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JASMUHEEN DARKROOM RETREAT – 2012 Insights

2nd March 2012 - Darkroom Retreat, Chiang Mai, Thailand

Day 1 ...

It is our first full day in the darkness and our group are settling in nicely. There are of course the usual adjustment issues that always occur when we move into an unfamiliar environment and the removal of external vision always takes a little getting used to. Still the group energy is synchronising well.

I find already a golden flow of light shining over my right shoulder that seems to illuminate my path as I move around in the darkness. Even though I know that there is not one pinpoint of physical light to be found in this space, I still find myself turning to my right from time to time checking over my shoulder. It is strange the way the inner plane light flows, as set beams come to our peripheral visions or stars seem to fill the darkness in our mind as if we are living under an open roof to a cosmic sky. None of this is occurring in the physical realm and it is unusual for me in darkroom for the light to come in so fast. Usually it takes a few days for this to come but not this time.

I love the peace-filled rhythm here and already the days seem to go by so fast with our time spent in silence and solitude, and deep group and solo meditations. There is a comfort to the darkness as my body is so used to it now yet every retreat we hold is different.

I also love the way that strangers can come from all over the world to live together in this darkroom space and gel and blend and bond to finally come into that unified rhythm of heart and mind. The elimination of our vision opens us all up to connect in so many different ways and as the days pass our ability to glide noiselessly through this living space also improves dramatically.

It is such a gift to find our Zen-master selves in this space and walk with a slow ease and grace, navigating our way as guided by other senses.

Dreaming is good here, vibrant and instructive as are our meditations as the brain shifts its production levels of serotonin and melatonin and releases more 5-MeO-DMT (5-MeO- dimethyltryptamine) to enhance our inner visionary capacities.

And so our first day comes to a close with a greater awareness now flowing.

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Day 4 ...

It is interesting to witness the changing rhythms of people as time unfolds in the dark. Yesterday my room felt like Grand Central Station with people coming and going with questions and problems they didn't feel able to solve.

Many of the group, like myself, have been inundated with so much light virtually from day one, with meditations coming through that seem specifically designed for those that have gathered here. I always love to hear new meditations as they are channelled through me and I just remain the observing mouthpiece.

Like in life many are being confronted here by the choice regarding which mental stream of thought they wish to give attention to. Some are feeling anxious and focus on that, making their anxiety grow as they try to analyse its root cause. Unable to pinpoint its origin, they just sit and settle into this emotion of anxiety rather than choosing to have a different experience again.

Yet all of this is just natural adjustment issues for they have never spent so much time in absolute darkness before and sometimes here they go through a very natural internal housecleaning process as the body chooses to release

cellular memories from this life or other timelines they have experienced that need realignment or acknowledgement.

As our Earth transcends and moves herself into more intergalactic frequency patterns, this means also that time is presenting differently now and linear time flows are becoming more sequential. Time in darkroom also seems altered and is subject to change by each individual as here time speeds up for some, making their days pass quickly, yet slows down for others who have still not fully surrendered into the now.

When we do become fully present and surrendered into each now moment, it's as if the realms shift and blend somehow, especially in darkroom where the brain's production of certain chemicals also changes. To me it feels like we all just entered into this space yesterday yet we are already half way through the first retreat of 8 days and nights in darkness.

The group are well trained in metaphysical-esoteric practice, with most being also proficient in fasting, yoga and qigong, and so many here are luxuriating in the time they have here to concentrate more fully on just themselves. Others are flowing already backwards or forwards in linear time glimpsing or reliving past or future life experiences as the veils of separation between dimensions, time and space, seem to separate or even disappear. This is one of the gifts of darkroom retreat, the precious time to connect more fully with all levels of our being. To pamper ourselves by slowing every action down by fully focusing on all that we do. Showering, massaging the body with oils, dressing, yoga routines, walking from here to there, meditations, all of it is slowed right down as if we are operating in the most peaceful gentle currents of our own Zen-master self.

Many in the busyness of Western world life never take the time to do this, to find their Zen-master self who is easily attuned to the now, the one who lives in a peaceful river of deep contentment within us. Our Zen-master self is a part of ourselves that lives closer to the level of our Essence, for sometimes there is such a huge distance between our personality selves and the Essence that breathes us and gives us life. Bridging this distance is the path of the spiritual initiate, a path that begins to reveal itself as soon as a human being begins to tire of the limitations of this external world or to those who long for peace.

