

TENET22

VISUAL MAGAZINE

*Adele Caprio - Antonello Lupino
Dolores Reggianini - Giordano Sandalo*



Issue N.1





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We are the outcome of our upbringing and, if we do not de-condition ourselves, we will pass down to our children the only model of education we know: the one we have been poorly “raised” with. I use the verb raise, which is normally used for animals, because it is the close to what children experience with a traditional education: what are we but cows to be “milked” from birth to death?

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When was it where we started to submit ourselves to what it is called “a new normality”? When did we start to give away our freedom of choice to the government? Can we, somehow, carry on nurturing new theories and new practices in order to experience a new human paradigm which will create a world that will make the difference for all the living beings and the Planet too?

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Numbers are nothing but Divine Features that human beings experience here in duality...for example odd numbers carry a creative male energy, even numbers carry a welcoming female energy. Numbers can have neutral qualities, namely in balance, and they can have morbid or healthy ones, therefore negative or positive. Numbers have quantitative aspects, like in Mathematics, or qualitative ones, like in Numerology. Through Numbers we can “explain” Creation, the Path of the Initiate or the evolutionary progress mankind has to undertake in order to rise to other planes.

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The human being who manages to “understand” the potency of vibrations and harmonic resonance becomes like a big orchestra performing an eternal symphony...in full harmony with the whole!

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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. 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.

Cover image: *The Gate of Heaven in Bali* by Alice Kaimann

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EDITORIAL

by **Tenet22**



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The control of information is an undeniable axiom for whoever has the goal to impose his/her own will and pursue personal gain.

As we well know, History has always been written by the winners who have the first and most important concern in imposing their own reasons in order to keep the "status quo"- at the expenses of the rights of the losers.

We believe the in-formation to be a domain of essential importance to understand the happenings of living, through which we can build an ethically correct social awareness.

A in-formed, socially attentive citizen, experienced and responsible, is a fundamental resource for any society whose cipher is always greater than the sum of its individual parts.

The cultural depletion of a population is functional to maintaining the scam. If less people are thirsty of knowledge, willing to search and inquire, the easier it will be to control and exploit the masses.

In-formation is an ethereal good that can be shared ad infinitum. So, when the times are ripe, even a small group of people can transform an idea in a tsunami, able to pierce through any opposition.

The best allies for that vision are the minds and the hearts of men and women who want to evolve to superior stages.

The comprehension that a different and better way of living is possible and achievable means replacing a perspective less pessimism with the vision of better and fairer future.

A future of peace, well-being, prosperity and justice depends only on the stamina and the capacity to spread the Culture of Consciousness as an antidote to untruth, scam, deceit and innate lack of expertise - the main tools used by the "status quo" since always.

If we have to come to "major transformation", we have to "set the world on fire" in a peaceful way without destroying or damaging anybody and anything. We are talking about a revolution, a transformation in Consciousness. Consciousness makes us aware that we have all we need - tools, methods, knowledge and technology - to achieve the goals we wish to set



out to create a New World, whose mode of operation is attuned with Nature, ensuring stability and resilience.

No battles, no wars against the old paradigm, but all the energies of imagining and doing focused on building the future we desire for ourselves, our children and all the generations to come.

"The secret of change is in focusing all your energy not in fighting the old, but in building the new." -

Socrates

Naturidei





LUNP - FREE UNIVERSITY OF NEW PEDAGOGY

by *Adele Caprio*



I am grateful for the possibility given to me to tell you about the Free University project, which has been active for two years now, grateful because, like all intellectuals, I live inside my head where everything appears clear and well-structured to me while perhaps, on the outside, certain ideas may appear fuzzy or unfeasible. So I start from the beginning to explain how the project was born and what its goals are.

When I resigned from a national television in 2000, in which I was director for a news program, to devote myself fully to my 'newborn' role of mother, there was a moment when I knew what I did NOT want to do (misinforming naive and unsuspecting spectators who do not know the mechanisms by which news is cleverly packaged and passed on as true and real facts), but I didn't know what I wanted to dedicate the second part of my life to. I will admit that getting out of the system is very tiring but, if you manage to extricate yourself from the slime that surrounds you like Neo in the Matrix, what you experience and see around you for the first time with other eyes is nothing short of being amazing.

Understood with great amazement of living within a 'narrative', that is a fiction that one tries tooth and nail to pass off as the only possible reality, I asked myself what to do to 'atone' for my unaware (at the beginning) working for the megaphone of the System, the Television. "I disinform", I said to myself, therefore I must try to do the opposite, to inform but above all **to act** so that those who now sleep peacefully and blissfully while sitting comfortably on the sofa



in the living room watching TV can shake up from the hypnosis produced by the television medium and, waking up, making conscious choices for themselves and their family.

I then thought that maybe we adults were perhaps irretrievably lost... but what about the children? How to save the future? I said it in hindsight as someone who had become a mother at the age of 40 of a splendid little girl to whom I had given a wish as a name: Anna Libera. While growing up, observing her as she progressed, I had many ideas for my research on what to do: today I can truly say that she was my true teacher, more than my 4 degrees, two taken after being fired from TV in psychology. A brief, disappointing but illuminating passage in politics finally made me understand that the world can only be saved if we start again from Education. We are the fruit of our education and, if we don't de-condition ourselves, we will pass on to our children the only education model we know: the one with which we were, more often than not, badly raised. I use the term 'raised' which is usually used for animals because it is closest to what children experience in traditional education: what are we but cows to be milked from the moment we are born to death? And, I won't go into details, but you don't have to be vegan to know what treatment is reserved for calves in our apparent civilized world. Cannon fodder... these are our children at school... in the last two years they have been so shamelessly blatant in their malicious intentions that only the blind, the deaf and the dumb have not noticed.

So the goal was to save the future, i.e. the children... but how? And here they came in to the rescue many new pedagogues, from Rousseau to Pestalozzi, from Illich to Don Milani, from Aivhanov to Tagore ... These researchers have been trying to tell us for hundreds of years what education should be like for a world that can be defined as human but, coincidentally, they are authors who are not studied in the universities of the system if not minimally. Once the goal was understood, it was necessary to equip oneself to take the first step: that of DECONDITIONING adults who feel the urge towards the world to come. We are talking about parents and educators... not all of course, but only those who have understood that 'there is something rotten in education' paraphrasing the good Hamlet. After having explored the situation of 'alternative' methods to traditional schooling in Italy by writing the book *'Pedagogy, an Art in Becoming'*, I had the opportunity to meet hundreds of families at the *Tutta un'Altra Scuola* events organized in collaboration with *Terra Nuova Editions*. All the people I met asked me the same question: how to apply the New Pedagogy now, in our homes, in our schools, in our daily life?

The path called **ScuolAgire** was born from this question, a path structured on online and live meetings to provide as many tools as possible to parents and educators who want to get out of the 'fence' of traditional education and change the paradigm in which we have been inserted at our birth and which is miserably collapsing. From 2014 to 2020 hundreds of people embarked on these paths to decondition themselves and network to create solid educating communities.

Then a new request arose: can we go deeper into some of the topics covered in the basic path? Thus, from a new need, to meet a new need, he was born in 2020 (after a long pregnancy) the project of the **Free University of New Pedagogy**. Inspired by the writings of



Ivan Illich, we said to ourselves that it is absurd not to give anyone, beyond their school qualifications which we do not require, the possibility of being able to study, freely, without grades and constraints, the subjects we are most passionate about. With us, anyone can register for one of our in-depth studies online or live, we do not ask for previous diplomas or give qualifications ... we are not a diploma factory, one of the many who live in the system that feeds on qualifications and pieces of paper that often do not correspond to a real acquisition value of the knowledge that that title would certify. Most of the courses are online, at convenient times to be followed by people from all over the country, but not only! Our live courses for now take place in the physical campus of the University, in Campo Tagore, an equipped Campus/Ashram area in Ogliastra, the wildest part of Sardinia. As in the times of the Greeks, the live courses are 'lived' together, we study, we sleep in tents, we eat together, we go to the beach or to the sacred places of the island in an attempt to experience the knowledge rather than just reading it in the books.

We deal with many topics: Quantum Physics, Esotericism, Exopolitics, History, Alchemy, Esoteric Dante, Astrology, Empathic Education, Psychosynthesis, International Law, Evolutionary Theatre... with authentic divergent teachers.

In conclusion, a balance sheet: has my goal been achieved in these years of hard but beautiful work? Not completely, not yet, because the project is very vast, to such an extent that I will most likely not be able to see all the fruits of sowing....but that doesn't matter. In my mind, romantically, as in Jean Giono's short story, *The Man Who Planted Trees*, I imagine that as I passed, behind my back, I will have left a trail of luxuriant forests of more aware men and women...and this is what that really matters.

Adele Caprio



Adele Caprio graduated in languages in Milan and in direction at Dams in Bologna (I). She devoted herself to show for a few years, training at the Actors' Studio in New York, then working in theater and television. In 2000, thanks to a 'healthy' existential crisis, she began a path of expansion of consciousness and, doing theater therapy with a group of disabled people, she decided to take a degree in Developmental Psychology in Florence and a specialization at the Sapienza University of Rome. After completing her training at the Institute of Psychosynthesis in Florence, in 2007 she founded the Human Ecology Center Le Nuvole north of Rome (www.nuovapedagogia.it) where she was involved in New Pedagogy projects. In

2014 she founded the PoEtica Theater Company with which she pursues Evolutionary Theater projects both in schools and at a professional level, conducting workshops in various places on the peninsula. She has contributed to the foundation of the Technical Table of "Tutta un'Altra Scuola" and collaborated with the publishing house La Città degli Dei with which she has published two books: "Pedagogy an Art in Becoming" and "Evolutive Theatre, from Personal Change to Social Change". In 2020 she opened the Free University of New Pedagogy in Sardinia, starting the educational community project called Campo Tagore. Latest editorial projects 'Le Fiabe del Risveglio', TerraNuova ed. and 'The powerful voice of the Goddess', Aurora Borealis ed..



IS IT POSSIBLE TO CHANGE PARADIGM?

di *Antonello Lupino*



Foreword

Today I find myself writing an article which is “out” of my usual topics - “Border Researches”- and I will explore another field which could be part of the themes I have been exploring for the last 45 years.

