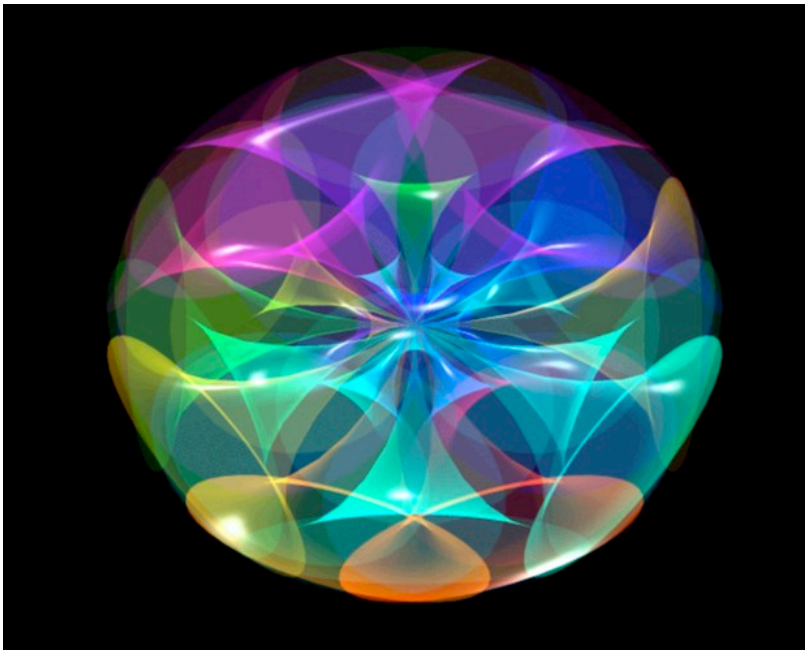


The seemingly "dual" Vortex is, in essence, a "Tri-Unity": it unites, in joyful synthesis, the complementary poles of the central axis of consciousness - the Kundalini Highway and the trunk of the Cosmic Tree. The Vortex has its origin and end, its ultimate reference, in the SEED: the Source-Dot, the Bindu, the utterly still hub of the Universal Mandala, the invisible point of return (and no-return) to Divine Self-containment and Self-contentment.

HAPPY SPIRAL DANCE!



15 - Resurgence of Sacred Geometry in Science



Below is the introduction to SG203 (Vol. #11 of the Encyclopedia of SG):
Sacred Geometry Resurgence in Science.

All great advances in knowledge & science have stemmed from the primordial belief that there are intelligible universal patterns behind manifested phenomena. This quest for order in apparent chaos has fueled human knowledge & fostering many cultures throughout history. In ancient times, these patterns of creation were high-lighted by certain cultures and we have inherited hints of this knowledge passed on as "tradition". In modern times, science has strived to uncover these patterns again but the process has been slow & fragmented as science engaged in the mechanical explanation of the separated parts rather than the understanding of the whole.

Nowadays, perception has been turned around: the old paradigm is, one generation at a time, replaced by the much vaster approaches implied by quantum physics and a more encompassing "post quantum" physics & cosmology is made possible and is rapidly emerging in all fields of science & consciousness research. Research itself of course is no longer the naive scenario of an "objective, *neutral* observer" compiling data but is progressively experienced as an **interactive conscious co-creation.**

Contemporary cutting-edge science is rediscovering the geometric, harmonic & fractal "self-similar" patterns & symmetries of the universe, on all scales. A new loop is being completed on the evolutionary spiral as this is exactly what traditional Sacred Geometry has been pointing to all along. Rather than blindly exploiting convenient niches, this New Paradigm science aims at understanding the entire universe as a **living whole**, a unified field, a plenum of supra-intelligent energy / information. It also aims at acquiring the wisdom necessary to enter in **conscious com-munication** with that cosmic-level intelligence.

The universe is glimpsed again as a gigantic **Orchestrated Song**,
with personal consciousness as the music instrument.

The keywords, at the core of this cosmic science, are:
Connectivity & Fractality.

Quantum CONNECTIVITY is now described as **super-coherent, all-inclusive and non-local** i.e. beyond the boundaries of space-time. And universal connectivity is now glimpsed on a cosmological level and, on a human scale, in biology, both as intra-organic coherence and trans-organic coherence, including consciousness. The Zero Point Energy or Vacuum Fluctuation field is the medium of this **hyper-dimensional connectivity** of the Web of Life.

Within FRACTALITY, the optimal **"self-similar" nesting** or cascading has been found to be **PHI-based**. This has been glimpsed in a few domains already and is rapidly uncovered as an invariant universal constant of optimization for the transfer of energy and information, on all scales. **PHI is the Harmonic Scaling Universal constant**.

Since around 1975 however, a flurry of scientific (re)discoveries has emerged to corroborate the traditional teachings of Sacred Geometry. (See a partial list next page). These discoveries are in the process of completely turning around the public image of the Golden Ratio and its manifestations, as shown by the success of the book *The Da Vinci Code* (2003). As we are awakening to our inter-active & co-creative place in the Web of Life, on all scales, we are also understanding that there are universal codes & patterns of energy transfer underlying this exquisitely precise dance of nature, life & consciousness.

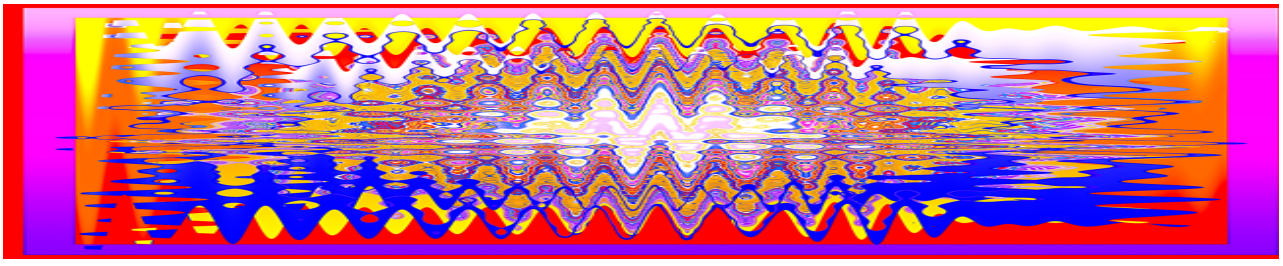
Now, at the onset of this 21st century and in time to provide a foundation to the New Paradigm taking shape in the global consciousness, we are in a position to realize that the Phi Ratio is indeed a key to the universe and we can start to possibly piece together the picture of a **Golden Cosmos** where Phi Ratio fractal cascades are the optimal pattern / code of relationship.

In the SG203 module, we will act as co-weavers of this collective loom of consciousness: we will survey how this New Paradigm science is encountering the ubiquitous presence of the Golden Ratio PHI & its vortexing spiral, as well as the related mathematical series of **Fibonacci & Lucas** and the volumetric building blocks of the universe represented by the **5 Platonic Solids** and their derivatives the **Archimedean Solids**.

PHI IS THE ULTIMATE FRACTAL

New global technologies
of nature-harmonious energy generation and use are upon us.
Stay alive and creative!

*(**Addendum 2022**. These are the technologies, based on the cosmic art-science of Resonance & Harmonics, that will shield us from and counter-act the all-around assault of controlling lock-down frequencies hammering humans & all living creatures on Earth.)*



16 - List of PHI-related re-discoveries in Science

List of accelerating scientific discoveries uncovering PHI, 1975 – 2010.

• **1974.** Roger Penrose proposed a set of two tiles providing a non-periodic tiling in 2D. Based on the Phi-based Penta-Modules.
• **1975 & 1979.** Synergetics I and Synergetics II, two seminal works by Buckminster Fuller on the geometry of design / Platonic Solids.
• **1976.** Robert Ammann discovered the 3D Golden Rhombohedra, formed by the fat & thin rhombi (a Penta-Modules combination).
• **1978**. First computer-generated top down view of DNA by Robert Langridge. DNA viewed as a pentagonal/dodecahedral helix.
• 1983. Publication of The Fractal geometry of Nature by Benoit Mandelbrot who coined the term "fractal" in 1975.
• **1984.** The Becker-Hagens planetary grid, following up on works by B. Fuller & Russian researchers. Icosa-dodeca geometry.
• **1984**. Quasi-Crystals: Dan Schachtman & others published their discovery of penta-symmetry in quasi-crystals (Al-Mn alloys).
• **1985.** Discovery of the C60 carbon molecule ("Buckminsterfullerene") and the family of "Fullerenes". Curl, Kroto and Smalley.
• **1986**. Nuclear model based on nested Platonic Solids proposed by Dr. Robert Moon ("Moon Model").
• **1986**. Global Scaling Theory: matter resonates harmonically at logarithmic/fractal scales, like a melody. Hartmut Müller.
• **1990.** Tetrahedral Physics in solar system. Planetary anomalies at Star-Tetrahedron points. Richard Hoagland.
• **1990.** Discovery of DNA's nucleotides showing super-resonance to Phi-based Fibonacci/Lucas series. Jean-Claude Perez.
• **1990.** Golden Ratio models of optimum coherence in brain and heart waves. Dan Winter & HeartMath Institute.
• **1991**. The structure of the C60 molecule is proven to be a truncated icosahedron (Archimedean Solid) as predicted by B. Fuller.
• **1992.** Physics of the Growth Angle in Phyllotaxis explained by Douady & Couder. Growth (Golden) Angle = 137.5° = 360 / Phi square.
• **1994**. "E-Infinity" theory by El Naschie showing that the mass of quarks & subatomic particles is a function of Phi and 1/Phi.
• **1997.** Octahedral geometry structure of super-clusters of galaxies. Battaner & Florido.
• **1998**. Experimental verification by Steinhardt & Jeong of quasi-periodic tiling with overlapping decagons. STM images show that the ratios of height between terraces are based on Phi.
• **2002.** "Spira Solaris" data proving that Golden Ratio is the key geometry factor in the ordering of the solar system. John N. Harris.
• **2003.** Dodecahedral space topology of the universe proposed by J. P. Luminet & al.
• **2003.** Octopole & quadrupole concepts of the Cosmic Microwave Background (CMB) radiation, based on WMAP data. Max Tegmark
• **2006**. Implosion Physics. Golden Ratio fractal compression of charge as electric cause of gravity. Dan Winter.
• **2008**. Fractal holographic model of Unified Field & Scaling Law of Organized Matter. N. Haramein & E. Rausher.
• **2009.** Mineralogical evidence of naturally-formed quasi-crystals in samples from Russia. Bindi, Steinhardt, Yao and Lu.
• **2009.** Golden Ratio measurements in radii of hydrogen atom. R. Heyrovska.
• **2009**. The 3 known radii of Hydrogen as perfect multiples of Golden Ratio x Planck's length. Dan Winter.
• **2010.** Phi-based Unified Theories: Golden Matrix Cosmos / Winter. Golden Quantum Field / El Naschie. E8 Theory / G. Lisi.
• **2010**. New Fractal Field technologies using optimized Phi compression. Breakthru-technologies.com et al.
• **2010.** Golden Ratio discovered in the quantum world. Coldea, Tennant et al. Science, Jan. 8, 2010.

17 - Re-Thinking Technology

"Vortex Science" chapter of SG203B (Volume #14 of the SG Encyclopedia)

The observation of nature's processes based on **vortical motion** and the new concept of **implosion** oblige us to access a larger understanding of how the universe functions. As pointed to by an increasing number of thinkers, scientists and visionaries, a New Paradigm science is dawning. It is larger because it is bridging over to wisdom as it is intimately involving us as agents of conscious awareness. In the next & final chapter of SG203-B, we will review this upcoming "grade" of science revealing itself at the cutting edge of human evolution.

Meanwhile, on the practical level of global survival, we have to entirely re-think the technologies we have been developing since over a century. Patching up and implementing a few environmental measures is plainly pitiful & criminal re: humanity. We need to see very big and to start from an entirely different foundation: we need to work **WITH rather than AGAINST nature** in order to invent and apply real solutions to today's challenges of power & energy generation.

Because of the vested interests of elitist power groups, current technology is based on EXPLOSION, that is the process of extracting the coal, gas and oil resources stored, during evolutionary eons, in the womb of Mother Earth and exploding them in order to produce the power to heat/cool our homes, drive our cars, trucks & planes and run our appliances and industrial parks. In addition, exploding the atom has been developed and presented as a viable alternative, regardless of the extraordinary dangers of radiation and misuses for warfare. Let us face it: explosion is the foundation of our modern "civilization" and "happy modern living".

However, as we have painfully become aware of, the EXPLOSIVE PROCESS IS PRIMITIVE: not only it is extremely wasteful and inefficient but is it totally un-sustainable, even in the most short-sighted term. The process of explosion, however useful it may seem to our arrogant ways, is an insult to any responsible management of the planet. Most of the chemical energy stored in fuel is lost in the conversion process into mechanical or electrical energy. "*To travel a distance of 1000 km (~600 miles) in an average car requires an energy expenditure of 1000 kW. This equals the energy requirement of one human being to live and do all his physical and intellectual activities for one year."* (Callum Coats, Living Energies.)

Most of the energy produced by the explosive use of fossil or nuclear fuels is lost through frictional resistance, which creates useless or harmful waste heat. In nature, unlike explosion technologies, minute temperature differences will cause very large changes. Cold fusion and **biological transmutations** happen with slight changes of the temperature gradients. The Earth's elements (the waters, the lands, the atmospheric currents…) respond to equally small fluctuations in temperature. Same for the human body: when our temperature increases by half a degree above normal, we stop feeling good... Moreover, combustion by explosion of fuels generates polluting by-products and depletes the overall oxygen, thus making the entire web of life unwell. Explosive technologies are clearly a dilapidation of our human family inheritance and a blatant ignorance of future generations.

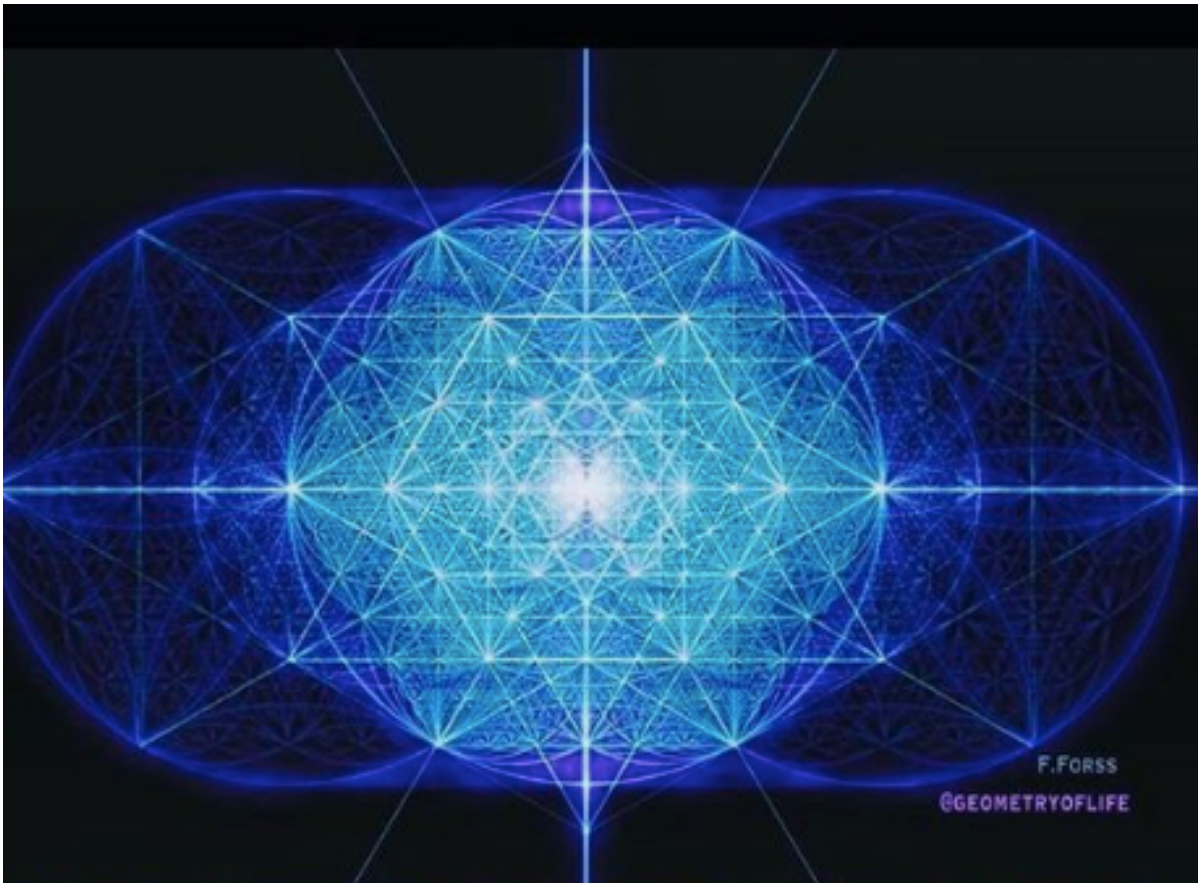
On a historical level, the phase of **explosive technology** is equivalent to the teen-age period of a human being and its blind urge to dilapidate the family's inheritance for mere self-gratification.

As a life-style and level of awareness, explosion is an externally-oriented focus favoring sudden outbursts rather than inner processing and a predator-type of behavior looking externally for desirable sources of energy and grabbing them, by force if necessary: it leads to a corrosion of ethical and spiritual values as the well of inner energy has been covered & dis-awowed.

By harmonious contrast and evolutionary balance, **technologies of IMPLOSION**, as glimpsed in this chapter, are the next phase of human civilization. These nascent technologies of **creative bio-mimicry** are increasingly revealed by the growing global awareness of **cooperation** with nature, **sustainability** within larger systems in space & time, **all-inclusivity** of life and consciousness, perception of higher-dimensional formative forces, rediscovery of the wisdom built into traditional ways, new scientific breakthroughs in the fractal order of the universe… and just plain human common sense.

Water is the new teacher, the Zen path in humanity's meditation practice. Water is showing us how to follow the path of least resistance, how to **seek, create and enter vortices**, how to reduce conflict by **implosively curving more and more inwards** (the **CURVE** of hyperbolic geometries) and refraining from the gut-based controlling power of aggressiveness and straight-shooting arrows (the motion **LINE** of Euclidian coordinates).

We are moving from an instinctual technology & science of rowdy boys
to the co-creative wisdom of more mature citizens of the cosmos.
We are, in fact, re-discovering ancient, cosmic science.



18 - No Impact Man

My Take on "No Impact Man"
by AYA
August 2009

I had not seen a movie for three years or so, as life is already enough of a movie to satisfy my taste for entertainment. Nonetheless, I accepted an invitation to watch the Sedona Festival *premiere* of "**No Impact Man**". For me this was as much a practice of doing something "unusual" as it was a curiosity to see what a "pro-environmental" movie was about nowadays.

The bottom line is: the movie is flagged as "environmental documentary", yet, under deeper scrutiny, I personally find this movie to be SUBLIMINALLY ANTI-ECOLOGICAL.

Honestly, I doubt that any of the viewers comes out of the screening with a passionate enthusiasm about implementing REAL, GLOBAL and LONG IMPACT ecological solutions - besides the recycling bin on their curb every Sunday morning and some wishy-washy promises to their spouses. I find that this movie, behind the appearance of being "green", in fact ridicules individual & familial attempts at being environmental-friendly.
Make no mistake, the real overall message is: *none of these environmentalist projects launched by Colin are feasible*. Actually, they are crazy and if you engage in them, you will lose your friends, your job and possibly your marriage and family, not mentioning your "sanity". In the movie, Colin comes across as an extremist, a weirdo… in brief another clown whose main function is to make us laugh. "*Just enjoy the good life you have, Colin, instead of trying to rock the system, you fool!*"

Moreover, the title should be "**No Impact Woman**". Michelle Beavan is the real heroin here, the one who wins sympathy, the one everybody identifies with because she is the willing victim of an abusive, radical, possibly anarchist husband who endangers their family and, yes, tortures them by depriving them of even heat in winter. The pictures of Michelle snuggling in her bed covers, in November, and the little girl wrapped up in a winter coat inside her own house are *pathetic*. So is the happy smile on Michelle's face when the electricity is turned "ON": life is starting again! So is the scene where Michelle suffers guilt and embarrassment while borrowing ice cubes from the neighbor looking at her with condescending pity. These scenes immediately appeal to the emotional sympathy of the viewers and carry a strong subliminal statement: these experiments are insane and cruel. We can cite also the scenes where Colin is struggling with the invasion of flies or experimenting with the "Nigeria refrigerator"… as examples of sub-liminal dis-information hinting at the anti-hygienic nature of composting (of course, you don't do it in a closed apartment!) and the inefficiency of home-made techniques (not all home-made techniques are stupid and why give Nigeria a bad reputation?).

In fact, these scenes, when put together, smack of pure PROPAGANDA. The level of political intentionality behind this movie remains to be seen but, to me, this movie has been clearly contracted and cleverly designed as yet another facet of dis-information to divert the public attention towards small issues, irrelevant issues (with the appropriate amount of subtle and not so subtle hints) and turn the spotlight away from the real issues of global control and the existence of many efficient, large-scale solutions ready to be implemented.

The actual real global issue is CONSCIOUS HARMONY by the many vs INTENTIONAL CHAOS maintained by the few. Here are some more examples of dis-information:
Example 1. The real food issue is not organic vs local (as described in the movie pamphlet) but organic vs junk toxic dead foods loaded with neuro-toxins and addictive sweeteners.
Example 2. The real environmental solution is NOT about individual families turning off their electricity. This is ridiculous and in fact it is TURNING OFF everybody. Electricity is wonderful and harnessing the immense powers of nature and of the quantum field is a great achievement. The issue is: how can we produce electricity in a sustainable, non-polluting and possibly free manner? When can we agree, as humanity, on a crash global energy project to create free and unlimited power from the quantum field, using solar, wind, tidal and hydrogen-based systems as a transition?

So, instead of Colin installing this puny solar panel with loose wires dangling to his apartment's window, why not show a full array of the latest models of super-efficient solar panels that can power the whole apartment (and possibly the whole building) and provide the Beavan family with as much power as before but FREE (after the installation cost). That would be a powerful environmental statement that could boost the renascent solar power industry. But, of course, this would be too dangerous for the system in place. So, instead, let us ridicule Colin in his attempt to power his own computer while keeping his family without frig, light, heater, cooler etc…

Example 3. The comment by the farmer that organic husbandry requests that cows are not treated with antibiotics and the hint that they therefore may die. This plants the idea that organic agriculture is irresponsible. Now, wouldn't you want to save your cows? The un-told point is that organic cows allowed outdoors in organic pastures are less likely to get sick than commercial cows chained for life to prison cubicles. And the un-shown images are the horrible living conditions of commercial cows. Again, biased subliminal dis-information.
The purpose of dis-information is to confuse the issues and the minds and prevents or delay the implementation of efficient, logical, intelligent solutions. The result is more *status quo*. Who benefits?

The strategy is old and two-fold: first, destroy the credibility of the emerging trouble-maker by making him ridicule and laughable and, second, buy him off by piling on him money, public recognition, media sensationalism and apparent power. The trouble maker thus targeted will, unwillingly, become your pawn.
In the movie pamphlet, Colin's "experiment" is described as a "media sensation and national fascination" while Colin Beavan is the 'Eco-Illuminator' and "Eco-Star" appearing on numerous national and international shows etc… But, in the movie, Colin himself comes across as the traditional "villain" who actually should be shot or sent to Guantanamo. He actually is a DANGER to the "society". He may have some good points but they are carefully chosen to touch upon minor, inefficient, harmful or real issues downsized to an individual family drama. The psychology is primary and the propaganda is simplistic, but this strategy has been working all along history and is still working very nicely as most American audiences are brainwashed by the media cartel and carefully kept at a primary level of intelligence.

