

1: "The Blessing of Stillness and Silence" • "Being Fully Human"

Degrees of Stillness is a remarkable book, made possible by a remarkable collection that includes photographs by Etienne-Jules Marey, Alfred Stieglitz, Man Ray, Robert Mapplethorpe, El Lissitzky, Berenice Abbott, Richard Avedon, Sally Mann, David Hockney, Robert Rauschenberg, Roy Lichtenstein and Andy Warhol.

Pico Iyer is a journalist and writer. *Adventures in Going Nowhere*. Pico Iyer is not a spiritual teacher or even, he says, a spiritual person per se. But he has become one of our most beloved and eloquent translators of the modern rediscovery of inner life. As a journalist and novelist, he travels the globe from Ethiopia to North Korea, and he lives in Japan. But he also experiences a remote Benedictine hermitage as his second home, retreating there many times each year. I got out of my car at this monastery, and the air was pulsing. And somehow, almost immediately, it was as if a huge heaviness fell away from me, and the lens cap came off my eyes. Pico Iyer studied at Eton, Oxford and Harvard. He had an early successful career as a journalist with Time magazine in New York City. But he left and moved to Japan to create a modest, quiet, nearly-technology free life. You have such an interesting background, your parents were from India. You were born and grew up in England and the U. Your father was a philosopher and your mother was also thinking about philosophy and religion. And my second name, Pico "my parents, as philosophers, named me after the great Renaissance Catholic heretic Pico della Mirandola from Italy. And my fourth name sort of shows that I come from a lineage of south Indian priests. And so actually " and my father was a Theosophist, so in my four names, I have four religious traditions. So I mean, how would you describe, if you would describe, the spiritual sensibility that you absorbed in your early life with your parents? I would say it was very diverse. But both my parents were teaching philosophy at Oxford University when I was a little boy, and so I would come back from kindergarten and there would be Tibetan monks in the room sent by the Dalai Lama to learn Western philosophy from my Indian father to complement the Tibetan philosophy they had learned. And of course, there were all the great myths and enchantments of the Ramayana and the Mahabharata and the Indian stories that my parents passed on to me at bedtime. And the other aspect was that both my parents had grown up in British India in Bombay, and so they were steeped in Shakespeare, English poetry, and the Bible. Have you ever read the Bible? So I was " later I realized what a blessing to grow up in the midst of all these traditions. I wonder if you were always interested in what you now refer to as the inner world. And what I mean by that is did you take it seriously as an intellectual?

2: Summer Planetary Calendar: The Healing Power of Stillness | Articles at www.enganchecubano.com

Conversation. Have you been to this event? What do you think? Join the discussion here! Remember, you can include links to your instagram pictures and to videos.

Why have you magnetized the presence of the Buddha? It is because the Buddha represents the highest parallel universe of consciousness, that can be attained on earth. And it can be obtained only by those who are willing to go beyond the ego—the duality of opposites. So, they are willing to go beyond the veil of Maya, created by the interaction of the opposites, making people believe, that they are supposed to align themselves with one of the opposites and fight against the other, and that this will secure them entry into some remote heaven. Whereas the reality is, that you will not enter the real heaven until you see it within yourself. For you recognize the eternal truth that everything is the Buddha Nature. And therefore, you too are the Buddha Nature. And you are more than just the Buddha Nature, for you are a self-aware being. And when you awaken to this reality, you see that you cannot be self-aware and simply be the Buddha Nature—your only option is to be the Buddha. And I am not asking you to go beyond that level of consciousness. For you are partly here to out-picture and exemplify that level of consciousness of the Christ to the many people on earth, who must grasp the Christ Consciousness before they can truly grasp the Buddhist Consciousness. Then, who is the female consort of the Buddha? Who is the female polarity to the masculine polarity of the Buddha? Well, the entire planet earth and all who live upon it have the potential to become the female consort—or rather, to see themselves as what they already are, namely the female consort of the Buddha. And you might contemplate, that before I could enter Nirvana, I had to be tempted and tested — not simply by the demons of Mara as is stated in traditional Buddhist mythology — I had to be tested and tempted by every level of consciousness found on planet earth at the time, in order to demonstrate that I had risen above and become non-attached to all of them. You might consider, that as you rise on the spiritual path, the essence of you taking the next step is to be like the Buddha for that particular level of consciousness. For it is only when you reach the end, the top rung of the ladder, that you must face all of them at one time. Right now you only need to face the very level of consciousness that you are in the process of transcending. And you will transcend it only in becoming non-attached, so that that consciousness — so that that prince of this world — comes to you and has nothing in you, as Christ expressed it so beautifully. Looking at your universe through the vision of the Buddha Even though we talk about fallen beings and dark forces, we know — and we desire you to know — that they have no ultimate reality. I know that this can be difficult to grasp for some of you. For in the parallel universe in which your mind is currently focused, they seem to be very real and they even seem to have power over you. But that is where I can offer my assistance, if you will only spend a little bit of time and attention tuning in to my Presence. Do not fall prey to the temptation to turn this into an elaborate ritual. Simply create a very simple visualization in your mind of you sitting under the Bo tree with the presence of Gautama superimposed over you. And then ask me to show you how your parallel universe looks from my state of consciousness, or at least from the state of consciousness right above yours, so that you may grasp it and free yourself from the illusion that this Mara is real and has any power over you. This will require you — as Jesus expressed — to tune in to the silence, the silence within. My Beloved, how many of you as children played with a top, a spinning top? Probably all of you did, or at least you know how it works. It spins around on its axis, and when you look at the periphery of the toy, you might focus on a particular point on that periphery, and it is constantly spinning at great speed, never standing still. But that point is on the periphery of a circle, and the circle has a center. And my beloved, no matter how fast the point on the periphery is spinning, the point in the center is always standing still, is it not? From a surface perspective, things on this planet may seem very confusing and chaotic. But that is because your attention is focused on the surface of the earth, which is indeed spinning around at thousands of miles per hour. So direct your attention to the axis, to the center, and realize that no matter how much turmoil is going on on the surface, there is a point within that is always standing still. And in that stillness you can find your own center, and there you will find me—for I am the center for all life on earth. And the Ma-ter Light is the Buddha Nature. It is so one with that Buddha Nature, that it is longing to

