



Stellar Code™

Polaris Guidebook
with Appendix



STELLAR CODE™ - POLARIS

THE MIRROR OF URANIA



*Urania, o'er her star-bespangled lyre,
With touch of majesty diffused her soul;
A thousand tones, that in the breast inspire,
Exalted feelings, o'er the wires'gan roll,
How at the call of Jove the mist unfurled,
And o'er the swelling vault—the glowing sky,
The new-born stars hung out their lamps on high,
And rolled their mighty orbs to music's sweetest sound.*

~ From An Ode To Music by James G. Percival



MYTHOLOGICAL AND ARCHETYPICAL BACKGROUND

Urania, which stems from the Greek word for “heavenly” or “of heaven”, was, in Greek mythology, the Muse of astronomy. Some accounts list her as the mother of the musician Linus. She is usually depicted as having a globe in her left hand. Urania was able to foretell the future by the arrangement of the stars. She is often associated with Universal Love and the Holy Spirit. She is dressed in a cloak embroidered with stars and keeps her eyes and attention focused on the Heavens. Those who are most concerned with philosophy and the heavens are dearest to her.

Urania, or Ourania, was one of the nine Mousai, a daughter of Zeus by Mnemosyne; and sister of the goddesses of music, song and dance. In classical times, Urania came to be titled the Muse of astronomy and astronomical writings. In this guise she was depicted as a violet hair muse pointing to a globe with a rod. Urania is depicted as dressed in a cloak embroidered with stars and with her eyes towards the sky. Urania is the “heavenly muse” invoked in John Milton's epic poem *Paradise Lost*¹.



URANIE.

“Ourania, who knew all the courses of the stars, a revolving globe like the speckled form of Argos.”

~Nonnus, *Dionysiaca* 33

Urania represents the guardianship of the sidereal ways, providing guidance and self-reflection to our divine Nature. The Stellar Code™ Polaris allows us to see ourselves through the images of her Mirror.

THE URSA MINOR

Ursa Minor, with its bright star Polaris and Draco looping around it, is depicted to be Urania's Mirror and became a set of constellation cards published in London c.1825.

¹ Book VII line 1



Ursa Minor, also called the Little Dipper², is a circumpolar constellation. This means it never sets in the northern sky.

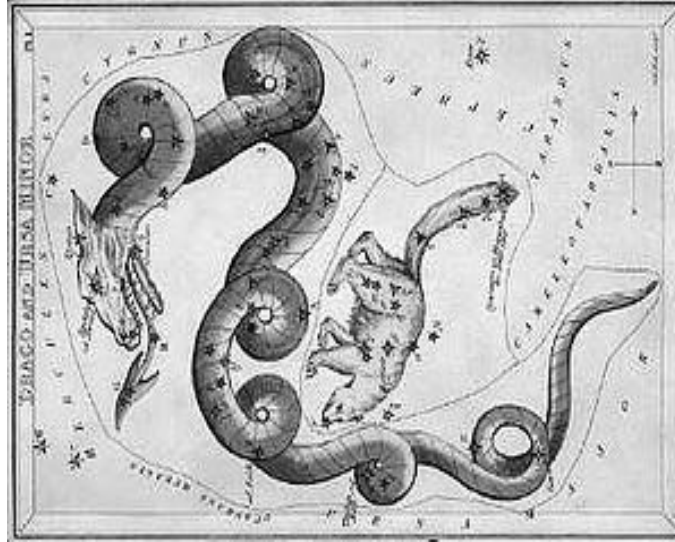
The true figure represented by the stars is the Little Bear. Its counterpart is Ursa Major, or the Great Bear. The Little

Dipper was one of the 48 constellations listed by the 2nd century astronomer Ptolemy, and remains one of the 88 modern constellations. Ursa Minor is notable as the location of the north celestial pole, although this will change after some centuries due to the precession of the equinoxes. There are several mythological stories behind these famous constellations.

The Ancient Greeks placed their deities in the night skies. Perseus, Poseidon, Oceanus and Cassiopeia are just a few of the Greek deities whose symbolic representation in the night sky has carried right through into our age.

Most people recognize what we call “The Big Dipper” and also “The Little Dipper” which are both “sets” and “patterns” of stars called constellations by both scientists and storytellers.

² Ursa Minor is colloquially known as the Little Dipper because its seven brightest stars seem to form the shape of a dipper, i.e. a ladle or scoop.



The Greeks also sometimes referred to Ursa Minor as the Phoenician. Phoenicians used Ursa Minor for navigation more than they did Ursa Major because, even though it was smaller and fainter, Ursa Minor was closer to the North Pole and a better pointer to the north

Ursa Minor is commonly visualized as a baby bear with an unusually long tail. The tail was said to have been lengthened from that usually expected for a bear, because of its being held by the tail and spun around the pole, supposedly the center of the sky.

THE MYTHS OF URSA MINOR

In Greek myth, Zeus was having an affair with the lovely Callisto. When his wife, Hera, found out, she changed Callisto into a bear. Zeus put the bear in the sky along with the Little Bear, which is Callisto's son, Arcas. Hera was upset that Zeus saved Callisto³. She was infuriated that Zeus had made Callisto “forever eternal” and that Callisto would be honored and noticed by everyone looking to the stars for all time. Hera went to Zeus’ Olympian brother, Poseidon, and convinced him to make sure that Callisto would never have the luxury of

³ Or Kallisto.



ever bathing in the sea again. She would be the Stella Maris, the star of the heavenly waters, but never would be able to bathe again in earthly ones. Poseidon forbade Callisto to ever touch his waters. Thus, The Greater Bear never wanders low enough to breach the horizon, to dip in Poseidon's seas, and we can always see it.

According to Greek mythology, this is why the North Star never sinks below the horizon.

There are, of course, several other versions of mythical explanations surrounding the Great and the Lesser Bear constellations. Another version has Artemis as the angered deity who transforms Callisto into a bear. In this version, Callisto was one of Artemis's companions. Artemis' reason for being upset was that due to Callisto's sexual relationship with Zeus. Because of it, Artemis⁴ lost a chaste and pure companion.

⁴ A more ancient belief behind the story of Callisto is that the Great Bear is really Artemis herself, and that Callisto is another name for Artemis. Artemis is the ancient queen of the stars and the ruler of the Arctic Pole. The she-bear is her symbol. She is the "Sounding One" and the "Lady of the Wild Mountains" giving off a "brilliant blaze" as she hunts. She is the queen of the inviolate meadow far from the haunts of men. She is the queen of the crescent moon, moonlight being her actual presence, and she is believed to cause wild animals and trees to dance. The Great Bear throughout the ages has been linked to the gods and goddesses to royalty and immortality. The paws of the Great Bear are up high, as if walking in the

In other myths, the constellation is not a bear at all, but is in fact a dog. However, in a variant of the story, in which it is Boötes that represents Arcas⁵, Ursa Minor was considered to represent a dog. This is the older tradition which sensibly explains both the length of the tail and the obsolete alternate name of Cynosura⁶, or the "Dog's Tale", for Polaris, the North Star.

Unfortunately, there aren't as many interesting objects in Ursa Minor as there are in Ursa Major.

Probably the most important of all, however, is the last star in the tail. This spot

heavens, and the bowl of its Big Dipper is inverted as if pouring heavenly contents upon an awakening earth.

⁵ Some say Arcas grew up to become king of Arcadia and brought agriculture to that wild and rugged country, for which he was immortalized among the stars as Boötes, inventor of the "Wagon," which is the other name for the constellation of the Great Bear.

⁶ Ursa Minor also had the title Cynosura, 'dog's tail', in Greek mythology, Cynosura was a nymph on Mount Ida in Crete, who along with Helice (Ursa Major), nursed Zeus/Jupiter when he was being hidden from his father, Cronus/Saturn. In gratitude, Zeus placed her in the heavens as the constellation Ursa Minor. Cynosura is another name for the constellation Ursa Minor or its brightest star, Polaris. According to Allen (*Star Names*, under Ursa Major) "Subsequent story changed the nurses into the Cretan nymphs Helice and Melissa", Melissa might represent Ursa Minor.



is held by the North Star, Polaris. Many think it is called the North Star because it is very bright. But actually, it is quite dim. Instead, the name comes from the fact that it does not move from its spot in the night sky. There are not any nebulae or star clusters present in Ursa Minor.

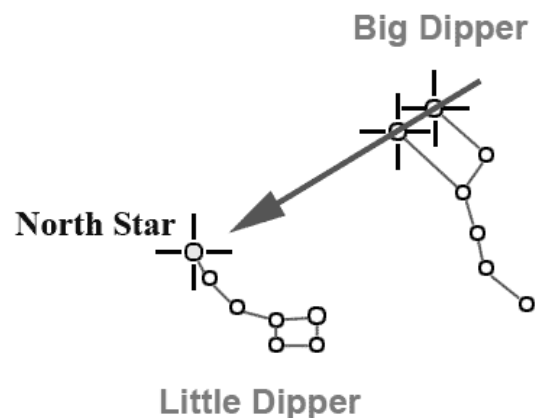
Previously, Ursa Minor⁷ was considered to be just seven close stars, mythologically regarded as sisters. In early Greek mythology, the seven stars of the Little Dipper were considered to be the Hesperides, daughters of Atlas. Together with the nearby constellations of Boötes, Ursa Major, and Draco, it may have formed the origin of the myth of the apples of the Hesperides⁸, which forms part of the Labors

⁷ Later the English linked the constellation to both the Bear and Wagon. They saw it as the wagon of King Arthur, whose Round Table is reflected in the constellations circling the Pole, and whose name comes from the Celtic word for "bear." Legend has it that Arthur is sleeping in a cave with his knights beside him, and will return one day to save his country in its hour of need. The seven most important stars of the Bear-Wagon (the Big Dipper) are also known as the Seven Sleepers of Epheus, who lie dreaming in a mountain cave waiting for the resurrection. These Seven Sleepers, unlike Arthur, are said to have awoken after 200 years and gone down to the local town for provisions, after which they went to sleep once more.

