

# EXTRACTING THE ELIXIR OF LIFE

by Christine Page, M.D.

## ABSTRACT

We are living in extraordinary times. Over the next twenty years, humanity is facing opportunities to expand consciousness far beyond what is known today. To help us traverse these unknown waters, our ancestors left behind esoteric maps carefully encrypted within the stories of ancient mythology and the science of astrology. But these tales do more than ensure our survival. They remind us that first and foremost, we are eternal beings, and they reveal alchemical methods to extract the famed elixir of life – so that we may experience the unlimited world of creation, once only available to the gods and goddesses.

**KEYWORDS:** elixir of life, immortality, Mayan calendar, alchemy, astrology, monoatomic gold, moon worship, mythology, Parzifal, vesica piscis, integration of shadow, Samudra Manthan

Thank you, Berney. What a pleasure working alongside this wonderful man – he is a true treasure. Today, we are going to explore the extraction of the elixir of life, assisted by traditional stories from around the world.

**W**hen I was a child in England, I would look at the dark patterns on the surface of the moon and say: “There’s the man in the moon. I think he’s leaning back drinking a pint of beer!” In other parts of the world, the troughs and hills are seen not as a man, but as a rabbit – supported by stories held within their culture. One such story comes from China, where the main character is a jade rabbit.

*There are three fairy sages who decide to turn themselves into pitiful old men. Sitting around the fire, they call upon the animals to provide them with food. The fox and the monkey quickly step forward with food, but the rabbit has nothing to give. Instead, he leaps into the fire, offering his own earthly flesh as a gift to the sages. The sages are so impressed by this gift that they honor him by sending him to the moon to work with the moon goddess Chang’e, and there he receives the honored position of stirring and creating the elixir of life.*

So what does this story mean? Should we all just jump into the fire? No. Many of you have done that too many times already! This tale offers a different meaning.

The physical flesh of the rabbit reflects our earthly experiences or stories. By entering the fire, the rabbit transforms the gems of wisdom from that experience into the pure

essence of consciousness, which he then offers to the sages. Alchemically, this is the process which leads to the extraction of the elixir of life or nectar of immortality – which ensures the continuity of life. The question to ask yourself is: “*Are you ready to burn away the meat from your stories to reveal the bone – the wisdom – and ingest this in order to know your own immortality?*” This may require a leap of faith, but the risk is lessened when I let you into a secret: you are, and always have been, an immortal being, described in mythology as a god or goddess. How did we ever forget this fact – and that our greatest talents are as magicians, creators of our reality? Everything you see around you was touched by your hand of creation.

One of the reasons we fail to remember our immortal gifts is that we’ve been persuaded to disown anything which doesn’t fit into the way we wish to see ourselves. “*This is me; anything else is an illusion!*” When we face discomfort in our life, it’s so much easier to say, “*I didn’t create that,*” and distance ourselves from our creations. Yet from a soul perspective, all our creations are offering us the opportunity to know ourselves more fully, filtered and enhanced through the power of love. There is nothing which you have done which is spiritually wrong or deserving of judgment. Now is the time to find, accept and integrate all aspects of our consciousness at the center of our creations so that we can say “*I am that I am.*”

So if we step back in time, to pre-incarnation, we can imagine our meeting with the three wyrd (weird) sisters or the three wise

men – depending on what you believe – and hear their question: “*So, what do you want to do this life?*” With a confidence associated with a spirit unencumbered by emotion and a physical form, you answer: “*I’m going to finish all my karma in one life.*” Your guides are a little shocked and try to persuade you to change your mind: “*Are you sure?*” With determination you answer “*Yes!*” and then you come down here and think, “*Now what was I going to do and who are all these people?*” But your soul knows the answers; your soul knows that your family consists of a group of souls whom you have met many times before – and through your love for each other, are willing to play the parts which will help you know wholeness.

Your soul says: “*I am here to complete my personal work, learn from my experiences and stop creating my reality from my disassociated wounds. Through self-reflection and self-accountability, I’m ready to accept fully who I am, and stop projecting my shadow onto the world, seeing others as the enemy. I will also accept that anything I judge or am fearful of is just another part of me which has become separated and awaits integration.*”

Now, let me offer you a historic perspective, so that you can see why this inner work is so important at this time. Welcome to the great shift – the great adventure, a very exciting time in our history. You picked the lucky lottery ticket to be present on Earth at the end of a 26-thousand-year cycle, and you are privileged to be a co-creator of a whole new world of consciousness – isn’t that exciting? Astronomically, our sun, and consequently planet Earth, is more closely

aligned to the galactic center than we have been for the past 26 thousand years. According to the Maya, the 21<sup>st</sup> of December, 2012 represents the end of the world of the fourth sun and the beginning of a new world, that of the fifth sun, which will last for the next 26,000 years. You may have heard of the Mayan calendar, which covers 5,200 years and ends on 21<sup>st</sup> December 2012. This is in fact the fifth calendar of this “great year” – each calendar encompassing one phase, and together covering the 26,000 years.