Yet this path also has so many variations and detours along the way. Sometimes we sit with a guru for a while in hope to be imbued by some of their radiance or wisdom, before finally realising that we must be our own guru and more fully express the guru within. Then we have the discovery of an infinite flow of love and wisdom that is bubbling deep within, ready to rise out of our own baseline Essence as soon as we focus upon it and live the appropriate lifestyle to match frequencies with it, as is the way of the fields.

I love the science of life that drives all of our creations allowing metaphysics to have logic as Universal Laws control the flows and what we manage to manifest. Sometimes it is our karma to manifest great riches yet the spiritual initiate soon realises that to be truly rich one must remember once more and BE who they truly are which is definitely not a human being consumed with making money in a material world. In the inner realms material wealth holds no power for here true wealth is purity of heart and a sincere desire to operate in a way that serves the greater good. These are keys to kingdoms deep within us where true riches can be found.

And so these days and weeks in darkroom space strips all bare of external busyness, allowing ourselves to relax and step back into another level of ourselves again, an aspect that we all carry deep within that is so wise and loving, that many in the world are often still unaware of yet long have others known the truth of the teachings of both Buddha and the Christ for we have found that Pureland within us, that Kingdom of Heaven deep inside. So for me it is such a blessing to be able to rest here in the darkness, in this kingdom awhile. Sometimes the external world beckons us out to rejoin the flow of the human tide, yet always the pathway back is clear once the doorways are open, and so we are at choice, awake and even more aware.

This is what many here in darkroom are now learning. Choice. It is always about choice.

Which world do we wish to live in, which do we wish to be nourished by? Upon discovery of the kingdom of our Essence there is no choice anymore as we feel the obvious benefits that then flow throughout our lives.

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5th March, 2012

Evening, Day 4 ... continued

Always in every darkroom retreat there comes at least one ‘knock your socks off’ profound-type meditation, something that I personally really need to experience. Today it came as the group divinity led us out of this darkroom cave to travel interdimensionally to a star system we needed to visit. Travelling in our Merkabahs and cocoons of light, we found ourselves back on our home planets where a part of our Essence still resides more fully than it does in this 3D world.

Shortly after arrival into a huge field of pure white light, a beautiful being stepped forward, who is my father there, and my heart just melted in unexpected joy to reunite with this one again. Before, during and after, to a visit to the Council of Elders, so many insights were shared and deep personal truths revealed about my time on Earth and things that were to come in my personal life as well.

While words are inadequate to describe, I love these times of such real heart-felt connections where every cell of my body recognises the truth of what is there, yet again usually this tends to happen near the end of the retreat. Perhaps it is a sign of the shifting flows in our world, as she becomes more infused and woven into the higher dimensional fields, that our group can tune to such places so fast and I thank the group divinity for this unexpected experience.

As usual not all will travel in this way as they stay instead confined to the darkroom space, yet I know that there will be another meditation we will do here in the dark that will touch them deeply as well.

One of my favourite things in group meditation as we step aside and allow the group divinity to channel through what is appropriate for us all, is that so much can be revealed by the Essence in us all as we step more deeply into the inner planes and that there is so much wisdom to be gained when we just let go and trust, and open to what can come. Our breath is the key to it all as just through subtle adjustments of our breath, we find ourselves free to explore so many realms.

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Day 5 ...

It is so interesting when people come into darkroom who have never been before and who can't understand much, or any, English. Most go beyond the words and connect in Essence to Essence trusting the flows that come, others take a while to surrender and to allow themselves to truly open to all the gifts that the darkness contains. All we can do is hold this space for them, and communicate to their Essence to allow them to come into the perfect rhythm that they need during the darkroom journey.

I know from our time with the Mamos of Colombia that I have been able to go beyond their words when they speak Arhuaco and sense exactly what was being shared which was then confirmed by the Spanish then English translation. Of course this doesn't always happen and takes focus and concentration but it is wonderful to know it can be done.

And so another day unfolds for us all in the darkness of this space we call the Divine Mother's Womb.

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Day 6 ...

7th March, 2012

Last night a flow of information and energy came in driving our group meditation, from Beings from the Great Central Sun who called themselves Cosmic Plasma beings, saying there was no other term in our English language that was an adequate label and that Cosmic Plasma is cosmic fire which is Divine Love.