Yes, "**No Impact Woman**" is targeted to the average American woman population to KEEP THEM AS THEY ARE: good zombie consumers mind-programmed to DESIRE and NEED more and more material possessions. Women and teenagers are the main supporters of the consumption / \waste society. This movie is to convince them to remain so.

Notice that none of the following are addressed in this movie:

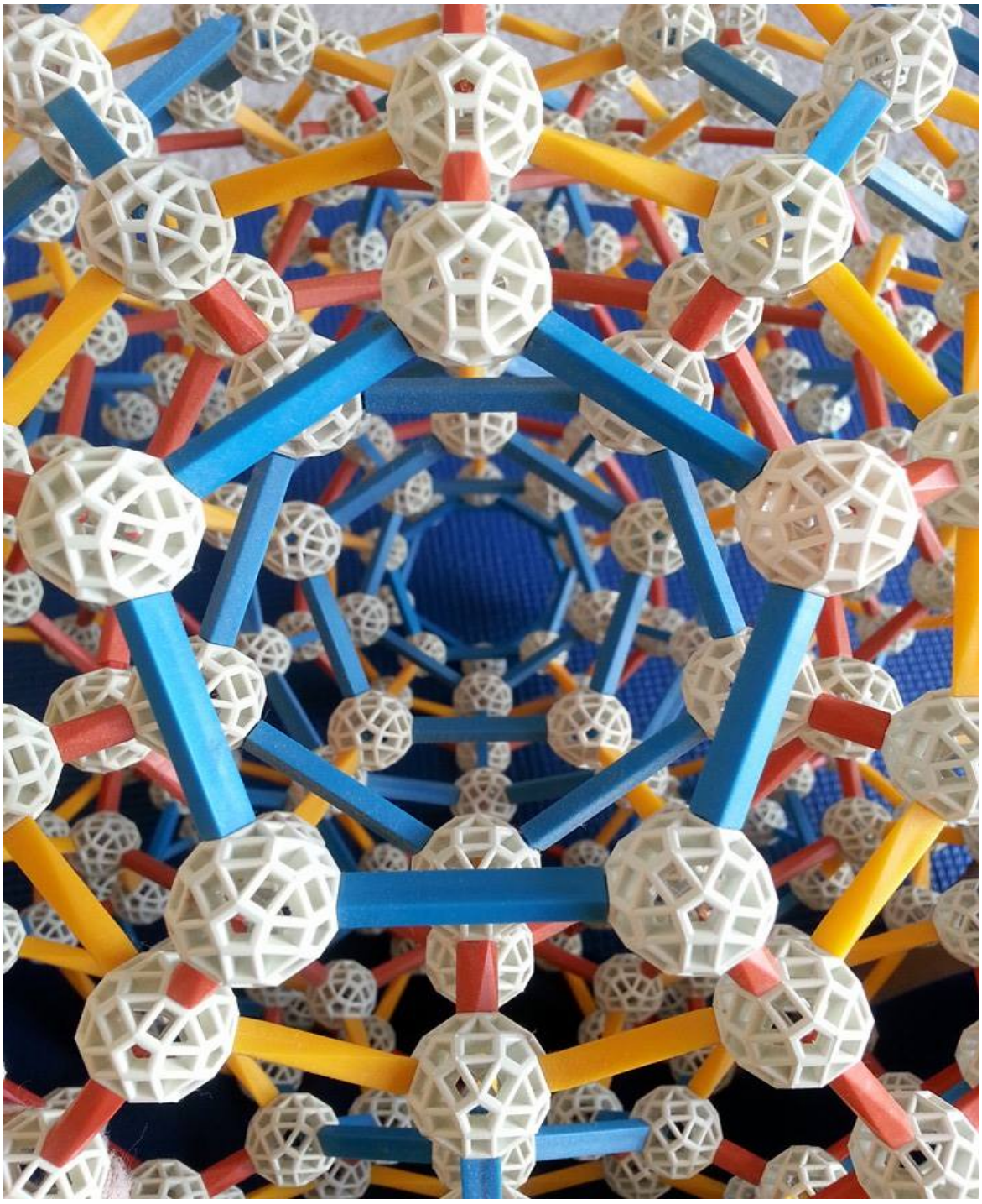
- No mention of throwing out medical drugs (this is not allowed).
- No mention of electronic bulbs. Instead of cutting off your electricity, spoiling your milk and living with candles, why not show people that a first, easy and money-saving step is to replace all regular bulbs by electronic bulbs? Why not show scenes with the whole family happily changing bulbs and have as much light as before at ¼ the price? This first step being followed by the installation of the latest solar panels powering the whole apartment via an inverter…
- No mention of fuel-cells power systems and cutting-edge experiments with quantum devices.
- No mention of electric vehicles, rechargeable hybrid cars or other vehicle power systems.
- No mention of survival gardens on New York's flat rooftops. Or the construction of rooftop greenhouses to keep a year-round supply of greens and vegetables "in the house". The only organic gardener (of the La Guardia community gardens) is discredited as soon as the words "corporate capitalism" are put in his mouth: everybody then knows that he is a "communist" harking back to the mid 19th century - a negligible and laughable character. Why not show Colin learning about the miracle recovery of Cuba after they were cut off from oil: the entire country has become an organic garden, boosting the quality of nutrition and developing a tremendous sense of community sharing and support…
- No mention of Community Supported Agriculture projects around the nation.
- No mention of raw foods, sprouting etc… Going "raw" is not only healthy but also saves electricity…
- No follow-up interview of a mother and her child affected by respiratory illness due to the proximity of the garbage dumps.
- And I certainly agree: it is crazy and irresponsible to advocate biking on a tricyle with a small child in tow in the present-day New York traffic nightmare. Breathing the fumes and exposing my child and myself to be rammed by the first fanatic angry at bicyclists: no, thank you! But why not show examples of bike riding in communities DESIGNED for that. Communities like Davies, California who changed their city laws and traffic corridors in order to protect bicyclists and pedestrians and facilitate their safe traffic?
- Re: Colin's good advice to "join an environmental group", who has the time and who would do it when the most powerful environmental groups have been infiltrated to the core and have become huge bureaucracies?

In conclusion, I suggest that you do exert extreme discrimination and be honest with yourself: "**No Impact Man**" is a RED HERING planted on the world media scene controlled by the few. I am thereby urging you to root out of your minds, hearts and daily lives the DEFEATIST MESSAGE of this movie that says: "*You cannot change the system, forget it! Just continue to enjoy it!*"

And I am shouting on all telepathic channels: ***"Of course we can dump the old system and create a global civilization of harmony, cooperation and peace."*** Our partner is the entire cosmos co-creating with us. Let us allow our consciousness to IMPACT us from inside out. The Beavan apartment is a symbol for our individual spirit Self, our inner home: yes we can simplify our lives and throw out all the toxic products & media, yes we can weed out all the negative emotions & thoughts, yes we can eat live & nurturing organic foods, yes we can rely on solar and quantum unlimited energy, yes we can enjoy a week at the farm without looking like obsolete lunatics…

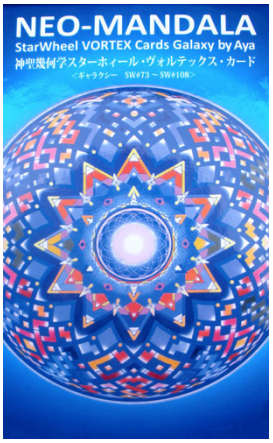
At a time when the spirit of “GREEN” and connectedness with Nature is gathering power all over the globe, the system in place has to strike to try to kill this awakening.
Too late: the awakening is of a galactic order and the old guard of greedy controllers who are still calling the shots are scripted to let go… Even “No Impact Man” will not prevent the tsunami of awakening on planet earth… The Universal Intelligence will use it to facilitate the next expansion of humanity’s consciousness.

Wishing you an unlimited life of harmony!



19 - StarWheel Decks Intros

You will find below some texts about the New Paradigm – part of the description booklets for the 3 StarWheel decks published in Japan (2010 – 2011), in the Phi ratio format. These texts are adaptations for the Japanese public of other texts on the same theme.



SW Deck #1 – *Hello Dear Friends in Beautiful Japan!*

I am delighted that we are meeting across the oceans as a global family of light. Even though I was born in France and live in America, I have always felt like I have an oriental soul. In fact, I have known for a long time that the StarWheels would first find a good reception in Japan. And now we are meeting!

Life is definitely a wonderful co-creative adventure… And the whole world is sacred ground for Spirit Dance. Blessings!

SW Deck #1 - THE NEW PARADIGM:
The Global Spiritual Transformation

We are living at the extraordinary and exciting times of a global transformation to a higher order of human consciousness. This macro-shift is simultaneously unfolding on all levels: personal, local, national, planetary, galactic and even larger… It is essentially a cosmic event and we are directly involved: we have become cosmic citizens.

This is wonderful news: we grew up as a primitive species and we are now able to be fully conscious of being the co-creators of the COSMOS. We are indeed offered a unique and precious gift: the creative power to break away from millennia of past limitations and finally stand as free universal beings launching together a constructive course of human history and welcoming a revolutionary new vision of life, consciousness and reality.
This New Paradigm is now glimpsed at the frontier of contemporary science, as well as explored and applied by an exponentially growing number of people all over the world. The New Paradigm is the expression and resurrection of our deep innate wisdom, now awakening from a long sleep: seeing again the all-encompassing, fractal-holographic unity of life and consciousness.

At the cutting edge of science, the universe is now glimpsed as a holographically linked, multi-dimensional, conscious organism (“Cosmos”) that is infused, beyond matter / space / time, by a primordial field of supra-intelligent energy/information. This Cosmic Field is defined by scientists as coherently whole, all-inclusive, scale-invariant, self-similar or self–referential, and non-local: the universe is an exquisite musical hologram where each note modulates every other note.

In this play of consciousness evolution, we really have no choice but step out of the collective trance of playing the rough music of our individual egos. There is a magnificent orchestra of cosmic choir music being heard closer each moment. There is a gigantic wave emanating from the Universal Source, via the galactic center, surging through every drop of our existence and immersing every corner of our awareness. It is engulfing us, embracing us as a wavefront of infinite expansion and celebrative flowering. It is putting us through a multi-dimensional rebirthing: watering us, firing us, airing us and anchoring us in the ground of Being. The dormant DNA is Sleeping Beauty now waking… The wedding is imminent. We live in a glorious time of great celebration but also a time of great responsibility and commitment. There is a lot of clean-up work to perform and a lot of global co-creative work to do so that we can completely re-invent all the structures supporting our collective and personal life and life-styles. Above and within all, there is a lot of personal growth to embrace in order to adopt spiritual attitudes of pure light and compassion.

Welcome to the Paradise-on-Earth paradigm and congratulations for fully embracing your cosmic power of re-enchantment and infinity! We are always Home!

Welcome to a global civilization on earth where we tune in, embody and co-create Beauty, Love and Harmony! Welcome to a global human culture radiant with cosmic harmonics!

This is the context and understanding in which the StarWheels Mandalas were born and are now shared with the world. The StarWheels are higher-dimensional beings embodied in mandala forms to co-create with all of us the Earth Mandala Garden.

Do invite these hot celestial friends to Play with you!

SW Deck #2 - Greetings

Dear Japanese Friends upon this Beautiful Earth,

I am delighted to meet you again and continue together our journey with the StarWheel Neo-Mandalas. The StarWheels are a cosmic technology to activate spirit expansion, facilitate healing and inspire awakening on many levels.

The first deck of StarWheel cards is a series of 36 mandala templates called **“GALAXY”:** they are encoded with resonant harmonics of our Larger Self symbolized by the Galactic Center. It is like a university-level school where our spirit journey starts to unfold: our Over-Soul emerges out of Oneness and is being configured for playing the games of manifestation.

This second deck of 36 StarWheels is called “**SUNSTAR”** and symbolizes the Solar System. With it, we are coming closer to our human experience on Earth. It is like a College school where our Middle Self or Soul is going through the many choices, explorations & lessons of dimensional evolution: we can test our freedom of co-creation, gather skills of wisdom and make sure we are spirit-strong enough for the jump into the human kinder-garden upon Mother Earth.

We are also introducing here, with StarWheel examples, the subject of Sacred Geometry which is a foundation of the New Paradigm dawning upon human consciousness. The New Paradigm is the Middle School knowledge of the Soul which is becoming the higher reference for humanity as a unified civilization of Peace.

Consciousness is all-embracing and we are all navigating multi-dimensions, in essential Oneness. Blessings!

SW Deck #3 - Greetings

Dear Friends in Spirit Light,

Welcome to **MOTHER EARTH**! This is the third deck inviting you into a joyful family: the StarWheel mandalas. The StarWheels are a technology of Spiritual Harmonics designed to reconnect the inner geometric grids of the human DNA with the universal codes of the cosmic matrix of creation.

The first deck of 36 StarWheel cards (“Galaxy”) represents the Galactic Center, a symbol of our larger Over-Soul. The second deck of 36 StarWheel cards (“Sun-Star”) represents the Sun, a symbol of our spirit Soul. This third deck is bringing you the last 36 StarWheel cards and symbolizes the Human Experience on Mother Earth: the joys, challenges and glory to enact infinity from within a small human body.

The StarWheel Vision calls for a fourth deck of 36 templates which, if and when completed, will bring the StarWheel family to 144. This will form a hyper-dimensional dodecahedron weaving together many fractal resonant harmonics of cosmic consciousness evolution.

So, welcome! Here you are, bringing with you galactic wisdom, solar system experience and the intention of living a human life of Beauty, Love & Harmony on this small, yet infinite, home-planet. We are here to learn how to create our life as a Mandala, i. e. how to connect the small parts to the larger parts and to the whole. We can never be alone anymore when we realize that we are fractal musical harmonics of the universe and of the Great Spirit Itself. What a Gift!

The 108 StarWheel cards are the many petals of You the Spirit Flower unifying your galactic self, your solar self and your terrestrial adventure into a glorious Celebration! Blessings!

In japan, *Hanami* is the art of enjoying the transient beauty of the cherry blossoms.

SW Deck #1 – The StarWheel Vision / Japan Version

Dear friends,

This is the story of how daring to take, in my life, a few big leaps from familiar security into the big Unknown brought me closer to my spirit destiny and put a wider smile on my face as well as bountiful joy in my heart. I am sharing it here with you with the wish to encourage you to ***dare and jump*** *into your own, next calling from Spirit.*

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On Christmas day preceding the New Year 1985, in Santa Monica, California, my gift from Spirit was a mystical vision: I felt "seeded" to create a line of paintings, in the specific format of "mandalas". These would be vibrational templates to facilitate the global transformations that human consciousness is currently experiencing.

On a personal level, at that time in my life, I was at a crossroads and ready for some potent life-purpose to unfold. Years earlier, I had already made the first great leap of my life: after many years of arduous dedicated student life, I had at least secured a professional job & career as a diplomat with the French Embassy in Singapore - but disillusion set in rapidly when I realized that I would be spending my life being a mere puppet pushing some official ideas that were not necessarily mine. The tension grew within my being until, finally, I decided to quit my "career" in order to pursue a vision quest for my true destiny.

> *Have you noticed? At any point of honestly & courageously looking at Who We really Are and What We Really Want To Be, life is like starting anew, calling forth unsuspected wonder, joy and energy... and miracles do happen! In essence, Spirit is telling us to trust these inner glimpses of who we are and what we can be, even though they look impossible, unattainable or unpractical by all current appearances. But the point of Spirit is precisely to lead us go through and beyond appearances and into Trust!*

And so it is that many years of world journeys and explorations with the gifts of life had now brought me to the point of making yet another great leap. The Christmas vision, in Santa Monica, was a direct answer to my inner prayer: "Please show me a concrete way to celebrate, within myself and with others, the Joy of Life. I am ready!"

Those indeed were my two "new job" requirements: it had to be tangible, something I could create with my own hands and experience with my physical senses, and yet it also had to carry the unique Joy of Transcendence - I wanted to Walk the Radiance...

A long sequence of higher-dimensional geometric matrices was sort of flashed through my being, in "zero time" and with an ecstatic sense of spirit empowerment… and the vision continued: *"Now, you alone can do it, in this specific form. And it is very needed. But it will be a lot of work and hardship before the time comes for these matrices to be even barely understood. Do you really want to do it?"*

How can one possibly hesitate, on a Christmas Day,
especially when backed by the boundless enthusiasm of youth?

With the vision came the name-description "StarWheels", along with a StarWheel Manifesto. The root-vibration "AYA" was also given as the frequency signature overseeing the StarWheel vision. AYA is a celebrative affirmation-sound as well as a Sacred Geometry logo-glyph: two upward-pointing yang pyramids ("A") supporting and guarding the grail-cup of a downward-pointing yin pyramid ("Y"). The overall vision received was of a *hyper-dodecahedron*: 12 series of 12 = 144 StarWheels ("higher-dimensional faces of Self") to be shared with the world as "living holograms", thus helping to synergize colors, sounds, sacred geometries and ceremonial dances into the Celebration of Who We Are.

"You also need to know", continued the vision, *"that the StarWheels are not to be sold left and right, even if you are starving, but you will have to watch over them until the time arrives for the creation of a healing & celebration temple, the StarDome. (StarDome Eco-Village). At some point in your future, the StarWheels will be used as software discs for holographic computers to issue forth vibrational fields of pulsating color-sounds-textures-fragrances. These holo-fields will be large enough for individuals and groups to enter and experience, from inside out, their healing frequencies..."*

At the rate of one painting every two months or so (this is, of course, an average over many years) and in various locations (ranging from California to New Mexico to Colorado to Arizona), successive series of twelve StarWheel mandala paintings have been created. Now the collection comprises 108 StarWheels, all displayed in the Gallery at www.starwheels.com.

The StarWheels are now coming of age, ready to enter the world and play with many people, thus fulfilling a prophecy of the StarWheel Vision: *"It will take a generation for the StarWheels to be recognized and start doing their work in the world*". This time is now!

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In parting, I would like to encourage you again
to dare to follow your inner glimpses of guidance:
when listened to and applied,
they will transform your life!

I believe that Perfection is evolving its sacred ways
through the current personal & global adventures.

At this time, it is essential to focus ever deeper inside
and to keep learning our soul lessons about:

Co-creating a new global reality of Loving Light
for the next generations... The Earth Paradise re-entered…
Choosing thoughts & beliefs of spirit empowerment,
hope-filled solutions and heart kindness.
Manifesting emotions & behaviors from conscious thoughts & desires.
Following our spiritual bliss as beings of light & love.
Holding hands & sharing hearts.

Happy Sacred Journey! AYA

New Paradigm Time

Humanity is waking up to a new Paradigm of consciousness evolution, a much larger understanding of Who we are and Why we are here. The gist of this expanded dance is:

We are not alone, separated from the other 8+ billion human beings.
Humanity is not alone, separated from the rest of the intelligent universe.
We are harmonically inter-connected with each other & the entire cosmos though myriads of webs & threads of supra-quqntum light.
We are, in reality, living within a gigantic Source-Being
Who is essentially a Song of Love.

This time of NOW is extremely special. It has been prophesized by sacred cultures and will be remembered as the GREAT AWAKENING of Humanity. It is a time when we indeed have a unique opportunity: break away from millennia of past history limitations and finally stand free as universal beings, eager to launch together a constructive course of human evolution and ready to embody a new frequency of life, consciousness and reality.

The NEW PARADIGM is now explored at the frontier of contemporary science, as well as glimpsed and applied by an exponentially growing number of people. We have already learned that the earth is a living organism: Mother Earth or “Gaia”. We are now practicing holding hands & hearts with each other, as humanity, and learning to relate to the larger context of the Sun System and Mother Galaxy. And we are well on our way to re-embrace the universal Source-Being, “Cosmos”, as our own Self.

People are waking up all over the world and WE ARE these people. Even those who deny the awakening are engulfed in this tsunami of GLOBAL KUNDALINI: it is larger than any concept we may ever have in a human brain.

A new basic awareness is corroborating the traditional wisdom: everything is vibrating, everything is related, and everything is love. We realize that we are vibratory beings in a vibratory universe, pulsating waves in a cosmic ocean. We realize the inter-dependence and oneness of the Sacred Circle and all our relations.

We feel in our heart the overall love and benevolence underlying the universe and radiated by its Source, the Divine & Great Spirit. We start to understand that it is all working (and playing) through an exquisitely fine-tuned grand scheme of self-similar fractal holography, as we can put it best in contemporary terms.

On the cutting edge of knowledge, the universe is now explained as a holographically linked, multi-dimensional, conscious organism ("COSMOS") that is infused, beyond the constraints of matter/space/time, by a primordial field of supra-intelligent energy/information. This Cosmic Field is defined by scientists as VORTEX-based, coherently whole, all-inclusive, scale-invariant, self-similar or self-referential, and non-local. Non-locality itself is moving spiritual experiences, like telepathy, from the quantum scale to daily life. Hello! The universe is no longer a chaotic, mechanical, gigantic and frightening tinker toy: it is again a magical garden, a dance of celebration and a magnificent choir.

The universe turns out to look, sound and feel like ancient traditions were portraying it: an exquisite holographic ORCHESTRAL DANCE where every note modulates every other note through infinite overtones, and every event & being modulates every other event & being. Each star is a flower. The fluttering wings of a butterfly affect the global weather and a fleeting human thought can change the world… Here, spirit consciousness is invited to CELEBRATE itself!

This is made possible by a primordial universal grid system
of HARMONIC ONENESS and cosmic resonance
set up by multi-dimensional cascades of FRACTAL RELATIONSHIPS
created by the Golden Ratio PHI
and its manifestation the Fibonacci Series,
from quantum event to atom to DNA to galaxy.
This is what Sacred Geometry is meditating upon:
the pure principles behind the sustainability of the universe,
the TRI-UNITY love-dance of the Small, the Large and the Whole.
And this is why Sacred Geometry is coming up everywhere
as the fundamental knowledge of the New Paradigm.
Of course, it has been here all along: we are just only starting to open up our eyes and our Heart.

The guidance is: HARMONY WITH EACH OTHER & THE UNIVERSAL SOURCE.

21 - Awakening to a New Earth - 2010

Time has come, in the cycling of ages, for the establishment a peaceful, unified and enlightened world civilization on planet Earth. We all know it, feel it in deeper levels of our nature and our spirit, and many people are embracing this program as a new way of life and an overall purpose of their actions. The New Paradigm is organically and naturally growing on human consciousness. No matter their degree of evolution or their vibratory rate, the call of higher consciousness is felt by each and every human: it is a galactic wave.

Those who are still fearing the coming of this "Golden Age" are actually terrified to lose their grasp on what they mistakenly believe is their "identity": their power over material possessions and, through them, their power over other people. They are the people who have been obstinately refusing to honor all signs of the presence of spirit in their lives, all promptings of the invisible realms and glimpses of the Great Mystery. They have the choice of remaining behind in evolution. Yet, in subtle ways, we are these people: we all have some shadows of the old paradigm hiding in emotions or concepts and, subconsciously, we still enact them. All wisdom traditions have said it all along: because, each human is all of humanity, global peace begins within.

