

Full Moon 2020 Capricorn, Tenth FM of this astrological year, on Wednesday, December 30, 2020 at 05:28:05 in Romania:

The main Keynote or phrase to consider for all Capricorn Full Moons (each year): **“Lost am I in light supernal, yet on that light I turn my back.”** There is also a way of looking at the Keynotes each Full Moon of the year in terms of Light. The Capricorn Full Moon Keynote of Light each year is: **“The Light of Initiation.”** 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 December/Capricorn:

- 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 Tenth of twelve Full Moons of this Astrological year** and is the seventh 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'.

B. Notes and Activities on or since the last Full Moon November/Sagittarius:

- 1. SuryaAngelMiriam meditated at the time of the Full Moon with Safi.** If people have experiences to share with us about this past month please do. SuryaAngel are receiving more impressions about a rearrangement of and additions to the group crystal set in timing with the coming once every one hundred year impulse of 2025. We have made contact with a crystal cutter and are going ahead with these new crystals which could take until 2025 to have faceted. Please let us know especially if you have had any impressions about crystals either personally or for the group.
- 2. Hemp for cooperative research at BioFarmland (BFL).** New samples of this year's crop have been collected and are now at FAVISAN for analysis. It was a very good crop. After solving some problems with the harvester and then with the wet weather the crop was harvested on Friday, October 23. At present it has been decided to trade the seeds for an equivalent amount of hemp seed cold pressed oil and this was completed last month and everyone is satisfied. If anyone from the group would like a sample of the hemp oil please let us know. After 3 years of testing it has been decided to discontinue testing at least for next year before making more decisions.
- 3. Surya and Angel, are still talking to the TM2021 Timisoara European Capital of Culture Association** about a possible cooperative event called "SAMatate" between Favisan, BFL / SolarCity ("Natural Way" Association), Hemp Museum, SAM2013 and possibly Anatecor and the group of Aurelian or other groups for the celebrations of 2021. We are organizing the necessary information to possibly submit a file or possible to join a project of the CRIES Association in 2020 and for the main events of 2021. Meetings and discussions continue, however at this time the event La Pas of the CRIES Association has been canceled due to the pandemic and will be modified for an online platform. We are waiting for news of how things will turn out, meanwhile the online platform for conferences and courses is still working.
- 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 new planting is planned again for this season.
- 6. The Natural Way Association in cooperation with SAM2013 purchased a distill.** We have completed a second round of distilling Sage and Roinita with very good results. Anyone who would like essential oil, flower water (hydrosol) or concentrated extract products please contact us or Katharina at the Natural Way Association.

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 and we are approaching a new 100 year cycle in 2025.** The final major once every seven years group 'impact' (last year in December 2019) has been made prior to the next 100 year 'impulse' which happens during 2025. SuryaAngel are receiving some new impressions about additional crystals for the group and if anyone is interested or also has impressions about these cycles please let us know.
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 Keynotes and information and timing of the next Full Moon, including the shared impressions or activity from the last Full Moon.