Channelling to me is like moving from the centre of a room that I am occupying to sit on a chair in the corner while another energy beams in to take centre stage. With great love and gentle awareness they spoke of so many things – about what was occurring on Earth and will occur – and then left space for people to ask their many questions.

I love when these spontaneous flows come and felt the synapses in my brain (right hemisphere) being tweaked as they were beaming in, along with adjustments to my throat chakra, so that they could use my body more effectively. The download was interesting on so many levels, especially since I awoke this morning with my body feeling adjusted somehow with no interest in or need for fluid.

I would like to think this is a permanent adjustment for after nearly 19 years of receiving all my vitamins etc from prana and being completely free from the need to eat food, throughout all of this I have still retained an interest in taking liquids. The last few years I have also taken some physical food - mainly fruit - from time to time which has been at times difficult for my body as my system has literally moved beyond the need for such things, still my family have enjoyed me doing this with them.

I believe that all adjustments should be a naturally organic development that occurs when the time is right and we are ready on all levels yet yesterday I had been talking to my emotional body and biosystem in general, asking for a more unified approach to all of this so it was so interesting that a by-product of this visitation, and the energy residue left in my body, has resulted in such an easy realignment. Whether this residue will fade or be a permanent change is yet to be seen, still the peaceful currents I feel right now through all levels of my being, regarding this non-drinking issue, are very nice to experience indeed!

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Day 7 ...

8th March, 2012

It is only to be expected that facilitating a retreat in complete darkness completely by myself can be busy. Dealing with the harmonisation of 40 complete strangers with all their movies of reality and doing it all without external light as they all go without food and their bodies adjust their prana/chi intake or fast, all of this adds to the uniqueness of the gathering and also brings up so many issues that they come to me to discuss. While I am able to operate from a huge reserve of energy today I am called to be more in silence and solitude and unhook from it all.

The group are all in an easy place now, used to the rhythms that are here, issues/adjustments have been dealt with and, as they know they will exit at sunset tomorrow, they are relaxing deeper again. Many will stay on for another 7 days and nights making their darkroom time 17 days in total while the others will fly back to their various countries - all having been changed in some way. New ones will come in a few days to step into the darkness again for all who are coming have been with us before. And so the days continue to unfold in a rhythm of our own making. And for me it is time to take these few hours and enjoy more of what silence, solitude and darkness have to impart.

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Day 8 ...

9th March, 2012

End of our first retreat. We are about to take people out into the sunset which is one of my favourite times in each retreat. I love to see their faces and eyes as they fill with appreciation at the wonder of nature for the Tao Garden is truly beautiful. For some there is relief for this has been a big initiation, for others coming out is just a natural flow they have appreciated being in and now they appreciate being out.

Tomorrow for all is a day of acclimatisation, before catching planes or whatever they need to do. Others will stay in darkness continuing their journey in silence until the next group coming in join us for the further 7 days and nights. And so I give thanks for all that has been gained.

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Day 11 - Day 1 for 2nd retreat

12th March, 2012

It was so nice to come back fully into the dark as it's almost as if she calls me. After two days out attending to the last group of which around 25 were leaving, and then dealing with new arrivals and basic logistics, to know that as I came in again last night, that I didn't need to go out again, is almost like a relief. While I love the outside world, darkroom holds a special reality for me for here there are no distractions of third dimensional life, only of course the distractions of our own mental, emotional and physical body flows. Once each one finds the rhythms of comfort and

security that being blind can bring, then the other senses more than compensate for the basics like finding our way around. Time spent in meditation in our rooms or with the group then offers something else again, like the ability to go beyond time, to transcend the veils that create perceived limitations between the dimensions and explore what is there; and to be open and be more at one with our own Essence as we flow through the inter dimensional worlds.

Existing in our 3D world with the gift of physical vision of course offers so many delights yet to let all of this go and be the silent yogi in the cave - in a physically comfortable way - offers something unique again.

Last night I awoke a number of times as usual for me, yet aware that I was in Council with the Elders of our multi-dimensional realms, ones I have long known and new ones not yet met until now. As always it was like being back with family beyond this physical plane. What was nicer still was that although I would wake, be aware of what was, and had been transpiring, as the body relaxed deeper again in that semi-dreaming state, our meetings would continue. It was the first time in a long time that I have had full remembrance and spent such a long uninterrupted period with these ones. So much discussed and all of it about the rising of our world and the revelation of the pure Essence within all as being the key to the rising. It is impossible to record it all and also unnecessary as I know that all that was shared will flow through me in the appropriate manner and time.

