

Profile

Unconditional Community Consciousness

30 June 2007



Looking out from the Temple of Poseidon at Sounion. King Aegean was supposed to have flung himself from here to his death when the ship bearing home his son Theseus from slaying the Minotaur carried black sails, symbolic of his mourning for his love Ariadne, who he had to abandon on the island of Naxos, rather than white, symbolising success in his endeavour.

In brief, symbolically, the half-man half-bull Minotaur represents the two halves of a whole - the external, human side of ourselves, and the internal, magical, mystical and unseen parts of ourselves. The labyrinth in the Palace of Knossos in Crete, in which darkness the Minotaur lived, represents the landscape of our Soul, that we must weave through in order to find our own essence and the true meaning of Life. Theseus was helped in his quest by Ariadne, who gave him a golden cord to guide him back to the exterior world. This is symbolic of the cord that is said to connect our physical body with one of our astral bodies and in this instance is also symbolic of our intuitive wisdom.

His battle with the (poor old) Minotaur is symbolic of our wish to win our eternal war against fear, ignorance, judgment and all the rest of them, resulting in the triumph of the True Self (I use these words of conflict very deliberately).

Ariadne represented the purity of the Divine Feminine - or our unseen, intuited, inner world. Her abandonment by Theseus, himself representative of the Divine Masculine - our seen and known external world, symbolises the abandonment by our



Dearest Everybody

A group of us passed Solstice in Greece recently. And thought of you all when we were there doing our spiritual work. Especially thought of you who said you wished you could be with us, and indeed were, in spirit if not in body.

Traditionally known as midsummer, the Solstice is the longest day of our year. Considered by many cultures around the world in mystic terms to be symbolic of

victory of sun and light over darkness and death, traditionally people would this day pay homage to the 'yin' aspect, or feminine energy, of our Earth and its importance to the balance of Life. As such, this day is often dedicated in spiritual service towards All That Lives.

In recent years in the west, the summer solstice has been given exceptionally bad press, particularly in the United Kingdom with confrontations between police and those who wish to be present at the sacred site of Stonehenge. Both have their reasons, of course, but in conflict everyone loses.

Our group consisted of professional people from different industry sectors for whom the external - or material world - is of consequence only in connection with a rich inner life. Seekers of deeper knowledge - the mysteries of Life, if you will - we came to Sounion with the deliberate intent of re-integrating parts of our Selves that we had either given away, or otherwise lost through the many different lifetimes that constitute the Journey of the Soul.

This we did and our work together changed lives - either Life perspective, ownership of Life, or both. It was a time together of profound spiritual impact upon us all.

Excellent situation!

With the harmonization within ourselves of our own, unique vibration

people for lives separated from the God within, and where we see ourselves as having to battle for survive without being connected to anything else in our world. Or Universe.

The separation from Divine Masculine from Divine Feminine is for instance particularly shown by how people prize intellect intuitive wisdom, without recognition that true Balance is a ever-moving fulcrum between both, where we use technology to feed our illusion of being able to speed up 'time', thereby giving us more 'space' (confused with 'time') to engage in more performance-related activity and to engage in almost perpetual defense of action and self. And so on.

There is so little honouring, of anything much, in our external world, today, I feel. Only conflict, resulting in a need to be 'right', according to our own, rather limited, beliefs.

Too bad - for us. Our children too. Don't you think?



Sharing, deeply. From left - Panayiotis, Effie, Paschalis and Liz.

- our own Truth if you will - the next day we went to the Temple of Erechtheum in Athens. This is located to the left of the Temple of Athina in the Acropolis complex and with its energetic support we looked deeply into our future, to reclaim this too for ourselves.

You have all experienced the Work that comes through me, either in class, private sessions or through my writings, and so you already know that I live and teach the philosophy that there are no limitations in Life. It is we who limit ourselves and once we recognise this we can achieve any and everything, both for ourselves and through us, for our people, whoever they are and where-ever they may be. This is the pure meaning of Freedom.

