

REPORT OF 28-DAYS CREST RETREAT (Overtone Moon)

We have experienced a new 28 days retirement following the practices proposed by the Noosphere II Project.

With this experiment we tested the effectiveness of these practices generating a increased state of consciousness stable over time, anchored in the natural mind that is gradually covering more ground, gestating a self-reflective consciousness.

In this state of mind more free of constraints is where was sown the Information of seminal texts of the Cosmic History Chronicles.

In this way is that we are restoring and educating the natural mind.

The investigation of the natural mind was given at times, catalyzed by the practices, bringing a new understanding of the different aspects of this multidimensional universe.

We can say that the 28-day retreats are a success and we are anxious to make more of these, synchronized simultaneously with other centers and by telepathic line to achieve the physical and etheric anchorage of the planetary light grid.

Thanks to God the retreat already has a shape that contains it and we have been able to form a team able to sustain it. We pulse to expand this team and spread this initiative to other regions of the planet and CREST centers.

PRACTICES:

SALAT

This contact prayer, was made 3 times at day throughout the retreat. This practice synchronize us at times of natural time, marking the rhythm for other practical tasks.

Through this we have achieved a deep level of contact with divinity and submission to the divine plan, allowing members to feel the inner connection directly with God and take responsibility for their internal processes.

We felt the connection with the 1.3 billion of human beings that perform this prayer synchronized in a daily basis.

NATURAL MIND

This meditation was used every day in the morning and sometimes in the afternoon as well.

The state of natural mind was reached more easily each time by unifying the clear vision of the groupal mind.

Several telepathic messages and subliminal guidances were received in these moments, that have helped us personally or in the future of the retreat.

DAILY SYNCHRONIZATION (cubing)

CIRCUMPOLAR RAINBOW BRIDGE EJECTION

This kept us synchronized with the mathematical codes of the natural

time, making the daily service, to project highest mental constructs into the noosphere and the task to clean and align our bodies.

DAILY READINGS

We conducted daily readings, cyclic and synchronic order, proposed by the Law of Time.

Telektonon, 260 postulates, Gospel of John, Bodhisattva practices, the Time-Being, The Seven Points of Mind Training of Atisha.

WORK BY FAMILY AND COLOR

Due to the fact that removal saw and made use of the areas of retreat center and garden, which are 700 m from each other, the domestic order and organization became more difficult.

Anyway, we see once more that this form of social organization is very efficient. When entering new kin, who did not know the dynamics, in the 3rd and 4th heptads it made it difficult the order and organizational dynamism of domestic cares, a point to be considered for the next retreats.

FOOD

Vegetarian with 70% of raw food including natural ferments, seed sprouts, vegetables cheeses, and salads from the organic garden and wild plants, creating a state of purification through the alkalization of the body.

SYNCHROGALACTIC YOGA

We have had excellent results in practice of this yoga which allowed us to work extensively with our chakras, mental spheres and the telepathic recording of hiperplasmas and heptad gates.

Obtaining excellent results in the dynamization of the chakras and stimulation of the body of energy.

TASKS OF: BIO-CONSTRUCTION, ORCHARDS, FLOWERS AND GEOMANTIC ENVIRONMENTAL DESIGN

These tasks helped to root our holons in the 3rd dimensional physical vehicle, accompanying and giving continuity to the growing of the center, completing the circuit of energetic reciprocity for part of the kines of the place; with wonderful results of natural art and sacred connection that permeated the performed works with love.

CHENREZIG

(Buddhist Practice to develop Compassion)

We deepen our sense of compassion through this daily practice of mantra and chanting in Tibetan, through contact

with the lineage of the lamas. We develop widespread feelings of ecstasy, pure calm and loving compassion, beyond time and space, at 6 dimensions.

MANTRA YOGA

As a special practice, different mantras were sung during the evenings or middays:

Gayatri Mantra, Sura of Hearts, Medicine Buddha (Tibetan Buddhism), Buddha Maitreya (Tibetan Buddhism), The Anthem from intraterrestrial center of Erks (Trigerinho), Flor das Aguas (Hymn of the Holy Daime), Grandioso Sol Central (Hymn of Santo Daime), Ek Ong Kar Sat Nam (Bajhan Guru), Guru Mantra (Guru Bajhan).

