

# TENET22

VISUAL MAGAZINE



*Lucia Dettori - Lorena Di Modugno - Nadia Magnaghi  
Stefano Piroddi - Maria Cristina Silvagni*

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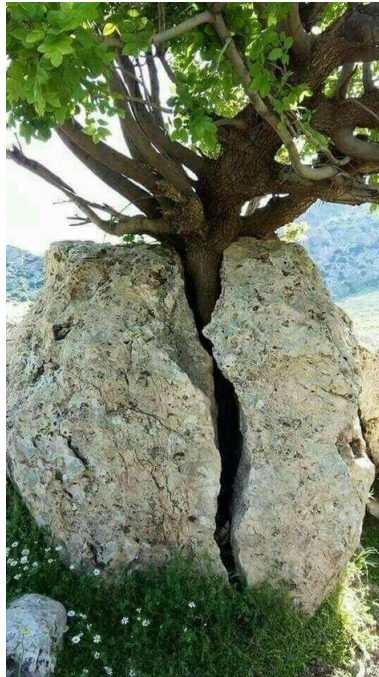


## THE FIELD OF MIRACLES OF GURÀ

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by Zelia Reggianini

*This column is dedicated to all the writings collected after 2012 when I integrated a fragment of mine that had lived the experience of concentration camps in the last incarnation. Since then, I began to perceive in me a voice that told me the truth of life, in its harshness, without judgment, helping me to see love in every act of manifestation.*



Cover image: "Being reborn to a new life" by Alice Kaimann

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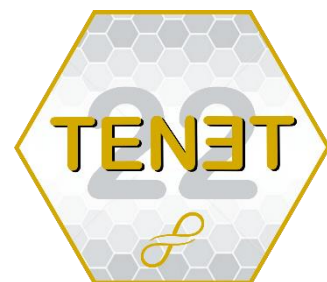
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## EDITORIAL

by **Tenet22**



04/04/2023

### **BEING REBORN TO A NEW LIFE!**

*Millennia ago, the Divine Human Beings were perfectly aligned with their Inner Self, lived in harmony and peace, consciously as an integral part of the One, of God.*

*Then the separation from the Self caused Consciousness to fall, and this is how the involution began with the consequent experimentation of duality, on a physical, mental and emotional level.*

*But all of this is only the result of a powerful illusion, since that separation never really happened. Rediscovering this, simply by reconnecting with our deepest part, realigning ourselves with the source, is equivalent to being reborn to a new life!*

*Life is a precious gift, it is a sacred gift, and the sacredness of life must be protected, guarded and honored.*

*We have the task of celebrating it, constantly acting with Love and Respect towards ourselves and towards all the beings who cohabit this plane of existence, thus increasing the potential inherent in each of us, through the authentic spirit of Service.*

Our inner greatness is mirrored in our outer actions!

*Our entire evolution is expressed in periods of great expansion up to its maximum Then the period of strong contraction begins all the way up to touching the annihilation of a world that has already expressed its full potential and is preparing to create a new level on which to experiment ourselves.*

*The cosmic breath of the entire universe moves in this way, like the breath of every living being on this plane: "As above so below", and nothing is dystonic.*





*At this moment we are at the end of a time of strong contraction called by many the Kali Yuga. The closer we get to the end, the faster and at times violent the contraction will become for the changes that mankind will have to go through will be astonishing in themselves. We will have to transcend our biological body by generating and expanding our body of Light.*

*Each one of us will be pushed to our own breaking point. We will have to let go of exactly what we never wanted to lose. The more we resist, the more suffering we will experience.*

*In our hearts we know that we are deconstructing ourselves into everything that will no longer serve us and that we will have to merge with the infinite possibilities that our still limited mind cannot perceive, but which are part of who we are.*

*After having passed through the eye of the needle, after having let go of all the burdens or ballast on the heaviest levels (physical, mental and emotional), the new world will open up to our eyes and finally we too will be able to move in the full awareness of our being the creators of that world that we have always longed for.*

*From here we will be able to be reborn to a new life. We will be aware, men and women, of who we are and of the new level to experience.*

*Happy rebirth!*

*Naturidei*





## THE ANCIENT KNOWLEDGE WHICH IS ENCASED IN THE HUMAN BRAIN

### *A Spiritual Technology*

by *Lucia Dettori*



In order to better understand all the following topics, it seems useful to talk about which were the fundamental stages that led to such a different, yet so ancient knowledge. A completely new knowledge but permeated with styles and archetypes as old as human existence itself.

The new, even when it is new in the most absolute way, always springs from the old, especially when we want to get as far away from the known as possible.

It is, therefore, good to avoid disregarding the old, since it is so deeply rooted in human memory that it inexorably returns to emphasize the consequentiality of everything.

Opposing what has already been means opposing a part of ourselves. In order to lay out the new, we need to evolve ourselves from what has been.

This evolution is possible thanks to whoever has contributed to it, and whoever came later benefits from whoever came before. Even when it turns out that sometimes the knowledge of who came first was superior to the next one, what has been said remains valid.

Even in those who have never had conscious access to it, knowledge does exist!

Maybe inactive, dormant, distant, yet concrete and easily accessible, it exists in them, because it has been handed down by those who came before.



## 1. THE "OTHER" REALITY



I do not actually ever know when my research journey began but, every time I think about it, I realize that whatever I've done in my life has led me towards this one.

Since I was a child, I had the absolute certainty that what I lived every day was not the True Life, as I called it then. I often happened to experience, in that "other" reality, such a convincing materiality that was truer than life itself. I can't explain it very well anymore, but then it was very clear to me. Today, with adult words, I would say that I perceived a parallel world. I lived in that world and also in this one, understanding the differences. I don't know if it was the imaginary world typical of children, and, to tell the truth, I don't even know how much imaginary or real there is in the world of children. They don't wonder about a problem, they just live. That's it.

That world never ended for me. It continues.

As a teenager, I had a rude "awakening". My girlfriends accused me of being too different, so I adapted. I created two separate and distinct worlds for myself: an external one, made up of everyday life, of girlish interests, of famous singers, of favorite teams; the inner other, made up of readings, places, emotions, feelings, lives, landscapes and unknown times, but very connatural to me.

Since then, my favorite readings have been historical novels. I am still fascinated by the daily life of people over the centuries and civilizations. A literary genre that I discovered by chance (now I know that chance doesn't exist), when at the age of twelve, after reading all the children's books in the house, I came across Tolstoy's novel "War and Peace". It was a lightning love. That book opened my eyes to what I was looking for: the story told from a different perspective.



I learned that, as I imagined, everything in reality can have different interpretations; I have never forgotten that lesson. I kept seeing everything from various perspectives. That work was what I needed. It represented the "scientific" consecration that allowed me to continue to cultivate the different objectivity that I had naturally intuited.

**Opposing what has already been means opposing a part of ourselves. In order to lay out the new, we need to evolve ourselves from what has been.**

Afterwards, the biographies of the great historical figures alone helped me to understand the other side of their reality, different from the one told in the history books. I sensed the magic of their "greatness", and their thirst for life - often for destruction - that moved them.

Invariably, I ran into reality: there is never only one truth. Reading carefully, I discovered, for example, that Alexander the Great, celebrated in the West as the great conqueror and worthy representative of that human passion that burns life in pursuit of a dream, was, and remains, for the people of Central Asia, Iscander the Terrible, who brought death and destruction and bloodshed an ancient land of knowledge and memories.

Two truths, one man only.

I went on in search of reality, keeping my two "lives" separate. I attended classical studies in my daily life, and I cut out time for the other life, in which the readings had gradually transformed into real parallel studies centered on some main strands: ancient Egypt, the old European religions, all that was concerning the other truth about the life of Jesus, and the ancient shamanic knowledge of Central Asia.

At that time, it seemed they were dissimilar interests. Now I understand they were just one path. In my small village, the years of high school slipped peacefully by, while reading and studying. There were no particular disturbances in those years, nor in the following ones when I moved to Florence to complete my studies. My two lives continued to flow parallel and very lively. I felt at the center of the world and learned a lot, especially from the people I met. Once I graduated, I decided to return to Sardinia to work as a freelance architect. I felt that, despite my love for distant countries, it was in that land that I wanted to do something, even if I didn't know exactly what.

Being a freelancer has always been of fundamental importance to me. I am by nature against anything that gives the idea of a lack of freedom. This professional choice satisfied me a lot from a creative point of view and, at the same time, it left me time to experience the other reality made up of books, travels, ongoing researches...

I managed to juggle the two realities quite well. I even pushed myself to formulate, in an embryonic way, my own theory. Starting from the scientific assumption that everything we live in everyday life is created by the mind (and I, who "knew" the other reality, could well say it), I





had arrived, by deduction, to affirm that even any illness is not real, but is a conventional creation of the mind. I was sure that, once freed from such beliefs, anyone could live without pain.

There was, and still is, a very specific reason why my attention was focused on illness and the possible methods to remove it from everyday life. The reason is that since before my birth, my mother has been defined as "life threatening" situation by medical science. My life is, therefore, a continuous race against time. Today, thanks to the acquired knowledge, I have made a virtue of my speed, determining the direction in which my research has evolved.

**I do not actually ever know when my research journey began but, every time I think about it, I realize that whatever I've done in my life has led me towards this one.**

I learned how it is possible to transform anything, even "disharmonies", into something useful for oneself and for others.

This was my theory at the time, but since it was formulated in the other reality, I kept it well away from everyday life and, above all, I was careful not to talk about it with anyone. Despite everything, however, I was very careful to perceive external signals. One day I happened to read a flyer, and I stopped on a sentence from which I could deduce that there were scientific studies that confirmed a close interdependence between physical illness and the brain. It seemed that these studies had led to the conclusion that any type of illness is determined by mechanisms of the brain, which, among the various responses to external conditioning, would also predict it.

I had a reaction of instant joy. I realized I wasn't crazy, then I smiled at the thought that maybe I was anyway and the only difference was that there were other crazy people like me.

I therefore decided to further investigate that strange theory, studying the behavior of the brain and correlating it with the surroundings, not only as the present environment, but also as a legacy from the past.

In those years I learned a lot.

I confirmed the importance of observing reality from other perspectives and learned about the so-called biological memories that lead human beings to live a life that is not entirely their own. Memories which are transmitted from one generation to the next and lead us to act according to pre-established schemes for which there are pre-determined, automatic, responses which we are unaware of I learned that illness, behaviors, events, coincidences are nothing more than a great plot of rhythms and cycles within which mankind has always moved. I found it easy to relate cause and effect, and it amused me, once I observed the obvious symptom, to trace the triggering cause. Everything was simple, almost mechanical, and the



human brain appeared like a gear of which I knew every part and of which I was able to predict the reaction to a given stimulus. I came to know about my fears, because of the response mechanisms for my brain and my behavior. Finally, I learned the mastery of my life.

In the end, I felt like a new person, able to tackle the next stretch of the road. I had learned to "read" people with the simple observation of what externally appeared in their life: the shape of the body, the movements, the habits, the voice, the way of speaking, the car, the house or the favorite tv program... in short, to read what, with a technical term, are called the "manifested" of people, and to master the techniques that help in solving the mechanisms triggered by fears.

I also learned another thing: the basic mechanism, triggered by the brain and which leads to illness, at whatever level it manifests, can be modified but not removed definitively. You can learn to identify the reason behind an illness and resolve it in the shortest possible time, but you cannot change the mechanism that triggers for that reason, because it is structural; that is, it is part of the very structure of the brain.

I was happy about the great knowledge I acquired, but the fact that the structure could not be changed made the brain appear to me as a machine whose metal gears make it rigid and unsuitable for evolution...

This sounded strange to me, however, thinking that it was part of my other life, which I continued to keep separate from everyday life, I paid no attention to this strangeness. After all, I was an architect who delighted in learning more about life and observing different things just for personal growth.

Although I was looking for justifications to avoid deepening this knowledge, I realized that I had learned to think differently even in everyday life and I felt that my two realities were approaching each other much faster than I imagined.

Today I know that I had activated an energy mechanism so strongly that only my unconsciousness at the time could think of being able to keep separate even a small part of what surrounded me. I was not aware, but in every aspect of my life I had begun to ask myself direct questions and seek the most immediate answer, often overcoming the barriers of rational thinking.

In this way I had come to a certainty: in my existence I aspired to evolve in every single aspect of myself. I didn't yet know how I was going to apply all of this to all areas of my life, but I sensed that I would find a way. I was beginning to enter the order of ideas according to which my two realities were perhaps not so separate and distinct after all.

Just as I understood the need to bring my two realities back to unity, I did something instinctively, which I didn't fully understand at the time: after thanking the Universe for the opportunity given to study these techniques, I decided that I had to embark on a new path, completely different. I wasn't sure why I had done it, but I sensed that I needed to look elsewhere.



My studies proceeded in an apparently disordered way: human anatomy manuals and classical physics treatises, alternated with the discoveries of scientists who, from time to time, defined their discipline as new medicine, new genetics, new science... as if to point out distance from classical science. And again: prayer treatises, shamanic theories, bio-geology, Celtic myths and legends, archaeo-astronomy... Everything gathered in my mind and the notes came to life from the pages piled up on my desk. I wasn't interested in the extreme diversity with which the concepts were explained, since I realized that all the knowledge, I acquired carried me towards the certain direction: the existence of a reality, much broader and more articulated than the human beings of this historical time are accustomed to think.

Finally, I found the lowest common denominator that united those seemingly so disparate studies; all theories, techniques, sciences, meditations... converged towards a single focal point: everything is a single path.

I had the certainty, always confirmed by new discoveries, that everything was One. It has never failed me, and I have drawn the maximum benefits from this certainty since it puts me in a situation of lightness, allowing me to take and learn from everything.

At some point, however, I stopped.

After six years of studying and researching, I was forced to stop because I found in all the disciplines a particular common point, an axiom which, from my point of view, gave no possibility of unlocking.

Every science, theory, discipline of any kind seemed to find a single possible solution for the well-being of human beings; this solution can be summed up in the phrase "pay the utmost attention". It meant, once the cause of human illness had been identified (whether it was anguish, lack of harmony, anxiety, existential aching, sadness, poverty or something else) that it could not be ignored. The cause of the disease, which is more simply defined as "disharmony", according to most theories cannot disappear, since, inexorably, it will recur again and again in the person's life.

The only solution for all disciplines - new or old - is to "pay attention", i.e. identify the disharmony as it arises, and make it last as little time as possible, intervening in various ways to immediately solve it.

I found this everywhere as a solution, both in the case of "new" sciences and ancient texts.

The indicated rules to keep disharmony at bay are a little different and, depending on the discipline that is being taken into consideration, whether meditation, prayer, simple careful and aware observation of the world around us, or real fight, just like in some shamanic traditions...

Beyond the different solutions indicated for lowering the threshold of disharmony, the lowest common denominator that unites these disciplines remains that human beings must deal with their own disharmony throughout the course of life on Earth.



Although they were born with infinite potential, they seem somehow destined - for themselves or for reasons determined by their own kind or by the surrounding environment, by beliefs, convictions, traditions, memories, learned or inherited - to always keep on the alert, continuously activating themselves in order to oppose the slightest resistance and let themselves be carried gently away by the flow of life.

In making the necessary considerations, a strong sense of sadness invaded me while thinking of this human condition. However, I knew I could do nothing to change all this. In fact, I had enough knowledge to understand that it is not possible to interfere in any way with the free will of others. On the other hand, I knew for sure that one can and must change oneself.

**You can learn to identify the reason behind an illness and resolve it in the shortest possible time, but you cannot change the mechanism that triggers for that reason, because it is structural; that is, it is part of the very structure of the brain.**

I had treasured the knowledge about myself, I knew what my biological needs were, my survival strategies, my project - meaning, my life goal ... All the knowledge acquired prevented me from thinking in one direction and it also prevented me from taking into consideration, as the only one, the eventuality that my life wanted to be spent in paying maximum attention, meditating or other similar things...

From quantum mechanics, I had learned that the solutions for every single event are infinite, and I sensed that this could be just one of the solutions. Furthermore, I had the strong feeling that all the methods, proposed to keep disharmony at bay, were excellent, but that none were for me, since they aimed at obtaining a solution that I did not consider valid for my personal choice of life. I imagined myself intent on concentrating my attention to avoid entering my personal disharmony. I saw myself concentrated on leading a pleasant daily life, in the constant search for balance and harmony, in an exhausting slalom between the stakes of life itself; in this way I would not have had the time and energy to do anything else.

I had other things in mind for myself.

I wanted to have well-being at all levels, always and constantly, without having to search for and rebuild them every time. I aspired to lead my life without paying full attention, free from the continuous energetic effort of controlling the surrounding reality or the fear of losing the benefits acquired due to my distraction.

Well-being, at all levels, had to become a fact in my life, acquired definitively and always in natural balance. This would allow me to go on and dedicate myself to doing something else. In fact, I was and I am still convinced that the goal of every human being is to evolve, and that well-being, joy, economic prosperity, romantic relationships, fulfilling work... are the starting point and not the arrival point for the journey.





I made my decision: if I didn't find what I was looking for in the writings and studies of others, it meant that this kind of solution was my personal need... so I would have had to find it myself.

I decided to find it.

I would have intentionally made the quantum leap by choosing to experience the possibility of freedom from any opposition; therefore, the harmonious balance in all areas of my life and at all levels.

I liked this idea a lot, above all for two reasons: on the one hand, it allowed me to solve what up to that moment seemed to be only a problem of mine, and which therefore no one else had any interest in solving it. On the other hand, it allowed me to more and more apply myself to the research that I was passionate about.

I began the research that further changed my life. The new path had now acquired a primary place in my daily life. I stopped practicing my profession for two years - which has always fascinated me and continues to excite me - and I immersed myself in the new research; totally. I devoted about twenty hours a day to my studies, and another four to sleep: nothing else mattered to me, only my passion.

It was, in fact, pure passion. The pure passion which, not responding to any of the known laws and rules, assumes the behavior it deems most suited to itself, often reaching all-encompassing peaks. as in my case.

That it was passion, beautiful and flamboyant, total and pure, alive and intimate, I had certainty of it when, once I found the instrument I was looking for, harmony and balance began to flow within me, together with the new awareness....



## 2. THE QUANTUM LEAP



So, I made my mind up: *to deliberately take the quantum leap.*

At this point it is essential to clarify what I mean by this definition and, to do so, I will open a brief parenthesis that illustrates one of the ways in which reality is "manifested" according to quantum physics.

The quantum is the minimum defined and indivisible value of a physical quantity that can vary only by multiples of this value. This is the minimum amount of "matter" sufficient in order to be studied in the laboratory. According to quantum physics, all of reality - if observed in its "manifestation" in the form of particles and not of waves - is made up of an infinity of quanta of light, which are called photons.

The quanta of light thus create reality.

Imagine observing a sequence of these luminous points that follow one after the other creating very thin threads. On each of these threads there are different possibilities of life, which are precisely called quantum possibilities. Reality is therefore given by infinite trails of photons, which run like parallel lines, each carrying a quantum possibility.

The quantum possibilities are therefore also infinite. This is the principle upon which the theory of quantum physics is based. According to this science, in fact, there are multiple possibilities for each single event, i.e. for each specific circumstance there may be different results. These possibilities already exist, all realized on different trails of photons. This means that every possibility has already been created and is present in our world, and that, if we want to move from one result to another, we can do a sort of lane jump, from one photon trail to another. This shift is called quantum leap.

What I intended to do, therefore, was this: to pass from the trail of photons in which my life had found itself up to that moment, - in which I now lived with discomfort due to the presence and of the cyclic repetition of my disharmonies - in the trail of photons in which my life was



free from any disharmony and from any cellular memory inherited or acquired from the outside, therefore not mine.

I was very clear on the line of quantum possibilities that I was looking for and on which I had chosen to live. In fact, I was looking for the trail of photons in which there is the possibility of changing cellular information; this trail combines a series of corollaries, not least the possibility of changing all the information.

All, none excluded.

These reasonings strengthened me in continuing the research, striving to achieve that goal in the shortest space of linear time. It goes without saying that by my nature I am inclined to accelerate whenever I deem it useful for me.

Despite the great enthusiasm, I felt like a fly slamming against a glass, just when it seems to see the way out. Indeed, quantum science has not yet found or, if it has, has not yet explained and disclosed the way to make the leap.