The amount of attention our Earth and her people are receiving now from the Beings of Light, from so many different realms and dimensions, is astounding to sense. So much attention and so much support as many struggle to set aside old educational, media and societal imprints that carry limitation and fear and the power games of control.

The E.T. reality is not only strong and thriving but powerfully focussed in the most loving compassionate manner on everything we are doing on Earth. And yet of course we are like a drop in an ocean of their focus, for there is a lot more going on throughout all levels of creation than what we could ever envisage.

Yet we are here, now. In whatever capacity we have all come, with whatever trainings, gifts or models of reality we carry, the time has come for all of this to be rewoven into rhythms that serve us all.

This too is what occurs in our darkroom retreats, the blending and harmonising of all the different frequency flows and patterns of energy the whole group carries, so that the dominant frequency becomes pure Essence. And bathing in this Essence brings the peace, the love, the wisdom, the clarity, the visions and insights that every one here is open to receive.

Here is a microcosm of the macrocosm of our world. Here we find people whose energy weaves are so entangled in old patterns that they need to be delicately rewoven so that they can come into a deeper peace. This is just like countries who are energetically hooked into rhythms of violence and war, or dominance and control, who still lack the understanding of the power of compassion and who cannot yet access enough inner wisdom to know how to create a society that runs in a rhythm that benefits both their people and the people of this world.

Many of our interdimensional friends have never known duality and its flows of war and peace. The wars humankind can rage within themselves as they exist further away from their Essence source and then the peace that comes to all, when we recognise again and feel again the wisdom and love of our own pure Essence, which thankfully takes us beyond all religion by revealing the purest teachings of all the Holy Ones.

A world without connection and awareness of its own true nature needs to experience this nature first hand, before its people can truly evolve as a mass back into the rhythm of peace. Not all need to do this of course or it only takes a certain number, who are at one with their Essence, to realign this world. Yet all must choose the path of love and peace to be able to flow with this rising tide. Choice is enough if it comes from the heart for enough now are trained, have remembered and are radiating what is required through our world to complete what has begun.

As we also know some must choose the path of fear for they need to stay locked into the dual-natured realm. This is not done because they are bad or ignorant or unaware, instead it is a soul choice to explore more of what duality offers.

Yet ... billions long for more and so they will flow on, nourished by a strong network of support. Again how long this transition will take and how smoothly it will occur depends on how many can choose love then relax, step it back, and allow their purer natures to rise and then rule.

Still regardless of all our experiences and ideas, it all is as it is and yet once again in the field of higher light science, the dominant frequency rules. Knowing this we learn to take control of our own energy emanations so that

we contribute to our world in a positive way.

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I continue to learn so much each retreat as I listen to and feel the rhythms of my own Essence being. Like many I sometimes enter darkroom with a goal or personal agenda in mind, that maybe in this retreat the rhythms will be conducive for me to finally fully convert to the true breatharian expression. This is not something I have ever chased and yet knowing it is in my blueprint this life, the carrot of possibility is always dangling before me.

My prana percentage has been 100% for years so freedom from the need to take physical food has long been with me. My cosmic particle hydration levels have also long been enough for me to safely take no fluid. Yet for a long time I felt that my weight would be too low if I wasn't drinking at all, as my body without fluid intake is 1-2 kilos lighter again than when I drink.

Here my Essence confirms it will support me now at a good weight if I am fluid free and I trust this. When I check for the perfect timing, I am told from within that any time is right. And so with all of this confirmed, I ask that my true breatharian state occurs organically, naturally with joy, then check deeper only to find that there is still a small mental block and recognise where this lies. Then, understanding how to shift this, I sense again a more natural rhythm arise with no desire or interest in fluid.

Last weeks influx of energy and reconnection with the Beings from the Great Central Sun left the same feeling - effortless, natural yet it was as I felt, a residue of the download and did not last. Since then their energy line connections are strengthened permanently within me, hence the ability to be in Council with them all through last night.

I know they could blast me, hold me in a beam, where the true breatharian way is simple but we are still discovering a duplicable path that others can share. In this we need to learn via experience how and why humanity has departed from this natural rhythm of life and how to gain it back. Yet even all of this is known to us now, the why's etc, still, as we reweave ourselves and our planet back to a more reconnected state with our Essence, then our stories of how we have done this, are always an inspiring guide.

