

Meditation for Dynamic Earth Grids

Stepping Toward Stilling & Clear-Seeing

*A meditation for advanced sacred geometry students,
meditation practitioners and grid workers*

By Ronald Holt - August 31st 2008

Dear Grid worker,

In the news at present, we are seeing the unmistakable and innumerable sign of stressful dynamic tensions of a people, economy, weather, environment, globe, indeed an entire paradigm wrestling with stability as the energetic frequency markedly advances toward its intended zenith.

Those of committed practice to meditation and integration have experienced all too well that even in the midst of apparent stress and instability, that peace, balance and harmony exist, and the doorway (as well as the invitation) to this peace and harmony remains wide open even as instability and struggle arise.

Past studies and experiments by such groups as the Transcendental Meditation (TM) group demonstrated the effectiveness of changing less integrated brain states (beta brainwave state) to more harmonic states such as alpha or theta brainwave state by having members of the TM group sit in meditation at various locations around a prescribed city and all share the output of conscious harmonic meditative states for a prescribed period (and over a number of days) which resulted in dramatic drops in crime rates all over the city.

What I am suggesting here is experimental and voluntary. I need a few moments of your attention to begin to unveil the following intention.

Overview

If it is true that the Earth is about to reach a point of change at 2012, then perhaps looking at a larger view of what this means to the Earth may help us understand the excitation of the energetics and instability that seem to be stimulating so much drama everywhere we turn. Understanding helps clarity and can be an aid in returning to balance and calm.

From what I understand, at 2012 we reach the end of a period. That period lasted about 13,000 years (half of a larger 26,000 year cycle).

Why is this so important?

If we were to observe our galaxy (Milky Way) from a vantage point where we could see from the side perspective, (equal parts of the top, side and bottom of our galaxy) we could then get an idea of the actual orbit of our solar system. Our solar system makes a journey where half (13,000 years approximately) is spent below the galactic disk, and the remaining (13,000 years approximately) is spent above the galactic disk.

Bear in mind that from space, "bottom" and "top" are relative. They are used here as a way to illustrate a concept. The bottom half of the galactic orbit is marked by pronounced polarization where a high degree of density and dynamic tensions (including dense polarized consciousness) is the common place.

The upper half of the galactic orbit is marked by pronounced integration resulting in lower degrees of polarization, highly integrated consciousness and a lessening (or even absence) of dynamic tensions. Separation between densities or dimensions will seemingly lessen dramatically in comparison to what exists at present. There is still a gradation of densities but human consciousness shifts to a more awakened integrated state rather than an amnesia state.

Remember that energy is the forerunner to the physical manifestation. It is easy to understand then that as we near a point of change from either the upper or lower half of the orbit, pronounced changes in the energetics can be expected and observed in gradients of increasing or decreasing increments.

Similar to a rubber band stretched to its limit, one can see a maximum of dynamic tensions arising and influencing events.

If we view the solar orbital crossover points acting like a pendulum, then just as the momentum carries the pendulum to its maximum extension, high degrees of tension build naturally until a threshold is attained resulting in a total change of direction. This is like the rubber band stretching until a maximum of tension is met, then released.

From these models we can see that right now the Earth is being stimulated by this dynamic tension that is stretching comfort zones beyond what seems tolerable and it is spread across the entire electromagnetic spectrum of this entire 3-D reality and consciousness spectrum.

In fact, it is actually spread across the density and dimensional spectrum from the first density of the mineral kingdom to the 7th density of group or collective unity consciousness.

This is actually good news. It means that stimulation towards an integration of our perspectives of the 7 densities of reality is the intended outcome, and it is

fully in action and well on its way. From this we see that whatever is not integrated is being shaken loose from the gripping of the mind and ego.

Because of the sacred geometry element in all of creation (which is the tapestry that weaves together every aspect of creation on all levels, densities or dimensions), the Earth's grids then remain a critical component. This means that the Earth's grids can be used as a tool to aid integration.

This year (2008) the influx to the earth's grids logarithmically increased, causing a widening of the grid lines in many places. This increase in energy also initiated a rhythmic pulsing (similar to a heartbeat) throughout many of the energy ley lines and power spots circumscribing mother Earth's surface. This was experienced and measured in Durham, England (and several powerful grid locations nearby) this past equinox, through dowsing by several independent people. Mother Earth is rapidly adjusting her energy meridians to prepare for the imminent crossing over from the underside of the galactic orbit and hence she is adjusting to increased integrative energetics flowing through her energy veins.

