

Chapter Five

Time to Reflect

The point of **zero** is indeed the centre of being, the centre of one's self which links directly to the centre of the universe. There comes a time, a point along The Way when one seeks to remove oneself from the polarities, the conflicts, the artificial spectrum - however necessary it may have been - that has been created over the previous era on the planet. Once detached, the human mind ceases to oscillate between black and white, good and evil, heaven and hell and comes to rest in the point of centre - for there it finds its true being.

The process of centring can be achieved simply and quickly. Aligning oneself symmetrically and relaxing the breathing is the physical beginning. Then one need only ask oneself:

WHO am I? WHERE am I? WHAT am I doing?

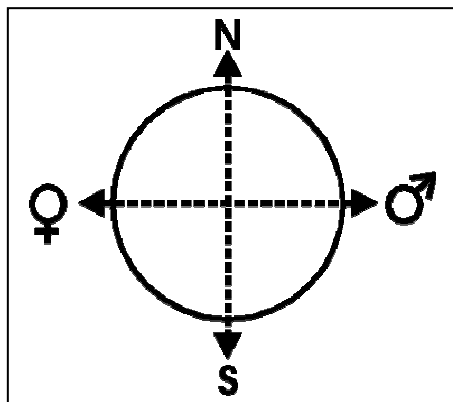
This provides a Focus:

To focus Three Dimensionally, the questions are of Time and Space.

To focus Fourth Dimensionally, the questions of orientation relate to Purpose.

To focus Fifth Dimensionally, the centre is the consciousness of Life.

It is essential therefore that at this stage of human evolution, the species produces within its personal and social structures, time-to-reflect: time being the focus, reflection bringing wholeness.



Until the present, the polarities that have been produced upon the planet have caused an imbalance and the species is askew. This polarity is now in the process of Equalization.

The masculine ray and the feminine ray are being adjusted to recalibrate the polarities that are necessary on this planet.¹

The re-balancing of these two forces coincides and corresponds with the shifting and adjusting of the magnetic

¹ See notes: Equality

poles. The energies move from the centre upwards, downwards, left and right. All are of equal strength and equal power and equal importance. Ponder on this. For herein is contained an esoteric indicator of the exoteric future stabilization of this planet.

Time to reflect gives time to come into the centre of one's being - to detach one's self from the vacillating between polarities. These polarities are perceived in many ways by human minds: they are between spirit and matter, between good and evil, friend and enemy. Whichever way you choose to see this now, there is as much retained within the soul, for within humanity for many, many lifetimes this polarity has been in effect.

It is essential therefore that the **souls** present now upon the earth realize that this polarity is changing. The structure of a society is a powerful influence. It is most important to the human social being for it reflects these polarities in the minds, hearts, souls and therefore the relationship of humans to the planetary world. This affects the very functioning of the planet.

The energies that have been the instrumental force in determining the process of incarnation, (the creation of lifetimes), and the nature of the mansion world in which souls can grow, have changed and will soon be in the process of restabilizing. The consequences for societies on the planet at this time can be devastating. Time-to-reflect has become an essential part of all structures within and upon the globe.

The *striving* that has been an essential characteristic of the human race for what might seem a very long time - can now stabilize into a harmonious and most delightful equilibrium. There is a natural rhythm: create, grow, retreat, rest and in the centre of oneself, find time to reflect. The very doing, thinking, time oriented, systemic schedule of the planet will begin to reflect this. Now, **activity** and **being** may emerge as the two major characteristics of a new race of people.

The current generation of young people are aware and well prepared souls. The older generations may perceive this as 'a diminishing of the work ethic'. Nay, more so an awareness of the need to reconstruct one's time; to become flexible enough to be free to create when one is inspired; to be free to rest when one must according to one's own well being. This will *naturally* bring forth the *normality* of taking time to reflect - so that growth may occur from within and not merely in response to that which is external.

Many are there currently incarnated who have come to this realization. The system of retirement, relatively recently introduced, reflects this. For many centuries now, those of privileged classes with wealth and material comfort had for themselves, not only the luxury of freedom from hard work that was necessary for their survival, but also the luxury of time: time to take holidays, time to ponder and reflect and most importantly, time to adjust one's phases of activity according to one's own natural rhythms.