⁸ "Ursa Minor, as it is now drawn, is enclosed on three sides by the coils of Draco" [Allen, *Star Names*]. This Pole, or

of Hercules⁹. Ursa Minor was once seen as Draco's wings, or the Wings of the Dragon, in Thales around 600 B.C. who used them to form this constellation.

There is a unique circle of stars called the "Engagement Ring" slightly below Polaris. They can be viewed with binoculars or a telescope. An easy way to find Polaris is by using the pointer stars. Dubhe and Merak make up the right edge of the "bowl" in the Big Dipper. Connect them with a straight line and continue north. You will run right into the North Star.



the constellation Ursa Minor, was also imagined as a tree, with Draco, the Dragon guarding the tree in the garden of the Hesperides, or twined round the tree and guarding the golden apples, while tormenting the Titan as he held the heavens on his shoulders. Alternately, the dragon in the heavens is guarding the North Pole, or the constellation Ursa Minor.

⁹ "The tree of the Summit" was a type of the Celestial Pole, Seat of Judgment, and was guarded by the celestial serpent, the Constellation Draco.



In earliest times, Ursa Minor was named the Dragon's wing, and was considered a part of Draco. The dragon's wing as an asterism¹⁰ is now long forgotten.

In other cultures, Ursa Minor was the hole in which the Earth's axle found its bearing. In Hindu mythology, the Pole Star is Dhruva, which translates as "pole", and there is a story behind him becoming a star.

In Hungarian mythology, the constellation is called "Little Goncol cart" (Göncöl szekér) after a legendary shaman. Ursa Major is "Big Goncol cart". The shaman's knowledge knew no limit. He invented the cart. His nation was wandering, so the cart was the biggest gift of the Gods to the country. Legends claim he knew everything about the world. Nobody saw his death; his body simply disappeared among the stars.



"A sailor must have his eye trained to the rocks and sands as well as the North Star"

~Proverbs

The celestial North Pole is the point where the imaginary polar axis of the earth would touch the sky, if it were extended. Polaris, for all practical purposes, is this celestial North Pole, being only one degree off this point. It is not the brightest of stars, nor was it or will it

always be the star closest to the pole. Because of the earth's wobble the celestial pole shifts as the centuries go by, and different stars become pole stars at different times.

Polaris¹¹ is probably the most famous star in the northern hemisphere. It can always be found in the same area of sky. The North Star is a well-known star in many cultures. It is one of the navigational stars, used for orientation at sea because of its brightness and location in the sky. The Bedouin call it "the billy goat" and use it as one of the main stars for traveling at night. Contrary to popular assumption, it is not a very bright

¹⁰ In astronomy, an asterism is a pattern of stars recognized on Earth's night sky. It may form part of an official constellation, or be composed of stars from more than one. Like constellations, asterisms are in most cases composed of stars which, while they are visible in the same general direction, are not physically related, often being at significantly different distances from Earth.

¹¹ Many legends and myths that are associated with the star Polaris and Ursa Minor are about women and higher spiritual principles. The Age of Polaris, the Age of Ursa Minor is the Age of the Goddess.

star¹², with a magnitude of 2.0. In physical properties, Polaris is a white supergiant class F7 star, 350 light years distant.

Polaris¹³ has been known by many names in the past: the Lodestar, the Steering Star, the Ship Star, and Stella Maris, the "Star of the Sea", or the Star of the Heavenly Waters.

Greek navigators of old called Polaris Kynosoura, which means the "Dog's Tail." The name came into our English language as cynosure, which means "something that strongly attracts attention by its central position". The Arabs of old regarded Polaris as a hole in the sky in which Earth's axis¹⁴ found its bearing.

¹² Most of the Little Dipper's stars are faint. Only the two at the end of the bowl are fairly bright. They are called Guardians of the Pole as they march around the pole like sentries. The brighter one of the pair, seen at the upper end of the bowl, was the Pole Star in the time of Plato, about 400 BCE.

¹³ Polaris has numerous traditional names: Alruccabah, Cynosura, Dhruv, Phoenix, Tramontana, Angel Stern, Navigatoria, Star of Arcady, Yilduz, Mismar, Çulpan & Midnight Star. *Cynosūra* is from the Greek *κυνόσουρα* "the dog's tail" and is the source of the English word "cynosure". *Yilduz* is from the Turkish word for "star", as is Çulpan. The most commonly known name (in English) is the *Pole Star*.

¹⁴ By the Hermetic principle, the World Axis or Tree (or Ladder of Isis, or Djed Column) joins the north celestial pole, the opening in the sky, with the opening in the earth, which is a figure of an entrance to the Hall of

In Scandinavian mythology, the Norse gods made the Universe out of the bits and pieces of the hacked-up bodies of their defeated enemies. To finish the job they hammered an enormous spike, called Veraldar Nagli, or "World Spike," into the center of the Universe and made the sky revolve about it. The end of the spike had a jeweled nail-head, which remained forever fixed on the great sky dome as Polaris.

The North Star has guided everyone from ancient peoples, the Magi, and sailors¹⁵ of old. It is still an excellent emergency marker for anyone who gets lost at sea or on land in our day and age. Polaris has long been an important star to sailors and caravans of old winding their way over the desert by night, and others who navigated their way by stars.

An Italian name for Polaris was *la Tramontana* which is a classical name for the cold northern wind in Italy. Allen says in *Star Names*¹⁶ "One derivation of this *transmontane* is from the fact that the nations along the Mediterranean saw the star beyond their northern mountain boundary; and the word appears in the popular saying, current among the Latin races, of a man's "losing his Tramontane" when one had lost his bearings."

Records. In esoteric terms, the ceremonial column (Oak Tree, Tree of Life, Staff of Moses etc.) is the human spine with 33 vertebrae.

¹⁵ According to Diodorus "the Sicilian travelers direct their course by the Bears, in the same manner as is done at sea"

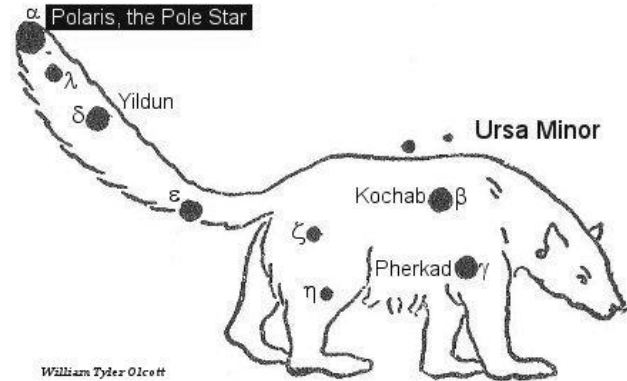
¹⁶ p.454



The Moguls looked on Polaris as holding the Universe together. They called it the Golden Peg.

Astronomers of India called Polaris the Pivot of the Planets¹⁷.

¹⁷ "In earliest Northern India the star nearest the pole was known as Grahadhara, the Pivot of the Planets, representing the god Dhruva, and Al Biruni said that among the Hindus of his time it was Dhruva himself" [Allen, *Star Names* under Polaris]. "Dhruva, in Hindu mythology, was the prince blessed to eternal existence and glory as the Pole Star (*Dhruva Nakshatra* in Sanskrit) by Lord Vishnu [4]. "Dhruva started his penance, and went without food and water for six months, his mind fixed on the Lord. The austerity of his penance shook the heavens and the Lord appeared before him, but the child would not open his eyes because he was still merged in his inner vision of Vishnu's form described to him by Narada. Lord Vishnu had to adopt a strategy by causing that inner vision to disappear. Immediately Dhruva opened his eyes and seeing outside what he was all along seeing inside his mental eyes, prostrated before the Lord. ...When his sojourn in the world came to an end, a celestial chariot came to take him to 'God's Abode'. He told the charioteer that God was everywhere and so the question of taking him to god's place did not arise. So saying, he sat down closing his eyes in meditation and merged in the Divine".



As early as 320 B.C. the Greeks had realized that Polaris did not mark the pole exactly. Until then many people had believed that the heavenly pole was absolutely and eternally fixed.

In China, Polaris was known as Tou Mu, a Chinese goddess. Tou Mu is the Chinese Goddess of the North Star, keeper of the book of life and death and the Bushel Mother, venerated by Taoists and Buddhists. Having attained all of the celestial mysteries, Tou Mu alone is able to cross between the moon and the sun. She is the mother of the Nine Celestial Kings-Celestial Sovereigns. She is portrayed sitting on a lotus blossom, and she has four heads and eight arms. In her hands she holds such things as the sun and the moon, a flag, and a flower. Tou Mu's name means "Mother of the Great Wagon", and is also seen as Tou Mou, Dou Mu, and Dou Mou.