Until now we have relied on a kind of randomness, which sometimes happens and sometimes doesn't. For example, humans have coined the term "luck" to explain the quantum leap that some people sometimes manage to make. A multi-million dollar win can change people's lives, even in the smallest details of everyday life. It can change not only the relationship with money, but also with work, interpersonal relationships, etc. On closer inspection, however, luck is represented as a blindfolded goddess who, fleeting and inconstant, suddenly strikes and then, just as suddenly, vanishes, thus demonstrating its total and absolute "randomness".

Even a major earthquake can change a person's life radically. Suddenly without a home, possessions and, sometimes, without a family, the individual finds him/herself having to invent a new way of life. Since human beings are inclined to always make judgments, in this case we will speak of tragedy.

However, if we see it from the point of view of profound change, whether it is a tragedy or a fluke, we can say that we have made a quantum leap.

For photon trails there is no concept of good or bad, they just exist, and, relying on randomness, we will find ourself walking on some or others, it doesn't matter which ones.

**The quantum is the minimum defined and indivisible value of a physical quantity that can vary only by multiples of this value. This is the minimum amount of "matter" sufficient in order to be studied in the laboratory. According to quantum physics, all of reality - if observed in its "manifestation" in the form of particles and not of waves - is made up of an infinity of quanta of light, which are called photons.**



I had decided to change my life and make the quantum leap by passing exactly in the photon trail of my choice, so I had to find the way by myself, avoiding relying on "randomness". From this point of view, it is commonplace to say that randomness does not exist. In fact, from the point of view of photon trails, even randomness is a quantum possibility, so you can decide to experience it or not.

I had chosen to live differently, and I knew there was a solution to how to do it, I just had to find it. I was off to a good start, because I knew what I was looking for: a way to change my life, the one on this side of the veil. I must admit that I had one more chance to succeed in the discovery: the knowledge of that other reality, where everything was revealed to me so that I could understand it easily.

I also had valuable help from all the tools I had learned to use through my studies. And then I was passionate about the adventure and this is another element that can help a lot, in similar cases... So I started.

From the beginning I had had the strong intuition that the solution to what I was looking for was given by the point of intersection between science, understood in the literal sense of the term, and what I simply call Spirituality.

When I speak of Spirituality, I am referring to that which is intangible to human beings, as they cannot perceive its existence through the five senses. The intangible part - one can say unknown, because it is not manifested in the usual ways - nevertheless corresponds to 90% of the universe, therefore it is impossible for humanity to ignore it.

According to the researchers, who have reconstructed the creation of our universe with computer models and the so-called "Big Bang" through which it originated, shortly after the instant of the explosion, 90% of the Universe disappears.

That is, given a mass of matter equal to 100, immediately after the explosion, only about 10% remains. Where did the rest of it go?

We know, through studying our reality, that quanta vibrate at different speeds, giving us different consistencies of "matter" which, for convenience, I will define as more or less compact. Therefore, sticking to this definition, I will say that rocks have a low vibration, so they are deciphered by human sensors as more compact; living beings have a higher vibration, and they have a less compact structure, and so on until we arrive, with increasing vibrations, to increasingly less compact structures, such as gases, air and much more...

Elements like air and light, vibrating at very high speeds, are intangible but this does not compromise their existence and their use by human beings. Consider, for example, the fact that many odorless, tasteless, colorless, impalpable and inaudible gases are however harnessed by man inside containers and used for his own well-being. With these assumptions it can be said that we continually use elements which, although intangible and not manifest, are considered to exist in our reality.





Cosmologists have hypothesized that about 90% of the mass originally constituting the Universe, imprinted upon itself, immediately after the explosion, or perhaps contextually with it, a vibration so high as to have become imperceptible for the remaining 10%, and therefore for human beings too who are part of that 10%. They believe, however, that such a mass exists and is all around us, vibrating so high as to be insubstantial to our senses.

I fully agree with this theory, as for me the reality "all around" is often tangible in the literal sense of the word.

The solution I was looking for was found at the crossroads between known and unknown, corporeal and incorporeal, evident and invisible. Only one small problem of methodological approach remained to be overcome: the whole of the Universe, as a field of research, seemed a bit too vast to me, even with all the tools I had. However, I've never given up on logic in favor of intuitiveness, nor have I ever done the opposite, so I've learned to use the tool that turns out to be the best if necessary. So, once again, intuition came to my aid with another principle; the law according to which what is contained in the infinitely large is also enclosed in the infinitely small. That is, the Universe is holographic, and everything contained in the whole is also within each single part of it.

I therefore this principle which, by intuition, I felt was useful and passed it on to logic, to reflect and to reason on what could be an element of smaller dimensions that behaves like the Universe. The answer came quickly: the human brain. In fact, even scientists say that only a percentage between five and ten percent of its potential is used.

Here I could narrow the field of my research to an area much closer to me: my brain. This choice had several advantages, not least of always having the object of my study available.

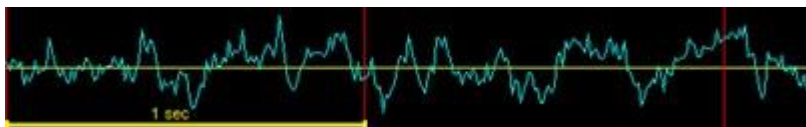


### 3. THE BRAIN WAVES



The functioning of the human brain has been studied for a long time and by various disciplines. It is known that the brain is always active and functioning at any time of the day, even when the body is at rest, therefore not only in the so-called waking states but also during sleep. Scientifically, the activity of the brain is expressed through the emission of waves that are precisely called brain waves. They are given by small differences in electric potential and, although attenuated, they are measurable on the surface of the scalp. Their order of magnitude is tens of micro Volts (1 microVolt =  $\mu\text{V}$  = 1 millionth of a Volt). Brain activity, and the consequent emission of oscillating waves, can be measured and displayed through a machine that reports the data on a graphic tracing called an electroencephalogram.

A typical example of an EEG trace is the following.



There are four main types of brain waves, classified according to the frequency, i.e. the number of oscillations per second, which are measured in Hertz.  $1\text{Hz} = 1\text{ cycle/sec}$ .

Let's see below the four types (measured so far) of waves emitted by the human brain:

**Beta waves:** they have a frequency that varies from 14 to 30 Hz and are associated with normal waking activities, when the individual is concentrated on external stimuli. Beta waves are the basis of the fundamental activities of survival, ordering, selection and evaluation of the stimuli that come from the world around. For example, as we read these lines, our brain is producing beta waves. They then allow for the fastest reaction and quick execution of actions.

**Alpha waves:** have a frequency that varies between 8 and 14 Hz, and are characteristic of states of relaxation and meditation when the mind, calm and receptive, is focused on solving external problems, or on reaching a light meditative state. Alpha waves dominate in introspective moments, or in those in which the concentration to achieve a specific goal is



more acute. They are especially active at the time of falling asleep and when we first wake up, when we are on the edge between wakefulness and sleep.

**Theta waves:** they have a frequency that varies between 4 and 8 Hz, characteristics of the dream state; they are typical of the mind engaged in activities of imagination, visualization, creative inspiration. They tend to be produced during deep meditation. The daydream, the REM stage of sleep, the one in which we dream. In waking activities theta waves are the sign of a deeply rooted intuitive knowledge and imagination. They are generally associated with creativity and artistic aptitudes.

**Delta waves:** they have a frequency between 0.5 and 4 Hz and are associated with the deepest psychophysical relaxation. The lowest frequency brain waves are those of the unconscious mind, dreamless sleep, total abandonment. In this sense they are produced during the unconscious processes of self-generation and self-healing.



The transitional waves between alpha and beta are also called SMR (Sensory Motor Rythm). High-frequency waves, from around 25Hz, are also called gamma waves.

Up to here, what all the manuals report regarding the brain's brain activity and its behavior over time and space.

From here I could start to make my considerations. After seeing how brain waves work, I understood that the solution I was looking for was right there, also because, as explained by quantum mechanics, the rule according to which reality manifests itself in the form of particles of matter, is only one of two. There is another way which is that of the wave. This duality of behavior in the manifestation of contingent reality has been used in the Quantum Field Theory, which realizes the wave-particle duality by associating the particles with energy quanta of corresponding wave fields. For example, the quanta of the electromagnetic field are associated with photons. In this way, the absolute identity of all particles of the same type becomes evident.

Starting from this duality, I deduced that brain waves are the way the brain creates reality and interacts with it in the same form: the wave. By observing the behavior of the brain and the phases of use of the different brain waves, I also realized what was the relationship between the latter and the various disciplines I had taken into consideration. I understood that traditional science using logical-rational reasoning mainly uses the beta waves. In fact they are waves of ordering, selection and evaluation of the stimuli that come from the world outside



the individual. It has been said that they are also the waves that allow the fastest reaction, which means that they are the waves produced by the brain when one has access to the so-called "automatic responses", in other words to the archive of biologically inherited responses, according to some theories, or learned from the surrounding environment, according to other theories. An archive which is somehow extraneous to the individual, and it is placed in the midbrain, the area of the brain where there are also emotions. They are therefore the waves used for the solution of disharmony, in the classical scientific disciplines. In any case, the shallow and very frequent beta waves were not what I was looking for. They deal with managing most of the 5% of the brain's potential that human beings are used to employ since millennia. Instead, I wanted to find access to the remaining 95% of these potentials and consequently to the still unknown part of the Universe.

Then I took into consideration the alpha waves which are of lower frequency than the beta, therefore deeper. As mentioned above, scientific studies show that alpha waves dominate in introspective moments, or in those in which the concentration to achieve a specific goal is more acute. It is easy to understand that they are the same waves used for the solution to disharmony in the disciplines which foresee the use of "positive thinking", in those which prescribe the chanting of mantras or the recitation of prayers in which the cadenced recitation of sounds or words causes a sort of light trance state, and in other disciplines where shallow states of meditation are expected. I already knew, from having personally experienced them, that these methods prove to be valid, but if you suspend mindful attention, you interrupt the positive process triggered. Therefore, in order to continue to obtain benefits from such practices, one must continue punctually in the discipline, and keep the level of attention high. All things that do not suit my need for an ongoing change that is badly suited to repetition, of any kind. I realized that consciously using alpha waves is equivalent, for the brain, to superimposing a new file of only two megabits on top of an older file, already present (in some parts for thousands of years, and in other parts for millions of years.) in its memory, and having a potential equal to hundreds of thousands of terabits. The new file, understood as a higher vibration, works at first, but as the new vibration loosens, it is put out of order and erased by the older and more powerful one which takes over again. I knew that this can only happen because you choose to overlay a new, less powerful file on top of the old file known to your brain, so I asked myself the question: "When and how can this work? How to change the file, or - if you prefer - the vibration, and stabilize the new way of being for the brain?"

I thought of a basic structure like, say, the foundations of an old building; to strengthen and improve them without demolishing the part above, a new structure is not superimposed, but a new and technologically better part is created, which interacts by integrating with the old one, or, better, with its still efficient and useful parts. In the same way, I should have interacted with the old file contained in my brain, that is, removing the parts that had become useless for my life and replacing them with new ones created by me and, therefore, more suited to my existence. It can be understood that this is not feasible with the usual methods and therefore





with beta and alpha waves; I had to work with different, slower waves to go deeper and operate on programs that are often found at unconscious levels of being.

#### 4. THE "RIGHT" WAVES



I understood that the best waves to get the result were theta and delta. It has been said that, according to scientific studies, these waves are active during the stages of dreamy sleep and deep sleep. It was necessary to have the possibility to use these waves on a conscious level; this was the real tool I was looking for.

As far as theta waves are concerned, it has been said that they have sometimes also been measured in subjects in a state of wakefulness in situations of great creativity, and, therefore, immersed in a sort of creative trance. As mentioned, in waking activities theta waves are the sign of an intuitive knowledge and a deeply rooted imaginative capacity. They are generally associated with creativity and artistic aptitudes. Of course, I had often found myself in that condition: when I was intent on planning, when I connected to what I called "the other reality", when I wrote... I was therefore well aware of the conscious use of theta waves, both for personal experience and for having studied the method codified by a specific discipline in recent years. However, I understood that I needed something different, that went beyond what theta waves allowed me. In fact, although they come to interact with the old file, they are not sufficient to replace considerable parts of it, since by their very nature they are based, for the activity, on the midbrain, where, it has been said, emotions are present, but also the inherited or acquired automatic responses. Therefore, it is, for such waves, impossible to escape from some of the deep-seated automatic responses, and the changes wrought through them are relative and never absolute. Through theta waves changes can be made in the individual, in relation to the "habits" of other individuals, therefore relative. One can, for example, change the state of disease into a condition of well-being, but, due to disharmony, the individual has lost the very image of "well-being", the theta waves will give an idea of well-being according to the common thought. Often, this relative image is easily removed because it is reabsorbed by the old file. With my experience, I have understood that through theta waves one does not have



the possibility of accessing what I call the Personal Vibration of each individual - which I will discuss in depth in the next paragraphs - within which it is possible to find the state of absolute-best well-being for that specific individual. It is possible to give only an image of well-being corresponding to statistical values. If we think about what has just been said, translating it into the behavioral sphere of people, we will have the projection of stereotyped images - think of the idea of good, of joy, of happiness... - based on clichés and not on a personal awareness. In this way, it is as though a pattern was removed from the individual, to replace it with another fact, however, of value judgments which, according to my way of thinking, makes individuals no longer such, but always and in any case homologated, albeit in happiness.

The result, achievable through the use of these waves, excellent in any way, was not enough for me. I had entered the order of ideas of finding the definitive solution and moving on to do something else.

I realized that what I was looking for could only start from delta waves. We only know that they are produced in the area of the frontal lobes called the Zone of Silence. An area considered inaccessible on a conscious level.

My two years of research have been used to find ways to have conscious access to them in order to be able to use them.

## 5. DEEP BRAIN WAVES



Do not ask me to demonstrate with laboratory experiments what I will say below, because I would not know how to do it. However, what I know - following various empirical experiences - is that, through the use of these waves, it is possible to profoundly change the life of people, in order to go back to living in perfect balance with the whole Universe, as it is in their nature. Those who have experienced this with me over the past two years can attest to it, as they have seen their lives change dramatically. They have made the choice of the quantum reality they wished to experience and are in harmony with the Whole. From beings needing help, they have become beings able to help, as they have regained the mastery of their lives.

As far as I'm concerned, I'll just try to explain the functioning of everything that I like to define as **one way**, among the many possible ones, to make the quantum leap. A way to change one's reality and follow new quantum possibilities of realizing one's life.



I will talk about my experience and the message received regarding the "Law of Dimensions", which I have come to understand thanks to the use of the innate ability to connect with parts of the Universe in which it is also possible to learn about completely unknown disciplines. Or, if you prefer to see it from a biological point of view, what I have come to understand by reactivating the memories that have always been present in my cells and dormant for millennia. This demonstrates that what is contained in what was previously defined as the ancient file is still partially valid. In fact, it contains information that is still very precious for human beings today, it only depends on the use they make of it.

The Law of Dimensions is implemented through the conscious use of delta waves, and it helps to manifest one's reality on all dimensional Planes of Existence.

Through the Law of Dimensions, and the consequent use of delta waves, we can create our reality on any plane of both our dimension and others.

What I know is that while theta waves have propagation mediated in resonance with the Universe, and therefore do not act immediately in the reality in which we are bodily and materially immersed, delta waves have a multiple characteristic, i.e., they are both propagated immediate in resonance with the Universe, for our material bodily reality and for all other realities in which human beings exist, both of programmed propagation in resonance with the Universe. This means that through them one is able to interact both on the third dimensional Plane of Existence, which is the one in which the Earth and the human beings who are now, and in the other twenty-two dimensional Planes of Existence, in which every being human exists even though it is not materially found in them. This is because the Law of Dimensions transcends the laws of the third Plane of Existence.

The statement I have just made has far-reaching implications. In fact, reasoning on the relative corollaries, this Law allows the access the immortality, the immunity, the infinity and the immateriality that are typical of other Planes of Existence. The Law of Dimensions was known in some of its parts also by the Ancient People, in a time very distant from ours. However, I know that this law has never been known in its entirety and in the form just described, on Earth. In fact, when the Old Folk operated under this law, they had to do so on another dimensional Plane. The individual moved with his own being to another Plane of Existence and from there he could use the law. Such a way has never allowed the Earth to fully utilize the full potential of the delta. Now, the possibility of using this law in its entirety in our dimensional Plan has a very broad meaning, and the opportunities allowed by its use are easily understood. For example, through it you can access the laws regarding the time convention. As a convention, time is an element closely linked to the dimensional Plane of Human Existence, therefore irrelevant to the Law in question. It follows that one of the corollaries proper to the Law is the immortality of the body, since the laws to which it has been subject up to now are linked to the conventions of linear time which determine its cycle and therefore also aging and death.

Furthermore, the Law of the Delta gives access to a different use of matter, since this too is linked to a human convention which is that of space. In this field, already in the past, there are



evidences of the use of matter in different ways. Think for example of some martial arts in which it is possible to walk in the air even if for a very short interval of time, not to mention those who have walked on waters...

Different ways of using matter, until now defined as miraculous or almost miraculous, while with the knowledge of the Law of Dimensions, make possible to give rise to the dematerialization of the body and of anything present in the current dimensional Plan and the materialization in any other point of Universal Vibration.

Since this information is so important, it was natural for me to ask the Universe to understand what the ultimate purpose of using this Law is, and the answer was as simple as it was surprising: "Bringing well-being to the world".

## 6. THE LAW OF DELTA

The Law of Dimensions transcends the other Laws of Physics, which are present in the human bodily plane of existence. It is not subject to them. It surpasses the Law of Compensation, proper to this dimension, and does not alter the balance of the Earth when it is used. This means that no problems are created in any part of the globe or in any other dimension. It has



been given to us for the greater good of ourselves and of the whole universe. Even if you are skeptical about it, it can still be used, because it is a Law and it works.

To use it, it is necessary to unlock the frontal lobes, and then free the so-called "Area of Silence". Unblocking this Area of the brain is equivalent to using the delta waves that form there on a conscious level and in a waking state.

After having done the breakouts, through practice we arrive at mastery in the conscious use of delta waves and, through them, we move on to the active phase which consists in locating the "map" of all aspects of one's life. This serves to identify very clearly where, how and when to make the desired and useful things happen to satisfy one's needs. Thanks to the knowledge of the map, it is very easy to operate since the reality is created in the exact point of the photonic trail - corresponding to the quantum possibility that one is experiencing- that one most wishes to change. Observing from another point of view, we go about making the





quantum leap by heading exactly on the photonic trail that most interests us to live as a new possibility.

This was my first introduction to what I called the Delta Law. Later I came to other conclusions and new understanding.

What I know is that deltas are very slow waves, therefore broad and deep. They have a very high vibration, such as to allow them to interact with everything and to allow them to make the quantum leap.

The most important thing is that through them we can access our own maximum vibration, therefore, 90 - 95% of the Universe or, if we want, of the potential of the brain that we do not use, and have the conscious image of it.

This means that when we change our lives, we do not introduce other beliefs or beliefs borrowed from the outside, but we can project what is the absolute best for us. It means that delta waves no longer give the relative image of a part, but the absolute image of the Whole.

**The Law of Dimensions takes place through the conscious use of delta waves and helps the manifestation of one's reality on all dimensional Planes of Existence.**

In other words, they allow us to access the circular time of the Universe, moving us away from temporal linearity and giving us the possibility of continuously making quantum leaps.

The delta gives access to what I call the Personal Vibration, of which now I will only say that it is given by all the space-time crossings possible for each individual, reserving the right to explain it in detail shortly. Do you have any idea of the enormity of this in human life?

It means that we can consciously choose which course we want to follow in our lives, in every sector that concerns us, in every little facet of everyday life.

It shows that we can choose which situation we want to live in terms of physical, economic, emotional, intellectual, spiritual well-being...

By raising our vibrations, we have more tools to create our reality. In other words, we have the possibility of harmonizing ourselves with the Whole, with the Universe, and of drawing from it what we need, at any level. Finally, we have the possibility to choose in which lane to continue our life. It is clear that to do this you need to vibrate at the same speed as the photons that make up this reality. Therefore, I say that to make the change you need to be able to vibrate in delta, whose vibration is equal to that of light.