The theme deals with the tricky discussion around the “change of paradigm”, regarding the planet and its inhabitants. I do apologize to the philosophers, who are better experts than myself on the noble and ancient science of human thinking, for my short “raids” in their territory, which I know quite well because of my previous scholastic and academic courses of studies.

For some time I will drop my identity as a researcher in the field of aliens and UFOs even though I will use some of information I gathered during my deep searching, just to allow myself some proper considerations and verifications. So, in this forward, I won’t go on about it, yet I invite the reader not to perceive the article as a severe pamphlet but as a simple reflection from my side about how we could arrive to a human society without having to act out the “Great Reset” - a very dear word to the globalists. Personally, I grimace quite a bit when I hear/read that word, especially when it is used to describe the revival of a feudal system, in post-modern and post-apocalyptic perspective.

I am writing the article in August 2022, and I do not know when it will be published. So, I think that some of its topics will serve the possibility to forecast what will happen after September 25th 2022, poll day.

What more to say? Fasten your seat belts, and have a good reading!



We woke up in Dystopy

Since the 60s, our humanity was waking up from a previous course made of worldwide wars and famines. Through the Rock and the Hippie movement, people were claiming a worldwide peace, a release from old and worn-out habits connected to the political and geo-strategic ideologies - at that time they were dividing the world in two politically and militarily distinct blocks: USA and USSR.

Some of the readers might already want to argue: "those movements have been created by the elites in order to control the mass of juvenile movements, to shatter and undermine them via trafficking synthetic drugs and opiate "derivatives". I partially agree: there have been some maneuvers by what we commonly define "Deep State". But it is true that they have been not able to fully control the mass of the youngsters because the youngsters started to think in a "different" or "divergent" way. That brought mankind to such a level where it can be stated that our Planet had already reached a critical mass number, a positive and productive way of thinking and reasoning, that can act as a driving force in order to "launch" humanity in a New Era.

Some of the "senior" readers might remember the large number of magazines and books about the transformation of humanity published, while the mainstream was proposing show schedules about "border sciences" and ufology was one of them.

Everything seemed to lead toward the hoped-for direction, that is: humanity would have reached that goal, the New Era, in a quite short time, with some help by "inspired" leaders. The fall of the Berlin wall in 1992, even though it was not wanted for "inspired" purposes, (and the collapse of governmental parties in Italy) had been seen as a rite of passage toward the New Humanity. Unfortunately, behind the scenes, the shadow of the "Deep State" was already hovering around. Even then, various world governments, financial, military and industrial institutions were planning it. We have been "trained" to adjust ourselves to unpleasant and damaging situations without reacting to them (reaction happens only when it is too late). We actually live in a society where people are literally "crushed" by economy, politics, media, numbly accept decay, oppression, demise of values and ethics, resulting from the uninterrupted undergoing in silence with no reactions at all.

So, here we come to September 11th 2001, an unfogettable date, both for the US and the whole humanity, that started a sequence of "avalanche" events which for ever changed human behaviours, behaviours that were inclined to and "inspired" by the New Humanity.

All of a sudden, the "critical mass", started to shatter and shrink by means of fear and dismay. And not-quite spiritual forces were allowed to prepare the ground for their purposes.

Now let us take a jump to December 31st 2019: Covid-19 arrived in our lives. I do not want to remember all the sorrowful and disquieting events that forcefully insinuated themselves in our hearts and our minds...

I will not express any judgement in relation to those happenings because I do not want to taint my current analysis. My task is to reaffirm that the mutation of the virus in pandemic has



allowed many Governments to carry out repressive and anti-constitutional policies like never before (I state that as a legal expert), which are still enduring, persisting and being periodically reinforced. I feel like asking myself some questions, that I recap in following list:

- *When was it when we all started to subjugate ourselves to what was forced like "a new normality"?*
- *When was it when we started to say that it is ok to pollute our food, our planet and ourselves?*
- *When was it when we started to give in our freedom of choice to the government?*
- *When and why all this happened to humanity and how can we allow it to happen over and over again?*

In my head, many theories are taking form, even though it is difficult to find some final answers. Looking at the recent past, instances of absolute incoherent behaviour have been rampant. The "leitmotif" seems to be this: masses are always agreeing with that behaviour, and therefore they "let it happen". The program for mass mental controlling have been operating and have damaged people since decades. On this very moment in history, they are much more aggressive.

I can state that our current reality is a reflection of the acme of mass mental control and of what we managed to accept in approving the "new normality".

Those like myself who are healthily minded and impersonal watchers consider it psychotic, while others see it as normal.

I would like to keep analyzing some current topics by asking myself some further questions:

- *When did farmers start to accept pesticides, and herbicides to control their crops for the first time?*
- *When did the first group of farmers say "it is ok to poison our crops" in order to improve production to the detriment of health?*
- *When and why did the first farmer decide that it was right to plant genetically modified seeds, gambling with nature, at his own and ours expenses, regardless of consequences?*
- *Is it logical to keep on abiding those regulations?*
- *To which extend did the conventional medical wisdom accept garbage science that fabricated results according to which chemotherapy, mammography, CAT scans, vaccines and pharmaceutical products were supposed to aid people's health?*
- *How did the whole medical profession agree to carry out damaging medical interventions?*
- *How did they manage to convince millions of well-trained professionals that was the way to progress human health?*
- *Why did sheer ignorance become the distinctive mark of medical practice throughout history, and mostly during the last two years and a half?*



- *In which way did adding chemicals in water supplies, whether chlorine or fluoride, become extensively approved all over the world without a massive opposition?*

Safeguarding of communities from dangerous chemical substances seems to be totally missing in our society.

Today we have more chemicals than ever. And despite the knowledge of them killing us, we keep on adding more toxins every year, and nobody is objecting. We started to criminalise and incarcerate populations because they own plants that have and have had powerful therapeutic properties.

I could go on and on writing about the post-industrial insanities, but the how and the why can be found in historical investigations. Anyway "the end does not justify the means".

Many small alterations, brought about in time, create a change on a larger scale. Almost all the worldwide powers have embraced that systematic knowledge and applied it to the gradual decay of human health with one only purpose: a total mass control.

Coincidences?

It is about time to start imagining how our 2030 will be. That is how the World Economic Forum (WEF) and Forbes magazine started off on Friday, November 11th 2016 and published a short essay called: *"Welcome to 2030 - I do not own anything, I have no privacy and life has never been better"*. Holy smoke, what a great discovery! That affirmation makes me recall an episode of the TV series "Star Trek - Next Generation", where an interlocutor coming from an evolved planet (evolved as the Earth is evolved nowadays) asked to the very famous Captain Jean Luc Picard: *"...Captain, in your civilization I do not see banks, cashier desks or any other payment system, how do you manage to buy things for your needs?"* The answer was: *"...In our society each one of us has a precise place to make it work, there is no ownership as such, the system provides everything we need, based on how much we contribute towards it!..."*

The readers will come to their own conclusions. Coincidences? Due to my professional deformation, I do not believe in coincidences, especially when Dr. Klaus SCHWAB (founder of WEF) has the habit to dress up as if he were to perform in an episode of that TV series.

Ida Auken, the Danish Environment Minister then, imagined how life could be in 2030, and wrote an article about it: *"...Year 2030 has been chosen for its importance in reaching the Sustainable Development Goals (SDGs) of the United Nations. The SDGs are a collection of 17 interconnected targets which have been adopted by the United Nations in 2015 with the illusory purpose to end poverty, protect the planet and circulate peace and prosperity to all people by 2030..."*

SDG's actions never live up to the intents they declared.

SDGs were part of a wider resolution known as "Agenda 2030", with the stated intent to fight against the climate change. Even though SDGs and Agenda 2030 of the UN are often promoted as a tool able to establish healthy multilateral relationships between nations, in reality



they are based on a deeper agenda which wants to monitor, control and manage the whole of life on the planet.

Although SDGs are six years old, the majority of people learned about of the sentence *"You will not own anything and you will be happy"* when the WEF announced The Great Reset Agenda in June 2020.

Another coincidence?

During the last two years, so many reaserchers, podacsters and journalists shared their worries with the public trying to prevent such an anti-utopian world described by Ida Auken. If we were to watch what has happened so far, we may say that the efforting of the "System" did have some success.

Ida Auken issued a statement in response to the concerns of people and of the indipendent press, and the WEF withdrew that text from its website.

In the statement, June 2020, Mrs.Auken says: *"...Some people have read this blog as a utopia or a future dream of mine. It is not so...It is a scenario that shows where we could be heading to, for better or worse. I wrote that article in order to launch a discussion about the pros and cons of the current technological development. When we are dealing with the future, it is not enough to work with reports only. We should launch further discussions in very many new ways. That is the purpose of the article..."*.

it is interesting to notice that Ida Auken is listed as an "Agenda Contributor" for WEF, and she has been the first Danish politician chosen for the "Young Global Leaders" program. Mrs. Auken has also published 3 blogs envisioning the world in 2030.

The readers will understand for sure that part of what Mrs. Auken and WEF describe as innovations for Humanity 2.0 do sound as an effective step forward for the Planets and its inhabitants. After all, would anybody not want an intelligent city or a more "walkable" and more suitable for cycling city?

Who would not appreciate more tracks and more trees?

And what about the suburbs? Are we risking a deportation from the countryside to the big metropolis?

After we overcome code words and promises by WEF and its "front men/women", or affiliate spokesperson, we recognize that the world in 2030 isa world where technocrats plan any aspect of society. It is a world with no privacy, no personal ownership, with mandatory digital IDs, digitalcurrencies and social credit scores.

Any more coincidences?

In a code word it will be: *"...you will own nothing and you will be 'Happy'..."*

Mrs. Auken furher explains those points in her essay in 2016 where she remarks: *"...all what you considered a product has become a service", or "in our city we do not pay any rent, because*



someone else is using our free space whenever we don't not need it. My living room is used for meetings when I am not there..."

She also underlines how shopping will transform in: *"...choosing things to use, and let the algorithm do it for you because it knows your taste better than you do..."*

Finally, Mrs. Auken defines people as: *"...those who are not living in our cities, those we lost along the way"*, referring to people who gave up Smart Cities and move away from cities in order to build "self-supplying and self-supporting communities..."