Nearly all true breatharians in our world - those who never eat or drink - who truly have moved beyond the consciousness of physical food, nearly all of these have had this occur via interactions with Beings of Great Love and Light. For example, Prahlad Jani, Therese Neumann, yet our way has always been to find a model that all can use with just a small amount of personal additions, a model where science and metaphysics can meet that takes it beyond new age dreaming and into mainstream reality, which is what this will eventually become at a certain point in our world's evolution.

And so for me the reweaving continues as it always does as I relax deeper again to enjoy all that my Essence contains. Beyond the reweaving of rhythms there is also the requirement to just align, be open and allow.

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Day 12 - Day 2 for 2nd retreat

13th March, 2012

Our group are still making the alignments necessary to accommodate the new ones who have come in yet all is flowing well. Those who have been in the dark for the past 13 days are in deep levels of their Zen-master selves, aware of every impact their movements make on the energy field. Tuned to furniture and objects, they noiselessly exist here as one cohesive unit that the others are slowly stepping into as they leave the outer world behind and begin to readjust their own impact in these energy fields. Still all of this is natural and something we deal with everyday when we expand our conscious awareness beyond the self absorbed me and into the we of community and global energy field flows.

I am still sleeping remarkably well (which is the first time ever for me in darkroom retreat) although 70% of the group here seem to have stopped sleeping all together as they learn to deal with the endless night hours with a body too energised for sleep. Because most have a good strong prana percentage they are not fasting and hence are getting more energised rather than weaker and thus a lot less sleep is required.

This of course, as we have shared with them, is a wonderful opportunity to explore the infinite nature of their Essence being and go cosmic travelling and enjoy so many other realms. Their bodies are safe here and can be left in meditation, while the one I call the 'watcher' within looks after the physical form.

Again consciousness is elastic, and our chi Essence energy follows our mind, so extending our awareness beyond our form is a common practice for us in darkroom retreat as we explore dimensions deep within and so much more. Here, we continue to energise and strengthen the physical form with our usual alchemical practices which helps in the re-education process for many, of exactly how we can feed our biosystem in a myriad of ways, independent of physical food. Of course our program also addresses a holistic system to access nourishment for physical, emotional, mental and spirit being levels so that the complete biosystem receives exactly what is required.

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Day 13

14th March, 2012 - The journey goes on ...

Yesterday afternoon's meditation took us deep into the Earth, first to be greeted by indigenous tribal elders for us to release any ancestral energies that no longer serve us. With insights gained we then moved on to connect with the inner Earth people and their paradise realms, beings from Atlantis who created this place of light a few octaves above our current Earth plane. There are a number of pockets of peaceful inner Earth co-existence like this around the world, from the underground city of Telos to much more.

For those who could join me in this journey so much was gained, with others in the group whose time is not quite right to go there, falling asleep or going on with their own inner journey as is always the way in any group meditation. For me it was the first time that these beings appeared ready to guide us into their world, to swim with dolphins under waterfalls and in sacred ponds, to sit and talk with wise elemental beings who reminded me of Yoda from Star Wars; to then move on and visit their Temples of Learning and be bathed in regenerative light.

Those type of bilocation experiences come so naturally to some, while others struggle to let go of their focus on their physical form or their monkey-mind distractions. When they can then these inner plane journeys are so rewarding.

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This morning our group were guided to go back to that state of being pure plasma, a golden dust flow of cosmic particle Essence, to experience the freedom that this brings. It is so nice to leave the density of the physical body and drift through the universe for a while; sensing, being more aware of other energy flows. To pass on later through a dimensional door, a white hole into the Galactic Centre and there again to just be, sensing what needs to come. To feel the presence of the Mayan Elders, a race of people whose prophecies are now so well known on Earth and who as a mass ascended their tribes so long ago; to commune with these ones, to sense the sacred geometric patterning of this realm before coming back to Earth once more and slipping like a vaporous stream back into physical form, all of this was again so insightful.

These are the journeys I love that darkroom always brings and the deeper we align with the subtle realms within and the more we step back into our natural Essence state, the easier these journeys become.

So it is and so it always has been ...