In Mahayana and Vajrayana Buddhism, Tou MU is known as Marici, the goddess of the heavens, goddess of light, and a solar deity. Also known elsewhere as Marishi-ten, Marisha-Ten (another Japanese name), and Mólizhitiān Púsà. She is believed to be one of the twenty, or Twenty Four, Heaven Celestials.



In 3000 BCE, the Pole Star once was Thuban, the third star from the end of the tail in Draco. In a little more than 5,000 years from now, Alderamin, the brightest star in the constellation Cepheus, will be the Pole Star. About 7,000 years from now, Deneb, the brightest star in Cygnus, will be the Pole Star for a while. In about 12,000 years from now, Vega, the brightest star in Lyra will be the Pole Star. Vega will be a brilliant Pole Star some six times brighter than Polaris. There are long periods when there is no Pole Star at all. At the present time there is no Pole Star in the southern sky.

CAPELLA, THE STAR OF PLENITUDE

The constellation of Auriga the Charioteer appears in the Greek charts by Eudoxus in the 4th century BC. Auriga belongs to the Perseus family of constellations, together with Andromeda, Cassiopeia, Cepheus, Cetus, Lacerta, Pegasus, Perseus, and Triangulum.

Auriga was first cataloged by the Greek astronomer Ptolemy in the 2nd century. It contains Capella, the sixth brightest star in the sky. The constellation is also the site of the galactic anti-center, the point in the sky opposite to the center of the Milky Way Galaxy, which is located in the constellation Sagittarius, near the border with Scorpius.

For such a large constellation with such a bright star, the mythology pertaining to Auriga and Capella is scarce. The

constellation has been sometimes associated with the Greek sea god Poseidon¹⁸.

In other Greek legends, Auriga is identified as the mythological Greek hero Erichthonius of Athens. Erichthonius is a King of Athens and the son of Hephaestus¹⁹ and Athena²⁰. Like his god father, he was both extremely clever and had a deformed leg. This combination led him to invent a four-horse chariot. This invention brought him a place of honor in the sky.

In another legend, Auriga was the son of Hermes²¹. He trained chariot horses and his animals were said to be the fastest there were.

In another myth, Auriga represents Hephaestus himself, the lame god, who built the chariot so that he could travel anywhere he wanted, whenever he wanted, without difficulty.

Capella is the brightest star in the constellation Auriga the Charioteer. Capella is the Latin word for "nanny goat", and this lovely star is often called the Goat Star. Capella also has some legend about it. It is reputed to represent the goat that suckled Zeus²². At some point Zeus accidentally broke off a horn. In contrition, he made this piece of horn magical in that it could be filled with whatever the possessor wished for. It was given the name Cornucopia, or "horn of plenty."

¹⁸ The Roman god Neptune

¹⁹ The Roman God Vulcan

²⁰ The Roman goddess Minerva

²¹ The Roman god Mercury

²² The Roman god Jupiter



In India, Capella was worshiped as the heart of Brahma. English poets have called Capella the “shepherd's star”.

Auriga seems to have been associated with shepherds and flocks, so the title of “nanny goat” or “she goat” for Capella is reasonable. However, neither Capella nor its constellation Auriga figures prominently in any major mythological stories from Greek or Roman culture.

In Babylonia, there is evidence of two independent constellation images applied to the stars of Auriga. The first, called the Chariot, despite its name, depicted a chariot-driver without any sign of a vehicle just as the Greek star-map does. The other constellation, called the Crook, was arguably represented by the figure of a shepherd holding a kid goat.

The ancient Arabs called the star Capella by a name that meant ‘The Driver’ and implied that this star was seen as a shepherd driving a flock across the sky. The flock might have been the nearby star cluster Pleiades, although, instead of sheep or goats, early Arabian stargazers saw this pattern composed of camels.

Capella was also apparently important in ancient Egypt. It appears on the Denderah Zodiac as a mummified cat.

Remarkably, in China, Capella and the four other stars of Auriga were known as the Five Chariots.

The Stellar Code™ Capella brings in its vibration the energy of infinite fields of possibilities. Its maternal protective frequency allows those that are integrating this code to overcome difficulties, to

manifest the art of miracles and wonders in all aspects of their lives.

Capella externalizes a Jupiterian energy of great magnitude, open always, even in the last minute, for the assistance and help requested. Capella is a silver-lining code that amplifies the creative spiritual work. This is a powerful code to be integrated in our ever expanding matrix, because it brings trust, grace and joy into the smaller elements of our daily lives.

SIRIUS, THE GATE

Sirius is the brightest star in the night sky. It is almost twice as bright as Canopus, the next brightest star. The name "Sirius" is derived from the Ancient Greek Σεῖριος *Seirios* (the "scorcher"). What the naked eye perceives as a single star is actually a binary star system, named Sirius A, and a faint white dwarf companion, named Sirius B.

Sirius appears bright due to both its intrinsic luminosity and its proximity to Earth. At a distance, the Sirius system is one of Earth's near neighbors. Sirius A is about twice as massive as the Sun and has an absolute visual magnitude. It is 25 times more luminous than our Sun but has a significantly lower luminosity than other bright stars such as Canopus or Rigel. The system is between 200 and 300 million years old. It was originally composed of two bright bluish stars. The more massive of these, Sirius B, consumed its resources and became a red giant before shedding its outer layers and collapsing into its current state as a white dwarf around 120 million years ago.

Only 8.7 light years from the Earth, Sirius is the fifth nearest star to us. Except for Alpha



Centaur, it is the closest of all the stars we can see with our naked eye. The vastness of space is dramatically illustrated by the fact that even such a nearby star is 550,000 times more distant than our sun. Sirius is a member of a moving group of stars often called the Ursa Major stream, with members scattered all over the sky. The most prominent members of this stream are Alpha Ophiuchi, Beta Aurigae, Delta Leonis, and Alpha Corona Borealis — and Sirius.



Sirius is also known colloquially as the "Dog Star", reflecting its prominence in its constellation, Canis Major (Big Dog). The heliacal rising of Sirius marked the flooding of the Nile in Ancient Egypt and the "Dog Days" of summer for the Ancient Greeks, while to the Polynesians it marked winter and was an important star for navigation around the Pacific Ocean.

Sirius, known in Ancient Egypt²³ as *Sopdet*, is recorded in the earliest astronomical records. During the era of the Middle Kingdom, Egyptians based their calendar on the heliacal rising of Sirius, namely the day it becomes visible just before sunrise after moving far enough away from the glare of the Sun. This occurred just before the annual flooding of the Nile and the summer solstice, after a 70-day absence from the skies.

The hieroglyph for Sirius features a star and a triangle. Sirius was identified with the great goddess Isis, who formed a part of a trinity with her husband Osiris and their son Horus, while the 70-day period symbolized the passing of Isis and Osiris through the *duat*, the Egyptian underworld.

The Ancient Greeks believed that the appearance of Sirius heralded the hot and dry summer, and feared that it caused plants to wilt, men to weaken and women to become aroused. Due to its brightness, Sirius would have been noted to twinkle more in the unsettled weather conditions of early summer. To Greek observers, this signified certain emanations which caused its malign influence. People suffering its

²³ Sirius, considered by the ancient Egyptians to be the most important star in the sky, was astronomically the foundation of their entire religious system. Its celestial movements determined the Egyptian calendar. Sirius's heliacal rising, when Sirius again rose into visibility after being hidden by the sun's light for 70 days, marked the beginning of the Egyptian year and roughly coincided with the flooding of the Nile: major events marked by feasting and celebration.



effects were said to be *astroboletos* (αστροβολητος) or “star-struck”. It was described as “burning” or “flaming” in literature. The season following the star's appearance came to be known as the Dog Days ²⁴of summer. The inhabitants of the island of Ceos in the Aegean Sea would offer sacrifices to Sirius and Zeus to bring cooling breezes, and would await the reappearance of the star in summer. If it rose clear, it would portend good fortune; if it was misty or faint then it was foretold to emanate pestilence. Coins retrieved from the island from the 3rd century BC feature dogs or stars with emanating rays, highlighting Sirius' importance. The Romans celebrated the heliacal setting of Sirius around April 25, sacrificing a dog, along with incense, wine, and a sheep, to the goddess Robigo so

²⁴ Many cultures have historically attached special significance to Sirius, particularly in relation to dogs. Indeed, it is often colloquially called the "Dog Star" as the brightest star of Canis Major, the "Great Dog" constellation. It was also classically depicted as Orion's dog. The Ancient Greeks also thought that Sirius' emanations could affect dogs adversely, making them behave abnormally in the heat of summer ("Dog Days"—the Romans knew these days as *dies caniculares* and the star as *Canicula*, "little dog"). Their excessive panting was thought to place them at risk of desiccation and disease. In extreme cases, a foaming dog may have rabies, which could infect and kill humans who'd been bitten. Homer in the *Iliad*, describes the approach of Achilles toward Troy in those very terms: "Sirius rises late in the dark, liquid sky On summer nights, star of stars, Orion's Dog they call it, brightest Of all, but an evil portent, bringing heat And fevers to suffering humanity."

that the star's emanations would not cause wheat rust on wheat crops that year.

THE CONSTELLATION HYDRA



The constellation of Hydra was identified with the Lernaean Hydra, as defeated by Heracles for one of his Twelve Labors, by the Greeks. Its position in the sky below the ecliptic, together with the constellation Cancer, which lies near its head, may be the origin of parts of the myth.