What Mrs. Auken did not understand is that millions of people are already choosing to leave the cities and building outside of the digital anti-utopia of 20230. Those who cannot or do not choose to leave the cities are asking themselves what future might bring. Even though the majority of the readers does not agree with WEF, UN and their coalitions - by now all gathered in "guilds" - it cannot deny that those institutions are working day and night to achieve their goals in the Agenda 2030, at any cost.

They are working with hundreds of corporations, with most of the world governments and are spending trillions of dollars to make "The Great Reset" evident and tangible.

Can we get out of that trap? By all means! It is about time for us to imagine how our 2030 will be. If we manage to say no to the "new normality" and "The Great Reset", we must understand what we are trying to create as well.

It will be "you will own nothing and be happy..."? Or maybe "...you will have health and prosperity and you will be happy to live on this Planet?..."

The answer depends on what each one of us will do as from today in order to change the paradigm they want us to accept, in order to create a new one, fitting each living Being on the Planet.

Future generations rely on us in order to build an alternative vision to the technocratic one.

After all the suffering humanity went through in the last decades because of the globalist elites, people are waking up by the dozen, the majority is unaware, and keep being misled by the mainstream, by the control System of the ruling elite.

Actually, we are confined to live in a fake and limiting paradigm, a global "Truman Show".

- *How could it ever be possible to create a new paradigm in front of the insurmountable possibilities"?*
- *After having seen through the great scam, the "awakened" ones would be able to change the control system?*
- *Can we continue to pursue new theories and new practices for a new experience of a human paradigm, which will create a different world for all the living beings and the Planet?*



Before answering those questions, I am going to list some of the ways in which the majority of people is understood by the control System of ruling elite in the current fake and limiting paradigm:

1. Fake Science or "H-Science"

During the last thirty years, the pseudo-science is controlling humanity. It is sponsored by corporations and bankers, and it is guided by very dogmatic fake-guru scientists. That pseudo-science is approaching a blind "scientism", totally enslaved by the System.

If we tried to tell some followers of the "Church of Scientism" that the so called gurus are fake and wrong, they might look at us as though we have 3 heads and 6 arms. It does not matter whether we are experts or good at communicating the "True Science".

2. Fake political parties

The awakened ones sense, or know, that regardless who is in power, all the main leaders of political parties are puppets in the hands of string pullers (the elite in power). Therefore, the elite in power takes its main decisions aside from parties and their leaders. In Italy we are bitterly experiencing it since 1992. The masses are distracted from their awakening since they are controlled and manipulated by the use of finetuned techniques, so that they are directed as if they were herds.

3. Fake wars

The majority of people is still falling in love with the fake tales around wars. Those tales are spread by psyops, "false flags" or "divide and rule" strategies. The warmongers, supported and promoted by the mainstream media (*true fake news*) threaten the existence of each man, woman and child, as well as all the life forms existing on the planet with the possibility of a nuclear war. As part of the scam, the power elite offers its own programs as "beneficial", while they are actually damaging and enslaving. Bigger the difference between something perceived as "beneficial", even though opposite to reality, and easier will be for the elite to carry on with their own schedule. Agenda 2030 is a typical example.

4. Performing "confusion"

One of the tricks used in order to bury information and to keep carrying on with fake and hidden agendas, is to induce the masses in an ongoing state of confusion or "numb" neutrality.

For example, Big Pharma has deceived and confused the masses through misinforming and concealing scientific proofs.

The Creation of a New Paradigm

One of the main replies to the mass control system is "cutting off".

Here some examples.



Avoid to give your support to those puppet politicians who are dazed by power, dishonest and self-centered. The whole of the Western government is a myth because it has been designed to give the illusion of choice and change. We truly need to expose the puppeteers not quite the puppet-politicians.

We must display their cruel and criminal activities..

Let us disconnect from the wireless technology, more and more dangerous for our health, and from "*The Internet of Things*". Let us stop the compulsory use of the "intelligent" technology, because it wastes us and makes us even more stupid.

Let us find alternative ways to bypass the System.

Let us boycott the mega-corporations. Let us support the small enterprises...

Let us reconnect with our inner Essence

Human beings have now reached an unprecedented level of self-importance. We are losing our minds in narcissism, in materialistic greed and in consumerism. While the rich ones become even richer.

It has been reported that 5 people on our Planet own the same wealth as half of the world population. About 90% of the world population lives in poverty. And the mega-corporations become richer and richer.

Let us take Jeff Bezos and Amazon as examples...

We have been pushed to the limits. A change **must** necessarily happen. The *status quo* has to come to an end since it keeps on being a dyscrasia which is larger than our ongoing awakening. Besides efforting in disconnecting from the control system of the ruling elite, in order not to be manipulated we should change our way of living. We should reconnect with our true self and with what is surrounding us.

The inner reconnection means changing our *inner world* so that the changes will be evident in our *outer world* as well. We need to safeguard truth, honesty, integrity, kindness, care and compassion in order to preside over our new experience of paradigm. So many people collapse in dissatisfaction, frustration and slavery. The day we will good again with ourselves it will be very easy to move from being victims to being victors.

The inner reconnection means changing our inner world so that the changes will be evident in our outer world as well.



It will be a huge effort, but we need an open mentality and an open heart, because we need to build the necessary multiple layers for a radical change so that the new paradigm will be so solid to bring an everlasting peace..

Let us get together to create a New Paradigm

From what I extrapolated during these years of researches, what clearly comes to light is that a lunatic global elite has launched the final stage of a planned long ago agenda, that is killing a significant part of the human population and enslaving the survivors...

International organizations, like UN and WHO, politicians, medical personnel, "controlled" governments, national and international media are playing a very important role in actualizing that program.

If we want to create another finale we must group brave, honest, loyal and incorruptible people together, and to strategically operate to undermine the global elites. We can free ourselves from their attempt to force an even more burdensome domination.

While each one of us meditates upon his/her own involvement in the creation of a *New Paradigm*, we must keep in our hearts and minds this: if, in this historical moment, we do not fight to protect our human nature, no other human being will have the opportunity to do so in the future.

It is about "*now or never for all of us*". This is the final call, and as I will explain in the following lines, we will not be left alone.

An allegory from the past

As I disclosed earlier on that I would have looked for some philosophical "food for thought" to convey the meaning of the times we are undergoing.

The most suitable paragraph is in "Republic" (in ancient greek Πολιτεία, Politéia), a Socratic dialogue written by **Plato** around 380 B.C., about the definition of justice and the order and character of the right city-state and the right man.

It is the most well-known work by Plato. It proved to be the most intellectually and historically influential philosophical work.

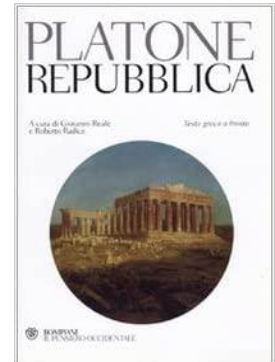
Socrates, together with some Athenians and some foreigners debate about the meaning of justice and evaluate whether the right man is happier than the unjust man, taking in consideration different cities coming to light "with the word", culminating in one city (Kallipolis) which is ruled by philosopher-kings; and they examine the nature of the existing regimes.

The participants discuss also about:

- *the theory of forms*
- *the immortality of the soul*
- *the roles of philosophers and poetry in society.*

In "Republic" Plato describes four kinds of government:

- *monarchy*
- *oligarchy*
- *tyranny*
- *democracy*.



Let us imagine to bring about the allegory of the cave to our times - that allegory is a discussion around human mentality and the political body, our way of thinking and our being.

There are four kinds of people inside the cave, even though in no section of the text the characters are openly counted.

In the cave there are kidnappers and prisoners.

The prisoners are monitored and they know nothing but the cave, actually just one wall. The kidnappers use fire to cast shadows on the wall to fascinate and distract the prisoners with a made-up reality.

Some of the prisoners are chained and some others are not.



The chained ones are kept in such a position from where they can see only straight ahead and are sure of the truthfulness and importance of the shadows.

The free ones are pierced by the imaged and sure of the authenticity and importance of the shadows, that's why they do not need chains. They are held back by the shadows, like elephants on a rope.

Both prisoners do not show an interest in their real existing as prisoners in the cave.

They are not **conscious**, they have no self-awareness, and no awareness of the surroundings or the kidnappers. They are only aware and worried about the *shadows*.

There is a fourth character: the free prisoner.

The free prisoner, after having spent his/her life in the cave, finds him/herself outside the cave. At first he/she is blinded by the light of the sun and then he/she starts to see.



At the beginning he/she only sees the shadows, because this is what he/she has been accustomed to see, and then he/she starts to see the reflections, then the objects casting the shadows and at last the totality of the surroundings, him/herself, the others and the stars and the sun.

The free prisoner comes to know the light of the sun, and becomes aware that everything relies on it.

He/she learns the basic principles of "reality": the sun is the true light, not the fire of the kidnappers. The free prisoner finds out the simple conditions of reality, and becomes aware of what the shadows of the kidnappers did symbolize. He/she becomes unchained itself, and understand his/her own place in the world.

He/she unchained to have been deceived like everybody else in the cave. After having been freed, the free prisoner goes back to the cave and tries to inform the prisoners about their situation, and to **make them free**.

The chained and unchained prisoners disregard the free prisoner because he/she is not able to see in the dark cave anymore, since his/her eyes got accustomed to daylight. At the end, they decide to get rid of him/her, they consider him/her crazy, guilty for having revealed their captivity and having subverted the status quo.

That allegory reflects the way in which the control institutions work. One of the most important layers of the *Allegory of the Cave* is the personal layer inside the cave: the caves people build around themselves. The shadows are false proofs which appear as real **fear**.

The majority of people reproduces shadows within itself to keep the status quo on, in order not to leave the comfort zone and not to face reality as it is.

The free prisoner, the just rebel, is powerful in the world and can guide us out of our personal caves towards enlightenment. Shadows are symbols of consensus, constantly programmed and reinforced by the mainstream media, and the majority of people believe them as real.

When we follow our intuition, we end up behaving in ways impossible to understand by the conditioned and imprisoned minds.

They have to "rationalize" your words and your behaviour, they say you are "crazy", "dangerous" or "delirious", and they might behave towards you in a compliant way.

