

A group exercise in the solar room

Each stage of this exercise should be practised for three months before moving on to the next stage.

MILESTONE 26

The SHIVA mantra

You can participate by expanding and focusing your consciousness.

With inner distance, think about or contemplate the astral cloud that surrounds the planet.

It consists of lies, delusions, feelings of hatred and even more darkness.

After visualising the cloud, recite the Shiva mantra at least seven times, either silently or aloud.

Repeat this at least once a day.

OM Namah Shivaya

(The syllables 'OM' and 'va' are pronounced long, the rest are short)

While speaking, recognise the path that the mantra takes to the solar centre and from there back to the earthly astral cloud. Observe the transformation and dissolution of the astral dirt.

For participants who find it difficult to visualise (1st ray), the following phrase, recited internally before the mantra, may be a way forward: *'I call upon the solar centre. From there, the solar-enhanced energy brings about a transformation and dissolution of the dark astral planetary cloud.'* Then continue with the mantra and maintain the thought of its effectiveness.

Instructions for practice:

Recite the mantra sonorously, with only short pauses.

It is not a sweet song, but corresponds to a sober activity of the spiritual will.

Be aware that this is a group activity whose connections exist only on the inner level.

There is a direct connection between the M of OM and the N of Namah, and the M is spoken very briefly after the sonorous O.

As a very good example, we provide a link to a performance by Rajkumar Bharathi, which can be found on YouTube. The soft background music in the video is not essential. If you have a triangle, you can strike it lightly after each 'Shivaya'.

Link: https://www.youtube.com/watch?v=ccBcAWE_lIY

The decisive factor is how clearly the consciousness of the person reciting the mantra is directed towards the higher solar centre when the mantra is recited.

Basics

Without repeated absorption of the teachings presented here in examples and in condensed form, there is a danger of dulling the spiritual 'blade' of the Shiva mantra.

It is necessary to regularly expand one's consciousness through the content of the teachings in order to find mental distance from everyday events. The texts given here can be used for this purpose, among other things. Examples include the text 'Space' (Waymark 22) and Waymarks 11X, 12, 13, 15, and the text 'In Motion.' Reading them over and over again will bring about the expansion of consciousness that is needed to practise the mantra. Another way is to read a few sections of the Agni Yoga *Supermundane* books. Three sections a day, no matter where you are, will have a big impact on your inner processes.

Without supplementary reading, and here we really mean 'reading,' not 'studying,' the mantra will lose its power and appeal and will dull from a solar-planetary activity to an unloved chant and then, probably soon, be pushed aside. The supplementary reading (one page or a few sections in a book of Agni Yoga) can be done five days a week. Ultimately, everyone who loves this work will find their own way and rhythm in the practice.

Basic principles:

For theosophists/esotericists, the following description, given by the Tibetan master D.K., is intended to be an analysis of the benefits of using the Shiva mantra. It indicates the possible real scope that can be achieved with the mantra. Shiva as an expression of the Solar Logos shows which energy is invoked.

1. Brahma: The Raja Lords, activity
2. Vishnu: The Planetary Logoi, Wisdom
3. Shiva: The Solar Logos, Will

However, if the lower three levels of the cosmic-physical plane are no longer a principle for the Solar Logos / Shiva, i.e. are not the focus of his consciousness, the question arises as to what benefit or effect the invocation or activation of Shiva energy can have.

The ubiquitous use of mantras in both the West and the East, often accompanied by 'sweet-sounding' music for relaxation (instead of mental tension) and blissful well-being, is based on a different 'image' of Shiva than the real one. We do not criticise this, but regard it as a historically developed trivialisation that corresponds to the respective range of consciousness of the practitioners. The same applies to the many images and statues that cannot establish a connection to the solar centre of the entity.

We do not use images or forms to obtain an idea of Shiva, the solar logos, in any of his essential aspects. For users of the mantra who wish to use an accompanying pictorial representation, we recommend the image of the sun on a higher plane in a light blue, but without personification. Contact with the solar centre requires a mentally and highly connected group and corresponding inner alignment.

The offer to participate in a group event in which there are no personal external contacts and none are planned is only possible with considerable, sustained willpower. It may be that of the now more than a thousand readers of the texts given here, only a handful are persistently willing and esoterically capable of performing this abstraction of spiritual work. We will only be able to assess this internally, as it will not be apparent externally.

Participants will not personally benefit from or be able to recognise any direct benefits for their external lives. However, such a joint, ongoing activity has a fundamental effect on the greater whole of earthly human evolution. It is participation in the conflict-laden solar life and its development, in which earthly development plays a key role.

Depending on their status, there will be far-reaching consequences (beyond incarnation) for the spiritual development of each active participant. However, no direct effect should be expected in matters of everyday conflicts and illnesses. Nor is this connected with the widespread desire for quick and final liberation from the wheel of rebirth, because this desire, when applied to a single life, is not realistic.