We are all in it together, team members of Spaceship Earth. We are here to support each other for the benefit of the whole. This the experience of inter-connectedness and fractal harmonics on a global scale. We no longer believe that we are the drop, the wave or the river: we know we are the ocean, this source we are coming from and where we are going back to.

Yes, there is a rapidly growing realization that, for generations, we have been programmed to perceive a very limited "reality" based on the pre-eminence of the physical body & the logical mind and the separation & competition between people & nations. We intuitively know that this is the cause of the spiritual misery and social loneliness plaguing people in westernized countries. Moreover, seeing the massive disappearance of bio-diversity coupled with the economic slavery of many, we also realize that we have been trained to blindly accept the exploitation of the earth and our global resources for the exclusive, short-term benefit of the very few, backed by absurd, greed-oriented corporations and military systems. The growing consensus is: this is enough!

The discrepancy between the obsolete paradigm of separation & selfishness
and the excitement of glimpsing everywhere
the new solutions & possibilities of "Paradise on Earth"
is the factor driving all the current changes.

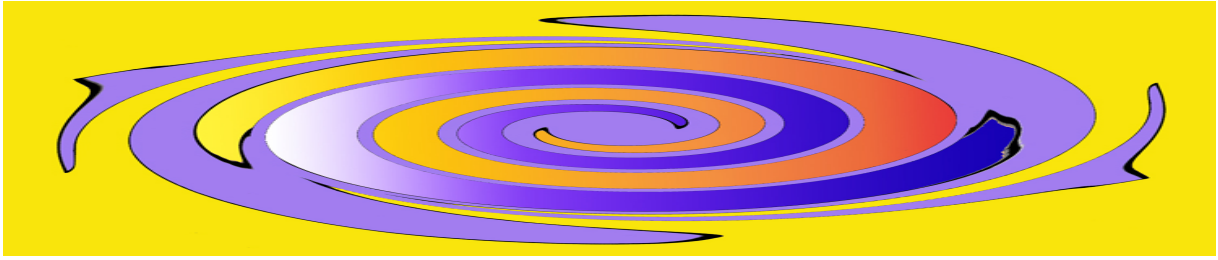
People now do not look behind anymore because they no longer trust the past: instead, they consciously move forward, invent original solutions and recreate a new global reality based on the higher values of oneness, cooperation and limitless creativity and joy.

The obsolete power & control structure can be changed and is being changed, this is ineluctable. The crumbling of humanity's prison and the collective exit from it to discover, in awe, the next level of freedom in consciousness can no longer be prevented. The only variables are the bumpiness of the navigation and the timing involved in the transition. But, on the higher dimensional blueprint program, it is already "done" and a Galactic Celebration is ongoing. Purified humanity will soon be soaring as a galactic species.

The most important need at this time is to get up out of our small life bubbles and reach out to meet and know the hundreds million other humans who are right now SHARING the same goal of Global Peace and are, at this very moment (feel it with your telepathic sense), in their personal life and their public actions, enacting it. We have to remind ourselves to consciously merge with the collective consciousness of this larger being called "Humanity"… and start from there (yes, there is much more!). The scale of this Global Awakening is such that it is impossible for the individual human brain to grasp it: we have to jump out of everything we know and tune into a higher, universal level of intelligence. But we are learning: breaking out of the chrysalis is only the beginning, no longer the end. A new glorious realm of consciousness exploration & creativity is opening for humankind.

The StarWheels are windows into the coming Golden Age of Humanity. Meet them and use them as such. They are examples, yoga diagrams and spiraling playgrounds for expanding consciousness and re-inventing human life on Earth. Rather than engaging our logical minds, the StarWheels are playing with our Cosmic Creative Spirit, using the language of light-color-sound frequencies and grids of harmonic geometries. They are here to inspire you to devote yourself to the main purpose of life:

PERSONAL & GLOBAL HARMONY.



22 - Embracing the Great Awakening - 2010

At this time of global Now, we all feel that we are witnessing and co-creating a very unique moment of collective evolution: the transformation into a higher frequency of human consciousness. We live at the historical time of the GREAT AWAKENING: humankind (yes the 8 billion of us) is called to break way from the cocoon of babyhood and co-create, as a united species, an enlightened world civilization. We are called to demonstrate that we can live in Peace among ourselves, with nature and with other levels of intelligence in the vast universe.

Many beings of light, both visible & invisible, have come to role model & share with us ways of love and compassion. Many teachings, signs, resources & solutions have provided an enormous support to help us move up the consciousness ladder. Now it is up to us to gather our spiritual courage, to fully support the new cosmic-level creative, enlightened leaders emerging in the young generations and, together, to re-invent and implement, from a grass-root level, new conditions of life on Earth whereby we honor & respect each other as incarnated souls.

This means daring to break away from the controlling & numbing power of established institutions and creating world conditions for meeting the basic needs of every human woman, man and child. This means re-designing and installing eco-friendly economies & technologies that respect the living Mother Earth and give her a chance to rejuvenate herself and us along. This means establishing creative systems of sharing material, intellectual, cultural & spiritual resources as “commons” of humanity. This means that all the inventive power that was going into supporting individualistic ego-based and elite-based systems of living (“how to compete against others and win”) is being re-directed into supporting the next larger whole system (“how can I work with others to improve the quality of life in my neighborhood, my community, my nation, the world?”)

Then a magnificent Renaissance of humanity, as a collective of cosmic citizens, will blossom and send rainbows to all the realms & dimensions of the cosmos. As we ascend in consciousness, we are called to take our due place within the community of galactic civilizations.

This is the cosmic wish & hope
that the StarWheel Mandalas are offering you.

“Humanity, our child, is growing well.
We are holding Earth in the galactic Cup of Light”.

23 - Raw Spirit Festival

Promotion poster for the Sedona Raw Spirit Festival at Poco Diablo Resort

24 - The Bhakti / Shakti Fests

25 - Frog Yoga in Bali

2012

26 - Green School Bali

“Green School Bali opened in September 2008. Since then it has become a beacon for the future of education, with a growing community of Green Schools opening around the world. Green School’s mission is to create a global community of learners, making *our* world sustainable.

Our ‘living’ curriculum educates for sustainability through community-integrated, entrepreneurial learning, in a natural environment. We strive to champion a new model of education that nurtures the whole child, giving them agency in their own lives and learning, so that they can thrive with purpose in our ever-changing world.”

27 - Yoga Manifesto - 2015

The Global Reach of Yoga

Yoga, in the last two decades, has expanded into an international phenomenon bringing much needed relaxation practices to offset the increased stress of modern life styles, especially in the Western countries.

Moreover, Yoga, being in essence a **comprehensive way of life**, offers a lot more than just body-based toning practices: beyond the immediate benefits of relaxation, Yoga brings in Breath work (the many *Pranayama* techniques that activate and regulate the circulation of *Prana* or Life-force), an understanding of and access to the **energetic body** of vibrational medicine, and time-honored practices to prepare for **meditation,** contemplation and higher states of **expanded consciousness**.

Yoga is fast becoming the global vehicle needed to convey to humanity, in a **non-denominational way**, the direct experience of the new global spirituality emerging out of the old religions. No more blind beliefs but **personal experience**. Yoga also brings deep awareness to the new conscious, healthy, healing life styles emerging out of the eco-organic approaches to diet & nutrition, mindfulness of emotions - thoughts - actions, and a **benevolent compassionate relationship** to nature, each other, the universe and the Greater Self.

Padma-Lotus Anjali Mudra (with passion flower)

Global Yoga Manifesto

Yoga is becoming a stage and a way for our global awakening. Not just the stress-relief and disease-prevention gifts of body-based yoga – although this is dearly needed… but the yoga that stops the fluctuations of the mind and initiates the **no-mind**; the yoga of preparing for meditation - which is the true purpose of yoga...

• The **yoga of the pulsing fields of light**, the yoga of the **luminous cosmos** where we are Home - chanting, dancing, playing and celebrating life, nature, the universe, existence, ourselves and each other...

• The **yoga of vibrating in the joy of being love** itself; the yoga of enjoying sudden inner smiles and bursts of belly laughing; the yoga of bowing in *Namaste* admiration at the unique beauty of each human being; the yoga of sheer delight at the marvels of mother earth's landscapes, seascapes, rainforests, sunrises and sunsets and the fabulous family of plants and animals surrounding us...

• The **yoga of wonder & awe** at the infinite holography of each gesture, word, feeling and moment we embrace totally; the yoga of entering deeper into *asanas*, *mantras*, *mandalas* and symbols - old and new;

• The yoga of tracking and savoring the ***kundalini* currents** of energy tingling, tickling and shivering in our pranic bodies…

• The yoga of stretching into the fields of dancing rainbow lights and into the **golden relationship** of having so many friends as our Beloved;

• The yoga of **bowing in gratefulness** and offering dancing thanks for being divinely conscious in these human bodies here-now;

• The yoga of ***kirtan*-chanting** together, in call and response, the creative sounds of the universe and the harmonic frequencies sustaining life...

• The **yoga of knowing that each drop is whole** and complete in this **Ocean of Self**; the yoga of remembering that we are beings of pure bliss visiting this human *leela* playground and entering the medicine wheel of Mother Earth;

• The yoga of sharing that bliss globally by **co-creating a civilization of happiness for all of humanity**, a new era of respect for all of nature and a common tuning of oneness with all beings in all realms.

28 - Earth Yoga Festival

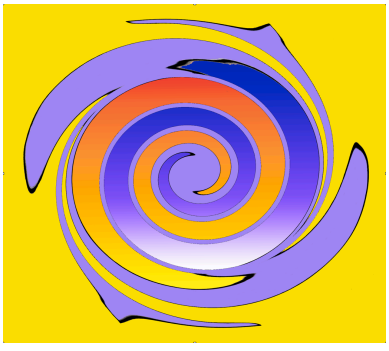
Humanity is now on a global pilgrimage to the sacred site of a **new civilization.** No more sealed borders, square ego boxes, hypocritical dogmas, massive brain-washing & body-junking: we know better now…

A New **Economics of Redistribution** based on *the-more-we-give-the-more-we-receive* principle... A **New Education** showcasing Peace, Yoga, Meditation, Sustainability, Conflict Resolution and Compassion... Co-creative Children, Teenage and Community Neighborhood Centers… Medical Care for all… **True Medicine** replacing the greed-based medical / pharma industries… **Green Energy** Systems… Paid Maternity, Sickness and Holiday leaves… Restorative Justice… Multi-racial and multi-cultural Diversity & Richness… Supportive Retirement… A new regional community-based politics with a global council of wise women &men overseeing the international affairs... An **open sky** free of chem-trail showers and weather engineering…

An **open earth** with fields of abundant, organic crops pollinated by humming bees... Clear, crystalline waters… Sweet farmlands of harmonic, smiling permaculture… Vibrant children running around, laughing, singing and playing the magic games of Life... Abundance and **Loving Respect** for all humanity…

A gigantic Earth Yoga Festival is awaiting us…. Want to join?

Prepare yourself as the cosmic music instrument that you are. Use whatever aspect of yoga is coming your way and JOIN the CELEBRATION…
Yoga is the **Earth-Cosmos connection** with the vast universe: it encompasses many ways of transformation, evolution and expansion - ancient, current and future... The Yoga Festival starts with YOU as a cosmic yogi / yogini, integral part of a human family of happy beings connecting Earth and Sky, holding hands with each other and turning their life into **radiant flowers sharing the many fragrances of pure love for no reason…**



29 - A Yoga's Who's Who

All of us:

• **Who have found themselves peering at Life** from an individual body of a certain skin color, speaking a peculiar language, behaving in particular ways and partnering with a mind seemingly made of many layers and oftentimes speaking with contradictory voices…

• **Who seek, question** and are asking themselves… What am I doing here? What is going on? Who is this person I was told to call "me"? Am I just some body, the child of my parents, with a "name", a "job" and maybe a family or even a house? And then for how long?
And what am I really supposed to do with my life? I do not even recall being asked if I wanted to come here? Do you?

• **Who, in a beam of grace**, have taken a flight above their living instrument of the body-emotion-mind and, for a moment, have become the soul-bird watching themselves from on high… blissfully free from our current dramas and seeing how small our fears, ambitions, goals, concepts… really are…
Rising on the ladder of frequencies, we wonder how far does it go? Is it the beginning of infinity? And am I returning home? How do I proceed?

• **Who have wondered**, in tentative or rebellious ways, if and how they can free themselves from the conditionings of their upbringing: the beliefs of the religion hammered unto them, the rules & regulations of their caste, tribe, family, nation…, the value systems of their peers, the likes-dislikes of their culture, the programmed promptings of their reactive mind, the imprinted memories of their recent & ancestral past, the codes of their genetic heritage…
What or Who continues to stay when all the layers are progressively erased? Is there a center of permanence beyond this stage in space & time? What is this consciousness they speak about?

• **Who have had *Aahh Oohh* glimpses**, inspirational or revelatory, that there is much more to Life than its daily routine: a sky of light bursting open in our head, an ocean of love pouring in our heart, the sudden immersion in universal oneness, a rush of fire in our spine, a dream that seems more real than physical reality, a timeless & unconditional love affair, a flight of empowerment into being the co-creator of the universe, the gift of an ocean sunset or the opening of a lotus flower, the spontaneous embrace of a child…

• Who are longing, yearning for a deeper fulfillment extracting them from the market place's endless pursuit of relationships, success & failure, pleasure & pain… Who am I? What is my real identity, beyond the social masks & persona-lities? Am I playing a game of hide-and-seek with myself and running away from my true nature? Am I afraid, maybe terrified, of facing myself as infinite? Am I addicted to the security of smallness?

• **Who look for practical ways**, techniques & practices, to help us become love buddies with the body-mind and regain a cosmic perspective… sometimes realizing: can I even grasp it from within this human instrument?
Do I even have a beginning and an end or could it be that I have I always been?

• **Who feel: what if I contain the entire universe?** What if I am part of the Source of it all? How will that change my human life, here and now? How will that change my relationship to others, to society, to nature, to this body-mind i am managing? What is the Yoga of it?

All of you…
all of us…
WELCOME!

Okan Caliskan – Pixaby (retouched)

30 - Yoga & Community

Celebrating together, in multi-sensory ceremonies, the Dance of Life has been the traditional way ancient cultures affirmed and nurtured their family bond to the cosmos. An innate and spontaneous feeling of belongingness to the universal divine shaped our ancestors' s life and kept a smile of inner happiness in their hearts.

Upon the impact of westernization & the globalization of our current modern, science-based worldview, long-established self-contained cultures disappeared to be replaced by the cult of individuality. In the process, "community" has been uprooted and supplanted by "society". The sense of living within a loving, harmonious, divine and benevolent universe (a "cosmos") has been progressively eroded and the only accepted reference frames or worldviews now offered peoples of the Earth are narrowed down to an odd gamut of man-based and mind-based belief systems, all a far cry from being truly "universal", in the sense of encompassing all aspects of nature, life and consciousness. Contrary to its claims, the peak of science, the cosmology of the Big Bang, is proving to be only a myth among others.

Yoga, an art & technology of unification and universalization, was re-discovered and re-created in India in the early 20th century by visionaries such as Krishnamacharya. Yoga, suddenly, is now exploding in Western countries and embraced all over the world. Why? Obviously, it contains a global medicine of oneness dearly needed to heal the global disease of separation, stress and emotional & spiritual estrangement experienced by peoples of the Earth, specially those living in these society's strongholds called "cities" (small & large), within cubic boxes called "houses" or "apartments".

Yoga goes directly to the root of the dis-ease by totally by-passing the mind and its ever-changing movie-clouds. Yoga is "cessation of the mind", as defined by the classical author Patanjali. Yoga looks at the sun between the clouds: the cosmic sun or light embodied deep in the energy flows of the human body. Yoga directly changes the physiological (quantum, chemical, molecular, cellular, organic), emotional, mental & spiritual energy fields of the practitioner. It kindles directly the two cosmic pulses weaving the human nature: Sun & Moon, Yin & Yang, Shiva & Shakti...

At this fundamental level, Yoga is the cosmic medicine of the contemporary world.

As a result, the "Yoga mat" has, interestingly enough, become the contemporary sacred temple ground and healing table of the world. The Yoga mat is the new magic carpet: together a prop, a map, a symbol, a partner and an invitation to meet oneself as the ultimate partner. However, the Yoga mat can and has also become a prison enclosing spiritual ego and subtle forms of separation from other brothers & sisters who are not "yogis" or "yoginis". Short of conscious honesty, a new aristocracy is easily born: such are the traps of Maya...

We are now facing the call to bridge over and graduate from the yoga mat practices of individual union with the cosmos: they have served us so well and will continue to serve us and others but we now need to practice them in a progressively larger context. It is global time to start exploring community practices of union with the cosmos. We are all called upon to open up traditional yoga and expand it into the magical combination of individuals called "community", "family", "tribe", "team" or "pod"... The way was shown by yoga leaders such as Seane Corn: "go off the mat and into the world". First, know yourself, then know yourself as the others, as nature, as life and as the cosmos in your glorious divine infinity.

This is where Partner Yoga and AcroYoga come in as perfectly timed global practices. They offer a connection working both ways: • Yoga practitioners can explore fun ways to reach out to group awareness and community re-building. • People unfamiliar with Yoga can experiment with partner and group situations of co-creation, togetherness and oneness. In balance, they meet.

In both cases, it takes an open mind and heart and the wonder of a child to walk & dance in this unexplored consciousness landscape between individual territory and collective common ground. This is where the future of human consciousness is being played. This is where Yoga and Community meet. This is where Partner Yoga and AcroYoga provide a bridge of grace & hope.

A moment of Global Change
is protected and nurtured by Community Celebration

31 - The Play of Acro Yoga

I was instantly in love with Acro-Yoga when i first discovered it at a Raw Spirit Festival in Prescott, AZ. Fascinated by this new modality of "flying", looking like celestial choreography to my artist's eye, i asked for a try and got my first acro flight in the geodesic dome of Healing Arts. I have been acro-yoga smiling ever since...
Now, a few years later, i know that this wonderful & world-timely practice has to be shared with the entire world, starting with schools, families and communities. It certainly has entered my personal, social & community life and i derive a lot more joy acro flying with friends that sitting around "talking"... And it will be a main immersion activity in the International School i envision...

Founded in 2006 by Jason Nemer and Jenny Sauer-Klein, AcroYoga is an emerging global synthesis of partner yoga, acrobatics, Thai Massage and community building. In the words of the 2013 AcroYoga Manual (subtitled "Partner Practices for Global Unity"):

"Acro-Yoga is a community-based practice that encourages personal transformation... Acro-Yoga invites you to experience the full spectrum of your being through opportunities to: give & receive, support & be supported, experience strength & sensitivity. It is a systematic approach to health and healing designed to be accessible to every practitioner. The best part is that it is fun to do and fun to watch. It brings people together the old-fashioned way, through human connection, touch and play."

With thousands of teachers worldwide, Acro-Yoga is now a global practice growing by leaps & bounds. AcroYoga.org is offering three types of learning "immersions": Elemental (an overall introduction), Lunar (with emphasis on the therapeutic aspect of massage), and Solar (more advanced acrobatic balances and flows). New editions of the Manual, DVDs, vids & apps make Acro-Yoga available to everyone willing to work with a dedicated partner and to practice regularly... Eventually, Acro-Yoga will be part of school curricula and will be a familiar scene in all the public parks around the world, as an expression of divine play and of the rich beauty of human connection.

The particularity of Acro-Yoga, compared to yoga,
is that you cannot practice it by yourself on your mat.
You need to find partners, engage them and learn together.

As a practice, Acro-Yoga is structured as a triangle of awareness:
between a "base" (playing with gravity),
a "flyer" (playing with levity),
and a "spotter" who is the safety person.

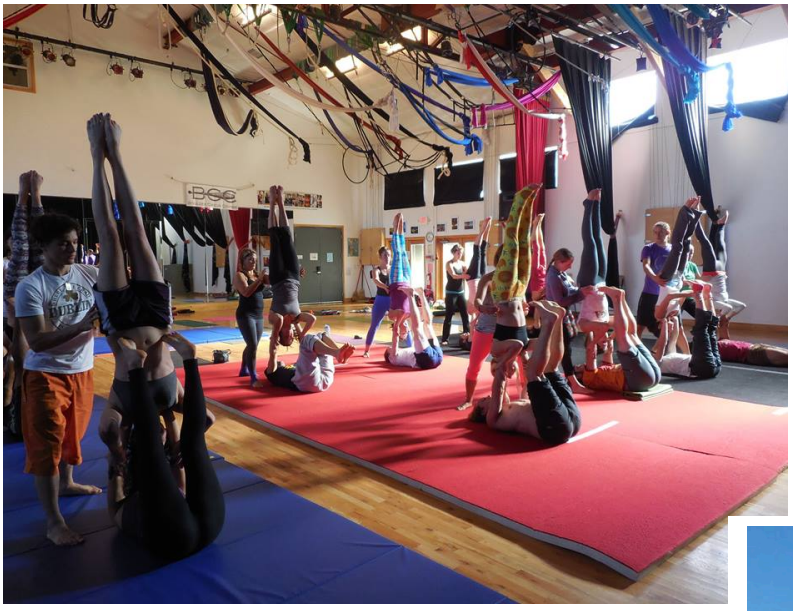
• AcroYoga has the potential to transform humanity from competitive units into fun-loving pods of creative beings learning again how to trust, how to receive and give, how to tumble & laugh and how to bring our human bodies into magnificent dances of harmony and celebration...

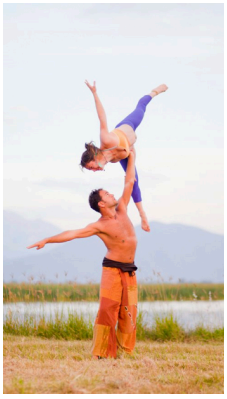
• Acro-Yoga is a direct gift of creative communication from people to people, bypassing all the dogmas, all the teachings and all the fears... Acro-Yoga is finally flying your talk... The beauty of Acro-Yoga is that it is **impossible to practice it alone**, in the corner of your own ego: you need to engage with others on deep levels of **cooperation, support & understanding**; you have to learn how to co-create colorful spaces of non-verbal, playful, enriching interaction, based on the inner wisdom of the body.

• Yogying and flying up in the air is the most liberating meditation i have ever experienced as it opens up moments of deep ecstatic quiet: the mind stops, all usual references of space orientation are lost and a deep joy of exploring new realms is cursing through the body-mind...

• Acro-Yoga is fast becoming a new global life style as it brings a common field of play and a direct encounter experience to people of all cultures & backgrounds - people who would never meet or appreciate each other otherwise.

Group pic at Boulder Acro-Yoga Sol Immersion.

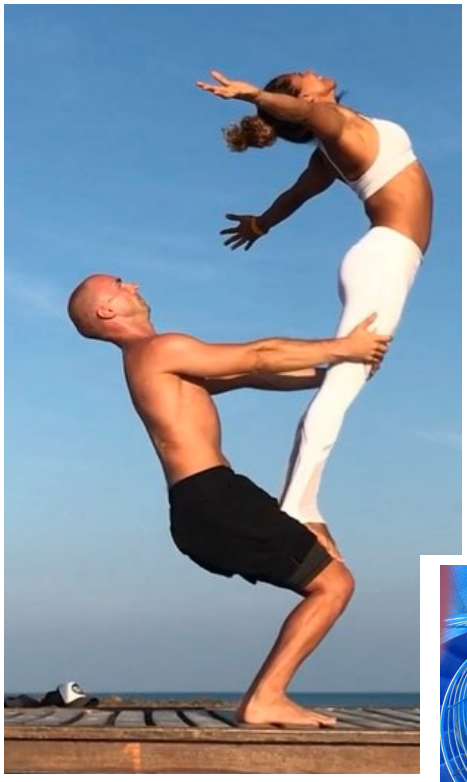


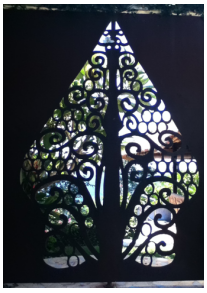


Acro-Yoga in the Surya House.

