

UCW Update

Greetings Dear Ones!

The Higher Realm Mentors, Archangel Michael and the Collective Masters of Light, give me two projects to undertake every lunar month. In August, the Collective Masters of Light suggested that I **Relax and Allow time for the Energies of the Pilgrimage to Integrate into my Physical Body**. Relaxing and Allowing Energy Integration for me means “slowing down”. This quiet time has given me the opportunity to do some re-search in terms of reading about Earth Energy Lines and the religious beliefs of our ancestors from the Stone Age right up to the medieval period. Since there was such a lot to share with you about the Pilgrimage to Whalley, I decided to relate the journey in two parts. I hope you enjoyed reading about the first part of the journey in the August 2008 Newsletter. Here, the tale of the Whalley Pilgrim Path continues.

Pilgrimage to Whalley – Part II

On the 25th July, the Last Quarter of the Moon, I was guided to travel clockwise around Pendle Hill in a circuit. We drove through Whalley, along the A59 road which takes the route of an old Roman Road from the Roman Fort at Ribchester *Bremetennacum* onto York *Eboracum*. *Eboracum* was founded in 71 AD by the Romans and was made one of the two capitals of all Roman Britain. During this period, influential historical figures, such as Constantine the Great, became associated with the city. The entire Roman Empire was governed from York for two years by Septimus Severus. After the Angles moved in, the city was renamed *Eoferwic* and served as the capital of the Kingdom of Northumbria.

We were driving along this important trading route which had been used by our ancestors for millennia even before the Roman occupation. We passed Clitheroe, Sawley and drove on to the picturesque Lancashire village of Gisburn. We witnessed the overwhelming Goddess Presence of mystical Pendle Hill as we were driving by her side. I had been guided by the Collective Masters of Light that I needed to be extra sensitive to the natural energies of the landscape and nature in the area of Gisburn. The area is mostly farmland. Gisburn's market charter was granted by Henry III to the Abbot and Monks of Sawley Abbey in 1260. In 1749, the present Market Cross was erected. It is interesting to note the similarity of Gisburn to Affetside (visited on the First Quarter of the Moon) located on an old Roman Road with a Pilgrim Cross. Also, the connection to Sawley Abbey which had been visited at the Full Moon. Gisburn is a little village with a big history! Oliver Cromwell is known to have stayed a night or two. Remember, Guy of Gisburne from the Robin Hood Tales? It is believed Henry VI sought refuge in this area after his defeat in the Wars of the Roses.

As mentioned in the previous newsletter, Mother Earth is concerned about these locations because the energies have become imbalanced and overly-masculine due to the

history of human conflicts in times of war and conquest. This imbalance still affects the health of the current residents and local natural wildlife and environment.

We walked in a clockwise route around the area. Almost immediately, we came across the beautiful River Ribble. I noticed the striking red appearance of the water which is common where there are iron deposits nearby. I remembered reading that the ancients believed that red rivers were very magical and carried the “life blood” of the Goddess to nourish the land and all things. They would often worship and have special ceremonies at these red rivers – especially the women of the tribes for fertility and celebration of womanhood. I offered prayers and gratitude to the river as we passed by. Significantly, at the confluence between the River Ribble and Stock Beck, there are two wooded mounds known as “The Temple” and “The Tumulus”. Confluences were considered significantly Spiritual places by our ancestors. I noticed that there were a significant number of birds almost “clinging” to these mounds. The birds seemed magnetically attracted to the little wooded hillocks. There is also a natural Spring close by and the wooded mounds align with the confluence and the spring.

