



“ATARTUM - Seed of Peace”

### How Atartum was conceived:

Hi, hola & salaam to you all! My name is Irena Isis. Landing 1949 in postwar Germany I felt painfully misplaced – in a world that I soon sensed had been turned completely upside down (which is now being revealed as TRUE to the

letter!). Yet deep down within I also clearly detected an undoubtable knowing that once upon a long long time we did actually live “Paradise on Earth”! A clear sense solidly engrained within!

In 1987 I boarded a plane to Lagos, Nigeria & from there directly deep into the bush of Iragbiji - & I never wanted to leave there...this experience gifted me a taste of paradise: living in intimate embrace with nature as well as a coherent rural human community in a tranquil, calm, wisely ordered, simple life “style” - yes!!! Here is where the “ovum” - memory of ancient paradise - was fertilized by the seed for creating “Atartum” - ancient Atlantean term for “Heaven on Earth” - voila! The vision of “Black Lotos UniversCity” soon emerged - subsided again as life took me to various other shores - the vision faded, resurfaced in different forms, until in my three-year-sojourn in Bedouinland of the Sinai Mountain Desert in Egypt in 2019, it received fresh nurturing manure.

Sitting in Heidelberg, Germany now, recovering from some challenging travelling adventures, the seed has been quietly germinating, is being mindfully nursed & groomed &

gradually impregnated with fresh ideas & additions & is taking more & more concrete shape & ready now to be presented to the world at large. So I bid you dive in to be touched, aroused, inspired by “Atartum”! Thank you for confirming, commenting, communing, following!

And now I invite you to sit back, relax & absorb the vision as I unfurl it to your eyes, your ears, to your heart, your Being! Pay attention & sense the vibes between the lines...

“Atartumti” envisions a world where L.O.V.E. lives & thrives, from the thorough recognition that Mama Gaia is an exceptionally beautiful, bountiful gift for HUmans to play upon, to learn & grow in harmony with all creation & with Divine Spirit/Source – as we were created in Her/His image & likeness, meaning: as powerful co – creators, to continue what Source had begun: a world where L.O.V.E. is woven through the very fabric of life, everyone is safe physically, emotionally, mentally & spiritually, fully respected in their freedom to choose the life they favour & cultivate peace, joy & expansion in a field of mutual support & benevolence --- a haven on Earth, a garden of Eden, in abundance, harmonious relations, on a level of

consciousness that understands profoundly that we create with our every thought & feeling in each & every moment. So: in “Atartum” we intentionally create loving feelings, uplifting thoughts, emanate them out & about & thus create healing & trust all around, a fertile field for further evolution to unfold & develop our hidden faculties as true HUmans that we are ~ now as homo luminous, homo universalis, homo galactis!

### My ideal life ~ day by day..

Waking in a large sun-flooded space my gaze falls upon distant mountains. I open the door & draw the fresh, crisp air deep into my lungs ~ in gratitude for this new day & joyous expectation of the wonders it may show me as I follow the impulses emerging from my inner space, unconditionally ~ on this birdfree journey through my gifted life... which I so love & honor. And I celebrate each moment attentively, mindfully, fully present so that I could view ~ even absorb the manifold wonders duly. I may linger ~ I may move on to where my soul wants to explore next ~ while remaining positive, kind, benevolent toward all life, & subtly perceiving my spirit expanding further, opening wider & becoming keenly aware

of the invisible coherence & harmony underlying it all ~ until everything radiates out & vibrates in indescribable light & blissful peace...

Sky deep blue ~ I feel myself part of nature ~ of cosmos, am ONE with all. Sitting in my blooming garden with my sisters & brothers, unified in silent rapture. Someone softly strikes up a melodious chant ~ it grows to a miraculously harmonious choir as birds & bees & we all join in. Our land is blessed abundantly with all good things, we lack nothing. We complement each other in creating beauty & paying homage to the ONE cosmic power in manifold wonderful ways. Many come to visit, to learn, to heal, to linger & eventually risk a new beginning? We cultivate BEING in the DAO ~ the highest purpose. Our children unfold naturally by themselves to the wonderful beings they are designed to be. Deep magic comes alive in this Being in LOVE ~ and everyone senses viscerally: suffering is a thing of the past, we grow by the joy of coexisting & the pure love we share... OM

Why do I want that?