The shape of Hydra resembles a twisting snake and is featured as such in some Greek myths. One myth associates it with a water snake that a crow served Apollo in a cup when it was sent to fetch water. Apollo saw through the fraud and angrily cast the crow, cup, and snake, into the sky. The origin of this story is likely to be the juxtaposition of



this constellation with those of Crater and Corvus in the area of the sky known as the Sea.

The Greek Hydra constellation is an adaptation from Babylonian astronomy. The myth of Heracles slaying the Lernaean Hydra is an adaptation of the myth of Ninurta slaying the Seven-headed serpent. The MUL.APIN²⁵ has a “serpent” constellation²⁶ which loosely corresponds to Hydra. It is one of two Babylonian “serpent” constellations²⁷, properly described as Mušmaḥḥu, or “exalted”, or “furious” serpent, a mythological hybrid of serpent, lion and bird.

²⁵ MUL.APIN is the conventional title given to a Babylonian compendium that deals with many diverse aspects of Babylonian astrology. It is in the tradition of earlier star catalogues, the “Three Stars Each” texts, but represents an expanded version based on more accurate observation, likely compiled around 1000 BC. The text lists the names of 66 stars and constellations and further gives a number of indications, such as rising, setting and culmination dates, that help to map out the basic structure of the Babylonian star map. The catalogue is the direct predecessor of the classical Neo-Babylonian zodiac as it was developed in the 7th century BC, which was in turn received by Eudoxus of Cnidus in the 4th century, giving rise to Hellenistic astrology.

²⁶ MUL.DINGIR.MUŠ

²⁷ The second being Bašmu, representing a horned serpent and is the origin the constellation of Serpens, as described by Ptolemy.

THE LERNAEAN HYDRA

“The second Labor which Hercules undertook was the slaying of the Lernaean Hydra, springing from whose single body were fashioned a hundred necks, each bearing the head of a serpent. And when one head was cut off, the place where it was severed put forth two others; for this reason it was considered to be invincible, and with good reason, since the part of it which was subdued sent forth a two-fold assistance in its place. Against a thing so difficult to manage as this Hercules devised an ingenious scheme and commanded Iolaos to sear with a burning brand the part which had been severed, in order to check the flow of the blood. So when he had subdued the animal by this means he dipped the heads of his arrows in the venom, in order that when the missile should be shot the wound which the point made might be incurable.”

In Greek mythology, the Lernaean Hydra was an ancient nameless serpent-like chthonic water beast that possessed many heads and poisonous breath so virulent even her tracks were deadly. The poets’ mention more heads than the vase-painters could paint, and for each head cut off, it grew two more. The Hydra of Lerna was killed by Heracles as the second of his Twelve Labors. Its lair was the lake of Lerna in the Argolid, though archaeology has borne out the myth that the sacred site was older even than the Mycenaean city of Argos since Lerna was the site of the myth of the Danaids.



Beneath the waters was an entrance to the Underworld, and the Hydra was not its guardian but one of its creatures, and Cerberus is the guardian of the Underworld, and, though similar, the two are not the same.



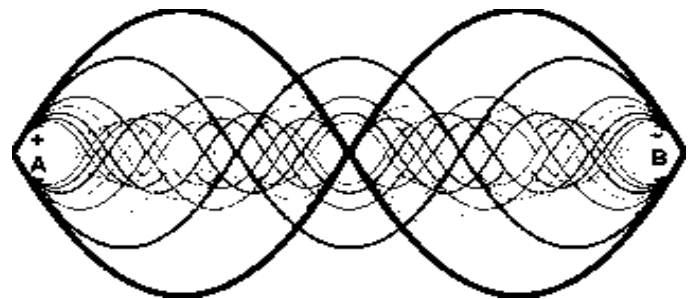
King Eurystheus sent Heracles to slay the Hydra, which Hera had raised just to slay Heracles. Upon reaching the swamp near Lake Lerna, where the Hydra dwelt, Heracles covered his mouth and nose with a cloth to protect himself from the poisonous fumes. He fired flaming arrows into the Hydra's lair, the spring of Amymone, a deep cave from which it only came out of to terrorize neighboring villages. He then confronted the Hydra, wielding a harvesting sickle (according to some early vase-paintings), a sword or his famed club. Ruck and Staples (1994: 170) have pointed out that the chthonic creature's reaction was botanical: upon cutting off each of its heads he found that two grew back, an expression of the hopelessness of such a struggle for any but the hero. The weakness of the Hydra was that only one of its head was immortal.

The archetype of the Hydra is an ancient one and it can be referred as the many personalities- reincarnated selves, its memories, its unfinished business; vices, addictions, virtues and karmic residues not yet assimilated. It raises from the subterranean waters of the

unconsciousness and its sight can terrify many individuals. The multiple heads are the personification of the reincarnational selves that must be dealt individually, with all the care

possible, otherwise instead of eliminating the problems and its effects, it gets duplicated. Among all the heads, just one was supposed to be immortal, the real self.

In this stage of development on our spiritual path we are called to work on the elimination of all the vibratory resonance of the past.



VIBRATORY RESONANCE FROM PAST EXPERIENCES

The remembrances of past lives are archived inside of our memory cells, stored in places that are not necessarily located inside of our physical brain. This suggests that this archived information is guarded in perennial multidimensional fields, which are complex structural systems that exist



before birth and that continues to survive the tomb. The eternal spirit that inhabits within us guards these memories and scenes of past life experiences. They are very real situations, and they can encompass all sorts of feelings, reactions, déjà vu, addictions, obsessions, repetitive thoughts and dreams; performed through the simple action of resonance. The clearance of these fields is necessary to unbind the individual to the real consciousness and the space of dharmic accomplishments programmed by the soul and the growth projected to our cosmic journey.

In this lifetime it is possible that some of these reminiscent fragments come back to life, causing ideoplastic²⁸ shocks in the present life situation, through the contact with similar or co-related experiences with the ones previously registered inside of our multi-dimensional fields. Usually when one takes upon a physical body, one does not remember its past memories; hence the immersion in the world of matter pre-supposes the emersion into the veil of forgetfulness. The new physical brain does not contain the registry of the past experiences and memories. The present brain is only programmed to assist you with the data, phenomena and information acquired during the current cycle of existence.

Sometimes the experience of resonance can be one of favorable vibration, with a positive character, bringing the sense of joy and pleasure to existence and merging it with the present life, giving a different taste to

²⁸ Vibratory shocks caused in the intermediary planes between the mental and emotional bodies.

the daily existence. Usually in the case of negative resonance, one can bring to life again entire sections of past lifetimes, with all its emotional, moral and mental content of the previous situations such as fears, phobias, addictions, and heartbreaks, negative memories of injustice, resentments, and suicide. Many of those can cause serious spiritual conflicts and their resurgence can actually delay, if not stunt, progress in the spiritual path. These are scars engraved deeply in the spiritual body and if not properly dealt with and cauterized, can come to life again almost spontaneously. They first tend to appear in the conscious mind in the format of ideoplastic flashes. These events usually come accompanied by general sensation of uncomfortable feelings, anguish, despair, panic attacks, resentments, guilt without any apparent reason. These patterns of behavior can lead to the beginning of some pathologic manifestations, depending upon the intensity of the resonance.

Sometimes just an innocent scenario such as presented scenery, a photograph, a proximity to a new person, jewelry, or a house can serve as a catalyst to these phenomena. They act like spiritual detonators, bringing to life a karmic residue, or even unsolved contracts, vows and pledges that are in need to be resolved.

The work with these multi-dimensional fields has to be done upon the extra physical bodies; they are the ones that store the sensations, and the stimuli. We need to work with the energies from the gland system in order to access these registries and to release possible blockages and some samaskaric residues.



THE GENETIC CONSCIOUSNESS

In the process of evolution, every being experiences a variety of different personalities, in diverse living backgrounds and faces a diversity of life challenges. It usually learns how to conciliate different roles in life, as sons and daughters, lovers, husbands and wives, mothers and fathers, friends and enemies. Sometimes these experiences are not necessarily pleasant, but they are all the personifications of life lessons and challenges designed by the soul to gather the necessary experience to continue its progress and expansion on its way to the great synthesis.

In many of these experiences, sometimes feel like there is a brick wall of impediments and obstacles to be overcome all of the time; and that the commitments that were made are too hard to keep or even to work with. Many of these frustrations get housed at the cellular level, imprinting a unconscious negativated energetic pattern into our DNA, which can create dis-resonance not only in the specific lifetime in which was created, but also can replicate and ripple into future lives as well as down through the ancestral lineage to the decedents.

When a soul comes back to earthly life and takes again a physical body, these energetic imprints are immediately reactivated as fiery seals. These are awakened and reestablished because one cannot be rid of the worlds of Samsara, the wheel of Karma, without clearing these resonating patterns in all our reincarnational self-blueprints. As a result, they are introjected again into the system in order to be accessed and dealt

with within a new round of opportunities and experiences.

There are many factors that precipitate the reinstallation of these DNA psychic detonators, since they are disharmonic arrangements engraved on the unconscious level of our bodies. They often weave unconscious threads; and consequently, they can be activated by a plethora of stimuli, such as the visual contemplation of a landscape that can incite *Deja Vu*, an old photograph, a person with whom you may experience a strong connection, the instinctual reaction to a perfume, a smell or to a challenging situation.

The conditioning of these patterns can become additionally complicated when the same cellular consciousness coming from one's ancestral lineage is added. Our ancestors may have inadvertently enhanced our burden through their vibrations of a different spectrum of emotions and desires that, in the worst case scenario, can create what we refer to in spiritual therapy as *Virtual Personalities*.

