

*EXPLORING HIDDEN ENERGIES IN
FREEMASONRY – AND YOU*

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Preview of
'Exploring hidden energies in Freemasonry – and you'

By Felicity Loveday

This is an attempt at bringing two seemingly different disciplines from East and West – Tibet's '6 Yogas of Naropa' and Western Freemasonry, together, to create a unified Whole from their combined energies. Ferdie Rossi, who is my Teacher, has requested this book to be written, as he has thoroughly practiced this ancient and powerful technique in the distant past in Tibet, and 'westernised' it to such an extent that it is now thoroughly understandable, and totally applicable not only to our Western way of thinking, but to the present momentous times in which we are living , right *here and now!*

In Freemasonry, there are many symbols corresponding to the movements one makes in the process of 'bringing the self together' and our magical ceremonies mirror the state of harmony and wholeness that potentially lies within each person's consciousness. In particular, the Initiation ceremony has many symbolic correspondences to the inner condition of someone about to jump spiritually, that need to be understood more clearly.

Ferdie has formulated a very 'active' method, called "The Art of movement" that considerably shortens the amount of time needed to move spiritually and expand consciousness, as the resonant frequency of the planet is already speeding up, to shortly reach a new level of vibration at 13 Hertz. In resonance with this increased rate, all the methods he advocates are aimed at increasing our own vibration rate, so as to resonate in harmony with what is happening in our surroundings. To this end, his methods can be practiced anywhere and at any time, and are very powerful, yet deceptively simple! All we need to do is to first 'sort ourselves out' and then 'bring together our many scattered selves' into a unified whole....in the Centre!

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INTRODUCTION

I am!
Why me?
Who am I – *really*?
From where do I originate?
How can I fill the emptiness inside?
And then become complete and fulfilled?
How and where can I find all these answers?

This book is dedicated to all Co-Freemasons who are open minded, curious, and looking for answers to some of these eternal questions indicated above, in something that is new and different, by going beyond all known structures into unexplored territory. It is an attempt at portraying the spiritual journey from a uniquely different angle, because the whole of creation is basically merely *energy*, which the scientists have been exploring and explaining for some time. In this day and age, we need to know more about how to handle and control the energetic aspect of our *own being* and also *in our surroundings*, especially when attempting to progress on the spiritual path as Freemasons, along with the magical ceremonies we are privileged to perform.

The contents of this book are drawn from the teachings of a truly enlightened, amazingly powerful but unknown teacher called Ferdinand Rossi, whom I had the privilege of serving as his secretary and organiser for many years in South Africa. In the distant past as a yogi in Tibet, he assiduously practiced the 'Six Yoga's of Naropa', which is 'inner core' knowledge well known in that ancient country and he *made them his own*. These Yogas are the six interlinking ways of reaching enlightenment. Because he already knew then, that teaching and helping was to be his major task here and now, he spent *lifetimes* in painstaking and meticulous inner research, adapting these Yogas so that people in the West could understand and practice them, using the best and quickest ways of reaching enlightenment during these 'end times' we are living in now. He was a spiritual teacher in his own right, having achieved an extremely deep level of enlightenment himself in the distant past, which he recapitulated in this lifetime while still very young. He has communicated only that which he *discovered from first-hand experience* – never from books! He was thoroughly conversant not only with ancient techniques, but also with all the modern esoteric methods used in Eastern, Middle Eastern, Native American and Western traditions.

Here is the relevant part - he was initiated into Co-Freemasonry in Pretoria, South Africa, but only stayed in the craft for a brief time, because his work of teaching kept him very occupied and took him all over the country. However, his initiation enabled him to inwardly perceive and penetrate the richness of our symbolism, and to tap into the hidden wisdom behind its exterior, in the same way that he has access to the whole sphere of Tibetan wisdom (because of the similarities between the two systems) which he teaches very

skilfully to all his students. I use that specific word, because of his highly intelligent way of approaching the inner core of the spiritual path from many different angles, in what I can only describe as a spiral that moves inexorably toward a centre-point, or deep inner core of wisdom that exists within every human being, that just needs to be uncovered again. (However, I can only 'scrape the surface' of this wonderfully deep and many-faceted teaching in this particular book.)

