

THE HERO'S JOURNEY

Based on: Campbell, Joseph. "The Hero With A
Thousand Faces". New Jersey: Princeton
University Press, 1968 (Second Edition)

The Planetary Connection Conference
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Morning Sessions Conducted By:

Cocky Hendriks
and
Lynne Larsen

With Appreciation and Gratitude to Jean Houston, Evocateur of Souls

OPENING STATEMENT

This is another day of our quest seeking the local and universal vision, seeking the personal and planetary vision. We welcome you to the vision quest. There is a pattern that connects us to each other and to the planet. We are beings of complexity in a complex society and we are providing ourselves with the opportunity to understand what is happening in our times. Our vision is to take the Hero's Journey, to travel the highroad to the soul's destination and become the symbolic carriers of the destiny of everywoman, everyman. We begin today once again and yet once again on our personal vision quest and our planetary vision quest. Good morning and welcome!

* * *

Myths are a living inspiration.

Myths are the sacred, secret openings through which the energies of the cosmos pour into human cultural manifestation.

Myths are the very dreams that boil up from the magic ring of Myth.

In being Hero's and Heroine's, one undertakes the extraordinary task of dying to one's modernity and being reborn to one's eternity.

There are two great works of the Hero or Heroine -

First is the work to withdraw or indraw from the world scent to the causal zones where lie the great patterns, the great stories, the forgotten magic, to the magic of childhood, to the seedings and codings of evolution to come. The Hero or the Heroine has the courage to undergo and be midwife to a continuum of births necessary to redeem the time to a higher level.

The second task is to return then to the world transformed or at least much, much more than when one left.

from: "The Hero With A Thousand Faces"
by Joseph Campbell

STAGES OF THE HERO OR HEROINE'S JOURNEY

A. DEPARTURE

1. THE CALL
2. REFUSAL OF THE CALL
3. MEETING WITH THE ALLY
4. CROSSING OF THE FIRST THRESHOLD

B. INITIATION

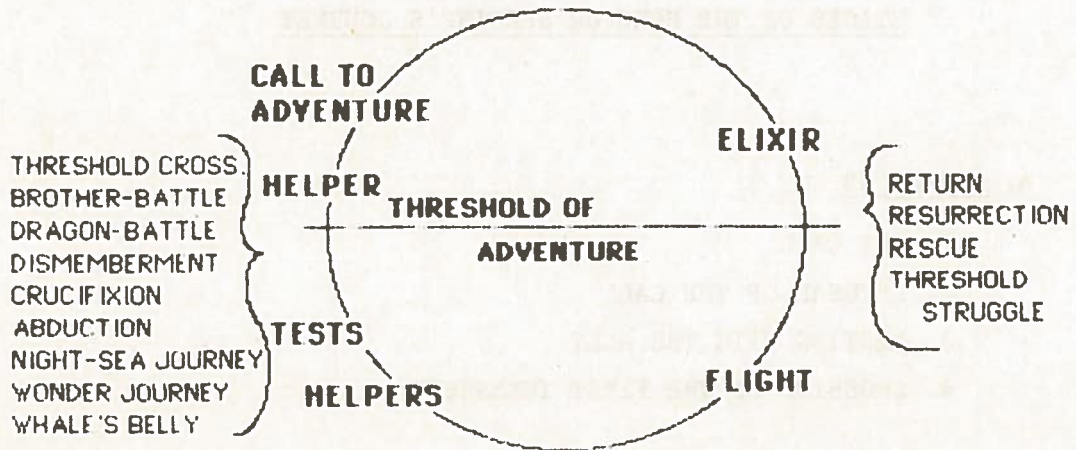
1. ROAD OF TRIALS
2. SACRED MARRIAGE WITH THE GODDESS
3. THE ULTIMATE BOON

C. THE RETURN

1. REFUSUAL TO RETURN
2. RESCUE FROM WITHOUT
3. CROSSING OF THE RETURN THRESHOLD
4. MASTER OF THE TWO WORLDS

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THE ADVENTURE CAN BE SUMMARIZED IN THE FOLLOWING
DIAGRAM:



- 1. SACRED MARRIAGE
- 2. FATHER ATONEMENT
- 3. APOTHEOSIS
- 4. ELIXIR THEFT

THE HERO WITH A THOUSAND FACES
BY JOSEPH CAMPBELL

DAY 1THE CALL TO ADVENTURE

The call to a deepening. The psyche is ripe for entering greater space and time to recreate life, to redeem the time. It may be a call to some high undertaking. It maybe marks the dawn of religious illumination and/or the awakening of the self.