out-picture the perfect images that are stored in that Buddha Nature, as an infinite potential to express creativity in a way that raises up all life, rather than raising that separate self. Even ascended masters become MORE Thus, we have taken you on a journey, culminating in the powerful release of Lanello , to show you that even a Being who has ascended recently can quickly become so one with the greater Being out of which it came, that it can express an even greater power of that greater Being than it was capable of while on earth. And certainly more than the being who walked the earth in a physical body, as we all are my beloved. For even though the Buddha is the center of stillness for all life on earth, I am not standing still, as many who claim to be Buddhists conceive of meâ€”as being beyond needing to grow, expand and self-transcend. But you see, if that idolatrous vision was correct, then how could the earth rise if the Lord of the World does not transcend himself? You see that everything is a hierarchy, and that which is below in hierarchy cannot rise unless that which is above also rises. Which is precisely why the continent of Europe cannot rise, if those who have the potential to be the top ten percent do not rise. For how then can the others go beyond a certain level of consciousness? How can they transcend that parallel universe in which there is still struggle and suffering and a potential for war on this continent? How can they rise to the higher realm, to the higher universe, where war has been transcended once and for all, and where the consciousness of war has been banished from this continent? It is so easy for human beings to create these graven images of what a spiritual being is like; but you cannot know a spiritual being through any image based on the illusion of separation. You can know a spiritual being only through gnosis, through coming into oneness with that flame. How can you be the Christ without becoming one with Christ, by drinking His body and blood in a spiritual sense and absorbing it with every fiber of your being? The greatest opportunity for Christhood May I give you a realistic assessment â€” that is beyond the duality of pride and feeling better than others â€” but may I give you a realistic assessment, that the book on the Path to Christhood is the greatest opportunity for actually manifesting Christhood, for quickly rising to Christhood, that has been available on this planet in recorded time. It is presently the fastest and easiest way for anyone to rise above that lower state of consciousness and begin to manifest Christhood. It is, as Jesus is fully aware, not the ultimate teaching that could be givenâ€”for more might indeed be given by Jesus, as those of you who are following the course multiply the talents and therefore forge the way for more teachings to be given. And then, even beyond what can be given on Christhood, there are teachings on Buddhahood that I long to bring out. For I am very well aware, that many people in the western world have become disenfranchised with traditional Christianity. Yet, they have not been willing to go into the opposite polarity of materialism. And thus, they have been prone to search for a universal form of spirituality by looking at eastern teachings, especially the teachings of Buddhism. Yet, the teachings that I gave so many years ago in the East were adapted not only to the consciousness of the time, but also were in many ways adapted to the eastern mindset. And I do indeed long to bring forth the teaching on Buddhahood for the western mind: And this may come as sufficient numbers of people accept the offering of Christ. Christ is Omega, Buddha is Alpha For what is the point in bringing out a teaching on Buddhahood, until a sufficient number of people have grasped the essence of Christhood? For you truly cannot fully understand the Buddha, until you have attained some degree of Oneness with Christ. For there is indeed no competition, no animosityâ€”indeed there is no separation between Christ and Buddha, as we have expressed before, that the Christ is the Omega manifestation of the Buddhist consciousness. I hold the Alpha balance for the planet by seeing everything as the Buddha Nature. Jesus holds the Omega polarity to my Alpha by being the planetary Christ, who is willing to go out and do battle with the imperfect manifestations, to address them directly and thereby challenge people to come up higher in consciousness. This is not the role of the Buddha; it is the role of Christ. And it is the role of those of you who desire to rise to the level of Christ and go beyond it to the level of Buddha. For you will not become the Buddha â€” you will not BE the Buddha â€” in any other way than by first going through the stage of Christhood, of going out and reaching out to those who are trapped in a lower consciousness. You must dare to shout your message from the housetops. You must dare to do greater works, to allow the God in you to do greater works than that God did through Jesus. Then can you aspire to Buddhahood. And that is indeed why you see that the eastern religion of Buddhism was turned into an idolatrous religion. Even though it contains the teachings that everything is the Buddha Nature, it is perceived