This closeness to the galaxy is transforming not only human consciousness, but also that of the planet, the sun and the galaxy itself. No wonder we are seeing climate change – Gaia is going through her own death and rebirth as she bears witness to the sun’s metamorphosis. So before you accept all the blame for environmental disharmony, you may be interested to know that the carbon dioxide polar caps on Mars are also melting; some scientists believe this is due to an increase in the sun’s heat output. As we expand our consciousness beyond this planet, we realize it is time to accept that we are galactic beings, and are far more evolved than our leaders would like us to believe.

So what does this time mean to us consciously? If you ever get a chance to look out into a beautiful starlit night where there’s no light pollution, you will see what looks like a black road winding along the Milky Way toward its center. This “road” of interstellar dust is perceived by indigenous people, including the Maya, as the

mouth of a great serpent or the vagina of the Great Mother. Whichever way you wish to look at it, we've been heading down this road since the late 1980's. These times were very symbolic, especially 1987-89, with the fall of the Berlin wall (as part of the collapse of East European communism), freedom being given to indigenous people, including the Native Americans, and an awakening of global responsibility. 1987-89 was the beginning of a 36-year journey for the sun as it crossed the Galactic Center, the journey due to be complete around 2023. During this time, we are being given the chance to connect fully with the Center – known as the heart of the Great Mother – and through this, with the unlimited abundance of the Universe which waits beyond. Such abundance is also known as the Ocean of Possibilities, the Source, God or the Creator. In alchemical terms, it is known as the “One Thing,” which can be seen as the potentiality of imagination. In other words, if you can imagine it, it has already happened somewhere in the Universe. Such knowingness is seen in schizophrenia – although their problem is that they are unable to ground their imagination into reality.

Other names for the ocean of possibilities include unrealized potential, timelessness, the now, non-local reality and the void. And as we resonate through our heart to the heart of the Great Mother, we are transformed to this place of abundance, which could be seen as the cookie shop of all cookie shops. Here we are asked, “*What do you want to create?*” We are being offered the gifts of the Universe – and yet for many,

their focus of attention is so limited that they are unable to take full advantage of this amazing time in our history.

This fact was made very clear to me during a meditation some years ago. My inner teacher showed me the old being swept clear, with the opportunity to create a new future at the birth of this fifth world. But despite this gift, I was told that 40% of people will immediately recreate what has just been swept away. Another 40% will fall asleep, because they don't know how to create from their own inner being. 15% will get confused, and 5% will get it. When I heard that, I realized that there is 40% of me that falls asleep, 40% of me that recreates the past, 15% of me that gets confused, and 5% that gets it.

The heart of the Great Mother is calling on us to approach her with an open heart and as innocent as a child. We are being shown the way through these psychic or crystal children, who are strongly connected to the Source and know who they are, yet are not hampered by baggage, knowing that only then can they can move through the dimensions with ease. Love is the way. For us adults, the heaviest baggage is our beliefs, especially those which surround experiences of shame and fear.

So what does this new fifth world offer us? We know it is going to be ruled by the element of ether, which is known to be the synthesis of the other four elements, and most closely aligned to what we presently call non-local reality or the void. This is why there is so much interest in this

'element' at present. We also know that the new world is ruled by the number five – which denotes transformation – and suggests a world of change. The association of the number 5 with change is seen in the fact that our thumb (the fifth digit) allows us to be highly creative and to manipulate our environment, which is not possible with the other four digits. Five is the magician's number – as seen in the pentagon and pentagram – denoting transformation through journeying to a new level of consciousness.

Another aspect of the fifth world is the fusion of polarity, where there is no separation or judgment between different poles of existence such as light and dark; all is accepted as being part of the whole – or unity consciousness. It is unfortunate that the polar opposites, light and dark, are often seen to be analogous with the statement "it is important to live in the light," which reflects the need to bring all aspects of self out of the shadows. Thus we see those who say that they live in the light while denying their own darker nature – which in the fifth world needs to be accepted and integrated. Without acceptance, we project the disowned parts of our soul – yes, they are aspects of the soul – onto the world around us, and either judge it or defend ourselves from it, as we see only too often. We decide to wage war against someone or something – be it a culture, country, people or disease; battling against or suffering from. Now is the time of ownership, where we meet and accept into our hearts those things which we judge in others.

This concept of unity consciousness is seen in the word *namasté*, which means: "I see the God in you as I see the God in me." However, I prefer to say: "I see in you what I see in me," or "I am another one of you," because in my experience, as soon as we add the word God, there can be an unspoken statement which says: "I see and accept the God in you, but in truth the rest of you is a mess!"

So what are we here for? We're here to birth a whole new world for the generations to come for the next 26,000 years. Isn't that exciting? Yes! At the same time, each soul is here to complete the karma of the last 26,000 years, and hence ascend to new levels of consciousness. This is the reason why there are so many souls are on this planet at this moment; everybody wants to be part of this Great Shift and co-creators of the future.