The mantra is used – individually and in silence – to build a bridge between the three levels mentioned above, which are ultimately transient, and the higher mental and Buddhist levels of the spiritual realm. For some, it may be small stones in the construction of the bridge, for others the load-bearing extension, and for some the desired activity to make meaningful use of their existing subtle construction. The long-term goal of transferring solar life to this higher level is thus supported.

For the entire group working on this basis of understanding and with the reach of group consciousness, solar energy from the higher levels of the cosmic-physical plane, supplemented by elements from the cosmic-astral plane, is used to transform or dissolve the dark barrier (wall) on the earthly-astral plane. Making the cloud of delusion and lies surrounding planet Earth permeable is the honourable, impersonal task and opportunity for service that everyone reading this can join. It is and remains a free decision to begin, continue or end this activity.

OM Namah Shivaya

Target 1

On this website, you will find some texts that may indicate the possibility of forming a group. We would like to explain the basics of how such a group might be formed.

It is not intended to have any physical organisation. Its existence is purely subtle, resulting from the study of the teachings developed together and supplemented by the texts provided here.

Through astral/mental and higher communication, the group grows and creates a network of inner relationships.

There are no admission rules or withdrawal procedures. Anyone who recognises themselves as belonging to the group can send us an email informing us of their decision. Anyone who wishes to end their collaboration can do so in the same way. We will keep all emails anonymous. Initials with the first letter of the first name and a full stop are sufficient.

Ultimately, the quality of the spiritual work determines permanent membership, for which each individual is responsible.

A fundamental point for the status of the group is its heliocentric centring in solar space, rather than a geocentric planetary one.

This is a fundamental point that we will explain in more detail shortly.

Anyone who is active in one of the planetary ashrams in an accepted commitment – they will know – can participate peripherally, but without a central position in the inner structure of the group.

There must be no competition in the form of poaching from the brotherhoods of the planetary hierarchy.

The best way to join at present is to use the Shiva mantra.

The effect of the Shiva mantra takes on a fundamentally different effect when applied from a heliocentric position of consciousness.

Gradually, supplementary texts called 'target marks' will follow.

Target mark 2

Stage 1

In your imagination, you take a place in the subtle solar system. The image you create in your mind contains the known planets in a transparent sphere. Their appearance does not have to correspond to their physical images. You can stick with the spherical shape and give them transparent, different colours for orientation. Their size is freely selectable and not of particular importance. The sun in the centre of the image is the dominant object in terms of colour and size.

YOUR location is not the planet Earth. In addition to the known planets (including Pluto), the asteroid and comet Chiron (in its dual nature) are also located in the system of the image. Its size on this subtle plane is comparable to that of Mercury.

You are at the edge of the sphere. The edge is slightly denser in colour in the otherwise transparent image.

It becomes clear that the sphere in which you are located extends beyond the edge into another space. The edge of the solar system is visible. Chiron is located directly to the left of your position. Uranus is located to the left of Chiron at the edge. If you construct an equilateral triangle in a circle with its three corners touching the edge of the circle, you have an angle of 120 degrees.

This is the distance from Chiron to Uranus. From your position next to Chiron, to the right is the planet Earth in its subtle shell, at the same distance as Uranus to the left, below the height of Uranus. This results in an equilateral triangle formed by Chiron, Uranus and Earth, whose corners are not visibly connected. The other planets should also be visible and not all on the same plane.

It may be helpful to paint this image on paper using transparent colours (watercolours) to create a basis for the image you are imagining.

The following text completes the image and answers the question of why no other asteroid from the group of centaurs was included next to Chiron.

"People do not want to understand the workings of a group that multiplies forces. The dodecagon is one of the most perfect formations. Such a dynamic formation can withstand

many attacks. A systematically assembled group of twelve can even influence worldly phenomena." (Diary of H. Roerich)

Such a group has its origin on the higher mental plane and can use the astral as a form. This process is to be initiated here. An external physical constitution is neither necessary nor desired. The effectiveness of such a group's work extends into the thoughts and feelings of human beings. Its place is in the solar system – as sketched in the image – and its orientation towards the earthly realm will remain as long as the planet is habitable.

