

1st CREST 13 Experience - Report

Dear Sister & Brothers of this beautiful GAIA-Velatropa 24.3

The purpose of this report is to communicate the results of the 28 days retreat experiment, based on the draft Planetary Engineering CREST 13, which was conducted during the Self-Existing Moon of the Owl - Red Overtone Moon Ring (10 /18/2010 to 14/11/2010).

It was developed in the Star Holon, Argentina, Córdoba, Punilla Valley, Capilla del Monte, at the base of the Sacred Mountain Uritorco , Overo Hill and the Twins Hill, on the grounds of the Village "Tiempo de Brotar" in the area destined and reserved for CREST 13 Retreat Center, which is in a virgin forest road 400 meters from the village.

This place consists of approximately 13 hectares of virgin native forest, pure spring water, mountain and river all drinkable, with fertile land for cultivation and very good weather conditions. This area is protected by 3 km radius of virgin native forest without human habitat (only the village "Tiempo de Brotar")

The center is located in the vicinity of interdimensional portals of intra- earth city ERKS, and ceremonial centers Comechingon Aboriginal culture.

The kin who organized the recall are:

- * 14
- * 217
- * 247
- * 256

(Adult Core of "Tiempo de Brotar")

And the Elfs

- * 38
- * 85
- * 213

The retreat participes kin were:

- *14
- *27
- *38
- *85
- *110
- *205
- *232
- *247
- *256

Kins in the 1st week: 14 – 27 - 232 – 256 – 110 - 205

Kins in the 2nd week: 14 – 27 - 232 – 256

Kins in the 3rd week: 14 – 27 - 232 – 85

Kins in the 4rd week: 14 – 27 - 232 – 38 – 247

1st HEPTAD-WEEK

The first day's kin settled in the place and created the kitchen, from the 2nd day was held the following crono-schedule:

- Salat (Before Sunrise)
- Natural Mind

- Pranayamas
- Solar Mantrams
- Synchronization (Cubication)
- Ejection Circumpolar Rainbow Bridge
- Mantrams (Yoghi- Bhajan)
- Breakfast (prepared by the family of the day ,during the mantrams)
- Working with Dreams
- Reading Seminar Cistercian- Italy (Synchronotron study)
- Tasks Group
- Salat (midday)
- Yoga or Tai Chi
- Luch (prepared for the Family of the Day)
- Break
- Readings
- Special Practices
- Sunset Salat
- Dinner
- Break

Food (during 4 Weeks):

Based on seed sprouts, enzymatic water, honey, kefir, herbal tea (with herbs from site) vegetarian diet (no eggs or dairy products), without wheat flour (bread), no mate, no sugar, no sweeteners .

Note:

Not used substances that alter the mental state of reality (natural mind alone).

Tasks Group:

- Kitchen Fitting
- Cleaning paths
- Cleaning practice sites
- Search for water-firing
- Construction of compost toilet.
- Anchor sites for tents
- Care of outbreaks and seed for food.

Special Practices:

- Opening Ceremony
- Activation and initiation of the body MERKABAH
- Telepathic exercises
- Space Time Travel to Sirius
- Geomancy for determining practice domes, kitchen and individual micro domes.
- Recognition and geomancy cave waterfall practices (in the course of spring water)
- The 5 Alpha day was made a word fast (noble word), and day 6 was limited to fast food (infusion only), and the full moon was a female circle.
- Urine therapy

Readings:

- Inter-Galactic Bulletin N ° I-III
- Holomind Perceiver
- Cosmic History Chronicles (vol. 2.3.4.5)
- Cisternino Seminar- Italy (full read and studied by the week)

- Training course to obtain the U.M.B Hunab-Ku 21, IFT, UMB and Kin Equivalent.

2nd HEPTAD -WEEK

Crono-schedule:

- Salat (Before Sunrise)
- Natural Mind
- Pranayamas
- Solar Mantrams
- Synchronitation (Cubication)
- Ejection Circumpolar Rainbow Bridge
- Mantrams (Yogui-Bhajan)
- Breakfast
- Working with Dreams
- Activation Synchronotron codes (study and analysis on the Holomind Perceiver)
- Salat (Midday)
- Yoga or Tai Chi
- Luch (prepared for the Family of the Day)
- Break
- Meditation
- Readings
- Picnic
- Special Practices
- Sunset Salat
- Dinner
- Break

Task group:

- Perimeter wiring
- Land leveling practices for dome
- Water-firing
- Outbreaks Care

Readings:

- Earth Ascending (fragments)
- Cosmic History Chronicles (Vol. III, Chapter 11)
- Cosmic History Chronicles (Vol. V, Ch 5)

Special practices:

- Planetary Sorcery - (water ceremony), based on the activation of a Temple to
the Water, creation 441 matrix with stone-

pebbles submerged and
Synchronotron chanted-(mantrams) with the
intent to radiate through the
water (descent of biosphere in the noosphere.).