In my re-search, I have discovered that our Stone Age ancestors had the technology to build stone mounds enclosing hollow cavities. I suspect this is what we were looking at here. These mounds and cavities actually attract and amplify certain Earth Energy Lines by harnessing sound energy, resonance and sometimes even light energy at the Solstices and Equinoxes. These cavities and mounds exhibit high levels of electro-magnetic energy. It is thought by experts that our ancestors used these mounds for healing, to increase fertility in their women (& in their arable and live-stock farming) and to perform other ceremonies in the hope of bringing good fortune by pleasing the Goddess. Because of the unusually high electro-magnetic field around the mounds, our ancestors would have experienced altered states of consciousness as their brain waves would have been affected. Of course, the Stone Age people would not have understood these scientific effects in a left brain, logical manner in terms of Theta brain waves, magnetism, sound resonance and so on. They would have believed that these unusual effects were an indication of the presence of the Divine Goddess. They are thought to have experienced typical Shamanic effects such as vision quest and prophecy near the mounds.

I noticed that The Tumulus mound had a particularly strong magnetic Torus Field (like a big donut) going around its outer edge. It is amazing to think that even though these mounds were in popular use over 5000 years ago, the Earth Energy is still strong and active! The whole area was “alive” with energy and vital life-force. You could feel it! The animals sensed it too! The place was “buzzing”!

We walked further and found ourselves on an old sunken lane lined with Hawthorns. The lane was in line with The Tumulus – as if it were a processional way towards The Tumulus. My compass was showing magnetic anomalies on this sunken lane. I did some dowsing with my necklace – which was difficult in the wind! I asked questions about the significance of the lane and was given confirmation that it was reserved for use by our ancestors for special Spiritual Gatherings rather than just every day, mundane usage



such as trade and moving cattle. As we continued to walk, we noticed other sunken lanes – coming in from many different directions but all converging at The Tumulus. Coincidentally, the sunken lanes were all lined with Hawthorns which is known to be of significance to Druids. The ancient Stone Age pathways would have been trodden by generation after generation right up to the 19th Century. We eventually came to the small village of Bracewell. Here, there is the beautiful church of St. Michael originally built in 1143.

Next, we approached an ancient natural wooded area called Big Covert. This is the perfect spot for a picnic. A large pond with ducks and geese with the backdrop of the ancient woodland. I spoke to the Elementals here. They were very excited about the Pilgrimage and mentioned that they felt the area was already loved and nourished but that, “All Love is Welcome”! I was absolutely amazed by the energy of the Trees here. I performed a circle ceremony and received the most massive flood of energy from all the trees. It was as if they all directed healing towards me and the healing circle that I had formed. I could see hundreds of pink vital energy zig-zag lines of Earth Energy “electrically” moving through the ground towards my feet from each Tree. Amazing! I received a “Tree Zap”!

We walked through some wheat fields. This was pretty surreal. There are certain types of Earth Energies which naturally seek out the easiest route which can often be down the tram lines of crops. The path that we were walking along was “buzzing”!

Throughout the Pilgrimage around Gisburn, the name “Ceridwen” was floating around my head like an ancient echo. It was as if the ancestors were whispering the name to me across space and time. With some re-search, I have discovered that in Welsh legend, Ceridwen is a Goddess, witch, magician and mother of Taliesin the Bard. She is associated with the dark depths of Lake Bala, in Wales. Interestingly, if you take a map and extend a straight line through the long axis of Pendle Hill across into Wales, it actually touches Lake Bala. Ceridwen is part of a Triple Goddess belief system including Brigid the Virgin (Water), Boann the Mother (Fire) and Ceridwen the Wise Woman (magick and alchemical transformation in the Creative Cauldron). This Triple Goddess is the Muse in Celtic Spirituality - concerned with creativity, innovation, intuition, vision and all of the ways in which we experience inspiration in life’s spiral patterns of changes and challenges. I feel Ceridwen was making her presence felt during this final part of the Pilgrimage. I feel she is a Perfect Patroness for the Whalley Abbey Workshop at the Winter Solstice! Ceridwen tends one of the most powerful creational cauldrons in the Celtic tradition. She is a creator as well as one who initiates artists, storytellers and bards into the path of their chosen vocation. She helps us discover our innate talents and how to use them in Service to All That Is.



Sunken lane lined with Hawthorns

As we reached the end of our Pilgrimage, we found yet another sunken lane lined with Hawthorns – one of the nine Celtic Sacred Woods of apple, hawthorn, willow, oak, ash, thorn, rowan, holly and hazel.