I want to experience the pure love to rise again & we be protection to each other. There is NO reason for war ~ there is enough of everything for everyone to live a good life. Love is unconditional appreciation of ALL life & therefore worth cultivating above all else! THAT being

the whole purpose of life! We feel fear when we are unsure of our innate link to Source, if we doubt Her, doubt our own worthiness. Let us be ever courageous to face our fear head-on, own it fully & then integrate it into our whole being in gratitude. Fear, as all emotions, are our guides back home. Pay attention to them! It is them that will empower you to walk your path back home fully, consciously, as an unconditionally Beloved of The Grand Cosmic Mother, CosMahaDeviji who will never forsake you! So - do not forsake yourself!!!

### Blessings of our paradise, Atartum

With the first light of the new dawn & the morning jubilation of the birds praising the Creatress, greeting this fresh day, my eyes open & I feel joy already igniting my heart flame. I render gratitude & tap into my open heart to follow its impulse, step out into the vast thriving garden, thoroughly stretch body temple & sing my song of praise to universe, diving in to the crystalline sparkling pool water - aaahh & savor the gently caressing tongues of water on my skin for awhile, just sailing along on my back while gazing up into the deep blue sky...

Deeply rested & at peace I stroll through the garden at leisure, greeting various colourful flowers, aromatic herbs, manifold vegetables & wonderful fruit trees. Feline the cat comes to rub her body on my legs deliciously. I lay down in

the thick green grass, caress feline & stretch out arms & legs  
– feel the bond with EarthMa below – gaze up into the  
deep blue vast space of the heavenly canopy above, so full  
of mysteries & ever more varieties of life forms – of relatives.  
What a vast & rich life this – boundless, diverse, multiverse  
indeed! Turning over I touch my heart to EarthMa in  
delight, hugging Her, whispering my gratitude here too – &  
immerse my entire being into the subtle yet real sensation of  
ONENESS in body, spirit & soul, with all life – as all life.  
I am deeply grateful! After awhile I roll over & rise up to  
stroll toward the outdoor kitchen. I take a basket, meander  
through the vegi beds & collect whats ripe & ready to savor.  
I also pick some figs – hmmmh! Then I visit the chickens &  
gather their gift of eggs into my basket. I greet the goats &  
our donkey Fatima & carry the harvest to the kitchen to  
prepare the breakfast & see who all will join me as the  
community begins to stir, children come running from their  
tents. We connect in a circle holding hands & sing a song of  
greeting SunRa & the elements & the ONE BIG MIND  
that lives in us all. Once breakfast is ready, the round table  
is set, we gather around it to enjoy the gifts of EarthMa in  
grateful silence. Breakfast is completed by quoting some  
wisdom by one of the ancestral sages as our spiritual  
nourishment for the day. Then we coordinate our days  
tasks & disperse to begin the active part of the day,

nurturing life creatively, intentionally, in focussed presence & loving care. Thus the tender bloom of the heart naturally unfolds its depth & immaculate beauty & love ~ ever serving all life.

It is evening. The cool darkness of night embraces all life. Our small community makes to gather on the large open circular bench. The children have carried together a bunch of small & larger twigs of wood in the fire pit at the heart of the circular bench, one of the men brings a nice long log of wood & all is assembled for the fire. Before it is lit we lean back to look up into the deep black darkness above. By & by ~ seemingly so ~ the lights come on up there. Hands on hearts we keenly observe the twinkle of uncountable light bodies up above come on, more & more intense, to slowly vanish the blackness to be replaced by a carpet of twinkling lamps. As we gaze up in awe we know that our starry brethren are looking down upon us & our Earth jewel. AUM chant arises from our midst, with closed eyes we sense our mutual connection circulating love. Eventually the fire is lit ~ as it grows it mesmerizes us all into an extended fire meditation. After awhile the kids run off to return with various music instruments & lay them before us ~ a clear