that only few people could attain that state of consciousness. And the reason was that people at the time could not make that leap in consciousness, and that is indeed why the teachings of Christ were given as an intermediary step. Especially for the people in the western world, who are more active and are not meant to spend countless hours in silent meditation while so many people in the world are suffering around them. A misguided western version of Buddhism. Thus, it is somewhat tragic that there are many people in the West, many among the top ten percent, who have been trapped in this westernized version of Buddhism, where they think they should sit in quiet meditation and ignore the suffering of the world. Those in the West would do well to study the example of Kuan Yin, who heard the cries of the world, becoming a Bodhisattva, realizing that she could not go into Nirvana while so many people were still trapped in suffering. And thus, you should realize, that you cannot spend so much time in Buddhist meditation, while there are so many problems that must be addressed and new ideas that could be brought forth. And thus, transcend the traditional concepts of Christ and Christianity and recognize the Christ as the Omega polarity of the Buddha, the active one, that goes out to alleviate the suffering of the world, thereby embodying that bodhisattva ideal, as it has been known in the East. Realize that you, who are born in the West, are meant to play that role, that Omega polarity. And while you may still honor me as the Alpha polarity, you will not actually honor me by withdrawing from the world into meditation—that only makes you more and more focused on yourself as separated from the world. And therefore, it actually reinforces the illusion of the separate self, rather than helping you overcome it. And thus, I speak this into the consciousness of those who have the potential to rise and express their Christhood—but cannot get their legs untangled from the lotus position and actually get up on their feet and walk out on the byways and highways of life to reach out to those, who are in need of an infusion of Light. The light that I would gladly send forth through them, if they were willing to be the open door—rather than being the shut door that keeps themselves trapped and prevents their light from shining forth into the world. What matters is that they see someone daring to be an open door for that higher source, so that they may know that you are living in a higher parallel universe than their own, and so they may realize that they want to be where you are in consciousness. Thus, they can be impelled to strive to rise higher, and then you can teach them by your own example. Some of the spiritual people have a background in western Buddhist tradition. And I give you the responsibility to embody these teachings, and then to go out and preach them to those who still believe, that it is their calling in life to sit in quiet contemplation while the world is crying out for the Light that they have the potential to bring forth. So I give you a key. Seek to find the peace, so that you do not force yourself with the outer mind to speak to others, but you let your Light shine. Realize, that you are not the doer. Your role is to BE, and when you BE, the Light will spontaneously shine forth through you and find expression, so that you find yourself saying things that you never realized consciously. That is when you know, that the reactions of other people are not important to your expression, while you are finding fulfillment and joy and completeness in expressing your higher being. And it does not matter what the world does with it, whether they receive it or not, for the essence is that it is expressed. For then the circle is fulfilled in giving people the opportunity to choose, because they have now glimpsed that there is something higher, that can shine forth through any human being on earth. And thus, you become part of the process that Jesus and the Buddha and Krishna and other spiritual teachers have all been part of. But despite the idolatrous images that have attempted to set us up as being beyond the realm of human beings, of ordinary human beings, the reality is, that we all came to show, that every human being has the potential to be the open door for a higher energy than what is currently expressed on earth. We came not to be set apart, but to be seen as part of humanity who have simply chosen to open ourselves to the higher reality that is beyond the appearances on earth. May you remember the point of silence that never moves, no matter how chaotic circumstances may be around you.

3: DEGREES OF STILLNESS - Exhibition at Kicken Berlin in Berlin

Degrees of Stillness. Photographien aus der Sammlung Manfred Heiting. Degrees of Stillness: Photographs from the Manfred Heiting Collection. Photographische Sammlung der SK Stiftung Kultur, Mediapark, Cologne, Germany.

Leslie Hale Summer will be a time of reflection, re-evaluating, and re-designing our lives in many different areas. By fall we will be amazed at the changes that have occurred. If you do begin new projects, expect delays, obstacles, and know that the project may not get off the ground just yet this summer. Once the planets turn direct again, the project may change in significant ways. There is magic in the stillness and slowdown of activity, if you take the time to reflect and remember that which you thought you had forgotten long ago. The world can seem still, peaceful and reflective. This is the time to re-connect with the past, pick up old projects and decide what could be changed for the better, and simply dip your toes into the water as often as you can. There is more to life than always rushing forward, full-steam ahead. Get an astrology reading today! This is not negative, but part of the natural cycle of life. Live each day and find good in it. Let go of those things that show themselves to be false, make peace with the rest, and know all things serve a purpose. It starts as a seed and nothing happens for a long time, and then one day you discover there is a bloom. June 26 - August Mars in Retrograde Mars will retrograde at 9 degrees of Aquarius. On August 14, it moves back into Capricorn where it will turn direct. This is not the time to have elective surgery, start a business or new ventures. As Mars rules men, they may seem to go retrograde as well, in some cases. Mars also rules action, the police and military, conflicts, guns and anger. Issues or people may become more manipulative and angry at this time or we could experience this ourselves. Many things will change quietly and beneath the surface. Mars and the South node will oppose each other twice this summer and this relates to letting go of situations that no longer serve your life. If Mars stations retrograde or direct on a planet in your personal chart, there can be an expression of combative energy, headaches and other complaints. This is definitely the time to step back for a few days and relax. July 10 - Jupiter Turns Direct This is good news! The planet of gain and expansion turns direct at 13 degrees of Scorpio. While in retrograde, things promised by the planet of expansion may never transpire, or do so in a lesser manner. As Jupiter turns direct in Scorpio, issues connected to money and finance may pick up as Jupiter rules the 8th house of sex, money, taxes, inheritances, mortgages and insurance, or court cases. You will see gain in whatever house Jupiter is transiting in your personal chart. How will retrograde affect you? Speak to an expert astrologer today! July 26 - Mercury in Retrograde Mercury will retrograde at 23 degrees of Leo, and turn direct again on August 19, at 11 degrees of Leo. Leo rules the 5th house of children, friends and love affairs. Issues may arise in these areas. This is definitely a time to step back, observe as though from a distance, and at times we must retrace our steps. Misunderstandings may be common and it is best not to take them too seriously. Some relationships will end if they are tottering on the edge, and other relationships from the past may come back together, or you can connect with those you have previously known. You should not marry, get engaged, buy high-ticket items, cars, or make long lasting decisions. If possible, you should not start a job. If you need a job however, it is better to take one than not have one. In the future the job could change, or you could move again. August 7 - Uranus in Retrograde Uranus retrogrades every year and is not as apparent as the faster moving planets like Mars and Mercury. You will notice this transit more if Uranus is aspecting a planet in your personal chart at degrees of Taurus, Leo, Scorpio or Aquarius. Uranus rules innovations, unexpected events, shocks and surprises, new concepts and ideas. It involves the higher levels of communication and thinking. September 6 - Saturn Turns Direct Saturn is in Capricorn and is considered at home here making it very powerful. Situations may seem heavier and more restrictive during the retrograde, especially if it affects your personal chart. While in retrograde, Saturn slows down the normal rate of activity so better methods can be developed and organized. Saturn rules the structures in our lives and allows us to develop our personal boundaries. As Saturn turns direct, this can be good news for many issues and situations that have been stuck. This is true for both the individual and the collective. Saturn can represent a reality check in many areas. While summer may seem slower at times, it will be an amazing thing to see the planets turn direct once again, and the timing will all be perfect. Leslie began to