As a facilitator for these darkroom flows, there is also so much to attend to, to ensure the complete comfort of our group, yet once basic needs have been met, it is always up to each individual as to what parts of themselves they wish to identify with.

Here, like everywhere in our world, people's thought streams and minds are strong, sometimes taking them further away from their pure Essence being, rather than closer to it. And with far less worldly distractions here it is important in darkroom experience to use the mind as a servant and not let it be a distracting force.

It can take a lot for an untrained mind to surrender and be in the now, fully present and open to the flows that darkness contains and so our group go deeper to explore all aspects of their being; transcending time and space and the usual demands of the body. Free from the process of digestion, this energy can be used in other ways. Free from time restraints, long sessions of yoga and other practices can be engaged in to keep their bodies lithe and strong.

Free from family, friends and business distractions and phones, the emotional body can rest in a more detached state. And free from the need to even stay in our physical bodies, we can wander the cosmos as the flows of infinite consciousness that we truly are. These of course are just a few of the gifts that darkroom experience, the way we do it here, can offer the one who is open of heart and mind.

I look back to nearly a decade ago to my own first experience, of the dark as a guest of Mantak Chia, to what has transpired today. While I know his system of teaching is so powerful and perfect for many, it has been nice to bring through a program that is more fluid and feminine in form. Fasting and also pranic feeding in the darkroom adds another layer as does the music played to further open all hearts. Yet Mantak Chia's programs and mine are like Yin and Yang and complement each other and so it is wonderful to have this opportunity to come to Tao Garden each year.

Beautiful surroundings, friendly smiley staff, the sweetness of the peaceful Buddhist energy that permeates this land plus the endless gifts that the darkroom herself contains – for all of this all I can feel is grateful.

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Day 15 for group 1, Day 5 for group 2
16th March, 2012

Apart from what people learn about themselves in the silence and solitude, the beauty of darkroom retreats is that we have long periods to be in group. Each day we have between 3-5 hours contact time with each group, depending on what's required, plus the behind the scenes personal meetings that are necessary for some. The meditations are always led by the group divinity which I love, as this opens the ways to new and different flows. Yet of course there are always some basic reweaving patterns to be applied as there is with every group.

So far we have done meditations to open all up for a deeper experience of our own Essence, meditations for pranic feeding using various alchemical etheric devices, a meditation to clear the balance of karmic ties, meditation for improving tantric energy flows and for repatterning past and present intimate relationships, meditation for accessing pre-agreements made before embodiment with relevant loved ones today, meditation for accessing more data and clarifying our life purpose and service agenda in the here and now, meditation with the inner Earth beings and connecting with indigenous elders, meditation at being pure cosmic plasma, meditation returning to star systems and reconnecting with intergalactic and interdimensional family; the usual cocoon cosmic hotel meditation so we can be surrounded by energies of our own choice and be less affected by the changing energy flows on Earth, meditation for accessing cellular memories of past present and future timelines that are relevant for life today, meditation to connect with the Goddess in her many forms, meditation to tune more to the will of Gaia as she goes through her transition, meditation to retune and strengthen the auric field and be free of limiting psychic ties, plus more.

Last night we were guided to go beyond the Akashic Hall of Records, for we have often accessed the Book of Life with groups before, and to go to another level, to the living Tapestry of Creation where we could see the flowing stream of this endless tide and witness the patterns and weaves within it.

I had read just a little of this in Dolores Cannon's *Convoluting Universe* series, and so it was wonderful to be able to bilocate there first-hand and to witness its undulating flows of light, for it is said to be the most wondrous piece of art that has ever been created. Alive and constantly changing it pulsates with the vibrations of every life ever lived and currently living, as each life weaves itself from one movie of reality to the next, ascending, by learning, a giant never ending ladder, which this tapestry represents.

As you look at the light stream going down the tapestry, we can see the pattern and colour of weaves, of all our other lives that are actually running parallel at right angles to the weave, culminating in a pattern in the weave that can be like knotted threads or smooth, all of various colour and design. Here we can also see the intermingling threads of other people's weaves, where we have bonded and how each thread is different in texture as well.

When we look up, the tapestry line of light flow is also endless, becoming brighter and brighter light, a moving river of energy and design that represent our life in the higher dimensional flows.

The visit with the group was relatively brief, just a short introduction, a chance to do a little reweaving of their current life, a new design with the awareness they have today; that was superimposed over the actual tapestry. All

that could be fused with it then was, with the balance left to dissolve; for the rhythms and patterns here are set to a great degree to allow for pre-agreed learning. All in all it was another wonderful meditation.