If not now when? If not you who?

The Question: How in your own life were you called?

Music used:

ENOS MYTHOS - Nana Mouskouri - (From the album Passport)

RAINBOW PATH - Kay Gardner

ANTARTICA - Vangelis

POETRY: from A SLEEP OF PRISONERS
by Christopher Fry

CHANT: CAULDRON OF FIRE

Cauldron of fire,
Blossom of bone,
Arc of eternity,
Whole in the stone.
We are the old people,
We are the new people,
We are the same people,
Deeper than before.

The human heart can go to the lengths of God.
Dark and cold we may be, but this is no winter now.
The frozen misery of centuries breaks, cracks,
begins to move.
The thunder is the thunder of the floes.
The thaw, the flood, the upstart spring.
Thank God our time is now, when wrong comes up
to meet us everywhere,
Never to leave us till we take the longest stride
of soul folk ever took.
Affairs are now soul size.
The enterprise is exploration into God.
Where are you making for?
It takes so many thousand years to wake,
But will you wake for pity's sake?

POETRY: from THE SONG OF A MAN WHO HAS COME THROUGH - by D.H. Lawrence

Not I, not I, but the wind that blows through me!
A fine wind is blowing the new direction of Time.
If only I let it bear me, carry me, if only it carry me!
If only I am sensitive, Oh delicate, a winged gift!
If only, most lovely of all, I yield myself and am borrowed by the fine, fine wind
that takes its course through the chaos of the world like a fine chisel, a wedge
blade inserted;
If only I am keen and hard like the sheer tip of a wedge driven by invisible blows,
The rock will split, we shall come at the wonder, we shall find the Hesperides.
Oh, for the wonder that bubbles into my soul:
I would be a good fountain, a good well-head, Would blur no whisper, spoil no expression.
What is the knocking? What is the knocking at the door in the night?
It is somebody wants to do us harm.
No, no, it is the three strange angels.
Admit them, admit them.

DAY 2THE REFUSAL OF THE CALL

Moreover than not one refuses The Call. It is as if the tuning is not available. You can be held by God and all you feel is a slight pressure and a brief nostalgia. What happens is that one creates new problems for the self and evokes a quickening of disintegration. The sources of nausea begin to fill one's days and one enters into stasis and gradual self-hatred. Refusal of the summons converts the adventure into its negative. Walled in boredom, hard work or "culture" we lose the power of significant affirmative action and become a victim to be saved.

The Question: How or when did you refuse The Call and what were the consequences?

Music used:

ENOS MYTHOS
CRYSTAL MEDITATIONS - Don Campbell
ANTARTICA
SUFI CHANTS AND SONGS

Myth Reference:

The pursuit of Daphne by the Sun
God Apollo
from "The Hero With A Thousand
Faces" pg. 60-61

POETRY: from THE HOUND OF HEAVEN" - by Francis Thompson

I fled Him, down the nights and down the days;
I fled Him, down the arches of the years:
I fled Him, down the labyrinthine ways
Of my own mind; and in the mist of tears
I hid from Him, and under running laughter.

DAY 3

THE MEETING WITH THE ALLIES

For those who have accepted The Call, the deeps reward you with a helper or helpers to withstand and understand the dragon forces. This protective figure who provides you with an amulet or a talisman is often female. The higher mythologies develop the role in the great figure of the guide, the teacher, or the ferryman who conducts souls to the underworld. Having responded to The Call and continuing to follow courageously as the consequences unfold, the Hero or Heroine finds all the forces of the unconscious at their side.

The Question: Who is your Ally, your Helper, your Protective Power?
When you felt your Ally, what was it like?