signal that its time for music. Oh yes! Gently we send our simple tunes & chants into the night & as they blend into harmonious beauty we find ourselves in a state of sweet bliss, a clear & tangible sensation of being ONE & intimately embedded in ALL! Quite a while later the ebbing & flowing of our chanting dies down – silence descends. Stars sparkle down ever brighter, bats flatter over the fire & around our heads in daring deep dive manner. Far away an owl howls into the night. Our cats are with us & even Fatima the donkey is around to chip in her screechy voice joyously every now & then. One elder with a big book on her lap clears her throat as she opens the book & begins to half read, half narrate a heart touching story..... we are now in the hour of pure magic, all of us both keenly attentive as well as lost in the fire – or the story? Or both... someone falls into an even snoring rhythm to receive the magic in their dreamtime... someone else quietly sobs about a turn in the story or some old hurt emerging.. As the story concludes some are yawning away without mercy. A moment of silence takes over, then we all hold hands & the children speak a short prayer of gratitude up to the universal canopy – &

slowly the small group disperses Good Night except for a handful that wish to savor more of this night's cool magic & enjoy the hot afterglow of the coal ... aaah gratitude!

## Spring Equinox

Today we prepare for the upcoming spring equinox celebration: we all perform a thorough spring cleansing in our personal homes, clearing out what has to go: the winter's dust & used-up energies. Next we attack the communal spaces like the food house, the body house, the kids tents, the grand love hall plus the garden shed, the garden & the animals' den. Lemon water & natural soap are used to physically purify, herbal incense & sage smudge clear the spaces energetically. Buzzing commotion enlivens the "Atartum - Seeds of Peace" space for some days.

Eventually, the day before the celebration arrives & it is time to prepare our own bodies, minds, souls & spirits: we venture to set up the sweat lodge space. We clear the spot where the raw structure is placed, a simple circular structure created from flexible saplings, about 4-5m in diameter. It sits solidly above naked earth with a deep pit in its very centre.

Some of us go to fetch blankets & plastic planes from their hiding places to tightly cover the entire structure – others see to the large fire pit opposite the lodges' entrance, place a good number of rocks (ca. 15x 15cm) in it & assemble plenty of firewood for a large fire that will heat up the rocks. Buckets of water are filled & placed near the fire. All these sacred preparations are accompanied by joyous chants in anticipation of that profound celebration of total & tangible **ONENESS** with benevolent Natural & Cosmic forces. As SunRa makes for the horizon the work is near done except for a “talking womb” round of sharing for which we all assemble on the grass besides the lodge in our circular fashion. On a small simple altar in its centre lies the “talking womb”. Anyone who likes to speak takes that beautiful sea shell mimicking “talking womb” while all others listen attentively & actively. People share what's on their hearts, whether of mundane or of spiritual nature – as all is **ONE** anyway. We close the circle with an extended deep meditation, clear our minds of excessive ramble & connect in to our core energy in the heart of hearts.... later we decline for a restful night without taking in any food, only our clean

springwater, all in preparation, intending to pay special attention to our dreams this night!

Our kids are part of all these preparations, but they will not partake in the ceremony itself until they reach the age of 12, when they hold their own sweat lodge. They will be with one another in the kids tent under the respected guidance of the older kids, which works wonderfully well!

the very day

The new astrological year begins the day SunRa enters the sign of Aries which also marks the day of the Spring Equinox. Nature already gently displays her eager willingness to arouse her annual surge for fresh life, for beauty & bounty & her enchanting magic of new beginnings to unfold abundantly. A peak into the joys of summers light & warmth... yes, winters' darkness finally gives in to light & fresh choices. Since we humans are part & parcel of nature we may now retrieve the jewels of winters' dreamtime & transfer them into fresh visions wanting to be manifested into the physical, for EarthMa's global reset. And so - to deepen our presence to the unseen worlds we start this