In addition, the geometric light grids that extend from just above the surface of the Earth and onward toward galactic center (connecting Earth to galactic center) are also adjusting their energy and grid connections to prepare for the imminent crossing over from the underside of the galactic orbit simultaneously. It is a fact that mother Earth actually is (and will always be) an imminent tool and base for effectively grounding the integrated energies. Mother Earth is all too familiar with this crossing over point in her galactic cycle and all of the energy dynamics that it brings. One thing that is certain is that mother Earth has experienced this so many times in her past.

The approaching crossover and increased frequency is making it hard for conscious beings to hold on to habits and patterns that are not integrative. Dynamics on all levels of life are moving to the forefront to be resolved and we are seeing it in the news from all over the world.

What can be done?

If we keep level-headed and utilize discernment as well as some well placed wisdom and understanding, we could borrow a few important fundamentals retrieved from an ancient tradition before we take any action. From the ancient tradition of Yoga, let's look at a few helpful concepts.

- 1) The intention of the ancient practice of "Yoga" actually is not "perfect posture" but rather one that encourages stilling (of the mind and emotions) and clear seeing even when challenge and discomfort increase. As this becomes practiced and familiar, it is then taken a step further from

the classroom and yoga mat and practiced in daily life --enabling us to meet personal challenges in a balanced manner so that we can find center even as challenge and chaos abound.

The purpose of meditation and yoga is not about seeking to control external events but rather to find perfection in the moment with what is arising in and around us (good or bad).

Stilling and clear seeing are important to meditation and yoga because they enable disentanglement from the games and illusions of the mind and ego. Mind and ego constantly trap attention and have us contract our spirit--which constantly entices us to separate and polarize our consciousness under various forms of judgments, comparison, entitlement, expectation, storytelling etc. What is clear is that the ego constantly seeks three main conditions which are 1) safety and security, 2) recognition, and 3) control.

From these attention traps we create our own brand of personal tension and anxiety that contracts us and distract us from clear seeing. Stilling and clear seeing enables us to see these games and return to relaxation where we naturally begin to undo our many layers of contraction and polarized consciousness.

- 2) In Karma Yoga, we learn to give selfless service as a practice of devotion. This service isn't for the ego to make an inner or outer statement of, "I'm getting more spiritual because I am giving or doing good works" (flexing my spiritual muscle) or something similar to that, but rather as a means of committing to a focus, while active in giving service. One releases all forms of "self" as one's focus gets entranced and seemingly lost in the giving of service. We can become so lost in the doing that we often lose track of long periods of time passing by.

This actually becomes a form of "not doing" because as we surrender completely to what was needed of us (in the moment) we then allow "selflessness" to arise. Selflessness then is an aspect of "not doing" and "surrender" in a manner that promotes the mind and ego to literally disappear. What is left is pure consciousness or true self. If we look closely at the point of the true self engaged in not doing, oneness and unity naturally arise and abound without the ego flexing itself and claiming "I did it". When selflessness and true self arise, the creator moves through us unhindered. This allows the illusion of "you" (as a separate being) to seemingly melt away.

When this is recognized and practiced, then the famous quote by Ramana Maharshi makes so much sense. His quote is:

“You will come in time to realize that your greatest glory lies where you cease to exist”.

This means that previous to engaging the mind and ego, we are actually pure perfection. We always have been and always will be. Stilling and clear seeing then are essential to enable release from the contraction of entangled consciousness and emotions.

3) “If you have any idea of influencing events, liberation is not for you”

This is a famous quote by Sri Nisargadatta. In this quote he highlights the aspect of the mind and ego that wants to influence events in order to fix reality in a manner that is compliant to our ego’s “expectations”.

In reviewing these two important quotes, (previously mentioned) we can gain some footing toward proceeding in a manner that leads away from illusion and take steps toward liberation.

If our intention is to use the following meditation and healing offering as a means of karma yoga, then we must allow surrender and selflessness to arise from the meditation and healing offering (instead of trying to fix mother Earth), so it becomes a means of personal discipline and commitment. With this offering, there is a host of byproducts that may occur such as integration and balance, and these were not sought by the ego. Instead, space was opened for them to arise, if divine will supports it, where it is then resonated (naturally) in and around the individual and all that the awareness embraces without the ego being involved.

If we allow surrender and selflessness to arise, we naturally and spontaneously allow the ego and mind to seemingly disappear during the practice. This (in effect) leaves nothing for the ego to latch onto that would hinder the extremely intelligent and highly integrated frequency of love to go and do what it knows best, everywhere it is needed simultaneously.

As the world moves toward 2012, it becomes important to remember the intention of Yoga, and committing to a practice of stilling and clear seeing. In addition, giving service to a karma yoga practice has us practicing stilling and surrender, which unveils our selfless true nature.