FAST OF FOOD AND WORD IN LIMI DAYS

We experienced a beautiful purification and connection when we fast for 1 day at week, during that day also took place the practices in a cave, using energy restoration techniques from emotional past (recapitulation).

In this very beautiful natural cave, the medicine from ancient beings of ancestral wisdom of the hummingbird, frog and healing energy of Yacu Mama, holy water that falls into a magical waterfall.

TELEPATHIC CONTACT WITH OTHER REGIONS AND KIN

We felt very strongly the contact and support from kin that have been aware of the retreat and made meditation practices simultaneously in different regions of the planet.

We have made contact meditations with these kin linking them tightly with areas such as North America and México (Eagle and Monkey Bioregions, Europe (Warrior), Colombia, Venezuela and Brazil (Human), Cordoba-Argentina and Chile (Star), Buenos Aires, Rosario and Uruguay (Skywalker) Epuyén, Patagonia (Moon); Australia (Wind and Night)

NOTE: One of the kin participants came from U.S. and other from Germany

PSYCHOPHYSICS YOGA EXERCISES

While remaining daily sometime psychophysical exercise, is a point to reinforce for future retreats. Hata Yoga, surianamaskar, kriya yoga (of Yogananda).

HOLOGRAPHIC YOGA

This practice was realized with excellent results.

STUDY OF COSMIC HISTORY CHRONICLES

We read the different chapters of varying volumes of the CHC that make reference to thematic that was been calling by the natural mind itself.

Every day we study a chapter or parts of chapters in this permeability state of pure knowledge of the CHC information, strongly settled, allowing us reformulate old patterns of thinking and outdated programs (analphs).

SYNCHRONOTRON STUDY

A study mode was read the 7-day seminar given by Valum Votan and Red Queen in Cisternino Italy, after, the study was completed with various Intergalactic Bulletins, which deepened the study of the holomind perceiver and synchronotron matrices.

In practice, the numbers were obtained in a daily basis and we watch their holomind perciver positions.

Note: The last day we receive a gift from the Foundation for Law of Time, the CHC Vol. VII wich containing specific information for the study of synchronotron applicable for next retreats.

DREAM WORKS

In this interference-free environment and in a natural state, the dreams are clear and lucids, much information has been received by this way.

CEREMONIAL MAGIC

At the opening ceremony we were called the presence of spiritual guidance, protection and strength of discipline, reached a high state of heightened awareness and pure emotion.

In the closing ceremony was held as opening the prayer of the 7 directions, Synchronogalactic Yoga under a mystical summer rain, thereupon the Circumpolar Rainbow Bridge Ejection, closing with conducting an "Andean dispatch" at the top of Apu (mountain) Overo to 1952 m above the condor-nest (kuntur wuasi); millenary rocks where the condors inhabited, sacred animal of the region, also, beneath the chosen stone to mount the Mandala of dispatch the scorpion, spider and lizard was be manifested.

in this ceremony were grateful all the blessings received in the retreat, and was strongly pulsed the ticket plane to envisioned the new cycle in Australia, also were pulsed the materials and kin for the construction and strengthening of this center and is pulsed too the conducting simultaneous 28-day retreat on a global level for the creation of planetary light grid.

DAILY CHRONOGRAM:

SALAT (before sunrise)

NATURAL MIND MEDITATION

SYNCHRONIZATION (cubing)

CIRCUMPOLAR RAIMBOW BRIDGE EJECTION

SYNCHROGALACTIC YOGA

BREAKFAST

DAILY READINGS

SYNCHRONOTRON

BIO-CONSTRUCTION, ORCHARDS, FLOWERS POTS AND GEOMANTIC

ENVIRONMENTAL DESIGN TASKS

SALAT (midday)

CHENREZIG

LUNCH

REST

NATURAL MIND

STUDY

SPECIAL PRACTICES OR MEDITATIONS

SALAT (sunset)

DINNER

END OF DAY