You are simply different; you see reality from another point of view. Follow your heart, because it is Consciousness talking: the Silent Voice, your Inner Self.

Follow your heart and the adventure will begin...

Lao Tsu's Sayings are more relevant than ever before

The lesson we started to learn since 2020 keep being imparted.



Every is been challenged. What has been hidden in the shadow is now being illuminated by truth. The current totally unsustainable system is falling down under the weight of its own arrogance.

It is time to rethink about everything. One of the sensations I have is that we moved so far away from the nature of life and we grew up divided, fragmented and dangerously out of balance.

We lost our capacity di sense life in its wholeness and sacredness. And we live in a sick, concealed, dark and confused world with social distancing and self-segregation. Humans are not so mysterious after all.

We are creatures of habit; we are predictable and we love to follow dropped-from-above programs.

I came across a passage from *Hua Hu Ching*¹ by Lao **Tzu** by accident, where the venerable Lao Tzu seems to be speaking to us in this time of great crisis.

During a discourse with a student, Lao Tzu explains how the human mind of the future will deteriorate to fragmentation, and the intellectual element of the mind will prevail.

"...Gentle Prince, there is great power in an integrated and sincere mind..."

...By keeping their minds whole and untouched, the ancient wisemen develop deep mental and spiritual competences. They understood that the intellectual development alone splits the mind and can take a person away from the very nature of life.

...In the future, humanity will excessively enphatise th eintellectual element of the mind. Instead of ackowledgeing the wholeness of life, people will perceive life as split in two aspects: the wordly one and the spiritual one. People will loose themselves in disconnected and fragmented conceptual information. They will become victims, and not masters, of their own knowledge..."



¹ The Huahujing (traditional Chinese 化胡經, simplified 化胡经, pinyin Huàhújīng, Wade-Giles Hua Hu Ching, literally Classic on the Conversion of Barbarians) is a Taoist book. Traditionally attributed to Laozi, many scholars believe it to be apocryphal because no written trace is found until the 4th century AD. - from Wikipedia.it



Lao Tsu keeps on commenting that “people of the future” will be able to amend the situation, even though they will become *addicted to modern ideas* by avoiding the *holistic knowledge which could be greatly good*.

And he offers the following intuition.

“...The remedy for the people of the future lies in the old awareness about a whole lifestyle which has been handed out from one generation to another. The holistic lifestyle, practiced by the ancient wisemen, did blend body, mind and spirit together, in all life activities.

Their clothes, their diet and their homes were in accordance with nature.

They relied on their limbs for transportation.

Their education was wide and whole; it did not underline a part of their being while neglecting other ones.

They were not looking for special recreational activities; their work and their recreation were the same thing.

They “workouts” developed body, mind and spirit through balancing inner energies.

Their music functioned as a bridge between mind and spirit, it was not an emotional release only.

Their leaders were chosen because they were exceptional models of virtue, not because of their financial or military skills. Philosophy, science and spiritual practice were a whole...”

Life is a whole. We will not live forever, we will die in horrible, tragic, scary and lonely ways...

Yet we still live and our interrupted connection with the nature of life is literally cutting us out from experiencing life.

In such a state, we cannot see anything but the end. We are not able to consider life as a journey anymore.

The intellectual mind categorized life as something that has to be protected by killing it.

In the passage from “Hua Hu Ching”, the student asks Lao Tzu the question which is in our minds today:

“Venerable Master, how can people of the future face their very troubled times?”

“Gentle prince, those people of the future should not blindly accept either the new or the old. Things which have been developed long time ago can still have a great value, if they proved safe and effective in time.

The new set of events seem to be a shortcut, but things of temporal benefit might bring hidden problems later on.

The future generations will have to evaluate all the old and new discoveries and ideas to make sure they are useful and healthy according to the standards of a holistic lifestyle...”

Those passages could be considered an invitation to reconsider the ways in which technology and centralized control systems are influencing our lives.

Things that seem to be good ideas always end up to be used to enslave or control us.

Everything is coming to us at light speed. The more the outer world is becoming complex the more the inner world becomes confused, disconnected and smoky.



A Reference for a Next Future

Corey Good, an American man I made contact with in the last years (who asserted with evidence in hand to have been part of Secret Special Projects in US, as an "Empathic-Intuitive" and appointed to the "Twenty and Back" Project of the US Air Force - a sort of time travel of twenty years and back) has provided me some information about the "Change of Paradigm" we could have put to use if we truly wanted to change our course of evolution.

His credentials have been always confirmed by insiders of some governmental apparatus who, through the "Esopolitics" program came forward and issued some statements.



Corey is a prominent figure in the context of the interplay between human intelligence apparatus and highly evolved species in our Solar System, and from other dimensions too. His peculiarity is having given very precise and accurate information on what would have happened to our Planet on a geopolitical, strategic and economical level. At first, he did so in incognito, and later, after Trump's election, in a manifested way. I will not examine in depth Corey's curriculum herein, I shall leave it for another article dedicated to SSP (Space Secret Program, but I am going to share some extracts from the information he revealed in a conference, 2017, USA.



He stated: "...As *Wilcock* (David Wilcock, an American researcher who is currently completing an in-depth study about the events in which Corey Goode has been involved) *revealed* in "The



Ascension Mysteries², one of his authorized personnel worked with MIC SSP and has been carefully trained in their opinions, and we will explain it here...

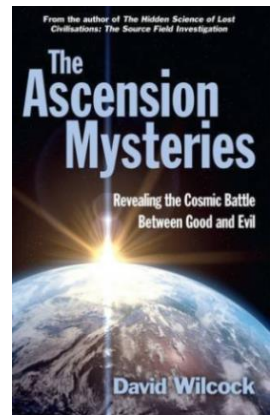
...People in MIC SSP (Military Industrial Complex - Space Secret Programs), are very aware that an energetical change is happening in our solar system. They expect a massive release from the sun in the near future. The movie "2001" had the purpose to open the way for the final disclosure of MIC program.

If the mainstream media had managed to make such a bulk of data known, MIC SSP would have been revealed long time ago.

...2001 and 2010 have installed all the key information...

...If you try to explain to MIC SSP that a space and more advanced program is taking place around them..it would be like "to swear like a trooper" in front of devoted followers...", and "...FBI is silently inquiring on those disgraceful crimes since decades. David's authorized personnel confirmed....

FBI investigators brought proofs to many prosecutor generals, just to ask for the closing of the inquiries. FBI realized that many great changes had to happen before an authorization to bring those people to justice...



...the more FBI was inquiring the more important and powerful names were appearing. It seems that sex-slave and pedophile networks have been associated to almost one third of those working for governmental organizations in US and EU. It was clear that any attempt made in their prosecution would have been blocked.

...That's why the Confederation (a fringe of the secret military apparatus) favours Trump...It seems to be one of the main reasons for which the majority of FBI was behind Trump in during the electoral campaign...

FBI knew that the Confederation was supporting Trump...

FBI believed that with Trump election it would have been possible to bring all the proofs to some prosecutor generals who would have gone after it...

It was such a controversial process causing much anxiety among both the political parties...

Since I made myself known to the public, some of FBI, DHS and FEMA sources of mine stopped their contact with me, due to the repression by Obama administration...

The day before the election, all three of these people reached out to me and told me Trump was going to win... They then started sharing a lot of inside information about the above investigation with me..."

² Wilcock David - The Ascension Mysteries, David Wilcock unlocked the mysteries mankind have always struggled to answer: who are we, how did we get here and where are we going? - 2017-02-01



I would like to quote on eof the most important statements made by the lamented contactee Dolores Cannon, during one of her last TV interviews:

"We are right in the middle...people are expecting something great and dramatic to happen...It will happen this way...It will not happen "Boom"...you will know it: here we are. It is a gradual process started in 2003, and it keeps accelerating...If you look well, you cab see that changes are happening for real...They are very subtle, and it is difficult to recognize them...Everybody was expecting the world to end on December 21st 2012, but if you had been alert, then is when everything started to truly accelerate...!!"



At the end of this long article, while hoping not to have tired you but to have "awakened" you even more, I am leaving you with the certainty that "here and now" is right now. At the right time we will all be able to recognize each other even though we never met before. And only through joining forces and freeing ourselves from all the chains, which imprisoned us in our own caves, all the shadows will vanish at once. And we will win and manage to create a new "Golden Age" for ourselves and the whole planet. We will not be left alone...

Buena Vida...

Antonello Lupino



Antonello Mario Lupino, army and police special unit NCO, has been an esteemed populariser in ufology since decades. He has graduated in Law and Psychology, and he is an expert in Geopolitics and International Antiterrorism, weapons and military security. Currently he a legal and safety consultant for Antiterrorism policies. He is the director of the International Ufo Center and member of the International Committee for Esopolitics. He lectures about ufology, alien races and paleo-astronautics. He partecipated in various tv programs about Ufos. He manages the Associazione Orizzonti Sconosciuti (Unknown Orizons Association) which deals with issues regarding every aspect of a Human Being.

He was born in Sardinia, and in the recent past he is researching about the "Gigantic Beings", very much present in the Sardinian oral tradition from generation to generation.



FROM NUMEROLOGY TO NUMEROSOPHY

by *Dolores Reggianini*



Pythagoras' numbers were hieroglyphic symbols through which he could explain ideas concerning the nature of things and the origin of the Universe.

The Pythagoreans claimed that the doctrine of numbers, the most important in the whole esoterism, had been revealed to man by Celestial Divinities; that the world came from Chaos, Sound and harmony and build according to musical correlations. I will get back to that amazing topic further ahead.

I learned Numerology in the 90s, together with many other disciplines of the so called Holistic/Energetic/Spiritual world: from natural nutrition to shamanism, from yoga to meditation, from metaphysics to quantum physics and to Christian esoterism.

Ho appreso la Numerologia negli anni 90, insieme a tante altre materie del mondo così detto Olistico/Energetico/Spirituale: dall'alimentazione naturale allo sciamanesimo, dai trattamenti energetici allo yoga e meditazione, dalla metafisica alla fisica quantistica fino all'esoterismo cristiano.