study metaphysics at a very young age. Leslie joined Keen in and specializes in relationships, breakups, finance, and time-frames relating to specific life events. Keen is for entertainment purposes only. Keen does not provide and is not responsible for any content or information that you receive or share through the Keen service.

4: Silence, Stillness and Listening to God | Wellspring

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Three Degrees out of Phase: All things have their own measurable frequency, including ourselves. We automatically gravitate to the frequencies that we are most comfortable with, guided by our internal oscilloscope which tells us, consciously or unconsciously, what resonates with our frequency. As you sit there, with a smile plastered on your face you realize that your skin is trying to jump off your skeleton in prickly sections, your hair is making an effort to crawl off your cranium and your teeth begin to itch. THAT is the effect of dissonance. The effect of a frequency that is not in tune with your frequency. They flow with a frequency that is static and contained, controlled and complacent. As that individual becomes aware of the shrieking frequencies enveloping them in a discordant disharmony, they see them for the false pitch that they are. This is the moment when the individual drop of consciousness that is you steps outside the matrix and can SEE the flow of it all around you. You can sense the frequencies of truth and follow those frequencies that resonate within. The individual drop of consciousness in the pond may not hear the changes nor see the ripples, but that does not mean that they are not effected by those quivering undulations. We are all drops of water in the pond of consciousness. Our energy is intertwined, touching and effecting all the other drops, regardless of how far away the perceived distance is between us. Not all those ripples are positive and uplifting. There is an equal balance of high and low in the duality of the waves as they ripple across the pond, yet each wave effects the whole to change the frequency of the surface. Each splash creates change to the whole and the more waves there are, the more the drops in the stillest part of the pond will feel the changes in the frequencies surrounding them. Your energy, your frequency of consciousness, directly effects all other energy fields around you- whether consciously or unconsciously. As you slingshot skipping over the top layer of the pond, leaving a swath of spiraling waves in your wake, you are weakening the surface tension that will allow greater change as the next ripple rolls through You BE the WAVE of CHANGE. And within this dynamic, rhythmic, mutable creation we find one dominating color. When tuned to normal some can navigate through this construct without drawing much attention. They can essentially live an entire life and make barely a ripple. They choose to synchronize with the greater masses within the socially-acceptable waveform of normalcy. While in this cocoon there are no high-highs or low-lows. They find solace in seeking others for advice and solutions. They benefit from the narrow margins they must work under and the supervised nature of their roles. They do not have to make very many weighty decisions- so they are less apt to suffer any major consequences. Solidly placed within this vibration is the desire to please, cooperate and conform. Life is experienced under a veil of relative invisibility -save for the need of occasional approval and validation. Does this vibration look a bit blue to you as well? This doorway leads not to innovation, prodigal genius or invention, but rather to one of obedience and servitude. There is nothing innately wrong with this vibration. People of this resonance can be controlled parasitically by the institutions they submit to. You, my dear reader, are not simply a carrier-wave vibration. A carrier-wave vibration would not be visiting this website nor exploring content of this nature. And in the process I sense you will see just how vital your role is to all Humankind. And vibrations are waves of varying frequencies. They can be characterized as any number of wave forms, including the perfect symmetry of a sine wave. A sine wave forms a circle when folded over. The circle symbolizes eternity, unity and connectedness. Like a circle, its degrees add up to But the sine wave embodies the message of dualism, the up and down, the plus and minus, the rise and fall. These expressions are both literal and metaphorical. They are living and non-living. In the organic expression, the heart beats in what it beats out- the lungs breathe in what they breathe out. There is a rhythm of in-rest-out that emulates the shape of a sine wave. In the case of lungs- the inhaled breath is oxygenated or on the plus side of the wave and the exhaled breathe has less oxygen or the minus side of the wave. There is equity and balance with what comes in and what goes out and each side of the wave is a complimentary opposite of the other. Here one will