Target 3

"Cheiron (ancient Greek Χείρων Cheirōn, Latin Chiron, from χείρ cheír, German "hand") is the son of Kronos and Philyra in Greek mythology, half-brother of Zeus and one of the centaurs. Physically, he resembles the wild hybrid creatures of horse and man descended from Ixion, but he himself is of different origin: in order not to be discovered by his wife Rhea, Kronos is said to have conceived him with Philyra in the form of a horse. Already in the Iliad, he is placed high above the other centaurs in terms of his character: he is considered the most just of the centaurs. He is a friend of the gods and the tutor of the heroes Jason, Actaeon, Aristaïos, Achilles, Cephalus, Meilanion, Nestor, Amphiaraos, Peleus, Telamon, Meleager, Theseus, Hippolytus, Palamedes, Menestheus, Odysseus, Diomedes, Castor, Polydeuces, Machaon, Podaleirios, Antilochus and Aeneas, possesses knowledge of medicine, was occasionally considered the founder of 'surgery' and took on the training of Asclepius as a physician. (from Wikipedia)

The reader is referred to the peculiarity of the astronomical (!) group of centaurs. Some of them, foremost among them Chiron, are both asteroids and comets. They thus reflect the image of Greek mythology, in which the human-divine upper body and the animal lower body are combined into one being.

Regarding the effect of comets, reference is made to the detailed discussions by R. Steiner in his lectures on this subject.

The above text also provides the answer as to why only Chiron is given a prominent position in the given visualisation. The other centaurs remain invisible, as do the moons of the planets.

Addendum to the visualisation in the last text:

Between Chiron and Uranus, a slender, delicate hand in the manner of Buddha penetrates the solar boundary from outside. The index finger and thumb are extended and almost touch each other. The remaining three fingers are stretched upwards side by side. In Buddhism, the root of theosophy, this hand gesture is called *Vitarka Mudra*.

Readers are invited to explore the various interpretations of this hand gesture. We summarise them in the terms 'teaching' and 'instruction.' Teaching is knowledge. Instruction brings the teaching to the recipient.

The visualised hand in the Vitarka Mudra position is complemented by a small luminous object located between the thumb and index finger, which radiates through the solar space. The object is a tiny tetrahedron from which the radiation emanates.

The colour of the radiation and whether it can be concentrated or directed will be left to future texts. The visibility of this small tetrahedron can be improved by consciously enlarging the

visualised image. At this point, it should become clear why there was talk of 'modalities' in an earlier text. It is worth reading again.

The next text will deal with the inner group of 12 members and a number of such groups of 12.

Target 4

'People do not want to understand the action of the group that multiplies forces. The dodecagon is one of the most perfect formations. Such a dynamic figure can withstand many attacks. A systematically united group of twelve can even influence worldly phenomena.' (Diary of H. Roerich, 1928)

This creates a subtle, i.e. 'inner' group without physical connection. It finds its place in the subtle sun space, as described in target 1.

If the influx of spirit souls grows beyond 12, another group is formed, and so on. Each of these groups corresponds to the petal of a chakra.

At the centre of the group, the spiritual entity acts as depicted in the legend of Chiron. It permeates the group but is not a permanent part of it.

Each group is to be regarded as a separate spiritual individuality, even though the monadic individuality of the twelve members continues to exist. However, they have reduced the superfluous personal elements in their shells that are not conducive to integration.

After a certain period of time, the twelve elements connect so intensely that this group identity persists at a high level.

The finding phase can take several years in outer time. When the state of stability is reached, the group entity exists independently of the earthly planet and its physical state and independently of physical incarnations.

The active influence of the higher mind (AGNI) may currently be directed towards the earthly battlefield, but this may change in the future.

The dual existence of outer life and spiritual activity in the group is to be fulfilled by everyone who joins.

Mahatma M.'s appeal concludes this goal:

"Where is the feeling, where is the substance with which we can fill the cup of great service? Let us draw this feeling from the best treasures. Let us find parts of it in religious ecstasy when the heart trembles before the Supreme Light. Let us find parts of it in the feeling of heartfelt love when a tear of self-denial glistens. Let us find it in the midst of heroic deeds when the power for the good of humanity is multiplied. Let us be guided by the patience of the gardener as he ponders the mystery of the grain. The courage to penetrate the darkness. In the smile of a child reaching for a ray of sunshine. Let us find the feeling of great service amid all the flight into infinity. It must fill the heart boundlessly, forever inexhaustible. Holy reverence must not become housewife's mush. The best teachings have turned into a soulless shell when reverence

has left them. So in the midst of the struggle, remember the cup of service and swear that the trembling of the Holy One will not leave you."

Target 5

Stage 2

In view of the developments looming on this planet (written on 14 July 2024), we recognise and observe the dark currents of lies and violence, remain concerned and share in the suffering of humanity. We acknowledge the possibility of a coming dark solar hour.

Find your chosen place in the solar space in the forming groups of twelve. Focus the group beam at your own discretion on an earthly event, with confidence and steadfastness, in order to lift as much higher substance as possible out of the vortex of regressive processes on planet Earth.

From your high place in the group, which you have voluntarily taken, direct the tetrahedrally transformed beam into the earthly turmoil, wherever you feel it is necessary to intervene, support or act.

There are no targets for this action.