But the future also sees us entering the Age of Aquarius, where self-responsibility, self-awareness and living our unique blueprint are of prime importance. However, when these factors are linked to unity consciousness, we see that the latter is only achieved when each individual fully manifests their uniqueness while respecting the unique gifts of another. An analogy would be that each of us has a piece of the jigsaw, and unity can only be achieved when, with respect and honor, we help others to develop and offer their contribution to the whole. This is very different from the Piscean age, where the majority clung to the views and opinions of a leader, guru or master, while surrendering their own self-awareness. Now

is the time to be our own leader or master, following the integrity of the heart.

So having set the scene, we return to the question of our immortality and the elixir of life. I believe that we are all immortal, with the ability to create matter out of spiritual essence and then dissolve matter back into essence, honoring the impermanence of life. Yet somehow we forgot our divine nature, and in time separated ourselves from our birthright, relegating any with these gifts to the mythology of gods and goddesses. From my viewpoint, I see that we're here in this holographic world to create heaven on earth, fully engage with our creations so our soul can be enriched by the experience, and then return matter back to the Source or ocean of possibilities.

The elixir of life instills in us the freedom to travel between the worlds of spirit and matter and, within different cultures, has been named amrita, the fountain of life, ambrosia, the pool of nectar, and the elixir of immortality. All denote the ability to confer good health, long life and immortality. For the alchemist, it was also called the quintessence of life, and seen as the synthesis of the four elements of fire, earth, air and water into ether – which is, interestingly, the element of the fifth world. They believed that when you took a few drops of this white liquid, also known as liquid gold, your life would change forever. But you should know that this liquid gold was ingested at the end of a long process of inner work and not instead of it! Nowadays, I am hearing of people who want to take a shortcut and who are

ingesting monoatomic gold without any understanding of the true alchemical process, highlighted in the Emerald Tablet.

The best research concerning alchemical gold has been carried out by the British historian Laurence Gardner who, through his studies of ancient biblical text (Sumerian and Syrian), reveals the first mention of monoatomic gold around 1900 BCE. His exciting research shows that the true meaning of the word *temple* is actually a *factory* or *workshop*. Thus, when a temple was strategically positioned on the top of a mountain, this was not a place of praise but a place where the environment favored some type of process. And what was the process? Here in this factory, a fiery arc of light (like a welder's arc) was sent across ordinary gold until it was converted into the white powder of monoatomic gold which was known to the Israelites as "*manna from heaven*."

If we study the Bible, we see something very interesting. When Moses leads the Israelites out of Egypt, they camp so that he can ascend Mount Sinai to receive the Ten Commandments. While he is away, the people, who have just left the Age of Taurus, ruled by Hathor the goddess bull, melt down their gold to create a golden calf. Why do they do this? I believe they are saying; "*I know this shepherd Moses is leading us into the Age of Aries, the Ram, but what if he is wrong? Let's keep our options open and continue to worship Hathor for a while, building a calf in her honor.*"

The story continues (in Exodus 32): "*When Moses approached the camp and saw the calf and the dancing, his anger burned and he*

*threw the tablets out of his hands, breaking them to pieces at the foot of the mountain. And he took the calf they had made and burned it in the fire; then he ground it to powder, scattered it on the water and made the Israelites drink it.*" This, I believe, was the first production of monoatomic gold, and it was being used to transform the thinking of the people from base ignorance to the gold of illumination – the essence of alchemy. This leads me to believe that the original set of commandments were not full of "dos and don'ts," but offered the people with wisdom from the alchemical "bible," called the Emerald Tablet, first brought to us by Thoth, reincarnated as Moses.

It is now believed that monoatomic gold causes the pineal gland to naturally produce DMT (dimethyltryptamine), which is known to expand consciousness. DMT is also found in LSD and other hallucinogenic or indigenous medicinal drugs (such as ayahuasca) to help people access other dimensions of reality. Monoatomic gold has also been seen to act on the pituitary gland, the immune system, and on the brain, where it reduces dyslexia considerably. The military has also become interested in this substance, as it has anti-gravitational capabilities. If you want to learn more about Laurence Gardner's work, I recommend his books.

One final piece of information about these temples *cum* workshops relates to the famous tower of Babel, built in the latter stages of the Babylonian culture, around 2000 BCE. Did you know that this tower was built by moon worshippers who

honored the last moon god named Sin? Do you think this may have some relevance to the next religious dogma that came along that said don't follow Sin? As far as I can see, the reason Sin was denigrated was because at that time in our history, there was a shift from a lunar culture to a solar culture – we went from worshipping the moon to worshipping the sun. This occurred at the beginning of the age of Aries, lead by the great shepherd Moses, two thousand years before the age of Pisces, symbolized by its messenger Jesus Christ, who made "fishermen of men."

As an aside, I don't know if you know that the only culture that still has a pure lunar calendar is Islam; many Islamic nations' flags display the crescent moon. Yes, the major sacred holidays of the Hebrew and Chinese calendars follow the lunar cycles, but they also include solar features. The Christian calendar is primarily solar, which is interesting when we consider the war in Iraq as one between solar and lunar worshipers, especially when we understand that Southern Iraq is situated over ancient Babylonia.