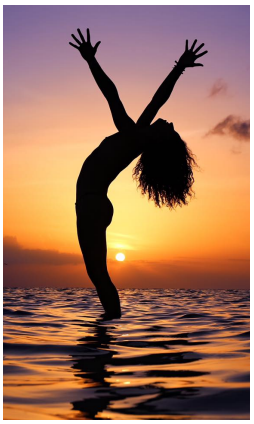
32 - AcroBali

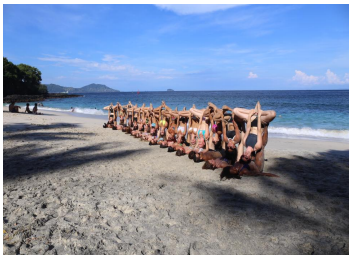
The 2016 **Acro-Vinyasa Training** with Claudine & Honza Lafond took place at the Bloo Lagoon Resort in Padangbai, Bali. Bloo Lagoon was designed by Tony Sutherland, a student of Buckminster Fuller, as a sustainable eco-village founded on the Balinese Hindu ***Tri Hita Karana*** principles – the pursuit of Harmony between humans, with the environment and with the gods.
An extraordinary paradise for sharing the magic of Acro-Yoga.





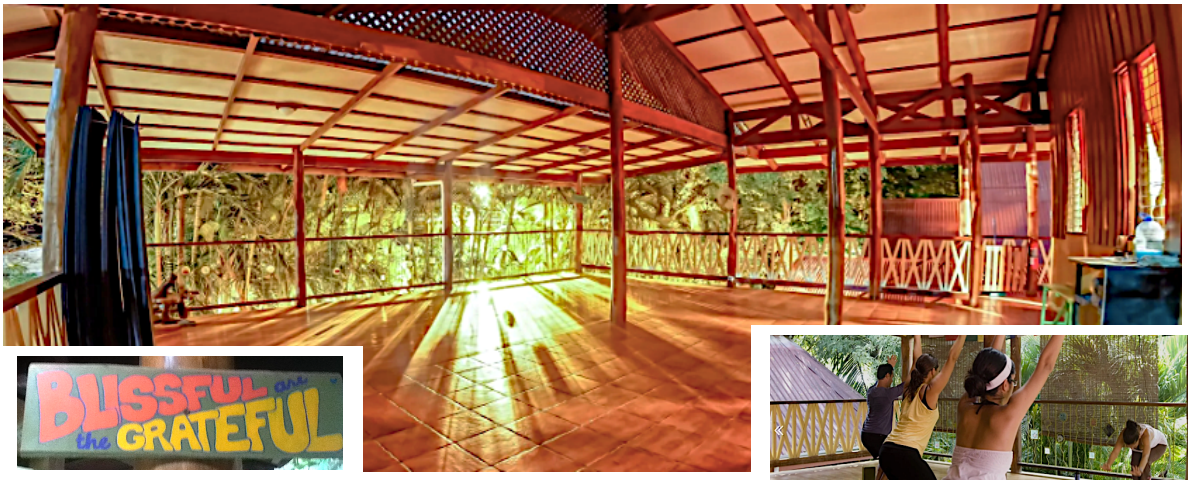
F2F YOGIC SQUAT





33 - Yoga in Costa Rica

Nicoya Peninsula is now a well-established expat location, replete with yoga studios…

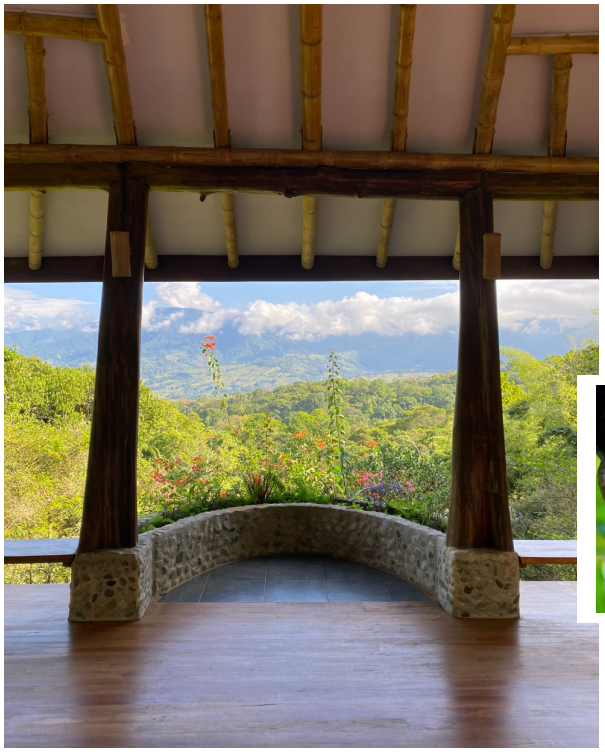


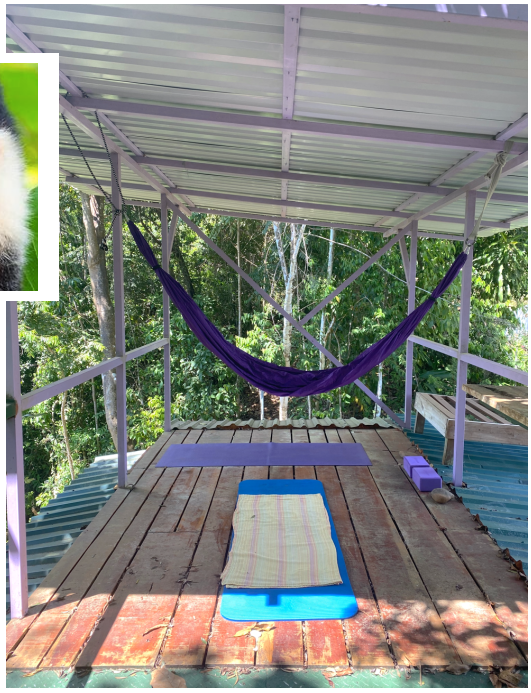
The yoga deck at Casa Zen, Santa Teresa ↑ →

← ↑ Yoga Shala at Anamaya Yoga

Yoga Deck at Rancho Delicioso

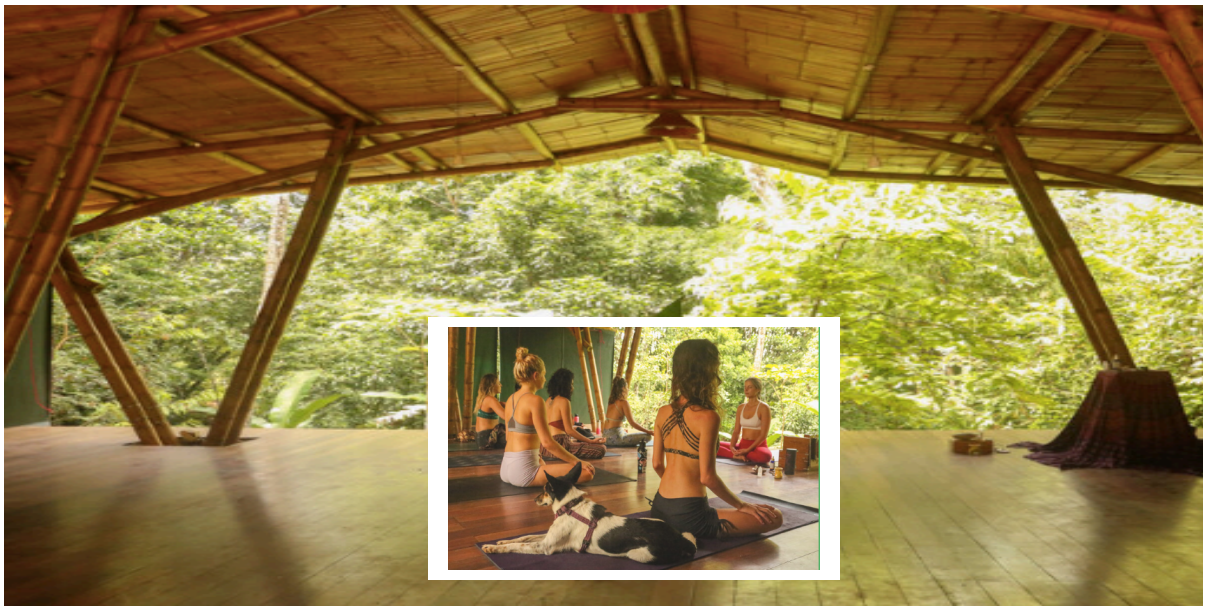
The region surrounding Dominical & Uvita, in the Central Pacific coast, is where we are envisioning to locate the Purna Vida Eco Yoga Retreat & Fruit Farm Finca. Up in the mountains facing the Pacific Ocean…





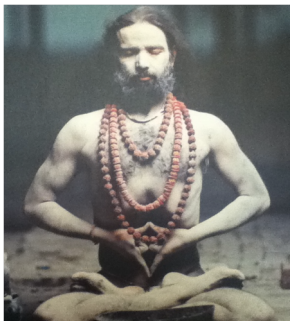
Yoga circle at Danyasa Yoga, Dominical

Private Yoga deck, Platanillo



Yoga Shala at Home Farm - Diamante Valley

34 - Yoga in Rishikesh



35 - Sedona Yoga Fests

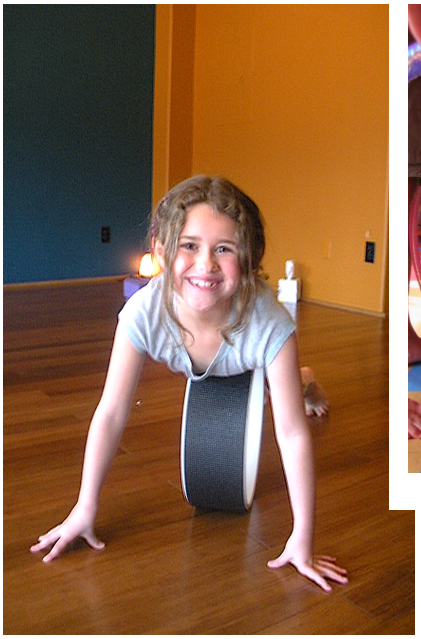
"When feminine principled leaders arise, we will all fall in love. Now is the time to plant the seeds of our own hearts for the fields in which we will dance", says Sheree Heather, the co-founder of the Sedona Yoga Festivals (left).

Yoga in Sedona is boosted with the spiritual power of the location, described as an open-sky sacred temple..

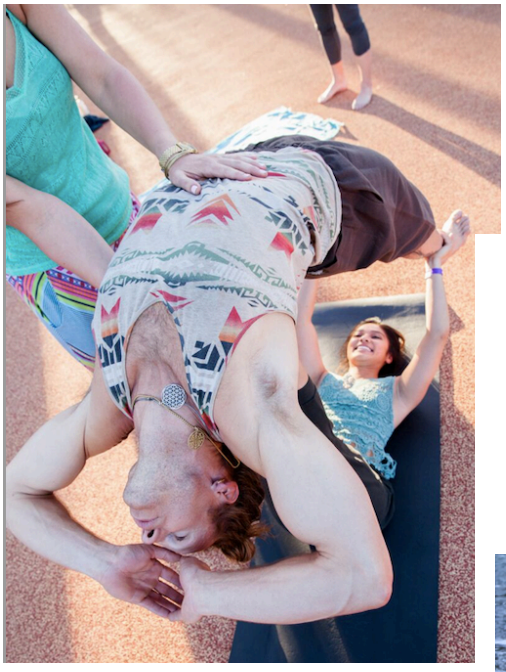
© Danielle Holman

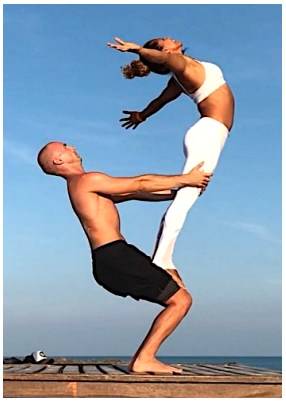
36 - Kids Yoga

↓ ↑ → Pics
by Danielle Holman



37 - Partner Yoga





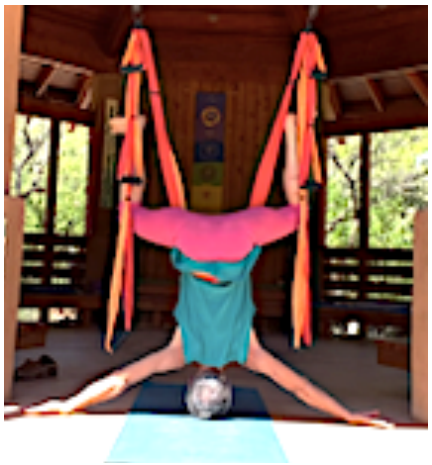
38 - Mandala Yoga

39 - Yoga Props

Amyippoliti.com

40 - Yoga Swing Practice

↑ Yoga Swing in the Peace Garden



↓ Yogatrapezestand.com

→ Yoga swing – Akhanda Ashram

↑ Yogapractice.com

41 - Anjali Yoga Arts

Añjali (Sanskrit *anj* = to honor or celebrate), refers to the cavity formed between the palms by folding the hands together, thus holding a gift to offer up. Namaste Anjali is a global salutation of reverence meaning “I honor the Infinite in you”. Padma Anjali is a gesture of celebration and offering.

Namaste Anjali

Padma Anjali

Anjali Yoga Arts (A.Y.A)
is the Yoga of Life Celebration
Anjali Yoga is an invitation
to Dance the Body of Light
in the Garden of Life

Anjali Yoga is a joyful love affair:
the Human Body is dating the Bliss Body

Anjali Yoga is co-creatively exploring the flows between person, partners and group practices, merging prana kriyas, asanas, acro-yoga flights, kirtans, mandala dances... and silence

Welcome to the Harmonic Beauty
of Blossoming, Blessing and Being.
Celebration Be!

anjali yoga arts
ॐ
with aya

Some of the offerings of Anjali Yoga arts include:

- Private Yoga Classes
- Small Groups & Families
- Yoga Wisdom Coaching
- Community Yoga Classes
- Community Partner & Acro Classes
- The River of Yoga Workshop (week-end)
- The 12 Wisdoms of Yoga (3 hours)
- 1 – 2 – 3 weeks Programs

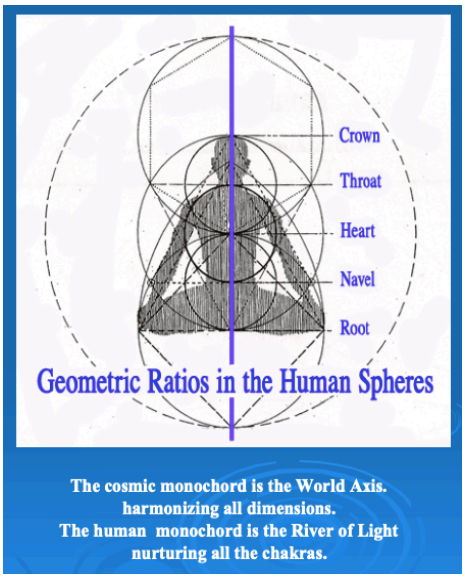
Yoga is fast becoming a global vehicle conveying to humanity, in a non-denominational way, the direct experience of inner awakening… No more blind beliefs & borrowed conditionings but personal direct discovery of how to tune this cosmic instrument to the harmonics of the universe…

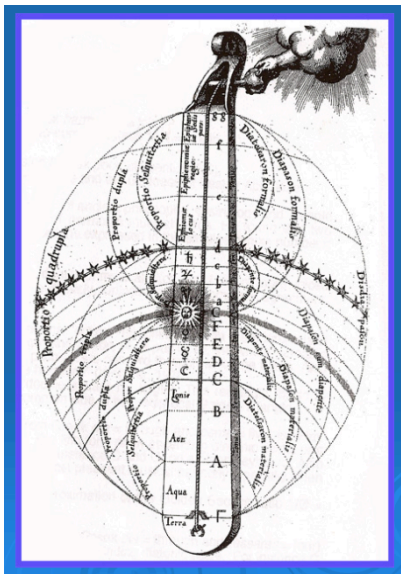
42 - Yoga Class Posters

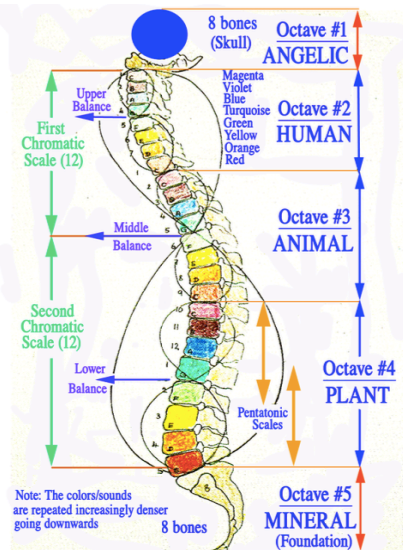
This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all,
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
(Jalaluddin Rumi)

facebook.com#F7ADFF

43 - The Universe is Sound







The **resonant and harmonic qualities** of the musical tones and scales that ancient cultures, in China, India, Egypt or Greece, chose as the foundation of their civilization sustained their cultural order for millennia. Ancient music was first and foremost an expression of the **order of the universe** and was therefore based on the harmonics of the Overtone Series and the corresponding simple geometric ratios of whole numbers.

The **harmonic series and overtones** have been essential knowledge to all ancient musicians seeking "**Just Intonation**". Only recently, in the last 2 centuries, did this natural tuning get superseded by the "equal temperament" system, a convenient yet artificial way of playing music. This "equal temperament" system has progressively alienated modern westernized man from the naturally resonant rhythms of the cosmos and his inner nature.

In the ancient tradition - and discipline - of *musica speculativa*, music was understood as a mirror (Latin = *speculum*) of reality, the best way to understand - and enter - the Cosmos. Penetrating the mysterious pleasure of music was the best initiation to the mysterious beauty of human life, nature and the universe. Music was a cosmological, mystical path.

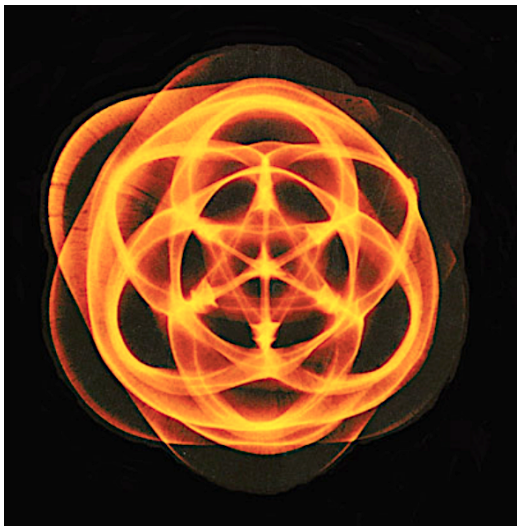
On the spiritual path, the **intelligence of the ear** (with its sophisticated ability to capture microtones over 10 octaves - whether inner or outer sounds), together with the **intelligence of the heart** were the intimate pathways to spiritual wisdom. This preeminence of sounds / tones (as guiding signals) and of hearing / listening (as an essential practice of life) has been largely lost in our times due to the usurping takeover of the eye - a sense that mostly captures external shapes & data – but the practices of modulating pure vowel sounds, intoning sacred chants of all traditions and experimenting with vocal overtones are re-connecting humanity with its collective soul…

//i.ytimg.com

"Nada Brahma" keeps shouting the Vedic-Hindu wisdom ("The universe is Sound").

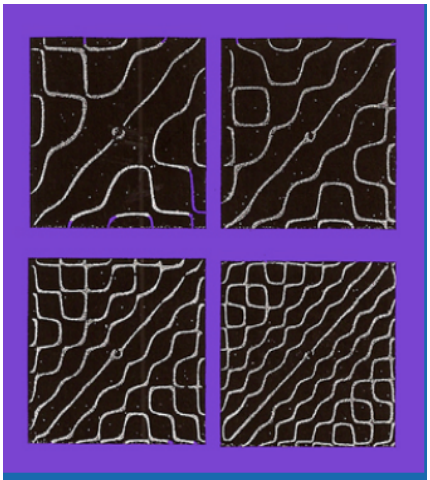
All wisdom traditions state: the teleological Omega Point is Oneness, the Source of Harmony. The universe creates & transmits harmony through the resonant musical cascades of the Overtone Series and, within it, through the even more perfect chords of the Golden Ratio & Fibonacci Series...

44 - Cymatics



One of the favorites parts of the Sacred Geometry Workshop is the class on Cymatics.
Cymatics (Greek *kuma* = wave) is the study of wave-forms in fluid materials, as they are created and modulated by sound frequencies.
The word was coined by Swiss 'Renaissance Man' artists-scientist Dr. Hans Jenny (1904-1972) who carried extensive and well documented research into these phenomena. He published the results of his investigations along with his own insights in two books: Cymatics I (1967) and Cymatics II (1972).
The relationship between frequencies and forms is a fascinating subject because it can demonstrate visually the dynamic process of Sacred Geometry - especially in the domain of pure geometric music ratios.

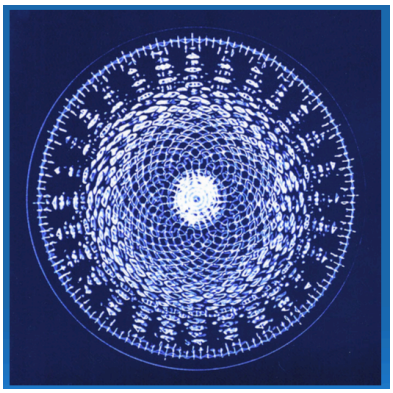
Specific materials subjected to specific frequencies will assume specific shapes. A given form can only be created by a given frequency. Physical forms respond directly to frequencies - and so does the entire fabric of physical "reality". Lawrence Blair in his Rhythms of Vision (1975) notes: "The intriguing point about Cymatics is that 'inorganic' matter vibrated simply with sounds produces 'organic' shapes."

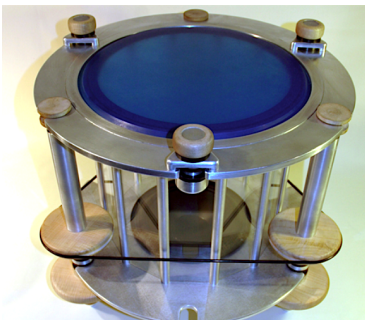


Quartz sand vibrated by a crystal oscillator. The pattern becomes more elaborate as the sound frequencies rise higher:

1,690 Hz 2,500 Hz
4,820 Hz 77,800 Hz

In Cymatics, the dynamics of chaos and order manifests as the dance of the foreground and the background.
The runnels of sand that we see are the "dead" spots where sand has collected, while the dynamic "life" of the frequency vibrates in between the runnels. The visible pattern is the complementary "shadow" of the "real" invisible vibration. As quantum physics points out: what appears to be solid form is actually under-woven by wave fields.
The grains of sand or lycopodium "take refuge" on the spots where the plate is not or less vibrating: there, they congregate and form visible patterns & shapes, as standing waves. In a sense, visible forms are like vibrational cemeteries or dumping grounds of slower waves waiting to be sucked again into the eye of the next larger dynamic vortex.