I was looking for answers, I was searching and seeking like many others who after having given in to family's and society's demands were expecting to feel realized, right, adequate...hence "in place". Now I know that expectations can never be fulfilled unless they have a higher nature. At the beginning of the path, it is a classic mistake to mix sacred and profane, the octaves of the various teachings. After a long while, after many studies you would like to ensure



everything is one, Spirit and Matter, but you have to deeply understand the different nature of both before.

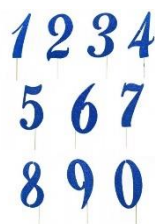
Since then, searching has been my "codeword". And numbers came with me along a path of knowledge, which went deeper and deeper, moving in evolutionary concentric circles. At every turn, in the same spot, they showed me the same lesson but from a different level and a diverse point of view. I went deeper and deeper inside myself, inside the "human being", inside the knowledge of the Universe and the Gods, exactly as it is engraved on the gate of Apollo's Temple in Delphi.

*I warn you, whoever you are:
Oh you who wish to probe the arcana of Nature
if you cannot find within yourself what you are searching for
you won't be able to find it even outside.
If you ignore the wonders of your home
how are you supposed to find other wonders?
In you is hidden the Treasure of the Gods.
Oh Man, know thyself
and you will know the Universe and the Gods.*



Numerology allows us to explore the personality of a human being and also some animistic aspects.

In the years, I learned to trust numbers because I experienced Numerology with thousands of people. I know that when I receive answers through the numbers they are always right, there is no error margin at all. Numbers are never mistaken, as Life is never mistaken as well.



Numbers are nothing but Divine Features that human beings experience here in duality...for example odd numbers carry a creative male energy, even numbers carry a welcoming female



energy. Numbers can have neutral qualities, namely in balance, and they can have morbid or healthy ones, therefore negative or positive. Numbers have quantitative aspects, like in Mathematics, or qualitative ones, like in Numerology. Through Numbers we can “explain” Creation, the Path of the Initiate or the evolutionary progress mankind has to undertake in order to rise to other planes.

Numbers are nothing but Divine Features that human beings experience here in duality... Through Numbers we can “explain” Creation, the Path of the Initiate or the evolutionary progress mankind has to undertake in order to rise to other planes.

I report a small excerpt about the story of Numbers:

*Here, therefore, by virtue of Love, the Absolute Unity **ONE** splits in **TWO** in the positivity of Light and the negativity of Shadow: primordial forces that are the volatile balance of Supreme Harmony and the Manifested Absolute, from where all the cosmic multiplicities, and that from dualism express with the trinity the mystery of creation **THREE**. The Light-positive is the Father, the eternal time, or eternal generating present, the Shadow- negative is the Mother, the womb, infinite space in action; the Son, Spirit-substance, that is Light and Shadow, or Life expressing both.*

We have explained the idea of a revealed Trinity.

*In the limitless space, the creative potency of the four elements radiates in the **FOUR**, to weave the material weft of substance, able to generate the strength of the motion of the universes and the transforming of matter on them.*

Fire, Water, Earth, Air are the four active principles that, in their transcendental mystery, presides over the formation and the expansion of material expressions.

*In the positive and negative forms of substance which enshrines strength, love and intelligence of the spirit, coming from Divine Potency, Love and Intelligence, and we have the symbolic number **FIVE** that in man reveals itself in his five material senses.*

Five represents the realization of three spiritual values, in the fatal trajectory of positive and negative that became material values, where the four elements created their evolutionary rhythm, according to the univocal law that unavoidably returns to its origins.

*In **SIX** you will find the two Trinities, the superior or divine one and the inferior or action one operating in the substance, and you can imagine them like two triangles having the same basis and opposite vertexes. The top one represents the springs of the supreme mystery, emanating the ray of infinite love toward those forces that will channel, from the second triangle, the harmonic planes, appropriate to realize the right conclusion of evolutionary phenomena in the universes.*

If with the two triangles you make a regular star with six points, you will get Solomon’s hidden symbol



*that represents the balance of spirit with substance, or manifested life.
Here we are at **SEVEN**, expression of all the manifestations in the cycle
of the laws that enclose the eternity of spiritual powers
and the material cosmic forces of the four elements.
Everything is under the seventh dominion that expresses the irrepressible will
of the universal destiny. The law of evolution specifies the terms
of eternity which occur seven by seven, like seven are the planes where
the cathartic works unfolds and seven are the rays of manifestations.
All the spiritual evolution of mankind, past and present, actualizes itself in
that synthesis, that means the Absolute Law, the Essence, the Divine
Consciousness, the dynamism of motion and action, adding up the three powers
in the symbols of the spiritual I, the cosmic astral I, the cosmic material I.
The number seven lives in all manifestations;
you will find it in the color of iris, in the notes of the harmonic
scale, in the atomic and nuclear spans. About what concerns the individual
catharsis, seven can be found in the following values:
Wisdom, Love, Justice, Beauty, Splendor, Science, Immortality.
When you have the certainty of your immortality, you will master the secret
of the true science, you will conquer the Splendor of Intellect and Consciousness,
you will get to the pure, inner and outer Beauty and the eternal Wisdom.
Getting to number **EIGHT**, you will see it represented in its mathematical symbol
which has the form of two rings joined together by the love knot, the never ending
rise and fall of evolution and the two strings with which spirit and
matter are tied to the manifested universe.
And here we come to **NINE**, the number where everything sums up and where
the absolute expresses itself.
A threefold trinity that, in the prodigious emanation of law,
generates the universal mathematical structure which determines nature's
limitations, from its divine origins. While transfiguring, it attracts all
the effective manifestations, similar to an immense breath, from the smallest to
the greatest of cosmic phenomena, and it broadens to come back to the starting point.
Nine: a threefold trinity, revealed in the manifested life or substance and
therefore, in the non-created, expressed and manifested Cosmos.
Now we consider **ZERO**, the nothingness. Placed next to the One, the Whole, we
will have 10, the Whole and the Nothingness, and precisely the Absolute Eternal.
And here we get to the end of this mysterio-sophic examination of numbers.
Behind their mathematical symbols, there are anxious enigma around life,
that, while conferring their light to human laws,
show their divine side which is enshrined in them.*

After the poem in which the Supreme Law describes "the Law of Numbers", let us go back to pragmatic benefit of Numerology. We can say that from the date of birth we can deduce many data: personal talents, challenges, conditionings, but mostly the life path, where we came from to undertake this earthly incarnation, how we will pursue it, how we will activate change and which obstacles we will meet. Name and surname, when all the letters are transformed in a number according to a Jewish tradition, will reveal: the motivation of our Soul, the masks we put on, and how our biological apparatus expresses itself. What I love to explain in trainings and lectures is how name and surname reveal the characteristics of the medium, the Avatar, our Soul chooses to travel on Earth.



1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

From those main studies (Name and Date) we can set off on an infinite journey where numbers, absolute preeminent figures, summed or subtracted with mastery, create a music on different octaves, a unique masterpiece that dances through familiar karmic energies, master numbers, initiations....and reveal the most secret arcana.

Each human being is unique and unrepeatable!

I always start my trainings from this assumption: the numbers are only 9 on the various octaves and we are almost eight billion people on the planet. In spite of that, even twins have a different reading. They will have the same life path because they were born on the same day, but the different time of birth and the name will define a different way of dealing with life, the different level of octave, the different time of ripening, the different tools and motivations.

People born on the same day and month as myself - some of them in the same year - had different life experiences, different karma, different soul age, different nature because they had a different name.

I would like to make a practical example: number 9 is the last one, it is often related the Hermit in the Tarots, a person walking on a spiritual path on his own, searching for a higher truth, enlightenment, unconditional love, wisdom, longing for being a spiritual master serving humanity. The first time we approach life in the quality of 9 we would not be a spiritual master but, since we already feel a call toward serving humanity, we will look for a job that has some sense "of mission", of helping people out. We will meet people having the life path in 9 in professions like firemen, nurses, physicians, special needs teachers or spiritual seekers, holistic operators, naturopaths etc...that happens for all the other numbers, and it will be different while having the same numerical qualities. Each one will experiment a specific aspect according to the Soul Motivation, the soul age, etc...in a unique and unmatched way...the only way that leads up to evolution.

I want to deal with the octaves. We can compare them with the musical ones: after the first 7 notes, C D E F G A B, the next C is on another octave, it is still a C, but slightly higher. And the same is with numbers 1 2 3 4 5 6 7 8 9. If we keep on 10 is always a 1, because 1 plus 0 equals 1, but it is higher, and that will add one or more aspects to the basic 1 of the first octave, deepening its characteristics. And so on: For example, 11, a Master number, is always a 2 because 1 plus 1 equal 2, and 12 is always a 3, because 1 plus 2 equals 3 but on a higher octave. Any octave can give us new facets and new traits.

It is not by chance that the Master Numbers (11, 22, and the multiples of 11) and the Karmic Numbers (13/14/16/19) are positioned on the second, third octave and beyond. The Child



Souls, or the Adolescent Souls, corresponding to the majority of Humanity do not always have karmic numbers in their readings.

An individual consultation of Numerology brings the person to know or to rediscover his/her own natural distinctive traits and potentialities, the infinite possibilities of the being, moving from feeling to doing, from dreaming to acting in life.



A numerologist opens up the drawers which have been closed for a long time, giving a precise background to past experiences and discerning potentialities, offering the Knowledge needed to be able to take off and finally BEING fully one's own self.

Since we all change day after day, moment after moment, this passion of mine for the interpretation of numbers transformed itself in time, changing my approach toward people who come to me in order to learn the laws of Numerology. Now I prepare them to receive this Sacred Knowledge with intention and willingness to use it for a tangible, real life transformation, not just out of mere curiosity.

Every single day, whether we are aware or not, the universal numerical energies manifest themselves and interact with our own energy, and all the energies of the numbers in a personal reading.

Just by watching those two energies and what we live daily, we will be able to flow with life, to welcome and live the gifts, whether opportunities or conditionings.

We will become aware that our personal numbers intertwine with the numbers of the day, the month, the trimester, the year, the 7 and 9 years macro-periods. And we will create an infinite initiating journey that is inside another initiating journey, like a Russian doll, for eternity, creating brand new moments in new levels of consciousness.

We are eternal beings, and we forget that too often. And the personalities we experience are just a preparation for the evolution of the Soul.

Times are changing with a reckless speed, and they brought me to evolve from "Numerology" to "Numerosophy".