Furthermore, since everything concerning human beings belongs to a specific "Plane of Existence", with delta waves you can decide what to manifest and where. Through them you have unconditional access to all Planes and you can interact with all Energies. This further establishes a fine line between theta and delta waves in creating one's reality. In fact, it has



been said that the main difference consists in the fact that theta waves are waves of mediated propagation in resonance with the Universe, while delta waves are waves of immediate and programmed propagation in resonance with the Universe. Now it can be said that this means that the former propagates in the Universe through a medium, something that supports them, while delta waves propagate anyway, regardless of the Whole. Thetas propagate in matter, without whose substrate they could not exist, while deltas exist regardless of it. Therefore, this is also the reason why deltas exist on all dimensional Planes of Existence, while thetas exist only on the Planes where the vibration is the lowest. And again, what does it mean that delta waves are waves of programmed propagation in resonance with the Universe?

It means that the effect required by the waves, since it takes place in the quantum reality in which there is no space-time convention, can be programmed so that it materializes in a given time and space, according to the rules of the dimensional reality in which the Earth is now. The immediate consequence is that delta waves, if used consciously, give access to: immunity, immortality, infinity, transcendence of the laws concerning the three dimensions, immateriality....

The only law concerning delta waves is called "the Law of Dimensions" and, as already mentioned, has never been known in this form on Earth until now. It is not subject to any principle of Physics, nor does it disturb what is subject to it. It is simply able to interface with the Whole by changing only what is necessary, without any side effects.

It simply IS.

Anything can be done with it and it will soon be accessible to everyone. In some books, I described the method that I defined and with which it is possible to understand where we are at this moment in life, where we want to go and, above all, how to get there.

Only later, about 15 years after the first discoveries and after much experimentation with people from various parts of the world, did I create the EL method.

A method born with the intention of helping people to improve and/or change their lives.

It is effective for anyone who wants to transform their reality using only their own brain potential.

## Lucia Dettori

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An Italian, established architect, she has been dedicating herself for several years to free research in the field of the potential - hitherto little known - of the human brain. With her studies on brain waves, she has long since come to create a universally valid method for the awakening and change of individual and collective Consciousness in this historical moment. The path thus traced intersects Science and Spirituality and, at its junction, lies the procedure, theorized and applied by Lucia Dettori, to bring well-being to all levels of human life. In fact, after having discovered the way to consciously use deep brain waves and brought to light tools of ancient Knowledge, she unified everything in the EL Method, which she created.

On the results of her research, the scholar has written and published several books, some of which have been translated into various languages.



## THE SUBSTANCE OF LIGHT AND ITS LIBERATING GOAL

by *Lorena Di Modugno*



### THE ESSENCE OF CONSCIOUSNESS

#### HARMONY AND DISHARMONY OF ELECTRONS

To understand what Consciousness really is, it is essential to know and deepen the teachings of the Ascended Masters who illustrate the essence, the composition and the "movement" of the Electronic Substance of which the Cosmos and all that exists are made up.



They claim that the Electronic Light, filling the Universe, composes the bodies of the living, the houses they live in, all the activities they engage in, and **obeys the direction given to it through thinking and feeling**. The Electronic Light is charged with the quality of obedience



to the Sacred Fire. Consequently, the physical bodies that humans wear are nothing but the result of the effort of the electrons to represent the thought and the feeling that they are required to materialize from the soul of each individual. At the end of a life cycle, the docile but efficient electrons, being voluntary and submissive prisoner to the will of man, do reach their moment of redemption, because, through the transition and with the increase of the Cosmic Light, the electrons get rid of the shadows imposed by the limited and confused human consciousness.

To embrace the nature of Consciousness, human beings should first of all learn to understand that they have the conscious ability to change the vibratory action of any electron, or group of electrons, that orbit within their personal ambit, whether it concerns the physical body, the private and working environment or the beings that compose them.

First and foremost, **we must remove from our minds the belief that matter is motionless and inanimate**, because in reality everything is condensed energy. Energy by its very nature vibrates from the smallest electron to the largest Sun and emits a specific series of radiations. The radiation that comes from each electron determines its quality and its effect on the Universe. Whether the electron, as an individual particle or as a composite mass, radiates out according to the Plan of God, forming a physical form. And its effect on the rest of Life will be pleasant, harmonious, uplifting and beautiful. If, vice versa, the radiation of electrons, consciously or unconsciously, causes distress to any (even tiny) part of Life, such electrons must necessarily be redeemed and repolarized through Love.

According to the Ascended Masters, each self-aware and reflective individual can change and control the quality or radiation released within or outside his/her body, through the use of Sacred Fire. When pain or distress occurs in any part of the soma, since the pain is only a radiation of disharmonic energy that exerts pressure on the free and harmonious flow of Life, this dystonic vibration can be modified in order to bring relief and solution to the tension that has been created. Pain is nothing but the expression of a specific "out of tune" spin of the electrons which can be modified by means of the invocation to the Magna Presence and the Ascended Masters, so as to make the Cosmic Flame of Love pass through the nucleus of these electrons and of all that organism, re-establishing the natural harmony inside the organ.

Although the reasons for disharmonic radiation interacting between organisms and cells are too numerous to mention in detail, the Ascended Beings describe how organisms and cells, which are heavily charged with dissonant energy, change their natural pitch (or key note), similarly to when a piano melody is lateralized by an individual who pushes his hand at random on the keys, without any search for musicality or harmony.

When harmony is restored, the radiation results in accord with the Divine Plan making any kind of anguish disappear.



This also applies to any kind of limitation generated by a distorted radiation within the world of the individual, which should instead naturally radiate opulence and well-being, but which has repolarized itself to the point of emitting fear, uncertainty and anguish.

In order to change the quality of radiation within one's own existence, and in the surrounding environment, one must commit oneself to become a master

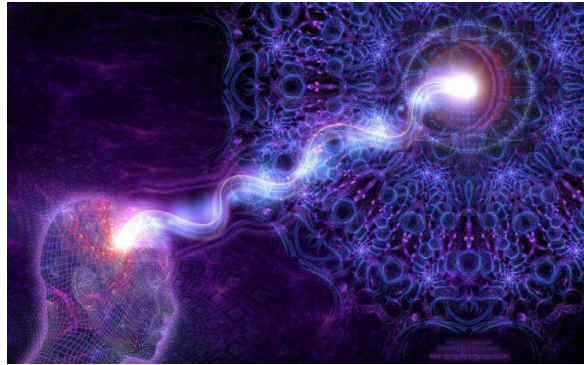
of the situations and to the power of individual governance of one's own life and one's own world. This human endeavor is extremely important to Ascended Beings, for as the Electronic Light, that flows within humans, begins to accelerate a temporary acceleration of the manifestations of many human situations is generated.

At such times invoking the very beautiful Template of Light, which dwells in people's bodies (especially in some individuals) would help the Ascended Masters to develop a race made up of Divine Beings, in a very short time. The electrons around the human body can be molded into the most exquisite shapes, similar to how a piece of marble is transformed into a beautiful statue. The electrons are so eager to realize one of God's Patterns and if you choose to attain God Consciousness, and focus on a particular Divine Prototype, you can experience wondrous precipitations.





## HOW MATTER IS CREATED FROM ENERGY



The daily descent of the Electronic Light corresponds to the animating power of every human action and reaction and our mind can grasp the passage of these beautiful and perfect Electrons from the Heart of the Father to the Heart of our Inner Presence. It is possible to visualize how from the Heart of our Presence they are released with Joy to make their journey through the personal self into the physical world of appearance.

From the moment they leave the Creative Presence and enter the physical heart, something causes their appearance and efficacy to change tremendously and transforms them into the qualities of the lower nature, giving the impression that their radiant power is diminished and limited. Indeed, the four lower bodies of human beings are convex circles, of which the physical body is the smallest and represents the core of the complete set of the four vehicles. The Etheric Body envelops the physical form and is in turn enfolded by the Mental Body. The Emotional Body surrounds all three.



The Light which flows from the Presence into the Higher Mental Body is transmuted into mental matter, etheric matter and physical matter. Our Holy Christic Self was in fact created to transform the electrons and slow down their speed of vibratory action, to the point where they can be used by the lower bodies, reaching a rhythm capable of favoring their evolution, avoiding disintegrating them with the intensity of the high electronic vibrations.



In turn, the four lower bodies are capable of transmuting the electronic substance into vibratory action compatible with the frequencies of the lower spheres. They transform the vibration but not the amount of electrons, just as on the piano a chord played in high keys is as harmonious as a chord played in low keys, because it is only transposed to a different octave.

The Electronic Light coming from our Inner Presence should enrich the seven spheres (or subtle bodies) so as to make them conductors or transformers of the pure Essence of God into pure, perfect and self-luminous elementary particles, which maintain the same rate of vibratory action of the sphere that the body represents. The same is true when the seven bodies are to be enriched, enlightened and purified.



In fact, receiving a vibration of pure, vibrant and rapid energy and slowing down its vibratory activity, imprisoning it in a sphere (the human) in which the energy vibrates at an extremely slower speed, seems to be a punishment. In reality, this passage is required by the Law of Life, which, if it had not been broken by the will that usurped the subordinate bodies, would have filled the seven lower vehicles of man with vibrations free from imperfections and impurities. In that case the low and high notes of the individuals, that is our melody, would have expressed the cosmic tonal key of the Planet and its people. This tiring activity of distortion of the electrons exclusively concerns the bad qualification of the vital energy by the Ego and its disharmonious demands.

We must realize that the electrons that reach the individual structure, before coming into contact with the physical form, must pass through three bodies. This explains why instead of perceiving strength, youth, resilience and the electronic power of rejuvenation, the electrons arrive in the form of flesh, distorted and impoverished, as they are already emptied by the various activities of the mental, emotional and etheric body.

This is why the Ascended Masters often repeat that to enjoy full health, it is essential to have achieved mental peace and inner harmony. In the Universe, all the electrons that carry such qualities must in fact pass through our mind and our feelings, before finding the expression of their full strength and being able to fill our physical form with the powerful Divine Powers.



The most critical stage involves **the 'screen' of the etheric body**, which contains natural tendencies, our strengths and weaknesses, and the sum total of every experience we have ever had. Usually, in fact, **if the electrons pass safely through the emotional and mental bodies, before reaching the physical body they remain more or less influenced by the etheric recordings...** and it is at this point that the individual tends to become discouraged. Instead, it is essential to persevere in maintaining peace of mind and harmony of our feelings (our mental and emotional worlds) to have a healthy body and success in business.

The Ascended Masters have repeatedly urged true spiritual seekers to learn **how to request a Pipe of Light** directly from the Heart of God, reaching the physical heart so that these electrons, as they pass through the four lower bodies, remain uncontaminated. They argue that it is also possible to ask for that Tube of Light to be positioned around our physical form, in order to ensure 'emergency relief', similar to the oxygen tent used in terrestrial hospitals.

In fact, **it is impossible to force "THE GOOD"** in any individual, as it must reach everyone through their own lower bodies. If such bodies distort the passage, the energy will never be able to become part of the experience of the external self in its pure and unaltered state. Given that sooner or later the natural flow of our energy must be given the opportunity to reach our uncontaminated physical form, learning to request the Pipe of Light constitutes a "small" exercise which, according to Master Aeolus, it should occupy most of our incarnation.

In this regard, the Masters' sadness seems to concern the fact that it is extremely rare to find a large number of people who commit their minds to listening to Their words long enough, also because due to their current distorted accumulation, humans are unable to retain too much the frequency of Cosmic Law.

## THE MUSICAL TONE OF ENERGY



The Ascended Masters report that **each pulse of energy, released from the Heart of God**, resembles a beautiful bell ringing, **flowing out as liquid music** and progressing into manifestation. We must consider electronic energy as liquid sunlight leaving the Heart of the Father, in which each electron releases an enchanting melody that testifies to the ineffable joy, majesty and harmony of creation which, by Divine Edict, must be experienced in its fullness by every living being created by Source.



Master Aeolus claims that, if not disturbed by the vibratory action of the lower nature, the beautiful melody produced by the impulses of the Presence would flow beyond the physical body through gestures and words, until that specific flow of energy begins its return journey to the Heart of God.

Again, according to Aeolus, if a group of unascended beings were to allow these Divine musical impulses to pass unhindered through their lower bodies, their lives would change radically. In ancient Greece this natural rhythm of

Higher Nature was so perfectly developed that bodies retained their youth, resilience and beauty far beyond the so-called dividing line that today separates youth from maturity. Today people's bodies and minds suffer, because the natural harmony inherent in life energy is distorted and the rhythm has been broken. This rhythm can be restored, only when we look to the Source from which so much pristine beauty came. Indeed, the Masters reveal to us that if we could understand our ability to invoke the harmony and melody of the Holy Christ Self, so that it passes through the human forms of all unascended beings, we would begin to physically experience the promise of learning to heal. all distorted expressions of Life.

All vibrations that are contrary to the Divine Law of Beauty and Harmony have a beginning and an end, but the vibrations that proceed from the Heart of God and pass through the life flow are eternal. It is therefore up to us to tune in to them and experience the fullness of our destiny.



## THE DOORS TO GO THROUGH



A child goes through many stages before reaching maturity. The phases that he must overcome are like doors on the path of Life, through which the evolving individual is pushed in an orderly sequence. Order is the first law of heaven, so even Master Jesus had to pass through these gates before His Manifestation as Christ. Similarly, each individual, in their evolution passes through matter, before returning to the Father, must pass through preparatory stages to regain their full Divine Identity. Currently the majority of humanity on planet Earth is in a state based on the external personality. Its next gate therefore consists in the conquest of Higher Mental Consciousness, also called Christianity.

There are many children who progress more slowly than others, but, according to the Ascended Masters, the inevitable final goal and culmination of every life experience is to achieve mental, emotional and physical maturity in a form of flesh and to achieve Christianity through the growth of the inner Self. Due to free will and karmic experiences, not everyone passes through the gate at the same time, but that door is the goal to which any soul, consciously or unconsciously, aspires.







The Christic dimension therefore corresponds to the preordained expression of every soul belonging to planet Earth, similarly to the leaves of the oak, whose shape and color are established before the acorn finds anchorage in the ground. The state of the Christ is ONE, and every flow of life that enters that state takes on the thought and feeling that unites it with all those who have passed through that door, since all individuals have in common a heart and vital organs.

The Ascended Beings therefore ensure that, if we cultivate a contemplative attitude towards this Christic Expression, to be understood as that which acts through us, we will progressively open the door to Its Essence, we will rise and reach the vibration of that UNITY, achieving the Power of Good that everyone wishes to express.

### **CHRIST CONSCIOUSNESS**



Christ Consciousness corresponds to the achievement of a mature and complete Consciousness from a spiritual point of view. Such Maturity is in fact the true essence of Consciousness and the goal of every Earthling. This state of Consciousness favors the activity of the pulsating light and its power to purify and support the individual's thought and feeling processes better than any effort of the human will. The Beings of Light urge us to constantly strive to raise our external being at the level of Divine Christianity, represented by the Inner Presence.





They state that Christ Consciousness can be achieved after a contemplative period during which the Heart's call to enlightenment reaches the Higher Self, allowing the Light to flow through thinking and feeling. Christ directs and resurrects the Consciousness of the personal Self as if it were a "sweet anointing that comes from above". He never fails to respond to any individual he is able to reach through this experience. The individual, who manages to experience this goal, will realize that his life is accompanied and supported by a regular flow of peace and serenity, unattainable by the waves and disharmonious feelings of the mass mind.

Christ Consciousness is decidedly different from the consciousness that the average individual uses in daily life, but the comfort is so powerfully present, that the change in polarization of the nature of the four lower bodies is pleasant and does not cause any kind of confusion. The Ascended Beings invite us to cultivate a 'knowledge in dialogue' with the Divine Self that dwells within us, recognizing the Law and Power that arises in our life, filling it with stability, freedom and fullness.

### THE WHITE ROBE



The aura around the person consists of a sea of electrons with incessant movement, which flow outwards driven by thinking and feeling and return inwards following the return path from their circular journey, in order to find the unity in the heart of one's own Creator. The radiation coming from the Inner Presence is vertical and passes downward through the bodies, completing its circular movement back into the Presence. It is up to us to ensure that the directive activity of the vital current proceeds in a horizontal line and links us to the manifestations of the Earth, through an electronic circuit coming from the Presence and directed to the affairs of the world. This circuit becomes more powerful thanks to the daily intervals dedicated to contemplation, prayers and devotional acts directed at the Source, coming from within the Divine Circle that unites us with the Divinity. This corresponds to the beginning of the creation of the **White Seamless Dress**.



When the attention of the heart is focused on the Spiritual Center from which all blessings flow, the White Robe is given by the Higher Self, a Garment woven by the "I AM" Presence with the substance of the bodies and aura of the consciousness of the soul Evolving. Master Aeolus often repeats that: *"Whoever wins will be given the white dress."*

The dedication to the Inner Presence does not require the interruption of normal daily activities or retreat into a cave indefinitely, but it does require constant intimate attention to the Christic Heart, which, from time to time during the day, offers indications on how to proceed or on the need to stop for a few minutes and breathe more deeply, in order to align yourself with the vibrational frequency of the flow of pure electrons, which are always abundantly available to anyone. For this reason, the Ascended Masters claim that even brief contemplations, carried out during daily meditations, allow one to visualize with ever greater ease the powerful electronic substance that forms The White Robe and intensifies its protective and toning power within one's own existence.

In any case, when the individual realizes that he is less and less interested in the satisfactions of the personal self, he actually directs more and more vital energy towards the Source, the Cosmic Mantle of Christ, which is generated by the individual's Love for God. Such Love, increasing in intensity, forms a **natural protective ring** that disconnects the energy of the life flow from the magnetic attraction of any imperfect manifestation. The Masters of Light assert that Ascension becomes possible when the powerful circuit that proceeds from Presence to the heart and from the heart to the Presence, the attraction that goes from the heart to matter, decreases by one percent. Where continuation of service on Earth is required, Ascension may not be accepted, but **those who wear the White Robe and are 51% God-inclined** must be recognized as **World-Moving Cosmic Christ Presences**.

## OUR RESPONSIBILITY IN ENERGY MANAGEMENT



With the purpose of clarifying and helping us to recognize precisely what is required of those who undertake the true path of the Spirit, Master Kuthumi suggests stopping for 4 minutes, 3 times a day, for 5 consecutive days, to visualize the descent into the bodies lower levels of the



Light, that is, of the radiant energy of the vital current. The glorious pure energy of God, in which each electron contains the fullness of the Divine Plan, not only of the individual but also of the entire Solar System, flows incessantly, keeping precise count of each electron lent to the individual. In this sense Jesus stated: *"Be faithful in small things and I will give you power over the big ones."*



In fact, when the Holy Christic Self is invoked by us and is asked to make available the conscious use of all the powers of our Being, He takes note of our intent in using the energy of God and verifies our suitability to be a conscious guardian of that precious flow.

The energy used daily by the average man corresponds to only 10% of the quota assigned to our existence, therefore the Christic Self verifies whether during a single hour of the twenty-four days, the radiant energy that reaches us clean and uncontaminated, is qualified only with Divine Love. According to Kuthumi, this verification evaluates the truly enormous responsibility that every individual has to be a dispenser of Vital Light.

Master Kuthumi reiterates that those who desire the full use of all the energy of their life flow must make a concerted and conscious effort to cherish the life that flows within them every hour. This involves controlling impatience, agitation, irritation and thoughtless words! Pursuing and maintaining what Lord Maitreya defines as the emotion of "rest in action". Only then can the Holy Christic Self, observing the correct use of talents, double their qualities and make them manifest so that, thanks to Divine mercy, we feel supported in improving our ability to dispense, in a constructive way, the small batch of Life that God has given us. In this regard, it is always very important to constantly ask your Inner Presence for complete assistance in receiving and managing the incoming Divine Light.



## THE PURPOSE OF THE DIVINE PLAN



### THE TRUE REALITY

Master El Morya states that the external world is only a photographic plate of sensitive "ether", that is, a mirror of the thoughts and sensations of humans which constantly fluctuates in relation to the oscillations of the processes of thinking and feeling, which move in the mind and in the heart of mankind. This image, although fleeting, is perceived by the senses and is what humanity mistakenly calls "reality". In truth, there is an internal world that never changes, except to expand as a greater Perfection, through the expressions of Nature (mountains, seas, flowers, etc.). Even through any person who has stopped generating human thoughts and feelings, the world of the Real pours out its image, thanks to which the vital flow of Divine Reality is imprinted on the substance of the planet.