It may sound crazy at first, but many cases of addiction and abandonment come from the "virtual incarnation" of these virtual personalities. These simulated personalities can greatly influence the real incarnated personality, creating repetitive patterns in one's life, obstacles, and serious emotional and mental limitations. The opposite is also known and seen, when the virtual personality incarnates the good aspects of the patterning, creating a loving supportive relationship with the real incarnated personality.

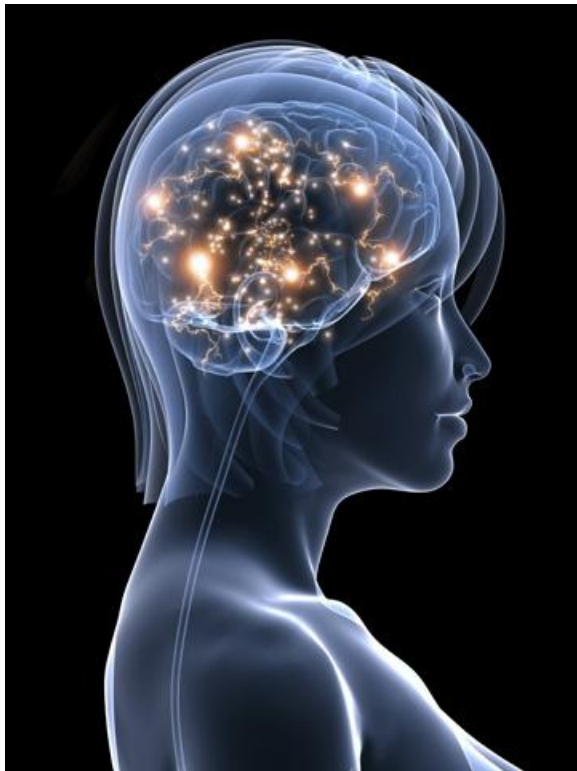


In many cases, the effect and influence of the ancestral consciousness upon the incarnated soul is prominent, and produces a more acute situation than those that were originated by the reincarnational selves themselves.

THE CELLULAR SEALS

“Be kind, for everyone you meet is fighting a hard battle.”

~Plato



The activation of these seals implies also the activation of Karmic processes for many of the sleeping egos / personalities. With the addition of suffering coming from other sources such as the ancestral line, the individual may easily create an aura of resistance and dissonance which may, in their turn, give birth to obsessions, vices,

addictions, and warped psyche. It is of great importance to be aware of these factors when traveling the spiritual path, so we acquire an understanding of the many factors that can be at play at any given time in one's life. Through the light of this rationale, one is invited to revisit the concept of immediate and summary judgment of another's path and virtual limitations. Everyone here is striving their best to attain freedom from duality. We will never know for sure what is happening in the secret realms of another human being. The same level of care and awareness should be observed by parents as co-creators of their children's reality.

This mindfulness, knowledge and behavior become powerful auxiliary tools when treating many so-called spiritual maladies because they allow the spiritual therapist to perceive the limitations, to understand repetitive behaviors and patterns, the sense of necessity and the ego disguises of their patients.

There are many ways to deal with these old resonance patterns; changing your pattern of breathing, stimulating the activities of your Pineal and Pituitary glands, and permanently moving the energy around your extra-physical bodies. Below we are going to list a series of suggested techniques and practices that will greatly facilitate the process of Inttunement that precedes the integration of this specific Stellar Code™.

All of the processes of our physical world are related to the fields of energy. Our fields of energy are determined by our breathing patterns, not the other way around. We can always change our breathing pattern and



change the vibration of our field of potentiality, our quantum fields.

When dealing with the opening of new channels and energy ways, we talk about developing an internal breathing pattern. This is something that brings an entire different perspective to breathing techniques. When we refer to changing the vibrational pattern of breathing, we are not only speaking about the way you normally breathe in and out the air around you through your lungs, but the way we process an element much more subtle than air. We are talking about the Chi energy, or Chi energy field. You may call this energy, the mental Chi, but the fact is that this energy is vibrating all the time and it is in perfect alignment and entrained with the vibration of the Universe itself.

By definition this energy needs to vibrate incessantly, if it stops vibrating in one individual, it signifies death. This does not mean that if you are having some difficulties breathing that this will signify you are about to die. It is possible to have a weak breathing pattern and still maintain a healthy and profound Chi intake.

Nevertheless, we must say that this is not true to most of the individuals, because the average human being has a weak breathing pattern and a defective circulation system of the Chi in their energetic matrix. When this happens, it usually means that one's physical condition is less than optimal and some physical problems start to appear. The correct breathing and circulation of the Chi energy, through internal breathing, is able to correct most of the dissonances when they begin. To jump start your skills with

the internal breathing, we suggest the following meditation/breathing exercise.

OCEAN BREATHING PATTERN

Find a calm place, where you can perform this technique with ease. Breathe deep three times and release slowly the air of your lungs. Activate your Soul Star²⁹ and draw your attention to the center of your body, your Tan Tien³⁰.

Stand up, with your legs spread to the same distance as your shoulders. Relax your body and smile to yourself. Bring again to your attention to the point of your Tan Tien.

Softly wave your body, inhale while you move forward, placing the weight on the sole of your feet, and exhale while placing your weight on the heels.

While you breathe in, raise your arms lightly, as you are imitating the waves of the ocean. When exhaling, allow your arms to be lowered softly. Your hands should not

²⁹ Activate your Soul Star by reciting the Soul Mantra three times:

*I AM the Monad,
I AM the Soul,
I AM Light Divine.
I AM Love,
I AM Will,
I AM Fixed Design.*

³⁰ The Tan Tien refers to the physical center of gravity located in the abdomen approximately three finger widths below the navel.

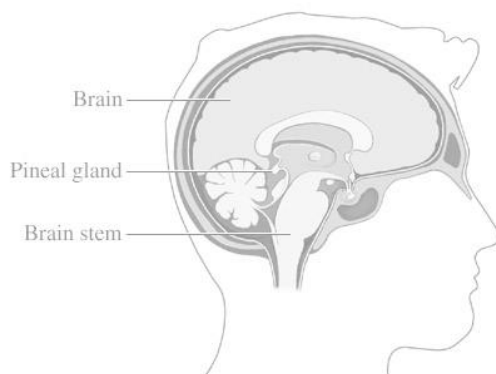


touch your body, while performing this exercise, as you should emulate the pulsing of the waves while creating a energy ball emanating from your Tan Tien.

As soon as you start to feel the sensation of the wave building up, feel it growing also inside of yourself, inside of the perimeter of your body, rhythmically and alternating its movements from inside of your body to the farthest point outside your body. Feel and enjoy this pulsation for a while. When you feel you are ready to finish this exercise, bring your attention back to your Tan Tien, placing both of your hands on top of it. Feel and measure the vibration and the warmth that is now emanating from it.

This exercise is an efficient one because it will loosen up the layers between your physical and extra-physical bodies, allowing some of the circulation of energy to be accessed and worked upon. This also facilitates the cleansing of many energetic distortions.

EXERCISES FOR THE PINEAL GLAND



It is important to perform this exercise while sitting down and with your eyes closed. Observe the location of the pineal gland in the center of your brain. Follow the exercises concentrating your attention into your breathing; remembering that the Prana in the air is a necessary nourishment of your central nervous system.

EXERCISE NUMBER 1: MESSAGE THE TOP OF YOUR CRANIUM BOX



Massage your own head in a circular motion with the tips of the fingers of both hands. Investigate and look for a place where you will find a slight indented place. This is the same soft spot we find on babies heads.

Massage this spot softly using your index and middle finger together. Try to find out what direction motion is more comfortable, clockwise or counter clockwise.

Continue the massage without irritating the scalp. You will notice that at first the hair



will be tightening, but it will be loose after a while.

Continue this first exercise without being in a hurry, using your own rhythm. This is an important point, because it is the point of congruency for all the Meridians in your body. This is an excellent practice to be performed before you go to bed, because it will allow you to relax and stimulate the pineal gland and the production of melatonin, for a better night of sleep.

EXERCISE NUMBER 2: MASSAGE YOUR HEAD FROM THE FRONT TO THE BACK



Another comfortable way to practice this exercise is to massage the scalp from the front to the back starting from the top of your cranium box (the indented place).

EXERCISE NUMBER 3: DRUMMING YOUR FINGERS ON THE TOP OF YOUR HEAD



Start by playing your medium fingers, like you are playing with a drum on the top of your cranium. Do this lightly and with an intention of love, no strength or pressure is necessary. This is the point where the Pineal gland is located. Take note of the sensations this will provoke. It is normal to have extra salivation, to feel heat, or little dizzy and/or a sensation of general wellbeing.

EXERCISE NUMBER 4: MASSAGING THE POINT OF THE HAIRLINE AND THE BACK TOP OF THE HEAD SIMULTANEOUSLY

Place your index and middle finger from your right hand along the hairline on your front head in a point exactly above your



nose. Do a massage in this point with both fingers. Chose the direction that feels more comfortable to you. When massaging the cranium always be gentle and do not hurry. Take your time; observe your own rhythm and sensations.



Continue to massage with your other hand the other indent part, on the back of your head just above the cerebellum. This place corresponds to the place called the crown. Some religious orders use to mark this place as a sacred contact with the Divine, keeping it open in a circular pattern.

Place your middle finger and the index finger and massage it in a comfortable way. As you do it, pay attention of tears, pain, heat, relaxation of the eyes muscles, Thyroid reactions, change in a sense of taste and concentration happen after these practices.