Numerology means the Logos of Numbers or about Numbers, their "significance".
Numerosophy means the "Wisdom of Numbers".

I do not intend to draw from etymology like everybody else. I want to show you the numerological study of those two words to demonstrate that through numbers we can study anything, not only names, last names and dates, but names for companies, compatibilities and



complementarities inside staff members or couples, name of disease, phone numbers, addresses, etc...

3 5 6 6 91 30/3	3 5 6 6 91 30/3
NUMEROLOGY -----	NUMEROSOPHY -----
5 4 9 3 7 28/10/1	5 4 9 1 7 8 34/7
-----	-----
58/13/4	64/10/1

You will find interesting the following study.

The vowels written above talk about the Soul Motivation of the word itself and they both have the value 30/3, so they share the same goal. While studying in details each single vowel of the two names we deduce that both have the task to create (3) new openings and new changes (5), in order to bring forth a new balance in the person (6), so that the choice can be made (6) to be done with the past (9) and begin a new life journey (1). That will bring about creation, flow, play and the possibility to be in the present moment and to show one's own artistic talents. Those are all qualities of 30/3 (a higher octave of 3).

The consonants tell us about the way in which the Motivation 30/3 will act, and about what the two words will produce in everyday life.

The word Numerology says: open up to the new and change (5) in everyday life (4) ending the old and the obsolete (9), creating (1) integration between matter and spirit (7), the sum is 28/10/1.

Embrace (2) your power, your justice (8), and begin a new spin of the wheel (10) by manifesting you acts in everyday life, with courage and trust in yourself (1).

In Numerosophy it is quite similar: open up to the new and change (5) in your everyday life (4) by ending the old (9) and beginning (1) to integrate matter and spirit (7) doing the right thing and bringing the perfect harmony between soul and personality (8). The sum is 34/7. Create (3) in everyday life (4) the integration between matter and spirit, manifesting the sacredness of life (7).

Actually, the sum of vowels and consonants communicates the true expression of the words: Numerology 58/13/4 says: open up to the new (5), find you power and you balance (8) by transforming and cutting off all that is not needed anymore in everyday life (4) and keeps weighting and slowing you down. **Numerology helps the accomplishment of transformation.**



Numerosophy 64/10/1 says: take responsibility by listening deeply to yourself in your choice making (6), in everyday life (4) and start a new spin of the wheel (10) with a new way of manifesting your I AM (1). **Numerosophy invites you to be and embody the transformation you accomplished through Numerology.**

Numerology is more suitable for understanding who we are, it helps to transform your personality and to create a connection with your Soul, exactly what we are called to do during the last years of this Era.

Numerosophy is both the present and the future, it works more on a soul level, it asks us to BE a Soul in everyday life, to bring Spirit down to Earth, for a new beginning in the becoming Era, to put things into practice and stop bragging about and around.

And the journey continues...

Dolores Reggianini



She is passionate about Symbolism and Numerology. She helps people to deeply know themselves through Numerology and Numerosophy. She supports people toward the awakening of the Soul in order to get in touch in full awareness with the New Era in 2025.

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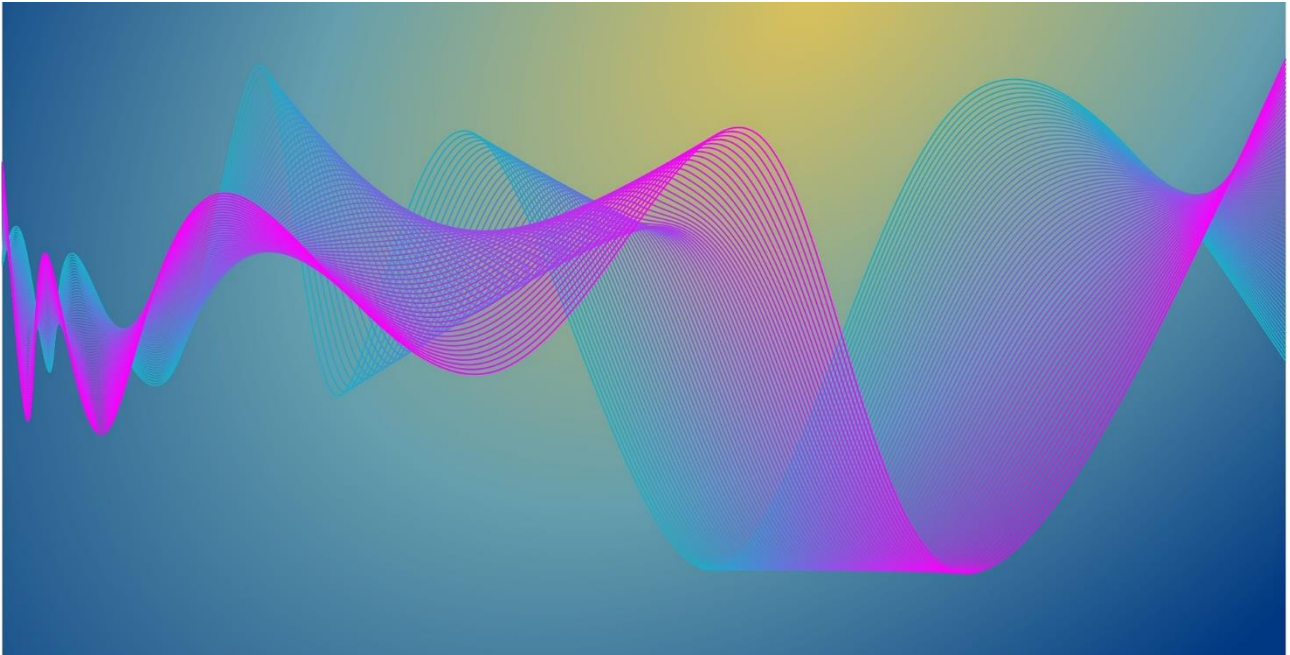
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432HZ: THE SACRED FREQUENCY

by *Giordano Sandalo*



Good vibrations to everybody.

I introduce myself saying something about my researches on frequencies and how I arrived to the study of sound as a therapeutical medium.

Since I was a child, I realized that music was, and still is, giving an essential meaning to my life. I started learning flute and piano. When I was 18 I was already teaching musical education in school. I became aware that my passion and ardor for music came from a springing source of enthusiasm toward investigating in the acoustic field, in recording and in the study of frequencies.

So, I decided to study - in an obsessive way - sound and acoustics. I start working as a sound engineer, the classical sound engineer, and in the 80s I set up SINCRO STUDIO, the first project of professional recording that gave birth to many musical productions.

The mystery of sound managing to influence the psycho-emotional world with such a mastery, drove me to be interested in hypnosis and esotericism. Those two factors are an important contribution to my musical creations and to the energetic and vibrational therapies I offer.

After my beginning as a teacher, I was chosen as a flute player for many classical and operatic orchestras (for example the Filarmonica di Treviso) and I devoted the residual time to writing music: from pop to rock, from light music to Gregorian chanting. And I specialized in composition and arrangement.



I attended many trainings and seminars on computer music and I became programmer and user of various music software.



In the following years, many curiosities I had about the world I did consider “real” started to catch my attention: if the universe has its own frequency, is there a point in being here and now and which is my Soul’s task? Those questions layed the foundations for my following reseaches in the charming world of quantum physics. I started my studies and I defined the quantum theory applied to sound the “**physics of vibrations**”. I came to know the tone of **La Verdiana (432Hz)**. I studied it with great passion and precision. And I started to lecture in conferences and seminars. At the same time I specialized in study of various ethnic instruments (Hang Drum, American Native flutes, Tibetan Bells, Shamanic Drums). I use them in music therapy, in guided meditations, in “Vibrational Bathings” which are the evolution of sound bathings.

Since a while, together with some colleagues, I am promoting that kind of tuning. In that tuning, frequencies are in harmonic motion with matter and everything around us. A human being is made by water, 70%, and therefore by hydrogen. In a hydrogen atom the difference of phases between protons and electrons is 1 divided 0,125, the result is 8. Its vibrational frequency is (Hz, which is the base for a tuning at 432Hz (being one of the lower octaves of 256Hz, the note C in the tuning with note A at 432Hz).

Often misunderstandings arise from the fact that we are working with subtle energies. Sometimes they are not measurable with scientific tools that are based on the 3% of what exists.

So, the harmonics of 8Hz are also the frequency of DNA replication and they are the basic tuning for A at 432Hz. There is a very interesting study by Andrija Puharich, a pioneering physician in the study of electrobiology and extrasensory abilities, where it is observed that the frequency 8Hz enhances the ability of our mind to go in “Theta” waves.



He achieved those results by studying ELF waves (Extremely Low Frequencies). Puharich discovered that an individual when exposed to 8Hz can easily relax the physical and spiritual bodies and reach a state of deep well-being.

He also discovered the slightly higher frequencies cause violent behaviours, while slightly lower ones can provoke discomfort, depression and the development of neoplasms.

In any EEG the frequencies of the human brain can be read. Brain frequencies are divided in waves: *Delta* (0-4Hz), *Theta* (4-8Hz), *Alpha* (8-12Hz), *Beta* (13-30Hz), and *Gamma* (beyond 30Hz).

8Hz are right at the intersection between Theta and Alpha waves and therefore are able to cause the Alpha-Theta stimulation in the brain. In that state, our two bio-hemispheres are in balance, in synch. As a result, we will have a general relaxation and no stress. 440Hz provoke a rise of the frequencies of the left hemisphere. That causes an increase of the Beta state and a remarkable decrease in the capacity for the neurons to exchange information.

We know that science takes into account only "measurable" energies, and so far it is studying just a very small fraction of the whole. Subtle energies are not considered even though they are more real of what our senses perceive as reality. For instance, the unconventional medicine is based on principles and laws belonging to the world of subtle energies (the causes) while the allopathic medicine considers only the symptoms (the effects) and therefore what it has already manifested.

What can we do in order to be in communion with everything around us?

One of the actions supporting this extraordinary endeavor is listening to 432Hz music, whether live or recorded.

Epigenesis offers many confirmations about sound therapy and frequencies creating a psychophysical harmony.

Epigenesis studies the molecular aspects through which information coming from the environment we live in are controlling the activity of our genes.