Music used:

ENOS MYTHSO

CRYSTAL MEDITATIONS

ANTARTICA

WHO PAYS THE FERRYMAN - Yannis Markopoulos

Myth Reference:

Spider Woman

"The Hero With A Thousand Faces"

pg. 60-61

The Wise One Exercise (with adaptations) Reference:

"Mind Games" by Robert Masters and Jean Houston - pg. 119-120

CHANT: WISE WOMAN - Dedicated to Barbara Bartlett, by Lynne Larsen

Ho! Wise, wise woman,
Bring me your vision,
Oh, come and dream me now.

As eagle, fill the sky,
Teach me your lessons well,
Wise woman be my guide.

With owl and hawk you rise,
Your great wings comfort me,
Wise woman hear my cry.

DAY 4THE CROSSING OF THE FIRST THRESHOLD

Guided by the ally, the Hero or Heroine goes forward in the adventure until he or she comes to the "Threshold Guardian" at the entrance to the place where more power can be gained. The Guardian is symbolizing the limits of the Hero or Heroine's sphere or life horizon. Beyond them is the darkness, the unknown, and danger. The adventure is always and everywhere a passage beyond the veil of the known into the unknown. The powers that watch at the boundary are dangerous; to deal with them is risky; yet for anyone with competence and courage the danger fades. The regions of the unknown desert, jungle or sea are free fields for the projection of unconscious content. Pan . . . panic, rises up in you, your existence is unbounded. The restrictions, cultural and learned or our existence are not comfortably at hand. When you go one inch beyond what you know you are panicking, you cannot orchestrate it, you cannot control it.

Pan is the god-like half god with horns and hooves. Pan is a great god, a free floating, whimsical, eccentric, cuckoo god, unlike nice orderly gods. And what happens when you cross over the threshold is that you can hear a little twig pop, things rustle and you get panicked. If you don't acknowledge and accept Pan he drives you crazy because you are controlled by panic, by dread. There are two ways to love Pan. Letting go and letting it be, not identifying with your profound fear is one way, the other way is through ecstasy. Ecstasy is expanding your whole Beingness. It is making a quantum leap. You leap into a realm of higher vibrations, letting the gods come through.

The Question: Now in terms of the mythological journey, how do you panic? What or who is your ogre? What are your dreads? What is the worst thing that could happen to you?

Music used:

ENOS MYTHOS
CRYSTAL MEDITATIONS
ANTARTICA
RAINBOW PATH

Myth Reference: Prince Five Weapons and Sticky Hair
"The Hero With A Thousand Faces" pg. 85-88

THE MAGIC FORMULA OF SPIDER WOMAN : "The Hero With A Thousand Faces" pg. 70

Put your feet down with Pollen. Put your hands down with Pollen. Put your head down with Pollen. Then your feet are Pollen; your hands are Pollen; your body is Pollen; your mind is Pollen; your voice is Pollen. The trail is beautiful. Be still.

DAY 5THE ROAD OF TRIALS

Whereas the stage of the Call was the awakening of the Self, The Road of Trials is the stage of the Purification of the Self. As such it is the time of transforming negative capacities or latent capacities into redeeming and productive ones. So the great theses of this stage are catharsis and transmutation, the restructuring of negative energy into life affirming, life transforming forms.

The departure into the land of trials is the beginning of a long and perilous path of initiation. Dragons now have to be seen and slain and surprising barriers passed, again, and again, and again. Meanwhile there will be moments of illumination, unretainable ecstasies and momentary glimpses of the wonderful land.

Anyone who undertakes the perilous journey into the darkness, into the crooked lanes of his or her own spiritual labyrinth is soon in a landscape of symbolic figures. In our dreams the ageless perils, gargoyles, trials, and secret helpers are still encountered and in their forms we may see reflected the clue to what we must do to be saved. One by one the resistances are broken. The Hero or Heroine must put aside pride, virtue, beauty, and live and bow to the absolutely intolerable.

This stage of the Hero or Heroine's journey always involves rites and challenges of passage, spectacular and profound adventures in transiting, all of which serve as The Way. One is being invited to join a much larger ecology of things. What the brain can organize, the body can do. What the psyche can symbolize the reality can bring to pass. The Road of Trials of classical mythology deepens the modern psyche into the great initiation, into a larger order of reality. In the Road of Trials, the long and arduous tests are there to bring you finally to that Beginners Mind, that state of gentle airs, debonnaire, in which you can live with Grace in The Kingdom.