day fasting but for warm water & heart focussed stillness & introspection, contemplation, meditation. Those in charge of the sweatlodge ceremony make sure all the necessary utensils are in place. In the later afternoon hours our family – all prepared for ceremony – assembles on the thick grassy patch beside the lodge for another Talking Womb round. An opening chant fills the air, then the guide addresses the round to share about the energies of this day/night & about the procedure to the guests to then begin heart-to-heart communication – a short round & we are set! As the ceremonial guide takes up position near the portal to the Earth Womb = sweat lodge that will engulf us shortly, everyone completely undresses & queues up for a purifying smudge of the Aura from head to feet, after which they each kneel in front of the lodges` threshold, kiss the ground uttering “to all my relatives” & enter to the left, circle all the way round & sit to the right. The fire cackles busily as the rocks are heated up & one by one we file into the cauldron-to-be in calm anticipation....here comes the guide to take her seat last to the left of the entrance. Some glowing rocks are placed inside the pit, a bucket of water is set near the

guide & the closure comes down finally to instantly engulf us all in pitch black darkness ~ & silence. The first few dippers of water are emptied over the hot stones ~ a first cloud of moist heat fills the womb & deepens the silence ~ the guide begins to invoke the numerous powers & forces active under the cosmic canopy: the elements, kingdoms, sun, moon, planets & stars, ancestors, masters, sages & Great Spirit the mystery of ONE ~ permeating but ALL. She invokes the souls of all those present & their eternal light bodies & the souls of those yet unborn... Meanwhile more water is poured, enriched with aromatic herbs ~ dense steam fills up the space ~ bodies sweating, spirits enter & dwell among us & our ordinary consciousness yields to the fluidity of this dance of elements around & within us as we imbibe the steam with each breath we take. We onlookers now leave the scene as it is a sacred ceremony that needs to be honoured by due respect ~ no eavesdropping permitted!

A long while later we sense the end of the ceremony as the people come filing out of the womb towards the iccold stream that runs through the land ~ to dip their steaming bodies into the fresh water, savor the cold sensation & then

laying down on the grass – reborn – then rub down with a towel and slip into their clothes & slowly, quietly find their way home to complete this profound meditation in the privacy of their personal space for a deep dream filled sweetly restful sleep.... but before diving in no one can resist raising their gaze up into the vast canopy – home of many of our ancestors, star families, relatives of old.... Hearts are filled to overflowing – GRATITUDE.... we are never alone!!!

The guide keeps open the closure & makes sure the fire is extinguished & all is well. See you all tomorrow morning!  
Peaceful night!

### The day after

A new day is born, SunRa pours out His light ever so generously & life is wide awake in our tiny village. Everyone is already busy around the sweat lodge. All the blankets are taken down to dry in the sun, the rocks removed from the pit in the lodge, the buckets carried back to the water house, the large fire pit cleared & the rocks rolled aside... Once all this is accomplished, we come together on the grass for

another “Talking Womb” round. As we settle in & look around, we see fresh, well rested beaming faces & sense expanded hearts & I can't wait for the round to begin & partake in & be enriched by everyone's experience of last night. Yet again – this is part of the ceremony & sacred, so no eavesdropping! Truly, the TW rounds are the greatest gift in all our practises, & especially the ones around the sweat lodge ceremony. It is most enriching, this sharing of our hearts & a wonderful way to allow intimacy among us, intimacy in soul-spirit! And we feel our **ONENESS**, the harmony that nurtures us all, sweetly.

After an elaborate round full of joy & laughter, & the occasional tear & so much love circulating, jubilant chants fill the air & some boisterous tangled up rigmarolling on the grass - we are truly ready for an opulent breakfast on this sacred vernal equinox day – jihaaa, time to celebrate!

Who is that already busy in the kitchen? Wow – the lodge crew set the table so appetisingly, decorated with flowers - & plates & plates of yummy fruit, vegetables, fresh warm bread, olives, goats cheese, tahini etc. come floating on, the aroma of coffee fills the air & swiftly the table is enlivened by

ravenous wild beasts. A song of gratitude to EarthMa & in we dive! After we appease our body temples with delightful nurturing our usual quietude exchanges for lively happy sharings across table, children had joined & share their own adventures & this day is blessed with abundance in every possible manner! Come join us & enjoy!!!