FINALIZING: IRRADIATING ENERGY WITH YOUR OWN HANDS

Now, prepare to heat your hands, rubbing them together, making friction of one

against the another. Now place your hands on the top of your head, letting your intuition chose which hand will be on the top and which will be on the bottom.

Observe the sensation that the heat of your hands can cause you. Make some concrete contact with your pineal gland. Send it love and reverence for all the complexity of work that it realizes over all your physical and extra-physical bodies. Recognize its importance in your balance and spiritual process. When you do this, you are emitting a vibratory pattern of gratitude and the gland will respond to it by resonating higher and amplifying its reach.

SOME OBSERVATIONS

Many old traditions regard the pineal gland as the gland that is most aligned with our higher spiritual centers. The Hindus considered it as the lotus of a thousand petals, or the crown. This is the point which is the real location of the center of your heart. In Jewish tradition, they wear a skullcap, called a Kippah, on the top of their heads to remind the user of a deep reverence for God.

In Greek Mythology, Hermes is represented by a helmet with wings, being the symbol of invulnerability and power. The Catholics represent their saints with the halo around their heads. In almost every culture, the top part of our heads symbolizes the connection with the higher spheres and superior powers.



EXERCISES FOR THE PITUITARY GLAND

The next step in the series of Intunements is the stimulation of the Pituitary Gland. The reason for this is that, along with the pineal gland, the pituitary responds for the functions of subtle bodies, its stimuli and healthy integration with the body organs and assimilation of the variety of cosmic energies. Together, both of these glands cooperate in the production of the soma, a powerful spiritual hormone that contributes to the acceleration of spiritual evolution and expansion of consciousness.

This specific Stellar Code, Polaris, brings in itself the second profound energetic cleansing at the cellular level; which allows the seeker to purify the four lower bodies, unfolding and releasing all the possible “contractions” that have been acting as an impediment for their personal expansion.

The first cleansing is done through the healing of the ancestral lineage, which readjust the structural spiritual DNA, cleansing inherited conditions and karmic residues. Polaris comes as a stabilizer, to give direction and steadiness to the spiritual path. The cleansing of the debris accumulated through the reincarnational process is a condition *se ne qua non* for enlightenment and self-liberation.

With the activation of both glands, one is able to form a complete protective psychic device known as a Buddhist Screen.

The Buddhist Screen is located between the chakras of the astral and etheric bodies, and it acts as an important component for the

protection of the physical body. It is a protective field that keeps a circular ground of defense acting as a shield. This organ guards the physical body of the individual from astral attacks from lower entities, and other intrusive and malicious energies. It is not yet a structure well known by most people, but it does not mean that it does not have its functionality or that it cannot be developed.

It is magnetic in nature, but use scalar energy to function. It feeds upon the processing of golden Prana, absorbed naturally through the internal breathing, through the assistance of both Glands. The Buddhist Screen acts as your shining armor, through astral travels and ceremonial healings.

The following sequence of exercises should be practiced in a quiet place with your eyes closed.

EXERCISE NUMBER 1 RESONATING THE CELESTIAL DRUM



Join the middle and the index fingers just



like in the picture below; with the middle finger placed above the index one. With both fingers united, place both of your hands in a cupping position around your ears (see the picture below).



Slowly allow the middle finger to dislocate itself from the index one until they separate from each other. Through the impulse, the middle finger will hit the depression on the base of the cranium box; this will provoke a resonance with a specific vibration that will reach the pituitary gland. Pay attention to the sensation produced by this exercise.

The sound produced will be the primordial OM: a monosyllabic vibration of inaudible sound, but the creator sound of the spheres; the image of the original word form, the verb, where everything came into being.

EXERCISE NUMBER 2: DRUMMING YOUR FINGERS BETWEEN THE EYEBROWS AND MOVING IN CIRCULAR MOVEMENTS

Place fingers, the index and middle ones from both hands on the region between your eyebrows and the eyes. With the tip of your fingers softly drum the place with them.



Follow this procedure with a light circular massage between the eyebrows and the neck, alternating the hands. Continue to use the middle and index fingers and place both from one hand in the eyebrow region and both of the other hand on the back of your neck at the base of the cranium, the “mouth of God”. See the picture below.



Start massaging these points in the way you believe feels better to you. When you feel that internal guidance says to stop, then cease the massage and start yet another exercise.

EXERCISE NUMBER 3: HEATING THE TEMPLE AREA



Rub your hands together creating friction between the palms. Generate some heat from the friction and call in the Chi energy to heat up your hands with extra energy. Place both hands on your temples and slowly massage it doing small circles.

EXERCISE NUMBER 4: DRUMMING WITH YOUR FINGERS AROUND THE EARS



In this exercise, place all the fingers of both hands above the ears and tap softly drumming around the areas.

EXERCISE NUMBER 5: THE CROSS MOVEMENT



Cross movement over the nose and above the eyebrows:



Place your middle and index fingers from both hands over your nose more or less at the place where the eyebrows converge. Slowly raise it to the middle of your forehead designing a straight line up.

Then start moving the fingers without taking them out of your face in a horizontal way to the region of the eyebrows until the point they end.

Return your fingers back to the original position, on the nose (between the eyebrows), raising them again to the forehead and then moving towards the eye brows until their end. Repeat this exercise at least 8 times.

EXERCISE NUMBER 6: HEATING THE EYEBROWS AND BASE OF THE CRANIUM



Heat your hands by fractioning them together at their base, in the region close to the wrists.



Place your hands close to the region of the sixth chakra and another hand on the base of the cranium. Feel the different vibration that comes specifically with this exercise.

Reheat the hands again and repeat this exercise at least three times.



EXERCISE NUMBER 7: HEATING THE HEARING PAVILION



Once again, rub the palms of your hands together to generate enough heat. When you reach a critical mass of heat, place both hands on the top of your ears. Feel the heat emanating and pervading the entire region.



EXERCISE NUMBER 8: HEATING THE EYE'S CAVITIES.



Rub your hands again and place both hands above your eyes, while you do this, keep your eyes opened, unlike the other exercises where you were instructed to keep them closed.

Repeat this exercise at least 8 times, because it is extremely beneficial to your optical nervous system and its muscles. I will relax these muscles, which will facilitate the opening of the third eye, your internal vision.

The daily practice of these exercises will bring clarity to daily situations, allowing solutions to be reached in a more balanced and harmonious ways.

They were designed to restore internal peace and the quality of dreams. This last exercise has almost immediate effect, because the system of the eyes belongs to the brain system. These exercises will allow the optical nerves to experience a great

relaxation, allowing different types of stimuli, not usually perceived by our daily routines, to flow freely and bring different insights and perspectives.

We usually require a lot from our eyes and fields of vision, so practice this exercise, when you feel your eyes are getting tired , or you feel confused by some situation offered by life and its daily challenges.



SUGGESTED MEDITATION PRACTICES

MEDITATION 1: THE SILENT WITNESS

The Practice of the Silent Witness is a practice of merely observing mental-emotional states, and all of the thoughts, feelings, emotions that arise, without any judgment, attachment, or aversion. One simply wishes to watch what is happening, inwardly. The continuation of this practice will bring light to parts of the self that are not yet integrated, but which should be



accessed and assimilated in order to continue the progress on the spiritual path of self-realization.

Remaining in touch with what is arising in consciousness makes us powerless to make any real change. If we can remove our self-identification with thoughts and emotions, and even events in life, we become empowered to make changes. Basically, the Silent Witness is an exercise in self-knowledge and the cultivation of self-awareness.

The objective of this specific exercise is to bring into the light all the elements of the psyche, whether they are infra-dimensional, inter-dimensional or extra-dimensional realities.

Start by doing the normal procedures, such as quieting down your mind with rhythmic breathing, finding your center and activate your Soul Star³¹. The purpose behind the Soul Star activation in this exercise is to integrate and heal all resonances through the Light of the Soul. When doing this, many residues will be processed, healed and integrated in a much faster manner.

At anytime, anywhere just let go and let be, and become the Silent Witness of all that is transpiring within and all around you.

³¹ Activate your Soul Star by reciting the Soul Mantra three times:

*I AM the Monad,
I AM the Soul,
I AM Light Divine.
I AM Love,
I AM Will,
I AM Fixed Design.*

Become aware of your body and with your awareness scan your body.

Notice its posture and all of the sensations in the body, including any tensions or stresses. Then shift your focus to the feelings and emotions underlying the bodily sensations, allowing yourself to become conscious of your feelings and emotions. Then shift your focus to the thoughts associated with these feelings and emotions. Without any judgment at all, without attachment or aversion, just witness in silence what is happening. Let your mind be an open screen for them, acknowledging their existence and observe.

This practice can be done in the midst of daily life. It is one of the key methods through which Christian Gnostics integrated their spiritual practice into daily living.

One can engage in this practice for prolonged periods of time, but even if it is just five or ten minutes throughout one's day, it is beneficial. Abiding in this Presence of Awareness the majority of the time evolves through consistent practice.

Witnessing is not something you do without mindfulness; it is the realization that awareness is present. Awareness is always present, even when you are totally absorbed in an activity or thought. "You" might be trying to do the witnessing, yet while this "you" seems to have awareness, in reality it is the "you" that tries to witness that is being witnessed.