Those who wish to receive Pure Light from the Presence and automatically transform the Essence of Life into Beauty, Opulence, Peace, Harmony etc., must therefore first recognize their lower self as an agent of distortion and subsequently gain **mastery** of the **SILENT** human self, in so that the Inner Presence begins to manifest itself and the world of Reality expresses itself. According to Master El Morya if the human self is not immobile, the Divine Creator within the individual is not able to project the True Image of his own Reality from the inside out, because every impulse from the "I AM" Presence is distorted by the numerous human productions, which they break the pattern. However, **those who feel the need to express the Will of God**, which is the image of the Real, will be helped by the hosts belonging to the First Ray, to support this ordered and Divine State of Essence.





## THE BEAUTY OF GOD'S PLAN



The Great Divine Plan is extraordinarily wonderful because it includes a corollary of peace, harmony, happiness and rhythm. For the Ascended Masters it is therefore dramatic to see millions of people living in dirty shacks, while the Energy of Life is waiting for them to perceive and realize the true model of existence that is in store for them. According to these sublime Beings of Light, the hour of fulfillment has indeed come and humanity will soon be forced to look to the Divine Architect and to use the Force of Nature as foreseen by the Divine Plan. All the Elohim are consequently eager to witness the manifestation of God's Perfection on Earth and Master Serapis Bey is ready to grant at any time any invocation dedicated to the expression of God's Beauty on this Planet.



The Elohim are the Cosmic Builders of the Planet and perform a precise service that deserves to be known especially if revealed by Lord Vista, Elohim of the Fifth Ray.

According to this Sublime Being, since the fulfillment of the Divine Plan is Ascension and the Elohim represent the Divine Intelligence that leads to Ascension. They are closely connected with every individual who seeks to achieve the Consciousness of an Ascended Master. In fact, when an individual undertakes the Conscientious Path that leads to Perfection, he enters the current of the Electronic Force, which is nothing other than a conscious Gift offered by the Elohim Builders.

As the Electronic Light is released daily on the Earth Plane, there is **an ascending flow of Electronic Light which daily carries all the aspiration and all the Consciousness of that part of humanity which is looking upwards**, with which one can consciously tune in and be attracted by the momentum of Divine Energy. The evolution of human Consciousness proceeds thanks to the pressure that the Divine Light exerts, through the



Inner Presence "I AM" and this Ascending Flow can strengthen the aspiration towards the Divine, to the point of disconnecting the individual from the terrestrial pressure and allow it to flow freely into the Higher Flow of high-dimensional Energy.

Vesta revealed to us that any Master who has achieved Ascension is consciously attuned to this River of Force created by the Elohims, which is comparable to a Cosmic Escalator capable of transporting the Consciousness of man, which desires to return to God towards the Source, the only true destination desired by the heart.

**What an individual keeps in his consciousness is the cause of what is reflected in their physical appearance and in everything that surrounds him**, which in turn corresponds to the effect generated by the Inner Cause. Those who therefore feel motivated to create works of beauty and perfection must tune their energy so as to become a channel, through which the plans, models and Divine Forms are realized. By arranging yourself just as if you were inviting an excellent musician into your home, you allow the Beings of Light and the Builders of the Form to enter the consciousness of unascended individuals and create Their Perfect Patterns, enriching individual human consciousness in an unlimited way.



Master Serapis Bey explained that the Builders of the Form and the Great Angelic Ranks, while remaining mostly invisible to physical sight, constantly operate in the realm of creative thinking and feeling, dedicating themselves to the evolution of the perfection of art, architecture and every manifestation of beauty and harmony. Such Beings, being true individualizations of God, can build in the individual consciousness forms of Beauty, inconceivable to humans, which can find expression in the physical world, only through the call of the consciousness of a non-ascended individual, who becomes a transformer of energy (i.e. it makes it denser, therefore perceivable). Their constructive and creative talents could not achieve manifestation without the collaboration and partnership of an unascended being.

Master Serapis Bey is also keen to point out that, if the Internal Cause that dwells in Consciousness is removed or transmuted into a Divine Idea, it is impossible for the individual to remain in the physical world, just as it is impossible for any earthly fact to manifest itself, without there being an Internal Cause in someone's consciousness. Given that for centuries humanity has been constantly emanating an energy opposite to the one foreseen by the Divine Plan, it is essential that the pressure implemented by the **Ascending Flow of Electronic**



**Light** intensifies, in order to bring humans back into the rhythmic pulsation of the Plan of Divine Love.

### THE RAY OF BEAUTY



The Ascended Master Lady Venus emphasizes that all the matter that constitutes the physical world is energy, that is, Intelligent Light that responds to the direction expressed by the Creative Flame that is within the heart.

It is therefore a question of speaking directly to the substance that surrounds us and through the creative word "I AM" ordering it to express Beauty and Perfection. The secret seems to lie in learning to command the physical world, to express the Beauty emanating from the Divine Plan.

Those who wish to attract Beauty into the physical world for the Glory of God must therefore realize that since this is in accordance with the Divine Plan, it is also in harmony with the Infinite, which activates itself to complete a natural activity which reduces the tide generated by sinister forces. This also pushes the individual upward, in the direction of the dawning Age of Perfection. Also according to Lady Venus, the mental and emotional world of the individual constitute a constant flow of energy, the frequency of which corresponds to the keynote of every individual life. Therefore, **to have beauty around, the individual must accelerate the vibrational level of his own life flow, so that the exquisite beauty that vibrates at the same rhythm is drawn onto him.** This attracts both above and below.

Love is the Cosmic Cause. Beauty is the natural effect and result of Love. However, Beauty in itself becomes a cause, because beauty is contagious, stimulating and satisfying for the soul and is one of the natural qualities of Life. Venus claims that the Ray of Beauty is Crystal-colored and that it has the highest vibrational speed compared to the seven shades of Spirit (the Seven Rays). Beauty and Love correspond to Perfection therefore, the higher the vibratory action of one's vital current, the greater the Beauty expressed by the individual in their environment.



According to Lady Venus, through hearts that crave Beauty, human beings will be helped to understand the Law according to which it is possible to be surrounded by the gifts that this System of the Planets can confer. **Knowing how it is possible to sustain a high vibratory action in the lower bodies will ensure that the greater potential Beauty of the environment might be fully available.**

The individual who wishes to be a focal point for physical Beauty must therefore remember that, if the vibratory action of his own life flow is not authentically high, obtaining power through an effort of will not lead to lasting results. The secret lies in contemplating the Flame located in the Temple of the heart, maintaining a sufficiently high level of vibration, so that it can support the gifts that the Masters of Light entrust to our custody. Anyone who desires the help of Lady Venus, known as the Goddess of Love and Beauty, will therefore have to increase the vibratory frequency of their lower bodies and invoke her presence with a sincere heart.

From everything explained so far, thanks to the voice of some Ascended Masters, it is clear that the true purpose of the Divine Plan for this Galaxy is the progressive Ascension of all life forms and that the sincere and intense collaboration on the part of humans not ascended with the Brotherhood of Light, offer the Ascended Masters the opportunity to speed up and make less problematic this long and painful period of transition, which Planet Earth is going through.

## **THE QUALITIES OF MERCY, PURIFICATION AND AWARENESS REQUIRED BY ASCENDED MASTERS TO REACH THE GOAL OF ASCENSION**



### **THE CONSTRUCTIVE VIBRATORY ACTION**

Just as a radio is able to receive and transmit programs on certain wavelengths, the development and ability of individuals to consciously control the wavelength of their own



vibrations determines their ability to contact the Higher Octave and receive accurate instructions for realize the Will of God on the three-dimensional plane.



Human beings have not yet experienced to what extent, using constructive vibratory action, they can become Masters of the context that surrounds them, supporting the currents necessary for connection with the Higher Realms, within their bodies.

At Ascended Master Retreats individuals spend many hours experiencing their ability to create a vibration in solidarity with their Higher Self. In these phases they are assisted by music, perfumes, images and talismans of various types, which favor the achievement of vibration, similar to the particular frequency they are trying to activate within themselves. Subsequently, through the senses (sight, hearing, smell and touch), the internal bodies try to vibrate at a speed similar to that of musical, olfactory stimuli, etc. and with the assistance of the Retreat Masters, their lower bodies are guided towards the specific vibration, which allows them to connect with their Higher Self, who will later become their instructor.

On the earthly plane, the vibratory action of each student differs depending on individual development, therefore during earthly meetings, it is asked to merge all this multifaceted vibration into a pulsating rhythmic wave, making it consonant with the Master who is invoked, so that he instills the His effusion. Individuals in tune with that Master, and his nature, will find it very easy to participate in this frequency and will reveal that they hold within themselves the strength to uplift others. However, other individuals will find it almost impossible to tune into that frequency, because their development lies along another type of vibration. The challenge is therefore to show to the sensorial world, sufficient inspiration to stimulate, above all, the Emotional Body, to empathize with the Ascended Being who is invoked by the non-ascended group at that moment.

In such places the invoked Master therefore undertakes to constantly direct His Cosmic Currents towards the internal bodies of those present, in order to assist them in the awakening process and enable them to contact the Higher vibration to which they are addressing. All this is done with the aim of making humans understand that the outpouring that proceeds from their hearts towards other living beings helps to increase the vibratory action of their fellow human beings.





## THE FLAME OF MERCY



According to Lady Kwan Yin, directing attention towards the Flame of Compassion turns out to be of great help in sweeping away ideas or concepts deeply rooted within the etheric bodies, which prevent spiritual seekers from changing their beliefs about things and people. Simply step into the Flame of Mercy and ask your Holy Christic Self to bring Light to any controversial situation. According to this Master of Chinese origin, it is sufficient to open your heart and perceive the world through the frequency of the Sacred Essence of Mercy and Compassion.

To facilitate the removal of mental and emotional traffic jams, the Beloved Lady Kwan Yin urges you to visualize yourself immersed in a tranquil lake (the Lake of Mercy), made up of shiny water from which an intense Violet Fire emerges, letting your Consciousness expand and transform into a carpet of flowers. Kwan Yin explains that the radiation in the water absorbs the hue which is composed of the holy and protective radiation of the Green/Blue Flame and the Pink Flame of Truth. When using the Flame of Mercy, it therefore seems best to visualize the Sacred Violet Fire enriched by water-like radiation, so that by serving together with the Ascended Beings, it is possible to release enormous currents of the Flame of Mercy for the redemption of the Earth. In carrying out these visualization exercises, it is essential to always keep in mind that there is no other Power than God and that imperfect appearances have no real power, as they are a mere exhibition of human consciousness which is limited.

At this point, Kwan Yin warns us about the tendency implemented by some non-ascended researchers: *"When the consciousness is sufficiently advanced and has entered the Cosmic Consciousness (that which is found in the Heart of the Presence "I AM"), the unascended individual is not separated from any of the Perfect Beings, therefore he can be led to believe that it is no longer necessary to ask for help from the Brothers and Sisters who make up the Spiritual Hierarchy, thinking that it is better to contact his own "I AM" Presence directly. In truth the Ascended Beings have renounced Nirvana to help all the evolutions of Planet Earth for a specific reason."*



If it is indeed true that invoking the “I AM” Presence at all times is very important, it must not be forgotten that the Consciousness of the majority of non-ascended individuals is like a small chalice of Light that contains the Gifts of God. Through the invocation of the Individualized “I AM” Presence, followed by the request for assistance from the Cosmic and Ascended Host, instead generates an enormous release of energy coming from the Cosmic Reservoir, which it would be senseless not to savor, for a subtle question of “spiritual pride”.



**The truth never changes, but human understanding expands based on the capacity for mental acceptance and the ability to enter the Heart of Cosmic Consciousness,** where all Perfection can be reached and obtained by all human beings. Lady Kwan Yin therefore urges us to remember how Mercy is actually Love, Compassion, Charity, Grace, Understanding and Tolerance in action and that the expressions of the Mercy of God's Love towards his children are infinite and innumerable.

It is therefore fundamental that this sublime Master of Compassion walks on Earth through authentic spiritual seekers, so that the Flame of Mercy frees humanity from every imperfection and the state of peace with all Life is achieved.

When we consider the unrest that exists on this Planet, we certainly realize up to a certain point the extent of the service that must be given, to prepare the Earth for Cosmic Change. Yet even the Ascended Masters reiterate that **no delay in Consciousness can be tolerated in privileged seekers, who represent the Spiritual Hierarchy on the earthly plane.**



## THE IMPORTANCE OF RESERVING REVERENCE FOR LIFE

Master Lanto claims that since it is not possible to separate the vital energy from the Creator, recognizing the power within the Immortal Flame that is in every Individualized Intelligence, regardless of how degraded the soul may have been, it is possible to get closer with greater ease to the Divine Light, since for God, Light and Life are One.

Ascended Beings know from experience that the same Life pulsates in the hearts of all who belong to this evolution, and that Life is not only a process of redemption, but the expansion of the Precipitating Power of Perfection into the world of forms. **The task of humans therefore consists in accepting the joy of having a beating heart, within which there is the current of vital energy that has been given by God.**

Lanto also highlights how in the Higher Realms everything follows the **Divine Order**. As the Earth enters the phase dedicated to the seventh era and the seventh ray, all the activities of this era will therefore take place only if they recognize and respect the Divine Order. **Order is the first law of Paradise** and according to Lanto, given that from the Great Silence a Being known as **God of Divine Order** has emerged for some centuries, known by the Ascended Kingdom as **Prince PRINCIPA**, He can be of great benefit to the humans who invoke him. This Great Being first became available when “the **latecomers**”<sup>1</sup> arrived on Earth and disorder began to manifest on the planet. He is therefore very effective in helping human beings bring Divine Order into personal affairs, emotional reactions, the mental world, the physical world and everywhere else.



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<sup>1</sup> The latecomers are beings who, due to their discord and greed, were left without a planetary home when millennia ago, their planet, located in our Solar system, exploded following a nuclear catastrophe. Since no planetary system was willing to receive and re-educate them, they were welcomed on Earth in the time of Lemuria by concession of Sanat Kumara, who hoped to redeem them. In reality they have brought havoc and disharmony for millennia, corrupting the evolving human races and distancing them from their connection with the Divine Inner Presence.



Master Lanto ensures that by invoking Lord Principa before undertaking any project, everything needed will be made available very quickly and that any design will take place smoothly and according to Divine Order. Lord Principa also intervenes to remove the dystonias of the human mind and emotions that are not in tune with the Divine Order, so that individuals can better focus on achieving their goals and expanding the Holy Christic Flame.

For all this to happen, however, it is essential that the Law and the essence of this Lord of Divine Order flow into everything to which one is dedicating oneself.

### **THE SUBSTANCE OF THE ASCENDED "VERB"**



Too often we forget that the words of the Ascended Masters are an expression of Their existence, contain Their Consciousness and Their very Self and that they are given with great spiritual generosity, according to the Dispensation of Cosmic Law. In truth, up to now these great gifts have only been given to a "handful" of people, hoping that such words would be transformed into a job well done, emotionally, mentally, etherically and physically.

In other words, although the Immortal Triple Flame of Eternal Truth located in the heart has made a vow to God and to some Masters, to carry out a specific service in this world of forms, obstacles may arise during the realization of the mission. If in fact it is very easy for the Immortal Triple Flame of God that resides in the heart, to swear to collaborate, for example, with the World Project of the Beloved Saint Germain, the external self, with its etheric memories, its mental concepts, its emotional tendencies, is not always completely cooperative with this Spiritual Vocation. As a result, a battle ensues between the pressures of dedication to Cosmic Service and the surrender of the personality (external self) to God, or to a specific Cosmic Master.

For this reason, in some parables Jesus had underlined the difference between the 'seed' thrown on shallow soil or on rocks and the seed thrown into good earth, which grows and produces the harvest. The intent was in fact to teach people to train their lower bodies to conquer the spiritual vocation of their external self. With this purpose and for greater clarity,



Master Sananda adds to the matter by recalling the Seven Steps of Creation (or Precipitation) which should be followed with consistency and perseverance.



Let's summarize them briefly:

**FIRST:** be willing **to do the WILL OF GOD** with joyful humility (remember that humility does not mean being submissive)

**SECOND:** be willing **to PERCEIVE GOD'S WILL**, that is, what He wants to be done, listening and listening again to the "quiet inner voice" or that of the Ascended Being who chooses to offer his assistance.

**THIRD:** Be deeply motivated to learn how **to truly LOVE God, the Ascended RANKS and the Angels.**

**FOURTH:** be willing to develop an absolutely PURE motivation since it is the **PURITY OF INTENT** that determines the effectiveness of the works of the unascended.

**FIFTH:** be willing **to CONSECRATE one's own feelings to the Divine without reservations**, while seriously considering how impossible it is for the individual to take back these feelings and express through them the emotional experiences of the external self, such as depression or anger. For example, if one were to consecrate one's body of flesh to the Divine by saying: "*Lord, without reservation this body of flesh is yours.*" the Master could reply: "*Well then we will walk without reservations on all the Continents...*". We must therefore realize the commitment required by the Ascended Beings in making themselves available for a sincere consecration, because for them this means **giving EVERYTHING OR NOTHING**. This point is the most critical to address, because it coincides with the willingness **to offer Sacred Surrender**, a quality that generates the power to conduct all the radiation of the Master's Presence into the material world. In this regard it is good to know that the Ascended Masters usually use the terms 'physical world' and matter' as synonyms, as they represent the basic substance of the different spheres of existence present on Earth.





**SIXTH:** be willing **to DEAL WITH HUMAN BEINGS** until the service you promised to offer is finished.

**SEVENTH:** be willing to believe in the drive to learn the most effective way **to attract, through invocation, the Grace of Heaven on Earth**. The more the individual gives to the Angelic Rank honestly, without fear and without regret, the easier it becomes for Them to utilize the unascended and reduce the distance that separates individuals from Ascension.

### **GAINING THE AWARENESS OF DIVINITY**



Our consciousness is made up of the sum of our thoughts and feelings. Just as '*a split house cannot stand*', an individual who separates himself from the Divinity of his being, cannot proceed in the search for his Eternal Freedom, until the lower self, which has "divided" itself from the Cristic Presence, does not decide that you have had enough of 'living separate' and with humility, dedicate yourself to the fusion of your lower vehicles, bringing them back to being in consonance with the Vibration that is typical of the abode of the Inner Christ. No mastery can be achieved if the home is divided by the interference of imperfection, which offers at all times an open door through which sinister forces can enter and express themselves.

Those who have made the Cup of their own Consciousness available and offered it to the Ascended Rank can enjoy the fact that Cosmic Law requires the Ascended Masters to fill that cup to the extent that it is possible for each subject to understand and absorb. Saint Germain states that when the vibration of Pure Divine Love rises from our hearts towards any Being who dwells in the Kingdom of Heaven, the chosen Master immediately perceives the Flame of Gratitude within Himself and reciprocates that Love by amplifying its intensity. By doing so we raise our Consciousness to that of the Master, with such a deep and sincere love, to the point of being able to welcome this Sublime Being into our existential center.



In inviting the Ascended Beings and the Cosmic Rank to fill the Consciousness with the Truths that are part of Their Individual Consciousness (i.e. with the impetus of the virtues that they have chosen to animate for the enrichment of the Consciousness of the Whole), the individual does not ascend raises one's Consciousness to a level where enormous possibilities become available. By accepting these Divine Virtues, the subject lets them become part of his own being and acquires the ability to handle the Sacred Fire and increase the Perfection of the Universe. Through the Divine Alchemy of the Sacred Fire, any type of dystonia can be immediately replaced by any of the divine virtues that have been stored within one's Causal Body and by doing so the individual extends the Boundaries of the Kingdom of God, which being the Consciousness of the Cosmos, devoid of any limited periphery, proceeds everywhere, from expansion to expansion, until it comes into contact with the Beauty and Fragrance of God's Love.

The Library of Consciousness of many researchers of the imperishable Truth is in some cases full of precious instructions, which in the past had only been given to initiates in the Physical Retreats of the Ascended Masters and which recently, due to the vibrational acceleration of the Planet, have been presented to everyone in simple language, to urge humans to strive to reach their Consciousness and become a part of it as quickly as possible.