So what did it mean to worship the moon? Well, it wasn't about standing naked to bay to the moon, nor was it merely about worship of the feminine; it was much more. First, let me clarify the matter of the moon's gender. There have actually been as many moon gods as goddesses, and in fact they often appeared together within a reciprocally rewarding experience. The moon's monthly message to humanity is that in order to expand consciousness, we must



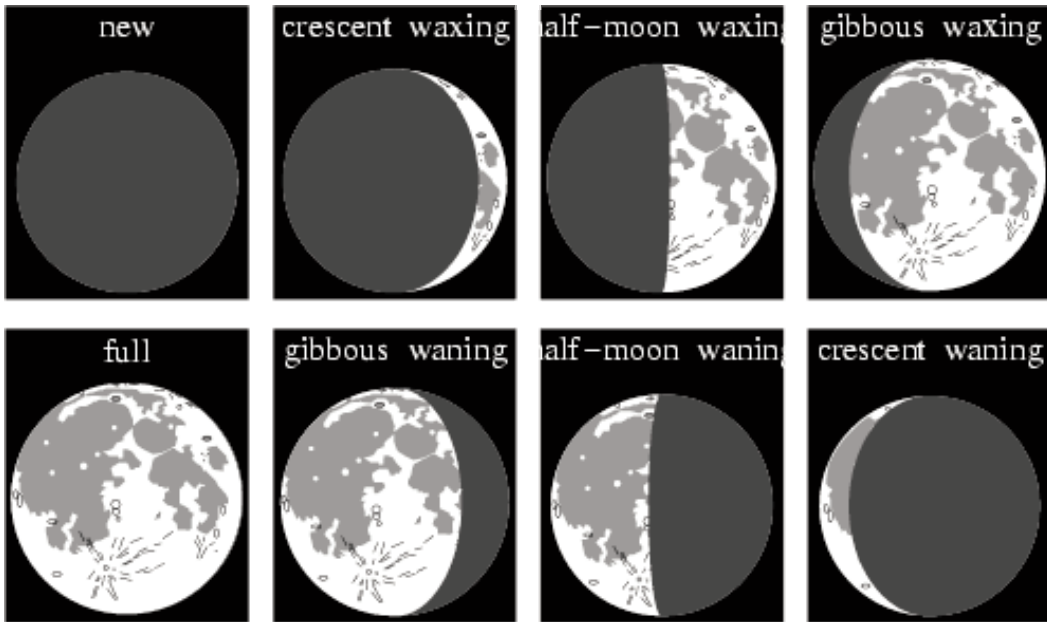


Figure 1. Lunar cycles

accept that our lives will flow through cycles of birth, life, death and birth again. It also reveals the dance which must take place between the dual aspects of our existence; in the case of the moon, it is the dance between the dark feminine and the light masculine.

At the beginning of the lunar cycle, it is important to remember that before we see the light of the new moon, the dark feminine is fully present (we just can't see her against the night sky.) She then gives birth to her son, the light, and feeds him from her own body with the result that the light, as the hero, increases at the cost of the darkness. Eventually, at a full moon, the boy child has been crowned king and crosses the sky in triumph. Yet the feminine is not fully dead, but waits as the dark side

of the moon until the king is ready to begin his journey back into the darkness. As the moon wanes, the masculine feeds the feminine with the light of experience (known as wisdom) until, having planted his seed in the dark mother, dies. Three days later, we see his son and heir once again appear as a new moon, and the cycle begins again.

It is essential that we embody this exquisite lunar rhythm of our spiritual journey, without which, as solar worshipers, we are limited by the need to always shine as hero/king and never accept that such success is only part of the story. True spiritual fulfillment is when we offer the wisdom of our experiences back to the collective consciousness or Great Mother, accepting death as the means to rebirth.



So if we now return to the story of the tower of Babel and its relationship to lunar worship, you can understand that it was built to enable humanity to experience Oneness with the creative force through the acceptance of death and rebirth. Here's the story, in Genesis: *"Now the whole earth had one language and the same words...Then they said, 'Come, let us build ourselves a city and a tower with its top in the heavens, and let us make a name for ourselves, lest we be dispersed over the face of the whole earth.' And the Lord came down to see the city and the tower, which the children of man had built. And the Lord said, 'Behold, they are one people, and they have all one language, and this is only the beginning of what they will do. And nothing that they propose to do will now be impossible for them. Come, let us go down and there confuse their language, so that they may not understand one another's speech.' So the Lord dispersed them from there over the face of all the earth, and they left off building the city."*

My sense is that the God of the day was scared that people may not need Him if we could easily communicate with each other and see the divine within. What we need now is a common language to unite us; the language of the heart. I know we are ready to listen, not to an external source of command, but to the pulse of our soul.