Music used:

ENOS MYTHOS

CRYSTAL MEDITATION

ANTARTICA

PACHEBEL'S CANNON IN D

Myth Reference: The Descent of the Goddess Inanna Into
The Nether World

"The Hero With A Thousand Faces" pg. 105-108

Exercise: The Road of Trials

Jean Houston (Unpublished Work)

For alternative reference see:

The Castle of Constraints

"Lifeforce" Jean Houston, pg. 122-134

DAY 6THE MEETING WITH THE GODDESS

The ultimate adventure when all the barriers and ogres have been overcome is commonly represented as a mystical marriage of the triumphal Hero or Heroine with the Queen Goddess of the World.

This mystical marriage, or Hieros Gamos, that follows The Road of Trials is essentially the marriage with the larger order; not only with the male and female principles in oneself, not only the higher adrogeny, but the linking within ourselves with deeper worlds.

The Goddess is the incarnation of the promise of perfection, the soul's assurance that at the conclusion of its exile in a world of organized inadequacies the bliss that once was known will be known again. The Goddess is red with the fire of life, the earth, and the solar system. The galaxies of far extending space all swell within her womb. She encompasses the encompassing, nourishes the nourishing and is the life of everything that lives. She is also the death of everything that dies. The whole round of existence is accomplished within her sway; from birth to death, from womb to tomb, thus she unites the "good" and the "bad", exhibiting the two modes of the remembered mother, not as personal only but as universal.

Only those capable of the highest realization can support the full revelation of the sublimity of this Goddess. The Hero is expected to contemplate both sides of the Goddess equally. Through this exercise his spirit is purged of its infantile, inappropriate sentimentalities and resentments, and his mind opens to the mystery which exists as the law and image of the nature of Being.

The meeting with the Goddess is the final test of the talent of the Hero to win the Boon of Love (charity: 'amor fati', love of destiny), which is life itself enjoyed as the encasement of Eternity.

Music used:

ENOS MYTHOS

CRYSTAL MEDITATIONS

ANTARTICA

SILK ROADS - Kitaro

Myth Reference: The Five Sons of the King Eochaid

"The Hero With A Thousand Faces" pg. 116-118

Exercise: Cleansing of the Rooms of Perception

"The Possible Human" Jean Houston pg. 39-44

Exercise: Meeting With The Goddess

Jean Houston (unpublished work)

CHANT: WE ALL COME FROM THE GODDESS

We all come from The Goddess

Unto Her we shall return

Like a drop of rain

Flowing to the ocean

Isis, Ishtarta, Diana, Hekata, Demeter, Kali, Inanna

DAY 7ATONEMENT WITH THE FATHERANDTHE ULTIMATE BOON

The final stage of initiation of the Hero's Journey is the Atonement With The Father. The Hero or Heroine has to face the archetypal nightmare of the ogre father. This requires the abandonment of the attachment of the ego itself. As the original intruder into the paradise of the infant with its mother, the father is the archetypal enemy; hence, throughout life all enemies are symbolic (to the unconscious) of the father. The father is the guide and initiator into the mysteries of the unknown. He is the initiating priest through whom the young being passes on into the larger world. In him are contained and from him proceed all the pairs of opposites ; good and evil, life and death, pain and pleasure, boons and deprivation.

It is in this ordeal that the Hero or Heroine may derive hope and assurance from the helpful femal figure, by whose magic, (pollen charms or power of intercession), he or she is protected through all the frightening experiences of the fathers' ego-shattering initiation. The Hero or Heroine finds in the end that the father and mother reflect each other, and are in essence the same. (Myth Reference)

After the test of the Atonement With The Father, the Hero or Heroine is ready to receive the Ultimate Boon. As men or women yearn for spiritualization, the God inside yearns for completion and finally, the mind breaks the bounding sphere of the cosmos to a realization transcending all experiences of form, all symbolizations, all divinities. A realization of the One.

The Buddha's victory beneath the Bo Tree is the classic Oriental example of this breakthrough. (Reference: The Hero With A Thousand Faces, pg.191-192)

The Hero or Heroine will find the Ultimate Boon, that font of life which is the core of the individual within himself or herself. It is thus that the Hero and Heroine will gain The Runes of Wisdom, The Golden Fleece, the Elixer of Immortality, the knowledge of the way inner and outer realities work together. It is the Boon that will green the wasteland, restore society and give the new vision.