This allows us to open the door and surrender to perfection frequently, and allows us to release our personal stored tensions, enabling the peace we seek in a reality increasing in tension and chaos. It is in this state that we actually become perfect channels, opening the floodgates and allowing an ocean of integrated unity consciousness to flood the 3D paradigm. This is like stored water behind a dam flooding its reserves as the gates are opened. All of this flows without the ego tainting it as we surrender and seemingly disappear.

A Funny thing about Surrender

A funny thing about surrender is that surrender is the quintessential element in expanding awareness rather than any specific meditation technique. Meditation techniques only help one to relax enough to experience transcendental states of consciousness. Hence some techniques work better for any specific individual than others. Some meditation techniques are specifically designed to be rather long and complex in order to engage focus and attention sufficiently to approximate surrender. One reason Flower of Life Research introduced the octahedron activation technique was to help students tangibly experience the process of surrender. Without surrender, the mind/ego is simply attempting to control reality.

The fact is that each and every one of us has all of creation within us and when we relax sufficiently, we are able to unfold and experience it. Thus every meditation technique will always remain just a tool (which is eventually released) while the individual discovers in time that "special" is what the creator placed inside each and every one of us equally.

Another funny thing about surrender is that the mind and ego will generally target a very surface experience of surrender, and as that is achieved, mind and ego resort to a kaleidoscope of distractions designed to draw attention away from surrender and stillness.

Sometimes it is helpful to engage the mind (or aspects of it) in order to achieve deeper stages of surrender. This develops focus and single mindedness which is essential in delving into the vastness of consciousness. This focus and single mindedness is practiced until deeper experiences of total surrender become a familiar and comfortable element enabling one to engage longer periods of stillness. Stillness promotes deeper experiences of surrender and this builds trust and confidence in the process (and in an overall trust in the creator's ability to manage his entire creation without our help).

Trust in the creator (and in the process of surrender itself) leads to engaging profound levels of "no minded pure awareness" which is limitless. In this no minded pure awareness, we find that the underlying foundations of all things in

reality are actually in perfect order and we do not need to do anything to improve creation or the management of it. Rather, we find greater peace in releasing all motivation to fix creation, and abide in "not doing," which allows creation to move through us perfectly in all we do.

This is what we will be doing in this meditation exercise. We will be using sacred geometry to expand awareness in stages (experiencing the embrace of all creation simultaneously) while at the same time, we will use our focus and attention to help us surrender to deeper levels of experience. Surrender releases all forms of gripping, whether it is in the form of mental gripping, emotional gripping, spiritual or physical gripping.

As we release all forms of mental, emotional, spiritual or physical gripping, all the benefits of transcendence resonate across all that our awareness embraces. This sends out ripples of integration in the mass consciousness--potentially making it easier for the next being to surrender.

This is similar to the analogy of having a drop of water experience the first impact of touching a larger body of water. For a moment it tries to keep its familiar surface tension and personal boundaries, only to give it all up in the act surrendering to a larger order of reality, transforming the separated individualistic world into a unified and integrated whole.

Ultimately in time, we become so familiar with a deep and expansive embrace of all creation that the entire process dramatically simplifies and shortens. This is the point where we release attachments to our tools (special meditation methods and techniques) as we realize the depth and simplicity existing within us that is available when we simply relax and surrender.

[Why Use the Sacred Geometry Grids?](#)

In sacred geometry, we learned that around even the smallest particle there exists an infinite labyrinth of sacred geometry conscious energy grids connecting it in an inseparable embrace to all parts of creation and upon every density and dimension. It is literally connected in every imaginable way, and one just needs eyes to see it.

Raising our awareness in stages from the individual level of these grids out to encompass the consciousness grids and ley lines circumscribing the Earth helps our awareness awaken to and merging with the "circum-global" level and eventually includes the "circum-stratospheric" as well as the "circum-solar", "circum-galactic", "circum-universal" level and beyond. Engaging this process, we eventually experience the "I" or "me" of the self disappearing altogether,

allowing a vast and deeper ocean of consciousness beyond what we understand as oneness and unicity to arise.

The ancient traditions teach us that perfection lies in every moment, every thing in creation, every action, thought and deed. The ancient traditions also teach us that "everything is ok".

If the mind/ego were to experience fixing this or that, it becomes a bit inflated and validated, moving next to assert itself again and again. Once one thing is fixed by the influence of the mind and ego, it moves quickly to the next thing in creation that is judged as being imperfect and this potentially fuels obsession.

Surrendering and experiencing the perfection behind the illusions and shifting sands of manifested reality will provide the clarity and peace that comes with stilling, while releasing any tendency of the ego. This leaves all the glory of manifestation in the heart and hands of the creator.