"Sounion was one piece of my puzzle which was missing, and I took it back so I felt whole. Acropolis energies were there to teach me, to lead me to the Wisdom and helped me to regain my confidence!" one participant said.

"Words can't really explain my extraordinary experience at Sounion," shared a second. "I journeyed deeper into my Soul than every before, bypassing the Mind. By accepting the energies of past and present, and getting strength from the bond of our group, I reclaimed a part of me that was lost, and I now feel whole."

Another shared that it was "a part of a most wonderful and unforgettable experience. For me the experience in Sounion and Acropolis was a form of closure. I came into realisation of me and reclaimed the parts of me I had 'unknowingly' left behind. I now feel more whole and a lot closer to Home. That's on a personal level - on a more community-oriented level - the synergy and joint strength that was shared was amazing. It was as if each person complemented the other and each had a significant role in the growth of the individual. Thank you all for being a part of me. I have visited Athens as often as once a month over many years. I can truly say, this is the first time I really saw her beauty and felt her love."

Aaaah, excellent situation, again, again and again!

All of us live lives of Spirit on one side, matter on the other, and in learning to interweave both in our daily lives, we become embodiments of the Living God, embracing both poles of existence. So our journey to Greece was, in a way, an initiation for all of us in terms of our bringing the light and life, love and wisdom of our higher selves into our daily lives. It was a firing of the Spirit - our Spirit or the God within us all - and an opening of our inner eye to the true vision of our greater selves. And here, supported by these higher energies, will we rest. For now.

Despite it being right in the middle of the tourist season, meaning that about 150,000 people were milling around us and assorted temple ruins sightseeing and eating ice-creams, we always managed



Effie showing where she had her first spiritual experience of the evening.



Living and Loving whilst waiting for the sunset. Voula in the centre

to find little oases of peace to do our Work. It was wonderful to be cocooned in the peace of the sacred energies, and watch people literally just outside of our circle go about the business of taking thousands of photos of themselves with various stones and columns in the background, without feeling disturbed in our Work.

On a human level, we got to know each other well and we laughed so much that we almost wet ourselves on occasion. We rushed around Athens together in between times of our Work, ate a lot in her interesting little restaurants, contributed significantly to her shops, managed to fit in the Chinese National Ballet as well, slept little and finally collapsed in a heap onto the plane coming home to Cyprus, still laughing and in great joy.

Totally intent on doing our Work, we all forgot to pack sunblock and only one person brought a hat, so we figured that we must have been the only ones in the world to return home from central Athens with suntans.

"Where are we going next, and when?" has been a typical smiley question since our return. Ahhhh, we will know, when time comes, which energy will call us to go where, and we will then pick up - and go. There will come to those of us who wish many more such journeys. I feel it.

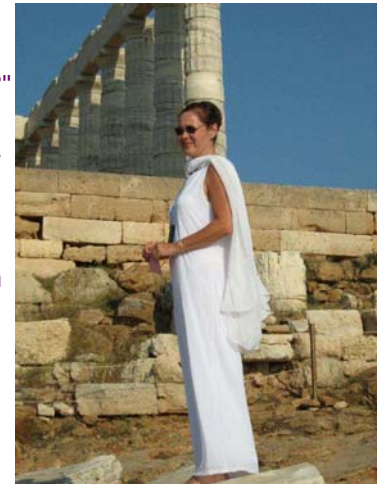
So here we are sharing with you the magic of these moments together through these writings, photos too.

With greatest Love, always. Blessings too.

Anna. Of Cyprus

All ancient temples were built on energetic vortexes. Many, for example those located along the river Nile in Egypt, around Lake Titicaca in Peru, as well as those that can be mapped from Greece through Cyprus to Egypt, run along energy lines and can be charted to form a chakra system that also mirror astrological formations during specific times of the year.