In the last years, Epigenesis proved that DNA models, transmitted through the genes, are not determined at birth. Genes are not the only responsible for our destiny. You might have heard of Human Genome program, the mapping of genome. Many biologists have been sequencing DNA for years.

That study ended in 2000, and, in 2003 was made available to the scientists, who realized that the results were not adequate to explain the complexity of life. Something was missing, something beyond the sequencing of the genome: Proteins, DNA architect. Another unexpected discovery: the whole human genome consists of only 25,000. They were wondering how it could have been possible that in a human body, made of more than 100,000 globular and structural proteins, only 25,000 genes were able to codify them all. A plant has about 28,000 genes and a worm has 18,000 genes: we are a little bit less than a plant and a little bit more than a worm. We could be disappointed! In a



genome, genes are 3%. What is left is a 97% of material which, having been named garbage DNA, is still unknown to science. Actually phenotypes are regulated by something else: epigenesis!



For a long time, it has been believed that genes controlled biology. It is a very good excuse to think ourselves as victims of genes. Many people live with the fear of getting sick with cancer because it happened to their mother, father or brother.

The most lethal diseases of our times like diabetes, cardiovascular problems and cancer are not provoked by genes but by complex interactions of many factors, both genetic and environmental factors. We are not victims of our genes, we are creators of our destiny. Genes, through hormones and neurotransmitters, cannot be the only ones in charge of our body: the quality of our thoughts, our beliefs, the frequencies and the environment have an influence.

We are organic processors. Each cell can be programmed, the nucleus acts as a hard disk, and the software is of genetic nature.

Then, who is the programmer?

WE ARE. Or better: the vibrations we resonate with.

Here is an interesting anecdote by Bruce Lipton:

"If I show you my set of keys and tell you that one of them is controlling my car...we could think this to be true because we all know that a key is needed to start a car engine. But is it true that the key controls the car? If so, I should never leave my key in the care since the car could decide to have a short drive in full autonomy.

A key is necessary to ignite a car, but who does insert the key, who does ignite and drive the car? It is ME".

A recent study at California University shows how our genetics can be modified by our lifestyle and the surrounding environment. The study has been performed on 30 men



who had prostate problems. They were asked to change their lifestyle for three months: half an hour meditating, 20 minutes walking, and a more balanced nutrition.

Well, within the three months period 500 of their genes in the DNA changed activity.

50 genes turned themselves off and 450 genes turned on. Many genes were involved in apoptosis and other functions of the disease.

Dr. William Tiller, Stanford University states: *"Everything we think with a specific intent has a great power on the physical realms, even though we do not notice it"*. In 1997 Dr. Tiller tried to prove that human intention could have been "memorized" and reused to influence a chemical process.

He used a small "black box", with only a reading memory, intending to modify pH in water. Tiller asked a group of meditators to bring their intention to the black box for fifteen minutes so that the pH could increase or decrease of one unit. Tiller then wrapped the black box up in tin foil, and placed it in a Faraday cage, a shield used to block electromagnetic fields.

Tiller prepared a second "control" black box where no intention had been transmitted, without specifying what was what, a blind testing. Then he placed some test tubes filled with water close to the two boxes. The test was very successful. The test tubes close to the black boxes that had received memorized intentions did modify the water pH. The other ones did not. This demonstrated how much thought, directed by intention, represents the true power and how much intention can influence matter itself.

In order to understand the power of intonation at 432Hz we have to understand what **Harmonics** are.

Harmonics are sounds following a very precise arrangement and the same proportionality in relation to the fundamental sound.

The Pythagorean tuning showed the right disposition.

Through Pythagoras we realize how important is the relationship between vibrations, that is correlations and intervals among frequencies. We can apply that with to everything, from planets to atoms because we are talking about relationships: for example, 4/2 is equal to 4000/2000 or 40,000/20,000. We use relationships, the intervals, in sound-puncture. We use tuning **fork-therapy** with frequencies tuned into A 432Hz. We have tuning forks at 256Hz which is a C but also a G 348Hz or a D 288Hz. By placing the tuning forks on acupuncture points the vibrations flow along the meridians. Using two tuning forks related at Pythagorean fifth we achieve amazing results as if the fifth C 256Hz - G384Hz.

Some recent studies on the correlation between tuning fork-therapy and the production of nitric oxide substantiate the empirical results we achieved with the Pythagorean use of frequencies, in particular the right fifths.



Some pathologies can compromise the production of nitric oxide, as well as the alteration of psycho-neuro-endocrine immunology (PNEI). Metabolic disorders may cause Alzheimer's disease, cardiovascular problems, diabetes, autoimmune pathologies and cancer.

The 128Hz frequency stimulates the production of nitric oxide, by using two tuning forks, C256 and G384. That frequency is expressed by their difference (384Hz minus 256Hz equals 128Hz).

We understood that 432Hz frequency is in harmony with nature, and nature itself responds to cosmic laws which can be translated in mathematical functions; it gives us the whole knowledge we need live in harmony with the whole of creation.

They are out-and-out rules working for all the energies. These cosmic laws are translatable in mathematical functions. Let us look at a fractal, an object that keep repeating itself in a way which is identical in the form but on different scales: by expanding or reducing it we get a form containing the original one always.

Every single part of everything contains the whole. We saw what happens in music through harmonics. It is interesting to see Lissajous figures; we can note how two tuning forks in vibration, thanks to bright optical beaming, produce figures corresponding with important archetypes, a circle or the number eight.

Frequencies become a geometry.

Vibrations become matter.

Pythagoras said: *"The geometry of forms is solidified music"*.

The intonation at 432Hz is the intonation of nature, and it has to do with sacred numerology. Pythagoras and Fibonacci come close to the study of sacred geometry, which is solidified sound.

While a musician is playing, an electric activity starts in his/her brain, an activity which is similar to fireworks.

When monitoring a human brain via functional MRI or PET we can see that certain areas of the brain are activated while we are studying math, or we are reading or writing, without any motoric action. For example, we can activate the visual cortex or the auditory one.

When we test people listening to music and moving the body at the same time, we can observe an explosion of brain activities in many different areas of the brain simultaneously.

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That discovery is simply extra-ordinary.

When we test musicians performing in the emphasis of the pathos they feel while playing, we discover something similar to a New Year's Party. Myriads of areas and brain activities are activated, creating a sort of a complete physical phenomenon. There is also a huge exchange of information at an extremely high speed in all the areas of the brain.

I am not talking about professional musicians. I am talking about any amateur musician or people dancing or singing while showering. The brain functions increase, and the motor abilities as well because the volume of the corpus callosum increases as well - a corpus callosum is the fascia of nervous fibers that connects the two brain hemispheres which allows the information exchange.

There is a logical/mathematical balance of the left hemisphere and the artistic/creative of the right hemisphere. There is also an *increase* in the capacity of data storage because the dendrites, the extensions of our neurons are stimulated, and that allows the creation of new synapsis.

On a neurochemical level music can:

- strengthen the immune system
- reduce anxiety
- regulate states of mind in a more effective way than medications can do.

Music enhances the production of oxytocin, the hormone of love and happiness.

Recent researches paid attention to endogenous opioids (opiates): they are natural chemicals of the brain, they analgesic and physiological properties much more powerful than morphine and opium. The most renowned ones are endorphins produced by the frontal lobe of the pituitary gland and they are classified as neurotransmitters.

Which are the main characteristics of opioids?

Here are some:

- they eliminate pain
- they slow down ageing
- they trigger well-being
- they promote self-healing processes.

Music has been already used in some hospitals to relieve pre-surgery anxiety and to treat post-surgery pains.

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Sven Bringman, Karolinska Institute, Sweden, states: "Music is not yet used as it should because it takes longer than a nurse administering a pill of sedative".

An interesting study about 432Hz music has just been published on the Journal of Endodontics: "*Influences of 432Hz Music on the Perception of Anxiety during Endodontic Treatment: a Randomized Controlled Clinical Trial*": 432Hz music relaxes patients under dental care, and they have better vital parameters.

Patients undergoing endodontic therapy often have a preoperative and intraoperative anxiety, which can bring to a higher perception of pain. That study had the purpose to test the influence of music as a nonpharmacological adjuvant in terms of significant changes of systolic blood pressure (SBP), diastolic blood pressure (DBP) and heart rate (HR) before, during and after the endodontic treatment in a population with different levels of anxiety according to the Coral Dental Anxiety.

100 patients have been recruited. They have been divided in two groups: the first one listened to 432Hz music, the second one did not. The results were collected and statistically analysed: in the first group of patients all the measured vital parameters (SBP, DBP, HR) decreased creating calm and harmony, before and after the treatment.

Dr. Catherine Meads and her team, at Brunel University, published on The Lancet Journal an article: "Listening to music, before and after surgery supports relaxation and recovery in patients".

She also adds: "Music is a non-invasive intervention, which is safe and not so expensive. It should be made available to all the patients who undergo surgery".

Dr. Andrea Markelz, Buffalo University, NY, says in article published in Nature Communication: "Our organism has its own music. A real symphony is produced by the vibrations of proteins that, like violin strings, modulate their movements".

Thanks to those movements proteins can quickly change their shape to bind to other proteins and make vital functions possible in our bodies, like breathing, oxygen uptake, cell repair and DNA duplication.

When we manage to understand the power of vibrations and of harmonic resonance, we will be like a big orchestra performing a perpetual symphony...in total harmony with the whole!

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Sound is the voice of Love and Love is awakening. The modern man is risking to live in sleep. Paraphrasing Ouspensky, man is born in sleep, and if he does not awaken from oblivion, he will end up dying in his sleep.

What can a sleeping man come to know?

If we really want to live, we need to know and to know means first of all recognize our condition of ignorance, so that we can come out of it.

Humanity is going through the "dark forest". Let us not forget that there are neither good nor bad ones out there. Light and shadow are only forces to uncover and integrate to support the necessary growth process. And light and shadow are both within us.

Good vibrations and good awakening!