As we return to the elixir of life, we come to understand that as we pass through these cycles of life, and ingest the wisdom of our experiences, we produce small amounts of the elixir of life, which strengthens our ability to resonate with the pulse of our

soul. According to the ancient people, there are a number of ways to produce amrita or the elixir of life naturally. One method is through a deep state of meditation, where the kundalini energy is raised through the chakras similar to the Egyptian process of raising the *Djed*. You may see the similarity between the word *Djed* and *Jedi* used by George Lucas in his Star Wars series, where the Jedi knights were those who had mastered this serpentine force within them. In Hinduism, it is believed that just one drop of amrita will conquer death and this can be produced through meditation.

Other traditions perceive that amrita is produced from the vaginal gland of women during intercourse, and scientists have now shown that the substance produced contains an enzyme of immortality, increasing the lifespan of cells in a test-tube considerably. The elixir of life is associated with the lily, also depicted as a lotus, and associated with the goddess Lilith. Some of you may know Lilith – she was the first wife of Adam. When Adam insisted that she could not be his equal but must lie beneath him, Lilith decided this was not for her and left for the desert. Then Adam told God he was lonely, so God took one of Adam's ribs and created Eve. Thus Eve was born – but can never be more than a part of Adam. In these days of change, Lilith is back, saying; *"If you want the elixir of life, you must come and meet me, the dark goddess, retrieving your own unique expression – which makes you anybody's equal."*

Switching the focus slightly, I would like to affirm that this is not the first time that

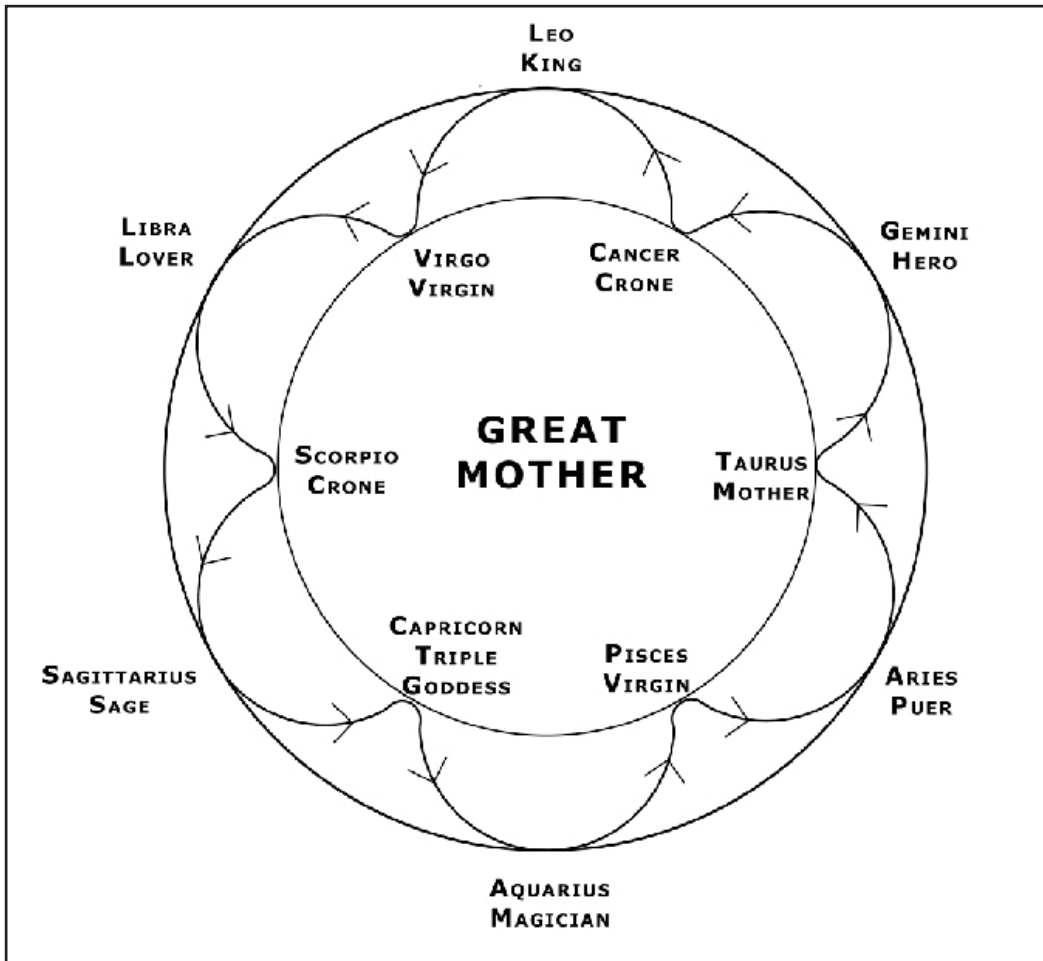
we've transitioned through such a time of change and I believe we, as our ancestors, left behind signposts which we could follow in the form of mythology and astrology. Many of us are returning to certain locations in the world to be stimulated by the energy of specific people and places, to complete karma once and for all.

Astrology is a metaphor for the journey that each of us must take to fully manifest our

soul's intention this life. With the Great Mother in the center as the source of all life (see Figure 2), the twelve signs each express a stage on the journey.