### A rainy day

Today I wake to an unusually deep stillness. It appears to be emphasised by gentle steady rushing of water in the foliage – longed-for blessing of rain!!! The even downpour of this life-spending element is thirstily absorbed by the soil containing uncountable invisible seeds ready to sprout grow bloom thrive into abundant new life. I savor the gently soothing sound of rain & sit up in bed to voidly gaze out into the grey misty wetness. Just as I turn to duck under the cosy cover once again & enjoy the rain trance - Feline comes in, jumps on the bed & tells me a miau-story so intense.... what is she up to? Now there`s no way to duck under, she`s definitely up to something & manages to inspire me to follow up on her urgent request. I throw over my rain cape & slip outside after her. Painstakingly attempting to

prevent that wetness to soak her legs she leads me out, into the garden & through, out onto the dirt track & down it until we reach our village gate: "Atartum -Seeds of Peace". Besides one of the pillars of the gate I spot a cardboard box. I peep in & lo & behold: a fresh litter of kittens all huddled to one fluffy bundle with tiny voices expressing their dire need. No question: I pick up the box & carry it home. The kids will be delighted! Targeting the kitchen I pass by their tents, alarm them & so in tandem we reach the dry kitchen to search for? Milk! Only a tiny bit is left, so some kids immediately volunteer to run to the real village & fetch 2 litres of fresh cow milk. Meanwhile the other kids make acquaintance with the furry bushels in the box, start trying various names on them even & get a few baby bottles washed & ready for their use. Meanwhile I begin to prepare breakfast for us all in the roofed outdoor kitchen. As table is set I sound the invitation bell, then place a bit of food ~ this n that ~ on a plate, offer it on a small earth altar, chanting a mantra of gratitude to bless the food, then return the plate to table. Candles are lit, all assembled reach for hands quietly today, with eyes closed & hearts connecting in

ONENESS – then with open eyes gaze the round gifting smiling attention to every single pair of eyes – then only shift attention to the abundance of food in front of us & begin to load our plates... Kids are busy with the tiny fluff balls but soon join us. The energy this day feels slow & lazy, not much action possible under pouring rain in the garden & so we decide to assemble in the grand love hall later after noon & have time until lunch to retreat to our homes. Also to check if anything is needed to be purchased from outside so it could be accomplished until our afternoon meeting. What will this meeting be about??? Wait & see!!!

Someone volunteers to clear up the kitchen so I can go “home”, clear my space, take a shower & dress for the day!

Later I go find out who prepares lunch, any help needed? No? Ok, I stroll back to my home, enjoy the mood hanging in a hammock, gazing out into the dripping green...savouring the strong earthy moist scent of the land... abundance!!!

So now lets find out what our assembly in the grand love hall is all about on this rainy bless day! We settle on large pillows arranged in a circle on the floor, in our grand love hall

– a colourful cloth in its centre holding some flowers, a lit candle & the “TW”. The children sit with us. They open the round with a simple song for the elements, we all chip in & joy arises. One elder takes the TW – attention shifts to her as she addresses us with a quote from Ma`at, the ancient Egyptian principle of ORDER, as in harmony – in the broadest sense of the word. She questions how we are to create a balance between our spontaneous natural human expressions & the need to adhere to Ma`at & her demand to beware of that intrinsic “order” of the various forces in operation within & all around us. Someone signals their wish to speak, TW is passed on & she says: we all start out from the fundamental state of ONENESS, so it is engrained in us deeply. The understanding that in all our expressions of thought, speech & action we serve to nurture & cultivate this ONENESS ripens throughout the course of our lives & is enhanced by example of the adults paying attention to the children & the general community that embraces us. Here we witness five children jump into the centre, create a circle, each holding their left hands on their hearts & giving the right to the right child to

hold it on top of their left hand, so its hands to hearts around the circle. Bending slightly forward they also touch their heads together gently. Surprise surprise & lit up eyes all around, appreciation is shown by wiggling both hands in the air silently. The elder reaches for the TW & asks: any issues arising, questions, suggestions regarding that “order”? A wave of laughter rolls over us all - & then a lively philosophical dialogue opens while the TW swiftly travels across the circle. A while later the kids get up & carry some music instruments into the circle, signalling: time to quit talk & start play! Right on! And so we begin to chant as an opening song NOYANA - we`re all on our way to paradise... by & by the instruments are taken by keen players & the energies rise as the love hall fills with rhythms & chants, mostly inherited from ancient traditions & connecting us to the nature elements & kingdoms, to Great Spirit & our ancestors, to the feminine & masculine & to love & light pervading ONENESS - the DAO! “IT” becomes so vividly tangible a vibration pervading ALL! Reaching an ecstatic peak we then gently slow down, lower the volume & by & by let the closing chant turn to a whisper