MEDITATION 2: DYNAMIC MEDITATION

This is a second efficient technique that can further the effects of the previous practices, because it stimulates the senses and induces a permanent state of self-awareness. To practice this technique, one should use light clothing and have an empty stomach. This should be practiced with music in the background.

This is a meditation where you are called to be alert, conscious, and attentive in every single step.

Continue being a witness, maintaining your breathing pattern, but do not forget to keep the posture of a witness, otherwise you miss the point of this to start this exercise.

Observe what is happening to you as if you are only the observer, as if what is happening is happening to someone else, as if the experience is happening to the body only, but the consciousness is centered, just observing.

The witnessing follows all the three stages, and ceases in the fourth stage, where you

will be inactive, but your attention will be at a peak.

“The real seeker of truth never seeks truth. On the contrary, he tries to clean himself of all that is untrue, inauthentic, and insincere - and when his heart is ready, purified, the guest comes. You cannot find the guest, you cannot go after him. He comes to you; you just have to be prepared. You have to be in a right attitude.”

~Osho

The dynamic meditation is practiced in five different stages; and it starts working with movements in your body.

THE FIRST STAGE

Breathe in an accelerated way in through your nose. Use all your strength to expel the air out of your body, keeping your mouth closed. This breathing exercise will increase the level of oxygen, therefore causing a disorganizing reaction inside of your mind. The mind will start to lose its control, loosening the sense of repression, allowing feeling and emotions to come up to the surface to be expressed. Do it for ten minutes.

THE SECOND STAGE

The second step of this dynamic meditation is the catharsis. You will be one with your body, and immediately will enter a process of purification of all accumulated tension stored all over your body during your life times. The fact that you inhaled and exhaled strongly for ten minutes will allow many different emotions to come into the surface and they may manifest themselves through



gestures, sounds, and all sort of physical manifestations.

THE THIRD STAGE

With your feet placed in parallel and simultaneously aligned with the shoulders, with your arms raised jump a little and let the sole of your feet hit the ground, and then send out the sound “hoo, hoo, hoo”. This is a sound that will come from your belly. It is a primeval sound of the warrior, and with it, you start connecting with your center of power through the awakening of your natural power. In this step, the practice with intensity will cause involuntary motion in your body, without any effort from your part, and it will bring a vibrant power from your energy centers together into your life.

THE FOURTH STAGE

This step will start when the background music ends. Begin this stage with your arms raised above your head. Be immobile, static. In this moment, try to feel your body and your breathing. After all the action, the stopping phase will make you more sensible to the environment, your awareness is heightened, and you are able to perceive first your body and then your mind. As your mind now relaxes, you will feel a profound silence taking over you.

THE FIFTH STAGE

Softly, let a melodic music start again, and with it, you allow again your body to move, just like in a celebrating cadence. Dance harmonically with yourself, and this will integrate the energies that were activated during the catharsis process, bringing harmony and relief to your physical and subtle bodies.

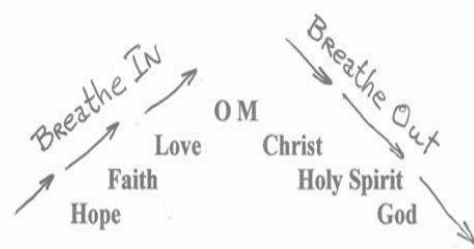
PART II: POLARIS ATTUNEMENT AND INITIATION

THE BREATHS OF THE ELOHIM

The Two Breaths of the Elohim are truly One Breath that helps us become One with Our Creator.

1ST BREATH

This breath of the Elohim is a very easy and gentle there is no need to breathe in a strenuous manner. As you breathe in and out say the names of the Seven Spirits silently. In time the practice of this breath will become very relaxed and easy.

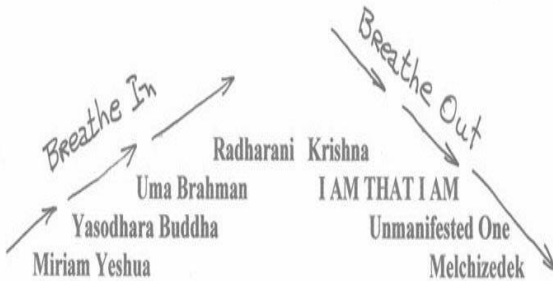


2ND BREATH

This Elohim Breath of the Godhead is an also very easy and gentle. There is no need to breathe in a strenuous manner. You will notice that the Elohim Breath of the Godhead is a little deeper than the Breath of the Elohim, the first breath. As you breathe in and out say the names of the Seven Personalities of the Godhead silently. In



time the practice of this breath will become very relaxed and easy.



3RD BREATH

Once you have learned both breaths separately you are ready for the third breath. The third breath is a little more difficult but miraculous. It is the combining of the two breaths into one breath. Begin by breathing the 2nd breath until it is smooth and comfortable then begin to add the names of the Seven Spirits into the Elohim Breath of the Godhead.

As you say the names of:

1. Miriam /Yeshua, also hear the name of Hope along with them.
2. Yasodhara/Buddha, also hear the name of Faith along with them.
3. Uma/Brahman, also hear the name of Love along with them.
4. Radharani/Krishna, also hear the name of OM along with them.
5. I Am That I Am, also hear the name of Christ along with them.
6. Unmanifested One, also hear the name of the Holy Spirit along with them.

7. Melchizedek ,also hear the name of God along with them.

The next step is to add the names of the Elohim. Silently say one name on each beat of your heart like this:

Breathe In:

- Hope- first beat
- Faith- second beat
- Love- third beat
- Om- fourth beat
- Christ- fifth beat
- Holy Spirit- sixth beat
- God- seventh beat

Breathe Out:

- Hope- first beat
- Faith- second beat
- Love- third beat
- Om- fourth beat
- Christ- fifth beat
- Holy Spirit- sixth beat
- God- seventh beat

The use of the Elohim Breath greatly increases the flow of Ki. With a little practice it becomes quite natural to breathe in this way in hands on healing, distant healing and passing of attunements. It is also a great breath for meditation and in ascending Ki energy and connecting with "The Highest Source." It is not about belief



systems but about direct experience. Try for yourself and see.

Another step is to bring in the Kundalini Yoga influence. This is done by using the seven names with the seven chakras. Start with the base of the spine and proceed upward to the crown on the in breath and repeat this sequence from the base of the spine to the crown on the out breath. This is a gentle process that does not force the Kundalini current to open. It is a natural unfoldment.

It is highly recommended that a person working with the Elohim Breath become familiar with the teachings of the Masters.

PRAYER OF THE ELOHIM

*Our Mother and Father of Heaven Holy are
Your Names Your Kingdom come, Your
Will be done on earth as it is in Heaven
Give us this day our daily bread Forgive us
our trespasses as we forgive those who
trespass against us Lead us from
temptation and deliver us from illusion For
yours is the Kingdom, the Power and the
Glory forever,*

Amen

ATTUNEMENT PROCEDURE

The time spent in each position below is only a general guideline to give you an idea of the attunement. Use your intuition as to how long to spend in each position. This is an easy thing and just let it flow naturally. Don't let yourself concentrate on how long to stay in a position. That will distract you.

Just feel your way through it. The whole attunement takes about an hour. It can last a little longer. It is a good idea to allow another hour of time to remain in a quiet space and experience the attunement energy, shifts in consciousness, adjustments to your energy fields, etc. that may happen in this opening of the Heart and the Whole Subtle Anatomy.



1. We ask to be received into the Circle of Light. (Hands together at the heart)



2. Breathe the breath of the Elohim, palms up (or if you don't know it, just a deep even breath).



3. Visualize the White Light coming down into the Crown- Breathe the Breath of the Elohim.



4. As you open your arms up to shoulder length- visualize the rainbow forming between your hands. Breathe Here. Palms face up.



5. Turn the Palms
face down- to
ground the rainbow
into the earth.
Breathe again.



6. Brings hands back
to the heart and say
"Namaste" and bow to
that light that dwells
within us all.

*"Then the LORD God formed man of dust
from the ground, and breathed into his
nostrils the breath of life; and man became
a living being."*

~Genesis 2.7

ASPIRANT PREPARATION

The Attunement and Initiation takes about an hour. It is important that the Aspirant be in a comfortable position and puts themselves in a receptive meditative state.

The Aspirant then activates their Soul Star by reciting the Soul Mantra three times:

***I am the Monad,
I am the Soul,
I am Light Divine.
I am Love,
I am Will,
I am Fixed Design.***

ATTUNEMENT PROCESS

Choose a quiet place for the attunement.

The attunement process need not be memorized but can be read aloud.

The Student should be seated in a comfortable chair.

Read the Following Prayer out loud.

AFFIRMATION OF THE HIGHER SELF

Unmanifested ONE,

*We ask to be channels of Your Presence
Your Guidance,*

Your Blessing, Your Anointing,

*Your Love in this healing and attunement
process,*

My sincere gratitude,

Amen.

PREPARATION

*Our One Creator, through our Faith in You,
We pray that you open and establish an
Attunement Link with us.*

Om Shanti Ohm

(Pause for the link to be established)

*Our One Creator, We thank you for
opening and establishing the Attunement
Link with us. We pray that you also
establish a permanent connection
with Students Name .*



*Our One Creator, through our Faith in You,
We pray that you give to Students Name,
Polaris Code, First Degree Attunement of
the Stellar Codes at this time.*

Om Shanti Ohm

Spend some time in meditation, with your eyes closed. At this point, the three Empowerments of the Polaris Attunement – Polaris, Capella and Sirius, will take place. In your mind's eye, visualize the Polaris Symbol, or Syllable³², being drawn in Golden Liquid Light. While doing this, with your right hand, trace the Symbol in front of you. Slowly and deliberately do this three times. Visualize the Symbol becoming a Thread connecting your Heart Chakra to your Higher Self, your I AM Presence. Feel the energetic vibration being received through your Heart Chakra and radiating out through your body, traveling up and down your Central Channel. Take a few minutes to receive and experience the Empowerment Energy into your whole being, raising your energetic signature.