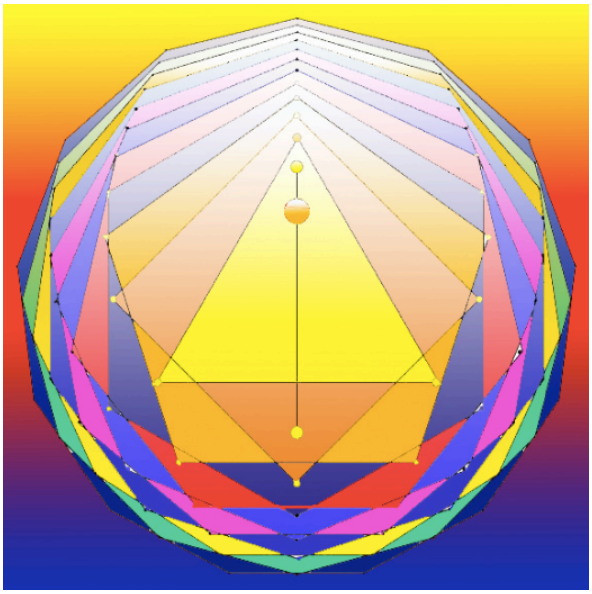
↑ A water-based cymatic pattern.
← The Tonoscope used at the School of Sacred Geometry.
A computerized Cymascope →

45 - Harmonics & Overtones

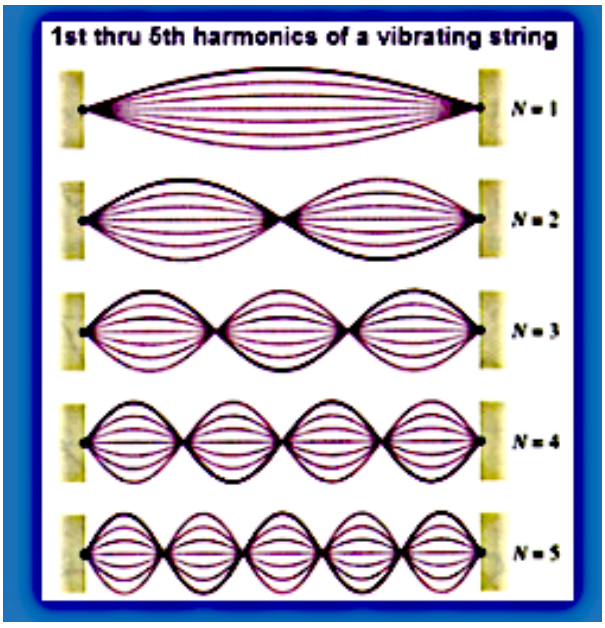
How does one know music? Through **harmonics**. Early enough, all sacred cultures around the world heard and recorded what is now called the **Overtone Series**, the natural "quantized" organization of sound waves transference. The prevalent diatonic musical scale, with its main chords of the fifth and the fourth, became the human-made reflection of this infinite Overtone Series.

The Overtone Series really is a cosmological code of harmonic ratios reflecting the dynamics of the cosmos, from atomic quanta to galactic super-clusters. It is a cosmic language of **vibrational information**. All early civilizations were founded on their own version of this primordial scale of musical harmonics and this was sacred knowledge to them, encoded in their musical instruments, monuments, astronomy, calendar and ceremonies. All these ancient musical systems "instinctively" go back to the few archetypal ratios of whole numbers that create the full consonance of the octave (1:2) or the near-consonance of the fifth (3:2) and the fourth (3:4). This is live Sacred Geometry or Sacred Harmonics.

Pythagoras experimenting with harmonics



Polygon nesting as a geometrical harmonic series



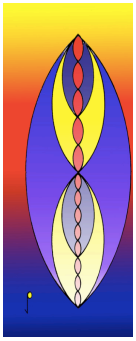
tips for chanting overtones:

• Practice # 1 - Take a deep breath and slowly move your lips between the "Eeee" and "Uuuu" vowel sounds. You may already hear some faint overtones. Keep practicing...

• Practice # 2 – Experiment with curling your tongue and placing it near the roof of your mouth (palate), but not pressing. This is like a soft *Kechari Mudra* in Yoga. Build practice (and tongue muscles)... Feel the delicate softness of the palate as a resonating chamber...

• Practice #3 – Now, combine #1 and #2. Chant "Eeee" – "Uuuu" by moving your lips and, at the same time, slowly move the tongue back and forth, sliding it against your palate. You will create your first overtone. Now, just practice and experiment... No tension - this is creative play...

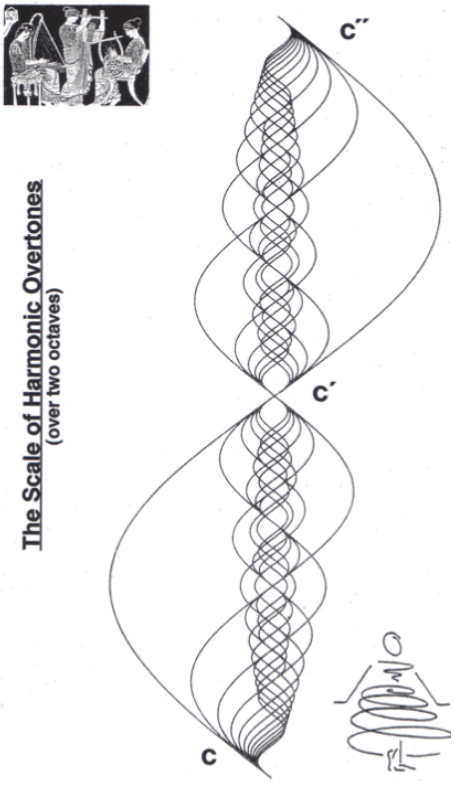
• Go *very slow*. Re-train your mouth & tongue muscles to move with *conscious slowness*. Learn to *listen within* to very subtle overtone modulations. Hold your best overtones and *feel* them...



StarWheel #108 “Creation Ovum”
Keyword *Resonance*

This StarWheel shows the fundamental musical scale harmonics – refolded unto themselves to form a **golden fractal symmetry:** the egg-shaped sine wave.

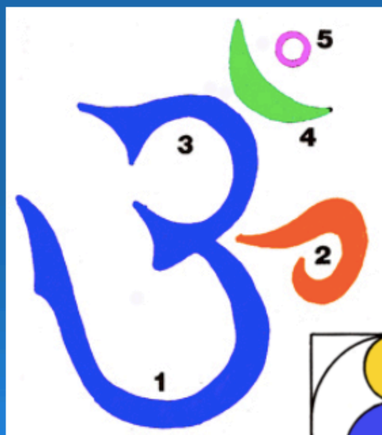
Hearing Music is listening
to the Void between sounds
Creating Life is opening
to the emptiness between actions
The Egg of Creation
contains the primordial cosmic sound
This tonal harmonic family bridges the worlds

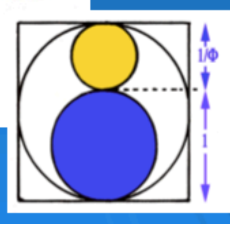


46 - Om, Mantras & Kirtan

In the Hindu tradition, OM is the Seed-Sound that preceded the universe (*bija mantra*). It is the root sound (*mula mantra*), the cosmic pulse vibration that holds together all the atoms/quanta of creation. OM is the Mother of Mantras (*mantra matrika*): the first of all the creative spells spoken by the Great Goddess to birth the universe into being.

The visual Symbol





<u>OM has 5 components merged in one unit:</u>

1. **Lower loop: material world. *Waking state.***
2. **Small loop on right: mental world. *Dream State.***
3. **Upper loop: unconscious world. *Deep sleep.***
4. **Semi-circle or Crescent: it is wide open, like an offering bowl raised to the Infinite (the point) and a bridge between the physical & spiritual aspects of consciousness.**
5. **The Point or Dot: this represents Absolute Consciousness. That which is illuminating and revealing all the rest. Merging with the Dot is *turiya*, the fourth state, i.e. illumination.**

Note the crescent + dot as symbols of the Moon + Sun.

← Note the similarity between OM and the *Arbelos*. The *Arbelos* embodies the PHI ratio in its 2 circles.

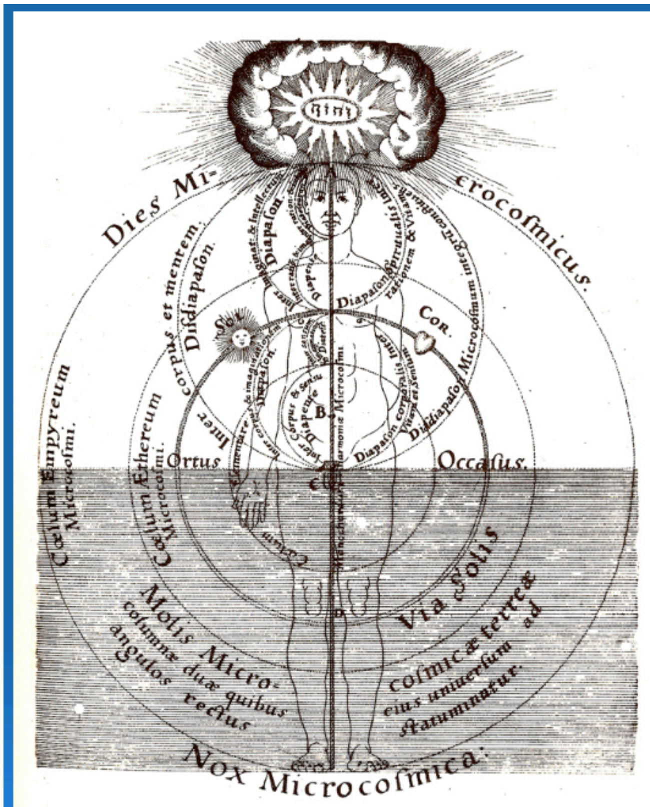
the gayatri mantra (illumination)

Om Bhur Bhuvah Svaha
Tat Savitur Varenyam
Bhargo Devasya Dhimayi
Dhiyo Yonah Prachodayat

Bhur: earth **Bhuvah**: atmosphere
Svaha: sky
Tat: that **Savitur**: sun **Varenyam**: great
Bharga: radiance **Dhimayi:** meditate
DhiyoYonah: understanding
Prachodayat: drive forward

We meditate on the Glory of the Light illuminating the 3 Worlds. May that Divine Light inspire our understanding.

The Gayatri is often chanted as a *kirtan* or call-and-response devotional sound immersion.



"*The diapason closing full in Man*". Robert Fludd.
***Utriusque Cosmi Maioris*, II, a,1. 1619**

The macro-cosmic music in the human being.
Robert Fludd - 1619

47 - The 7 Principles of Leonardo Da Vinci

Being a Renaissance Human in the 21st century:
a Self-Education Program applying Seven Sacred Principles.

What is a Renaissance Human?

In the westernized global culture, a 'Renaissance Man/Woman' is a person who is familiar with many different areas of knowledge and wisdom. The term *polymath* is a synonym for Renaissance Man (Greek: πολυμαθής, *polymathēs*, "having learned much"). A Renaissance Human is thus a person who can draw upon a variety of fields of information or expertise (sciences as well as arts, crafts as well as wisdom) to gain a larger understanding of themselves, of a situation or the best solution to specific challenges.

Historically, the term is often used to describe great thinkers and artists of the Renaissance age who excelled at several fields in science and the arts, Leonardo da Vinci (1452 - 1519) being the outstanding example.

"In the Italian Renaissance, the idea of the polymath was expressed by Leon Battista Alberti (1404–1472), in the statement that 'a man can do all things if he will'. Embodying a basic tenet of Renaissance humanism that humans are limitless in their capacity for development, the concept led to the notion that people should embrace all knowledge and develop their capacities as fully as possible." (Wikipedia)

Albert Einstein or James lovelock are often cited as contemporary examples.

NOW THE REAL QUESTION: is a Renaissance person the ultimate achievement of human life? The answer is an emphatic NO! Why, you may ask?

Being knowledgeable in all fields of human knowledge - supposing this is even possible nowadays - is only a tiny fragment of the infinite evolutionary potential of human consciousness and humanity. Consider the ultimate achievement in the Eastern cultures: ENLIGHTENMENT - which is a total letting go of the very idea of achievement and of the ego of the achiever. In fact, the enlightenment traditions consider the human mind and its endless games as an obstacle to even glimpse the states of higher, pure consciousness. All yogas are practices to bring about the cessation of the fluctuations of the mind (*"monkey mind"*): they are techniques to let go of the wide-spread contemporary addiction to the human ego-mind and to the "half-job" of being exclusively outwardly oriented in our perceptions, thoughts and actions while completely ignoring the other half (if not the other 99%): the inner dimensions of consciousness.

See the new page on Enlightenment IF you still strive to become a polymathic Renaissance Man/Woman - and be recognized as such in your own mind and the cultured minds of others. And so, it appears that a radical choice might have to be made between being a Renaissance person and flowering into enlightenment. This is true for most and maybe just about all of us...

But it is not necessarily so: Osho (Baghwan Rajneesh) was a fully enlightened polymath Renaissance man, an extraordinary example of the unfolding possibilities of consciousness in humanity. While an outstanding intellect (a maverick academic defeating opponents all over India in debating contests - and having screened 100,000 books through his photographic memory), he also entered enlightenment at the age of 21, spending the rest of his short life of 59 years to transmit and explain the *un-explainable* (in over 600 books of spontaneous discourses / darshans and the shakti of his buddha-field). In his extraordinary life and through the global impact of the communes of Poona and Rahneeshpuram (in Oregon), Osho inspired millions to go beyond all established spiritual systems & religions and enact directly the famous yoga advocated by the Buddha on his death bed: "Apo Dheepo Bhava" - "Be a Light unto Yourself!" Nobody else can give it to you!

In this article, we are focusing on the Renaissance Man/Woman unfolding the potential of the human mind. The potential of consciousness as accessible

by human beings and culminating in enlightenment is a whole different evolutionary story, addressed on the page on Enlightenment.

What was the Renaissance ideal of Education?

Many notable polymaths lived during the Renaissance period, a cultural movement that spanned roughly the 14th through to the 17th century and that began in Italy in the late Middle Ages and later spread to the rest of Europe._

In Renaissance Italy, the concept of a polymath was expressed by one of its most accomplished representatives, Leon Battista Alberti (1404–1472), in the statement that "a man can do all things if he will." Embodying a basic tenet of Renaissance humanism that humans are limitless in their capacity for development, the concept led to the notion that people should embrace all knowledge and develop their capacities as fully as possible.

According to Wikipedia, "These polymaths had a rounded approach to education that reflected the ideals of the humanists of the time. A gentleman of that era was expected to speak several languages, play a musical instrument, write poetry, and so on, thus fulfilling the Renaissance ideal. The idea of a universal education was essential to achieving polymath ability, hence the word *university* was used to describe a seat of learning. At this time universities did not specialize in specific areas but rather trained students in a **broad array of science, philosophy, and theology**. This universal education gave them a grounding from which they could continue into apprenticeship toward becoming a *Master* of a specific field."

The Renaissance education was the blossoming of the classical education of the Middle Ages and antiquity which was based on a curriculum called the **Seven Liberal Arts**, comprising the *Trivium* (made up of language skills: grammar, logic, and rhetoric) followed by the *Quadrivium* (or four essential and interrelated subjects of *arithmetic*, *geometry*, *music*, and *cosmology*). The Quadrivium is often explained as the study of Numbers, Numbers in Space, Numbers in Time (musical harmony), and Numbers in Space-Time.

Why we need Global Renaissance Humans NOW

We are now entering a new Renaissance time, not localized in a single country or a continent but globalized to the entire planet and all of humanity. In this 21st century times of global communication, fast consciousness expansion and exponential growth of information, data and concerns, it is an essential priority to be able to enlarge our perspectives on all subjects and have a *Global Renaissance* viewpoint - so we can raise above the oftentimes

narrow-minded point of view of the specialist who is, by definition, trained to ignore the larger or more universal view. A Global Renaissance Human is an ***informed generalist*** **or** ***universalist*** capable of a "bird's eye view" on any situation, project or policy - not because he is ignorant of the details but because he went through all the details himself and now can see the possibility of a higher, larger synthesis that will bring the best possible win-win solution for all parties involved and bring the most cooperative harmony on the largest scale.

The American Indians use the device of their *Medicine Wheel* to teach people how to walk into the *mocassins* of everybody involved in the circle - that is how to see and understand the personal perspective of each participant, *as if standing in their own shoes.* Then, and only then, is a person accepted as "wise", because they are like reborn after one turn of the spiral and thus enriched with the global or collective wisdom of all.

Nowadays, it is essential to be able to make decisions (personally and globally) that take into account all the directions around the Medicine Wheel of life & nature. It is essential to acquire, maintain and expand an **encompassing awareness** based on an extensive knowledge of the orchestra of life. A Global Renaissance Human functions on a *meta-system* level where it is possible to coordinate the disparate elements of sub-systems or previous fragmented approaches.

The Basic Principles of a Global Renaissance Human

As examplified by the life and work of da Vinci, we can point to basic approaches to learning that are best conducive to attain this ideal of the Renaissance education updated & adapted to our times. These approaches are choices of perception, thought and action leading to an optimum management of physical, emotional, psycho-mental, social and spiritual behavior.

Many revived ancient disciplines, arts and techniques as well as numerous new ways are now available to support an on-going and efficient training to become Global Renaissance Humans.

We give below a few pointers, as inspired by the life and spirit of Leonardo da Vinci. *(Da Vinci quotes are in bold).*

1. WONDER & CURIOSITY

Curiosity is basically an openness to anything unknown or new. Wonder is the ability to be so much in the moment of here-now that anything appears as new or imbued with a unique *newness.*

These two attitudes are related: curiosity leads to moments of quiet wonder and wonder calls for more curiosity and validates it.

It is a well-known child development fact that exposing a young child to a great variety of new sensory inputs such as forms, colors, sounds (including languages and music) greatly enhances the ability of the child to grow up with an open-minded attitude towards life, people and themselves. Da Vinci was described by biographers as having an "unquenchable curiosity".

The best wonder-and-curiosity teacher is Nature. Only nature is infinite enough to satisfy the infinite curiosity of a youngster (or a "Renaissance" elder) and feed their sense of wonder. Contact (and renewed contact) with nature is the best classroom available to Global Renaissance Humans. Da Vinci himself spent much time devoted to a keen and penetrating observation of natural phenomena.

• For instance, he carefully noted that leaves were arranged in spiral patterns with a symmetry of five. - this is now the well-established field of *Phyllotaxy* (or study of the geometric arrangement of the elements of a plant or tree) which has culminated in the discovery of the Growth Angle (137.5º, a cognate of the Golden Ratio).

• His depiction of spirals in flowers, in flowing water, in a woman's hair or ocean's waves are coming from a long and precise observation of nature - and are pointing to the current field of vortex physics as pioneered by Viktor Schauberger.

Keeping one's sense of curiosity and wonder alive is a test of consciousness. If things start to feel too familiar or even boring, it is a sign that you live in the past or the future via your mind and are disconnected from "Living in Beauty" in the Now. It is time to stop, shake yourself and find again harmony within - maybe by a visit to the garden or to wild nature... Returning to being a child again and again is a key to growth & continuous learning - then spontaneous laughter is always at hand...

Wonder and curiosity extend to the ability to let go of the fear and embrace the unknown or the unexpected and see them as opportunities and gifts to be opened to find them bubbling with new horizons.

"It should not be hard for you to stop sometimes
and look into the stains of a wall, or ashes of a fire,
or clouds, or mud or like places
in which, if you consider them well,
you may find really marvelous ideas".

2. RESPECT FOR LIFE

In his *Lives of the Artists* (1568), Giorgio Vasari recounts how Leonardo da Vinci was in the habit of purchasing caged birds in the marketplace, holding them in his hand for a moment, and then releasing them to their freedom. In this rough and insensitive times, da Vinci was one of the few men who could not bear to give pain to animals.

"The smallest feline is a masterpiece".

**"As long as men massacre animals, they will kill each other.
the time will come when men such as I
will look upon the murder of animals
as they now look upon the murder of men."**

Da Vinci was extremely sensitive to suffering and cruelty. In a piece that has a prophetic overtone, he wrote about the "cruelty of man":

"Creatures shall be seen upon the earth who will always be fighting one with another with very great losses and frequent deaths on either side. These shall set no bounds to their malice. By their fierce limbs a great number of the trees in the immense forests of the world shall be laid level to the ground..."

Let us remember than da Vinci was a contemporary of Machiavelli, the fierce Florentine politician who advised that the "ends" are justified by forceful "means".

And let us note that, in his personal life style, Da Vinci was a vegetarian, in a time when hunting was a glorious, manly prowess.

3. DIRECT EXPERIENCE

"I have dissected more than ten human bodies... It was necessary to proceed by stages with so many bodies as would render my knowledge complete". Thus explains da Vinci in his notebooks. He was always choosing to look at nature directly - not just through the mind but through a very sharp and trained eye. His eye was like a camera, capable of stopping a bird in flight and carefully note the position of the wing muscles.

This requires the ability to be completely present and aware in the present, like a child oblivious of anything else but his current object of attention.

Da Vinci had made a choice between knowledge from direct experience and knowledge borrowed from the words of others. **"He who has access to the fountain does not go to the water pot"** peremptorily writes da Vinci in his notebooks.

"Wisdom is the daughter of experience"
"Experience is the mother of knowledge".

Da Vinci did not want to merely copy: he wanted to get to the very structure of life, the primordial blueprint. He was always searching for the simplest, primordial, rudimentary forces in man and nature.

“Simplicity is the ultimate sophistication" notes da Vinci.

4. DIVERSITY IN INTERESTS

It is a well-known child development fact that exposing a young child to a great variety of new sensory inputs such as forms, colors, sounds (including languages and music) greatly enhances the ability of the child to grow up with an open-minded attitude towards life, people and themselves.

Never believe that you know anything and can safely settle there. Any fixed or stopped knowledge is dead and already behind the moving river of life. Throughout his entire life, Da Vinci kept excitedly exploring new horizons: painting & paint pigments, mechanical inventions, mathematics & geometry, the dynamics of bird flight, military engineering, theater props, human anatomy, hydraulics, optics... there is no subject he would stay away from. He even was a most talented musician. When he was in Milan, at the court of Ludovico Sforza, there is no project, trivial or grandiose, he would not offer to successfully accomplish - but he did abandon quite a few.

He was actually quite known for procrastinating or even abandoning projects because he had lost interest in them... and his curiosity had moved to another domain or study... He followed the call of his open mind always pointing to new subjects of interest. It seems that there was no field of knowledge or study that da Vinci didn't venture into. Because of this diversity in interests, da Vinci actually pioneered many new fields of conceptual or practical knowledge, sometimes way into the future, as some of his futuristic inventions prove.

Diversity in interests leads to a love for newness and always creating improvements or refinements, small or big. Never being satisfied with the status quo as handed down from the past or the just-acceptable, da Vinci constantly experimented with new painting techniques (creating the famous *sfumato*), new angles of drawing a human face, unusual poses in animals, new machines... Da Vinci had a knack and passion for looking with wonder & curiosity into everything that came in his life, no matter how unimportant or even trivial.