We saw a Hare.

In ancient times, hares were Sacred to the Goddess. They were symbols of luck, fertility, transformation and healing. As bearers of good fortune and as a representation of the goddess, hares or figurines of hares are commonly found in ancient burials. They are also symbols of re-birth and immortality. It is also significant that we had just past through a Crop Field just before we saw the hare because the Crop Spirit embodies the natural ability of the life-sustaining crops to die off in the Autumn and be re-born in the Spring. Much of the natural world was joining us – rabbits, grouse, sheep, cows, barking farmyard dogs, crows, butterflies and the ever present Swifts and Swallows that have spiraled over this Pilgrimage every step of the way.

It would be worth while taking a peep at the Swallows Crop Circle at the Crop Circle Connector Website now. An incredible exhibition of Divine Creativity at South Field, Alton Priors, Wiltshire - reported 22nd July. You can clearly see the outline of an ancient enclosure beneath the wheat crop around this Crop Formation. The Swallows have returned to this ancient site in the fields of Wiltshire to bring their ecological message to us all. I think it is significant that the Swifts and Swallows were accompanying us on this Pilgrimage. They were spiraling in flight around these ancient Sacred Sites while we were walking the circuitous Pilgrimage to Whalley.

<http://www.cropcircleconnector.com/2008/southfield/southfield2008.html>

In the June 2008 Newsletter, I mentioned the article I had written for the Crop Circle Connector Website called Synchronicity in 2008. I noticed that crop circles were appearing synchronously around the times when significant milestones were reached in the Unity Consciousness Workshop development. The timing of this late July Swallow Crop Formation is synchronous to the closing of our Pilgrimage to Whalley.

We weaved our way back to the village of Gisburn after completing a 7 mile circuit. We found the lovely church of St. Mary the Virgin at the centre of Gisburn. St. Michael's Church in Bracewell and St. Mary's Church in Gisburn appear to have been built around the same time and they are in geographical alignment. This screams of a ley-line connecting the two churches. The Michael-Mary Ley Line running across Southern England from Land's End to Great Yarmouth, which has been well researched by internationally renowned dowser Hamish Miller, has an inordinately high numbers of churches named after Michael and Mary (Divine Masculine and Divine Feminine).

I was guided to return home by continuing to drive in a clockwise circuit around Pendle Hill which meant journeying via Barnoldswick, Colne, Nelson, Burnley and returning along the other side of Pendle Hill – still witnessing the omnipresence of the Goddess Mound dominating the landscape. The circle completed.

The July 2008 Pilgrimage to Whalley is completed. We have demonstrated our Commitment and Integrity to offer Service to the Goddess. I sense that the appearance of the Hare at the end of this Pilgrimage is a sign from The Goddess that she has given us her benevolent blessing to our offer to be of Service – especially at Whalley Abbey at the Winter Solstice, 2008. All Is Well.

I have come away from the Pilgrimage with a heightened awareness of the Sanctity of the Landscape and all that are nourished by the benevolence of Mother Earth. I have become super conscious of the interconnectedness of All That Is. What affects the energy body of Mother Earth, affects our energy bodies. What affects us, affects her.

This mutual, reciprocal relationship is what the Collective Masters of Light call "Symbiosis". A typical example of a symbiotic relationship is the little bird that pecks parasites from the hide of a hippo. The hippo benefits because the dangerous parasites are kept under control. For the birds' part, this relationship not only is a ready source of food but a safe one considering that few predators would dare strike at the bird at such close proximity to its host.