Of course those for whom this journey was not relevant or time, fell asleep or were taken elsewhere by monkey-mind distractions, or into another meditational flow, yet for me it was a wonderful experience to see this clearly with my own inner visionary sight. Here, like in all our meditations, all we can do is offer the journey to those who are ready to take it and trust that all receive what they require.

The longer we stay in darkness, the more gifts I seem to be given as my body grows stronger again from the daily yoga practice and pure prana diet. Having no fluid is not a problem yet some days I will sip a small mouthful of water to rinse out my mouth if it feels dry. Here my body is never dehydrated and my sleep patterns at night are much better in the dark than they have ever been, which is something I have programmed for.

Others here are still sleeping so little and so they have 20 hours or more each day to deal with their changing physical, emotional and mental body rhythms. Yet this group is silent, focussed and aware, seemingly blended now as Zen Master Yogi's deep in a proverbial cave. And so another day unfolds for us all, with maybe 5 more meditations to go, it will be interesting to see what comes flowing in.

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After being in darkness for more than two weeks now, I am sensing that some of our people are on the edge of having learnt and experienced all that the darkroom can offer them for now and yet I am guided to keep them in for these final two nights. This restlessness that some have here, is of course another barrier to pass through and part of this initiation in the dark that can be a little tough. Others always take to darkroom existence like a duck takes to water and I sense that they can never get enough. These are the ones who discover a whole new level to their being, as in the darkness away from a busy external world, they can finally completely relax. These are the ones who have longed for silence and the chance to meditate uninterrupted for hours on end.

This afternoon I was guided to go out of darkroom to talk to a very suicidal woman who has been sick for many years. Her spirit is so tired and all she wants is to leave this world of form. A Buddhist by inclination she is happy to move onto the other side and is finding the treatments here ineffectual which they will remain as long as she has no will to live. All the positive effects of the herbs, acupuncture and more are neutralised by a constant negative thought stream that cannot see value in her life or future, especially if she has to continue to live without a strong life force or immune system. Some days her energy rises a little and she contemplates wanting to live again yet most days in her weakened physical state she has no will to continue.

Physical examinations by both traditional and alternate healers show no real physical problems any more except for weak chi as if her life force is literally being drained. The effect of her mind is very powerful and yet when I checked I found she is at choice. It is not the end of her time here and yes there is a whole new chapter in life waiting for her to step into. Yet at the same time her body is continuing to shut itself down due to her lack of desire to go on.

For some it takes strength to find the will to go on especially when the life force seems weak and everything is a physical struggle. In these cases all one can do is listen and offer stories of insight that hopefully they will relate to and yet the choice is always their own, for in these fast changing times we are all being challenged to look at the power of our mind and how thought streams can keep us stuck in many restrictive patterns. No more apparent is this than for those who come to be food free and be in silence with themselves in this darkroom cave.

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17th March, 2012

Being able to see the weaves in the matrix of creation and that each weave, each pattern woven is a result of cause and effect, a decision and outcome and how what is woven then weaves through other people's patterns, which then goes on for seeming eternity through this realm and all others; all of this for me is a wonderful understanding.

For the last few years the conscious reweaving of my internal and external energy patterns and my pattern of service in the world has been so all consuming yet in a very peaceful, joyous way. Even watching this Buddhist woman reweaving herself into a stagnant immune system and shutting down her body has been so interesting to observe.

To have the meditation, and then see the Tapestry of Creation from another perspective, and how each of our weaves, our patterns are so infinitesimal is also a gift. It's like standing beside a raging ocean whose power can be felt so intensely, then realising we are just a drop in this vast ocean and how insignificant we are in comparison to the unleashed forces of nature. And yet it all matters, every weave, every pattern contributes to the whole and awareness that it does and how it does, greatly enhances life.

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I love the state our group all come into after a period of adjustment in the dark where they are strong, silent and aware. When they reach this state I can withdraw a little in my role as facilitator to personally participate on deeper levels and this retreat has far surpassed my expectations for I have been given so many gifts. Today I took some time to have the Shirodhara treatment where warm oil is poured over the third eye in a slow and constant rhythm while the scalp is also massaged. In the silence I clearly sensed and felt the presence of my guardian angel who is always a guiding light. Recognising his voice and realising how often we have spoken yet not as intensely as today, it was so nice to tune to this one again.