- Alpha- Word and fasting food. Practices alone of guardians anchor through Elementals and Devas in portals of entry.
- Limi - Fasted and encuevamiento* (1 kin) (*put in cave)
Practice in a cave, made by 1 kin per day, this practice is to stay inside the cave from morning to evening, in order to restore the energy body through the four-dimensional visualization of Pleiadian healing chambers, and techniques wrap
- Telepathic Exercises: sending and receiving runes UR H between members of the retreat. Shipping and receiving with the kin of the village “Tiempo de Brotar” (“Time to Sprout”) and kin who came in Silio 7 (kin 110 & 205)
- Space Time Travel: contact through Celestial Harmonics and Astral Projection, in order to make contact with Valum Votan and the Red Queen.
- Urine Theraphy

3rd HEPTAD – WEEK

Crono-schedule:

- Salat (Before Sunrise)
- Natural Mind
- Pranayamas
- Solar Mantrams
- Synchronitation (Cubication)
- Ejection Circumpolar Rainbow Bridge
- Mantrams (Yogui-Bhajan)
- Breakfast
- Working with Dreams
- Tasks Group
- Salat (Midday)
- Yoga or Tai Chi
- Luch (prepared for the Family of the Day)
- Break
- Meditation
- Readings/Studys
- Picnic
- Special Practices
- Sunset Salat
- Dinner
- Break

Tasks Group:

- Finish perimeter fences
- Leveling the ground for large dome of practice

Reading Study:

- Cosmic History Chronicles (Vol. II)
- C.H.C. (Vol . V)

Special practices:

- Geomantic Activation of a new AC Ceremonial Space
- Court of Kin
- Telepathic Pulse to make manifest materially ,dome for CREST center
- Pulse on kin Red Overtone Skywalker(next Day Out off Time)
- Purification submerged in water and prolonged allotropic breathing
- Dervishes Whirling

Travel through time-space:

- Meeting with Elementals and natives Devas .
- Tiahuanaco, Bolivia (possible CREST Center)
- KIN Blue Crystal Hand (Blue Resonant Storm Ring)

Planetary Sorcery:

- Contact Ceremony for the Day of the Dead.
- Purification in the Temple of Water, creating sung **chanted** water ,and cleaning
- (with the sung **chanted** water) of this the place of ceremonial practices and AC
- Alpha - Word fasted alone
- Limi -food fast, and telepathic memory array 441.
- Urine therapy

4rd HEPTAD - WEEK

Crono-schedule:

- Salat (Before Sunrise)
- Natural Mind
- Pranayamas
- Solar Mantrams
- Synchronisation (Cubication)
- Ejection Circumpolar Rainbow Bridge
- Mantrams (Yogui-Bhajan)
- Breakfast
- Working with Dreams
- Tasks Group
- Salat (Midday)
- Yoga or Tai Chi
- Luch (prepared for the Family of the Day)
- Break
- Meditation
- Readings/Studys
- Picnic
- Special Practices

- Sunset Salat
- Dinner
- Break

Tasks Group:

- Construction of geodesic Domo Mini 4m in Diameter made with natural materials from the site.

Reading Study:

- C6smic History Chronicles Vol. III

Special Practices:

- Telepathic Pulse to White Rhythmic Wizzard Ring by Doms and economics resources manifestation.
 - Time Space travel, Antares Arcturus intermediate station, and to intra-earth city Erks.
- Psycho Atmospheric ,Dance on 4 seasonal plates,24 Psi-Nimboids membranes, Futhark Runes, for the Healing of Planet Earth
- Circular Dances
- Telepathics plays, sending & reception of UR H Runes
- Planetary Sorcery:
- Dispacht Ceremony of Andean culture in order to through Sacred Hills thanks for blessings received in retirement, and attracting all the necessary material and spiritual.
- Court of kin
- Closing Ceremony and festivities.

Thematic assessment

Salat Prayer Contact:

From day one we decided to perform this practice 3 times a day (before dawn, noon / zenith, and dusk). We gave good done by generating connection with the divine, by contacting the natural time to wake up before dawn without mechanical means (without clock), gave us a time frame for other practices. This practice strengthened discipline and submission.

Food / fasts:

With no evolutionary food restriction and fasting (Seven Days in the process), we found that our bodies it was used to expand and facilitate cosmic connection and perception of the sacred. At the end of the retreat the physical body is in better conditions in all kin.

The kin participants learned the techniques of live food preparation (food life.)

We mention that 80% of infusions were made with herbs harvested site and 80% of the salads were grown in the orchards of "Tiempo de Brotar".

Tasks group:

Objectives were achieved, they were:

Assembling the basic facilities, perimeter fence to protect the site for animals, leveling large dome platform of practice, building a geodesic dome mini 4 mts.

All activities were carried out as active meditation practice (karma - Yoga)

Reading / Study:

The factors favoring this process were: previous contact and the kin involved with the study material, natural mind meditation before beginning to study, the natural environment (climate appropriate and natural time).

What ensued was an exponential increase in the understanding and assimilation of information, increase in the cognitive domain.

One of the assimilated important tools is the Synchronotron and UR H Runes as functionals elected four/dimensionals.

Special practices:

* Psycho-Atmospheric: check changing states of psycho-sensory perception versus climate change to perceive them in consciousness.