The "doing" part of the journey is performed by the masculine aspect of our being, symbolized by the puer (boy child), hero, king, lover, sage and magician. Here we see the outer manifestation of our spiritual blueprint represented in the world

Figure 2. Astrological circle



of matter. The “being” or receptive aspect of the journey is represented by the feminine archetypal energies of the Triple Goddess, symbolized by the virgin, mother and crone. These forces energize the journey with inspiration, while the masculine uses his focused will to bring the idea into reality.

The feminine expresses itself through the intuitive creativity of the virgin, the nurturing abundance of the mother, and the insightful destructivity of the crone. Together the masculine and feminine recognize the importance of the cycles of life as described above, honoring the in-breath as the focus of the puer, hero and king, and the out-breath as the focus of the lover, sage and magician. At this moment in our 26,000 year history, we are all in the final stages of the out-breath or expiration, and must accept death as a natural part of the process – especially when we are talking about the death of old beliefs, unrealistic ideals and false identities.

Sometimes we forget that our virgin – often known as the higher or perfected self – already has the blueprint, which is good, as it means that some part of you knows what you’re doing! She attempts to reach us through our intuition, although free will always offers us the opportunity not to listen. Our purpose is to create Heaven here on Earth, with the blueprint representing the plan – similar to the picture on the lid of a jigsaw puzzle. The problem is that we find ourselves with thousands of pieces on the floor and now we’ve mislaid the lid! Even with the plan, it is not uncommon to try to force two pieces together – which, to

the objective eye, can never create harmony. Yet, not only do we jam them together, we even try to build a story around them – until one day we admit defeat, and with a heavy heart, start to dismantle the puzzle until we get to the place where we can start again. This is under the guidance of the crone. How do you know that the pieces are mismatched? We don’t feel good inside, and our intuition is crying out for change, even though our logic would like to convince us that everything is okay.

So let’s move forward from the virgin, holding your spiritual blueprint, and meet Parzifal, who is found in one of the many stories written in the 1200’s which speak of the Holy Grail. It is a story of a puer, a boy child – the son of a great knight who was killed in battle. The boy’s mother didn’t want him to become like his father, so she took him away from the city to live in the center of a forest, in the hope that he would remain innocent. She was doing well until one day, while Parzifal is out playing alone, three knights ride by. He has never seen knights in shining armor, and believes at first that they are angels. “*Who are you?*” he asks. “*We’re knights,*” they answer. “*Wow – I want to be like you,*” he says, and he runs back to tell his mother of his exciting discovery. When she hears his story, she is upset because she knows she has already lost him. Soon after, he rides away with the knights, leaving his mother distraught and dying on the path.

When Parzifal arrives at the court of King Arthur, he is seen as clumsy and uncouth due to his limited exposure to city life. A

fatherly knight gives him some advice: *“Look son, since you often say the wrong thing, it is probably best if you keep your mouth shut and just listen.”* Grateful for the advice, he grows quickly into a fine knight. Then one day he hears that his mother is dying and he says, *“I must go and see her.”* On his way home he comes to the edge of a river which is difficult to cross. Seeing fishermen in a boat, he asks to be taken across the river. As he alights on the other side, one of the fishermen says, *“If you want somewhere to stay, there’s a castle up the hill where you will find a bed for the night.”*

Gratefully, he makes his way to the castle, which is magnificent – with many servants, an abundance of food, and much richness. What surprises Parzifal the most though, is to recognize the helpful fisherman as the king of the castle, known as the fisher king. However, the king is not well, exhibiting a wound in his loin (usually denoting impotence). It seems that he is gifted with all the abundance he could ever want from a great cauldron in his employ, but cannot fully enjoy its pleasures due to his wound, which will not heal – the epitome of a wounded healer. The king lives in the twilight zone between the living and the dead.

Parzifal watches as great plates of food are brought in, followed by what is described as the Holy Grail – never clearly described in any of the stories. Yet, he has been told to keep quiet and just listen, so he asks no questions. At the end of the night, everybody retires to their rooms. Yet, when Parzifal awakens, he finds that everybody has disappeared along with all the finery,

leaving just a deserted shell of a castle surrounded by weeds and brambles. Finding nobody to question, he leaves, and soon along the path meets an old crone who berates him for not having asked the questions he needed to ask. The questions were: *“Who does the grail serve? And what ails the king?”* Parzifal then dedicates his life to finding answers to these questions through his actions as a knight. He joins King Arthur’s round table (as one of his archetypes) and transforms from puer to hero, becoming the greatest knight in the country. This is our journey: to search for these answers, seeing the Holy Grail as representative of the elixir of life – the source of great abundance.

If the astrological sign of Aries represents the curiosity of the boy child, the next part of journey, represented by the sign of Taurus, is to meet our spiritual mentors – such as Gandolf, Obi-Wan Kenobe, Dumbledore – who will help you to find your way. In many traditional stories, the mentors walk with the boy for a while and then leave (or die). This has been my experience with the loving mentors who guided me to become the hero, represented by the sign of Gemini. Here we meet another of Arthur’s sub-personalities, Lancelot, the handsome knight who is willing to own both his physical and spiritual powers – the essence of this sign of Gemini.