However, Saint Germain underlines that before raising one's state of Consciousness it is necessary to realize that everyone carries their own *wavelength* or vibratory action, which reveals which ray you belong to, but can interfere with your search for inner connection. It is no coincidence that only when one is sufficiently advanced and able to enter deeply into Cosmic Consciousness, one actually achieves harmony with the vibration levels of all the Rays and is no longer disturbed by the vibratory actions of others.



According to Master Kuthumi, the individual should also understand that all the lower bodies (mental, emotional, physical and etheric) are the servants of the Holy Presence that created him, which gives him intelligence and vital essence. When the conscience knows how to constructively entertain both good and evil by alternating them, neither the positive nor the negative are fully expressed. The individual Consciousness should in fact reach the awareness



of being like an intelligent focal point of Life, which uses intelligence and free will to create and direct its own life program.

Each person should therefore return to the Inner Presence the authority to use and control thoughts, feelings and actions with what the heart deems to coincide with the thoughts, feelings and actions of the Christ essence, until gradually these sheaths are trained to serve Him.

Again, according to Kuthumi, individualization is the great Gift of God, and the fact that any intelligence generated by the Creator achieves the awareness of 'being' has more importance than any activity, motivation or experimentation that the individual aims to carry out.

The individual whose Conscience "on the fly" seizes the opportunity to forgive some transgressions of the law and some injustices suffered, thanks to the correct use of the Violet Flame and the Cosmic Law of Forgiveness, therefore becomes ONE with the Nature and the Feeling of Flame of Mercy, which responds with immense joy to the invitation to transmute the errors of humanity, every time it is called to act. The intelligence within the Transmutative Violet Fire is called **Beloved Holy Amethyst** and its first activity, when invoked, is to express gratitude for the opportunity to serve life and liberate it. If seekers in their sincere desire to experience the full effectiveness of the Violet Fire of Divine Compassion (which erases individual errors and those of all humanity), **asked to FEEL the Intelligent Consciousness of the Violet Fire itself**, they would greatly accelerate the power of the Divine Alchemy in their home and work environments.

The Beloved Master Saint Germain however assures any sincere seeker; "*...I will fill your Cup with sincere gratitude, as long as you remember that life is ONE, and it is your responsibility to share your Consciousness, with the world through radiation, or with your traveling companion on Planet Earth, until his cup might overflow.*"

## Lorena Di Modugno



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## UMA- THE UNIQUENESS OF THE SOUL MESSAGE

by *Nadia Magnaghi*



*I take you with me to a world beyond the material,  
I'll tell you about my gift: translating the invisible for the evolution of souls.*

### INTRODUCTION

UMA contains within it a meaning that distinguishes it. Going beyond its expression of pure visual graphic art, each UMA contains a frequency that transfers a specific and unique vibration at the precise moment of its creation.

UMAs are vibrational activation codes for our Souls.

My name is Nadia Magnaghi and I thank this place of dissemination of knowledge, which has dedicated the space to be able to tell you about my experience, show you and disseminate the quality of my gift, linked to the subtle planes of existence and the universe.

As we travel the path of our life, we have more and more proof of the fact that awareness is the cornerstone for our personal evolution, and everything that can support us in increasing it plays a fundamental role.



The purpose of the UMA is to open new doors to your awareness, to the acquisition of that Consciousness in tune with our true nature as Soul and Light beings, our true Divine Essence.

Speaking of awareness, I can only share the path of my consciousness as I proceed in this life experience. A journey that led me to rediscover, in that range of irreconcilable opposites, my true center, the center of my heart and in the vision of a new dimension inside and outside of me, in the duality of existence, rediscover my true essence.

UMAs are a journey towards a new UMA-NA (HUMAN, n.d.t) dimension.

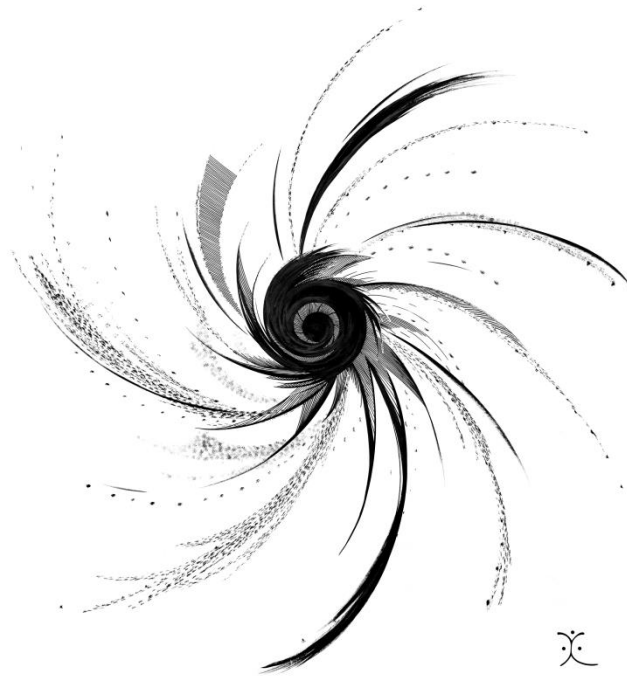
I wish you may continue, managing to go further, until you reach beyond the borders, and then return to your center, the meeting with your Soul.

Have a good trip.





## THE BIRTH OF THE UMAs



### LA GENESI

UMA SPIRITUAL ART

Since I was a child, I perceived shapes that did not belong to this dimension, visions that I didn't know how to share with those around me. My small age, the lack of close support, did not make me feel equal to others and led me to live in incomprehension and loneliness.

At 15, due to a car accident, I had a near-death experience that allowed me to experience omniscience. Words cannot contain the feeling of belonging and presence to everything and to the infinite. The body does not exist and you are pure essence, pure spirit. Ecstasy is the closest word to what I felt.

Lucidity, clarity, everything makes sense and nothing has weight.

And if before this experience I already felt different and out of place in the world, afterwards the social and relational discomfort was even stronger, despite this, my unawareness took me further and further away from what my Soul already knew and perceived about world of the infinite, to the point of managing, in some way, to temporarily close this channel.

The path I chose to undertake, from here on, was a sequence of all those trials that immersed me in the ocean of polarities, experiencing its manifestation through painful and traumatic experiences, internal conflicts and external battles, from parental betrayal to relational exploitation and manipulation, from experiencing the impossibility of becoming a mother by welcoming family solitude, to fighting for 30 years in hospitals against the highest and



unacceptable inhumanity wrought on the pain and illness of human beings, whom I cared for in their suffering and fears , relating every day to physical death and accompanying them in the passage, until I clash with justice, tried in courtrooms where they unjustly judged me for crimes I did not commit.

A path of continuous search for the superior meaning to every pain inflicted on me led me to learn from suffering. Overwhelmed by desperation, at the height of this psycho-emotional malaise, where separation and conflict no longer found any explanation or reason to exist, they, the UMAs, arrived to save me.



In 2012 my visions were reactivated so intensely that I was literally projected into a wonderful kaleidoscope world.

Right at the threshold of that thin border between life and death, where physical and mental limits are put to the test, the focus of my attention progressively shifted towards the inside of myself, a work of self-observation aimed at development and orientation of the abilities that more closely concern the sphere of intuition.

Fortunately, a new journey began for me, the true journey, towards listening to the call of the soul, where from every seed of suffering a new flower of Consciousness was born.



## MANDALIC FLOWER

UMA SPIRITUAL ART

I closed my eyes and continued to see, bright flowers appeared to me like flashes. A sequence of pulsating fluorescence reached me, expanding in the center of my forehead.



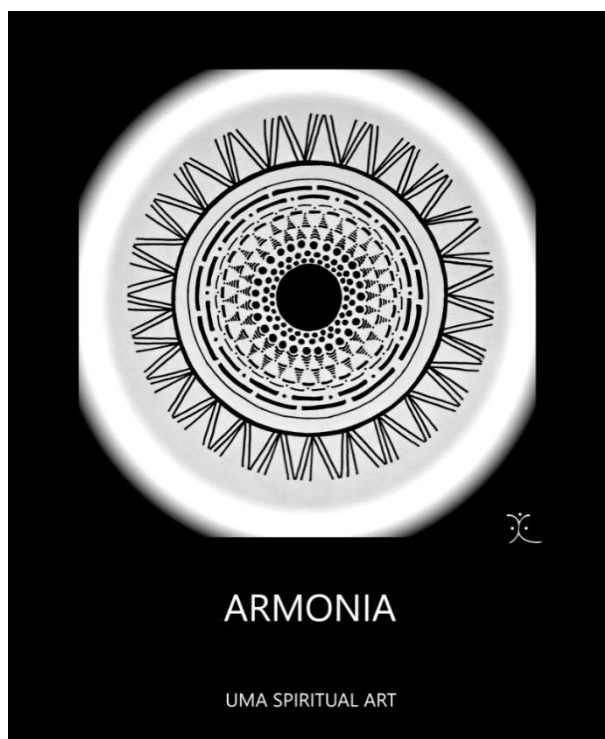


I would close my eyes and continue to see, wonderful geometries, crystalline lights, mandalic shapes and symbols now accompanied me daily. And this time, without being afraid anymore, I allowed all these luminous forms to guide me to discover new dimensions and manifestation of cosmic forms.

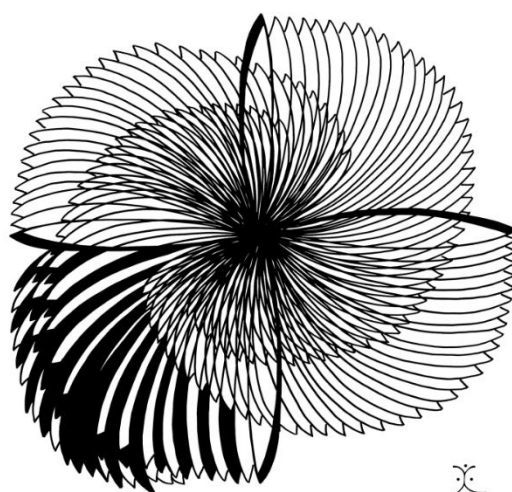




More and more fascinated and pervaded by their brilliance, I began to feel a drive, the desire to show others what I saw and all their beauty. Thus I found myself creating a whole sequence of geometries freehand without using any precision instrument and starting from small dimensions and simple shapes, the more I let myself flow freely, detaching myself from the thought form, simply letting myself be guided and transported, and the more their manifestation it intensified, expanded and developed with graphic perfection.



So, I began to cultivate the flowers of life.







In the garden of my Soul everything begins from any white sheet. I observe it, the boundaries around me vanish, and always starting from a central point, the centre, I let myself be immersed in the images and the lines take shape spontaneously, as if enveloped by a flow, in a passage channel between different dimensions. I don't know a priori the structure that will appear, I see it too when I feel I have to stop, leaving me amazed and fascinated every time by the new geometric shape and its harmonious perfection and beauty.



They expand through me, becoming an instrument on which to lean and proceed, integrating the development of that flow that could manifest itself from the center and return to the center, giving me vital relief.



## PORTALE

UMA SPIRITUAL ART



Entering more and more into that sacred space, I began my journey of meditation, deeper listening and conscious research, little by little experimenting with the ways in which my being vibrates and reconnects, in harmonious resonance with all the geometries that I was creating, in resonance with myself and the universe around me as a single pulsating organism.

An indescribable stillness pervades my entire being when I paint.

The drawing is the beginning of a period of exploration of the world of mandalas, meditation, sacred geometry, universal symbolism, the connection with the science of the elements, quantum physics, and above all a period of deeper listening to my feelings and my intuitions. The meeting with Masters and special friends helped me to understand and integrate the quality of my gift and the realization of my being.

The courage to change was the main requirement so that those forms of energy could operate which acted as a principle of transformation and integration of my evolutionary form, first rooting in me the necessary energies for evolution, to then be able to transfer them in purity onto the Earth.

Receiving and welcoming a gift as a consecration and realization of my true identity, becoming an antenna of the universe, a chalice that receives, transmutes and gives is an honor for me. Being able to share it while respecting its Sacredness is a joy that brings me sustains in this existence.



## LA VISIONE DELL'ANIMA

UMA SPIRITUAL ART



It has been a long personal work, and continues to be so, where I learned to manage the boundaries of the mind, drawing strength from my center and unity.

By developing acceptance, transcending suffering, orienting myself and developing a healing process within myself, learning to recognize the limits of the mental form, I have acquired the confidence necessary for the next step: the development of the sensitive ability that allows me to connect with the Souls of the world and in a neutral way transfer and give them the harmonious energies in support of personal evolutionary consciousness.

Receiving, recognizing oneself by integrating and interacting with one's own UMA means reconnecting and evolving towards the design of the Universe contained within us.



## AHINA

UMA SPIRITUAL ART

In addition to the manual graphic creation, as a contemplative and transcoding tool of the specific frequency to support the new balance, the recall of the word was a further enrichment, my sensitive perception is completed thus also integrating help for our minds, giving the inspired interpretation as a translation of the intrinsic message of the channeled form energy, shifting the focus on the observation and selection of one's thoughts towards listening to one's inner voice, respecting oneself, others and the world.

I called them UMAs - the UNIQUENESS of the SOUL MESSAGE (in Italian is UNICITA' del MESSAGGIO ANIMICO) - because each of them contains a MESSAGE for our SOULS.

It is a UNIQUE and unrepeatable MESSAGE in the exact moment of its creation, just as UNIQUE and unrepeatable we all are in our radiant manifestation.

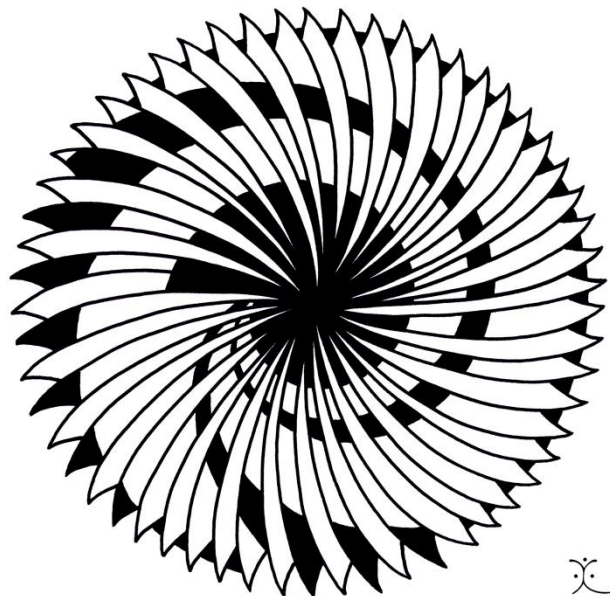
The UMA allows you to see and reconnect to this UNIQUENESS.

The UMA is the vision of the true UMA-NA dimension.

## THE JOURNEY INTO THE HUMAN (UMA-NA) DIMENSION



UMAs are geometric shapes belonging to the universal symbolism that reveals a timeless truth and pushes men towards self-transcendence.



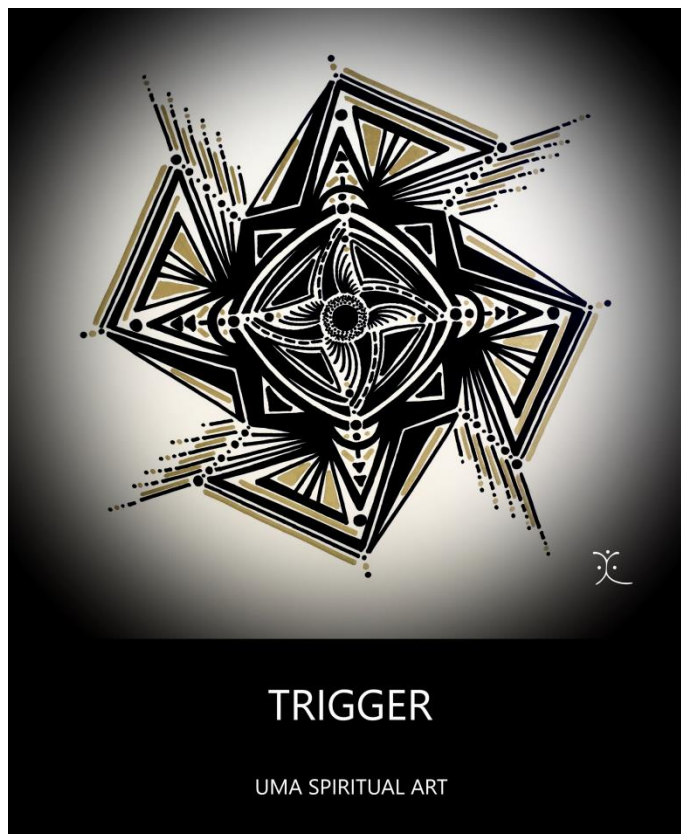
SPIRALE GRAFICA

UMA SPIRITUAL ART



They are structured and codified forms through unique graphics, which contain a specific message for the expansion of consciousness.

They are unique multidimensional activation codes dedicated to the Soul for its evolution.



The symbolism represented in the UMAs is revealing of the cosmic structure and its keys, to be considered as the spiritual maps guiding human existence.

They act as a harmonization and balance tool for the passage that your Soul needs at a specific moment.

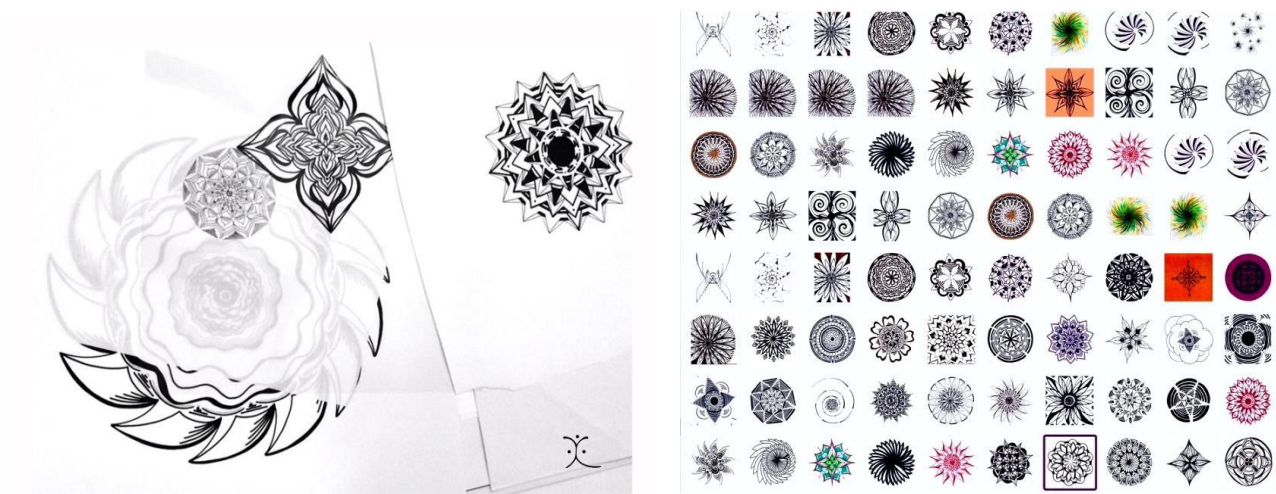
UMA is a message that goes beyond words and that creates a bridge between heart and mind, progressively dissolving the superstructures within our energy field, aligning and guiding what is present within us and which resonates with the highest harmony par excellence which is Love, supreme vibration and maximum creative force.

It is an energetic activator that moves your resources and energies, elevating your state of consciousness.

Receiving and integrating your new frequency form allows you to access your creative power with more harmony.