& die down into deep fulfilled stillness. AOM. Oh my – how easy is it to experience the bliss of ONENESS! In this very moment there is no need to question it!!! Warm tight hugs make the round, faces are lit up by peace, joy & gratitude once again...

We disperse out into the wet garden to check the weather situation. Volunteers go harvest our dinner & get to preparing it, others go to their homes... It is cool, overcast, but dry now. We all agree to meet in the evening for a meditation in the grand love hall.

After a wonderful co-creation of dinner made up of various simple dishes plus a richly diverse salad concoction I go for an extended walk around our little village, see to the animals & spend some time with them, then go talk to our plants & vegis, herbs & flowers & the grand beings of trees. It fills my heart with joy to see how they are all growing so swiftly now as spring continues to manifest its abundance & fills our kitchen with natural nurturing delicacies for the benefit of our body temples. I savor the wonderful view out to the distant mountain ranges & the small patches of houses here & there in the generously open landscape. I am truly happy

here, living in the heart of nature with her gifts of scents & sounds, colors & shapes, tastes & beautiful sights, the vast sky up above, the ever changing cloudscape with the various shades of blues & our King of the World: SunRa! Such healing nurturing vibes all around us here ~ we are blessed!

Natures quiet voices are somewhat drowned out shortly by the announcement bell ringing bright & loud 3 x, then quietude returns.

I stroll over to the grand love hall to join the family on the pillow round & settle into meditation after gazing the round of radiant pairs of eyes. By & by silence engulfs us as we dive deep in to connect to our ONE LOVE pervading but ALL with Her boundless benevolence, clear guidance, sweetest bliss.

After good 40 min. we close the round with world peace prayers arising out of each heart into the world enhancing the ongoing process of re-establishing peace in all hearts & in the new structures meant to re-create order & coherence in this beautiful world of ours... ~ Ma`at!

Then gradually the family disperses, the blanket of night has fallen, we slowly make to return home & rest to be ready for the new tomorrow. Gratitude resides with us here.

### Guests join us

Upon waking, as the light of this fresh new day arises out of the darkness of night, body temple stretches deliciously, mind receives generous fresh breaths & heart space keen awareness as it expands & opens wide....gratitude floods me with the warming first sun beams landing on my bed. Birds jubilate merrily in praise of Great Spirit & human sounds become audible in a distance. I roll out of bed, wear my bathing suit & tiptoe out through the garden through the grass to the pool to dive right in kshshsh & let the water tickle body awake fully. A few rounds I swim then roll on my back to pleasurably just drift along ~ gazing up into the blue blue sky, blinking at the multitudes roaming there ~ part of our boundlessly huge family of life. Joy enwraps me as I feel life flowing through, igniting pure bliss even... eventually I ground my feet & wade out of the pool to greet family as they frolic in the garden, then walk home to shower & dress up. There goes the bell calling to the breakfast table! As

we all are united around the circular table loaded with goodies, before diving in we link hands for a heartfelt prayer of gratitude & for peace &...ooh, we take good note of the fresh harvest from our garden proudly to then relish each bite, knowing its benefits to health & happiness of soul's temple – what a privilege!