"Life is pretty simple: you do some stuff.
Most fails. Some works.
You do more of what works.
If it works big, others quickly copy it.
Then you do something else.
The trick is doing something else."

5. TRUST YOUR FULL IMAGINATION

Imagination is the faculty to generate "images", that is 3D or holographic animation movies of just about anything. Quite a right-brain gift. It is built-in in every human but nowadays usually atrophies early in life, due to the over-prevalence of the left brain and its utilitarian skills and also due to a mistrust and mislabeling of imagination as "childish" and "fantasy-like". When imagination has been vilipended and shrunk to the trivial advice to "imagine yourself having a big bank account", it is generally too late to regain the rainbow magic of one's own true imagination.

Imagination is a magnificent faculty that has a holographic nature: it brings together many senses into a co-creative oneness, and breaks through dimensions of consciousness. Imagination can and will be cultivated in the future, especially if nurtured in early age, to become an uncanny tool of exploration and reality creation, with a scientific precision. It is then close to the psychic skill of clairvoyance. A fully opened imagination is the entrance to the psycho-spiritual inner vision and co-creation of the Third "Ajna" Eye.

Visualization techniques are now regaining interest. They are generally goal-oriented and thus lack the free exploration inherent in true imagination. But they are a start towards new yogas of visual perception that blur the now obsolete boundary between physical and energetic view-scapes.

Da Vinci belonged to the tribe of inventors, throughout the centuries, who were using their gift of clairvoyant imagination to mock-up, with their inner eye, a 3D draft of their artwork or invention and improve them to the level of maturity where their external birth & expression will be easy and readily functional. Other recent members of that tribe have been Nikola Tesla (the inventor of Alternating Current), Buckminster Fuller (the inventor of the geodesic dome), Donald Coxeter (the pioneer of 3D polyhedra mathematics) and Benoit Mandelbrot (the inventor of fractal mathematics).

"There are three classes of people:
those who SEE;
those who see when they are shown;
and those who do not see."

6. KNOWLEDGE OF THE HARMONIC PROPORTION

In 1509, *"De Divina Proportione"* (The Divine Proportion), by Luca Pacioli, was published in Venice. The subject was mathematical and artistic proportion, especially the mathematics of the Golden Ratio and its applications to geometry, visual art and architecture. Leonardo da Vinci drew 60 illustrations of the polyhedron solids, depicted in both skeletal and solid forms, while he lived with and took mathematics lessons from Pacioli. The clarity of the written material and the precision drawings of da Vinci turned the book into a manual that had a profound influence on the creative talents of the time. Many artists and architects became fluent in the harmonic proportions based on the Golden Ratio. Albrecht Dürer came all the way from Germany to meet with Pacioli around 1507.

Luca Pacioli (1445 - 1517) was an Italian Franciscan friar and the greatest mathematics and geometry teacher of his times. In 1497, he accepted an invitation from Duke Ludovico Sforza to work in Milan. There he met, collaborated with, lived with, and taught mathematics to Leonardo da Vinci. In 1499, Pacioli and Leonardo were forced to flee Milan when Louis XII of France seized the city and drove out their patron. After briefs sojourns in Mantua and Venice, both friends settled in Florence. The last work by Pacioli (*De Viribus Quantitatis* - The Powers of Numbers) was a collaborative project between him and Leonardo da Vinci who entertains in his own notes some of the problems in De Viribus.

The long friendship, cohabitation and travels shared by the two men instilled into da Vinci's awareness and work the same definite sense of harmonic proportion and beauty he already knew from his observation of nature. Some of da Vinci paintings show this knowledge of a harmonic canon of beauty applied with subtle intuition.

Harmony is an expression of wholeness, of functioning as a whole being. Harmony means the proper balance between the polarities of life and nature, within and without. Learning that balance and wholeness is a delicate art that can never be imported from outside but matures into wisdom through the journey of life. It can only be successfully upheld in the circumstances of daily life by those who have mastered it within themselves: right-left brain whole thinking, mind-heart communion, the joy of being happy for no reason and the bliss of knowing that everything is perfect...

**"Go some distance away, because the work appears smaller
and more of it can be taken in at a glance,
and a lack of harmony or proportion is more readily seen".**
(By the way, this is exactly the yoga technique of “Witnessing”)

7. TRUE KNOWLEDGE PROCEEDS FROM SPIRIT

True artists, poets, scientists and inventors of all kinds have always, when inclined to humbleness, recognized that their artwork, model, poem or theorem came from the beyond rather than from their mere personality or individual mind. Below are quotes by da Vinci showing his understanding that human life and creativity are inscribed in a much greater reality:

**"Learn how to see. Realize that everything
connects with everything else."**

"Where the spirit does not work with the hand, there is no art".

"The painter has the universe in his mind and hand".

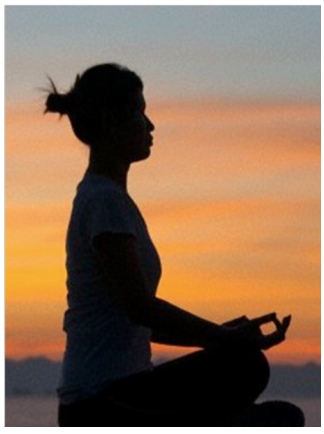
"I awoke, only to find that the rest of the world is still asleep."

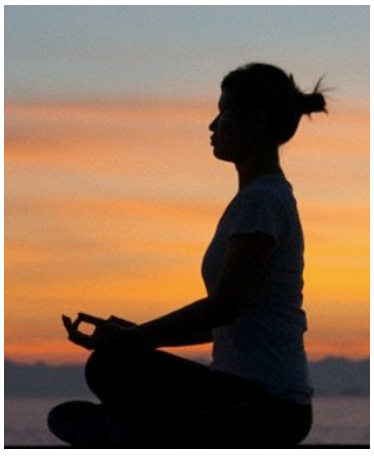
**"Nature is full of infinite causes
that have never occurred in experience".**

**"Once you have tasted flight,
you will forever walk the earth with your eyes turned skyward,
for there you have been
and there you will always long to return."**

***Would you like
to become a Global Renaissance Human?***

***Try dancing your life as if you are
always meeting yourself...***





48 - Aya's Guiding life Principles

Everything that happens IS perfect. You may not see it in the moment but one week, one month, ten years later, or at the moment of your transition into your higher adventure, you will see it. Moral: you might as well smile through it, right now.

· There is a reason for everything in the universe - but the tiny scale of human understanding cannot grasp the holographic infinitude of the universal orchestra. What you don't understand on the small human level does make perfect sense on a larger dimension of the universe. Why? Just because of the exquisite resonance of existence and consciousness maintaining permanent interconnected ONENESS. How? Through a LOVE bond.

· Be open to ALL that life brings. Be happy with it, even if you don't understand it and would like to ignore it or run away from it (or them). Welcome Life in all its rainbow forms and honor it immensely. Bow to what IS. Re-program all your systems to say YES! And be grateful even for what your mind rejects or those folks your mind condemns.

· Good & bad, celestial & evil, friendly & enemy, beautiful & ugly, sweet & sour... are just categories implanted in your mind by culture, church, family, school, media... Learn to observe when & how these buttons are being pushed and experiment with new ways of engaging each moment: discover the creative joy of RESPONDING spontaneously to circumstances rather than applying a pre-programmed action or emotion. Your life will then be in tune with the blissful flow of the universe: you will move, at ease, with the river of life and into the ocean of being.

· Take everything as a GIFT and do your best with it. Little by little, judgments about you, others and life circumstances will drop. You will feel lighter. You will re-discover & enjoy trusting and surrendering. You will become a lot more relaxed because you will start seeing the benevolence of existence. You will feel loved again.

· See everything as a wonderful educational experience, a splendid opportunity to learn more about you and about life. Whether it is pleasant or painful, easy or challenging, look for the LESSONS TO LEARN rather than get immersed in the reactive emotions. Little by little you will welcome all emotions like your teachers and your best juicy friends.

· You have the choice: take EVERYTHING is a potential growth or yet another bummer to deal with. Experiment for yourself and decide what is in your best long-term interest and happiness. You will find out, for instance, that even if you are right and can prove it in court, it feels a lot better to let go of arguing and choose mutual understanding...
· Whatever happens, make sure first that your perception is on "positive", then look at it. If you go the other way by allowing your mind to first judge & condemn and then try to turn the situation around to "fix" it, it is a whole lot of unnecessary work.
· If you are disappointed by the failing of your personal plans, remind yourself that the universe has a BETTER overall PLAN. And let go of the lesser plan of your ego-mind. The universe is in fact protecting you. Existence is a very ancient, wise and loving friend: let it coach you and trust it completely.
· Existence is FAMILY. Your family within yourself. You cannot "de-birth" yourself and deny that you were born and are alive in a human body. But, instead, recognize that your small individuality (your name & face and your human experience) is involved with larger dimensions… and enter these larger selves as your own inheritance. Seek and find how you inter-belong to nature, to others, to humanity, to the cosmos... Contribute to the wellbeing and health of larger pods: intimate friends, social networks, neighborhood, community, regions, ecology... You exist in the womb of the universe: relax into it as the gestation of your consciousness proceeds at its own perfect pace.
· Manifest the dreams and un-manifest the old habits. Uncover your dusty list of dreams and look at it as today's shopping list. It is that urgent: you have been starving your destiny. Start with one dream, on a very small scale and check how you feel. That feeling of doing your own dream will become the dominant impetus of your life...
· Try, sometimes, to do the OPPOSITE of what your mind or social conditioning advises. You will be astounded at the treasure chest that you are unearthing. Realize that these new vistas are only a glimpse of your dormant potential…. **And… ABOVE and in the MIDST of ALL: PLAY…**

It's all a big joke, a *leela* dance, a merry-go-round mandala...
Laugh at all the dreams and at YOU the dreamer.
Laugh at human life and see it passing thru:
yet, JUMP IN totally in the ecstasy of each moment,
knowing that the entire universe is here dancing with you.
Your lover, the Beloved is ALL of life...
Bliss Bless Blossom

49 - The Golden Relationship

Let us be globally honest again.
Let us admit again the self-evidence of the Universe,
the truth that all children are born with:

WE DO LIVE & HAVE OUR BEING
WITHIN A BEAUTIFUL, GLORIOUS & ENCHANTED GARDEN:
The Universe.

WE DO WALK UPON A MAGNIFICENT, AND SO UNIQUE,
FLOWER-BLOSSOM:
The Earth.

When we stop daily business & enter the quiet silence of our hearts & souls,
we just KNOW this luminous Beauty, this all-flowing Love
and we feel them pulsing & dancing
beyond all appearances & all circumstances.

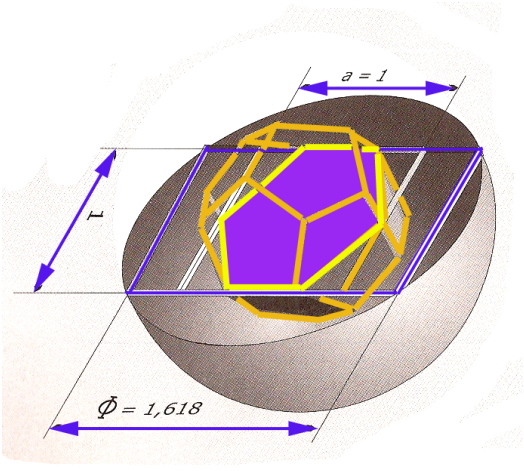
From snowflake to flower to the wondrous human body and the starry sky,
the spirit-child within us feels a wonderful Harmony & Beauty
and an infinitely benevolent & bountiful Love
allowing, sustaining and erasing all Life.
In that, we are Home!

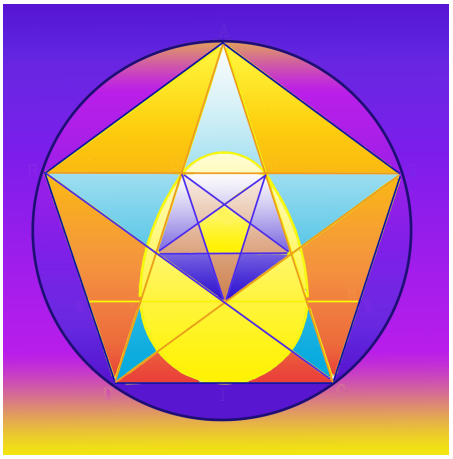
Let us cheer & rejoice in the Gift of this Home.
In the Gift of living on Earth,
in a human body,
at this very moment.

Let us honor the Universe, Mother Earth and each other
as Gift-Givers.

And let us celebrate holding hands & hearts around the world
and passing on the Gift of Life
to all generations.

*





Beauty, Harmony & Love
ARE our common universal language,
here & now.

We CAN immediately communicate
& commune with all beings.

This is how we transcend isolation, ignorance & pain.
This is how we keep in Oneness
with the whole of Life & Consciousness.

This is how we can be the Source of All,
as well as the minute manifestation of our personal human life.

The universal Language of Life is expressed
in the Sacred Dance of Creation,
continuously infusing Beauty, Harmony & Love
throughout the entire Cosmic Garden.

This Dance can be experienced in the magical choreography
of colors, sounds, shapes, fragrances & textures...
This Dance can be glimpsed in the basic building blocks of Life
sharing the same frequency chords, mathematical ratios
and holographic geometries
found at the root of all manifestation.

Verifiable in the physical domains of the Cosmos as
the "Golden Ratio" PHI,
this Sacred Dance really is
the "GOLDEN RELATIONSHIP" of Spirit:

"GIVE TO OTHERS
THE SAME LOVE & BEAUTY & HARMONY
THAT YOU & OTHERS
ARE RECEIVING FROM THE WHOLE"

50 - Aya's Blogs

[Moon-Day January 18th, 2010
Yellow Spectral Sun - Resonant Moon - Kin 180]

Re-Creating Paradise

When I started my human life journey on earth,
I looked for the art & music
that would make my soul bloom

I looked for the wisdom science
that would inspire my cosmic mind

I looked for the global environment of community life-styles
that would make my eye twinkle
and my heart dance with love

... and all i could find were bits & pieces of dreams
scattered throughout times, cultures & places...

So, i stopped searching outside
and set out to co-create the arts,
the science and the community life-styles
that would give me my dream-life and fulfill my Being

The StarWheel mandalas,
the School of Sacred Geometry
and the vision of the Star-Dome Eco-Village-Campus
are the seeds i joyfully plant in this magnificent Earth Garden
as we all together celebrate the birth of Infinity
and dance the Light that we Are.

[Sun-Day May 24th, 2009 - New Moon in Gemini
Red Rhythmic Dragon - Spectral Moon - Kin 201]

**There is a SECRET and a MAGIC to Life…
Want to know?**

**The SECRET is: YOU DO IT!
No matter what!!!!!
And the MAGIC is: YOU KNOW HOW TO DO IT!
No matter what!!!!!
… even and specially if you still believe that you can't possibly do it,
because it's too big, too beautiful, too far or too spiritual…**

**I repeat: you DO it!
And then, and then only, you will KNOW how to do it
in Beauty, Perfection
and with the elegant nobility of the Heart.**

•

**And the reason why this is possible now
is that the "you" who is doing it
is no longer the small human you…**

**You are now the Galactic You!
You are the Universe co-creating life on Earth!
You are the Universe celebrating Paradise
with 8 billion shining brothers & sisters.**

SO DO IT!

[Golden Blue Moon of 2012]

You are invited
to empty ourselves to others

in beautiful mudras of Anjali reverence
- bowing to our mutual infinity

in precise postures of energy activation
- unlocking the treasures hidden within

in spontaneous hugs of love
- awakening Sleeping Beauty in each other

in sweeping gestures of expanding auras
- opening our arms to the universal embrace

in heraldic dances celebrating the joy of being human
- between the green earth and the rainbow sky

in choreographic signatures of light traced upon the vast heaven
- and welcomed by remote galaxies

in sweet offerings of sacred tender gifts
- presented upon the shrine of every rice field

in flows of tingling prana currents & sudden kundalini jumps
- tickling us in orgasmic foreplay with the Beloved

in overtone faery singing and deep throat drumming
- vibrating our spine as the cosmic monochord of harmony

in allowing for the pristine wonder of our inner child
- creating laughing games & plays of delight
in walking with fanned toes and fully grounded presence
- feeling mother earth heart-pulsing under our feet

in holding holy asanas of body recalibration
- consciously bonding with our large family of cells

in breathing with the wind & floating with the river
- as we let go of goals & desires

in sun-basking, moon-bathing and star-seeping
- enjoying raw nectars & elixirs in celestial company

in smiling to our ears whenever we catch the mind
- and loving it to provide such funny entertainment

in entering our lover with bursting passion
- as the on-going caress of creation

in watering this earth paradise garden
- with kissing action & now vision

These are the ways to become empty,
meeting others as ourselves
and being ready when ecstasy comes in.

[September 2017 - The Peace Garden, Sedona]

AMAMUS AMARE

I am a lover, a lover of the full Self.

We are all lovers,
Lovers of Life, of Existence, of the Universe.
We bathe in the bhakti river
and swim in the ocean of cosmic love.

We savor the pranam, the raw juice of life.
We pulse with shakti, the tingling, the quivering waves of love.
We are sensitive to the smallest smiles, precious attentions,
subtle signals and winks of our lover
- infinite life.

We welcome human love as a dance of celebration,
as a prayer and as a meditation.
The face and names of the lovers change:
they appear and disappear.

When they are not in human form,
they show up in the most unexpected ways:
a butterfly sipping flower nectar
- this is us drinking amrita.
A cloud shape-shifting
- this is us witnessing thoughts.

A lover never complains
but takes everything - or the lack of it - as an act of love.
When love does not come from the expected direction,
we just widen our gaze and expand our hug
and we see love again.

A lover always gives without desire for return.
because giving is closer to source than receiving,
closer to the heart.
A lover keeps the gifts flowing,
To keep them always fresh.

A lover never singles out an act of love,
but lives in a flow of love constantly resourcing,
springing forth,
with no beginning and no end,
with no gaps in between.

Everything happens in love.

The waves and the stillness prepare for each other:
they woo each other and make love seamlessly,
for us to rest, in fulfillment of our Self.

Love is our own perception
and sees itself as Who we Are.

A lovers knows the difference between "I love" and "I love you".
Staying in "I love you" is narrowing love to an object,
human or spiritual.
it is like a half breath: being stuck on an inhale or an exhale.

The Breath of Love has to be complete:
in turn focusing on objects,
in turn returning to full infinity.
When we crave an object of love, our being has stopped:
we need to inhale again the love of infinity.

A lover sees each being - or the absence of each being -
as the presence of love.
A lover does not need proof.
A lover does not need a mailing address:
love comes from the whole and goes to the whole.

A lover is vaster than the old story:
someone loves and someone else does not respond.

A lover knows:
the universe always responds
and loves back.
And no love is ever lost.

NAMASTE
WELCOME

[January 2018]

The power of the StarWheels.

The power of the StarWheel mandalas (SWs in short) does not really reside in the physical attributes of their presentation (printing on canvas / paper / cards or projecting or displaying), nor in the highest quality of the colors etc... This is only the form of them.

The actual power is in the symbolic, geometric, archetypal patterns of the designs that can be best perceived through the third eye of inner vision and intuition. The StarWheels are not addressing the daily human mind and trying to fulfill its expectations. They activate the energy and spirit bodies behind the mind. The SWs resonate with the subtle and hidden frequency spectra below and beyond normal ego awareness.

A reproduction is only a launching pad for the viewer: it's up to the viewer to just walk it in a flatland way or to become a co-creator by entering it and navigate it into the inner dimensions of consciousness. The SWs offer the potential of a transformational experience, a holy relationship for consciousness growth. They can become spirit partners and intimate soul lovers. It's up to You to propose.

Forms are always imperfect and transitory. When we keep our awareness and perception at the level of the material forms, we are unfulfilled. But forms can point to the formless: they can be departure points propelling us towards their source (and our source): energy, spirit and consciousness. This is the case of the forms in nature, including the human body, and the case of the sacred forms created by cultures connected with the cosmos: sacred art and architecture. This is the case of mandalas and the SWs.

Of course, a holographic animation field is apparently more immersing. Even a high quality "retina" display is more revealing - because the medium is light. Paper, canvas are all opaque media and reveal less. But, regardless of the medium, the real power of the relationship with the SWs, as a practice and a spirit journey, is to allow a harmonic resonance to happen, to let the design enter our heart, our consciousness and our spirit-soul... so we can eventually become the happy dance of life celebration...

A single glance or glimpse
is sometimes how love happens...

51 - V-Logs on Global Politics

In 2020, the tragic circus of the false-flag operation "covid-pandemic" showed in plain sight the acceleration of an agenda of full control of humanity pushed by the current World System. This agenda has ancient and alchemical roots but, at the beginning of the 20th century, specific levers of financial centralization and economic / political / medical and cultural control were successively set in place to usher-in an increasing world domination by a wealthy elite.

Global engines of greed & power are now fueling:
• Nature's destruction, desertification of the soil, climate emergency, collapse of bio-diversity & extinction of species…
• Toxic contamination of the rivers & aquifers / soil / eco-sphere / atmosphere…
• Geo-engineering of ionospheric layers and weather / tectonic systems…
• 5-6G & EM planetary lock-fence pollution overriding the natural EM fields of Earth, animal and human bodies…
• Genetic manipulation of the human and other genomes… *Personal genetic sequencers* are now the new physicians prescribing "enhancements" to people's health…
• Corporate-government revolving doors, made evident by the CDC covid policies to mandate the exclusive use of lethal, highly expensive new drugs & vaccines in which they have investments…
• Black budget projects for covert programs on Earth and space: chemtrails…
• "Eugenic" population reduction through chlorination, GMO / Franken foods & drinks, opioids, and debilitating "side effect" of drugs / vaccines…
• Collusion Big Pharma – Hospital Systems: total disdain for human life and the dignity of people… Doctors obey management and no longer Hippocrates…
… and endless wars as the best ever business…

This external assault on Mother Nature's & Humanity's life is now coupled with a covert, bio-technological assault on the inner life of humans: mind control through internet media politics, psychic & astral / spiritual remote-control manipulation, ingestion / breathing / inoculation of nano digital codes, Brain Computer Interfaces bringing us closer to the Transhuman cyber-obedient human, seemingly the GRIN goal of the World System – **GRIN** stands for **G**enetic – **R**obotic – **I**nformation processing and **N**ano technologies…

As we are now, in 2022, kindly contemplate these facts:
1. In 2050, there will be more floating plastics in the oceans than actual fish.
2. In 1980, there were 5 billionaires. In 2021, there are 735 billionaires.
3. In 2021, the number of satellites raining frequencies is 6,000+ and doubles each year.

Aya's V-Logs are compiled in a separate volume
raising the flag of personal consent and freedom.

52 - Awakening from the American Dream - 2020

Like many other immigrants before, I came to America because it was a beckoning space of freedom, an open field of new possibilities, a chance to explore a deep longing for expansion within myself. I came to America to live a full life of happiness, love and creativity, in harmony with my own self, other people, beautiful Mother Earth, all humanity and the entire universe.

In daily reality, however, this American Dream has been teetering on the brink of bankruptcy, while periodically bouncing back – but, presently, it is dangerously and blatantly shattered, and nearing death (or awakening?). America has seemingly regressed to a quasi-medieval, heavy darkness.