Resistance to this emerging new evolutionary impulse will cause unnecessary stress creating disease on all levels of being. The human imposition of ambition and overworking of its own people extends into the species relationship to the animal, plant and mineral kingdoms. These tensions accumulate and must release themselves, out of necessity, in the natural urgency to correct the unhealthy imbalance. This applies as much to the planetary world as a whole as to the individual.

There will be those who criticize and judge this new and different pattern of work – but they will eventually realise as their bodies command their need to stop. The evolutionary seeds within are stronger than personal resistance to change.

The balance of the inner and outer life can be maintained. There are enough people upon the planet to do the work that is necessary.² The technology shall continue to free many so that this new pattern can be brought about for this is natural progress. The results of that progress merely bring further change. Sharing the work then becomes part of the transformation. Sharing the work equitably gives more people time for leisure, for much needed extensive education, for the nurturing of the self and of each other, for play and for rest.

When one removes one's self from the playground of life, goes within and reflects on what has been learnt, then one truly grows. The reluctance to grow from within has caused a great deal of stress, accidents, tensions, uneasiness, violence and illness.³ There is no longer any need for this.

Time is the focus. By taking time to reflect then, the human being will find itself able to master itself from the centre within. The focus then shifts to observation of the process of living: involvement, response, absorption and experience, (a hectic process when one is in contact with a dimension

² See notes: Modern approaches to Workplace Reform

³ See notes: Physical and Mental Health

such as this). To remove one's self, to find the point of centre within is to enable the process of evolution to occur from within as well as externally.

It is a significant point in the unfolding story of the human race: Now is the Time in which this particular life form can progress of its own accord.

The mastery of evolution is within the human race.

The human race can then become [It Self](#). It no longer needs to be an unconscious pattern of response to external impulses. Nor any longer does there need to be an intervening force.

Whereas before, the development of the human species was dependent on external forces in order to progress and evolve, NOW the evolution of the human being is dependent on its ability to temporarily remove itself from those external forces and to experience itself independent of them. In so doing it can become conscious that it is already at one with them and therefore is ready to receive directly the input from powerful cosmic energies.

Hence the need for visitors from without, the need for divine intervention and the need for seeds to be sown from without - will cease. One can [manifest](#) from within.

The very genetic structure of the life form, known as human being, can be mutated, changed, healed, from within.⁴ What was known as miracles will now become an awareness of the opening of the human to its own soul. The soul in its turn opens itself to cosmic forces, and then transmits, directs and transforms those cosmic energies upon the planet.

This was indeed a secret of the Masters of the past. Now, it becomes a part of the evolutionary structure of humankind.

Time-to-reflect is essential for the integration of Change.

This is the essence of the formula given:

⁴ See notes: Healing and Science

NF + 1 = C

The Natural Forces can only be understood when one removes one's self enough to reflect upon them. (For to reflect - is to 'shine back' the responses necessary for interaction).

Harmony can be re-established with the Natural Forces. The Natural Forces are there. They can be ignored. They can be abused. They can be exploited and they can be used. They cannot of their own be manifested other than as a response to that which comes from within those who form the bridge between the cosmos and the earth itself - the Humans.

What man *is* reflects upon the environment in which he is, regardless of whether or not he does anything to it. The essence of what he is from within brings about a response through the Natural Forces.

HuMan is the +1: HuMankind itself is the +1. It is responsible for change.

The human species therefore is moving from a point of naiveté. It is coming of age and discovering that it is part of both the earth and the heavens and that the bridge that it forms between the earth and heaven is an essential ingredient in the planet's survival.⁵

The RayBow species.⁶

In past aeons many species were able to incarnate upon this planet: to remove themselves from their awareness of their true being and immerse themselves into the physical realm, disconnecting consciousness... and the consequences were a devolution of souls.

However the impending restoration of equilibrium upon the earth, the transformation of the magnetic polarities and the integration of these energies into a new harmonious whole will NOT be conducive for such devolutionary processes any more. There is therefore a quite understandable and realistic fear and panic within those souls who are devolving, for they know intuitively that their purpose here is complete. A profound challenge emerges for such souls. Souls rarely die, they choose to experience and in this case it is to disperse or evolve.

The lesson common to all is the Universal Law of Cause and Effect.⁷

⁵ See notes: Climate Change

⁶ See notes: The Rays

The clearing out of the planet therefore will be on all levels and time it is indeed to stop and reflect, not so much upon what has gone past, nor even upon that which must come in the future, but rather to reflect upon what one IS.