There was a high psycho-sensory contact through the dance on the 24 membranes psi-nimboideas (Dance for Land)

- Telepathic Games / Telepathic Memory: the result of transmissions, there were few successes, but these practices led us to understand, know the runes UR A, trails and cosmic features.
- As for the memorization telepathic Matrix 441 were excellent results in most of the participants and good results in the remainder.

*** Planetary Sorcery/ ceremonial magic:**

These were:

Opening ceremony
Merkaba Initiation
Geomancy
Water Temple
Guardians of the Portals
In cuevamiento
Purification with allotropic breathing in water
Ceremonial Clean- chanted water
Day of the Dead Ceremony
Andean Dispacht.

*** Travel through time-space:**

Most kin achieving excellent results and display psychic connection, and can achieve a high conscious telepathic messages that were of great value in retirement, and also after retirement.

The techniques used were: Celestial Harmonics, Telepathic Frequency Index, Time Travel Cube with element 113 Sirius B 52 in the cube.

Synchronization / Cubication:

Composed by:

Pranayams and Solar Mantrams
Cyclical Order of Time Codes
Synchronic Order of Time Codes
Visualization and Psi Bank daily activation
Visualization and Planetary Holon activation
Visualization and Human Holon activation

Visualization –Overtone Pulsar and Color Pulsar activation
Telepathic reception of the north-south red pulse
Cube Building Genetic Order, Plasmic Cube, Bio-psychic Cube
and Non-ego Cube.
Tollan Zuvuya Cave initiation
Bolontiku Activation
Visualization of Crystal Heart Planet and its components.
Ejection Circumpolar Rainbow Bridge with allotropic breathing
Visualization and activation of Matrix 441 and the daily Heptad Gates.
Excellent results as a tool to synchronize us, perceive celestial harmonics and
harmonize us with the natural time for the day.

Urine therapy:

The participants kins carried out this practice ,can see that after two days of fasting ,
concentration odor, color and flavor urine was increased

Overall Assessment

Points to consider:

- The coordinator nucleus have need for more technics of dynamization groupal to promote the integration process of the participants.
- It is preferable that the coordinators of the retreat are at least two and preferably male-female.
- It is necessary to make a regulation of internal behavior to be signed prior to retirement income, this would regulate rights and duties of kin during the process, for example, sexual abstinence, total restriction of consumption of psychoactive substances, hallucinogens, alcohol, snuff, etc.
- Make only the proposed practices in retirement.
- Sober and comfortable clothing.
- We made a brief experience with the presence of village children Tiempo de Brotar and feel that was not favorable to the process.
- It is suitable that the experience does not generate emotional ties between the participants (absorption)
- It is appropriate to use the practice of the noble word "noble silence during the entire process.
- Experience shows that the results are optimal if completed within 28 days.
- We also feel that can get things for less time as facilitator of tools to join the process.

Doubts arose as to consult with the foundation:

- Is it necessary to vipassana style sex segregation?
- Is it possible to carry out such temascal purification practices?
- Is it suitable that the organization is by color or family and it is preferable that participants refrain from these activities (cooking, cleaning bathrooms, etc)?
- Considering that this was the first experience of retirement of 28 days we are very happy to report that we could see a gradual stabilization in the time of the emotional body, clarity of dreams, the channel opening reception of cosmic information. A crescendo in the timeless perception and

appreciation of the natural rhythmic cycle. The radiance of a subtle psychological well-being permeated the activities, strengthening brotherhood and mental clarity of the imminent presence of the closing of the cycle, strengthening the purpose of the Circumpolar Rainbow Bridge Ejection.

- The study and natural mind meditation ,catalyzed as well as the perception of here now ,the clear internal vision of the next steps on this path of planetary service. A clear guidance of Noospheric mind .Very important factors favored these states were self-discipline, submission and the natural environment isolated from the hustle and mind technospheric self-replicating.

Thank you with deep love for the Great Spirit, ALLAH HUNAB KU, the hierarchies of the Galactic Federation, to intraterrestrial hierarchies of ERKS , to Valun Votan and the Red Queen, our guides and fifth-dimensional beings, the crew of the village "TIEMPO DE BROTAR "all the brothers who supported us in this adventure, MOTHER EARTH, Elementary Devas and invisible guardians in place, URITORCO APU, OVERO APU, ÑUSTA the Twins, all animals of power that accompanied us; Hawks , foxes, mountain cats, hummingbirds, tarantula, spider weaver, lizards, frogs and toads, trout, eagles, vultures, condors, owls and especially Ringo and ourselves for allowing this sacred transformation, that this experience will serve as encouragement for all beings who choose to take the evolutionary leap of the soul.

BE GALÁCTIC!!

Tiempo de Brotar (kin 14) with the Co-Creation of Kin 27 and 232

NS1.23.5.1

Kin 221 Red Cosmic Dragon (November 15 -2010)

Psi Crono: Yellow Cristal Seed

IFT 1198

U.M.B. 315 The Profet

8° Dimension of Time

7° Mental sphere

Equivalent Kin :157 Red Magnetic Earth

UR H 95 :Galactic Art Whole Becomes Meditation of Reality

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