Walking forward, he dives into the waters of Cancer, ruled by the Crone, where he is challenged to meet mirror reflections of himself. The sign of Cancer is symbolized by the two pincers, representing the need to

marry polar opposites in order to become king. Thus, we move out into the world carrying our resonating blueprint, and attract into our lives people or situations which resonate with all aspects of our blueprint – but especially with those parts which are hidden to us. Naturally at first, we resist meeting our shadow through judgment, rejection and fear, but eventually we embrace the shadow and allow ourselves to stand fully in our light as king – the sign of Leo. My word of advice: *if you have an emotional reaction to anybody or anything, they are a part of you awaiting integration.*

Now as king, it is time to celebrate – which is difficult for those who were told that they should not be selfish or blow their own trumpet. Blow away – Lancelot is happy! Being less than you are is not an option, and it is certainly difficult to celebrate and encourage others when you cannot do this for yourself.

Then one day everything changes. I am sure you all know this moment: when you have everything externally, and yet you are dead within. It is often known as a dark night of the soul – when everything which you believed in and which created your concept of reality falls apart. You called in everything that *The Secret* offered you, but when it arrived it didn't bring you spiritual fulfillment. Only when you eat the fruits of your endeavors will you feel complete. So we start the second part of the cycle, moving from Virgo back to Pisces, entering through a portal known as a vesica piscis (Figure 3), held open by the virgin and crone: the creator and the destroyer.

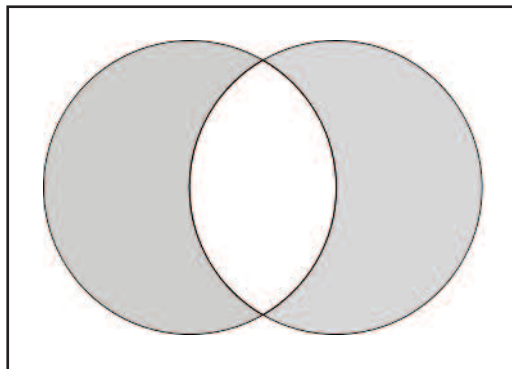


Figure 3. Vesica Piscis diagram

In the story of Parzifal, we find that he has become a great knight – (as reflected in the image of Lancelot) and has only one knight to defeat: the black knight. On the day they meet, Parzifal is about to kill him, when his opponent's helmet falls off and Parzifal sees that it is himself – he has met his dark self. Suddenly, he realizes that despite his success as a knight, he's become separated from his spiritual truth, fighting his inner self which he sees as the enemy, instead of heeding its words to *"come home."*

He immediately lays down his sword, takes off his armor, and returns to the forest, because he knows this is not the end, but the beginning. He knows that every king must die in order for the new to be born – just as the sun starts to die at the summer solstice until midwinter is reached, heralded by the birth of a new sun/son. All around the world, the sacred stone circles and standing stones are aligned to this truth, focusing the sun's energy into the earth's grid so that we will all breathe in phase with the Universe – inspiration and expiration.

The lover appears in the Arthurian legend as Gawain – another sub-personality of the fisher king – he loves all mankind and the nature kingdoms. Astrologically, he represents the sign of Libra and asks these questions:

- What part of you loves yourself so much that you'll descend to meet the parts of you which have become separated?
- What part of you will go to find the lost lamb from the flock?
- What part of you will stop what you're doing and listen to the sadness in your heart, without trying to get rid of that sadness because it's uncomfortable? This isn't the same as staying in your suffering; this is about hearing the signals and honoring them.
- Where are you hiding in your busy-ness?
- Where have you become a victim to your own creations? As great creators, there is nothing in our perception of reality which doesn't embrace a part of us, and yet often we forget this and become overwhelmed by our story.

To help Gawain descend into the underworld to collect the shamed and feared parts of the self, we are met by a wonderful lady called the crone – the dark goddess – connected to the sign of Scorpio. She's charming, despite the fact that she often wears skulls around her neck and eats the entrails of her lover! She is also often portrayed as a vulture – which reminds me of a personal story from a few years ago. During a meditation, I felt the head and beak of a great bird emerging from my own

head. I decided to call the whole energy into my presence during a walk in Hawaii. *"Who are you?"* I asked. *"I'm a vulture,"* the bird answered. *"Can't you be an eagle?"* I inquired, my judgment of vultures rising into my head. *"No, I'm a vulture!"* it replied. *"But you eat things,"* I exclaimed. *"Only when they are dead, and then I tear the meat from the bones until the bones are laid clean. That is the role of the crone; to tear away the flesh of one's stories until the gems inside are revealed."*

Then I understood why the dark goddess or crone is often seen as a vulture, and why she is so important in our lives at this time. When you feel that your world is crashing about you, and you're trying to hold on tight to what you know, recognize that the great mother has not deserted you, but loves you more than you can imagine, for she will not let you be less than you are. She is not doing it from a place to cause you pain and suffering, but is asking, *"Why would you want to hold on to that, when there is so much more?"* Letting go of the meat of your stories allows you to recover the gems of your creations, for everything begins with love. Wherever there is a part of us which is separated due to shame or fear, that part is awaiting integration – often stretching back over many lifetimes. And as none of us are young souls, all of us have been victims and victimizers, abusers and those abused. It is time to love the unlovable, for only then will we know sublime love. When you look at your lives, recognize you are *all* of it. Such an authenticity is under the care of the sign of Sagittarius, who only allows aspects of the self to be accepted if they resonate with the blueprint of the soul.