UMAs express themselves on multiple levels: there are graphic UMAs which, using two-dimensional geometric and symbolic language, transcode a frequency, manifesting the emission of the vibration necessary to restore internal order,





and the painted UMAs that transliterate vibration into material form as energy of movement in

expansion,

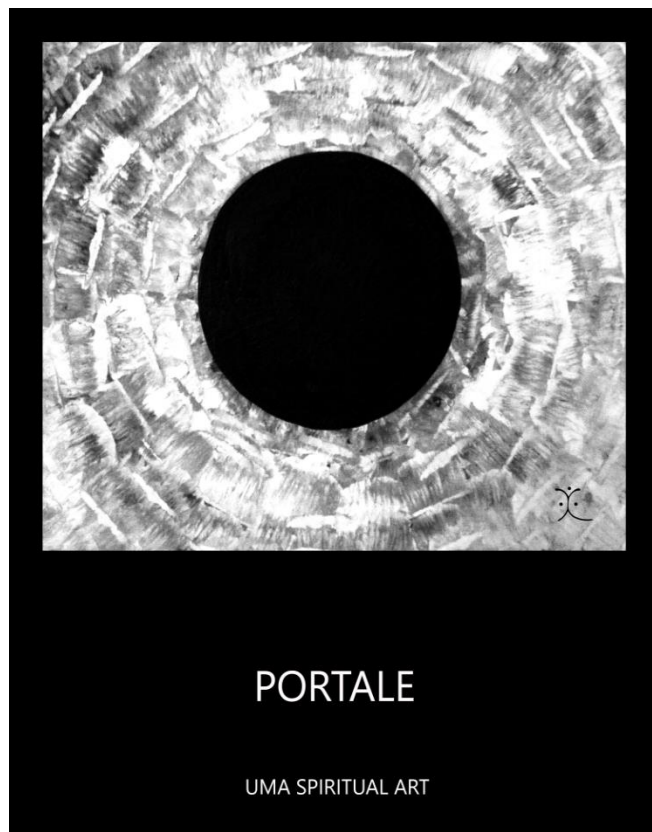




pulsation,



or the visualization of a portal.





The dimensions of the manifestation, the colors, the support bases, do not influence their power of transmission and frequency communication capable of transforming and bringing benefit to living beings.

UMAs are dimensional portals that act by resonance, operating on the realignment of the spiritual soul fabric. Your consciousness is encouraged to transition from a Beta state of alert alertness to a deeper state, whether Alpha (calm mind and relaxation) or Theta (deep meditation and inspiration), allowing you to increasingly re-connect with what is present within of you, the true origin of your essence and in your deepest feeling, rediscover your own visualizations, intuitions, true creativity linked to the subtle planes of existence and the universe.



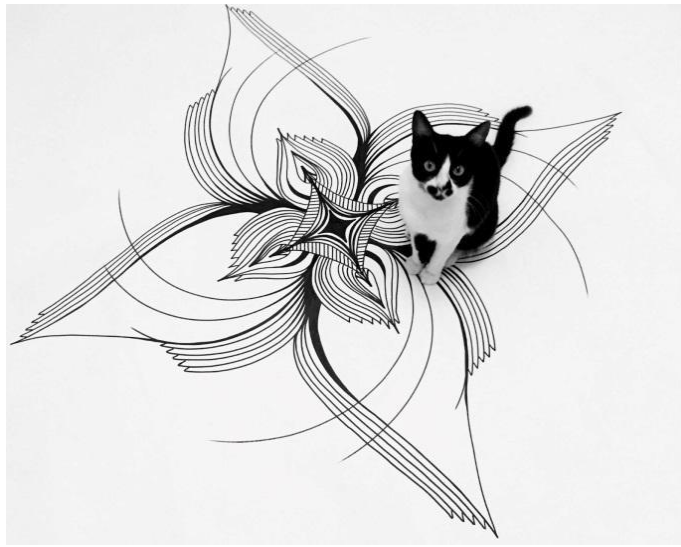
A further level and specific characteristic of my gift as a translator antenna of the universe, a chalice that receives, transmutes and gives, is that the UMAs operate on the individual, on the collective structure, and on the rebalancing of the spaces-environment, and not only that.





There are also the FURRY UMAs!

Yes, I call them like that, because even the frequency of animals near us can be made visible to anyone who wants it.





I distinguish", (I write it in quotation marks because everything is interconnected), UMAs that fall within the sphere of the UNIVERSALITY OF THE SOUL MESSAGE, from UMAs as a SINGLE MESSAGE for the single SOUL.

UNIVERSAL UMAs are the transcoding of a specific energy to support the planet and all people who come into contact with it. They are messages for the evolution of all humanity, supporting energies that carry within themselves codes of "nourishment" for the awakening of even less conscious people, receiving through telepathic and vibrational transmission a kind of initiation, small forms of illumination, which in this moment serves to bring grace, calm, tranquility and beauty into the structure of the Earth, so that the luminous form can continue to spread the structure of compassion, not only for those who already work to vibrate in harmony with their Soul and Mother Earth.



PERSONAL UMAs represent unique sacred geometry, channeled for each individual person as an expression of the Soul that speaks in this dimension through celestial mathematics.

It is the specific representation of your universe, of the inner world, of the deepest dimension in your evolutionary passage at a given point of your path.





It is the translation of the spiritual message that you need at the exact moment of its creation, to progress in evolution.

This language communicates through the unconscious to reach your deepest awareness. A shape, a graphic that creates an energetic vortex structured and coded uniquely for you, with the aim of activating a new way in your progress, so that you can free yourself from your own shadows, transforming and dissolving what is no longer useful and compatible inside of you.

They are the codes of your Soul.

UMA communicates directly to your most intimate part, using meta-language, works in the subtle, beyond the thought form, to provide you with a key that activates a push towards the expression of a new aspect of you and through the vision of geometry created, grasp the form of the transformation.

Being able to interact and integrate the new frequency, balancing your resources, leads to a renewed equilibrium, giving the opportunity to enter a sacred space, which allows vision, inspiration and listening to the language of your true Essence.

It is your path, it is the Mandala of your Soul, it is the map that belongs only to you and shows where you started from to where you can arrive in your harmonious development.



They are keys that activate internal order.

Thanks to your UMA you can progressively reach and experience a state of Harmony and balance, where the outline of what is inside and outside becomes increasingly clearer.

Looking at and observing your UMA several times may implement a process of alignment between the inner and the outer worlds, calming your mind, where the I, the identification of the personality, progressively agrees to the vibration of the heart, letting go and dissolving this. which is no longer useful, elevating the state of consciousness, changing the state of frequency, leading you to be more and more in resonance with the lotus expression of the Soul.

But where do these geometries come from? It may seem strange to you, but they come right from you... These messages come from your energetic emanation that wants to communicate to you, and make you understand which key helps you in that exact moment, in order to be in harmonious resonance with yourself.

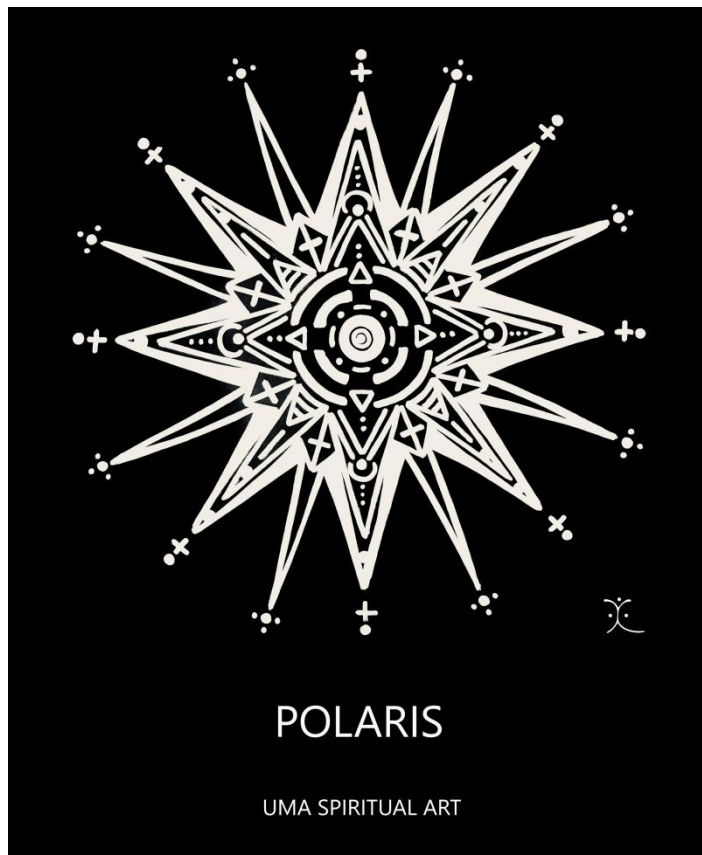
By moving away from our true nature, from our native temperament, we experience discomfort and suffering, but something in us pushes us to seek realignment. That something is our true essence that leads us to the transcendence of all visible material and the mental field co-created in the manipulative illusion of our thoughts.

It is our sensing that wants to help us.

A UMA translates that vibration of your essence into visibility with an active, therapeutic and harmonizing language, which wants to reactivate that balance towards its own centre, the true expression of your being and evolve towards the design of the universe inscribed in us, our soul mission.



### HOW UMAs DO OPERATE





All is One and we exist in total and inseparable communion with the Whole and we ourselves are that Whole.

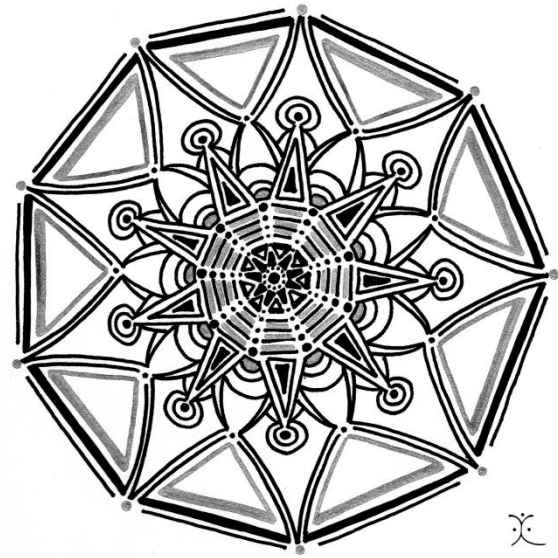
Everything is Energy and every observable manifestation is nothing other than a movement, joining, agglomeration and modification of energy that manifests itself in a Physical Reality which is nothing other than a Mirror, a reflection of what we believe and hold to be true, of what we keep in our hearts and minds. The Universe responds to what we are tuned into, because we ourselves are Energy of which our eternal essence is composed where death, an illusory state of matter, is a passage to different and higher vibrations.

There are no boundaries between the principles listed, which manifest themselves as the expression of a single nucleus of truth. A field where all the forces and particles of nature are united, like waves of a single ocean of existence, governed by a Universal Order.

The studies relating to the Golden Section, the Fibonacci sequence, Masaru Emoto's crystals, Cymatics, Quantum Physics, Sacred Geometry, all the perfection of nature that surrounds us, if we observe it carefully (for example, look at the beehive of bees), shows us how the harmony of the Universe can be expressed through structured figures and geometries. There is a mathematical and harmonious precision that regulates all forms of life immersed in an energy field that constitutes the Vital Force, fundamental forces that are created and supported through the mysterious power of the center where the evolution of all phenomena flows which manifest themselves according to radiant symmetrical shapes.

Every single molecule of life and every single cell of our body knows this neatly perfect pattern, where the cosmic matrices that are also enclosed in our DNA move. It is the pattern of creation and life everywhere that every particle recognizes and naturally tries to orient itself.

Beauty, regularity, perfection are the bases that constitute the structure of our Universe and are considered as the ingredients of the Universal Law of Harmony.



In every corner of the world, people have always used similar symbols and figures: the best known are the Tibetan Mandalas, the Indian Yantras, the Aztec symbols, the Gothic Rosettes of Western churches and the mandalic-based plants of Buddhist Cathedrals and stupas. These were used as instruments through which the subtle energy of the Cosmos is conveyed and transmitted in a form visible to all. They bring along messages of harmony and balance, and in the center, there is a fulcrum through which the energy is channeled and transmitted as symbol of the energetic force, through which the Cosmos was born from its center.

UMAs follow these same universal laws, as a vision of the Cosmic reality inside and outside of us, leading those who use them, to the visualization and full manifestation of the inner energetic source, helping to integrate, develop and maintain contact with their own center.

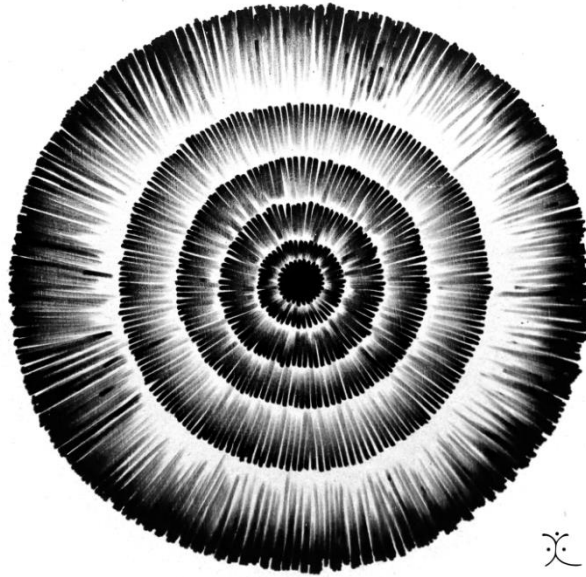
UMAs, both in the form of a geometric drawing and of a painting, are part of these same instruments: the symmetry, the perfection of the lines and the internal order that they convey, are high frequencies with a high vibrational level. When a person and the surrounding environment come into contact with UMAs, they benefit from their therapeutic and harmonizing frequency, because each of our cells recognizes this organization and in a neutral way tunes in and orients itself towards the direction of the wisdom of this natural order.

The vibrations they emanate do convey energy that unifies and heals, leading to self-orientation, shifting attention from limiting patterns on the physical, mental and emotional level, to the process of harmonizing the different polarities.





You can also inform water by holding your UMA under a glass bottle for at least 15 minutes. By drinking it, you will pass the information to the water that your body is made up of, or 85% of you. Masaru Emoto has carried out important studies in this regard, and quantum physics tells us in detail how information, and therefore vibration, is the fulcrum of everything.



## FULCRO

UMA SPIRITUAL ART

UMAs are frequency codes that subtly resonate with our soul, allowing us to recognize our true nature. We are multidimensional beings of light capable of experiencing life on higher frequencies, acting and interacting based on our state of consciousness.



## THE EXPERIENCE IN CREATING YOUR UMA



I always begin the session by asking the Universe to assist me in being a pure conduit, free from any personal judgment or projection.

I deeply thank the Higher Energies that guide me and the Soul in front of me, because it is totally trusting.

I perceive it clearly and respect it in a moment that I consider sacred.

I am thus enveloped by a powerful energy flow: I enter a channel of soul connection and let myself be carried away. Here I am immersed in luminescent three-dimensional forms that pulsate and move.

Guided by these Higher Energies and in full harmony with the person in front of me, my hand starts from the center of the sheet and line after line, freehand, reports on paper what I receive. At the same time, words of support flow through me to help you understand the message and let it fully manifest.

Sometimes it may happen that your fears and blocks slow down communication. My being a pure channel at the service of your Soul has precisely the function of unblocking these impasses and bringing the message to completion.

It is an energetic work that through me allows you to transfer the energy of both release and support for your progress.

Every time it is a wonderful experience.

I don't know the geometric structure that will appear and what I will perceive, say or do.

Seeing it being born always leaves me fascinated and feeling the change in the state of mind of the person who rediscovers and finds himself gives me the joy of the simplicity of existence and the right meaning of life.

All this thanks to sharing with you, your sensitivity and openness to listening to the call of your Soul.

**When is the best time to do a UMA?**



Always...Whenever you feel a block, a discomfort, an imbalance, anything that doesn't make you feel in touch with your inner harmony. We are constantly changing and each step involves a new vision of ourselves.

Use your UMA as a tool for contemplation, meditation, allow those energies to operate within you that support the passage towards a new balance, in communion with your Essence, open yourself more and more to the expansion of your true dimension of light because await us on this journey, there are higher dimensional planes.

The greatest joy for me is looking at the faces and listening to the words of those who have received their UMAs, a joy that regenerates me and supports me in spreading this precious gift.

**May your UMA help you reconnect with your native temperament through coherence of the heart and lead you to a renewed balance.**

**THAT IS MY WISH FOR ALL OF YOU.**

## **Nadia Magnaghi**



My name is Nadia Magnaghi, born on December 16th 1971. I don't like definitions and defining myself. I have learned along my journey to welcome and align my presence with the mission of my Soul, discovering that I am an antenna that receives and transmits messages from the Universe in support of planetary evolution. A container chalice that collects, transmutes and gives. Acquiring this awareness and presence was a long journey, not free from suffering and difficulties, in continuous search for the higher meaning of existence, in which I received the precious support of various Masters and Friends to whom I will always be grateful. I thank from the bottom of my heart the Higher Energies that guide me and my Soul that had the courage to rely on them. I honor the gift received and by

welcoming it, I manifest and share the Respect for its Sacredness.

I FOUND PEACE AND HARMONY IN MY DRAWINGS, I WISH YOU THE SAME

### **UMA-SPIRITUAL ART**

Nadia Magnaghi



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## SANDAHLIA

### *Sense and Meaning of a Saga*

by **Stefano Piroddi**



*"... I am the **Beauty** who is not afraid to utter her name..."*

This statement, uttered by a dancing priestess of the cult of the **Mother Goddess**, perfectly summarizes an **entire vision** of the world and of life, that of the Sardinians who, in the 3rd and 2nd century BC. opposed the repeated Roman invasion attempts. In these peremptory words there is all the pride of being a Woman in an era and place - Ancient Sardinia - in which every woman was considered a **living Divinity**. Vanity - the true essence of the Feminine Principle of the Cosmos. Far from being opposed or stigmatized, she was instead absolutely encouraged - in both men and women - as the engine of all things, the real force that leads every living creature to to fully realize itself, and every human being to make his/her life a **work of art**.

*"...Vanity makes **flowers** bloom and makes the **stars** shine...  
Vanity stimulates a **boy** to become a **Man**,  
and inspires a **girl** to transform herself into a magical creature:  
the Woman..."*

It is no coincidence that in ancient languages the word **Vanity** has the same etymology of Woman, Vagina, Swan. Just as the fact that the ancient Sardinian tombs were oriented towards the twelve stars of the **Cygnus constellation** is emblematic of an entire world... an indication of the place to which we will all return: the sweet and welcoming womb of the **Great Mother Goddess**.

Conversely, it is the **vainglory** that is stigmatized as a degeneration of vanity. If vanity is what drives us to realize our dreams, making us proud of our **marvelous originality**, vainglory is what instead delegitimizes these aspirations when ambition turns into an **obsession** capable of destroying those around us and the world. around us. In the Sandahlia Saga all the



characters - male and female, positive and negative - constantly experience this inner conflict, some emerging from it **strengthened**, others condemning themselves to a constant sense of **predestination** to defeat.

In a world with these cultural and spiritual foundations, **Women** and **Men**, who want to give meaning to their lives, try to standardize their lives respectively to the feminine principle and the masculine principle of the cosmos.

The Woman - **Living Divinity** - must embody the values of harmony, creative energy and sacredness in the worthiest way possible. These are the values on which the **Universe** is based on. And Man must literally let himself be invested, influenced, inspired by those values, so that he can ascend to the mystical role of **Guardian of the Sacred**. The male of the human species, who acts in a **self-referential** manner, therefore without a Soul, is the most dangerous being in creation. Instead, the man who acts within the framework of the Feminine Principle of the Cosmos will have given the most complete and profound meaning to the very essence of his own **virility**. "...

*"...the Woman is born a Goddess, but the Man can be a Hero..."*

The iconic image that best demonstrates this concept, moreover testified by several sources and various archaeological finds, is the Capanna delle Adunanze (**the Meeting Hut**) at the Sanctuary of Santa Vittoria di Serri, in Southern Sardinia, Italy. In this place, with a circular structure - so as to allow those present **to look at each other** in the face, without external manifestations of someone's pre-eminence over the others - the village leaders of the area met to decide the destiny of their territory when a natural disaster or a invasion from outside could endanger its existence. Well, this assembly of leaders and great warriors did not begin if at the center of it there was not the **sacred woman** who guarded the source of the nuraghe in the area. It was she, with her presence alone, who legitimized that **assembly: she alone** could decree its beginning, development and conclusion.