However, be aware that you are not alone and always act as part of a group.

We recommend a three-day rhythm for this service to humanity: 3 days, in awareness of group membership, for a few concentrated minutes, then 3 days of rest. A closed unit of 7 times 3 active phases is appropriate. Regardless of other meditative activities, always begin with the Shiva mantra repeated 12 times and end the meditation with the Shiva mantra repeated three times. On days when you take a break from active work, devote your meditative time extensively to the Shiva mantra. Illness requires a break if mental concentration is difficult. The group compensates for such phases.

Through consistency, a path to independence from earthly upheavals opens up, even if the field of activity of the group(s) is currently the earthly planet.

The following modalities of active meditation can be used in visualisation:

- Enlarging and zooming in in visualisation, analogous to the telephoto lens of a camera.
- Phenomena that impose themselves can be modulated in their effect by reducing and shifting them (a mental act of will).
- Move backwards quickly / fly and reach a destination in solar space in a brief moment. In the visual forward movement, the physically ingrained senses prevent rapid movement. Upon arrival at the group location, 'turn around' internally.
- Modulate the sharpness (contrast) of the visualised image and find the best 'setting' based on the effect on your sensations. You modulate the contrast of the visualised image by swiping a visualised finger from the centre to the left or right at the bottom of the 'image'.
- Use a visualised 'hand' to reposition elements in the image.

- There are other modalities that will be introduced later.

The group activity is independent and enduring, regardless of the current physical incarnation of the group members.

Active services in outer life do not need to be reduced as long as they do not restrict the group work.

Be aware that you are individually and as a group part of a highly active entity, in the ESSENCE of the Solar Logos, which you affirm with the Shiva mantra. Be aware of your physical and inner dual existence at all times. We accept no responsibility for the success of the individual path, but we do accept responsibility for the texts provided here. For everyone participating in this Solar Service, repeated reading of the texts is the most effective way to deepen your understanding. This accelerates the process from visualisation to actual inner experience.

The next text will deal with the question of sound in meditation work.

Target 6

Stage

At a place in the solar space in the subtle world (H. Roerich also calls it the thin world) that corresponds to Chiron, direct the ray of extra-solar energy already described and give it a rhythmic sound. It is not a physically audible rhythm, it is only produced internally.

For the first steps of this work (because at the level where this takes place, it is considered work), use the rhythm you know from the Shiva mantra. Read the corresponding milestone 26 again and listen to the rhythm. To give the ray the rhythm, create it internally with an 'M'. So you hear the rhythm internally as the sound 'M' in a middle pitch (externally it sounds like the 'M' at the end of OM). If the sound of the words of the Shiva mantra still resonates in the background while you are rhythmising, that is fine.

Now take a thin, finer beam from the beam to direct it to a target of your choice. According to the principles of homeopathy (which were given to humanity by the Brotherhood), dilution is equivalent to potentiation of the effect. The rhythm you have created internally is added to this 'diluted' beam as you allow it to flow through your subtle, ethereal hand. The vibration of the "M" and the rhythm thus make the energy beam effective for the earthly planes. In musical terms, this beam is 'transposed'. It leaves your hand in a spiral shape.

Now look towards the earthly planet and bring the beam into your field of vision by means of visual enlargement (modality). You do not see the image of the physical planet, but a sphere surrounded by clouds of varying consistency.

At this point, we will give you time to practise the procedure described so far.

A few notes:

1. This work should only be carried out by readers who have decided to participate in a group activity in the form described by us. It is ineffective and can even be harmful if it takes place without the inner shift to the solar space and without a group connection.

2. We are aware that for a certain number of readers of this content, the path described in the target goals may seem too 'adventurous'. There is no obligation or expectation to take advantage of this special offer. For readers or students who meet the requirements, it is an offer. We know that there are enough of them who are waiting for such spiritual work. Ultimately, it is just as adventurous as it is for a committed member of a Christian religion who is confronted with the truth of reincarnation.

3. Depending on personal orientation, the texts provided here can be seen and accepted as interesting reading material, as an introduction to a new world, or as training for advanced students. In doing so, we are responding to the foolish excesses of the present day, which place master beings at the centre of attention instead of the teaching of truths.

H.P. Blavatsky's act of making master beings known to the general public was necessary and right. Now the **contents** of timeless wisdom must once again take their place at the centre of public attention. Those who ignite their spiritual light will always find inner contact with the master beings and their co-workers.

4. The externalisation of the spiritual brotherhood announced by the Tibetan a hundred years ago will not take place anytime soon, if at all. Humanity has not yet taken all the necessary steps, in particular the 'gateway to evil' has not been closed. The Tibetan gave an indication of where and how it remained open. The activities and incarnations of individual enlightened beings and corresponding groups (i.e. those who know) will continue according to the law of the brotherhoods (planetary head and heart centres).