find the node of serenity and enlightenment. People look to another for reassurance and recalibration of this waveform. If one deviates too greatly from the center of this spectrum they are quickly dismissed and ejected from the gathering. They are no longer considered to be part of the unified energy and collective consciousness. There is some value to this. Native Americans would ostracize evil doers from the tribe. For the guilty, this was a fate worse than imprisonment. So the template of normalcy plays a vital role. But it requires gentle care and discernment. The enlightened offer a different ray of light to this vibration. By doing so they are able to see the waveform from the outside looking in, as well as experience it from the inside. People who are trapped by the waveform never get an opportunity to see the very construct that entrains them. But the mindset of normalcy is a stubborn one indeed. This aspect, however, if allowed to remain static can ultimately lead to the demise of the species. During the cold war- such a fate almost came to fruition. Inflexible thinking and ego-driven bias almost lead to a disaster of incomprehensible scale. There is entropy in all things and the waveforms of daily experience offer no exception. Without the excitation of an external influence, the ordinary waveform would soon degrade and collapse within a remarkably short amount of time. It is the continual spark of genius, the alternative views, the irreverent humor that helps provide the three-degree push the waveform of normalcy so desperately needs. A highly energetic platform will compress this wave even farther resulting in higher awareness and comprehension. These frequencies awaken deeper understandings and solicit powerful abilities. Humanity is now beginning to resonate at these energies. The vibration of truth has a distinctive tone. People are rapidly becoming attuned with this energy. As a result, it is getting harder to soft-soap ideas that serve a nefarious purpose. People are less likely to be bamboozled and misled by the disingenuous and charlatans. Those who operate three degrees out of phase have been vigilant in their efforts in helping others to see. First it is ridiculed. Then it is violently opposed. Finally it is accepted as self-evident. They are neither passive nor overtly aggressive. They are more like master chess players who can see how the board is laid out. They are expert at anticipating the next move. Most importantly, they are benevolent and genuinely care about the fate of the Human race. So they communicate their ideas in various ways- through music, documentaries, websites and even through casual conversation. Because their intentions are heart-felt and noble, their message resonates. For those who operate in front of the waveform, who can look back and see its shape and flow, your efforts are not in vain. Through the eyes of a visitor from another world, normal might appear as an avid TV watcher. Normal would appear to always acquiesce to authority and never challenge the status-quo. Normal is to drink Diet Coke, eat fast-food hamburgers daily and take strong pharmaceuticals to treat the depression that was brought on by trying so hard to be normal. Normal is cheering aggressively for a football team that never cheers you back. Normal is to drink the fluoridated water and not ask salient questions about its efficacy. They will compromise information and morality and weaken the spirit in any way possible to maintain a lower subclass vibration. They know that the population is capable of resonating at a much higher frequency. So the brakes are applied chemically, psychologically, and scholastically and in any other modality that serves the controllers. The guardians of the waveform work in earnest to raise awareness. They walk a fine line of imparting information in small, digestible bits. If they offer too much at once, they will be dismissed as a fool or worse. The guardians of the waveform observe how the controllers manipulate mass consciousness and they work hard to rectify the damage. They must battle trolls and a myriad of other orchestrated maneuvers that attempt to damage the credibility of those who wish to raise the vibration. They must also deal with hi-jacked look-alikes that ultimately present a shadowy agenda while wearing a robe of benevolence. This is why it is vitally important to attune to the vibration of truth.

5: 'House Of Cards' Actor Mahershala Ali Defends Season Three's 'Degree Of Stillness' | HuffPost

Degrees of Stillness: Photographs from the Manfred Heiting Collection Share. Price: \$

What is Geodesy or geodetic knowledge? Geodesy is the determination of the size and the shape of the earth. Any advanced comprehension of the larger picture of our planet as a suitable abode for the evolution of higher life requires knowledge of its size and shape the total mass of course determines G the gravitational constant. The equatorial bulge is an integral component of the forces acting to impose rotation and orbital stability on earth as it wheels about the Sun. The relevance of these two basic factors to the evolution of life cannot be underestimated. Parallels are lines that run or the parallel to the equator and traveling along one of the parallels we would be displacing ourselves longitudinally; but parallels actually measure you can see that this parallel here this is probably the Arctic Circle it looks to me like about 66 and a half degrees north so it is parallel to the equator. Right so depending on what parallel you are every line of latitude north and south has a corresponding parallel, and you know that from the equator to the North Pole is going to be to the South Pole is going to be 90 degrees of Arc. Then in turn we have meridian lines which are lines that run north-south but actually measured distances east and west so that if you traveled from one meridian to the next to another meridian you would have traveled from east to west. So therefore if you took the Meridian lines, which would be the dotted lines, the distance between say one degree of meridians that the Equator is going to be greater than that distance between the same two meridians say at our latitude here in Atlanta. Which is about 34 degrees north, or further north, those Meridian lines converge until you would get to the North Pole and then they they meet each other and have zero distance between them. So those degrees have stretched out okay now this is important to understand how the ancients were able to demonstrate to future generations that they understood the size and the shape of the earth and then we have one length of one degree of the parallel. This is important because what we discover is that the ancient peoples knew this and incorporate it into their architecture, so that they would derive units of measurement that were ultimately based upon the size and shape of the earth where the structure was being built. A Factory for Mono-Atomic Gold Randall Carlson is a master builder and architectural designer, teacher, geometrician, geomorphologist, geological explorer and an independent scholar. He has 4 decades of study, research and exploration into the interface between ancient mysteries and modern science, has been an active Freemason for 30 years. He has been recognized by The National Science Teachers Association for his commitment to Science education for young people. He has also received academic recognition for outstanding work as a student of geology. Did you find a spelling error or grammar mistake? Do you think this article needs an update? Or do you just have some feedback? Thank you for reading.