In myth, Adam and Eve lived in a perfect symbiotic relationship with Mother Earth in the Garden of Eden. Their human needs were provided for and they lived in Paradise – they did not toil to produce their food. Mother Earth was cared for and humans acted as caretakers for all her species. I believe that awareness of "Symbiosis" at an Energetic/Spiritual Level is crucial to the Unity Consciousness Workshop teachings. Obviously, it is very important to be physically environmentally friendly by practicing recycling and reducing pollution etc. What I have become acutely aware of on this Pilgrimage is that it is equally important to be "Energetically Environmentally Friendly". It is important not to pollute the Energy Body of Mother Earth with negative

thinking and negative emotions. If we look after the Earth, then we are looking after ourselves. The Earth is a Part of the Whole. Each human being is a Part of the Whole. This Pilgrimage has been a tremendous, life-changing blessing to me. I hope you have been able to share the experience through the Newsletters.

In conclusion, you have read my story of one Pilgrimage to one Sacred Site. You are encouraged to generate some motivation and make your own Pilgrimage in your own locality.

You are asked to consider a question by the Masters of Light.

Question: What is the difference between just visiting a place at any time and actually making a Pilgrimage to a Sacred Site at a specific solar/lunar time?

Answer: Your Intention!

You are encouraged to make your own Pilgrimage but I intuit that there is deeper guidance here to actually transform your every day life into a Spiritual Pilgrimage each and every day. When you approach each and every day with elevated intentions, this uplifts the vibration of your every day life into something extra-ordinary. This harks back to the June 2008 Newsletter where we were learning about Spontaneous Meditation – imbuing every day tasks like shopping and gardening with Spiritual intentions. The Masters of Light want me to remind you that this doesn't necessarily mean making dramatic changes and making a huge effort all at once. It's more about little changes in perspectives and small adjustments in attitude on a moment to moment basis.

Much to ponder methinks!

Unity Consciousness Workshop *Re- Activation Systems*

Archangel Michael and the Collective Masters of Light are acutely aware that every individual has a unique way of learning. Some of us prefer to learn visually by looking at artwork or symbols. Some of us prefer to learn using our listening skills like hearing music. Some of us prefer to learn kinesthetically using our muscles with movement and dancing. Some of us prefer to learn intellectually by reading books. Some of us prefer to learn through experience by attending workshops. Some of us prefer to use our "surfing skills" by logging onto the internet to read blogs and articles. Some of us even prefer using our sense of smell by using incense, essential oils and Angel Sprays.

There are an infinite number of ways for Humanity to connect to the Unity Consciousness Energies. The Collective Masters of Light want to give every individual as much opportunity as possible to connect with the Unity Consciousness Energies. They have so far channelled information to me in the form of Re-Activation Light Symbols for Contemplation Cards; Re-Activation Sound Codes on CD; the Unity

Consciousness Workshop Book; the UC Workshops themselves and setting up our website with monthly newsletters. If you go to the links section of this Website, you will find a link to online supplier Crystal Poppy who can deliver Incense, Essential Oils and Angels Sprays through the post.

Re-Activation Sound Codes CD

I have channelled guidance from Archangel Michael for over 10 years now. This CD is my first attempt to actually channel music. Michael and Metatron have especially influenced this particular part of the UC work. Michael in terms of Communication Systems and Metatron in terms of Sacred Geometry and Sacred Creational Harmonics. Some samples of the tracks are available to hear in the Media Section of this website.

It is estimated that currently Human Beings only use approximately 10% of our total brain capacity. The UCW Re-Activation Sound Codes can be sensed by deeper parts of the brain and can re-awaken Divine Gifts within us to empower us to heal ourselves and the World. You can re-connect to the True Self that is already within you. The Masters of Light inform me that the Re-Activation Sound Codes can help in many ways such as re-awakening clairaudient abilities; clearing negativity from our personal energy field & the environmental energy field in our homes & offices. It would be difficult to list all the possible benefits here. Physical, mental and emotional healing can take place. Accessing and using your inner Divine Talents can be another benefit. Even unhealthy ancestral/genetic lineage programming can be cleared. Karmic clearing can also be achieved. There are no hard and fast rules how to use the CD. If you prefer meditating or chakra balancing while listening to the tracks, then this will work for your personal process. If you prefer to just have the CD playing in the background, this will work for your process. Be Creative! Be Imaginative!