America is currently taking a hard look in the national, proverbial mirror and seeing herself as a toxic mob of blind ego-maniacs, from the bottom up and from the top down. By any account, America is no longer, if ever, an ideal, organic nation of live, free and happy human beings evolving new ways to get healthier, elegantly resolving inequalities and willingly cooperating with other nations to manage the planet for the good of all humanity - it has become a diseased, unhealthy organism, on top of an abused and half-destroyed mother earth. The global standing of America has taken a deep dive and the statue of Liberty is veiling her face to hide sad tears. This ailing America needs urgent, emergency healing in the form of shaking ourselves up vigorously and awakening from a bad dream: the denial of any universal values in life other than the survival of the fittest wolf.

To be sure, America, like any other country, also hosts beautiful beings who stand for all lives, no matter the color, form or species, and act, in personal and public situations, to promote and expand the long-standing values of respect, compassion, cooperation, resources-sharing and sustainability - if only simply because these time-proven values work well for the evolutionary success of this and next generations. These wise and creative people exercise their natural intelligence: they see the larger picture of life and understand that existence is much bigger than their own personal, petty goals. They know that practicing inclusiveness is paying off for all parties involved together on a small planet spiraling through galactic space. These people have learned and shared the art of harmony and the yoga of balance – and so can we all.

The national disease of narrow-minded ego-centrism is an epidemic that has already contaminated the entire world: a socio-mental virus has progressively spread on the surface of this beautiful home-planet - the insidious virus of ego-power, greed and material self-gratification, at the expanse of any neighbor, next door or continents away - with unfortunate ramifications of global exploitation, harking back to the “conquest of the world” by Europeans. This ego-worship created self-serving national and international institutions, economies, education systems, mind sets and life-styles that place the individual on an arrogant golden pedestal: before and above the cosmic order - thus reversing the traditional, perennial wisdom of embracing the universal first and gently bringing it down to the individual humans to cradle them in cosmic oneness. This ego and human-centric attitude became a creed, a religion breeding fanatic believers in the established economy engines and political systems… or just profiteers squashing the qualms of a morality relegated to the backburner.

In any religion, be it spiritual, political or ideological, believers are not led by creative intelligence or personal direct experience but rely on information handed down from holy scriptures or shared by star leaders or media - oftentimes data of a dogmatic nature i.e. not questionable. The more believers, the stronger and self-righteous the religion or party, hence missionary and “canvasing” operations. Believers, unconsciously and subconsciously, follow the ruts made by others – they are basically lazy folks who chose to not look, seek or question by and for themselves: they prefer to buy ready-made, established, branded information, responses, beliefs and rules for action. Believers are not courageous seekers or bold explorers, nor are they visionary forerunners or pioneers – that would be too risky. Believers want an insurance of security: they are followers and “consumers” who march along with the crowd, in the street or in their mind, unknowingly stoking up instinctual, even animalistic behaviors. Followers think that they know-it-all, by proxy – the reality is that they do not want to honestly and humbly admit that they do not know a thing, starting with who they really are… If only the believers of the

world would realize what grand realms of inspiration, what creative bursts of boundless energy and what flights of consciousness they are missing, they would explode open the walls of their prisons.

This American nation is in grave danger of becoming a majority nation of lazy and rambunctious believers sinking deeper and deeper into the animal aspect of being human, especially with the ready help of horrendous weapons of destruction and insidious technologies of persuasion. Americans may find themselves enslaved by the past we are coming from, instead of becoming the future we are aiming for, as expanded multi-dimensional beings. America is witnessing a potential self-destruction, a country-wide suicide. We need to responsibly watch out – I mean act with a conscious response and not just continue to passively "watch the game". Life is not a consumer sport: WE are directly living it. The Trump era has openly revealed layers and layers of our deepest shadows. Trump's bullying symptoms have brought up the murky waters hidden underneath the national rhetoric and hypocrisy of greatness and progress. The American Dream has become synonymous with "my personal power success" – *if it kills you, it's not my problem*. Well, think twice and wake up!

We are actually a nation in need of a drastic, dimensional paradigm shift, and therefore - that's the good news - a nation possibly ripe for an immense awakening. We need to reverse from the instinctive compulsiveness of the self-serving individual vying for his/her own separate survival to the conscious, co-creative, win-win, collective management of humanity's happiness in harmony with mother nature and the whole cosmos. The very survival of humanity is at stake, no less. Let us remember that America's destiny is, for best or worse, hitched to the destiny of humanity – and to the vastness of consciousness.

We are evolutionary beings in a vast, multi-dimensional, harmonious cosmos of golden, fractal proportions and inclusiveness. Tiny specks of cosmic dust and yet endowed with infinity. We are becoming conscious beings, self-aware of dimensions beyond the limitations of physicality and all the evolutionary power games of the past. We are awakening as beings of interdependence, core-entangled cooperation and mystical communion, capable of infinite love, compassion and benevolence for ourselves and all others – in all levels of bodies, minds, emotions, energies and spirits. In fact, we are awakening to the illusion that there are "others", as we enter progressively into inner oneness, one awakened human at a time.

This is a wake-up time.
What do we choose?

Selfish and ultimately miserable contraction
into ego survival against the universe

OR

a joyful expansion of the creative spirit within,
in harmony with the Whole?

It helps to remind ourselves that, at the end of this human journey, we will all return to the Totality or Oneness, as a double offering: the body will return to the elements as top soil and gases, and our consciousness will evolve into its next spirit adventure. During our time on the human stage, we are the directors and the co-creators endowed with the gift of manifesting full pleasantness and happiness for ourselves and all others, simultaneously and quantumly.

Namaste Love to all

53 - Global Earth Projects

• PURNA VIDA ECO-YOGA & EARTH SCHOOL (E.Y.E.S) in Costa Rica.
An Eco-Yoga Retreat Center for all ages,
School of Creative Arts, and Tropical Fruit Farm.
Retreat Center in Costa Rica (starwheelfoundation.org)

• "EARTH SCHOOL" ENDOWMENT FOR WORLD ORPHANS (E.W.O)
Residential 1-3 Years Programs / Scholarships for Orphans around the World.
Kids from ALL nations/cultures living together & learning from each other.
After the educational model of the Green School, in Bali.

• STARWHEEL INTERACTIVE MUSEUM (S.W.I.M).
A combination of Interactive Exhibits, Exploratorium, Multi-Media Immersion,
Display of StarWheel Collections, Mandala & Sacred Arts Research Center.
A Hub for a Global Culture of Arts & Ceremonies Celebrating Life & Spirit
Heart-quarters for a non-corporate GLOBAL COUNCIL of the ARTS
The StarWheel Interactive Museum (S.W.I.M) (starwheelfoundation.org)
Education 21st (starwheelfoundation.org)

• PHI-SCIENCES UNIVERSITY (P.S.U)
Introducing PHI-Sciences into Academia and Creating a Global Campus
for PHI-Sciences Education, Research and Synthesis.
Building a World-Class Library & Resources Center
on Sacred Geometry, Harmonics,
and PHI-related Sciences & Technologies.

• "SCHOOL OF LIFE" YOGA YOUTH YOSTELS (S.O.L - Y3)
A World-Wide Network of Low-Cost (Yoga Included) Hostel "Travel Hubs"
for World Travelers & Pilgrims moving on the Path of the School of Life

• GALA-GAIA (G.G) - Global, Multi-Media Publishing House
Distribution and Publication of Visionary Art, Tools, Apps and Projects.
StarWheel / StarWave Decks & Posters, Creative Tools of Consciousness Expansion

• ANJALI YOGA ARTS (A.Y.A)
A Global Hub for 21st Century Yoga Arts & Life-styles on Mother Earth.
Living Yoga in Daily life by Designing, Enacting & Sharing Oneness.
StarWheel Yoga Gear (S.W.Y.G): Yoga Toys, Wear, Props & Environments

• TREES FOR EARTH (T4E) - Preserving Rainforests, Saving Seeds
and Re-foresting Earth.
"Bamboo Planet" Global Drive - Bamboo Plantations to reclaim deserts,
stop erosion / desertification and provide multiple uses.

• WILDLIFE GLOBAL FUND (W.G.F) - Massive Funding and Management Support
for a Fast Expansion of Wildlife Parks, Reserves & Corridors around the World.

AyaLove.Earth

www.starwheelfoundation.org - www.starwheels.com - www.schoolofsacredgeometry.org
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54 - Purna Vida Eco-Yoga Farm

As many of you know, Aya has long held the dream & vision of establishing an international eco-campus, the *StarWheel School of Celebratory Arts*, (also known as the "BBB" - "*Bliss Bless Blossom School*") to **support young people of all nations in expanding their creative consciousness** and contribute to a **new spirited, life-respecting human civilization on Earth.**

This vision has now landed as the **PURNA VIDA ECO-YOGA Farm** project. As an out-reach project of the *StarWheel Foundation*, this global Earth School is designed to offer students a fun-loving eco-environment of *direct life experience* based on a cooperative, co-creative curriculum of harmonic oneness with oneself, with each other, with community, with nature & with the universe.
We are looking for partners & investors to secure the perfect property on the Pacific coast of Costa Rica. We envision, in the short term, 1 week, 2 weeks and 1-month programs offering educational activities taking advantage of the *pura vida* tropical environment: yoga, meditation, deep relaxation, creative arts, dance & music, crafts, rain forest safaris, dolphin encounters, organic gardening, integrative life-styles, raw & vegetarian diets, massage arts... the basic arts for the CELEBRATION of LIFE...
The Children are our main Gift and Hope for the future. They deserve the best support to help them re-invent the new Sacred Arts, Sciences & Traditions of the Earth Community. They deserve to be fully encouraged in using the visionary creativity, perennial wisdom and pioneering spirit seeded in their eager awareness. They will be the Earth Keepers & Leaders in one short generation… **A Green Life-Style and Sparkling-Eye Eco-Village...**

We named this tropical Retreat Center: *Purna Vida*
(*"Purna"* is Sanskrit for "perfection" and *"Vida"* is Spanish for "life")

Give to others the same Love, Beauty & Harmony
that you and others have received from the Whole.

This is the gist of the education we are offering at the Purna Vida Farm,
its motto and deeper wisdom.
It is based on the way the universe functions in scalar golden proportions:

The small is to the large as the large is to the whole.
It is also named Universal Oneness and Compassionate Love

Overview – Purna Vida Eco-Yoga Farm

The PURNA VIDA ECO-YOGA VILLAGE is a Yoga *shala, school* and welcoming people who make personal & collective TRANSFORMATION the conscious priority of their life. While we fully participate in and enjoy the luscious tropical nature and ideal climate of Costa Rica's Pacific coast, PURNA VIDA is not another vacation destination offering "touristic" attractions.

At PURNA VIDA, we offer journeys of inner transformation, through short-term immersion programs and long-term residencies. Who you are, after a retreat at Purna Vida, may be very different (and vastly more expanded) than who you thought you were when coming in. The way you come to perceive yourself, your loved ones, others, all beings and existence herself might lead you to entire new chapters in your book of life.

At the Purna Vida Eco-Yoga Village, there is a common direction, a goal of cosmic evolution: re-awakening our personal human condition to its innate nature of Pure Blissful Light, through a joyful life-style of yoga, meditation and creative playfulness; and learning together how to apply the principles of peace, kindness, respect for all life and loving compassion to the birth of a new, spirited human civilization on our beautiful Mother Earth.

We realize that, to experience a full transformation, all aspects of life have to be touched and harmonized together:
outer & inner, personal & social, intimate & public, local & global, family & community, esthetic & functional, spiritual & material... Hence the benefits of residential programs offering exposure to various "faces" of you. These various practices cross-pollinate each other to reveal a unified, complete You...

• **Grounding in the physical body:** yoga postures, breath practices, Zen walking & feet grounding, partner-acro & group yogas, aerial yogas, slack-line balancing, fitness & gymnastics, juggling, hoops & hooping, acrobatics, circus arts, choreography & sacred dance, swimming, mudras and body languages, yogic hygiene & cleanliness, bathing...

• **Education in nature's wisdom:** organic gardening & farming, eco-green awareness, permaculture, seeds collecting, rain-forest safaris, tropical fauna & flora, nature conservation programs, tree planting & wisdom, eco-adventuring, global sustainability, Quantum physics, star wisdom, biological sciences, Vedic maths, sacred geometry
• **An organic, nurturing diet of gourmet vegetarian dishes, smoothies & drinks**, lovingly prepared by the resident chef & kitchen staff... with an emphasis on locally grown, living foods & fruits from the nearby gardens...

• **Awakening and healing of the energy, vibrational body:** prana-body & kundalini yogas, techniques of energy circulation, Shakti, feeling & directing the energy currents, chakras & nadis activation, Chi & prana Earth-Sky connection, sacred bio-chemistry, sound currents yoga, endorphins & amrita, healing arts, massage arts, touch & tactile skills, aromatherapies, Ayurvedic & oriental medicines, herbology & plant medicines, color therapies, eyes & inner vision yogas, auric and hand-on healing, cymatic therapies, Reiki...
• **Activation & integration of the social self:** Partner & mandala yogas, group games & playfulness, co-operation and team spirit skills, peace & conflict resolution skills, community building skills, ego-less leadership skills, relationship skills, ceremonial & blessings arts,

rites of passage, Kirtan chanting, creating community events & festivals, poetic arts, labyrinth making & walking, medicine / wheel of life journeys, love & service practices, karma yoga, smiling & laughing...

• **Support of the creative self:** arts & sacred arts, imagination skills, wisdom story telling, mandala & yantra making, theatrical & performing skills, miming & clowning, musical arts & instrument playing/making, pottery & clay arts, Origami & papercrafts, collages, journaling, poetry, weaving & knotting arts, drawing & painting arts, calligraphies, singing chants & overtones, body painting & costuming, awakening the sacred-artist-within, digital media creativity...

• **Creating a Spiritual Practice:** 8 Limbs of yoga, Yamas & Niyamas, types of yoga, self-discipline, personal routine in time & space, sacred space, creating an altar, vision board, withdrawing from the 5 senses, self-study, karma-sadhana-destiny, personal direct experience, mentor-teacher-guru, psychic powers, higher dimensions, enlightenment...

• **Quieting the Mind:** techniques of beginning meditation, witnessing, Vipassana meditation, brain relaxation, neuro-plasticity, inner listening, channeling intuition, silence therapy & fasts (words & thoughts), isolation periods, inner & outer quiet, nature baths, ego fasts, I-less language, quieting the mind in the market place...

• **Higher Meditation:** higher yoga limbs, sustained concentration, sustained meditation, state of flow, no-mind baths, disappearance of object-subject, oneness immersion, fielding, trance & ecstatic dance, surrendering to the Divine...

Purna Vida Eco-Yoga Farm
Views on education

The children are divine. They are us, before being imprinted with human conditionings. They are sparkling love bubbles directly emanating from the cosmic, cascading spring of consciousness. The children are showered upon us as a blessing of refreshing rainbow mist and smiling grace.

The children are born from Oneness and, spontaneously, shine their luminous nature upon us. It is our responsibility, and grateful joy, to keep them growing and flowering within their original light and true nature. It is our responsibility to respect the unique culture of the children - and not abuse it or replace it with the "culture" of the grown-ups.

It is our great opportunity to re-learn from the children, and remember, the lightness of being here-now, in the pure wonder of the cosmic child.

We all meet on the incarnation ladder: the children descend into the material individuation of the human adventure, we ascend back into the original Oneness. On the way, we exchange gifts. It is a mutual education. We teach each other. Both children and elders are learning the same lesson: to keep the essential oneness going while living in the field of the multiplicity. One wave is going in, one wave is coming out...

The elders have, hopefully, learned wisdom from their entanglement with multiplicity - and the children need this wisdom to remain true to their original nature. The children are walking wisdom - and the elders need to listen and drink from it.

For both and all, the same schooling: to maintain a conscious and blissful balance between the outer world and the inner realms; to encompass, in a smiling hug, the market place and the meditation
mat; to be in relationships while being all-one.
How perfectly harmonized!

• The goal of education is to support the children in creating a personality (ego-self) that is in tune, in full harmony, with their essential, cosmic, spiritual nature - and not alienated from it, as is the case in the current public education, resulting in incomplete and conflicted humans, suffering from the contemporary disease of existential misery.

• At Purna Vida, we aim at facilitating an integrated personality, both human (individual & social) and divine. The child grows up as a balanced, complete human - able to walk alone in the noble spiritual beauty of enlightened wisdom and also eager to manifest loving compassion into all aspects of the world, without losing balance.
• A daily meditation & yoga practice, delightfully adapted to the age group, is the foundation of the education. Coming from the universal and rooting it, then going into the multiple particulars. Consciousness preempts mind information.

• The young ones are the ones who know best the education they need. A co-creation of activities & curriculum is the first ground of creative exploration for a joyful, fulfilled self.

• The Oneness of all. • Silence & Stillness. • Heart orientation: loving compassion as a way of life. • Nature and sensory-based full body/emotional intelligence learning and sharing. • Direct (inner and outer) experience: hands-on, heart-on and soul-on
• Dancing, singing, laughing, chanting, playing. • Cooperation and team-work as primary resource • Non-verbal communication.
• Creative arts. • Holographic training: multi-discipline and cross-reference leading to unified understanding. • Art of mutual living: happy management of harmonic relationships. • Body-mind-spirit as facets of the same jewel. • CELEBRATION!

55 - Trans-Tourism

"Going on Vacation" & the Future of "Tourism"
"Transformational Vacations" and "To Be Tourism"

The days of taking a package vacation to stay in Western-life-style luxury hotels, to flop down in an armchair or a beach towel and to board pre-planned visits to "what you should see and do", these days are obsolete, at least for the new generations of the global citizens co-creating the new Earth Community. This was "To Do Tourism".

Conventional tourism business is a thin disguise for more of the same life-&-business-as-usual, targeting people who are escapers of themselves and do not see life as an opportunity for continuous transformation and progressive immersion into the higher dimensions of their soul-spirit. It is not a real *"vacation",* nor is it true *"tourism".* The vacation-and-tourism industry is promoting and selling fake products, exploiting the deep-seated soul desire of human beings for periodical and radical changes from the usual routine of life - but never fulfilling it…

•

A real vacation is *"vacating"* from the old stuff, coming out of the past & off the stuck, repetitive habits and patterns that form the social ego-self identity. Taking a vacation is giving oneself a break from the normal routine and exploring new ways of living and being, possibly inspired by another location's environment and other people's cultures and ways of life… Remember your childhood: *vacation* is a magic word, an inner call to explore the wonders of life, like children joyfully discovering their endless potential… How many times have we heard the feedback: "You know, I think you need a vacation!"… What do we do with this warning? Most of the time, we ignore it (for many good reasons of "responsibility") and then eventually sign up for a quick ready-made tourist package that brings us back home un-transformed and un-ready to enter again the grind-mill.

When the inner or social signal of "needing a vacation" shows up, it is a whistle-blowing warning that our usual life has been too constricted & too externalized for too long and that we urgently need a renewal, a re-boot, a deep belly breath of relaxation, a long-postponed self-love embrace, a "break-off and start again" along new lines… If we are not listening, the stress will bury deeper in the body-mind layers and accumulate steadily until the pressure is such that it explodes in disease, chronic anxiety or insanity. Then we take a forced vacation to the hospital or the loony bin or the prison…

True vacation is dropping here & now the current life script we are relentlessly running, blessing it for what we learnt and opening ourselves to our next curriculum. Going on a true vacation is not stuffing our suitcase with all our old, familiar ways of thinking, feeling, relating, eating, labeling and ego-gratification. It is shaking our bags empty, making space inside and opening ourselves to welcome new breezes, new flavors and new melodies… Going on vacation takes the courage and trust to rise above the fears of shuddering un-familiarity and the gaping un-known – actually, the natural, existential fear of our physical death or our mythical death-and-rebirth in meeting the larger, vaster self of our spirit transcendence…

We all have a (short or long) list of desirables: “things to do or to be”, *if and when life allows*. Who is really in charge? Aren’t we grown-up enough to assess and address these desires and tick them progressively off the list, so that we feel that we are making progress? Or is our list stuck on the fridge’s door and stagnantly fixed forever, briefly re-awakening the same longing-and-giving-up sour feeling every time we reach for food? Enacting your list of “To Do and To Be” is your chance for a VACATION – a permission given to yourself to explore new dances in your life, to learn new skills, to allow your crammed creativity new spaces to unfold, to invite new adventures, to take risks and make new mistakes and learn new lessons, to experience new joys and new sadness… and to know yourself better and better, as your own best and closest companion: who you are and how you can feel more expanded, more fulfilled, more joyfully enthused about your gift of this human life and how you can use it, more loving and accepting… That is Transformational Tourism and Vacation…

•

In the global world of the young generations co-creating the “Earth Community”, vacation & tourism are finding again their larger & traditional meaning of traveling and journeying into the Self… Transformational and educational ways to learn from the school of life and the large rainbow of human cultures, life styles, beliefs, stories & mythologies, celebrations, joys & sorrows… Life as a labyrinth, a uni-cursal, centripetal hike to your inner center… Life as a pilgrimage to sources and sites of wisdom and expanded consciousness… Grateful abandonment to floods of cosmic creativity for the pure sake of the creative moment… Loving embrace of Mother Earth and Father Sky as the Shakti-Shiva sacred wedding of body-gravitation and spirit-levitation… Chosen disciplines and re-discovered practices for fine-tuning our human antenna and our perception of reality… Sweet-lover conversations with the bees, butterflies, buds, flowers, fruits, seeds and trees… Making friends with waters and waves, soil and mud, fires and thunders, air and winds… Explorations of the power and brilliance of our inner, pranic & kundalinic energies and their potential manifestations in the world… Extending sustainable solutions into the market place… harmonizing peoples and nations… And, in so doing, expanding our own capacity to understand, serve & embrace our fellow human beings and to ultimately hug ourselves as we realize that we are all mirrors of each other… True tourism is the perennial, traditional, initiatic “Quest for the Hidden Treasure”, the Source of our infinite being.

As we join the growing tribe of the new human tourists, we are quickly made aware that we are visitors in this human experience – we can no longer be stuck for a life time to one spot, one address, one job and even one name. We are transients, transcendees, refugees from the old boxes of ego-identities… We realize we are no longer the body and its pleasures & pains, the ego-mind identity and its drama & stories, nor the awesome mind and its endless entertainments – but we contain it all… If we often feel “house-less”, it’s only because we are learning to dwell in our true home and become home-full…

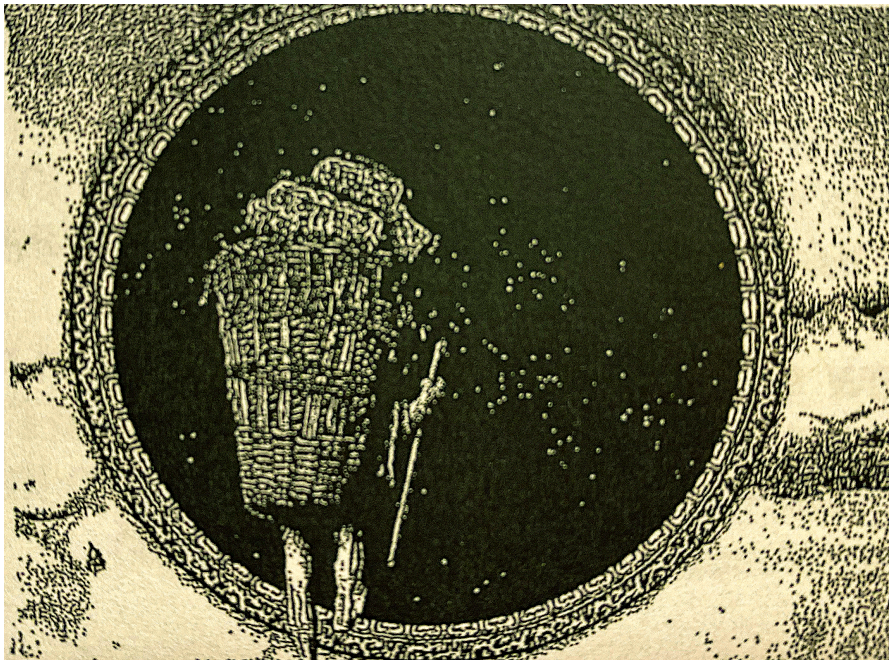
The new tourism is about the neglected and forlorn “To Be List” of our life. This is the new priority: exploring fearlessly the geography of our seemingly unknown inner world, turning 180º from the world of objects to the conscious witnessing subject.