The process of assisting in balancing the consciousness grids and ley lines of the earth can then be used as a tool for enabling awareness to expand and embrace all of creation, and then totally release and surrender in that vastness. Because surrendering can be a difficult concept for the mind to embrace, it is sometimes appropriate to surrender in stages until we can easily move to deeper and deeper levels of surrendering.

The Experiment

I have found (in my own experience) that when a group is focused for meditation purposes, it serves as a strong aide to each participant. This serves in building a good foundation and discipline. A good group also serves well as a sort of springboard for deeper exploration. With this in mind the experiment is a suggestion of having a twice a week (Sunday & Wednesday starting this Wednesday September 10th) group focus. In the group focus, participants will have the comfort of people around the world meditating together (at various times due to their locality) on the same day with the same focus.

On the additional days, it will then resort to an individual private practice. Individuals can write in their voluntary meditation reports to a central e-mail address (dodeca@floweroflife.org with the subject heading Grid Meditation). The meditation reports will be shared and distributed to the network for all to learn, grow and share.

The experiment is about moving from a context of separation and individuality consciousness toward surrender and unicity (oneness). This is where the "I" merges into nothingness. In nothingness, everything exists as one. When

surrender happens, it is then resonated across the grids simultaneously. It is an irony that when we allow the deepest surrender to arise, the more complete and perfect our intentions and actions become.

Dynamic Grid Meditation and the Surrendering of Doing

The purpose of this meditation is to relax, still and merge (using the Earth's Sacred Geometry energy grids to expand the awareness to include all of creation) and surrender into a vast embrace of creation. Invariably this takes the practitioner from a state of individuality to an experience of non-individualistic unicity (oneness) where individuality seems to dissolve into a greater experience.

This is moving from duality and polarity to unicity (oneness). The actions of such deep surrender is left out of the hands of the mind or ego which then resonates this integration across the infinite grids for all life to enjoy like a drop of water returning effortlessly to the ocean leaving only ripples of the integration event.

Before we begin the meditation, please keep in mind the following ideas.

- 1) The following invocation and meditation is meant to be a guideline. Some individuals work best with a scripted meditation, and others work best using a script to highlight the intention or essence of the focus, then modify their own unique script. In either context, finding what method works best for you to connect deeply with mother Earth (and the grids of creation before totally surrendering) is highly recommended.
- 2) The invocation and meditation moves from the state of individuality to non-individuality. This means that it moves from the "I" (which we see in the beginning) to becoming more inclusive or the absence of "I".
- 3) Before proceeding with the invocation and meditation, take some time to relax and still using a pre meditation method that suits your needs in the moment. When feel you have sufficiently centered and relaxed please begin.

Invocation:

I invite my heart to stretch out across the vast field of legions of angels and archangels ...embracing and integrating with each and every heart until there is no separation and boundary.

I invite my heart across the vast field of legions of masters and ascended masters, embracing and integrating with each and every heart until there is just oneness.

As we stand here now, we relax, breathe and surrender, releasing all boundaries and separation of our hearts, allowing merging with the vast field of legions of the world's many Devas, Elementals, Elf's, Gnomes, Sylphs, Undines and Fairies integrating all over the world in this moment.

In this moment we invite surrender and integration across the vast field of the many guardians and lineages of humans from the past, present as well as the future until there is no separation and boundary.

The invitation of surrender and integration embraces the heart of mother Earth and the entire mineral, plant and animal kingdoms as all separation and boundaries dissolve and oneness arises.

The invitation of surrender and integration embraces the vast field of legions of mighty Elohim. As this state of oneness is embraced, recognition arises that any healing intentions called into action be directed and utilized by the higher aspect or higher self of all who will be influenced. Gratitude is extended for all assistance.

The invitation of surrender and integration embraces the heart of mother Earth and extends out to the many levels of the sacred geometric energy grids culminating in layers from the Earth's core to the surface and onward to encompass the entire Earth and its stratosphere.

Breathe in the tapestry of the life force and feel how it is woven in and amongst every aspect of life and how it ties all things together as one being. With each breath the invitation of surrender increases as the reverence of oneness emanates from the many power spots, ley lines, rivers, oceans, mountains, trees, animals, people and minerals of this great world.

Breathing and surrendering extends the experience of reverence. Embrace the world, its atmosphere, and all the sacred geometric connections such as the sun, the solar system and all the way to galactic center.

In reverence and surrender, allow awareness to embrace the time stream from the present day, through 2012 and beyond. Let this unconditional embrace express the energy of the perfection of creation.

In this reverence and perfection, the invitation of deeper surrender arises as all life in its great diversity, arrives at the stability of balanced integration and everlasting perfection in oneness across time.