

# Prepare for change

Plant essences in rhythm with the sun, moon and stars

## PURIFICATION

Silk of Blue Hopi Corn

Creat wholeness

First moon quarter

EAST

## COURAGE

Wild Borage Flowers

Trust your own heart

Fourth moon quarter

NORTH



## AWAKENING

Pollen of White Hopi Corn

Dissolve illusion

Second moon quarter

SOUTH

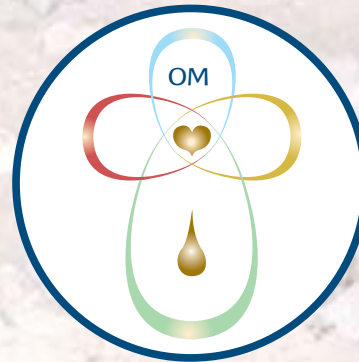
## MEMORY

Pollen of Blue Hopi Corn

Return to Oneness

Third moon quarter

WEST



# ONEHEART MEDICINE

The teachings are in the Corn

We are the ones we have been waiting for

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The Hopi have lived on the mesas close to Túwanasavi (The Grand Canyon) for thousands of years. They recognised it as the magnetic and spiritual centre of the Earth. Ancestral memory is kept alive through ritual and ceremony. The cultivation of the sacred blue corn, and the Kachina dance ceremonies are at the heart of Hopi life. The Hopi say that 'The teachings are in the Corn.' Through the practice of agriculture, including the monthly Kachina dance ceremonies, the world is kept in balance. In the heart of this culture is the shared memory of what lies ahead. This is the Hopi Prophecy. It carries detailed information about the events leading up to the end of the Fourth World, a period known as 'the Purification.'

A Hopi Elder Speaks:

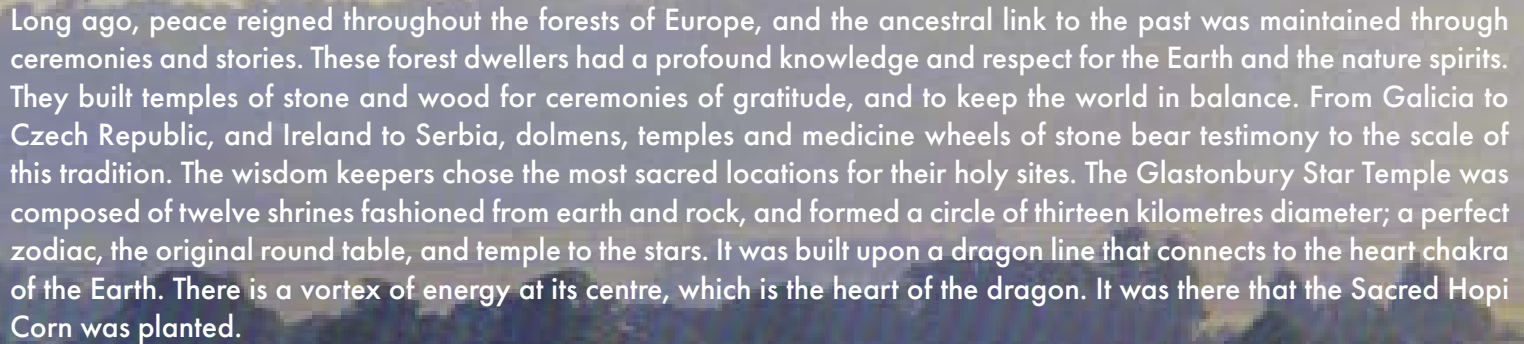
You have been telling people that this is the 11th hour. Now you must go back and tell them that this is the hour, and there are things to be considered. Where are you living? What are you doing? What are your relationships? Are you in right relation? Where is your water? Know your garden. It is time to speak your truth. Create your circle. And do not look outside yourself for the leader.

There is a river flowing now very fast. So great and swift is it that many will be afraid. They will try to hold on to the shore. They will feel they are being torn apart, and will suffer greatly. Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above water. See who is in there with you. At this time in history we are to take nothing personally, least of all ourselves. The time of the lone wolf is over. Gather yourselves! All that we do now must be done in a sacred manner, and in celebration.

**We are the ones we've been waiting for.**



Prophecy Rock, Kykotsmovi



Long ago, peace reigned throughout the forests of Europe, and the ancestral link to the past was maintained through ceremonies and stories. These forest dwellers had a profound knowledge and respect for the Earth and the nature spirits. They built temples of stone and wood for ceremonies of gratitude, and to keep the world in balance. From Galicia to Czech Republic, and Ireland to Serbia, dolmens, temples and medicine wheels of stone bear testimony to the scale of this tradition. The wisdom keepers chose the most sacred locations for their holy sites. The Glastonbury Star Temple was composed of twelve shrines fashioned from earth and rock, and formed a circle of thirteen kilometres diameter; a perfect zodiac, the original round table, and temple to the stars. It was built upon a dragon line that connects to the heart chakra of the Earth. There is a vortex of energy at its centre, which is the heart of the dragon. It was there that the Sacred Hopi Corn was planted.

### **The teachings are in the Corn**

At the time of the Great Flood, 12,000 years ago, the sea level rose and many lands were destroyed. Amongst the survivors were the Hopi and the Dragon clans. They each carried unique and different teachings which were stored in the Earth. The prophecies indicate that another vortex of transformation is taking place. The Sacred Corn grown at the heart of the Dragon carries the combined teachings of the Hopi and the Dragon clans. This is a unique medicine, to help us to connect with the heart, remember our common ancestry, and prepare for change.



## At the heart of the Dragon

Sacred Hopi corn was planted, in ceremony, during a waxing Beltane moon in a fire sign.

## Making Oneheart Medicines

Silk of blue corn, flowers of blue corn, flowers of white corn, and flowers of borage were immersed into crystal glass bowls, for 24 hours, at the full moon, containing spring water from the red and the white springs.

The Rishi or Healing Star (Canopus) was visible. In Vedic astrology, water illuminated by its light becomes nectar and is imbued with healing qualities. The essences were activated by star, moon and sunlight, and then potentised by succussion.

## Taking Oneheart Medicine

Create a shrine or altar in your home or garden, to focus your prayers of gratitude.

Take THREE or FOUR drops in spring water at sunset, in accordance with the phases of the moon.

## Purification

First moon quarter  
Eliminate poisons  
Strengthen your life force  
Initiation and vision  
**Create Wholeness**



## Awakening

Second moon quarter  
Everything changes  
Awaken from duality.  
Growth and love  
**Dissolve illusion**



## Memory

Third moon quarter  
Ancestral memory  
Unite with Creation  
Connection and Peace  
**Return to Oneness**



## Courage

Fourth moon quarter  
Don't go back to sleep  
Inner Strength  
Wisdom & transformation  
**Trust your own heart**