Today new guests are arriving to occupy one of our guest homes. I will go to check if the house is ready to welcome honourable guests, one of the girls volunteers to come along, Rebecca. Hand in hand we playfully stroll over to the cute little wooden plurt shaped hexagonally with many broad windows. Rebecca wants to know who's coming, so I reveal it is a family with 2 children, from Denmark, intending to stay for one month & wanting to experience how we live in our community "Atartum - Seeds of Peace", self sustained, with LOVE as our fundamental cohesive principle. I ask Rebecca to check what needs be added if anything. She checks the bedding, towels, toilet rolls, coffee & tea reserves, freshly filled water bottles, glasses. A candle, some freshly cut flowers on the table, the general cleanliness & we open two windows for fresh air enriched with flowery

scents. A bowl of inviting fresh fruit. Done. Ah, our short list of do`s & don`ts on the table! Ok, close the door, check the garden, a table with 4 chairs around it. Ok, all is good here, the guests are welcome! Becca abducts me to the playground, she wants to swing a bit. Ok, I`ll join her on our high long-range swings that gives one tickles in the belly & aah the joy of feeling weightless...hair flying, feet touching sky...jihaaaa! As we`re flying freely we discuss what special welcome gift the family will receive? A small performance with song & dance? A poem? A story? We decide to let them pull their choice from a small basket once they`re settled in. "Take 5" for good resolve as we skip to the kids tents to check for the new arrivals` 2 mattresses & their chest of drawers for keeping their stuff. And off we skip to the animals` den to greet the chickens & duckies, fish in the pond, the cheeky goats & Fatima the donkey. Becca spontaneously hops on her back & they triple about, & all of a sudden Fatima takes a leap, Becca grabs hold of her mane & off they fly in a wild round, both jiiihaaing crazily until they abruptly halt right in front of me & Becca almost flies to my feet! Hey, what`s up with Fatima today???

Shall we join Carlos to the airport to receive our guests later on? Yeeess, we will! Meanwhile I go check if anything is needed in the kitchen or elsewhere, intending to purchase it on the way. We plan for which dish we will offer to receive our guests... lets do a herbal pizza on fresh yeast dough from spelt & a big bowl of rich salad. Hmm! Late afternoon we return with our guests. All our family assembles for the welcome song, then Becca & I take the guests to their home for them to settle in. Announcing dinner in an hours time we leave them to stroll to kitchen & lend a hand in preparing our dinner.

Dinner is ready, the bell is rung & by & by everyone arrives, we take our seats around the table. As everyone is seated the pizze are carried in from the oven, we link hands to sing our song of gratitude & finally attack the food, harvested from our garden - yummm! We listen attentively to the story of their journey adventures, ask them if they found anything missing in their new home, then leave table to stroll over to grand love hall to spend time together formlessly sharing, until our kids bring the instruments & the music round begins. Here is where they are to choose their welcome gift.

They pull the note saying **STORY!** So I get out my book, the instruments must wait & I begin to share my favourite story titled “Allem Kallem”. The story unfolds over about 40 min., at the end I find some folks blissfully asleep. The story has landed in all the same as I perceive questing eyes, wondering about its deeper meaning. I open the round for questions & a lively criss-cross dialogue unfolds. Yet not long & tiredness makes the round, night has descended so we close for tonight, no singing, & slowly disperse to our little homes. Good Night everyone!

### Introducing Atartum

With the light of the new day dawning, life slowly wakes up in “Atartum - Seeds of Peace”. It is my privilege to show the newcomers around their new home today. I always rejoice when new guests join our family! In our communication online we already assessed a good level of alignment & so we are sure – on either side – that our encounters will enrich us all – what golden joy! The family that arrived yesterday may by now have settled in, & it is my pleasure to support them in properly landing to “Atartum - Seeds of Peace” in heart & soul as well as in skin & bones.

As I arrive at their door it is instantly opened, the children are beaming up at me & hearty greetings are exchanged. We agree to begin our round trip of ASoP right here in front of their home, seated around the table under the open blue sky – yes! “How was your first night? Are you in need of anything?” I settle in, calm, tranquil, at rest, to receive their energies into my being as I perceive this peaceful spot in Nature’s heart with its diverse harmonious vibrations. We bathe in them a bit – until questions are addressed & I begin sharing the story of conceiving ASoP & how it miraculously manifested to host us all. Our fundamental principles are Ahimsa & Advaita, the Dharma, the Dao & Ma`at. Karuna, Maitri, