

**INFORMATION REGARDING CALLS PRESENTED AND/OR SUPPORTED BY  
2013 RAINBOW ROUND TABLE**

**I TO ACCESS THE THREE WEEKLY CALLS via the Internet**

**A BBS RADIO** Go To [www.bbsradio.com](http://www.bbsradio.com); click on Talk Radio Station #2; click on "64K Listen"

**Thursday:** 9 pm – 12:00 pm EST **Stargate Round Table** **Host: Marietta Robert**

**Friday:** 9 pm – 2 am EST **Friday Night Hard News** **Hosts: T & R**

**Saturday:** 4:30 pm – 2 am EST **History of our Galactic World & NESARA** **Hosts: T & R**

**Friday, Saturday:** From **10 – 11 pm EST**, for one hour, the call moves to the Conference Call Line [PIN below] and then returns to BBS Radio.

- Use the following phone numbers to ask questions or make comments during the radio show.

530 – 413 – 9537 [line 1]

530 – 763 – 1594 [line 2 & 3]

530 – 746 – 0341 [line 4]

- **BBS Toll Free # in Canada, US 1 – 888-429-5471** This number picks up whichever line is available.

**B Conference Call** 1-213 -342-3000

Thursday PIN #	87 87 87#
Friday PIN #	23 23 23#
Saturday PIN #	13 72 9#

**C Skype** **BBSradio2**

**D Archives for the 3 Programs listed above**

- To access the **FREE BBS archives** for any of these programs:
  - Go to [BBSRadio.com](http://BBSRadio.com); scroll down the column on the left hand side and click on "Current Program Archives".
  - The next page which comes up lists the programs alphabetically under the picture of the presenter. Find MariettaRobert's picture: Stargate Roundtable with Marietta Pickett and click on "Other Archives".
  - The page which comes up is the familiar one; click on "Save link as" and the archive will download to the site you indicate on your computer, or you can listen to the program directly.

- The **2013 Round Table website also has an archive section:**

<http://2013rainbowroundtable.ning.com/> look under the "Archives" tab for written notes.

**II TO ACCESS OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable**

**A Sunday, Mondays: 9 – 10:30 EST** **Cheryl Croci's Activation Calls**  
By telephone only: 1 – 213 - 342- 3000; PIN 9467441#

**B Tuesdays, 2<sup>nd</sup> & 4<sup>th</sup> of each month:** **Ashtar on the Road**  
**9:30 – 11:00 pm EST** Host is Fran; Susan Leland channels Ashtar, Sekhmet & others  
[www.Ashtarontheroad.com](http://www.Ashtarontheroad.com)  

- Phone Number: 1 – 559 – 726 – 1300; PIN 163731#
- Call is free [except for long distance charges]
- Can also listen to the call via Skype

**C Wednesdays: 7:00 – 9:00 EST** **The Friends of The Aboriginal Moabite Nation Call**  
By telephone only: 1– 712-432-0900 PIN 666238#  
Replay # [good for 1 week] 1-712- 432-0990 PIN 666238#

**Host:** MariettaRobert

**Meditation:** Angelsu

**Mayan Calendar:** Rainbird Go to [www.Spacestationplaza.com](http://www.Spacestationplaza.com) – to locate specific days

Still in wave of Ahau which is the sun: Yellow Sun: time for healing & bringing in the diamond light of full Christ consciousness. Remember the Unity of All That Is.

**Sept 4<sup>th</sup> Thurs - 10 MULUC** – 10 is manifestation of intention into reality; using spirit's direction

**5<sup>th</sup> Fri – 11 OC** a portal day, a powerful energy – OC is the dog, reminder about unconditional love – 11 is letting go what needs to die, so we can embrace what needs to be born

**6<sup>th</sup> Sat – 12 CHUEN** a portal day, a powerful energy – Chuen is the monkey a reminder to balance play and work; 12 is clear understanding, symbolizes synergy as part of the whole

**7<sup>th</sup> Sun – 13 EB** – finishing up the wave of Ahau – EB is the human, 13 is transcendent energy – activate the cosmic consciousness, work with nature and planetary harmony

**8<sup>th</sup> Mon – 1 BEN A new wave:** the Red Skywalker – bending time and space; a warrior wave

**9<sup>th</sup> Tues - 2 IX** IX is jaquar energy, the white wizard – magic and working with 2 – polarity & stability

**10<sup>th</sup> Wed - 3 MEN** - Men is eagle energy, vision of Nesara

**11<sup>th</sup> Thurs - 4 CIB** - CIB is warrior energy – use it with the NESARA energy of Wed.

**Rainbird:** pay attention, especially on the portal days; on Saturday – play! Call in the energies!

#### **Hard News:**

**T:** Grateful for the support from the mayan Calendar: we need it

- The PKK is another Kurdish militia – all women, they are going up against ISIL
- They said "As women in the US is not being treated properly, we are fighting for them too!"

**R:** Talked to Naomi Klein, Nomi Prince, Matt Taibbi

- Matt asked to be placed in Circle of Support: he was best friends with Michael Hastings who got taken out for exposing Gen Stanley McCrystal and Gen Petraeus; there was something else going on too – Black Ops all the way;
- There was also the work he did on 9/11 – had details and evidence on what was going – he had names, etc Michael was working with Julian Assange's lawyer and called her up to say he felt like he was being followed – this just 2 hours before he was incinerated in his car which was remotely controlled & burst into flames and threw the engine BEFORE he hit the tree
- Matt is going to go further with the information and why McCrystal and Petraeus did it
- Will probably do the article sooner than later

- Matt initiated the call, with the other 2 beside him
  - about the Bush-Clinton Crime Family who orchestrated 9/11
  - Nomi Prins is a walking encyclopedia on what they do & did – worked on Wall Street
  - Naomi Klein's **Disaster Capitalism** was the Reich-stag fire for the Naziis of our day

**R:** Osama did not do 9/11 - Colin Powell was in the centre of it all, and lied through his teeth in the UN about WMDs

**T:** another item on **Chris Christie** on The Last Word last night:

- played an interview with a policeman who was talking to someone in the Port Authority:
- he was told to shut up when he said if nothing was done, there would be an f\*\*\*\*\* mess down here – you don't talk on the open radio about this – this reflects on Chris Christie because this particular policeman was escorting Chris Christie who was Bernie Madoff's water boy
- Bernie Madoff's 2<sup>nd</sup> son died of cancer yesterday; the first son committed suicide

**R:** Matt has irrefutable evidence about 9/11 – probably from Michael Hastings

- The **group called ISIL** – all of this has to do with the orchestration that happened since 9/11 where McCain and Lindsay Graham [now a couple!] - has to do with Bandar Bush and how it got funded through Saudi Arabia; they needed something to change the conversation as we approach the 9/11 date and then Sept 30<sup>th</sup> to Oct 1<sup>st</sup> when the US gov't is flat broke
- The Republicans will NOT give Obama any money

**T:** the astrology says we have some respite – general meaning is that some harmony and resonance is in order; and the I Ching says we go within – build the chi and build reserves of the inner qualities of divinity within us; after the 9<sup>th</sup> it will be gangbusters again until the 27<sup>th</sup>

**T:** they are lying every single day! And Barack is also playing the game: he is in the midst of a bunch of vipers at the NATO conference – they want to get NATO into Ukraine very badly

**R:** Putin is not the criminal here: it is Pereshenko!  
NATO is a military' organization

**John Nichols, Sen. Nina Turner of Ohio**, running for Sec of State this fall: will roast Gov Kasich – what they have created makes it so hard to register to vote, or to vote – if you are of colour, you are targeted for harassment – there is also something called White Privilege that is not discussed

- they took Head Start away from people in Ohio and help for mothers and infants;
- Did he expand Medicaid in Ohio?

**Met one of Senator Udall's aides** today: he talked to her about the chemtrails and the geo-engineering –

- she talked to Thom Udall about it and he walked away from her:
- Rama told her she was lucky to be alive because she asked about it: people get dead for asking about things like this. T tells the story of Dennis Kucinich having to take out the reference to Chemtrails in a bill he compiled. Take it out or die!

**T:** a ground-breaking yesterday: a **new Diplomacy Building** for the State Department  
Colin Powell, James Baker 3<sup>rd</sup>, John Kerry, Maddie Albright, Henry Kissinger, Hillary Clinton  
all present to break the ground! [All the criminals!]

“All our diplomats breaking ground” is the caption under the photo

**R:** Robin Williams – a sacrifice to Illuminati – won't comment on that idea!

**T:** Like Whitney Houston in 2010

**T:** Here is a success: two half-brothers convicted of the rape and murder of an 11 year old girl when they were 16 and 20,

- they had the IQ of 4<sup>th</sup> graders and were put away for 40 years – DNA testing finally done, and a prisoner in the same prison was the one who did it.

**R:** talked to Joan Rivers once

Tara sprained her wrist yesterday – tripped over phone wires; went down on her writing hand & can't write!

**R:** a cosmic message? Physically writing with pens etc does make us use both sides of our brains – keeps us in balance.

**MR:** when people use music, know that when we use the whole-brain, we are in balance

- Cutting out art and music from school programs means that we are not in balance

**R:** cursive writing is not taught in schools any more, only printing – also start using computers earlier and

earlier

**T: France** is not delivering a huge warship – Putin paid for 2 warships \$1.2 billion – Allende stopped the delivery of it and France is in dire straits economically – no jobs; what jobs are there do not pay well, 22% of adults are out of work. Will have to return the money

**NATO** has deployed planes and >>to Ukraine – pushing the river

- the 2 journalists that were supposedly killed – wondered if they were cloned? Something like that happened though killing clones does not make it easier to watch
  - Japan – constitution was changed so they can go to war for their allies: has reorganized his cabinet – added 6 people up to 18 and included some of women.
- Ebola Virus: Colloidal silver will deal with bacteria, not a virus – Vitamin C to the tune of 5000 units a day causes
  - the American Bio Warfare firm in Sierra Leone – Sierra Leone identified this company as the perpetrators of the virus, so they kicked them out of Sierra Leone

**Guest: Lee McCormick**

- works in the mental health recovery field
- We are all being asked to step into a reality check

**MR:** How did this happen for him?

**LM:** checked into a treatment center at the age of 41; grew up in a successful southern family, surfing and being a cowboy; played in Nashville and had a band

- His 1970s behavior of drugs and booze got out of control; then his marriage failed
- Realized that he needed to change, with no idea of a 12 step program
  
- Went to a treatment centre in Arizona & learned about the messier side of life in America
- Met people who had gone through hell, came from situations that looked OK on the outside
- He was inspired by what he learned and saw with the others around him

**MR:** What was the nature of his turn-around?

- Opened him up to possibilities – learned he could question the version of reality he had been born into and inherited from his family, his education, society, etc.
- Needed to check the addiction and he also realized it was about his integrity and who he was needed to sort out his connections to spirit

**MR:** how is he applying his learning?

- Has been 17 years since he completed the program
- What he knows today is that there was something profound missing in the treatment
  - Faith has been about accomplishing material goals: being a “good” person
- he connected with native American practices, perspective – did a sweat lodge
  - **The Four Agreements** really moved him & he went to Mexico
  
- He created a treatment centre on his ranch in Tennessee – realized that the connection to nature is also missing – as a culture. The big R reality: earth, air, water, our physical bodies
  - In the process of recovery, healing, our individual waking up to create a reality – we'd be served by getting grounded back into simple relationships – to the rain, the sun, the source of food we are eating – living in the world quite simply
  
- Now has The Integrative Live Centre in Nashville - he says he is not an addict; he is a human being with an addiction – do not be defined by the behaviour that has been let go of and changed. So be mindful of what you are empowering in your daily life. Don't call it to yourself – let it go.

**MR;** that is a positive approach. We all know that what we say is what we attract to ourselves.

- Talked of the program called “A Word Diet” - listening to what people say and thereby call to themselves.

**LM:** Humans, especially in the professional areas, get some kind of gratification out of complicating things!

- The more powerful they make the issue of the client, the more power they retain
- His book is called **The Spirit Recovery Medicine Bag**, co-written with Mary **Faulkner** – available on Amazon

- The book is about waking up in the middle of your life and asking what you are doing?
- By taking responsibility for what we eat, can really help yourself too – feed the body a natural frequency of nutrition – one of the things we can do to bring in our integrity and get off “automatic pilot”

- The only person who can do this is you – take responsibility for the little things, and the big things come along too

**MR:** Making a conscious choice and using conscious awareness in your life is what he is talking about

**LM:** has a bio-dynamic farm

**MR:** what would he like to leave people with?

**LM:** It's really easy for us to fall into believing we are our story: I am only as good as my career has been or my marriage – yet this is not what we are: we have lived the experience of a human – we are not the legacy of our family or our religion – there is a distinct difference here: we are really OK being just who we were created to be – we don't have to carry all these stories around – the joy and the mystery of life just get buried under this stuff!