Temples in ancient times were places of great healing and education, where people came to learn the traditions of the mystical and symbolic aspects of Life. These included traditional healing techniques, psychic consciousness, the geometry sacred mathematics and architecture, use of sound, meditation and breathing techniques, amongst others.





Watching the sun go down through the ancient building connected us with timelessness



Next day, work done, all smiles in our little sanctuary near the Temple of Athena

techniques, psychic consciousness, the geometry sacred mathematics and architecture, use of sound, meditation and breathing techniques, amongst others.

Teachings included trans-religion philosophy and every-day life matters; they were places of humanitarian undertaking too, forming focus points around which the community would gather not just for special occasions such as festivals - also as an essential part of daily life, human and spiritual.



The Temple of Poseidon at Sounion (left), about 90 minutes by car outside of the ancient city of Athens, was dedicated to the god of the sea.

The sea is symbolic of the sea of consciousness, in other words, our inner universe. Through a greater understanding of this essential part of ourselves, we are able to harmonise our personal vibrations - or resonance - with that of our True Selves. Some spiritual teachers call this God-like part of ourselves Who-We-Really-Are. Our Divinity, if you wish to look upon it this way.

The Temple of Erechtheum (*right, with Effie and Liz standing in foreground*), in the Acropolis temple complex where we were guided to do our work the following day, is a particularly sacred site. It includes the rock that preserved the mark of Poseidon's trident which as you may remember, is symbolic of Light, used to disperse the darker sides of ourselves.



Darkness, as you may already realise, cannot exist in the Light.

Erechtheus, after whom the temple is named, is a mythical king of Athens, who had battled unsuccessfully with the sea god. Within it are also altars to Poseidon as well as to Hephaestus, god of fire (the



we headed in pursuit of other, equally important things



- like lunch. This photo stars Voula Tsangarides, everyone's favourite person. She took care of all of the operational detail of our trip, to great effect, for which I give my devoted thanks.

Many thanks also due to Voula and Effie Caracas for the pictures.

agent of transformation) and to Butes, brother to Erechtheus, who was priest to both Athena and Poseidon.

It is famous for its support depicting the *caryatids*, maidens from the ancient Pelopponese town of Karyae where there was a famous temple dedicated to the goddess Artemis in her aspect of Artemis Karyatis.

In a walled area just to the west of this temple stands the sacred olive tree of Athena, goddess of Wisdom, to whom the temple is dedicated and for who the city is named.

Wisdom is knowledge, applied through the heart. Without the heart energies, knowledge is only one-dimensional and does nothing for me. And as I have said 100 million times - wisdom is trans-religion. All religions say the same things anyway, they just are all different cultural paths to the same, One Truth.

One God.

One World.

Understanding and celebrating this is for me true understanding and celebration of All of Life. All ways and always.

From the above you may take your own understanding of what our work truly symbolised. Not just for us who traveled there as a group - for each and every one of us.

Why?

Because if one part of a community does this type of work with specific intent, it does so for the greater whole. This is a great gift of the inter-connectedness of all of Life.

Excellent situation - again! And again.

Wisdom of the Elders

There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold onto the shore. They will feel they are being torn apart and will suffer greatly.

Know the river has its destination. The elders say we must let go from the shore, push off into the middle of the river, keep our eyes open and our heads above the water. And I say, see who is in there with you, and celebrate.

At this time in history, we are to take nothing personally. Least of



Anna will be out of Cyprus from mid-July until end of August. Please note last dates of practice on the island for the present season is as follows:

Paphos - Saturday 14 July 2007

Nicosia - Monday 16 July 2007

Please don't leave it until last minute to book your private sessions!!!

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all, ourselves. For the moment that we do, our spiritual growth and journey comes to a halt.

The time of the lone wolf is over. Gather yourselves! Banish the word 'struggle' from your attitude and your vocabulary. all that we do now must be done in a sacred manner and in celebration.

We are the ones we've been waiting for.

Spiritual leaders, Hopi Nation, Oraibi, Arizona