As an individual, he was unusually gifted, full of humour and laughter, with extended perception, clairvoyance and intelligence. His 'fortissimo', or extremely developed ability, was his capacity to help a person in his/her different problem areas by identifying completely with that person as a 'formless' being with the very necessary total detachment. He then used his extended *vision, or perception* of the many layers of that person's make-up beyond the average sight of a human being, along with a developed and accurate sensitivity to, and understanding of, human nature. In this way he gave advice and help, which that person either used or not – that was their choice. So many people told me, a few years after seeing him, and hearing the cassette tape created during the consultation in retrospect, how amazed they were at the accuracy and appropriateness of his advice, perceptions, and forecasts into the possible futures for that person. He also penetrated and *saw* into the nature of other beings in other worlds, where different laws exist. Being a *seer* himself, he taught people to *see*, and to experience for themselves. Here I can only speak from *my own* experience; and having practiced under his tuition and gained some understanding and insight over a period of many years, I can say without doubt that they WORK – but only if they are tirelessly pursued!

Over the years of being in his presence at many different courses and workshops, I slowly grew to realize what a splendid jewel we had in our midst, because of his unusual inner abilities and effortless rendition of the spiritual path along with his hearty jokes and unsettling laugh! Being a 'cautious Capricorn,' my own observations led me to become particularly impressed by the thoroughness, total cohesiveness and depth of his insights and wisdom, which always had many practical applications. I discovered that he spoke on many levels of understanding at the same time, so that each person could grasp what is being said at his/her particular level, with the possibility of going deeper and gaining fresh insights at a later stage, when returning again to the same statements. The amazing part was the *total relevance of every single facet* of his talks – which I only realized after several years had passed.

Another gift was his ability to make complicated concepts very simple, so as not to cause confusion, and to convey the essential truths in a way that could be easily understood. I also learned to trust him implicitly, because of his total inner integrity. I have personally witnessed a few of his students in South Africa who were able to break through their limitations by making what is called a 'jump' in consciousness, because they applied his methods assiduously! He gave out his

teachings and methods over a long period of time with many different kinds of people. I have adapted some of them in the terminology, so that they become more understandable to Freemasonic thinking and imagery, and hopefully put to good use by the interested reader.

Ferdinand knew from the start that his life would be a short one, as he told me so during the first year of our association. * He died very suddenly on 13 July 2004 at the age of 43, after 20 years of hard work, totally dedicated to helping people to understand the spiritual path, to tread it boldly and consistently, along with a light heart, with total confidence in the 'SELF', and a good sense of humour! The secret to progress lies in *not taking ourselves and this world too seriously*, because then we are lost! If you find that you are interested in his methods, they can be incorporated into any other meditation program you might already have in action. It makes no difference that Ferdinand (I will simply call him Ferdie – his everyday name for all of us) is now working on another plane of existence – in fact, his presence is being felt today very powerfully by many of his students, inwardly assisting as usual, as long as there is perseverance, no matter what! It is always a free choice on the part of any willing learner to accept inner guidance or to reject it, but what a wonderful opportunity! He is so utterly identified with his teachings and exercises that anyone starting to work with them consistently would eventually draw his attention to themselves. He works in an 'indirect' way with people as a 'silent teaching energy', so the possibility of being helped on inner levels is so much greater. He told me very clearly that his job was to act as a 'helper', to assist and enable anyone who *really* wants to make the effort, to link once more with that part which we have lost, and called by many different names – masons call it the 'lost word', but it is really our 'other half', or Soul mate, Higher Self, the Dreamer, the Other, the Observer etc. That is his sole purpose, as he is a true teacher.

Freemasonry contains deep within its structure the same inner core knowledge as the Six Yogas of Naropa, because both share the same inner goal – they teach us how to **die** properly! (And what exactly does that mean? To die to the little personality self *before* one dies physically.) Yet its expression is naturally very different, as East is to West, and the deep core of this knowledge has become fragmented over the centuries, along with our mental fragmentation. We have become TOO mental and consequently separated, and limited in our understanding of inner realities, due to our over-emphasis on intellectuality. Ferdie was very aware of the lack of any real understanding and insight into the deeper truths that our rituals portray, and he expressed to me his desire for Co-Freemasons to regain that deeper understanding once more.

In attempting to obey his wish, I can only try to pass some of it on to you in my

(*A short summary of the events of his life as I experienced him can be found on P.95 at the end of this book. Also an interview by a journalist printed in an 'Odyssey' magazine in South Africa when he was 26 years old in November 1987)

own way, and using Masonic terms when possible, what he expressly conveyed to me, over a long period of time that is still on-going.

This is my reason for writing – to share his wisdom with you, and hopefully to help you make some headway with a deeper understanding of this most exciting of adventures into *the self*. He feels that it is necessary that I write this book, because he wants the richness of Masonic symbology to be available for practical use in the spiritual development of all interested Freemasons. You might find that what you read in the chapters that follow, make some kind of sense to you, or on the other hand, they might make no sense at all, as you could easily become confused as to what it is all about at first. My own first reaction was *most definitely* one of confusion for quite a while! But on the other hand, I ‘felt’ very strongly that here, *at last*, after a great deal of searching in many directions, was someone who *really knew* what he was talking about!

I consider these teachings to be of great value, and you are free to ponder on, accept or reject, agree or disagree, use or not use – or keep an open mind about what you read - that is your free choice. I write about this truly wonderful teacher to give you direct access to his approach, his many courses and talks, plus plenty of practical exercises. I have personally found his methods to be extremely good, as he recognises all methods as being merely ‘tricks’, to trick the mind into experiencing a different state of awareness. For that purpose, he uses everything he can lay his hands on from a practical level, to help people to experience for themselves. There are many ways to the Centre, and each person needs to find their own way according to what appeals to, and suits their temperament and experience. However, because all paths eventually converge in the centre, so the differences eventually fall away, and that is the beauty of it all! Although there are so many different ways of trying to convey the message of inner growth, it eventually all boils down to our OWN experience, which is the only thing that really counts. This fact is the underlying current for all his efforts, as he enables students to experience for *themselves* by ‘shifting their assemblage point’, which will be explained later. In his own words:

“The intuitive self, the greater Self that lives in the wind, that shines in the stars, that flows in the water, is everywhere. If you start flowing in that power, you will go far. Flow in the forces and learn about the way of things. It is our attachments, and our clinging that brings us pain, so do not resist the flow of the Force. My purpose is to get people to experience this for themselves. If you can be like a child, without prejudices or pre-conceived ideas, with only a feeling of ‘I am’ - of being aware – living in the moment – this is the way of spiritual expression, and to the finding of the Self.”

As we move through the following chapters, you will be reading portions of Ferdie’s teachings as he expressed them himself, as I want you to gain a ‘feel’ for his approach, which is extremely broad and all-encompassing. In the beginning he outlines the ‘bare bones’ of a rich and very deep teaching, which he fills in

gradually, step by step, as your own understanding widens and stretches beyond its present limitations. These teachings all dovetail with our Freemasonic wisdom, yet they take our understanding and insight considerably deeper than how we presently view things. He explains different aspects of life and spirituality from many unusual and different angles, progressively delving deeper into the 'nitty-gritty' of our situation here on earth at this momentous time in history, and they make fascinating reading! He was very aware of the significance of these times, and the need for people to progress spiritually, and become more aware and awake. However, be warned that he also brings the mysterious side of life to your attention, that cannot be explained through intellectual logic as we know it – and you will find many aspects that are new and different, giving you much 'food for thought', and widen your horizons considerably if you're open to being 'stretched' a bit! Are you game to 'test the waters' for yourself, and discover the possibility that the true mysteries *at this stage* in our growth *don't lie within*, but are scattered around us in our *surroundings*? Does that sound strange to you? I'm sure it does, because I felt the same way at first! Just be patient and open-minded, and you will find out eventually that it really does make a lot of sense. All we need to do is to 'pull our scattered selves together' once more, because everything is already there, all around us! The self merely needs to be 'brought together' in our own inner centre once again, into a greater awareness, a brighter light, to become once more the 'complete aware being' we originally were, not so very long ago.

If we relate this concept of the different 'selves' to the Lodge officers, then quite possibly our own potential inner make-up IS *the Craft Lodge set-up itself*, consisting of the Altar or centre-point, our link with the Above and Below, and the different officers, all in specific positions. They are all ideally inter-related in a balanced and harmonious way – all focused on and linked to the Master, or 'higher self, but so *unlike* our mundane personality selves, focussed solely on 'the mirror of self reflection'! Our invisible and turbulent archetypal world is constantly surrounding us, all separate entities that are different 'personalities', and all vying with one another for our attention! (As within, so without).

Well then, how do we begin....? Very simply!

All truth that is of *real* worth is *extremely simple*, requiring a particular frame of mind to perceive and value it. This brings to mind an interesting saying of Madame Blavatsky, the founder of the Theosophical Society, and writer of many esoteric books, but mainly known for an enormously deep and complicated work 'The Secret Doctrine'. She states in one of her books that the basic fundamentals of the *whole of creation* can be drawn on a postage stamp, in a few simple geometric shapes! We as humans find it difficult to see things in a simple way, having unknowingly created a state of *imbalance*, because we constantly fall into the trap of complicating things for ourselves, by using *only the critical mind*, which inevitably results in separating and limiting our awareness. This can be seen with a seer's eye, in the position of everyone's *assemblage point*, which is 'off centre'. Now what on earth is THAT?