- If we really ask for the opportunity to relieve ourselves of these stories, we will get it

**MR:** it's like we've given our power away – take back the wheel!

**LM:** This is living with the realization that I am 100% responsible for what goes on in my life: how do I respond? Do I just fall into a bad situation or can I separate myself out of it?

- Takes practice to work ourselves out of being on automatic!

**MR:** people on the call are very much aware of the dimensions beyond what we see and hear on a daily basis

- What is being reported in the news is NOT what is going on; we are not our story and sometimes we forget that – when we remember this, we can shift and change events

**LM:** it's about the little things: opening the door for someone; smiling at people – one choice at a time, one day at a time is how we change things.

- Feeding into the news gives away our power: it's like an addiction – we have to shift this energetic in the moment, not by looking backwards or always thinking of the future
  - This makes life enjoyable and then our enjoyment is shared
- our beliefs are our own constructs and we think they are the be all and end all so we kill each other because the beliefs take over: WE are sacred, our beliefs are NOT!
  - What we focus on is what manifests.

**MR:** addiction is just not drugs or alcohol – can be such things as caffeine or driving and not paying attention – going things out of habit and not out of conscious choice – is the behaviour enhancing your spiritual growth or your development in any sphere?

**LM:** can be addicted to energetic things like drama and suffering, or rage

- What if the whole structure of your life melted down this week – would you still be a happy person, or would you go down with the ship???
- When we get invested in a particular way of being and it is taken away, it strikes fear in our hearts – we are not of this world; we are privileged to be humans
- Give the attention to the present momentary

**Name:** Lee McCormick:

**Book:** **Spirit Recovery Medicine Bag** in bookstores and on Amazon

**Website:** [www.Spiritrecovery.com](http://www.Spiritrecovery.com)

Spirit Recovery Medicine Bag: A Transformational Guide for Living Happy, Joyous, and Free by Lee McCormick and Mary Faulkner (Jun 3, 2014)



**MR:** a Trine is 120\*

### **Hard News:**

**Reading:** 2014, Sept 1 **September 2014 Astro-Energy Report ~ Times They Are A-Changin' [SEE BELOW]**

**R;** the sacred sonic geometry: What KOS shared was that when Ashtar showed up to George Van Tassel, he gave George a formula  $f=1/t$  - this deals with the frequency of 3, 6 and 9 and the multiples in the sonic geometry, sacred geometry

- They have a tape from Commander Kla-La of the Ashtar Command – he is one of the sacred architects who built the pyramids and brought them here from Aldebaron
  - This is all connected with the series of 9 that Tesla spoke about

**R:** we are in the 1320 cycle

432 on the Solfeggio scale is the reparation of the DNA

### **Sonic Geometry - The SOUND of Sacred Geometry**

It's such an awesome video, applying the dimension of SOUND to sacred geometry. I've been aware of the 9 code for quite some time, but hadn't made the connection to sound with regard to geometry. Now, it makes perfect sense - and perfect pitch!

For those aware of "The 9 Code", you will be happy to see that the 9 code comes heavily into play in this video. But - of course it does, because the 9 code is in play everywhere... :)

It's chock full o' wonderful information and is also beautifully produced.

Enjoy!

Blessings and Namaste,

ZenGaian

<http://www.youtube.com/watch?v=FY74AFQI2qQ>

From <http://healingtones.org/tag/sonic-geometry/>

This is a fascinating video, especially for the mathematicians and musicians among us, as well as those of us who know Sacred Geometry. For the mathematician, the presentation delves into numbers and numerical ratios that form the basis for structure and shaping of life forms in our world and throughout the Universe. For the musician, it presents the geometrical basis for the Pythagorean determination of note frequency values and the musical scale used here in the West. For those knowledgeable of Sacred Geometry, you'll find nothing new here but you may delight in the clarity and simplicity of the presentation of the profound design behind all of Creation. For the rest of us who are not mathematically, geometrically, or musically inclined, we will find the video full of interesting and thought-provoking historical facts and developments that have led to consciousness evolution and

our simple enjoyment of the beauty of form in the Natural world, and of music itself.

As a musician, I must say that I came away from viewing this video with a deep sense of sadness and disappointment over the changes made to the note frequencies in our modern day musical scale which is based on A 440 rather than on the ancient and more natural A 432, as you will see in the video. I don't know exactly what to make of it, as all the beautiful music of the Masters we enjoy so much today is written for instruments tuned to an A 440 based scale. So, I don't know what we've been missing out on; perhaps ecstatic sounds and harmonies infinitely more beautiful, uplifting and transforming than even Handel's Alleluia Chorus. I've heard piano music played on a piano that was tuned according to "just tuning," which is based on natural harmonics as opposed to contrived "even tuning." The music seemed to rise to infinite heights and plunge to bottomless depth. What I mostly fear is that the masses are once again being manipulated and kept imprisoned by those who seek to limit the evolution of human consciousness for political power and control purposes. Why did the "powers that be" back then find it so necessary to change these frequency values used to create our music? And why by 8 hertz, the difference between 432 and 440?

Just for example, take the ancient Solfaggio frequencies of a six-notes scale (ut, re, me, fa, sol, la) used in ancient chants that put people in an ecstatic state of communion with God, rendering the priesthood unnecessary and more of an impediment to the realization of the literal meaning and purpose of religion (which means to bind back to, in this instance to God) than a facilitation. They were banned by the Catholic Church and forbidden to be used. Fortunately, they have been re-discovered and returned to use in sacred sound healing schools and by alternative healthcare practitioners. I use them in my sound healing work. Their overtones and undertones have no top or bottom. In other words, they are not boxed in as though they existed independent of a larger range of frequencies, like the modern musical scale suggests. There's no "do" (or in this case "ut") at the end of the scale to close it off to further expansion into the inaudible range of frequencies, so as to produce a sense that one has arrived at the end of the music. There's no end to the music of the Salfaggio frequencies. They're open ended.

Don't get me wrong or misinterpret my implications here. Classical and even some modern music can warm the heart and bring peace and solitude to one's soul and inner terrain, even bring one to a state of ecstasy — or perhaps mesmerize and lull one into an oblivious state of utter tranquility and receptivity to subliminal encoded suggestions. Don't think it isn't done in elevators and shopping malls and via the music played in the background of TV commercials. But does it facilitate real transformation and ascension of consciousness? Can it lift one's spirit to ecstatic heights of union with God? Possibly. Handel was said to have exclaimed "I have seen the face of God!" upon completing his Alleluia Chorus. But did it change his life here on earth? To see God is not necessarily to know God. So many of the great classical composers left us heavenly music while their lives were less than heavenly and harmonious. Their music rather seemed to have driven some of them mad, as did art for some artists, like Dutch painter Vincent Van Gogh, whom Kirk Douglas portrayed so dramatically in *Lust for Life*.

I had a dream many years ago when I began to explore sacred sound as a healing modality. And in this dream I heard a chord that ascended and descended in ranges of frequency to infinity. It had no beginning and no end but encompassed both earth and heaven as a connecting chord — perhaps the mythical and mystical "Lost Chord." I heard that sound again many years later during a workshop intensive I was presenting in Attunement with Sacred Sound at a retreat center in Corona, California. We were combining sacred harmonies with sacred energy, using sound as a carrier wave for spirit. Apparently the sacred energy of love took the harmonies we were toning and lifted them up to their natural tones and overtones to carry it upward and outward for world healing. Heaven and earth

were definitely connected by the sound wave of harmony we were generating. It was as though we had generated a tangible and malleable substance — what we know of a “pneumaplast” in the Attunement Field — fine enough for the spirit of Love to move through and flow down out of heaven into the earth . . . and I now begin to see, even as I write these words, that perhaps this is what has been taken away by mind-oriented and manipulative man by changes made to the ancient musical scale based on A 432. Just perhaps. I would love to see the restoration of the original tone frequencies based on Sacred Geometry. It was encouraging to hear that a movement is underway among musicians to tune guitars, flutes and other instruments to A 432.

If you wish to read further on this historical and ongoing pitch battle, you’ll find this rather comprehensive article by Colin Dickey most informative and entertaining: “Pitch Battles — How a paranoid fringe group made musical tuning and international issue.”

Enjoy the video.