*"... she may not vote or even intervene,  
but it is she, the Shaman, who interrupts with a single glance  
the intervention of a warrior who is contrary to the laws of the cosmos  
or instead approves the speech of a Chief who is in perfect harmony with them.  
She inspires and guides the correct development of that sacred assembly..."*

In the world of Sandahlia, so strongly permeated by these suggestions, the women and men of ancient Sardinia follow a so-called **poetic vision of existence**, which is perfectly consistent with the very essence of their ancestral wisdom: everything is made of Music and that human beings are a **living melody**, three thousand years before quantum physics came to the same conclusions. In the Sandahlia Saga, the greatest divinity is in fact the Mother Goddess, the **Dreaming Absolute**, or rather the mystical synthesis of all the melodies of the cosmos.





Nuraghes, sacred wells, giants' tombs are nothing more than the **stone architectures** through which the Sardinians dialogued with the Absolute, managing to obtain from the Mother Goddess mystical **abilities** and divinatory, curative and creative **powers** through the sacredness of particular Rites.

*“...With his own words, dances and melodies,  
Man fecundates the melodies of heaven and earth,  
creating the en-chantment and making everything sacred...  
the Miracle of life lies in the encounter  
between the Music of Man and the Music of the Absolute...”*

When **Rome** - and Carthage before it - tried unsuccessfully to conquer Sardinia, it did not find itself colliding with people, who simply yearned for their own freedom and autonomy, but against an **entire universe** of Ancestral Traditions and mystical suggestions that made their vision of the world and of life absolutely opposite and irreconcilable with the Roman one, and which can be easily summarized in the different consideration that the two peoples had of the female figure: in Rome, a woman was a “thing” that passed from the father's patrimony to that of the husband; in Sandahlia, she was the center of everything.

But even if the Romans **never** managed to triumph in Sardinia, the time was now ripe for a **certain way** of seeing things - Roman, in fact - to spread everywhere, condemning the then known world to a more cynical and obtuse approach on a spiritual level, and rational and leveling on the cultural level. A development of historical events for which we are paying the consequences today, with a Planet and a Humanity that are **devastated** by the triumph of the worst aspects of the Masculine Principle of the Cosmos. However, it is precisely in the very essence of Ancient Wisdom that Hope germinates: **Everything is cyclical**, even the boring and dangerous banality of the System in which we live. And from those places in ancient Sardinia, never defeated by Roman imperialism, the **music** and the **songs** that still praise the Dreaming Absolute, our Great Mother Goddess do rise:

*“...Over time, Sandahlia  
attracted the rapacious gazes of Punics and Romans...  
many, along the coasts, succumbed  
to the lure of gold or the threat of arms  
But in the heart of Sandahlia  
free tribes of holy warriors  
stood up with honor to the old and new invaders...  
On the score of their souls,  
one melody towered over all the others:  
the **Dreaming Absolute...**”*



## THE SAGA OF SANDAHLIA BETWEEN HYSTORY AND NARRATIVE FICTION

### A DIFFERENT READING OF THE EVENTS

Sandahlia is the historical-epic saga that tells *the epos of the people who dared to challenge Rome*: the Sardinian people of the 3rd and 2nd centuries. B.C. These are historical events almost completely unknown to the general public, including the Sardinians themselves. And this is already sufficient motivation to set in motion one's creative and organizational energies to give life to a project of such proportions.

The goal is precisely to open a window (and from this window to be able to look with different eyes) on a historical period that almost all of the official academic historiography wanted to focus on Rome and its rise, first in Italy and then in the Western Mediterranean area, following the three victorious wars fought with the other great power of the future *mare nostrum*: Carthage. And yet, I think it is necessary to underline how, from a careful analysis of the sources at our disposal, we can calmly affirm that in the heart of the Mediterranean, on the island of Sardinia, a people strenuously defended their cultural, political, social and spiritual originality, giving life to a very tough opposition to the attempts of the Roman domination. An epic, in fact, dotted with 11 major conflicts between Sardinians and Romans, between the second half of the third century B.C. (period of Roman infiltration) and the second half of the following century.

It is quite clear that a historiographical (and narrative) operation of this kind would in any case be useless if the magnifying glass (i.e. the interpretative perspective) with which we look at these historical events could not free itself from an approach, totally dominant among the

academics, imbued with a Philosophy of History which sees in Rome the providential instrument of a destiny of progress and prosperity for the human race. This vision is so conditioned as to concentrate its studies and conclusions, in fact, only on the times and modes of Roman affirmation in the known ancient world.



On the other hand, we want to go beyond certain fences that are too presumptuously raised and too passively accepted, proposing a different (and equally valid) interpretation of the events and a consequently different philosophy of history with which to frame and define them. Because only through a more balanced vision of history and historical sources will we be able to restore dignity to the centuries-old war between Sardinians and Romans for the dominion of the island and perhaps (why not?) even arrive at affirming the very daring (but absolutely legitimate, as the others) of a Central Sardinia, what in the Saga is called "*the dark green heart of Sandahlia*" (Marghine, Goceano, Barbagia, Ogliastra) which in reality never underwent the Roman conquest, placing the Romans (exactly as what happened in the Scottish Highlands with the construction of Hadrian's Wall and with the Germans after the defeat of Teutoburg) in the delicate (but necessary) situation of having to abandon any intention of domination of central Sardinia in exchange for an (almost completely) peaceful acceptance of the respective areas of influence. A thesis that does not appear so bold, if we start from the consideration, hypothesized and developed by the great Sardinian archaeologist prof. Giovanni Lilliu, according to whom there is a thin red thread (the *constant of resistance*, as it is defined) that links the great past of the Nuragic civilization to another epic,



the judicial one of the medieval era. About 3000 years, therefore, in which so many and such analogies between Nuragic Sardinians and Giudicali Sardinians must be noted, from both a political-institutional and anthropological and social point of view, as to affirm that probably a certain part of our island was never really Romanized (or Latinized). This consideration is also supported by the toponymy of the inland areas, if it is true that great linguists such as M. L. Wagner, H. J. Wolf and Massimo Pittau detect a very high percentage (33%) of pre-Latin toponyms, which can be traced back to clear Indo-European origins and, at least as regards the phytonyms, of probable pre-Indo-European Mediterranean origin.

In the light of all these considerations, the question arises: how was such an extraordinary work of resistance possible? The most frequent (and a little too hasty) answer, based on the particular orography of the territory of Central Sardinia, is that the Romans, quite simply, gave up any desire to conquer a harsh and difficult area in which to maneuver and that, after all, it did not justify in their eyes a serious military commitment for the conquest and a serious administrative commitment for the maintenance of the dominion. This thesis does not seem to be supported by some indisputable facts: first of all the Roman stubbornness in trying, always and in any case, to impose its dominion by force, together with clamorous cases of Roman victories over peoples settled in territories with equally difficult orography, the Samnites on all. If the Romans failed to impose themselves on "Barbagia", the answer to this historical fact, in itself quite exceptional, must be sought in other types of motivation. My answer, as the author of the Sandahlia Saga, and which also constitutes the input and leitmotif of the entire editorial and cinematographic project, is that the Sardinians managed to oppose the invaders because they were inspired by a vision of the world and of life ( therefore spiritual and moral, as well as material) so antithetical to the pragmatic and imperial Roman vision, as to justify any effort and sacrifice in order not to give in to an idea of submission. Just as, animated by the same values, they managed to oppose the attempts at hegemonic infiltration by the Carthaginians for five hundred years.

A reply that finds serious analogies only with the already mentioned cases of the proud and hostile populations who lived outside the Roman Empire, beyond the Rhine River, in Germany, and beyond Hadrian's Wall, in Scotland.

In short, perhaps the time has come to recognize our ancestors' ability to have accomplished extraordinary deeds, managing to resist the greatest military power of the ancient world, and which is confirmed in the splendid, as well as suggestive, affirmation of the historian Salvatore Merche, according to which ... *the Sardinian Warriors prefer to die with honor on the battlefield, rather than accept a defeat and live the rest of their days as slaves...*

In the narrative fiction of the Saga, to tell the truth, we go even further, assuming that there were moments in which the turn of events, and some protagonists of those events, pushed their dreams and ambitions to the point of imagining being able to extend to the entire Mediterranean its own spiritual vision of life, once the Roman legions had been definitively



defeated at Sandahlia and driven back to sea once and for all. And justify in this way, in the eyes of contemporaries and posterity, their legitimate aspirations to eternity.

### **AMSORA, A SARDINIAN HERO**

At this point it is necessary to introduce the pivotal character, the one around whom the narration of the Saga revolves: Amsicora. This protagonist is located right in the middle of those 3000 years of continuity (which we mentioned just above) which range from the beginning of the Nuragic era to the end of the Giudicati one: that is, in that stormy III century BC. which saw Sardinia at the center of expansionist aims, first of the Carthaginians (by now having reached their swan song) and then of the Romans. It is almost as if Amsicora was the ideal junction point between the great Nuragic civilization, which had just preceded him, and the Sardinians of the following decades, that saw in him the example and the model that is always valid for anyone wishing to defend their prerogatives of freedom and the sacrosanct right to exist as a people creating of their own destiny.

Little or nothing is known about Amsicora, this is necessary to anticipate. The only certainty is on his personality (a cultured, fascinating man with great charisma) and on the main event of his life: the battle of Cornus in 215 BC in which Amsicora opposed the Roman consul Tito Manlio Torquato a coalition of Sardinians of various origins which were later joined by the Punics of Annone from Tharros and Asdrubale, brother of Hannibal. This absence of certain news about the man Amsicora has opened up an almost unlimited field of narrative possibilities, developed however keeping in mind some firm points.

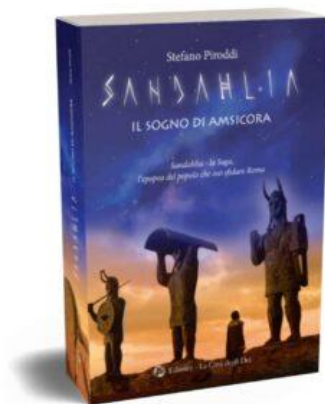
The contribution of some historians has been illuminating, among whom I would like to mention Francesco Casula, in particular his essay: "*Amsicora, Sardinian hero or Carthaginian askar?*" in which, together with the resizing of Tito Livio as a truly objective historian (at least as regards the Sardinian events), a whole series of arguments are illustrated through which Casula demolishes the fragile foundations of the historiographical thesis according to which Amsicora would have been a Sardinian-Punic landowner or a Carthaginian magistrate. Without going too far, it is sufficient here to report at least the argument most worthy of being taken into consideration: if Amsicora had really been of Punic origin, says Casula, or even born in Carthage, he would never have been able to involve in the anti-Roman coalition the Sardinian Pelite tribes of the inland areas, animated by an aversion to the Punic invaders which was in no way inferior to that of the Roman newcomers, and which was nourished by more than five centuries of conflicts. The Carthaginians were also considered responsible for the deforestation of a large part of the Sardinian forests (to favor the cultivation of cereals) and therefore the main cause of the spread of malaria, the first consequence of deforestation and very little attention to the balance of those mistreated lands.

The opposite is much more probable: Amsicora was an important member of the most ancient aristocracies of our land and that by virtue of this indisputable origin, combined with his



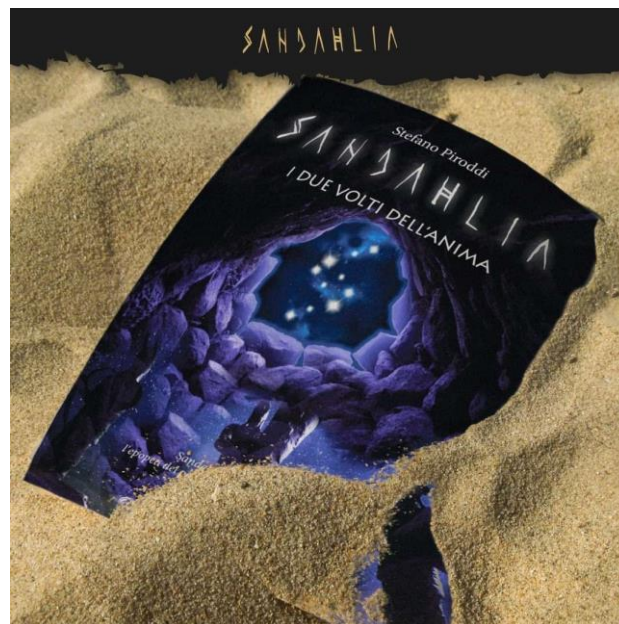


diplomatic skills and his charisma, he represented a sufficient guarantee, in the eyes of local tribal chiefs, to accept his war proposal to Rome and his leadership on the battlefield. From this point of view (and therefore from a different interpretation of historical facts) the war of 215 can no longer be seen as an episode of the second Punic war, and therefore as a Carthaginian attempt to bring Sardinia back into the sphere of influence of their maritime and commercial empire, but rather as an independent episode of another conflict, for us much more worthy of note and therefore worthy of being brought to the attention of our contemporaries: namely the war of the Sardinians against yet another invader of their land. And so, coherently with this interpretative point of view, the alliance of Amsicora with Carthage should no longer be seen as a strategic option of an alleged Carthaginian leader who tries to help the motherland in war with Rome, but rather as the only valid tactical option pursued by a man, our Amsicora precisely, shrewd enough and aware of military matters, to understand that "if the enemy of your enemy is your (possible) friend". Then Carthage can be a valid ally in the attempt to nullify forever any expansionist ambitions of Rome on our land.



But then why did the Latin sources (since we don't have anything else) hand him down to us as a Carthaginian leader (sometimes even outlined in gloomy colors, as an ambiguous and corrupt man)? Here too the answer appears quite obvious if we allow ourselves to be guided by a pinch of logic and a careful evaluation of Roman wartime behavior. What observers of political and military affairs of the third century they could not understand how it was possible that Rome, after the repeated and close defeats suffered by Hannibal at Ticino River, at Trebbia River, at Lake Trasimeno and at Canne, not only had not surrendered, but determined, more than ever, to bring back a victory. Well, the Romans were perhaps the first people of antiquity to understand how victory in war does not coincide with the outcome of one or more battles, but instead depends on the most complete involvement of the moral forces of their citizens. That is: it doesn't matter if you lose almost all the battles. What matters is to always resist and recover your strength to win the decisive battle: the last one. And it is clear that no resistance and no recovery are possible if the moral forces necessary for these two purposes are not supported by an authentic hope and faith in a final victory. After the four very tough defeats against Carthage, the unexpected victory of Cornus arrived in 215 BC against the Sardinian

army of Amsicora. Never was the occasion more propitious to deploy the full potential of Roman propaganda. Amsicora could not be a simple Sardinian prince, but had to become Carthaginian in the eyes of the Romans, so that the consul Titus Manlius Torquatus, who had defeated him at Cornus, could celebrate his triumph in Rome by stating that he had defeated a Carthaginian leader and thus overturned the adverse fate, achieving a victory over the age-old enemy after so many defeats suffered. Nothing strange, therefore, that a *damnatio memoriae* of the man and the leader Amsicora was immediately followed, aimed, also and above all, at erasing forever any reference to his true origins: Sardinian, native, Nuragic ones. One of the goals of our Cultural Project is to set new historiographical objectives, a different philosophy of history and an alternative interpretation of the historical events and of the sources that have handed them down to us: all obviously supported by narrative fiction.



To recap: in the Saga of Sandahlia, and in the cultural project linked to it, Amsicora is a prince of ancient Nuragic extraction, deeply tied to the cultural and spiritual heritage of his land, of which he considers himself the heir and guardian. The emblematic image (present in the short film with which we present the saga project) of our Amsicora who silently contemplates and listens to the voices of his ancestors (represented by the long row of Giants' Statues of Mont'è Prama) is the perfect metaphor of what we intend to convey: Amsicora represents a universe of values (obviously the Nuragic ones of a sacred relationship between Man, Nature and the Cosmos) that cannot accept the submission that men belonging to civilization models that are completely foreign to our land would like to impose on it: the *Punic shadow worshipers* with their mercantile and material empire, and the *power-worshipping Romans*, obsessed with pragmatism at any cost and with their imperial politics. A man, our hero Amsicora, who, by virtue of his resolute will to resist, is willing to put all of himself on the line, up to the extreme sacrifice, in order not to disfigure in front of his ancestors and the people he intends to lead and protect.



## A DIFFERENT VERSION OF THE WORLD

The link between Amsicora and the Nuragic tradition is obviously omnipresent in our project and finds expression not only in the "scenography" that forms the background for the protagonists and events (the natural one of our scenic beauty and the material one, represented by architectural structures, votive statuettes, , etc.), but also, and above all, in the other protagonists who revolve around the figure of Amsicora and who, all together, like the concert played by a single orchestra, give life to the true protagonist of the Saga, i.e. Sandahlia herself. It is above all the ancient spirit of our ancestors and of our land that we intend to revive, cleaning it from the dust of the centuries and stripping it of that annoying patina, made up of mystifications and partial interpretations of our history.

But let's go back to the other protagonists who, together with Amsicora, live and act on the ideal stage of our film project: each of them represents a fundamental segment of that ancient universe in which they are immersed: Bèina, the Warrior Virgin; Thorben, chief of the Molossian-Men clan; Nertha, priestess and wife of Amsicora; Gunnar, tragic living hero of Sandahlia; Marcusa, the shaman guardian of the sacred spring of the Nuraghe di Mem; and Grimasso, the mad jester-warrior of Thurgal, inseparable sideguard of Amsicora; and then the enemies of Amsicora: Adelkor, warrior of the clan of the Men-Molossus (as well as son of Thorben); Vindex, the renegade shaman of Kehremann Forest; the Punic merchant Ammone, master of intrigues and robberies against the Sandahlic villages; and the Roman consul Tito Manlio Torquato, a real historical figure, a classic representative of the Roman elite, who was sent to Sardinia by the Senate both in 235 and 215 BC. It was he who faced Amsicora on the bloody battlefield of the fateful Cornus.

Altogether, the heroes of Sandahlia and their adversaries create an ideal choreography of men and women who dance to the rhythm of melodies from a pre-Christian world, in which, following the example of the Homeric heroes (who in the Iliad and in the Odyssey introduce us to the value system of the ancient world), the true meaning of life lies in fully realizing oneself (the innate goal of every creature, underlines Aristotle) replacing the very Christian sense of guilt (which the Heroes of Sandahlia would find absurd and almost inconceivable) with a latent sense of predestination to defeat, which emerges clearly with all its explosive charge when the course of events in one's life puts us, at a certain point, in front of the evident frustration and unachievability of our dreams and desires. The heroes of Sandahlia, but obviously also their enemies (because they are all part of the same ideal universe), therefore follow the compass of the precept: "*Discover who you are... do what you are... rejoice in your victories and pity yourself if you don't realize your aspirations...*"

Regarding the specific topic represented by the world of Sandahlia, therefore the Sardinian tribal society of the III century BC, we have tried as much as possible (perhaps allowing us some necessary poetic license) to stick to the results of those studies and those reflections which see the Civilization Nuragica as an extraordinary and suggestive result of a fusion (probably occurred in 2000 BC) between the autochthonous Mediterranean peoples, inspired

by a religiosity linked to the cults of earth and water, with the nomadic populations of Indo-European origin, bearers of a very profound and different spirituality, inspired by the observation of the sky and the stars. The result is a rather fascinating world, marked by the recognized importance of both principles, the masculine and the feminine, in defining every creative and representative aspect of the Cosmos.



In the narrative fiction of our Saga, this universe which is Sandahlia, is inhabited by Sacred Warriors and Warrior Virgins who defend the values of Tradition and of the Spirit, by LadyShamans and LordShamans who orchestrate the life of single individuals and entire communities, and by Priestesses who daily dance the sacred union between heaven and earth. A world of values and suggestions, we have already said it but it is worth emphasizing it again here, which does not in the least intend to accept a passive submission to different models of civilization which, in the eyes of the heroes of Sandahlia, primarily Amsicora, would only be able to alter the profound balance that the Sardinians have managed to create between themselves and the entire universe in which they live and are immersed.

To worthily represent, and in a clear and immediately perceptible way, those values and that vision of the world and of life, our project was characterized by a research for the most suitable language to represent it, rather than by a research on the Sardinian language. It is in fact almost impossible to know the language of our ancestors of that time, having almost nothing available on Nuragic and immediately post-Nuragic idioms, apart from that 33% of toponyms (mostly limited to Barbagia) which, according to the authoritative studies of Wagner and Wolff would be clearly pre-Latin.