Many therefore will find themselves wanting to retreat.⁸ It is essential that in this time of withdrawal that they find the harmonious point and Centre to allow their true response to grow from within, out into the environment in which they find themselves.

Expressing oneself and moving from the centre will bring about quite a different response from the natural forces around, from fellow human beings, animals, plants, from the air itself and most importantly, from the very core of the planet.

Time to reflect then is not merely a time to withdraw. Rather, time to reflect is a time to grow that one may emerge, regenerated, transformed and integrated with what it has learned. Humans are an adaptive species, enhanced by and with the living streams of immense diversity.

Education has promoted the idea of personal study for some time now. Generations present upon the earth have experienced this. Those who have the privilege of having gone through this process need now to turn and use what they have learned and apply it in society. For any knowledge gained which is not applied is but the rattling of intellectual toys. An application of one's knowledge is the final proof of one's having learned it. The integration and then the manifestation of what one has learned from experience or books is the final proof to one's self of its validity. Discard from yourselves then that which is no longer necessary. Let it go. Release it cheerfully, peacefully and lovingly. Utilize and apply what you have learnt, be it from experience or in-form-ation. A society that does not apply its learning is devolving. Now you have all you need to [evolve](#).

That which has served its purpose well and has been part of the society may have been useful but one must release that which is no longer useful when change is necessary. The discarding of a favourite toy or a favourite piece of clothing or the releasing of a favourite pet into its much needed long term rest, so therefore many parts and aspects of societies must be released. The reluctance

⁷ See notes: Whoops and Ouch

⁸ See notes: Beam me up

to release that which is past is an indication of the extent to which one is moved from the centre, for when one is at centre and has had time to reflect, one is quite content to let go of all.

Time-to-reflect and ponder on the meaning of life has been the privilege of the young and the elderly, the infirm, the wealthy, the flowers, the trees and the natural species. It is time now, for it to become an integrated part of all human beings.

One will cease then to condemn the art of 'daydreaming'; one will cease then to question somebody who is 'staring into space' (now you know, space is not empty); one will cease then to question the validity of 'time out'. For time out becomes 'time in', and time in, well used, reflects.

Our formula $NF + 1 = C$ can be applied. It can be applied on a personal level and it can be applied on a most highly technical level. However, it cannot be applied if one does not know or understand or have a responsive relationship with the Natural Forces.

All that is on this planet in its natural form has a purpose and that purpose is released according to the necessary (and at times unnecessary) calling forth from the human species.

We are aware of what has been occurring. We are most aware of the calling forth from many who have begun to build a bridge to their inner selves: the cry, the prayer and appeal for intervention. However, should intervention become necessary, it could be far more devastating for the human species, than for the planet.⁹

Those souls reluctant to accept responsibility for evolution will find themselves responding with and to the Natural Forces according to how they feel. That which is negative attracts negativity. That which is positive attracts positivism.

It is most important then that those who wish to be free do not align themselves with external forces but rather, remove themselves, to transform from within and then to reach out and interact with the Natural Forces. One cannot align one's self unless one is centred.

Time-to-reflect provides a focus within which the human species may find itself. The solar family is well aware of the need. It is also aware of the evolutionary and spiritual changes upon this planet,

⁹ See notes: The planet Urth

and the solar family is ready to accept into its midst, those who are of its own kind. One needs to feel welcome when one enters a family that is different to one's self. To link with the Solar family then, to feel welcome, means change.

Within, one will find all that one needs to know. The inspiration needed comes from within. The knowledge needed can be accessed from within. The attunement needed can come within. This will no longer be the privilege of a few but is fast becoming the norm for the human species. Those who refuse to go within to find the answers and assume the answers are still somewhere 'out there' and all they have to do is find them . . . they may only find themselves - lost.

Teach your children to go within. Teach yourselves to go within. Whatever process you choose, the centre is the most important.

For some, time-to-reflect is an ability to daydream and wander through into one's own thoughts; for others there needs to be a structuring of meditative techniques; some need to be alone; some need silence. There are forms and techniques and processes through which one may go within. Each will find its way. Allow each other then to find yourselves. This needs to be a main ingredient of education. This needs to be a theme of parenting. This needs to be a healing process for the whole planet and all its kingdoms for when the outer world of one's self is not in balance, it is the returning to the centre within that helps restore the balance.

The vibrational changes upon the planet will be interesting. The frequency of the planet (and hence the time field), will be changing and adjusting. The seasons, the rhythm, the hum, will slowly change and adjust itself. The sound spectrum and light spectrum will restore themselves to a cosmic awareness and hence the physical mechanism itself will adjust.

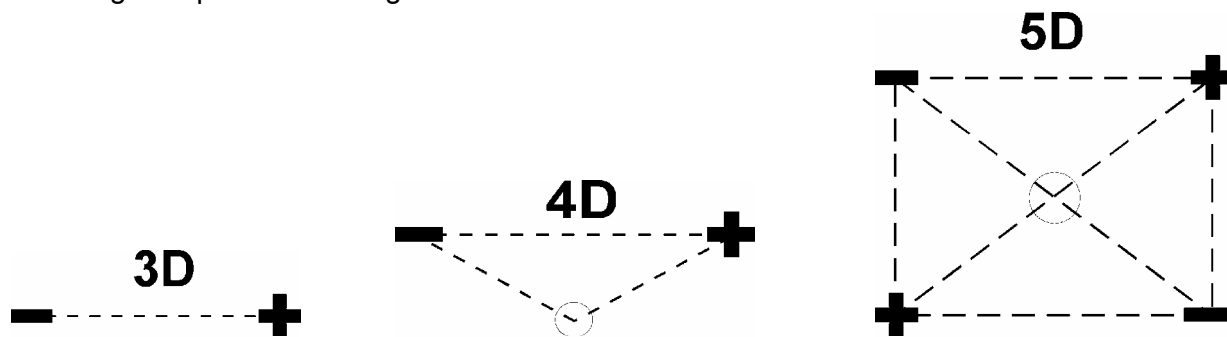
It is a most auspicious time, a fascinating time, a most exciting, wonderful and all embracing experience for those who choose to be involved.

Amongst upheaval and change the point of centre becomes the anchor. The anchor widens and becomes the channel and the channel becomes a conduit for the life force. Much there will be to wonder. Much there will be to explore. Much there will be to discover. Time-to-reflect will become essential if one is to gain enough equilibrium to survive. As each life form itself holds its centre, so

the Planet's easing into its restored equilibrium will be so much smoother. That which is above, so below: the humans, who walk upon the surface of the earth, affect the earth. If they are above, below reflects it. If heaven (or the concept of heaven) is above - be it the solar family, the cosmos, the universe or other dimensions of understanding - if they are above to the humans' below, all is intertwined. All is interrelated. All are connected. It is only therefore at the centre of one's understanding and being that one knows this, lives it, breathes it, becomes it and returns it back out to the world in which it finds itself.

Much there is to discover 'out there', but this cannot be accessed until one knows the centre of one's being.

The magnetic polarities change within each dimension.



If one is to travel into other dimensions, if one is to travel into other realms, if one is to travel into space itself and sojourn upon the planets - then the ability to be centred across time and space becomes evident. The knowing of that centre point removes the possibility of shock and the danger of experiencing disharmony in strange environments. It reduces the tendency to assume that what has been (and the very factors by which one assumes reality) should continue. These cannot always be so.

Reality is being from the centre, wherever one is - your mobility has taught you this. There are few upon the planet now who do not understand this. These few will find themselves increasingly disharmonious with the changes on the planet, and thus will find it conducive to their own soul development, to withdraw - to leave. Those who stay and try to resist and find themselves clashing in disharmonious relationship with this restoration of balance, will find themselves the casualties, will find themselves ill, will find themselves unable to cope with the destructive forces which emanate as a result of this restoration.

Adapt or become extinct.

It is merely an energy vibration, however one's ability to cope with it is dependent upon one's willingness to go within and anchor within and allow changes to occur. Your presence is enough.

$$NF + 1 = C$$

Natural Forces plus 1 (human) being brings about Change.

Integrating the **Change** until it has become **Natural** is achieved through the process of **Time**. Whether this change is for good or ill depends upon the extent to which humankind itself, or the individual concerned, is still involved with the polarities. To move beyond the polarities into a Trinary Code¹⁰ is brought about by a natural urge to harmonize.

Take time to reflect therefore, and one will find the time-full in which all is reflected.

Peace.

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¹⁰ See notes: Trinary Code

Notes: Time To Reflect

1. Equality

The text seems to be describing an imbalance of frequencies of which our gender inequality is a symptom rather than a direct factor.

Right now on our planet, there is a growing movement of women requesting equal pay and equal opportunity. It is also the UN International year supporting women – and is against domestic violence which is a major epidemic across our world. Quite archaic - is it not? However, I do not perceive the equality of the genders to be the only issue here. The text is referring to the inner and outer as well as the masculine and feminine. The balance is needed for us all.

The observations through the years have been plentiful in response to this subject but have often been reactionary and responsive rather than objective. The topic has certainly triggered a great deal of thought.

Some of the issues raised:

Men are just as restricted in access to leisure, education and family life and time to just 'sit and think'. Often the past time of 'fishing' is an excuse to do just that! Male roles are bound by old norms that grew from an Agrarian Society. Men need *time* to get in touch with their inner selves and those realms accessed on an inner plane. They too are entrapped in perspectives and values that do not always serve our evolution.

Women raising children and caring for the home are not counted in Gross National Product assessments. Women's volunteer and community work is well known and yet this is not considered to be valuable as it is rarely 'money producing'.

There is so much more to this than what appears on the surface. The energies involved MUST be more universal than our planetary world. There is indeed something here quite profound for us to consider. Do we think in terms of the Negative and Positive MAGNETIC Polarities? Do we consider receptivity and activity? Our electrical systems have been created with plugs and sockets which mimic the male/female.

To me it is quite simple: our biological forms are designed specifically. Males are externally endowed, women are internally protected. Our hormones reinforce the character and nature of these life forms. The balance of the inner and the outer is a goal that seems to be just over the horizon of our growing awareness and evolution of consciousness. I do not think it just about male and female genders.

This subject is worthy of a much more study ... and discovery.

2. Modern Approaches to Workplace Reform

The urge towards stasis of being is a familiar concept to those in health professions. The current debates and discussions in our modern civilisations with regard to balancing family life and work are focussing on responsibilities. The indications in the main text here are broader, for they encompass leisure, education and time to regenerate as being as important and essential to human welfare as sustaining and fulfilling activity. At the time of writing there has emerged from European countries the revelation that reduction in working hours has in fact raised productivity. Germany has reduced the working week to 29 hours per week and productivity has increased by 20%. The Scandinavian countries have utilised streamlined working practices for decades and the quality of both productivity and lifestyle is evident.

Another aspect that has emerged in discussion re this topic has been the indications that much of our activity and 'work' in our societies is unnecessary and unproductive. We produce so much that is useless and wasteful of both our material and human resources. Yet we neglect the most important of all – that which sustains our healthy well being. 'Things' are replacing people in priority. People have been displaced by rampant materialism. This is surely a dead end in the human evolutionary maze.

Over the years I have submitted workplace reform proposals based on the principles suggested in the text to many sources and organisations, both Government and private. The adoption of the natural Sun cycle of 6 hour shifts would enable us to work productively with enhanced concentration and enjoyment in our tasks. Four people could cover one 24 hour shift. The work could be more easily shared. Home life can be organised between morning and night shifts of parents or with one parent, one 6 hour shift suffices. If people work a 5 day week of 6 hours per day - that provides 30 hours of productive activity. Employers would not need to provide lunchtimes. A 20 or 30 minute break in each 6 hour shift would suffice. Each day would then provide 12 hour coverage of efficient activity. These are just ideas worth considering. The willing adoption of 12 hour shifts introduced in the 1980's is NOT conducive to health or well being, nor is it efficient in terms of concentration. Until workplaces become centres of inspired, intelligent activity, we are wasting time and resources –especially our most valuable resource – humans.

3. Physical and mental health.

The need to rest and regenerate is an integral part of the human experience and our biology. Some societies (notably the Japanese) are allowing for this in workplaces now.

Beyond the workplace there is the consideration of rehabilitation from accident, illness, trauma and life changes. The 'soldier on' mindset is causing much destruction of human health. 'No pain, no gain' is a form of violent imposition upon the body.

Children who are sick are sent to school because parents need to work. Schools have become baby-sitting agencies. Sick children spread disease. Sick adults spread disease. Infections, contagion and ill health are pandemic. We are NOT a healthy species despite all our progress, knowledge and technologies. The indication in the text here cites the need for work, rest and play to be a more natural and therefore healthy rhythm. Simply described as **activity** and **being** is thought provoking.

Further investigation of this subject can unravel much of the causes of crime, of insanity, of a species that is demonstrating disturbing behaviour. So many humans of all ages are addicted to adrenalin - a dangerous threshold has been crossed. This simple concept of allowing time and space for reflection, for pondering and day dreaming, for imagining and contemplation, for regeneration and inner growth, could draw us back from that brink. In my own experience in teaching children simple meditation techniques, I have witnessed the flowering of the inner self. It is a functional and wise approach.

4. Healing and Science

There is a great deal of scientific evidence that how people think affects their capacity to heal. The artificial division between 'allopathic' and 'alternative' healing practises is a strange detour. All health and well being of the biological form MUST be linked directly to the natural environment that gestated and birthed the species – the planet itself. To label natural medicine as 'alternative' is indeed an indication that we have diverted our focus from the very womb of creation itself.

The over-emphasis upon artificially created pharmaceuticals has spawned a drug habit that is destroying our young folk.

We have become 'unnatural' in our daily health habits. We arise the same time in winter as in summer. We eat food that does not sustain or nurture us. We promote fashion that is unsuitable to the climatic conditions. We produce clothing that does not let our bodies breathe nor sweat naturally.

The merging of both 'natural' and 'allopathic' medicinal practises and knowledge would be of benefit to us all. Both have much to contribute. Perhaps it has been the preoccupation of the mechanistic perception of our biological forms that has allowed such a predominance of unnatural medicine.

Certainly the **NF + 1 = C** formula has direct application to healing. The most obvious is the homeopathic principles. The magnetic balancing of polarities is evidenced in kinesiology and acupuncture based upon the Chi (energy) meridians of the body. There has been an enthusiastic response to the text from Naturopaths, traditional medical practises concerned with rehabilitation, Chiropractic treatments and recovery practitioners.

In the fields of Chemistry and Physics, the interest has been in the integration stage of the process. There was a one stage, an unusually intense interest in the dimensional frequencies. I visualise the central circle of the 5th Dimensional diagram to be a rotating magnet. But I am not a scientist in the mechanistic arts. There is much here to explore.

Finally here, application of the formula to Computer science and especially to the art of programming - has proved most useful indeed.

5. Climate Change.

If we have interfered in the natural life of the planet, then we can certainly assist in its healing and rehabilitation. On an esoteric and abstract plane of thinking, we assume the role of the co-creators. Many religions and philosophies have directed our attention towards stewardship and guardianship of the sub human kingdoms. On a more 'earthy' level of thinking, we are stardust are we not?

The establishment of the Hubble Telescope and our space technology allows us to be the only species on the planet capable of actually leaving the planet and exploring beyond. There seems to be an essential key here to our destiny or evolutionary Path. Our satellite technology enables us to see 'the whole'. That is with our eyes and minds. Our hearts are slowly opening to this reality.

The current cycle of Climatic change may well be part of a greater alignment with the Galactic Core but all indications are that we have pushed the delicate sensitivity of the planet a little too far. We are over populated for the planet, we are wasteful and clumsy/unhealthy in our waste and rubbish disposal and transformation methods; we are pests and polluters! This section seems to kindly but firmly indicating the need to mature as a species.

6. The Rays

This refers presumably to the Universal Seven Rays which we perceive with our human eyes to be the spectrum of Light. These seven frequencies provide the range of our evolutionary Path at this time on the planet. The teachings of the 7 chakras indicate that these describe our unfolding potential. At this stage, mass humanity is moving from the 3rd (the solar plexus) to the 4th (the heart). Esoteric literature also describes the Urth as under the influence Ray 3: Active Intelligence which both promotes and requires diversity to function. Our Solar Village is Ray Two influence – the blue Ray which enables us to gain in 'wisdom' from our experience. The Love – Wisdom ray stimulates our minds through the brow chakra.

7. Whoops and Ouch.

ShaVrill often speaks of this world and plane of existence as a 'whoops and ouch' world whereby we can learn from our experience because we are growing in both consciousness and sentience/sensitivity. They describe these two words as the only ones we really need to communicate the essence of our human experience. The ability to honestly respond with 'whoops' requires a basic humility and willingness to analyse our own behaviour: to see cause and effect. The 'Ouch' is a declaration of awareness and sensitivity.

They also recognised that we need to keep ourselves healthy enough to respond with two basic reactions in our bodies as aware and fully conscious HU-mans. They are the ability to **blush** and to **shudder**. The former requires a retaining of the original innocence, the sense of one's own privacy of being and self consciousness that indicates self awareness. The latter, is profound – for it is a natural biological reaction to that which is definitely horrible to our sensitive natures. Both are often numbed within our human behaviour as we entrap ourselves in layers of pretence and denial. In training weekends we practise honesty and as these teachers notice, we are not comfortable or familiar with it.

The frontal lobe in the human grants awareness – bot of how others perceive us and of other's motives and experiences. It seems to concur with the Eastern Brow Chakra definition or the Third Eye – the Ajne Centre.

These are all aspects of the same basic core lesson – that of the awareness of the natural experience of **Cause and Effect**.

8. Beam Me Up

So many youth suicides around the time of the Saturn Return in the late twenties. So much depression and sorrow, grief, sadness and misery. So many broken bodies, broken hearts, broken minds and broken spirits. All just needing 'time' to reflect upon Life.

The modern day drug habits are a further indication of the 'get me outa here' syndrome. This links back to the Root Cause of Difficulty described in Chapter Three: that of humans presuming to be at the bottom of the evolutionary ladder of spiritual possibility.

Once we know that we CAN change, we DO grow, we ARE adaptable and LIFE encourages this, then healing is taking place.

9. Urth

This team refer to our planet as Urth, being a mansion world for souls in the region of Ur. The planet is in the process of becoming a sacred planet which means it has 'a life of its own' and 'its own divinity'. The planet shall and does take care of itself and periodically experiences upheaval and change. The current Climate changes may well be cyclical AND the planetary world adjusting itself, shaking and shuddering here and there and cleaning up.

It is a planet that is very much alive - it is dynamic and at times volatile. From our experience of growing with ShaVrill and the teams associated with the Brotherhood of Light, we glimpse something of the long range Plan and agenda for Urth. It is to continue as an independent and vibrant planet and we are constantly in the process of adaptation and growth which = evolution.

All religions have legends of these cycles and all have predictions and prophecies of the future. To ask for intervention is to abdicate something of our responsibility and yet – it would indeed be good to find we 'are not alone'. The planet, we are told, SHALL survive. Our human lives are short and temporary – i.e. our physical bodies. We are not to take these upheavals too personally! We are not being punished. We do however, have a great window of opportunity to grow and mature as a species.

10 Trinary Code

The ShaVrill team have taught us much about the trinary Code. This was further developed by Master T. in the Shamballa School lectures. Basically, when faced with a pair of 'opposites' or apparently opposing forces, one seeks the common point in the centre between both. This then forms the Trinary Point, or a third aspect of the interaction, of the unit of activity, of the experience, of the interplay, of the perspectives. We have enjoyed so many applications of this model.

Male and Female produce a common trinary point of a child.

East and West breaks forth into a North and South axis.

Any argument or debate can find the common point – this is potentially a technique for Conflict Resolution.

The philosophy is to grow beyond the experience of duality and expand into the holographic. The duality conceptual model is limiting and 'cuts off' growth. The Trinary system encourages growth and therefore the flow of energies. It naturally provides anew platform of experience for both factors.

It is interesting to note that the Trinary code takes us into the fourth dimension – the collective consciousness or soul, whilst the duality model keeps us 'caged' in the 3rd dimensional world.

It all seems so simple and obvious and yet most of our social systems are based on a duality model and perspective of life. The indications are that now we are definitely ready to grow out of the duality thinking.

There are some computer buffs playing and experimenting with the Trinary Code.

The Tetrahedron was given as a basic model in the process of creating life forms – not the Pyramid which is more appropriate to be applied as maintaining or sustaining life for a period of time in space.

*** There is a great deal to contemplate from this chapter and it is fitting that its theme is 'Time-to-Reflect'. We are living in a transitional period of great upheaval and change. It is appropriate to observe the phenomena paradigm shifting and busting, the possibilities of finding upon solution, noticing mindsets and reviewing these, enthusiastically embracing the renaissance of which we are a part and opening to new horizons of human potential.

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