6: Remember the point of stillness within you

www.enganchecubano.com > Degrees of Stillness The photodrawings included in this album are taken from a body of work titled 'degrees of stillness'. The images are made by photographing the drawing of the movement of light during a residency at Hopkins Architects in London.

Contemporary Issues Silence, Stillness and Listening to God There is an obvious and deep irony in any attempt to talk about silence. The task itself is inherently impossible. Silence can only speak for itself: The best way to begin, therefore, is not by any definition or analysis, but by a story. There is a very familiar little story in the alphabetical collection of traditions that have come down to us from the desert fathers of the early Christian centuries. It is said that one day Abba Theophilus, who was an archbishop, came to Scetis, a desert wasteland and spiritual paradise, where great numbers of monks carried on their unseen spiritual warfare. Archbishop Theophilus made his way to the cell of Abba Pambo, a man recognized and acclaimed for his humility and wisdom. If people are not edified by our silence, then they will not be edified by our words. In these few minutes, nevertheless, I will try to speak of silence and stillness in the language of Scripture and the desert tradition, and to elaborate very simply with some personal experiences. In the beginning there was absolute silence. Through His Word, God spoke into this silence, to create the heavens and the earth. His Word, however, has continued its creative activity throughout human history. Word and silence, then, complement each other. Silence, in the most positive sense, is the environment and atmosphere, the sacred space, into which God speaks His Word, both to create the world and to save it from death and corruption. Further on in Old Testament tradition, silence becomes the medium for divine revelation. In a terrifying epiphany recounted in the first Book of Kings, God appeared on a mountain to the prophet Elijah. As the Lord passed by, there came a mighty wind, so strong it split the mountain and shattered the rocks in pieces. The New Revised Standard Version renders this more forcefully: From the time of Elijah through the period of classical prophecy, God continued to reveal Himself through His Word of blessing and judgment. At the same time, silence was increasingly perceived as something negative: Silence is darkness, and that darkness is death. The post-Exilic Psalm The Septuagint or Greek version of the Hebrew Bible expresses the deeper meaning of this verse by slightly modifying the translation: The final word on silence, as it was experienced in ancient Israel, is that of the prophet Zephaniah: Silence possesses an eschatological quality insofar as it prepares both heart and mind to receive God in His final coming. The day of the Lord is a day of judgment, symbolized by thunder and fury. But it is also a day of vindication, blessing and the bestowal of everlasting peace. These are qualities both given and received in silence. God speaks out of silence at the original creation; He does the same with the new creation in Jesus Christ. The Word of God, whose creative power brought all things from non-existence into being, brings about the new creation of the Church, the universal Body of Christ. It is there that the heart can acquire the gift of silence. And it is there that silence resolves into the stillness that allows us to listen to the voice of God. In the New Testament little is said of silence as such. He rebukes the wind and the sea: Whether on the open sea or in the human heart, peace requires stillness. As in the Old Testament, silence in the New Testament possesses an eschatological quality. That brief moment of silence recalls the silence to which Israel is called with the coming of the day of the Lord, a day which promises both judgment and salvation: This admonition is repeated on Holy Saturday, when its meaning, nevertheless, is completely transformed. Through the voice of the prophets, including the prophet John of the Book of Revelation, God calls us to silence as well. He invites us to go into our room, our chosen sacred space, and there to shut the door and pray to our Father who is in secret, assured that our Father who is in secret will answer our prayer Mt 6: It is in that silence that we can listen to God, hear His voice, discern His will and purpose for our life, and, finally, come to know the truth of a precious insight offered by St Isaac of Nineveh: A catena of sayings, drawn at random from the desert ascetics of the early Christian centuries, well expresses the value and necessity of authentic silence, silence of the heart. Silence and stillness nevertheless require a certain solitude, a temporary withdrawing from the noise and busyness of the world that cause endless distractions and hinder us in our quest for God. Stillness implies a state of bodily rest coupled with the