Briefly, the Sound Codes are “Energy Keys for Energy Gateways”. Opening these Energy Gateways allows us to open ourselves up to embrace the vastness that is our True Self. We can benefit in so many ways.

Archangel Michael and the Collective Masters of Light want me to make it clear to you at this point that they encourage Self-Empowerment and Self-Healing. They want me to make it very clear here that the CD music containing the Sound Codes is a “tool” for you to use to empower yourself to heal yourself. You do the healing. The Sound Codes just help you access those parts of yourself that can heal other parts of yourself.

CD Tracks

There are Seven Tracks on the Unity Consciousness Workshop Re-Activation Sound Codes CD.

Merkaba Activation
Gaia Sings
Thoth's Gateway
Cosmic Alignment
Holographic Fractals
Etherealization
I Am Everything

Star Tetrahedron
Cube
Octahedron
Dodecahedron
Icosahedron
Dodeca with Icosa
Sphere

Message from The Collective Masters of Light

Archangel Michael and The Collective Masters of Light have decreed that the CD be dedicated to

T

I was puzzled initially as to what was the significance of this particular letter when Michael shared this decree with me. With re-search, I have discovered that **T** is associated with the most ancient form of the Cross. The Cross can represent the connection between Humanity and Divinity where the vertical bar is Divinity and the horizontal bar is Humanity. The actual point of connection between the two represents the Sacred Space of the Heart where **personality self meets True Self**. Some teachings believe that the vertical line represents Divine Masculine (Activity) and the horizontal line represents Divine Feminine (Passivity). Where they meet is the point of Divine Unity (Balance). The T-Cross pre-dates the Christianized Cross by millennia. In his classic book *Atlantis: the Antediluvian World*, Ignatius Donnelly states that the Tau Cross was an important icon signifying "hidden wisdom" for Mexicans as well as for Peruvians, Egyptians, Phoenicians, and Chaldeans. In general, it was emblematic of rejuvenation, freedom from physical suffering, hope, immortality and divine unity.

As part of the UC Teachings, Metatron talks about the "**T Factor**" which is all about Truth. Metatron teaches that Divine Truth has a special frequency of energy. It relates to harmony and music in the sense that "Truth strikes a chord" within us when we are exposed to its vibration. Truth resonates within us.

T also represents The Tao. Tao is Chinese for "way". When this simple word is used in reference to the Divine, it is difficult for Human Brains to comprehend such an infinitely broad concept as the Divine Source and Creator. The great Chinese Taoist sage Chuang Tzu teaches, "Tao is the whole. The essential reality." Tao is the whole of which everything is a part. Tao is the Primal Source that manifests as All That Is. Tao expresses itself as the perfect balance of yin and yang.

We can see how many cultures associate the T-shape with burgeoning new life, the rising sun, psycho-spiritual journeying and ultimately Re-surrection. Sometimes the simplest symbols contain the deepest meanings. You are encouraged to discover for yourself what T means to you.

Further along the Spiral

In September, the Collective Masters of Light have me working on two projects as usual. Firstly, they want me to **Produce the Sound Codes CD** which will be available to buy from Nov, 2008 for the Special Introductory Investment of £ 11.11. Secondly, to **Produce the Three Day Workshop Format**. I have all the information and teachings that are to be incorporated into the Whalley Abbey Winter Solstice 2008 UC Workshop. I just need to fine tune details such as time schedules and graphic presentations etc. Any suggestions/requests will be gratefully received!

I hope you are all continuing your journey smoothly as Spiritual Pathfinders. Spiralling Beauty-fully with Grace and Ease! I hope you are all experiencing your own personal direct contact with the Masters of Light. Remember, there is no "right" way of communicating with Spirit. You may hear inner guidance in the form of repetitive thoughts floating inside your head; you may see visions in the form of vivid dreams; you may feel drawn to follow a certain path and you might not even know what you are experiencing clearly other than you feel something "niggling" you in a certain way. Do not set limits on what you can do!

Blessings!

In Highest Service,

Lizzie **xxx**