The next target will address the question: Where and into what 'substance' do we or do you direct the ray?

Target 7

The dark astral clouds of fear, created by threatening and oppressive religions, are a target for the energy available to the group. From the Chiron location, there are recognisable centres of fear production in the astral realm, located in the clouds surrounding the Earth. The group members who will direct their rays in this direction know which religious centres are meant. This fear generation and false promises of salvation are contagious and should be viewed as a spreading infection. The incoming ray of the group members unfolds its effect steadily. In a first reaction, the darkness intensifies, then gives way to the spreading light of truth with a delay and finally disappears. What is the balance (or alternative) for those people who want to break away from religions? Theosophy and its extensions over the last 150 years contain universal truths, but they need to be made known globally once again in order to be available to those seeking truth.

After the astral phenomena, the cloud-like formations of lies and deliberate dumbing down in the lower mental realm must also be taken into account in digital form. They contain special structures that are actively searching for the true, the beautiful and the good in order to destroy it. The originators are the lackeys of the dark forces and, currently, many self-exposing state leaders who sell their souls (often in exchange for a promise of immortality).

This identifies two main areas of our actions. We combine this with a warning against seeking out the dark creators of these conglomerates of lies directly and attacking them with the energy we send out, because then the effect would be too physical. In addition, some of them have transformative practices at their disposal to use the influx for their own dark purposes. The aim

is to 'treat' their mental works by applying energy in such a way that the essential conglomerates erupt and dissolve, because they cannot tolerate this special energy.

In both applications, the target is not the physical shell of human beings and the planet.

When energy is directed into the planetary astral and mental life to alleviate planetary symptoms and awaken people to the truth, **the physical should also be left out of the visualisation**. Those who are committed to spiritual truth will work as long as possible to heal the current state. Every soul that embarks on the higher path as a result is worth the effort.

At the end of this text, attention should be drawn to the lack of publicity ('advertising') for spiritual teachings in the present day. The group activity outlined so far deals with the excesses of fear and lies in order to contain and reduce them. Another possible course of action for intervention will be presented in a further text.

A more comprehensive campaign to familiarise the uninformed masses with the fundamental truths is lacking. Stupidity and falsification have taken hold of the teachings and present them without effect, and also in order to make money from them. The astral illusions thus created are extremely harmful; their dissolution can also be a goal of the group's activities.

At present, there are insufficient resources to launch a campaign under the current conditions. If they were available, a digital campaign could be launched with an expanded team of contributors.

In the next text, we will summarise the instructions given so far.

Target 8

This concise description should be read in conjunction with the explanations given in the last targets.

On a subtle level, a group of twelve is forming in the solar space at the location of Chiron, to which the incarnated being 'flies' by means of inner visualisation, performing the flight 'backwards'.

For the visualisations, note the 'modalities' mentioned; they are a tool.

There, next to the subtle location plateau, is an inflowing ray of energy that flows into the solar space.

The group member works with this ray.

You take out a fine, thin ray and let it glide over your open hand.

With an internally generated rhythmic sound of the letter M (like the M at the end of OM), the beam is given a pulsating rhythm.

The rhythm can correspond to that of the Shiva mantra (see explanation in earlier milestone and https://www.youtube.com/watch?v=ccBcAWE_IY).

The beam is deliberately directed to where the astral and mental clouds and formations are raging around the earthly planet and where condensations and centres of these are visible in the

visualisation. The rhythmic pulsating flow of the beam can be felt in your own subtle hand through which the beam is passing.

No images corresponding to the physical world are visualised, neither of the earthly planet nor of individuals. Directly directing the beam at individuals, even in a subtle sense, is not advisable and can have a harmful effect.

We recommend a three-day rhythm: use for 3 days, with awareness of group membership, for a few concentrated minutes (maximum length of 108 recited Shiva mantras, shorten at your discretion). This is followed by a 3-day break. A unit of 7 times 3 active phases is appropriate. Regardless of other meditative activities, always begin with the Shiva mantra repeated 12 times and end the meditation with the Shiva mantra recited three times.

This text applies to the work of reducing astral and mental malfunctions. This is only half of the group activity. The other half will be presented here shortly and can then be incorporated.

Target 9

Stage

Here follows the announced description of a further intervention.

The familiar very thin thread from the energy stream is placed over the palm of the hand.

It is given a rhythm (felt internally) of M, but in three equal beats.

This can be experienced as a triple, equal-length chime of a large, heavy (church) bell. The triple chime is ended by the strike of a small bell with a very high pitch. There is thus a quadruple, even rhythm (the Shiva recitation on YouTube has this fine tone at the end, see Waymark 26).

In the hand, the beam turns silver-blue and becomes spiral-shaped (only visible when enlarged).