What is an 'assemblage point'?

An assemblage point, (a/p) *through the eyes of a seer*, who observes the energetic structure of one's inner being, is a small 'hole' in your aura shell, directly in front of you at arm's length, about level with the navel area, and a little to the right, through which you see and experience the world on the outside of your aura cocoon. It is visible as a small intensely sparkling ball of light. This phenomena is often used in the Carlos Castaneda books, in which Don Juan, a Toltec seer is capable of shifting his pupil Carlos's a/p into different positions, enabling him to experience many different states of consciousness, and view other worlds. However, there is far more to this phenomenon than merely a 'hole', as there are other layers of understanding as one goes more deeply into these teachings. Most of humanity's a/p's (assemblage points) are *literally glued* in this 'position of self reflection', so we experience this physical world through the eyes of the critical, self reflective intellectual mind, which conditions us to be judgemental of others, ourselves and the world per se. We constantly analyse and assess everything around us according to how we personally feel, and we experience 'good', 'bad' and many other different feelings and judgements. We *cannot look away* from our 'mirror of self-reflection', because we have identified with this personality self for *so long* that we are continually caught up in the play, or drama of life on the physical level, forgetting that we are *just actors* on the stage – just as Shakespeare stated so long ago - all of which cover over and hide the true *self* that we essentially are. Only when we can *allow* our a/p to be shifted into *another* position, where it is 'aligned' with our other self, that Real self, will we find that Its nature is *utterly different* to our normal everyday mundane awareness. (Ferdie will discuss this concept in more detail in a future chapter.)

However, as Freemasons, we need all the best ways we can find to remedy the situation! To this end, we have a temple and magnificent rituals to help us, and therefore the purpose of this book is to *help Co-freemasons who are willing to make the effort*, to start uncovering and experiencing that essential *self*. Then they will hopefully be enabled to *begin waking up* from their long sleep, and start walking the path towards becoming aware and functional in the Scheme of Things – a truly worthwhile goal.

Although Freemasonry has always been dedicated to this end, much has been forgotten, and the real essences are also hidden, as I have already stated. Because of constant repetition, we are conditioned to the usual interpretation of a newcomer into the Lodge as being 'in a state of ignorance or darkness', but have you ever considered the possibility that the way in which a candidate is dressed could have some completely different layers of meaning? We are now looking at the 'real thing' – the proper initiation that we all must eventually face – which takes a considerable amount of 'mallet and chiselling'! There IS a way this can be achieved, and I want to show you some of the simple ways you can go about this inner adventure of 'shifting' from your present normal awareness that is in more of a desperate situation than we realise!

Our Masonic Temple has numerous tools, waiting to be used - not in the usual sense of contemplating them from a philosophical angle, but *literally* used, and their symbology can then be *integrated into the greater consciousness of the 'whole' self, the complete being that we should really be*. This book is a practical approach to the problem of making some real progress along the 'spiritual path' while still living in the world, with all our mundane activities and obligations at home and at work. As this is a very practical approach, the practices suggested are designed specifically for the busy Westerner, and therefore they need to be of a potency that really *works* for us. This, I can assure you, is the case. They will *not* work when practiced only intermittently, but with regular practice, patience, persistence and *perseverance* you will certainly get results.

By gaining an understanding of your own make-up and purpose from an energetic perspective, you can begin changing within the self. However, without any practical effort, this will be an interesting book, but of no benefit to you spiritually. *You yourself* need to experience the practical side firsthand, therefore in the beginning it's really all up to you!

So what is the spiritual path per se?