creative tension that enables a person to commune with God in the midst of a crowd. It means openness to the divine presence and to prayer, prayer understood as a divine work accomplished by God Himself. As the apostle Paul insists, it is not we who pray, but the Spirit who prays within us Rom 8: This kind and quality of stillness is termed in Greek hesychia. It underlies the practice of Prayer of the Heart which focuses on the Name of Jesus: His journey is marked by numerous encounters with all sorts of people, several of whom initiate him into the practice of the Jesus Prayer. The terms used in this context need to be carefully defined. Stillness, however, goes beyond silence insofar as its aim is to purify the heart and issue in pure prayer. That purification involves the body as well, because body and soul, like mind and heart, are ultimately inseparable. It is a tradition developed in the monastery and aimed principally at monastic life. Frequently the Gospels show Jesus separating Himself for a while in order to pray to His Father in secret. Then to His prayer there is joined that of others, persons who supplicate either Him or God the Father for mercy and forgiveness. Throughout history, and perhaps especially in our own day, this prayer or some variant of it has served as the cornerstone of the prayer and worship of lay persons as well as monastics. Hesychasm, in other words, is not the product of a medieval controversy between Athonite monks and Latin theologians, as some have argued. It is an ancient yet living tradition that anyone, with proper spiritual guidance, can seek to interiorize and experience as a primary means for creating and maintaining a deep, personal and unbroken communion with God. To this we can add the sublime words of St Gregory of Sinai, who died in the year St Gregory traces the hesychast way by which silence and stillness achieve their ultimate end: The consummation of the mysteries is theology, the fruit of theology is perfect love. Where do these glimpses into the hesychast tradition lead us? In its purest form it is certainly not accessible to everyone. We know very well that many saints labored and prayed for years without ever being granted the gift of prayer that roots itself in the depths of the heart. Intellection, the faculty of the nous that allows it to apprehend spiritual realities directly, must itself be surpassed. For those of us who will never attain to such heights, there is still abundant hope and an abundant promise. Any one of us, if we truly desire it, can acquire the gifts, the divine virtues, of silence and stillness. And with those gifts we acquire ears to hear the voice of God that speaks to us in the silence of our heart. Orthodoxy has always been loathe to prescribe techniques for acquiring certain spiritual benefits. Other traditions often stress the role of breathing and posture in attaining inner tranquility and the stillness required for contemplative prayer. They may introduce into their teaching elements from Oriental religions: To Orthodox spiritual elders, however, practices such as these all too easily become ends in themselves, rather like using the fasting period as an opportunity to lose weight. We can make idols of virtually anything, even those things that seem at first glance to advance our spiritual quest. Rather than offer concrete suggestions as to how we might attain a greater degree of inner silence and stillness, I would prefer to share with you a few very simple and modest experiences I have been blessed with over the past few decades. They are intended merely as verbal icons or images conveyed to me by persons and events through whom I and others have heard the voice of God and sensed the awesome power of His presence. These sisters were deeply imbued with Orthodox liturgical and ascetic tradition to the point that many longed to become Orthodox themselves. My fondest memory of the three years we spent in their midst is of the evening Vespers services. A half hour or more before the office began, sisters and their guests began to enter the chapel. They venerated icons, then knelt on the rug and sat back on their heels to pray in the evening stillness. After the service, those who could, remained. Again they knelt on the rough hemp rug, settled back on their heels, bowed their heads and prayed. The silence in that place was palpable. I often wondered why it is that silence is so much deeper when it is shared with others. Why is our prayer so much more focused, so much more intense yet totally simple, when we join together in silent worship before the God of infinite love and compassion? How is it that in that silence our prayer encompasses one another in a unique way, so that, in unspoken harmony, we intercede for each other, give thanks for each other, and make offering of each other to the God whose presence and love we sense almost physically, God who is ever Emmanuel, God with us? This kind of experience is a blessed gift, realized through the presence of the Spirit, who unites us before our Lord in thanksgiving, in supplication and in love. These sisters, and the group of brothers who later joined with them, blessed our lives beyond measure. Yet as I look back, I realize we hardly ever spoke to one another. We

passed each other in that wilderness area where the community was located; we nodded and smiled; but we kept quiet, unless there was some specific need to speak. In the silence of the pathway, or of the refectory, or of the chapel, we heard the voice of God, as it were, through the silence of the other person. In that silence we exchanged the unspoken assurance that we were praying for one another. We have had similar experiences in Orthodox monasteries. Whether in this country or in Western Europe, in Greece or in Romania, the same values of silence and stillness leaven prayer and our communion with others. More significant for me on our visits there has been the small village church, a Romanesque structure that dates in part to the eleven hundreds. The stone walls are permeated with centuries of prayer. The hard wood benches oblige concentration, and one can spend hours in that place, listening to the silence, hearing the muted voices of the thousands of villagers who, over the ages, have gathered there to pray. Now a group of sisters lives and prays there. The grounds are filled with fruit trees and the natural beauty provides an ideal setting for shared words and shared silence. For years he had rebelled against God and against his Orthodox faith, expressing that rebellion by indifference to everything connected with the Church.

7: The Great Pyramid Decoded: Part 1 - Stillness in the Storm

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He also self-published a small anthology of his favourite Keats poems of which George has a copy, *Lamps of Light* a compilation of spiritual wisdom from world religions, and the posthumous *The Creation of Faith* a collection of his own thoughts and aphorisms. He left footprints and notes, detailed in his writings about his inner life with God, however, we know remarkably little about the man in his outer life, and our conversation with George will serve to flesh out the words a bit. I called him and he was having breakfast. It was incredible, lovely, with an entrance archway of many miniature roses. It was just a wonderful welcome. And he was right, it was a newly refurbished bathroom, small but very convenient, and the roof was indeed recently thatched. My memory just leaped backwards in time. I imagined that Keats on a walking trip from Cambridge to Comberton, or William Blake, perhaps, and stopping at this cottage for a refreshing drink. I think the building date was 1810. And my wife Dee and our girls there, sharing with Juan and Kathleen, and I underneath an absolutely massive walnut tree. Juan said I was sitting in C. He told me that another chair was a favorite of W. They were very popular in America, published by Signet American Library, I used them myself in a number of my classes. Published in Majorca, in a very nice, very artistic, rough-cut, parchment cover, an edition by a friend of his, published on the Island. He told me, he said that Keats for him was the perfect emblem of the Hellenic experience, while Wordsworth, to his great satisfaction, was the perfect embodiment of the Hindu. I guess the Wordsworthian spirit and consciousness were present. He said it was a beautiful time for him. He gave me a number of books during our stay and then we started on our walks. At one point, Juan and George were walking on a meadow lane near a group of cows. Juan asks George about the college the locations he taught at, in California]. We talked about Tagore, a dear, dear favorite. Then he went on to talk a little bit about Ceylon now Sri Lanka and this was before he returned to Cambridge. A thing of beauty is a joy for ever: He enjoyed and poured us sherry and played Catalonian folk songs on 78 rpms. And you saw a side of him that I never saw in our walks or in our conversations in his library. What a splendid library, Dave, oh Good Lord, I think he had begun building it the day he returned to England after the Spanish madness. It was just beautiful. The introduction to it was a revelation to me, it still is. Whether we are within a religion, or outside a religion, or against religion, we can only live by faith, a burning faith in the deep spiritual values of man. I sat once, and I was honored, he was walking around the room "I sat at the desk and he read several chapters. We looked over the introduction, and briefly discussed *Lamps of Fire*. He said he would study the translations he respected the most, absorb them, as many translators do today. We see a number of Americans rendering the Tao or Dhammapada; they are hardly versed in the original language, so what they do is surround themselves in a half-moon of other paperback translations, absorb them, and then render their own translation. So we talked about Tagore, Yeats "my favorite poet of the 20th century who had written a lovely, lovely introduction to the *Gitanjali* " it still reads beautifully, do you have that introduction, Dave? Dear Professor, I have too often seen the Upanishads rendered into English by scholars who are philologists and who miss the delight of the immediate realisation of truth expressed in the original texts.