The beam is directed at the visible earthly planet, through whose enveloping (known) clouds the familiar physical image (of the blue planet) shimmers. This is a difference from the first intervention from the previous target marks.

In a cloudless area above the image of the physical planet, there is a subtle tetrahedron (analogous to the one acting in the solar space). The beam shoots through this tetrahedron and dissolves into countless fine droplets of iridescent silver-blue colour.

The droplets fall slowly, like a gentle rain, onto the entire rotating planet without the beam drying up.

The tetrahedron, which is located on a higher level (Buddhist/Atmic) in Shamballa, contains in encrypted form (not digitally, but in a higher correspondence) the entire modern teaching and the ancient wisdom scriptures that are the basis of everything.

In this way, the teachings can and will be poured into the astral and mental shells of humanity like a warm rain, revealing themselves to the brain-mind. Since (according to karmic law) it must be an action carried out by incarnated human beings, constant group activity is necessary. It makes sense to alternate between treating the astral and mental damage in the clouds and the beneficial healing activity for humanity outlined above in the rhythm already mentioned.

Procedure:

Three days of activity, followed by three days of rest with intensive meditation on the Shiva mantra. This six-day sequence is carried out seven times. Then there is a change to the other activity. In the groups of twelve, a rhythmic change will establish itself.

The daily meditation should not exceed 10 minutes. The method outlined here should not be used for purposes other than those mentioned here, in particular personal or other issues, and will have no effect.

Anyone who joins one of the groups follows the instructions given here. Everyone is free to engage in other activities independently of this service.

The next text will discuss the aspect of will in meditative work.

Target 10

GEORGE G. RITCHIE WITH ELIZABETH SHERRIL

RETURN FROM TOMORROW

An excerpt as a quote:

"Almost unconsciously, I found myself outside and hurried along at a speed I had never moved at before in my life. It was not as cold as it had been earlier in the evening – in fact, I felt neither heat nor cold. When I looked down, I was astonished to see not the ground, but the tops of some bushes below me. Camp Barkeley seemed far behind me as I raced across the dark frozen desert. My mind tried to tell me that what I was doing was impossible, and yet... it was happening. The lights of a city appeared below me, warning lights flashing at the intersections. This was ridiculous. A human being cannot fly without an aeroplane – but I was flying too low for an aeroplane.

The land now seemed more wooded: wide, snow-covered fields surrounded by dark trees. Occasionally I saw the road. But at this time of night there was little traffic, and the towns I passed were dark and silent. I was heading for Richmond; somehow I had known that from the moment I stormed out of the hospital door. I travelled to Richmond a hundred times faster than any train on earth could have carried me. But... now that I thought about it, how could I be sure that this was the way to Richmond? I had only travelled between Texas and Virginia once, and that was in the other direction, and much of the train journey had been at night. What made me think that I would find my way to Richmond on my own? A particularly wide river could be seen below me.'

While this is happening, a longer story unfolds outside of physical time, in which George is clinically dead (respiratory arrest). He is 'brought back' after a few minutes of physical time. The experiences in the 'afterlife' would have taken several hours in the outside world, regardless of the ability to fly and cover great distances.

This point of flying is the focus of this reflection. George Ritchie has a strong and dynamic will to get where he wants to go. Stripped of his physical body, he flies there in seconds.

This purposeful will, backed by good, practised preparation, is what is needed for the intervention work (outlined by us in the previous milestones).

Unlike in the book, however, the physical body is not completely abandoned, but rather an additional location of consciousness is sent to a specific place on a plateau in solar space. It helps to imagine 'flying away' as a backward movement. The point from which you start then appears to become smaller and smaller in a matter of seconds (modality) and you feel yourself arriving on the plateau. It can help to give the plateau a personal name, and with the inner command 'plateau', arrival happens quickly. Your inner gaze is then directed towards the earthly planet at a certain distance.

The inner mental commands:

1. Thin beam on the palm of the hand
2. Give a silvery-blue tint
3. Rhythm through the hand into the beam (hear the rhythm at least once completely internally)
4. Beam shoots towards the planet
5. Beam penetrates the tetrahedron
6. Teaching rains down
7. Hold steady (for a few minutes)
8. It's working!

This helps to make the process dynamic.

The same applies to the other intervention.

Target 11

If we consider the solar Logos (Shiva) as a being in development, just as every human being is in development, the following emerges:

In addition to all the life forms and subtle planets that are all part of its being, the planet Earth is particularly noteworthy.

It is difficult for many people (probably for almost everyone) to understand that on our planet, high spiritual beings exist alongside subhuman substances and beings and are in constant battle with each other.

That the earthly planet is such a battlefield within the being of Shiva (the solar Logos) can be proven in many teachings to which we have referred so far.