Language, on the other hand, was an interesting challenge, and perhaps we managed to overcome it or at least to face it in a dignified and satisfactory way. Using as a compass the assumption according to which "the language of each people expresses the vision of the world and of the life of that people", we have created divinities and verbal expressions capable of immediately transmitting the fundamental idea that animates the spirituality of Sandahlia : the Universe was born from the Spirit of Music; the highest divinity is the *Dreaming Absolute* ( the mystical synthesis of all melodies) and the world is nothing but condensed music, in which every aspect of what is material (plants, animals, men, stars and planets) and what is immaterial (ideas, feelings, dreams, desires and memories) is composed of a music that has given it life according to its own specific melody: its and its alone. The *Dreaming Absolute* then expresses itself through its four different aspects: Memory (the *Mirror of Memories*), Thought (the *Celestial Arch*), Power (the *Thundering Sword*) and Desire (the *Claw of Fire*).

Obviously we have not invented anything, apart from language. Such a cosmogony, with the profound spirituality that derives from it, belongs to the mystical universe of almost all ancient peoples (with the due differences, obviously, above all lexical ones) as well as peoples (American Indians and Australian aborigines, above all) who have preserved their tribal and spiritual identity up to the last century, and who, with their language, their myths and their way of life, have passed on to us a heritage of symbols, semantic and otherwise, capable of revealing the best key to interpreting the world of our Sardinian ancestors.

Going into detail, and consistently adapting to this vision of events and of the world, the Saga of Sandahlia expresses its own interpretation (completely peculiar, but legitimate as the others) of the meaning of the Nuraghes and therefore of the use that was made of them. Since each Nuraghe corresponded to a source or pool of sacred water, which the Nuraghe itself guarded, and since water is the universally recognized symbol of memory, in our vision the Nuraghes (especially the single-tower ones) have a divinatory function which is implemented through the support-contribution of sacred women, defined as shamans. But let's not go further, leaving the reader with the curiosity to discover, through the narrative fiction of this novel, the special interpretation of the great monuments that our Ancestors have left us: the Nuraghi, in fact, but also the Tombs of the Giants, the Sacred Wells and Statuary in general. With a thought always turned to what is the real premise to always keep in mind when approaching the reading of a novel of this kind: namely that the world of our ancestors (and the Ancient one in general) was a universe studded with symbols, and of given values of those symbols, in which a real *poetic Vision of Existence* stood out, which never disregarded the sacred character inherent in the universe in its entirety and in every aspect of it. If, therefore, we can indicate an additional purpose that we have set ourselves to pursue with this work, in addition to that of looking at our Past with different eyes, it is precisely that of presenting to modern readers a feeling and an approach towards the cosmos that very it is probably what we need most today, at a time when Humanity and the Planet are inexorably running towards the abyss, having nothing to hold on to in order to stop this senseless and catastrophic racing.



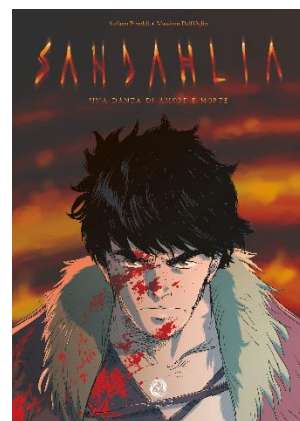
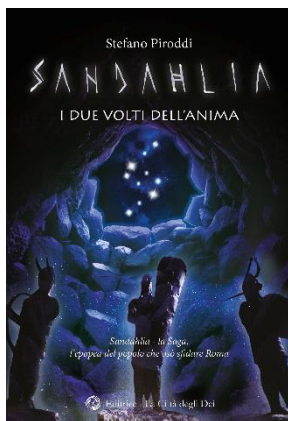
From my point of view, the sensitivity and the universe of values of the Ancients represent an essential lifeline.

## Stefano Piroddi



I was born and raised in Cagliari. After graduating from classical high school, I graduated in Law with a thesis in Philosophy of Law on Robert Nozick's Theory of the Ultra-Minimum State. In 2014 I founded the publishing house "La Città degli Dei" (The City of the Gods) with the aim of publishing Essays, Novels, Poems and Graphic Novels inspired by a Poetic Vision of Existence capable of totally changing our gaze on the world in which we live. As an author, I wrote the novel "The remote corners of

the present" (which tells of of a youthful revolt against consumerism), now in its second edition; and the Sandahlia Saga, which last December won the Sardinia Region's Bando Cinema - Screenplay Project, thus officially launching the pre-production phase of the first film on the Saga.





## PERFUME AND UNCONDITIONAL LOVE

by *Maria Cristina Silvagni*



It might seem bizarre to associate such a lofty concept with a thriller, I agree.

Yet, life has taught me that sometimes learnings can come from seemingly insignificant, cheap, or "low" vibrational events. The soul also learns from those...

The episode I'm talking about dates back to about five years ago.

I'm half-reclining on the sofa, watching the piazza's execution scene from the film "Profume", the story of an ante litteram serial killer.

The man condemned to the gallows takes out a piece of cloth soaked in the latest formulation of his fragrance, the quintessence of the purity of young virgin girls, and waves it in the direction of the mob crowded around him. One after the other, the bystanders, after praising him, are enraptured by a collective ecstasy: they fall on their knees, lie down on the ground, intertwine with each other without hesitation or modesty, without distinction of class or social status, from the villager to the bishop, from the executioner to the guard. The eyes release tears of emotion. The faces soften, light up, get excited. Men and women hold each other in hugs, get lost in effusions, strip off their clothes, until they remain completely naked and wrapped around each other inside an impalpable and invisible bubble of love but so powerful as to pierce the screen...

The souls emerge in their candor and lightness, beyond the bodies that contain them.



For the whole duration of the scene, and for the first time in my life since I can remember, I feel a heat in my chest that becomes more and more intense.

I don't think I've ever felt anything like this in the absence of an energy source (natural or human) to emanate it.

I am amazed, and perplexed... how can such an internal "self-combustion" occur?

I sense that something has opened up, and in an irrepressible way.

From the heart that heat gradually spreads to the rest of the body. I also perceive it on the back, as if it passes from side to side.

Excited like the people in the movie, I analyze the inexplicable, anomalous quality of this sensation, which I cannot in any way have procured for myself and which I am unable to control or dose (at least in this first manifestation).

In hindsight I call it an "elevated" physical perception, a pure, expanded and soft one.

What makes it unique and significant is that it is located in that precise point, at heart level.

In the following days, I begin to process the experience and interpret it as a spontaneous activation of the fourth chakra, the energy center located in the chest.

I wonder if it has something to do with an awakening of kundalini energy (that primordial life force which we know is concentrated at the base of the spine and which, with each awakening, travels upwards through the energy centers, the so-called chakras), up to the top of the head,





to the "crown", which presides over communication with our higher conscience), concentrated on the chest.

Is it possible that it was stimulated by that scene of sublime intensity and purity?

Could it have been prompted by a memory, a reminder of that Flow of Love that pervades the higher dimensions, starting from the Astral one?

The hypothesis that we are dealing with the perception of a superior, transcendent and non-immanent form of energy is making its way more and more inside me.

Surely we all come from one Source or, conceivably, multiple Sources.

We fragment, we disperse, we embody, we limit ourselves, but somewhere, within us, there must still remain a trace, an imprint, a spark of that Energy from which we emanate and to which we cyclically reunite. And it may not be just an idea, an intuition, an abstraction: it is possible that under certain conditions it will materialize in a "physical" manifestation through our "physical" body.



Could this be the tangible expression in the third dimension of that Greater Love? Is it accessible to everyone? Can it be actively called?

I sense that in order to do this, a raising of vibration may be necessary, achievable in connection with the Higher Self.

Moved by curiosity, rooted and in contact, a few days later I asked to be able to re-experience this sensation of energetic openness on my own initiative by consciously reactivating the heart chakra.

And it happened again.

Within a very short time I begin to perceive again that sublime sensation of warmth in my chest. The chest "lights up" again and I find myself once again flooded by that wonderful flow that



starts from the heart and radiates to the entire periphery. It is difficult to decide at that point to interrupt it, because the desire is to prolong it as long as possible.

I have no more doubts, it's "Love"...



An energy of Love that already exists within me, that I can release from myself for myself (in communication with my Higher Consciousness and with the Original Source), a nourishment that reaches every cell of mine.

I wonder if I can choose to "donate" it. The moment I think of it, my hands light up. I perceive that if I had another body next to me, through mine and my upper extremities I would be able to transmit that same energetic quality of heat imbued with Love.



Within that almost ecstatic experience, which I consider a gift and a privilege, I ask myself why: why me, why at that moment.

I answer to myself that I have been given the opportunity, in a difficult phase of my life, to benefit from that profound nourishment.





However, I feel that there is more: perhaps I am asked to activate it when I work, in order to be within that quality of lovingness and put it at the service of the people who turn to me whenever I find myself interacting with them.

At that point, I have an epiphany about the meaning of the expressions "give yourself love" and "give love" in embodied experience.

Perhaps it really is impossible to give to oneself and to give to others if we continue to only and ever draw from our limited human reservoir.

We will exhaust ourselves; we will empty ourselves, and invariably we will expect others to receive in order to reintegrate.

Through this very special event, I understand how fundamental it is to fill ourselves with that energy of awakening, healing, light, whether it is Love or kundalini, however we want to call it, which through the heart chakra we can capture from the Original Source to arrive not to ask anything more from our fellow human beings, even those closest to us.



Only in this way will we be able to become truly free, clear and autonomous individuals, systems functioning in a regime of self-sufficiency.

As I explore these possibilities, I realize that I can associate the voluntary and conscious activation of the fourth chakra with the awareness of how "Light and Love" we are. Now this concept resonates differently, it has more depth, it has a concrete representation, it is no longer just an abstraction.

In that mode, I can truly forgive and love myself sincerely and deeply.

And this is how I close the circle, at least in my limited and human vision: I feed on that Love by consciously empowering the fourth chakra to receive light, heat and healing energy. At that point I will find myself really "available" to welcome and accept myself and the other for who we are.



I will reflect towards the other that same quality of Love that I have imbued like the crowd that



ecstatically responds to that fragrance and slips into love towards everything and everyone.

A comment, at the end of this report: I would never watch the movie "Perfume" again due to the crudeness of certain scenes and its noir characteristics, but over and over again I have watched the scene in the square... and with each viewing it has not failed to touch me and exalt me.

<https://www.youtube.com/watch?v=xtz6dAjWz3g>

## **Maria Cristina Silvagni**



After fifteen years of freelancing as a linguist, at the age of forty I made the choice to abandon the capacity to devote myself full-time to already sketched-out paths in the time cut between family and work commitments. About ten years earlier, I had in fact approached chromotherapy, Aurasoma, the Essene vibrational therapies, dance therapy and art therapy. I had attended illuminating lectures on the soul's journey after death; I had been initiated into energy treatment (Reiki) and Ayurvedic massage. I had trained as a channeler and had deepened the study and practice of various divination tools. Starting in 2005, after a period of study and practical deepening of the spirituality of the Native Americans, for whom I perceived a great affinity and interest, I began to carry out an intense facilitation work, accompanying, in different contexts and settings, groups and individuals to rediscovery of Nature and the inner healing potential that emanates from it. To this was added the opportunity to undertake a shamanic-spiritual training course myself with a Native American Medicine Man, a "sacred man", from whom I was able to receive wisdom, knowledge, ancient teachings and initiations. Subsequently, I came into contact with the (Western) Ho-Oponopono philosophy, which I autonomously studied through direct sources of Huna matrix, later making it the subject of seminars and group meetings. Embracing this different vision meant getting to the heart of the concept of Karma and the Unconscious, which have since become the object of analysis, reflection and direct application in the individual paths proposed by me.

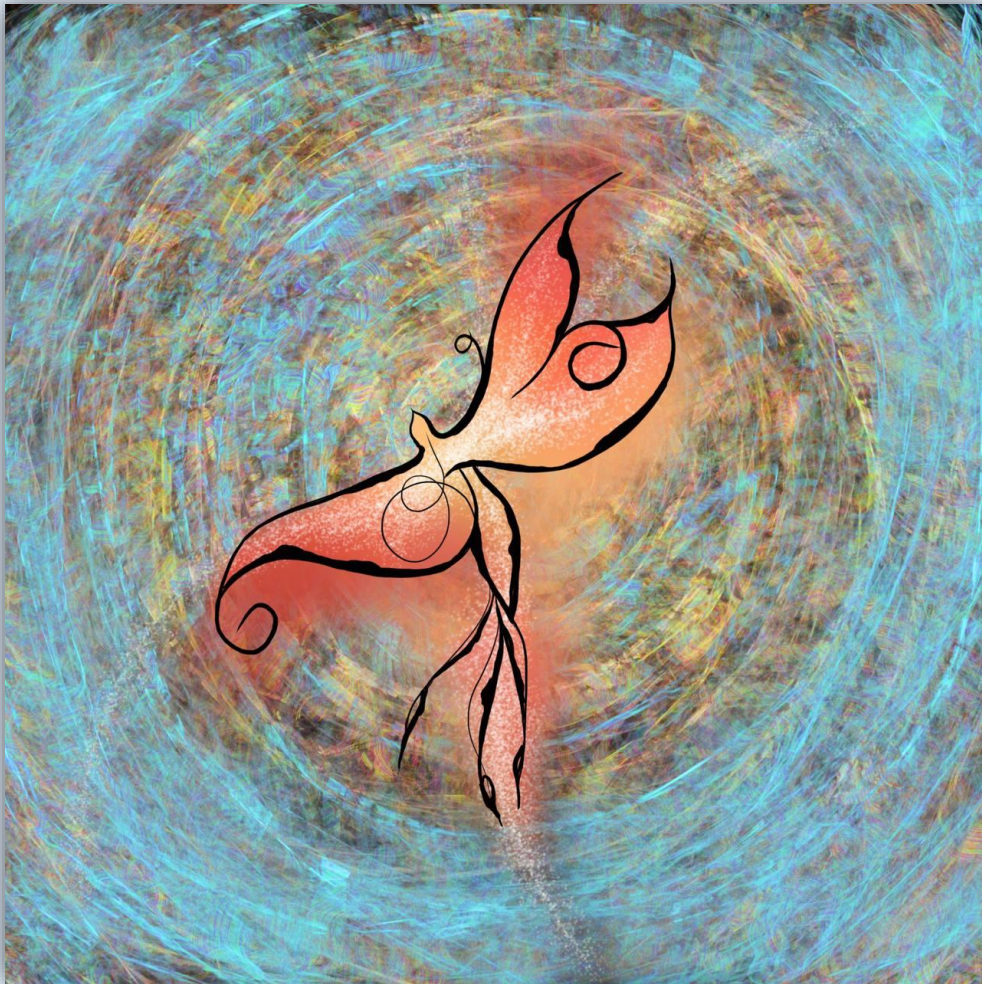
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## THE FIELD OF MIRACLES OF GURÀ



*The column is dedicated to all the written texts gathered from 2012 onwards, when I integrated a fragment of mine from the last incarnation where I experienced concentration camps.*

*That fragment “undertook” a fast-training course on planet Earth, summarizing any possible experience of pain due to human brutality in one only life.*

*Nothing was spared, everything was taken away from her: “Every material asset, every fondness, every certainty, every dignity, every sacrifice, every pain”. Her eyes witnessed the full horror performed by the Beastly Man.*

*In all that despair, she managed to preserve Love in her heart and she dispensed it to everybody.*

*She managed to go beyond all that she was seeing and to sense Love even in its brutal reality.*

*Then I started to detect a voice telling me the truth about life, about its harshness, without judgement though. And that helped me to see love in every manifested act.*

*That voice did describe me every event in poetry, and it did guide me through any topic with the joy of a child, with sweetness and blatant truthfulness.*

*I immediately understood that it was a way of writing which could stop any mental reaction because it was held to be harmless by the mind itself.*

*As time went by, that part of me, still alive, has become stronger and more profound. It manages to express words of truth that in poetry can be accepted by the mind, even though they are difficult to digest at times.*

*The information it carries goes deep and frees the truth, crushing the crystal case full of fears, beliefs and patterns.*

*Those truths do touch strings that have not been played since long time. They are never judgmental. They integrate good and bad in a loving way for those who want to look and see.*

*The Poems frame the milestones of every piece of awareness I grabbed, but they do not belong to me because they are in service to the readers. They will offer the possibility to open up to the truth that does not take anything away but that donates everything.*

*The Poems give the freedom to be who we are, taking away the cribbing of the cages we live in.*

*Let the Poems move into you and transform you in free human beings, able to catch the loving essence of this dualistic life.*

*Gurà Samir Levirò (Zelia Reggianini)*

## **Zelia Reggianini**

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Born in Modena 63 years ago, she has always dealt with people's well-being through a holistic view of life, with a strong focus on healing.

Zelia Reggianini is a writer and researcher of human potential, she is self-taught as she loves to listen, write and then put into practice what her conscience whispers to her. In her two books she tells how everyone, if he wants to, can become master of his own life by freeing himself from schemes or programs that allow the same situations to repeat themselves.



## *Being born again*

How many times has it happened to you that the present is full of the past  
not letting you see, not letting you understand.

The past covers today like a cloak and creates an enchantment  
in which you identify yourself until you get out of it.

This cloak is a dark veil that keeps you safe  
not letting you see who you are to become.

Over time you will meet the you that you will have to transform.

Day and night, night and day  
both awake and asleep

it's your mind that's screwing you up.  
The time has come when you will know  
how to be born again to what you Are.

Start looking at the hologram  
carefully reprogramming.

Remove and put, turn off and turn on  
and the power you take back to yourself

Re-program the game again correcting little by little.  
Close the holes in the system that keep you in the chain.  
Now a new game begins where you are the one to choose,  
and that's no small thing.

You can watch infinite and scroll time with one finger  
leave nothing to chance that has always surprised you  
making you create what you were trying to avoid.

Being born again is just an occasion  
that you have been preparing since long ago  
omitting everything  
without connecting present, future and past.



*Gurà Samir Levirò (Zelia Reggianini)*



## *The eternal struggle*

In this holographic world  
the reverse mirror draws your graph  
what you have chosen to experience  
and unknowingly you continue to create  
The eternal struggle you produce every day  
it keeps you between dreaming and needing  
out of yourself you pushed yourself to seek  
what only you can find inside of you.

They walk the same razor's edge  
these two alternating currents  
the former constantly seeks its own I  
the second escapes by moving away from God.  
The eternal struggle between good and evil  
it must always start from you.

You walk this life like a tightrope walker  
holding on to your noose  
still undecided whether to end it,  
or focus on yourself and change the trough.  
The eternal struggle between inside and outside  
puts you before your monument  
the blow-up you built to demonstrate  
that no one can tell you what to do.

The eternal struggle can end, it's known,  
just choose your own truth.

What do I want others to see about me?

What do I want to become?

while I keep getting lost in the same sea?

The eternal struggle can end, it's known,  
by accepting the truth.



*Gurà Samir Levirò (Zelia Reggianini)*

## *Let's pretend that*

Let's pretend that what we live are illusions  
that reality comes from old deeds.

Let's pretend that we come from other planets or constellations  
And that we are here to learn new lessons.

Let's pretend that we descend from the One  
and that, at the end of this round of the carousel, we will return there.

Let's pretend that we made a decision before arriving here  
about what to experience in this paradise.

Let's pretend that the experie of duality  
Will lead us to find the middle way, sooner or later.

Let's pretend that the process of evolution  
respect laws that are difficult to understand in this dimension.

There is a path to be followed  
which without the map is hard to find.

If we are ready to accept that all this is real  
we will hold in our hands the key which will bring about  
the expansion of consciousness for this humanity.

We just have to say: "Let's pretend that...!"

Consciously we'll have to get involved and experience  
our uncomfortable digital reality.

In order not to have repercussions here  
and to free ourselves from low impulses,  
the virtual world will help us to experience the errors in that reality  
in order to be able to find the middle way in full awareness,  
having understood the truth of the essence.



*Gurà Samir Levirò (Gelia Reggianini)*



Cover image: "Being reborn to a new life" by Alice Kaimann

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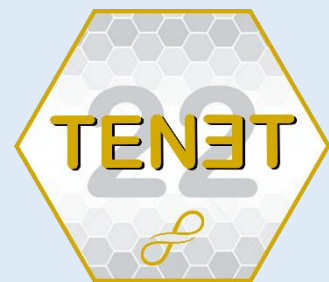
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