Music used:

ENOS MYTHOS
CRYSTAL MEDITATIONS
ANTARTICA
SILK ROADS - Kitaro
PACHABELS CANNON IN D

Myth Reference: Twin Warriors of the Navaho
"The Hero With A Thousand Faces" pg. 131-133

Exercise: Heart Resonance in Dyads
Jean Houston (unpublished work)

Exercise: Dromenon Spiral
"Lifeforce", Jean Houston, pg. 9

DAY 7 - Continued

POEM: from BURNT NORTON by T.S.Eliot

At the stillpoint of the turning world.
Neither flesh nor fleshless;
Neither from nor towards, at the still point.
 there the dance is.
But neither arrest nor movement,
 And do not call it fixity, where past and future are gathered.
Neither movement from nor towards
Neither descent nor decline, Except for the point.
 the still point.
There would be no dance, and there is only the dance.

DAY 8THE REFUSAL OF THE RETURNANDTHE RESCUE FROM WITHOUT

When the hero quest has been accomplished through penetration to The Source, the adventurer then has to return with his or her life-transmuting trophy. The full round, the norm of the monomyth requires that the Hero or Heroine shall now begin the labor of bringing The Runes of Wisdom, The Golden Fleece, The Elixir of Immortality back into the kingdom of Humanity where the Boon may redound to the renewing of the community, the nation, the planet or the ten thousand worlds.

The responsibility frequently has been refused. Even the Buddha, after his triumph, doubted whether the message of realization could be communicated, and saints are reported to have passed away while in supernatural ecstasy. Numerous indeed are the heroes fabled to have taken up residence forever on the Blessed Isle of the unaging Goddess of Immortal Being.

The Hero or Heroine may have to be brought back from the supernatural adventure by assistance from without. That is to say, the world may have to come and get them. For the bliss of the deep abode is not lightly abandoned in favor of the self-scattering of the wakened state. And yet, in so far as one is alive, life will call. Society is jealous of those who remain away from it and will come knocking at the door.

Music used:

ENOS MYTHOS
CRYSTAL MEDITATIONS
ANTARTICA

Myth Reference: Tale of Inanna

"The Hero With A Thousand Faces" pg. 214-216

Exercise Reference: Tibetan Spiral Meditation

DAY 9THE CROSSING OF THE RETURN THRESHOLD

The two worlds, the divine and the human, can be pictured only as distinct from each other as different as life and death, as day and night. The Hero or Heroine adventures out of the land we know into darkness; there they accomplish their adventure, or again it is simply lost to them and the Hero or Heroines return is described as a coming back out of that yonder zone. Nevertheless, and there is a great key to the understanding of myth and symbol, the two kingdoms are actually one. The realm of the gods is a forgotten dimension of the world we know. And the exploration of that dimension is the whole sense of the deed of the Hero and Heroine. The values and distinctions that in normal life seem important disappear with the terrifying assimilation of the self into what formerly was only otherness.

There must always remain however, from the standpoint of normal waking consciousness, a certain baffling inconsistency between the wisdom brought forth from the deep, and prudence usually found to be effective in the light world.

The Hero and Heroines ultimate difficult task is how to render back into light-world language the speech-defying pronouncements of the dark. The first problem of the returning Hero and Heroine is to accept as real, after an experience of the soul-satisfying vision of fulfillment, the passing joys and sorrow, banalities and noisy obscenities of life and to remember that the work of representing eternity in time, and perceiving in time, eternity, cannot be avoided. The problem is to maintain this cosmic standpoint in the face of an immediate earthly pain or joy. The returning Hero, to complete his adventure, must survive the impact of the world.

Music used:

ENOS MYTHOS

CRYSTAL MEDITATIONS

ANTARTICA

SILK ROAD

Myth Reference: Rip Van Winkle

"The Hero With A Thousand Faces" pg 220-221

Exercise Reference: Creative Intention

"Possible Human" Jean Houston, pg. 207-211

DAY 10THE MASTER OF TWO WORLDS

The talent of the Master of The Two Worlds is freedom to pass back and forth across the world division, from the perspective of the apparitions of time to that of the causal deep and back, not contaminating the principles of the one with those of the others, yet permitting the mind to know the one by virtue of the other. The Cosmic Dancer, does not rest heavily in a single spot, but gaily, lightly, turns and leaps from one position to another. It is possible to speak from only one point at a time, but that does not invalidate the insights of the rest.