Fortunately, human senses no longer have direct perception of the subhuman; they only perceive the constantly active dark impulses emotionally and through simple thinking. Likewise, their senses are undeveloped for the higher spiritual, subtle streams.

It would already be a gain if humanity would regard the planets visible to them as insignificant manifestations of their actual vitality. Thus, there is a special planet that is animated and lies below the earthly level of visibility, but plays a dominant role in the life of the solar Logos. Likewise, there are higher-developed planets in the solar system that are animated but can only be perceived in a subtle form.

For readers who have studied the special characteristics of the kundalini in the human being, the analogy with the solar Logos (Shiva) will be conceivable. Insight can be gained from the following analogy given by the Tibetan master: The relationship between the sun and the earth is like the relationship between the subtle head centre and the subtle centre at the base of the spine.

On the basis of the explanations given so far, it is possible to approach Shiva's path with understanding. Shiva is an alchemist whose goal is to 'liberate' and promote the spiritual contained in earthly and subterranean substances. The process is initiated according to plan with the gift of mental knowledge, which is offered to humanity through the mediation of spiritually higher beings. It is therefore a solar-cosmic educational offensive, which is additionally supported by the arts in culture. The last major campaign began with Blavatsky in 1875, was complemented in the West by A. Bailey (and the Tibetan master D.K.), R. Steiner (the master Jesus) and H. Roerich (with Mahatma Morya) and is now approaching the end of its momentum.

The impulse is accompanied by counter-reactions from the forces living in the physical substance, which delay and prevent it with inertia and aggressive interventions. The main direction of the attacks can be seen in the predominant use (occupation) by the male part of humanity.

Quote from H. Blavatsky: 'However carefully civilised humanity is protected by its invisible guardians, the Nirmanakayas, it is nevertheless, as a result of its collective karma, terribly in the power of the traditional adversaries of the Nirmanakayas – the embodied and disembodied "brothers of the shadow".'

Despite the resistance, the Logos succeeds in gathering a 'spiritual harvest' in each of the solar phases and transferring human entities onto the ascending path. In total, the numbers may be small, but in terms of quality they are valuable to the Logos.

When an impulse such as that of 1875 comes to an end, when counter-reactions begin to overshoot and the life situation of the planet points to decay, Shiva will decide whether the alchemical process makes more sense under modified conditions on a new planet. There, the transformation process could be more bearable under gradually more subtle conditions. However, this will happen with a division of the human spirit souls, as already described in another text. For Shiva, the division is not a painful process, but a responsible act of divine reason.

We can describe two possible paths of ascension:

First, the primarily Eastern path, which is intended to enable a rapid transition through highly concentrated alignment of the outer life. It includes the principle of completely letting go of the

physical (in principle also the astral) and radically strives for the goal of liberation from earthly suffering. We know that this path leads via the planetary heart centre to (subtle) Sirius. The Tibetan master has provided detailed facts on this in the books with A. Bailey.

The question of the desired nirvana and the state of the soul redeemed from earthly suffering leaves questions unanswered when it is known that darkness exists even on cosmic levels. Ending the wheel of earthly incarnations should not mean overlooking the subsequent embodiments of the being. In 'Cosmic Fire,' the Tibetan master describes the various paths after liberation from earthly incarnation.

The idea of salvation, which is popular in the East, falls short in its interpretation by the ignorant masses.

The primarily Western path, on the other hand, can be found in the extensive teachings of R. Steiner (the Master Jesus). Little methodical guidance is given that can contribute to the rapid ascent of the seeker. Rather, the aim is to achieve reconciliation with the external earthly world, and an attempt is made to bring about this reconciliation for many people through a more spiritually nourished culture. Although R. Steiner also warns of possible major upheavals on the planet, he remains true to the line of seeking the spiritual in the here and now and thereby healing humanity.

There are a few questionable points to note, only one of which will be emphasised here. R. Steiner's self-isolation from the Eastern impulse, combined with his undisguised criticism of the Masters with a stronger Eastern orientation, remains incomprehensible. The consequences of this approach are burdensome.

The theosophical impulse of H. P. Blavatsky and the fundamental impulse of Mahatma Morya, together with Helena Roerich, connect the two directions from the perspective of Shamballa, the planetary head centre.

If we assign the various activities to the planetary centres, R. Steiner's Rosicrucianism can be assigned to the throat centre, with a share in the heart centre.

The Tibetan and A. Bailey are clearly oriented towards the planetary heart centre.

H.P. Blavatsky and M. with Helena Roerich provide comprehensive synthetic knowledge that can be assigned to the planetary head centre.

All three impulses seek to give humanity spiritual inspiration to prevent the expected crisis of overpopulation and destruction of nature (up to and including the destruction/extinction of the entire planet) by changing their way of life, their attitude and their way of thinking.