Be Tourism creates space in our life to live life the way it is meant to be, the way we will feel open-ended, continuously refreshed and soul fulfilled – not as a wage-slave, a frenetic achiever, a money-marathon runner, a frantic candidate or a neurotic abuser of nature and fellow humans. Life is a cascading expression of our fountain of infinity: our spiritual-soul-self. The only fulfilling business on Earth is to share with the entire world this inner source of being: a friendly technological innovation, an uplifting art form, a touching melody - or without any form: as a subtle, ethereal imprint of intention...

Many conventional tourist destinations in the Western countries (such as Sedona, AZ, USA) are actually over-inflated and already over-exploited by the relentlessly aggressive tourist industry, progressively hiding behind impersonal, corporate masks and flagging the enticing promises of "total relaxation" or even "vortex reset". They offer standardized tours… and the innovative sight of many other tourists, so you are rarely, if ever, left alone with yourself, or have a chance to meet the locals or nature. Packaged tourism does not offer opportunities for radical, transformational changes: they actually make sure you do not get there, as it would be losing you as a repeat client looking for another tourist fix the next year. Like the current medicine, education, foods, media, justice and political industries, the Western tourist industry provides superficial, yet costly, illusory placebos – with a repeat prescription asap…

Many conscious people now know better than buying into the greed-based corporate systems posing as civilized, caring institutions… and transforming basic human needs (food, shelter, healing, learning, sharing, traveling…) into data for monster greed-machines interlocked with centralized (and progressively embodied) "intelligent" control systems.

Get your backpack
leave all roads behind
and bushwack into the unknown:
you will always be home



56 - The Great Awakening of the World's Children

Time has come, in the cycling of ages, for the establishment of a peaceful, unified and enlightened world civilization on planet Earth. And the Children are our leaders… We all know it, feel it in the deepest gut layers of our nature and spirit, and many humans are embracing this longing as a new way of life and an overall purpose of their actions. The new birth of humanity is organically and naturally growing on human consciousness, like flowers on a tree. No matter their degree of evolution or their vibratory rate, the call of higher evolution is felt by each and every human.

It is a galactic wave

Humanity is waking up to a new realization of consciousness evolution, a much larger understanding of Who we are and Why we are here. The gist of this expanded dance is:

We are not alone, separated from the other billions of human beings.
Humanity is not alone, separated from the rest of the universal intelligence.
We are harmonically inter-connected with each other and the entire universe
through myriads of rainbow webs & golden threads of supra-quantum light.

We are, in true reality, pulsing with the cosmic breath
and awakening to be an infinitely blissful Source-Being

We are essentially
a Song of Passionate Love
a Dance of Joyful Harmony
and a Celebration of Ecstatic Presence

This time of NOW is extremely special. It has been prophesized by sacred cultures and will be remembered as the GREAT AWAKENING of Humanity. It is a time when we indeed have a unique opportunity: break away from millennia of past history limitations and finally stand free as universal beings, eager to launch together a constructive course of human evolution and ready to embody a new frequency of life, consciousness and reality.

This is the purpose and mission of Purna Vida:
to be a Garden of Harmonic Life
for the new generation

The NEW PARADIGM is now explored at the frontier of contemporary science, as well as glimpsed and applied by an exponentially growing number of people. We have already learned that the earth is a living organism: Mother Earth or "Gaia". We are now practicing holding hands & hearts with each other, as humanity, and learning to relate to the larger context of the Sun System and Mother Galaxy. And we are well on our way to re-embrace the universal Source-Being, "Cosmos", as our own Self.

People are waking up all over the world and WE ARE these people. Even those who deny the awakening are engulfed in this tsunami of GLOBAL KUNDALINI: it is larger than any concept we may ever have in a human brain.

A new basic awareness is corroborating the traditional wisdom: everything is vibrating, everything is related, and everything is love. We realize that we are vibratory beings in a

vibrating universe, and pulsing waves in a cosmic ocean.
We realize the inter-dependence and oneness of the Sacred Circle and all our relations. The perennial wisdom says that we are all connected by an invisible golden thread: this one thread may greatly stretch and get entangled but it never breaks… We feel in our heart the overall love and benevolence underlying the universe and radiated by its Source, the Divine & Great Spirit. We start to understand that it is all working (and playing) through an exquisitely fine-tuned grand scheme of self-similar fractal holography, as we can put it best in contemporary terms.

On the cutting edge of knowledge, the universe is now explained as a holographically linked, multi-dimensional, conscious organism ("COSMOS") that is infused, beyond the constraints of matter/space/time, by a primordial field of supra-intelligent energy/information. This Cosmic Field is defined by scientists as vortex-based, coherently whole, all-inclusive, scale-invariant, self-similar or self-referential, and non-local. Non-locality itself is moving spiritual experiences, like telepathy, from the quantum scale to daily life. Yes, the universe is no longer (and has never been) a chaotic, mechanical, gigantic and frightening tinker toy: it is again a magical garden, a dance of celebration and a magnificent choir.

The Children are the holders of this cosmic magic
and the gardeners of the new earth gardens…

We the elders only need to support their flowering
into future cosmic star blossoms on Earth,
and co-create Gardens of Harmonic Life
for the Children to become Seeds of Being
Purna Vida is such a Global Garden

The universe turns out to look, sound and feel like ancient traditions were portraying it: an exquisite holographic ORCHESTRAL DANCE where every note modulates every other note through infinite overtones, and every event & being modulates every other event & being. Each star is a flower. The fluttering wings of a butterfly affect the global weather and a fleeting human thought can change the world… Here, spirit consciousness is invited to CELEBRATE itself!

This is made possible by a primordial universal grid system of HARMONIC ONENESS and cosmic resonance set up by multi-dimensional cascades of FRACTAL RELATIONSHIPS created by the Golden Ratio PHI and its manifestation the Fibonacci Series, from atom to DNA to galaxy. This is what Sacred Geometry is meditating upon: the pure principles behind the sustainability of the universe, the TRI-UNITY love-dance of the Small, the Large and the Whole. Of course, it has been here all along: we are just only awakening, opening our eyes and our Heart, and celebrating together.

In Pure Harmony
there are no others

The Infinite Source
is at play in each cosmic dancer

Purna Vida
Perfection Be

57 - The Earth School

Endowment for World Orphans

A special reach-out project dear to Aya is to create an endowment fund to provide 1-2 years of full residency and tuition for orphans from around the world. Why orphans? Deprived from the loving start of a family, and confronted with adversity, orphans can develop special qualities of resiliency, commitment and inner wisdom if they receive appropriate support. According to UNICEF, there are roughly 153 million orphans in the world; each day, an estimated 5,700 more children become orphans… and the number is fast growing.
We want to encourage world orphans to create the best life they can, for themselves and for *all* others – and to offer orphans the chance of experiencing a family, at least as a community.

• **The Vision** - An international committee would select candidates from all the world's nations. Currently, the United Nations Organization recognizes a total of 197 countries. This includes 193 member countries, 2 U. N.
observers (Vatican and Palestine), and Taiwan and Kosovo, regarded as self-governed territories. The list is sometimes extended to 215 (potential) countries.

The vision of the EWO is to offer a *scholarship to 1-2 orphan kid from each country*. That kid would go back after 1-2 years at the Earth School and share her/his experience with their home school orphanage. Another kid would then be selected as an ambassador to the Earth School for the next residency cycle.

Just imagine the vast spectrum of possibilities: kids from ALL nations living and learning together for 1-2 years, in a Costa Rica environment providing the best of tropical nature and the best of creative, eco-global, non-competitive education.

• **A Direct Exposure** to the physical type, language, customs & traditions, history & culture, music-dance-chants, skills and wisdom of each of these nations comprising the abstract entity we call "humanity".
Each "ambassador orphan" would be asked to make a presentation of their country's unique character and contribution to the world at large. This would bring home for each kid a personal, emotional experience of each country in the form and the presence of a friend or fellow student.

• **A Global Immersion and Larger Perspective** of Life on planet Earth. By the international nature of the student population, the kids would be constantly perceiving situations, as well as feeling and thinking, in terms of the totality of humanity, rather than to continue the nation-centric old conditionings. The evolution and future of *humanity* would be the point of focus, rather than fighting for the superiority of a race, a culture or a country. The old syndrome of competitivity would rapidly fade in the face of the exciting variety and bubbling richness of so many modulations of what it is to be "human". Comparison and judgments would be replaced by collaboration, cooperation and co-creation. The joys of team-work, team-play and life celebration would blossom, for the greater benefit of world peace.

• **The Very Definition of a "Human Being" would shift** to an Earth dweller or galactic citizen. And all subjects studied and practiced would have some multi-national overview, as well as a cosmic context in terms of the grand scheme of Life and Consciousness. Latest astrophysics is listing some 2 trillion galaxies and we live on a planet orbiting one of the 200 billion stars of a single galaxy, the Milky Way. That's the kind of context expansion that would be possible for the kids at the Earth School.

We are inviting feedback, contributions and donations
that could make this EWO project more of a manifested reality.

Kindly contact
Aya@starweels.com. StarWheelFoundation .org

58 - We are Light

We Are Light

(StarWheel #78 "Tri-Buddha")

All traditions of wisdom,
all mystics,
all seekers of truth,
all lovers
give us the same message:

"There is a fabulous treasure hidden in the human heart!"

A brilliant treasure radiating like a 1000 suns.

A dazzling luminous Glow
progressively or suddenly
rising from within the human form
to merge with the Source-Light of all creation.

This Light is hiding within each human being
as a single Seed of Infinity
waiting patiently to be uncovered
and kindled to full illumination.

The quest for this Light has been the perennial purpose of life.

This Inner Light is the Beloved within,
the Bride of the mystical wedding.

All human relationships are rehearsals preparing us
for our metaphysical romance:
the cosmic love-making of the sparkle of light
encountering the bon fire,
the small candle flame entering the sun,
the lotus bud blooming,
human becoming angel.

*

This page gathers flowers of light from many gardens
for the mind, the eyes, the soul and the heart
to be re-enchanted again
and passionately long for the ultimate love affair
in this human adventure:
becoming Beings of Light.

May you therein
find fulgent inspiration
to embark on the unique quest
for your hidden light.

And may you reveal your Self to yourself,
to your loved ones,
to the entire world
and to the Universe,
thus returning
the Gift
back
to
its
Source.

*

Pictures: Christmas 2007.
Sedona, AZ, USA.

StarWheel #50
“Dove Buddha”

59 - The Yoga of Gifting

Dear friends sharing the play of human life in this cosmic moment,
***Anjali* reverence to you:**

Here is the Golden Rule I learned from my experience
of the Sacred Geometry of life and nature:
Give to others the same Love, Beauty & Harmony
That you and others have received from the Whole.

This is the gist of the education offered at the Purna Vida School of Celebration, Arts, its motto and deeper wisdom.
It is based on the way the universe functions in scalar golden proportions:

The Small is to the Large as the Large is to the Whole.
It is also named Universal Oneness and Compassionate Love.

This is what you are called to contribute to and co-create: passing on a gift from you (the *Small*) to others (the *Large*), in grateful recognition of being divinely alive & conscious within the Source-of-All (the *Whole*). Then you feel fulfilled because you have entered the continuous vortex of creation: the loop has been returned to its point of origin.

And here is a little story
to encourage you on the path of gifting:

A beggar was begging his meager subsistence from door to door. Suddenly he saw a gleaming chariot pulling up and stopping to him. When the beggar beheld the lordly driver of the chariot smiling at him, he immediately envisioned a magnificent gift. But, instead, this King of Kings suddenly opened his hand and asked: "What have you got for me?" Torn with perplexity and indecision, the beggar searched his bag and finally offered a mere grain of wheat. Later, at the end of his day, the beggar found a grain of gold in his bag and felt deeply sorry he had not given everything he had.

Osho, who tells the story in a chapter called *Laugh Your Way to God*, comments: "This story is not just a parable: it is the true secret of life - give and you will get million-fold; share and in the very sharing you will become richer. Go on hoarding and you will become poorer and poorer. Let me repeat it: you possess only that which you have given; you never possess that which you have hoarded. You only become a master of what you share. Share! Unconditionally - because death is going to take everything away from you." (Osho. *A Sudden Clash of Thunder*. 1976. Poona, India.)

Happy gifting
Feel the joy, smiles and deep flowering
of the young people embracing the wisdom of universal harmony
Contribute to the Purna Vida Eco-Yoga Earth School

Namaste in Anjali!

60 - Aya's Yoga Timeline

Feeling highly inspired by the global and timely model of life education offered by Yoga, Aya soon embarked in a re-discovery of Yoga, Partner Yoga, Acro-Yoga and related practices. Aya re-organized his life to give priority to his renewed education about the bounties of Yoga and Yoga's potential as a set of world educational tools that would be the foundation of his global Eco-Yoga project in Cost Rica.

• 2011. Acro-Yoga Festival, CA. Inspired by discovery of acro at the Raw Spirit Festival.
• 2011. First yoga classes with Amber at Yoga for the People, a donation-based studio.
• 2012. 3-weeks / 200 hrs Yoga Teacher's Training in Bali, Indonesia, with Vidya Heisel and Jennilee Toner (www.froglotusyoga.com).
• Spring 2014. Immersion "Moon" Training in Elementary Acro-Yoga. Boulder, CO.
• Autumn 2014. Immersion "Sun" Training in Acrobatic Acro-Yoga. Boulder, CO.
• December 2014. Publication of *The Anjali Kirtan Book*, V.1. (StarWheel Foundation Publishing).
• 2015. Aya became the Acro-Yoga.org Jam Coordinator for Sedona, AZ.
• 2015. Aya taught Vinyasa Yoga, Acro-Yoga, Yoga Swing and Mandala Mat Yoga (Sedona Yoga Shala).
• May 2015. Publication of *The Gallery Book of Community, Partner Yoga and Acro-Yoga: From 1 to 2 to 3... to Community.* A visual compilation of innovative ways to expand your personal yoga practice and move into a variety of fun partner & group experiences. (StarWheel Foundation Publishing. B & W).
• In April 2016, Aya graduated as a Level I Acro-Vinyasa Teacher, with Honza & Claudine Lafond (www.yogabeyond.com). Acro-Vinyasa is one of the new schools of Acro-Yoga, emphasizing the direct connection between classical "Earth-bound" asanas and the acro-yoga "Sky-bound" asanas.
• March 2016. "Intro to Partner & Acro Yoga" playshop. Sedona Yoga Festival staff.
• April 2016. 1-week "Bhakti Yoga" immersion, with Saul David Raye. Ojai, CA.
• September 2016. "Yoga & Sacred Geometry for Kids". Bhakti Festival, Joshua Tree, CA.
• November 2016. Aya took his 6-weeks / 300 hrs Teacher's Training in Rishikesh, India, with Yogrishi Vishvketu (Vichva-ji) (www.akhandayoga.com). After graduation, Aya stayed at the Akhand Prakesh ashram, in Rishikesh, for two additional months in order to practice teaching to international groups of sometimes 40 - 50 people...
2017. Publication of *Gallery Book #2: Classical Yoga Asanas*. Multi-Perspective Visuals of the Classical Yoga Asanas. (StarWheel Foundation Publishing. B & W).
• March 2017. "Partner & Acro Yoga" workshop + "Yoga for Kids". Sedona Yoga Festival.
• 2017 – 2018. Aya taught Community Yoga, Acro Yoga and Vedic Chants at Aumbase Studio and Sedona Healing Yoga.
• September 2017. Aya was the Coordinator of KidsLand at the Bhakti Festival.
• 2018. Launching of Anjali Yoga Arts (A.Y.A) as a brand.
• 2018-2019. Yoga classes taught at the Sedona Creative Life Center.
• 2019-2022. Private Yoga sessions. Creation of *The River of Yoga* program.
• 2021. Publication of *The Wisdom of Yoga*, the Yoga Manual for Anjali Yoga Arts. Gaia-Gala Publishing. Full color.
• May 2022. Publication of *The Earth Vision Book*. A Chronicle of Aya's quest to co-create a thriving Mother Earth and offer to the next generations a global yogic culture. GG Pub.
• June 2022. *The 12 Wisdoms of Yoga* workshop + Yoga Swing for Kids. SY Festival.

61 - Earth Global Festival of Humanity

Are we ready to co-create the **1st EARTH GLOBAL FESTIVAL of HUMANITY**? Celebrating the Beauty and Happiness of the Human Family… as a collective gathering with multiple, inter-linked venues all over the world… A week (culminating in a final week-end) of unifying all the earth's peoples, tribes, nations, cultures & rituals, languages around the global yoga practice of HONORING the BEAUTY of HUMANITY and its extraordinary journey of evolution upon Mother Earth…

ALL of Humanity – with no exceptions, discriminations, judgements or elitist control… Humbly & openly recognizing that we all are riding aboard the most fantastic spaceship, cruising through space at 66,000 mph and spiraling through this universe in the ultimate magical journey ever… All along being taught that humanity, nature and the cosmos are ONE web of Life & Consciousness and that erasing a single component, even the most "insignificant", affects the quality of the Whole.

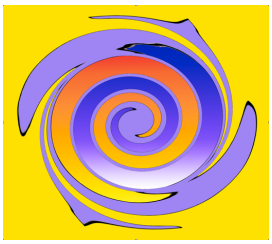
Humanity is now on a global pilgrimage to the sacred site of a **new civilization.** No more sealed borders, square ego boxes, hypocritical dogmas, massive brain-washing & body-junking: we know better now…

A New **Economics of Redistribution** based on *the-more-we-give-the-more-we-receive* principle... A **New Education** showcasing Peace, Yoga, Meditation, Sustainability, Conflict Resolution and Compassion... Co-creative Children, Teenage and Community Neighborhood Centers… Medical Care for all… **True Medicine** replacing the greed-based medical / pharma industries… **Green Energy** Systems… Paid Maternity, Sickness and Holiday leaves… Restorative Justice… Multi-racial and multi-cultural Diversity & Richness… Supportive Retirement… A new regional community-based politics with a global council of wise women & men overseeing the international affairs... An **open sky** free of chemtrail showers and weather engineering…

An **open earth** with fields of abundant, organic crops pollinated by humming bees... Clear, crystalline waters… Sweet farmlands of harmonic, smiling permaculture… Vibrant children running around, laughing, singing and playing the magic games of Life... Abundance and **Loving Respect** for all humanity…

A gigantic Earth-Humanity Festival is awaiting us…. Can you possibly stay away?

Prepare yourself as the **cosmic music instrument that you are**. Use whatever aspect of yoga is coming your way and JOIN the CELEBRATION… Yoga is the **Earth-Cosmos connection** with the vast universe: it encompasses many ways of transformation, evolution and expansion - ancient, current and future... The **1st Humanity Festival** starts with YOU as a cosmic yogi / yogini, integral part of a human family of happy beings connecting Earth and Sky, holding hands with each other and turning their life into **radiant flowers sharing the many fragrances of pure love for no reason…**



A Return to the Tropics

Living in the embrace of the rain forest
and tending a garden of tropical fruits

Aya in Madagascar - Age 5

NAMASTE

aya, A.Y.A and global projects

Aya is a Global Renaissance artist, a gardener and a 500 RYT yogi who took his Yoga Teacher's Trainings in Bali and Rishikesh, India. The creator of the **StarWheel neo-mandalas** and the founder of the **School of Sacred Geometry,** Aya weaves together the various threads of Yoga into the **Anjali Yoga Arts** classes & play-shops he is offering. Aya brings to his classes a cosmopolitan feel and a sense of perennial wisdom by harmonizing Western & Easter traditions, integrating ancient and future science and sharing playfulness, creativity and community-building.

Yoga is the passionate, shared dance of celebrating existence.

Global Projects and Visions

AyaLove.Earth. On Thanksgiving 2021, Aya decided to stop "doing business" and to close his dba and Amazon seller accounts. Instead, a new, streamlined website **AyaLove.Earth** will be offered in January 2022 to share ***free downloads*** of the StarWheel Mandala images, the 18 volumes of the Encyclopedia of Sacred Geometry, the Yoga Manual and more… **AyaLove.Earth** will also promote the StarWheel Collection (looking for an active home), the 13 StarWheel Special Editions and the new StarWaves digital renditions…

Purna Vida Eco-Yoga Farm - An Eco-Yoga Retreat Center for all ages, School of Creative Arts, and Tropical Fruit Farm (Finca) in Costa Rica. This Eco-Village Yoga Farm will offer educational programs immersed in the tropical Pura Vida lifestyle: rain forest wisdom, yoga & meditation, mandala arts, tropical fruit tree reforestation, organic & nutritive diets, cooperative skills, music & dance, creativity in art / science / healing / self-discovery… the basic human lessons to live a life of joy, co-responsibility and celebration… Retreat Center in Costa Rica (starwheelfoundation.org)

Earth School – Endowment for World Orphans (E.W.O) - Residential 1-3 Years Scholarships for Orphans around the World. Kids from ALL nations / cultures living together & learning from each other.

StarWheel Interactive Museum (S.W.I.M) - A combination of Interactive Exhibits, Exploratorium, Multi-Media Immersion, Display of StarWheel Collections, Mandala & Sacred Arts Research Center. A Hub for a Global Culture of Arts & Ceremonies Celebrating Life & Spirit. Heart-quarters for a non-corporate Global Council of the Arts. The StarWheel Interactive Museum (S.W.I.M) (starwheelfoundation.org)

Phi-Sciences University (P.S.U) – Mission: introducing PHI-Sciences into Academia and creating a Global Campus for PHI-Sciences Education, Research and Synthesis. Building a World-Class Library & Resources Center on Sacred Geometry, Harmonics and PHI-related Sciences & Technologies.

School of Life Yoga Youth Yostels (S.O.L - Y3) - A World-Wide Network of Low-Cost (Yoga Included) Hostel "Travel Hubs" for World Travelers & Pilgrims moving on the Path of the School of Life.

Gaia-Gala (G.G) - Global, Multi-Media Publishing House. Distribution and Publication of Visionary Art, Tools, Apps and Projects. StarWheel / StarWave Decks. Creative Tools of Consciousness Expansion.

Anjali Yoga Arts (A.Y.A) - A Global Hub for 21st Century Yoga Arts & Life-styles on Mother Earth. Living Yoga in Daily life by Designing, Enacting & Sharing Oneness. StarWheel Yoga Gear (S.W.Y.G)

Trees for Earth (T4E) - Preserving Rainforests, Saving Seeds and Re-foresting Earth. "Bamboo Planet" Global Drive - Bamboo Plantations to reclaim deserts, stop erosion and provide multiple uses.

NAMASTE

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