8: LeslieHale-Astrology: July-September The healing power of stillness

Didn't find what you're looking for? Try adding this search to your want list. Millions of books are added to our site everyday and when we find one that matches your search, we'll send you an e-mail. Best of all, it's free. A special order item has limited availability and the seller may source.

Wednesday, June 27, July-September The healing power of stillness Summer will be a time of reflection, re-evaluating, and re-designing our lives in many different areas. By fall we will be amazed at the changes that have occurred. If you do begin new projects, expect delays, obstacles, and know that the project may not get off the ground just yet this summer. Once the planets turn direct again, the project may change in significant ways. There is magic in the stillness and slowdown of activity, if you take the time to reflect and remember that which you thought you had forgotten long ago. The world can seem still, peaceful and reflective. This is the time to re-connect with the past, pick up old projects and decide what could be changed for the better, and simply dip your toes into the water as often as you can. There is more to life than always rushing forward, full-steam ahead. Live each day and find good in it. Let go of those things that show themselves to be false, make peace with the rest, and know all things serve a purpose. It starts as a seed and nothing happens for a long time, and then one day you discover there is a bloom.

June 26 - August Mars in Retrograde Mars will retrograde at 9 degrees of Aquarius. On August 14, it moves back into Capricorn where it will turn direct. This is not the time to have elective surgery, start a business or new ventures. As Mars rules men, they may seem to go retrograde as well, in some cases. Mars also rules action, the police and military, conflicts, guns and anger. Issues or people may become more manipulative and angry at this time or we could experience this ourselves. Many things will change quietly and beneath the surface. Mars and the South node will oppose each other twice this summer and this relates to letting go of situations that no longer serve your life. If Mars stations retrograde or direct on a planet in your personal chart, there can be an expression of combative energy, headaches and other complaints. This is definitely the time to step back for a few days and relax.

July 10 - Jupiter Turns Direct This is good news! The planet of gain and expansion turns direct at 13 degrees of Scorpio. While in retrograde, things promised by the planet of expansion may never transpire, or do so in a lesser manner. As Jupiter turns direct in Scorpio, issues connected to money and finance may pick up as Jupiter rules the 8th house of sex, money, taxes, inheritances, mortgages and insurance, or court cases. You will see gain in whatever house Jupiter is transiting in your personal chart.

July 26 - Mercury in Retrograde Mercury will retrograde at 23 degrees of Leo, and turn direct again on August 19, at 11 degrees of Leo. Leo rules the 5th house of children, friends and love affairs. Issues may arise in these areas. This is definitely a time to step back, observe as though from a distance, and at times we must retrace our steps. Misunderstandings may be common and it is best not to take them too seriously. Some relationships will end if they are tottering on the edge, and other relationships from the past may come back together, or you can connect with those you have previously known. You should not marry, get engaged, buy high-ticket items, cars, or make long lasting decisions. If possible, you should not start a job. If you need a job however, it is better to take one than not have one. In the future the job could change, or you could move again.

August 7 - Uranus in Retrograde Uranus retrogrades every year and is not as apparent as the faster moving planets like Mars and Mercury. You will notice this transit more if Uranus is aspecting a planet in your personal chart at degrees of Taurus, Leo, Scorpio or Aquarius. Uranus rules innovations, unexpected events, shocks and surprises, new concepts and ideas. It involves the higher levels of communication and thinking.

September 6 - Saturn Turns Direct Saturn is in Capricorn and is considered at home here making it very powerful. Situations may seem heavier and more restrictive during the retrograde, especially if it affects your personal chart. While in retrograde, Saturn slows down the normal rate of activity so better methods can be developed and organized. Saturn rules the structures in our lives and allows us to develop our personal boundaries. As Saturn turns direct, this can be good news for many issues and situations that have been stuck. This is true for both the individual and the collective. Saturn can represent a reality check in many areas. While summer may seem slower at times, it will be an amazing thing to see the planets turn direct once again, and the timing will all be

perfect.

9: Three Degrees out of Phase: BE the WAVE - All Densities are Unified - Stillness in the Storm

So those degrees have stretched out okay now this is important to understand how the ancients were able to demonstrate to future generations that they understood the size and the shape of the earth and then we have one length of one degree of the parallel.

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