As we collect the gems of wisdom from our experiences, we bring everything to the heart, the perpetual fire represented by the sign of Capricorn. It is through the unconditional acceptance of both the light and the dark that the toroidal energy of the heart becomes self-generating – or in other words, eternal. It is here in the heart that matter is transformed into spiritual essence, and carried to the ajna or third eye, situated over the pituitary gland. As the energy gathers, under the guidance of the sign of Aquarius, the two lobes of this chakra are seen to be as expanding wings, signifying the means by which we can move between the worlds – and the magician now has his wand.

Such a being is symbolized by the knight Galahad, known as “he who is pure of heart.” Such purity comes from repeated purifications until nothing is hidden and everything has been integrated into the heart. In the Parzifal story, it is only the purity of Galahad’s heart which allows him to pick up the bleeding lance which caused the original injury to the fisher king. He strikes the king with the lance again, causing the wound to heal and allowing the king to die. This bleeding lance, also known as the spear of destiny, is believed to be so powerful that whoever owns it, owns the destiny of the world. Even though it physically exists, and at one time was held by Adolf Hitler, I believe the true spear of destiny exists within ourselves as the risen kundalini energy which, as our magician’s wand with wings, allows us to travel between the worlds.

As I come towards the end of my talk, you may ask, “*So what is the elixir of life?*” Let

me tell you one more story. It’s a Hindu story known as the Samudra Manthan – the churning of the sea of milk. There are two groups, called the Asuras and the Devas, and they have been fighting each other for a long time. The Devas call upon Vishnu and say; “*Will you give us the upper hand so that we can receive the elixir of life?*” Vishnu agrees: “*Okay, I’ll help you to produce the elixir of life, but you have to work with the Asuras. Take the serpent and wrap it around a mountain and then each of you will pull the serpent from the opposite side until the sea of milk is churned.*” The Devas aren’t too happy with this plan and complain, “*You mean we’ve got to work with our enemies?*” Vishnu says, “*If you want immortality, then yes, light and dark must work together.*”

So each takes an end of the serpent, and they pull until, all of a sudden, the mountain starts to sink, and they call on Vishnu again for help. Vishnu comes as a turtle, Kurma, and he puts himself underneath the mountain to support the mountain, so that they can carry on pulling. Eventually they start to see objects coming out of the milk, beginning with a great poison which can only be eaten by Shiva, the great god. Such poisons are produced by the serpent when it is pulled in opposite directions. Then, out of the sea of milk, come the gods and the goddesses, carrying spiritual and psychic gifts. Finally, out of the sea appears the divine doctor, carrying the nectar of immortality.

So how can we interpret this story? The sea of milk is the feminine “one thing” – the ocean of possibilities. Vishnu is the



masculine “one mind” – that which will direct the attention. The Asuras and the Devas remind us that it is through the sacred marriage of our duality that we will achieve unity. Without duality – without acknowledging both sides of who we are – we will never achieve unity. What is the serpent? It’s our inherent strength which doesn’t side with anybody – it is just power. It’s what we do with it that matters, not the power itself.

The mountain is our focus of attention at that moment. What is the turtle? Introspection – reminding us that all the focus in the world is mere illusion in the long term without the deeper stability gained through inner work. All the focus and imagination in the world goes nowhere unless you develop the strength of your own wand. What are the poisons? Shames and fears, which arise naturally as we start to do our inner work. Yet, through Shiva’s love for us (as dark god/goddess), the poisons are swallowed so that we can proceed. And who are the gods and goddesses who carry the gifts? They are our guardians, who will prevent us from getting trapped in self-delusion or overwhelmed by our psychic or spiritual gifts. And finally we are gifted with amrita, the elixir of life.

So what is the elixir of life? Through the energy of our experiences which has been gathered in the ajna, we fly up toward our spiritual blueprint, held by the virgin above our heads. There they meet and merge, releasing the most important energy of this Universe: the power of love. This, I believe, is the famed elixir of life, amrita, and the

nectar of immortality. This is what will bring us good health, contentment and longer life. This love has no bounds, no judgment, no separation, and no end. It is a love that is always here for us – it is the Tao. It is surrounding us now; the only thing which separates us from it is our mind. It has never left us; just shut your eyes, open your hearts, and bathe in the elixir of life.

Thank you very much.

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