Repeat this with the Capella and the Sirius Empowerments.

When the three threads are finished, visualize the Threads braiding themselves into a single Strand. When they are braided, fuse them together into a undivided whole by using the symbol of the Harmonizer. Feel the magnified flow of Light and Love for you from your I AM

³² In writing, a syllable is a written representation of a sequence of sounds, or audible vibrations. In the same way, the Symbols of the Empowerments are also Syllables, as they are representative of energetic vibratory signatures.

Presence increase. Feel the Light safely filling you as water in a vessel and when you can hold no more, feel the Light gently being absorbed into every fiber of your Being.

When you are ready, open your eyes and come back to yourself. Complete the process with the following Prayer of Gratitude

Our One Creator, I acknowledge and we thank you for the full attunement and activation of Polaris Code Stellar Code in and through my whole being.

We thank you for establishing this permanent attunement and connection with and through you.

Om Shanti Ohm

I AM grateful for your continual Presence, Guidance, Blessing, Anointing and Love in this healing and attunement process.

Our One Creator, I AM sincerely Thankful for your continual Healing, Peace, Abundance, Joy, Love and Happiness and enlightenment in my Life.

I AM fully aware and receptive to receive the attunement offered by the Teachers of Humanity Healing at this time.

Fiat Lux,

Om Shanti Ohm

THE INITIATION

After the Teacher has made the initial Bridge and the Student the resultant conduit (the Empowerment) for the three energetic frequencies of the Polaris Stellar



Code™ and they have woven together into the Polaris Strand of the Lightmaker Cord (the Attunement), the Teacher will Seal the Strand to prevent unraveling and the resultant disconnection. The Teacher does this by impressing upon the Strand the esoteric Symbols of the Star and its corresponding Angel. The braiding and Sealing process is also aided by the Harmonizing Symbol.

The techniques and symbols for this are part of the Teaching Certification for the Stellar Codes™, which is available to all that complete the Stellar Code™ Matrix Mastery program.

USING THE SYMBOLS

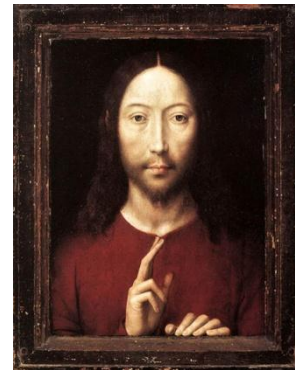
The Stellar Code™ Attunements and Initiation are done through the realignment and rewiring of the basic energetic points in our subtle bodies. A syllable (Greek: συλλαβή) is a unit of organization for a sequence of speech sounds, audible vibrations of a wave frequency. The Stellar Code™ is a collection of these syllables that carry the tie between humans and the “Music of the Spheres³³”. They are more than a symbol; they are the pictographic representation of the Vibration of each one of the Stars.

The Symbols may be drawn, calligraphy style, or visualized



³³ An ancient Greek (Pythagorean) doctrine postulating harmonious relationships among the planets governed by their proportionate speeds of revolution and their fixed distance from the earth.

in their entirety, but they are most effective when traced in the air. They are a visual representation of a Blessing, or Benediction. When this is done, they should be traced with the first two fingers of the right hand. This position will feel intuitively correct as it has been the hand position for Benedictions in various Faiths throughout history.



POLARIS ATTUNEMENT SYMBOLS

Stellar Code™ - Polaris is one of the Strands that make up the Cord of the Lightmaker. Through the Empowerments of this Stellar Code™, the Gifts of the Spirit that you have received can be woven into your integral being and begin to work in syntony with each other

POLARIS

The Polaris Empowerment represents a energy of Balance and a Unification of Polarities. It also represents Divine Inspiration and a dispensation of Grace. It is a strong energy that activates the Soul's Sideral GPS, bringing discernment and entraining synchronicity with the changing rhythms of the Cosmic Waves. Polaris awakens the inspiration of Soul's Divine mission, opening its creative potential and



generating the right grounds to enact the Soul's Dharma

CAPELLA

The Capella Empowerment brings the vibrational energy of infinite fields of possibilities. Its maternal protective frequency allows those that are integrating this code to overcome difficulties, to manifest the art of miracles and wonders in all aspects of their lives.

The Capella Empowerment Symbol connects with and seals within the energetic matrix a Jupiterian energy of great magnitude, opening the Aspirant to Divine assistance, and amplifies the creative spiritual work.

SIRUS

The Sirius Empowerment Symbol is a Master Symbol to empower the student in Blessings and the opening of windows of opportunities to receive direct assistance from the Higher Trinity: Mother-Father-Son. This is a powerful icon because it brings down to the seeker the vibrational waves in their most pure crystalline form. Sirius anchors and allows the perfect flow of the Christ-Consciousness to be present in every single Blessings, Healing and Consecration.

HARMONIZING SYMBOL

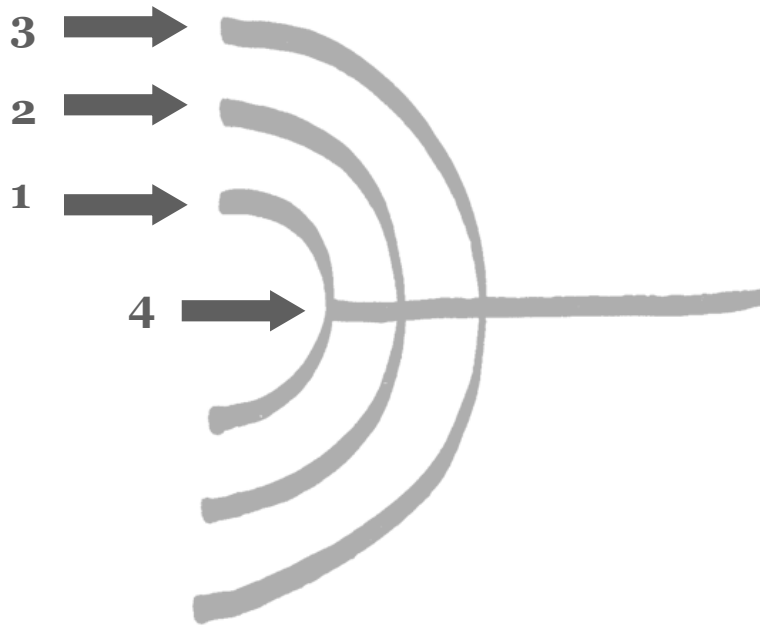
The symbol of the Harmonizer brings the possibility of inclusion of all elements of reality. The Energy of the Cosmic Mother/Earthly Mother, passive energy merges with the energy of the Father, an active one to bring to fruition the energy of manifestation. This symbol is a

representation of the diverse energetic frequencies of the Universe expressed in the 3D matrix. It is a useful symbol for closing ceremonies, rituals and healing processes, as a seal, where not only cleansing power can be perceived, but the certainty that the divine will be done and the Universe will provide the sequential follow up for the action.

It is also an important enabler for the weaving of the Threads of the different Empowerments into the single Strand of each Stellar Code™.

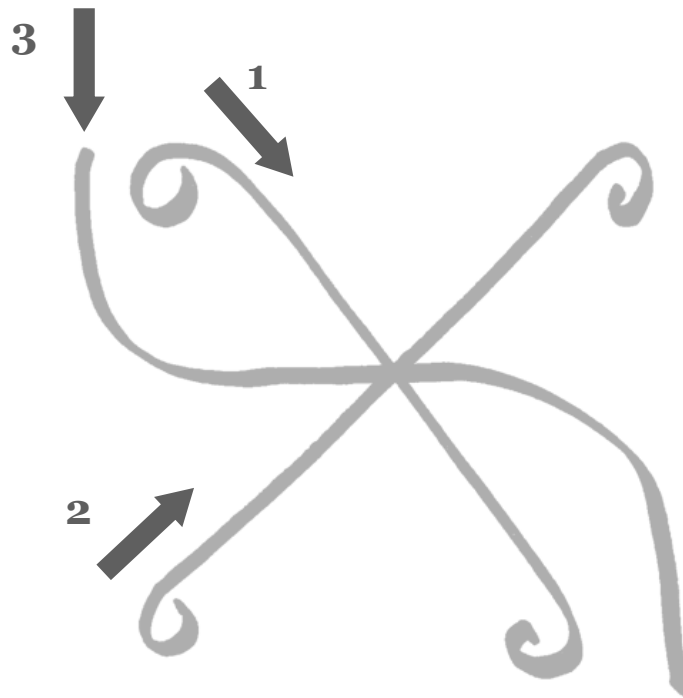


POLARIS EMPOWERMENT SYMBOL





CAPELLA EMPOWERMENT SYMBOL



NOTE:

In the Northern Hemisphere,
the initial spiral of each leg of
the X is clockwise in rotation.

In the Southern Hemisphere,
the same symbol is drawn in
reverse, so that the spirals are



SIRIUS EMPOWERMENT SYMBOL





HARMONIZING SYMBOL