(Quote from Ferdie) *'This path is a 50/50 one. We are capable of going only halfway. When we make the effort, then the response of the Father or the Higher Self comes to meet us. Then the consciousness of the Self becomes one with the little self. The Father is the one from whom you came. He loved you first, and no matter what path you take, it all ends in LOVE in the heart chakra. There are many symbols representing these truths. The sun is the symbol of the God within us, and it sustains all life. If love is such a power, it must manifest as gravity that draws all things unto it. It unites and makes one. In the sun there are two forces in perfect balance: gravitational pull, and nuclear reaction - where matter is turned into energy. Gravity keeps the earth spiralling around the sun. The gravitational pull of a black hole is so great that not even light can escape from it. It is the most powerful force we know. This force is unlimited and universal. We possess it inside ourselves, but we see it as an emotion or energy in the aura. By learning to use this power correctly, we gradually increase our capacity to love'. (End of quote).*

Remember the story of the prodigal son? He left his father's house, and went off into the world, where he squandered everything he had, and ended up in the pigsty. Did he phone his father to come and fetch him in a Mercedes Benz? He had to *pick himself up*, and tread the path, step by step, back towards his father's home. The really important part is that *his father saw him coming from a far distance, and went to meet him*. This implies that, **as you first make the effort**, so you *will be helped*. How? You will find that as you *practice*, and contemplate the spiritual path per se, suddenly insights and understandings will come to you at the most unexpected times and places – separate parts start falling into place that seemed to be a puzzle to you before. Whatever practice you are doing will suddenly

be easy, then not so easy again – indicative of some ‘inner help’! You will understand more of this as you go further. This is a road of discovery, a fascinating adventure into the unknown – a path so well worth taking in the long run. But please, *don't* become *too serious* - it is also a great deal of fun! Light-heartedness is the keynote! The moment we become *very serious, especially about ourselves*, then we are identifying with the *personality* self, which immediately limits and restricts us from expanding in consciousness. That is why spiritual teachers who have already made headway in other realms, are particularly jovial and humorous, and laugh a great deal!

Where are we at this point in history?

We are living at the end of an Age, and there is *very little time left*. In fact, some say that we are presently living in what is called ‘no-time’ – a transitional period between two important stages in the evolution of this planet, or our Earthly Mother. Many people are aware of the fact that earth is a living, evolving Being, with a vast consciousness, totally beyond our extremely limited human comprehension. A great deal of literature is circulating through the Internet and in books, many of which are written by spiritual teachers of different kinds, about this most exciting of times, when the vibratory rate or ‘Schumann resonant frequency’ of the planet itself, that scientists have always measured at 7.8 Hertz is slowly quickening, as it moves inexorably into the energy field of another sphere of energy, known as the ‘Photon Belt’ that is affecting everything on this planet. This other sphere is an enormous ball (or ‘wave’, or disc, depending on from what position one observes it) of ‘white’ increased energy which is actually affecting this whole solar system with its quickened energies. Scientists are becoming aware of the changes that are also taking place in the sun and the solar system, as the increased vibratory rate is slowly moving towards a critical level of 13 Hertz, according to the Fibonacci series of numbers.*

This phenomenon has been documented by numerous authors on their websites, such as Jean-Claude Gerard Koven, a well-known travelling teacher, speaker and author in the U.S. One excellent article he wrote, called ‘Why Shift happens’, is available on his website address on P.104.

A Planetary shift

As I understand it, *everything in the universe* is constantly evolving, from the smallest atom to the solar systems and galaxies in space. In the same way as *we* need to move forward spiritually, (in Ferdie’s terms, ‘shift the assemblage point’) the *same rule* applies on *all levels*. So the Logos or Deity of this planet is also in the process of shifting, or moving forward in focussing Her consciousness on the

*Fibonacci sequence – “an unending series of numbers in which each number except for the first two is the sum of the preceding two, eg. 0, 1,1,2,3,5,8,13,21...etc. such sequences frequently have applications in botany, psychology and astronomy.(after Leonardo Fibonacci) – (Macquarie International English Dictionary)

next level, called the 'etherical' level, or the next dimension of this multidimensional universe, as part of Her own evolutionary growth. We, as infinitely small 'parasites' (at our present stage of growth) on Her surface, have no option but to shift in consciousness with this most powerful Being, if we really intend to do so, or stay behind. It is a time of unprecedented opportunity for all of life to make an evolutionary collective 'jump' in consciousness. This is a time when the 'green light' is shining strongly for spiritual growth – and conversely, the worst time for materialism, greed and separateness, the other side of the same coin!

We have all heard about the Age of Aquarius – and we are moving more rapidly into this dawn of a New Age – where different rules will apply – and for us to resonate properly with this next level, we need to inwardly change, and move away from the slower, and separative effects of fear (or separateness) that resonate with this mundane level here, to the inclusive and faster vibrations of *love*, that can only be found in our own centre, the heart. This concept is echoed in the video 'Awakening to Zero-point' by Gregg Braden, especially in the section concerning DNA.