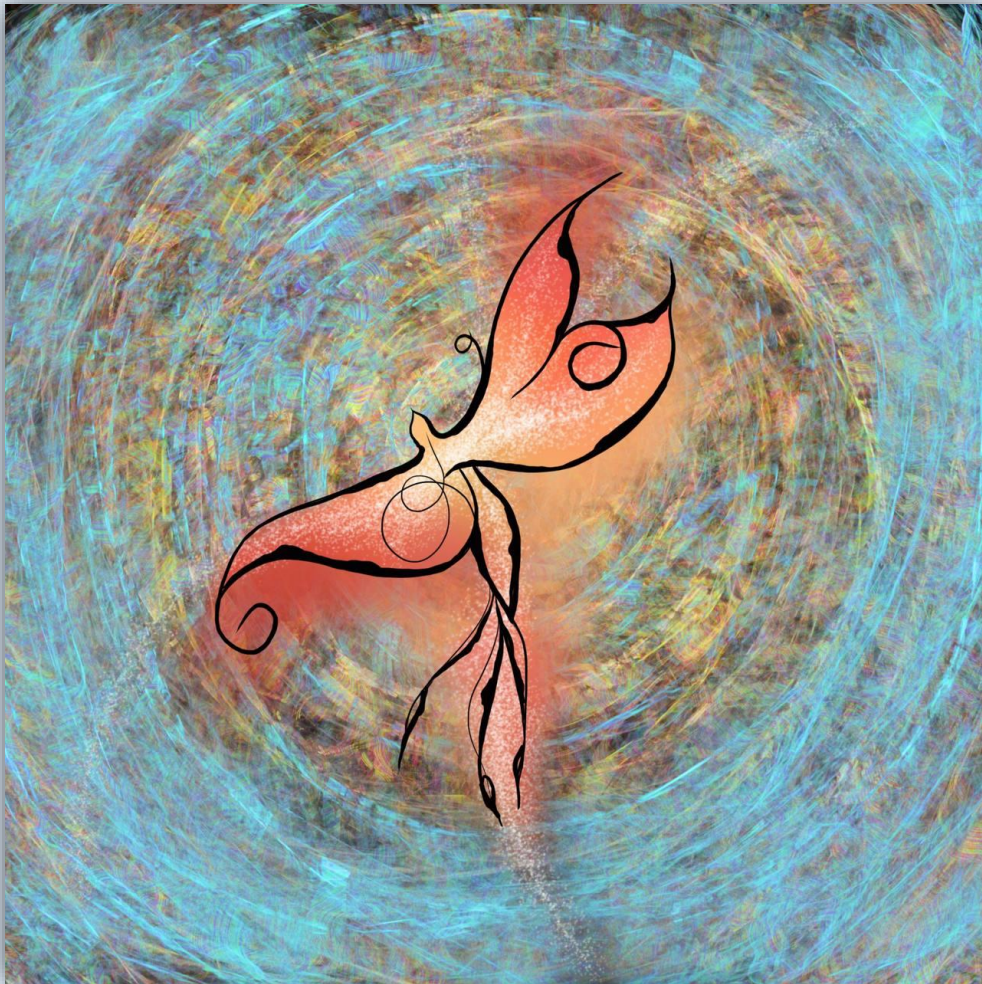
Giordano Sandalo



Music teacher, he graduated in transverse flute at Conservatorio di Musica A. Buzzolla, Adria, Italy. He also plays piano and guitar. He did teach music in schools.

He is a naturopath in Bio Natural disciplines, an operator in Tong Reng. He is also a quantum kinesiologist. He is specialized in composition and arrangement for contemplative and meditative music. He is the author of many 432hz musical productions. He is also a scholar of quantum and vibrational physics applied to sound.

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



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.

Connections

This Humanity of ours
has always been connected to every reality
at all planes, at all levels
whether ugly or beautiful.

We have been united since always
to nature, to the mountains, to the planes.

The industrial development drew mountain and sea closer,
created roads, bridges and railways,
building new routes.

The increase in telecommunications
has united nations,
nothing stays hidden anymore,
we receive data from everywhere.

The arrival of the digital era
transfers what we defined as reality in a virtual space:
that process will be very fast
and soon we will live it daily.

That transformation, like any other truth,
expresses itself in duality:
it will be very good or very bad.

Someone will exploit it
by simulating in the virtual reality
what he/she cannot face in real life.
Someone wanting to escape from this reality
will be deceived by the Metaverse
and his/her creative part will die out
and like a zombie he/she will drift away
and will keep wandering
in the new virtual world.

What a pity: humanity struggles to sense
where the involution happens
within the evolution.

The more the chance to connect from reality to reality increases
the more difficult "listening to"
the little voice becomes,
but the little voice keeps on talking
suggesting alternative solutions
which the mind does not want to get.



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Gurà Samir Levirò (Zelia Reggianini)

Abandonment

Abandonment is the emotion felt by those who experience separation,
separation from Unity, and they manifest it in their reality.

Like a little one, you feel banished, you feel rejected
and that pain is so deep to make you feel separated from the whole world.

Nobody can understand how much suffering
you live when you do not feel loved, never loved enough.

There is no such a thing as a solution
for the great void aroused by that emotion.
You can try to look for affection, but nobody is perfect.

You feel yourself different, you feel ignored
as if life has isolated you.

The emptiness grows more and more
and you cannot find peace anywhere.

At the end you want to be over with it
nobody can fill your life.

Depression is a dear friend
and it grabs hold of you in no time.

Then one day you meet someone who is happy
and you think you saw the expression of peace.
You ask yourself: "How does this person manage
to enjoy being alone?"

"Maybe I do not love myself enough."

You look at yourself in the mirror and you do not see anything,
you feel isolated, you feel powerless.

And then you take a hot bath and you feel unburdened
it seems that water can fill your life up.

How strange, just a short time ago
you were separated from reality.

Now massage yourself, use some scented oil,
make yourself up...what did change?

Just the attention you gave to yourself!

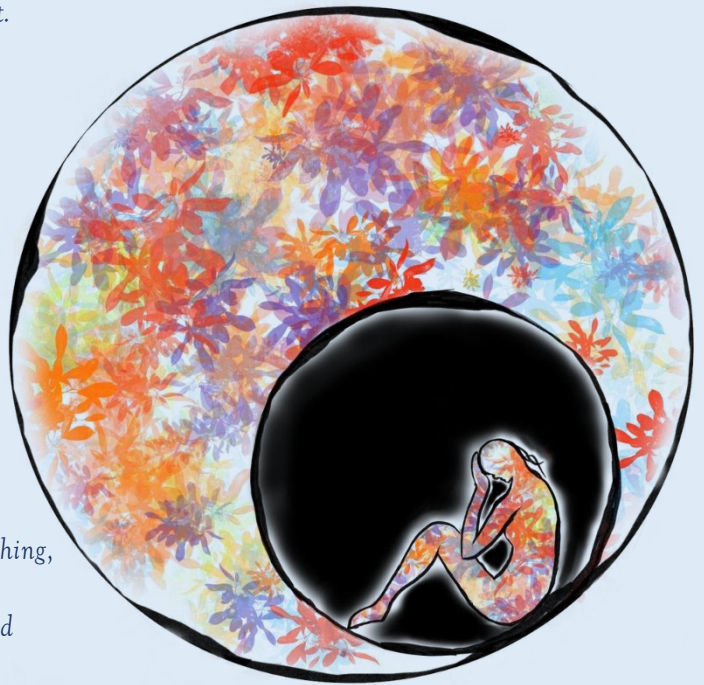
So, perhaps the other people did not abandon you
it was you not loving yourself.

You looked for love all over the world
asking for it all around.

But the solution was closer
you did not love yourself when you were little.

The parents who brought you up
never abandoned you
they only did the best they could
in order to give you all that was needed.

Nobody teaches us to love
now you are able to
if you look at your life through the eyes of the heart.

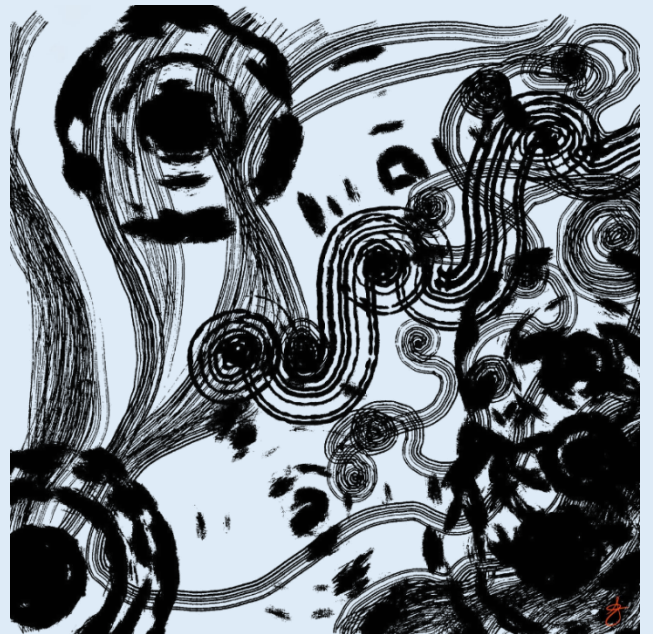


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Gurà Samir Levirò (Zelia Reggianini)

Everybody in Purgatory

Nobody is pardoned.
No sin will be remitted.
Nobody will go to Hell
because everybody is creating it here.
Paradise only exists in consciousness
and you can go there
by joining Spirit and Knowledge.
Then we will all go to Purgatory
to think on how we lived
asking forgiveness for what did happen.
We will all meet there.
Will we recognize each other? Who knows!
Who knows whether we will help each other
and will remember
in order to come back here to find the main way;
the way that uses consolidated laws:
“Respect everybody”, “Love yourself...”
Move close to people who moved away,
who moved away from themselves,
who moved away from the right way,
who accepted to compromises
instead of using their own mastery.
“Let him who is without sin cast the first stone”,
who does not have the courage to go forward moves back.
Therefore, everybody in Purgatory in order to re-examine
whether we were right or we missed the opportunity to love.



Gurà Samir Levirò (Zelia Reggianini)



Cover image: "The Gate of Heaven in Bali" by Alice Kaimann

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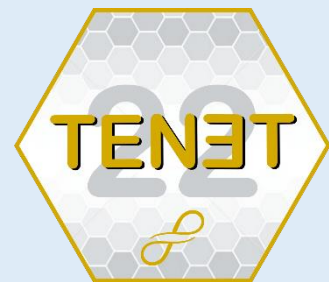
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