You can see it on YouTube here: <https://www.youtube.com/watch?v=FY74AFQI2qQ>



**Sacred Sound Tools**

**Closing: Angelsu**



## INFORMATION RELATED TO THE NOTES

2014, Sept 1

**September 2014 Astro-Energy Report ~ Times They Are A-Changin'**

by Sarah Varcas

<http://astro-awakenings.co.uk/september-2014-astro-energy-report>

After the intense pressure (both positive and negative) many have experienced during August, September 2014 comes as something of a relief! It offers a break of sorts during which we can catch our breath, take some time out and settle into our 'new normal'. There has been a recent energetic theme which can best be characterised as the 'return of the repressed'. This Freudian term is used to denote the emergence into consciousness of repressed thoughts, feelings and memories many of which we may have believed were over and done with. Such a process often occurs at times of intense change, largely because it is our unconscious which conspires to prevent us from changing in fundamentally life-altering ways. During a time such as we have been through these past few months, the gates to the unconscious are flung open with every suppressed fear, denied emotion, ignored desire bursting out to assault our senses and do its level best to keep us from stepping out of our comfort zone. Just when we thought we'd dealt with our lack of self-worth bam! Self-hatred rears its ugly head the likes of which we've not encountered in a long time. Just when we thought that depression we struggled with for so long was healed, there it is again, penetrating every corner with its heavy, oppressive presence. Just when we thought we'd really got to grips with 'this whole compassion thing', we can't bear to be in the same room as anyone else for fear of ripping their head off! We can end up feeling like nothing has changed and we're simply the same person we were a year, two years, ten or twenty years ago!!

The other side of this coin is the rapid shifts which have taken place for many in the past couple of months. Positive progress has abounded in some peoples' lives, but even this doesn't come without its stresses! Big change often comes without guarantees. We know what we have to do and that doing it is now unavoidable, but we don't know what the outcome will be, only that we cannot remain where we are. We take a leap of faith and hope for the best. Wherever we find ourselves on this spectrum of experience, September offers an opportunity to process more deeply all that has happened in recent weeks, and come home to ourselves in the midst of all this change.

Throughout September an alliance between Saturn in Scorpio and the North Node in Libra provides the energetic backdrop. It encourages us to own up to aspects of our shadow-self which may have been causing concern and allow them to show us where and how they need to be accommodated to align with the flow of life at this time. The problem with the shadow is that we allow it to isolate and shame us into silence. That's why we repress it, denying the thoughts and feelings which cause us so much consternation. Anger, despair, hatred, jealousy, fear, feelings of rejection, of unworthiness, any or all of these and more can be cast into the unconscious in order to keep our every day consciousness free of such troublesome emotions. The process seems tidy and efficient but, in practice it doesn't work so well. The amount of energy used up trying to keep everything hidden, albeit unconsciously, is energy we don't have available for our own well-being. It's like leaving an electrical appliance plugged in, using up power when we don't need to. It's costly and unnecessary. Energy is precious. It requires respect!

The funniest thing about the unconscious is that we all have one and mostly its contents are the same as everyone else's. The details may vary a bit, but basically it's the usual morass of anger, lust, envy, fear blah, blah, blah. We're simply hiding what we all share, but somehow, somewhere along the line we've picked up the belief that it's only us who has these feelings and we really need to make sure no one else finds out otherwise there'll be all kinds of trouble!! This is how we collectively prevent anyone else owning up and ensuring that no one points out what's really going on in the human psyche.

So why am I saying all this? Because September is a great month for normalising what we all share; for accepting, without fuss or fanfare, that we all have these strange and sometimes troublesome tendencies and it's all part of being human, not some dreadful aberration with which only we have been burdened. Anger, jealousy, depression, hatred, despair, violent impulses, lust, whatever it is we're not owning up to we can rest assured there are thousands out there not owning up to the same things!! It's what makes us human, apparently! We don't need to make a huge drama out of it, wailing and beating our chests. Simply accepting that all this mess comes with the human territory can clear away a whole load of pain and stress right there! September can be 'coming out of the unconscious closet' month and if we make it work we'll all feel significantly more relaxed by the end of it!