What now is the result of the miraculous passage and return? The Hero or Heroine throughout the entire journey gives up completely all attachment to his or her personal limitation, idiosyncrasies, hope and fears, and no longer resists the self-annihilation that is prerequisite to rebirth in the realization of truth, and so becomes ripe, at last, for the great at-one-ment. His or her personal ambitions being totally dissolved, the Hero or Heroine no longer tries to live but willingly relaxes to whatever may come to pass, he or she becomes an anonymity. The Law lives in him or her with unreserved consent.

Powerful in this insight, calm and free in action, the Hero or Heroine is released to do without attachment the work that has to be done. The Hero or Heroine is the champion of things becoming, not of things become because he or she IS.

Music:

ENOS MYTHOS

CRYSTAL MEDITATION

ANTARTICA

PACHEBEL'S CANNON IN D

Exercise Reference: Mea Machina, Mea Mandala

"Lifeforce" Jean Houston, pg 172-179

POETRY: from BURNT NORTON by T.S.EliotCLOSING STATEMENT:

And so having recovered ourselves in the first spiral, we come to an end of the journey, which is the beginning. And as we stand at the threshold of the next spiral, we need a deeper, more comprehensive apparatus of knowing, a richer use of psychic energy, a new and extended ecology of Being. Now it is time to create the new dance. A dance in which one becomes as conscious of one's soul as one is of one's body, and as conscious of the other as one is of the earth.

from "Lifeforce" Jean Houston, pg. 229

MORNING RESONANCE

Find your balance over your feet and put your awareness now in your feet. Feel the roots extending through the vibration of the building and down into the earth. Feel the earth giving her energy back to you. Feeling that energy in your ankles, feeling that energy as it rises, highlighted in a few spots and coming up to your knees, and on up, through your hip joints and feeling it now in your root chakra. Our root chakra is our connection to the life, to the earth, that primordial sourcing of energy. And letting it now come up and fill your belly, filling your hara. Becoming aware of your rootedness on this planet. Letting the energy rise into the solar plexus and feeling the fire of power. Then letting it come up and feeling the change in your awareness as the energy flows into the center of the chest, into your heart, feel the expanding. Letting your awareness come up now into the high heart, and on up, relaxing your jaw and your mouth, turning your attention to the throat. It rises still, into the brow, and now up into the crown and the multiple openings there. Then taking your awareness to a point about 18 inches above your crown, to the transpersonal point, feeling now all of these areas energized allow yourself a few moments to enjoy the aliveness. Breathing now up from your root, up to the transpersonal point and back down. Bring your awareness now, your focus back to the heart and connecting all our hearts visualize in your minds eye, our planet the earth and put a healing circle of white light around her and keeping the energy alive, as you are ready open your eyes and speak out the names of those who are not here and put them in the circle, any of those who are in the need of healing.

Music: CRYSTAL MEDITATIONS - Don Campbell

DANCE OF THE HERO'S JOURNEY

Music: Antartica by Vangelis

Created by Cocky Hendriks
inspired by her co-journeyers

**Standing with your feet a little apart
firmly rooted into the ground**

**Raise your right hand slowly to the horizon drawing the energy
from the earth
Raise your left hand slowly to the horizon defining the
boundaries of your present lifesphere**

**Now turning your right palm to the heavens receive the sun and
the planets into hour house
And turning your left palm to the heavens welcome the moon
and the stars.**

**Bowing deeply to creation and evolution we honor the ancestors
that brought us into time**

**Cupping your hands above your head receiving the cleansing
waters of transformation
Touching your brain so you may have clear thoughts
Touching your eyes so they may see the vision
Touching your ears so they may hear the call
Touch your nose, sniffing out new realities
Touch your mouth so you may have right speech
Pouring the cleansing waters of purification over your whole
body....again, and once again**

**Cleansed, you take on the symbol of eternity.
Eternity in time. Time in eternity.
Seeing in all directions beyond all horizons into the forgotten
realms of the Gods
Bowing to the above, and so to the below**