Another new discovery is a recently published book or DVD called 'The new Biology' by Bruce Lipton PhD - a cellular biologist who has done some ground-breaking research on our DNA. For those who are seeking more proof of the mind-body relationship, here is someone who proves by means of quantum physics, that there *are communication channels* between mind and body, and that our perception of the world, our thoughts, attitudes and beliefs *create the conditions of our body and the external world*. This revelation, if you feel it to be true, brings the responsibility for our individual situations, both 'good' and 'bad' right back to 'square one' – ourselves! **We are the creators of our own reality.....**

Ferdie also teaches from exactly the same premise, but from the perspective of transcending *beyond* this so-called 'reality'. But he goes much deeper than most teachers in this respect. With so many people all being in general agreement, *something* must be prompting them! Why is this happening now? I really cannot tell you, other than to say that a number of cycles in the history of this planet are coming to an end simultaneously in the near future. For instance, according to information from astrologers, once every 26 – 27,000 years our solar system passes through the Photon belt, the disc of increased energy as explained above, and it takes 2000 years to pass from one edge to the other. We are presently approaching the densest portion of this disc, and when the midpoint is reached, it coincides with the year 2012. The ancient Egyptian calendar, started 39,000 years ago, ends in 2012, as well as the 18,000 year old Mayan calendar. The Hopi Indians also have their calendar with an identical ending. All these calendars are encompassed by an enormous 200,000 year cycle in which our solar system travels in a greater galactic circle, also ending at the same time. So there is much activity happening!

All the above happens on this and many other levels of existence, but the physical level is the only place where there is duality and separation. Here certain rules apply, and only certain things are possible, such as the fact that we all must die, and that we all must eat to live, that we cannot fly – but we use machines to do it for us. On the next level however, different things are possible and impossible, as different rules exist there, because time *as we know it* does not exist on that level. We need a great deal of excess energy in order to become conscious there, which we don't have at present. Our energy is used up with the process of living, and making this physical world a big reality in our minds. When we dream at night, time does not exist in that shifted state of mind, and are we as fully conscious on those other levels as we are *here*? Only a very small part of us is partially awake there, because of our *lack of energy*, and that is what this book is all about – learning to save and store energy, to become *more conscious*, and hopefully 'make it' when the time comes to shift to the next level!

All the ancient people (Mayan, Aztec, Toltec, Egyptian, American Indian & others) are agreed about this coming time, although the exact moment that the 'switch' is made, is anyone's guess. They could foresee the future, and many of the old teachers from those times are already amongst humanity once again, helping those who are looking for help in achieving the resonant readiness for that moment when Gaia will conjunct with that other energetic sphere, and transmute permanently into a faster level of frequency, simultaneously with a separation between this level and the next level. This is a universal action, an exact science, a separation and uniting of two spheres, that brings about an increase or expansion of consciousness – and this principle is basic to *any* evolutionary jump in consciousness throughout the whole planetary system on *every level of existence!*

Initiation, human and Planetary

From a Freemasonic standpoint this time period has absolutely everything to do with our ritual of Initiation – because the planet itself is moving toward a tremendous Initiation on a planetary scale, and creating the conditions from a vibratory level for that to happen! (13 Hertz). According to Law, this corresponds directly with all spiritual initiations that take place at all levels, no matter how 'small' in comparison. Gregg Braden reveals in his book and video 'Awakening to Zero-point' that investigators who were uncovering ancient sites, discovered that in certain chambers in these ancient temples where candidates went through an initiatory process, the vibratory frequency that was *still present was 13 Hertz!* That is why this time period is so conducive to spiritual unfoldment and growth.

It is time to really *become centred* in that p...from which all p... are equidistant – the place of initiation for the candidate at the Altar - and that requires some real effort on our part! It certainly does *not* happen all by itself. It is our free choice to take this most rare of opportunities, and *go for it* in the right attitude - simply *'for*

the hell of it'- as a manner of speaking – *because we simply cannot take ourselves and the world too seriously!* But later we make that effort *'for the love of it'*.

In this respect, there are many different 'exercises' or simple yet effective meditations available that can really help to speed up our journey. There is no time anymore for long and protracted hours of meditation. Because evolution is speeding up for humanity at this time, teachings are needed that can be quickly learned and assimilated. We have to earn a living, so we can do many of these practical exercises that Ferdie suggests while doing one's daily chores. It only requires an attitude of *remembering* during the day, so that our mundane activities don't take our entire attention. Why? That will be explained as we go along. Are you ready to go on this voyage of discovery?

Well, read on, dear brother or sister, and bon voyage!

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