

Full Moon of Cancer on Sunday, July 5, 2020 at 07:44:17 in Romania:

The main Keynote or phrase to consider for all Cancer Full Moons (each year): **“I build a lighted house and therein dwell.”** There is also a way of looking at the Keynotes each Full Moon of the year in terms of Light. The Cancer Full Moon Keynote of Light each year is: **“The Light within the form.”** Consider the Keynotes at, or as close to, the time of the Full Moon as possible and what they might mean as a Group.

A. Notes on this coming Full Moon of July/Cancer:

- 1. Watch for any impressions** that may come to you before the Full Moon that may relate to the Keynotes, especially two days before the Full Moon, the day of the Full Moon and two days after the Full Moon. **If you want to share** any of your impressions with us please do. If you want any impressions shared with the group let us know and we will include them in the next month's meditation notes.
- 2. This is the forth of twelve Full Moons of this Astrological year** and is the first of nine 'Distributing Consciousness and Energy' full moons of this astrological year. The energy which is distributed during these last nine 'distributing' Full Moons at the end of the astrological year, which is also called the 'lower interlude', follow the first three Full Moons of the astrological year which have 'built' the energy of the astrological year and which are also called the 'higher interlude'.
- 3. Although we didn't mention it last month the Full Moon of Gemini also included a lunar eclipse**, as did the new moon following it and also the Sun included a solar eclipse on the Summer Solstice and now this Full Moon of Cancer will also include another lunar eclipse. Within the month from June 5th to July 5th there will be a total of 4 eclipses! Again, both lunar and solar eclipses add heightened awareness and consciousness to the energy so this has been a very potent and active month!

B. Notes and Activities on or since the last Full Moon June/Gemini:

- 1. SuryaAngel meditated at the time of the Full Moon, New Moon and Solstice.** We both had significant experiences during each of these meditations and are still in the process of integrating them. If people have experiences to share with us about this significant past month please do.
- 2. Hemp for cooperative research at BioFarmland (BFL).** Samples from last year are at Favisan for analysis. Plants are growing well after weeding and with all of the rain and we expect a good crop.
- 3. Surya, Angel are talking with 2021 Timisoara Cultural Capital office about a cooperative event possibly named 'SAMatate'** between Favisan, BFL/SolarCity (The Natural Way Assoc. - TNWA), the Hemp Museum, SAM2013 and possibly Anatacor and Aurellian's or other groups for the Cultural Capital celebrations in 2021. We are organizing information for possibly submitting an application or by possibly joining in the Asociatia Cries project this year in 2020 and for the main event in 2021. Discussions are continuing however the event is being postponed or possibly canceled due to the pandemic there is a new internet platform available for virtual conferencing.
- 4. The 'Group Central Pillar Crystal'** and your personally reserved Monadic Manifestation Group crystals are available to group members to come and meditate.
- 5. Poppy research at BioFarmland (BFL)** at Virginia's suggestion. A mid April planting was made of the maximum legal personal amount however the crop is still not growing.
- 6. The Natural Way Association in cooperation with SAM2013 purchased a distill** and we have started distilling fresh BFL plants. Another meeting is being scheduled to bring as many from the group that are interested to another meeting at BFL within the next month or so to again share information and see if there is more mutual cooperation that can be done. Please let us know if you are interested in joining in the meeting and your best dates for the meeting at BFL.

C. General Notes and considerations about the group, cycles, meditation and information flow:

- 1. We are happy to get to know each other better**, or other ways that we may cooperate either personally, or as organizations. Please let us know if you would like any other meetings or if you have any other comments or questions.
- 2. 2020 begins a new seven year cycle.** The final major group 'impact' has been made prior to the next 100 year 'impulse' which happens during 2025.

3. **It might be considered that these Group Meditations seek** to make use of the spiritual opportunities that the cycles of full moons, solstices and equinoxes and Group Festival Weeks provide. The unique energies associated with each constellation, season and longer cycles are directed into the consciousness as transformative qualities that can lift and expand our hearts and minds.
4. **It might be considered that Group Living tends to the fulfillment of free will in service** and, as this is gradually understood, coming together to co-operate on issues for the benefit of the whole without intentions to dominate, interfere or impose on others. The vision is there, the future is assured, but the key to its successful implementation is that co-operation has to be based on intentions that are based on the good of the whole rather than a focus on self-interest.
5. **In all meditation it is of value for the student to remember that,** from the standpoint of permanent benefit, it is easier to meditate effectively during the period from the new moon to the full moon, than from the full moon to the new moon. The first half of the lunar cycle is one of intensification, absorption and accretion; the second half is one of assimilation and distribution. More real progress over a long period can be made by observing this cyclic law.
6. **Wisely utilizing newly acquired energies keeps in-flowing and out-flowing channels open** and prevents Sycal (psychical), Astral (emotional), Mental (intellectual) congestion, which may otherwise be experienced, with their accompanying physical consequences.
7. **The following regular monthly cycle is for the group information flow:**
 - a. Full Moon (five days): Two days before, the day of (meditation), and two days after Full Moon for getting impressions.
 - b. The week after the 5 days of the Full Moon: For letting us know or sharing of any impressions during the preceding 5 days. Plus us transcribing our own impressions.
 - c. Second week after Full Moon for 'Anchoring' or 'Grounding' impressions through gathering other information or following up on activities based on the impressions. Possible New Moon meditation by those who want and ending that Full Moon Cycle.
 - d. Third week after Full Moon (just after the New Moon): Starting to build up to the next Full Moon having any questions to impressions shared and answered and any activities based on impressions started or completed.
 - e. Fourth week after the Full Moon (just before the next Full Moon): Coming out with the Keynote and information and timing of the next Full Moon, including the shared impressions or activity from the last Full Moon.