Somehow we travelled back through my life, especially the time since I became a public figure, and I could see the times so clearly where using freewill I ignored the guidance given. Although these times were not a lot, it was enough for me to apologise from my heart of hearts for making this one's job tougher than perhaps it needed to be. So many times I heard the clear signal to sit and be in silence and listen which sometimes I did and at others I didn't, knowing that all information needed would come again in the dreamtime plane. Yet to this gentle spirit nothing is a problem and my apology was accepted with a certain silent amusement for I sensed it was more for myself than my guide.

Life on Earth is so dense compared to the freedom we gain when we leave our physical bodies either through meditation or the transition of death. It is easy here to get distracted and even forget these angel guides, who lovingly walk beside us every step we walk on Earth. To be open to them again via the process of meditation and raising our own frequency so we can sense and acknowledge them in our life, plus also connect with other interdimensional beings, is a treasure for us all and such a wondrous additional layer to our life. Of course for millions this reality is not in their thought frames yet being open minded and sincere of heart brings many gifts in life, some of which we could not have dreamt of or imagined.

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Final Darkroom Day 18th March, 2012

My angelic guide continues to share with me, answering the many new questions I have. As he tells me he is an extension of my Father, the being I met in the Great Central Sun, almost like a body-guard or protector, my life flashes before me and I clearly see so many potentially dangerous situations where I narrowly escaped with my life and how this beautiful being was there to warn me and keep me safe from harm.

We go back further and I see the thread, the weave of so many lives on Earth, that in truth are fewer than I imagined. From being pure cosmic plasma, exploring the elements, to my fire angel self pre-Atlantean times where I lived and danced in huge natural crystal caverns and then to here today, the progression is easy to sense and see. Not all lives are shown for some were just restful times enjoying simple loving relationships within communities and following my heart, enjoying music and children and love. At other times, like so many have, I encountered great heartache and loss, persecution, yet every experience gave such depth of insight and understanding. All the weaves, the threads of karma, of cause and effect, all the changing colours and threads in the tapestry of my timelines, within this Earth plane and beyond; were so clearly dancing before my inner eye as if completing a very specific pattern with each one flowing on so naturally from the other, revealing also the connections woven with so many others on this plane.

As I lie in my bed in the early morning hours so present with this angelic guide, I find myself amazed once again at the perfection of creation and also by what this darkrooms place can contain. The opportunity to be the silent witness with no distractions from the outer world, to meditate deeply with those that fill this space on the visible and invisible planes; to take advantage of the energies of the Taoist Masters, for here the darkroom is their Temple, and to feel their welcoming flows, and to be able to transcend time and space as our Zen Beingness takes over, allowing

us to move so silently and gracefully without the aid of physical sight. The list to me is endless. And so I take these final hours to reassess and give thanks for it all, for even though I always find darkroom retreat time personally so beneficial, this year I have received so much more than I could ever have imagined.

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In a few hours our group will emerge back into the light to enjoy once more all that the light contains; the pleasure of vision and for some the flavour and texture of food. Others like myself will return home to loving, and sometimes concerned, families who cannot comprehend why anyone would want to spend this time fasting in silence and solitude in the dark while others of course are opening to stronger pranic flows.

Yet each being's path is different, unique, for what their heart call requires. And in the following of our true hearts call, our life becomes a dream fulfilled and that offers us new adventures.

So it is and so it always has been!

Note: Due to our yearly retreat being booked out often years in advance, sometimes people elect to attend Master Chia's Darkroom retreat instead. Here is a list of differences between them.

Firstly the energies in our retreat are very feminine in nature as we treat the darkroom space as the Divine Mother's womb. While our program is flexible and unfolds according to the group divinity, we also tune people energetically to open to stronger flows for pranic feeding. Sacred music in silence and in some of our meditations also helps facilitate a more heart opening experience. We also promote solitude and silence.

Also no physical food is served although are available and people are asked to train themselves in some form of yoga, tai chi or qigong practice before they come so that they can continue a healthy exercise program in the dark.

In Master Chia's retreat, training is given in Taoist practice – usually the Kan and Li. Silence is not usually expected but happens naturally and there is no music. Also while meals were usually offered for both vegetarian and non-vegetarian, less food is now being served.