**And joining the Lord of Dance, The Cosmic Dance as co-creator
Creating a new paradigm of the possible.....
We part the stars and the galaxies and bow to creation....
again....and again**

Now give yourself away from high heart with a fencing

movement to the right ...and back,
 Once again giving yourself away to the right.....and back
 And once again to the right
 Now opening yourself to receive the abundance of the universe
 make a fencing movement to the left....and back,
 Once again, opening to receive the abundance of the universe to
 the left and back...and to the left and back

Now giving yourself away from high heart with a fencing
 movement to the right...and back,
 Once again giving yourself away to the right...and back
 And once again to the right
 Now opening yourself to receive the abundance of the universe
 make a fencing movement to the leftand back,
 Once again, opening to receive the abundance of the universe to
 the left and back...and to the left and back

Standing in the very center of time and space stretching your
 arms out and up into the heavens, letting your feet connect
 down,
 down into the essence of the earth.

And going without going.....Knowing without knowing
 Take three steps forward.....and three steps backward
 Going without going....knowing without knowing
 Three steps forward.....and three steps backward
 Three steps forward.....and three steps backward

Bowing to our co-journeyers and all the Gods in hiding

Forming a circle holding hands we celebrate the rising depths.

* * * * *

TIBETAN SPIRAL MEDITATION EXERCISE

- Focus on the lower part of the heart (think of the heart as having an upper and lower part)
- With a clockwise movement (demonstrate) spiral down to the solar plexus, going around and coming up to the upper heart
- Then spiral down underneath the left rib where the spleen is
- Down to the pelvic area
- Up to the throat chakra
- Down to the root chakra at the base of the spine
- Up to the brow, the pineal gland, the third eye
- Down past the elbows, past the knees
- Up to the crown and down to the feet
- And up to the transpersonal point, a foot above the top of the head
- Again, very slowly to the lower heart
- Now begin to feel it this time even sensing and visualizing it as clearly as you can

Now sitting in a circle we will amplify spirals of the entire circle going clockwise. I want you all to imagine or to feel from your lower heart a line, a circular line connecting all the lower hearts of everybody in the circle, just going round and round, the place of earthly love or grounding love, lower heart. Now let it spiral down to the solar plexus, the place of power and let that line continue now connecting the place of power of everyone, that circular line going around the circle, the solar plexus. Now let it loop up to the upper heart, the delicacy of love and let that upper heart spiraling circle loop around the entire circle, all hearts connecting. Let that loop move down to the spleen and the pelvic area, our purifying and regenerative parts. Let that loop be made around the circle. Coming up to the throat, all our throats connected and now going down to the root, the base of the spine, the place of energy the whole circle connected at the root chakra. Now coming up to the pineal gland, the third eye, and feeling all those connections going around the circle. Connecting down now to the elbows and knees, moving up to the place of wisdom, the crown chakra connecting all the crown chakras circling so that there is a connection of wisdoms. Going now down to the feet, the grounding chakra, the connections and the circle of the grounding, connecting all our feet around the circle. Coming up to the transpersonal point, the chakra of joining the larger ecology, the transfiguration place about a foot above your head. And now having connected opening your eyes, looking from face to face and feeling the resonance of deep connection, of unconditional acceptance, empowering, of loving. Allow the flowing of the fields, of the connecting spirals, the enormous amount of experience we have had together in a short period of time, at deep levels. Without speaking, let this experience empower, acknowledge.

TIBETAN SPIRAL MEDITATION EXERCISE (continued)SYMBOLS:

Lower Heart -	Earthy resonance of loving, feeling, emotion
Solar Plexus -	Power
Upper Heart -	Delicacy of symbiosis, of loving, the subtly of relationship
Spleen -	Place of purification
Pelvic Area -	Source of connections, generations and creativity
Throat -	Communication
Root Chakra -	Primordial energy, basic energy
Third Eye -	Understanding, insight
Elbows, Knees -	Directions orientations
Crown -	Wisdom
Feet -	Grounding
Transpersonal -	Place of illumination

Reference: ANCIENT TIBETAN EXERCISE - adapted version by Dr. Gay Gaer Luce