After the first week of the month, during which we can settle into the terrain of low-drama 'this is just the way it is', we have a Full Moon in Pisces conjunct Chiron. This is a powerfully healing Moon, but it may come with exceptionally heightened sensitivity for a couple of days either side. Be sure to schedule in some time out and avoid stressful environments and activities if possible. When Chiron is lit up by a Full Moon there is enormous healing power to 'download' but, as the healing brings us back to a state of wholeness, the imbalances previously maintained may become particularly evident for a while. If so it may be useful to remember that energy is simply energy, neither good nor bad, just neutral, so whatever ails us can be transmuted into something that heals us if we let it. If, however, we identify too strongly with the pain and distress, we solidify it and create energetic structures which are far tougher to transmute and shift.

This Full Moon speaks of healing needed due to our previous avoidance of difficult emotions. The imbalances it seeks to correct are those created by denial. It asks us to feel fully whatever arises now, no matter how much we believe doing so will overwhelm us. It won't. And in allowing the feelings to be felt fully and without judgment, we are inviting healing into our lives and allowing our energy field to re-balance and realign. This is a time to watch our thoughts with an air of detachment, to refuse to believe what they tell us about ourselves. We are not our thoughts nor our feelings, but something altogether more constant and dependable which rests beneath them. We are the presence which can watch thoughts and feelings come and go, the life force which hums gently beneath all drama, passion, despair, joy and rage. This Full Moon calls us to identify with that, not the fleeting content of mind, and to know ourselves as something altogether more present and vibrant.

A few days after the Full Moon, Mars enters Sagittarius (on 13th/14th September) offering a lift and some positive energy to power our journey. This shift of Mars comes with inspiration and motivation. The healing from the Full Moon can really make its mark now as we move forward increasingly unencumbered by old energies which restrict and define us in ways no longer fitting for who we are. Mars remains in Sagittarius until the end of October, so we have a useful ally here who can help keep us upbeat during the down times and focused on the goal when getting there seems like a burdensome struggle. The 16th September sees further in-coming support in the form of an alliance between Uranus, Chiron and Jupiter remaining until the beginning of October. Freedom is most definitely in the air here, if we choose to claim it. But it must be a choice and we have to commit to following through on the choice, even when the going gets tough! This is not freedom without a price. This freedom comes at the expense of security, certainty and predictability. It challenges our assumptions and cuts shackles we may prefer to keep right now, thank you very much! But if we can allow those shackles to be cut and keep the faith that in doing so something greater can emerge in our lives, the final two weeks of September sees us laying the groundwork for the two eclipses in October, the first of which (Lunar Eclipse on 8th October GMT) packs a particularly liberating punch! (More on that nearer the time..).

The 22nd September GMT sees Pluto stationing direct in Capricorn. Retrograde since mid April, it has uncovered some dark and painful places both personally and collectively. Issues of power and power-

over, revenge, resentment and hatred have been rife alongside a strengthening of those prepared to look such suffering in the face and see it through and out the other side into clarity and freedom. The about- turn of Pluto this month adds weight to the theme of normalising the shadow so we can all own up. There's no need for shame or fear if we're prepared to own it and work with it consciously, getting to know our own psyche at a deeper and infinitely more intimate level. Many of us seek intimacy with others, especially that 'special' other, but we shy from intimacy with ourselves first and foremost. The heavens this month call us to self-intimacy before all else: a willingness to give up shame and embrace all that we are and all that we have to share with others.

A New Moon in the second degree of Libra on 24th September heralds the start of an eclipse season which lasts until the end of October. The Sabian Symbol for this degree signifies an increase in the frequency of light, a vibrational upgrade, setting the scene for the coming eclipses in October and providing clear and unequivocal indication of their potential! It is very encouraging to see this zodiac degree accented now, after this month's themes. Ah, the power of acceptance to enlighten and illuminate! This New Moon does exactly that, demonstrating what all this challenging inner work has been in aid of.

The month comes to a close with the Sun and Neptune in a quincunx alignment from 26th to 30th, connecting the divine will with our own personal one. This connection comes not without challenge as we may discover in stark terms precisely where we are unwilling to surrender to a higher understanding, preferring our personal perspective for a while longer! No worries: we can only go as far as we can go and, if we need to stick around where we are, that's fine too. An eclipse season always comes with stops and starts and, if this is a stop, a start will be on its tail before we know it! So wherever we find ourselves come the month end, we can be sure of one thing: times they are a-changing and we with them.

<http://astro-awakenings.co.uk/september-2014-astro-energy-report>