The point in time by which this change in thinking should have become visible has been passed. About 80 years ago, the Tibetan master spoke of a period of two generations as the turning point. Whether this is a point of no return from a physical point of view remains open. Everyone can form their own picture of the current world situation.

Nevertheless, every attempt to reverse the downward trend is the responsibility of those who have spiritual knowledge and deeper insight.

From an earthly perspective, the possibility of action given in the target areas in a subjective group represents a significant activity to reverse the process by working with the highest subtle

forces. Small-minded people build ridiculous physical survival bunkers, and when they are rich, they buy an island or have expensive survival ships built. Great minds know about their spiritual/physical dual existence (triple existence) and the insignificance of physical death. They intensify their spiritual activities in shared responsibility for the evolution of the planet and participation in Shiva's intentions. A number of them have long since achieved physical liberation, but have renounced complete detachment in order to continue to work (by means of a remnant of astral connection) and to be able to incarnate (of their own free will). They are the Nirmanakayas mentioned by H. Blavatsky. They know their dark opponents from the subhuman sphere. Tolkien brought the encounter between the two into average human reality in his depiction of Gandalf's encounter with one of the Balrogs.

Target 17

In order to be able to comprehend the unlimited, higher, subtle space with our minds, we need to practise thinking in several stages. Even if we only concern ourselves with the space of the solar system, which is a very marginal part of the infinite subtle space, the thought process requires us to put aside our physical and sensory fixation.

The planets Uranus, Jupiter and Venus can serve as examples. These three planets are more highly developed than Earth. In comparison, their subtle form is more advanced for spiritual life.

When we think of one of these planets, we automatically use the image of its earthly physical form as we know it from astronomy.

From a theosophical point of view, this idea is the thought prison of our physical senses, because the form visible to earthly humans, for example Venus, is only a remnant of its earlier period of development and therefore not the living planet that is now being discussed here from a theosophical point of view.

By clarifying that space, as we perceive it physically, contains only objects that correspond to the stage of development of the present earthly evolution, we can see how pointless it is to search for life on these bodies when countless higher universes with advanced life forms exist at the same time. The science of earthly physics, for all its great achievements for human consciousness, is not a universal science and is limited to its physical senses and measuring instruments. The thought models of quantum physics, however, have opened the door to higher realms.

A more vibrant way of thinking that overcomes this limitation requires a lengthy process of transformation. The texts we provide contain many references to this. As this slow rethinking takes place, the spiritual light in the soul also grows.

Another example of the differences between outer form and subtle form can be found in the fact that, despite its physical size of only about 200 km, the asteroid Chiron can be perceived in the subtle realm as larger than the subtle Mercury. Purely physical size does not always correspond to that of the higher planes. This explains why the planet Venus is referred to as the largest planet in the solar system in H. Roerich's diaries.

It should be noted at this point that, parallel to the process of training the mind to think in the direction of the subtle realm, the practical tasks and duties of everyday life must also be mastered. Otherwise, there is a real danger of sinking into a vortex of delusions and illusions. It is not without reason that we speak here of a thought process and not of uncontrolled feelings, which easily lead to delusions. Those who embark on the higher path in incarnation must

balance the physical life with all its demands and the inner striving for the higher, subtle realm. This task is often associated with a feeling of loneliness. There are few (often none) people in our outer lives with whom we can discuss this, especially since talking about the subject is counterproductive to the process.

Three higher planets have been mentioned, and it is logical that there are also planetary forms in the solar system that are below the Earth's level of development. Their expression in space is also 'below' the everyday human senses. Unfortunately, the emotional connection (the emphasis is on emotional) to these planets is easier for humans to establish than the spiritual connection to the higher planets. The feelings (astralities) flowing in from the lower planetary forms create harmful aberrations if one surrenders to them uncontrollably.

In earthly planetary events, solar-cosmic forces of different qualities meet. In the melting pot of the earthly plane, this gives rise to progress for the spiritual cores (monads) of human entities in the sense of an ethic for life, or attachments to outdated forms of the past remain, which seem to bring back what has been overcome. The current planetary situation is characterised by a regression in which lower astralities are once again beginning to predominate.

If we describe computers as robot-like machines and call the algorithm with which they are programmed for specific tasks their language, then we must examine the language for its content. The 'slave traders' who own the so-called social media have programmed the algorithms there to lower emotions such as hatred and lies, because this makes it easier to enslave users through base sensual processes. Their motive is the material profit associated with this. The unimaginably large profits become a factor of power and influence in all areas of life and help to drive enslavement forward.

Nevertheless, the melting pot of planetary evolution described above has produced adequate results in terms of the higher worlds over the past 150 years. The intention of the higher hierarchies is to transfer this spiritual yield to another, higher planetary life form. The only question is when this will happen. The paths that the various groups of people will then take have already been described here.