

1. Full Moon of Leo on Thursday, August 15, 2019 at 15:29:

1. The main Keynote or phrase to consider for all Cancer Full Moons (each year): **“I am That and That am I.”** Consider the Keynote at, or as close to, the time of the Full Moon as possible and what it might mean as a Group.

A. Notes on this coming Full Moon of August/Leo:

1. **Watch for any impressions** that may come to you before the Full Moon that may relate to the Keynote (especially the two days before the Full Moon, the day of the Full Moon and the 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 Fifth Full Moon of the Astrological year and is the second 'Distributing consciousness and energy' full moon of the year.** The energy which was built during the first three 'Building' Full Moons at the beginning of the astrological year, which is also called the 'higher interlude', is now being distributed over the remaining Full Moons of the astrological year, which is also called the 'lower interlude'.
3. **Leo, as we mentioned more fully last year, is considered the astrological sign relating** to the Individual Consciousness. It is opposite to the sign of Aquarius which is considered relating to Aquarian Group consciousness. Much insight can be gained about individual verses group during this Full Moon.

B. Notes and Activities on or since the last Full Moon July/Cancer:

1. **Surya and Angel were invited to do a teaching Full Moon lecture and meditation at the WAHA festival** for twelve participants three days before the Full Moon. Even though the meditation was three days before the Full Moon the whole group had a significant meditation and Angel's notes of that meditation are included as Attachment 1 at the end of this document because they relate to the boundaries or effects of the personality over or limiting those of the soul. The Attachment meditation notes are a beneficial understanding and suggested process for all of us in or wanting to accomplish monadic or highest group consciousness and life. Surya and Angel also made a normal (second) personal group meditation at the exact time of the Full Moon where they both went into a three hour sleep.
2. **The 2 hectare of hemp** for cooperative research between Leontina, Katharina & Christian and SuryaAngel at BioFarmland (BFL) this year is now being watched closely for a harvesting date.
3. **Surya, Angel are talking with 2021 Timisoara Culteral Capital office about a cooperative event** between Favisan, BFL/SolarCity (The Natural Way Assoc. - TNWA), the Hemp Museum, SAM2013 and possibly Anatoacor and Aurellian's or other groups for the Cultural Capital celebrations in 2021. We are organizing information, with the help of a TNWA board member who is familiar with applying for and receiving European funds, for submitting the application by the end of the year.
4. **The finished 'Group Central Pillar Crystal'** is getting ready to be shipped from the States in order to be here for the Festival Meditations December 21 – 18, 2019.
5. **We met with Virginia, Katharina and Christian, her brother, about starting some poppy research at BioFarmland (BFL) this year at Virginia's suggestion.** Favisan and possibly BFL has product interest and Favisan has specialized research facilities with additional time to test these plants. The plot at BFL was chosen. The seeds were purchased from a local grower. The maximum non-regulated amount of poppies was planted on May 31st but are still not growing so they may not grow this year.

C. General Notes and considerations about the group and group cycle and schedule:

1. **We are happy to get to know each other better**, to talk more about these meditations, 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 as we move into this group formation year. A meeting at Favisan has been arranged for August 10th to continue these communications.
2. **We are ending a seven year cycle this year** and are now astrologically five months into a Festival year (Festival celebrated from December 21 – 28, 2019). This will be the start of a new seven year cycle and are looking forward to what this will bring to us and the group at the end of this year.
3. **It might be considered that these Group Meditations seek** to make use of the spiritual opportunities that the cycle of full moons (and solstices and equinoxes) provide. The unique energies associated with each constellation 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. **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.

Attachment 1:

Angel's notes of the last Full Moon July/Cancer meditation on the boundaries of the Lower Mind and a process of penetrating or going past them to the Higher Mind:

La inceputul meditatiei, cand am facut aliniamentul care urmareste ridicarea atentiei la nivelul cel mai inalt spiritual/energetic – Monadic, cel care este dincolo de Corpul Fizic, dincolo de Emotii, dincolo de Mintea Inferioara, dincolo de Suflet, in locul unde exista uniune perfecta a mintii Superioare cu Spiritul, atentia mea s-a oprit la nivelul Mintii Inferioare din cauza unui fel de bariera in "sus" pe care mi-a fost aproape imposibil de trecut. Cand m-am intreat ce se intampla cu acea bariera, urmatoarea informatie mi-a venit: Acea bariera la nivelul Mintii Inferioare este pentru ca este un festival Egoic. In sensul in care este un festival care apeleaza la/se conecteaza la Ego-urile persoanelor si nu la Spiritul lor, apeleaza la Nivelul Mintii superioare a Egoului, cel mai inalt nivel de Ego, dar nu la nivelul Mintii Superioare care este o reflexie a Spiritului. Cand am intreat de ce este asa, am primit urmatorul raspuns: Pentru ca desi intentia cu care acest festival este creat este de unitate Spirituala, ea este inca privita de la nivelul cel mai inalt Egoic, nu de la nivelul Spiritual si ceea ce ar putea sa insemne unitatea Spirituala. A urmat apoi sa ma intreb ce ar putea sa fie facut pentru a schimba aceasta energie, desi intrebarea a venit odata cu raspunsul ca un proces natural si evolutiv al meditatiei. Am vazut cum pentru a schimba aceasta bariera, ar ajuta schimbarea "mintii" fondatorilor Waha si a celor care "cheama" energia Waha pentru a se crea in fiecare an.

Pentru a putea schimba perspectiva cu nivelul Spiritului am vazut ca este necesar ca organizatorii Waha sa aiba o experienta Spirituala care sa devina baza deciziilor pe care le iau referitoare la Waha. O experienta care sa ii ajute sa vada inseparabilitatea persoanelor si actiunilor implicate in Waha, o experienta care sa ii ajute sa vada reflexia propriei persoane si a propriului Spirit prin Waha.

Ca si practica care sa ii ajute pentru urmatorul Waha, desi Pranayama, respiratia Holotropica sau meditatiile ghidate, ar putea ajuta, mie mi-a venit urmatorul proces mental (fiindca vorbim de nivelul cel mai inalt al Mintii, cu concepele Mintii este nevoie de lucrat):

"Totul este Spirit. Eu sunt parte din Spirit. Eu nu vorbesc cu cineva in afara mea pentru ca totul este Spirit si totul este in Spirit, deci persoana aparenta cu care vorbesc este parte din mine in mine. Ceea ce vad este o proiectie exterioara a unei conditii interioare, pentru ca nu exista nimic in afara mea, pentru ca totul este Spirit, in Spirit. Spirit este lubire pura. Eu sunt lubire pura pentru ca totul este Spirit si eu sunt in Spirit si pentru ca Spirit este lubire pura. Deci ceea ce vad eu cu adevarat nu poate fi altceva decat lubire, pentru ca este o proiectie exterioara a conditiei mele interioare in care eu sunt Spirit si Spirit este lubire, deci eu sunt lubire. Oriceea ce cred ca vad ca nu este lubire, este o iluzie pentru ca totul este o proiectie exterioara a conditiei interioare, deci eu cred ca nu exista lubire, deci eu trebuie sa imi corectez perceptia si sa imi reamintesc ca totul este Spirit, Spirit este lubire, deci eu sunt lubire, deci situatia/persoana care pare sa fie in fata mea este lubire, pentru ca acea situatie/persoana nu este separata de mine, pentru ca este o proiectie exterioara a conditiei mele interioare in care eu sunt Spirit si Spirit este lubire. Deci Spiritul este si lubirea este." – Shining Angelic Muse, a.k.a. SAM or Angel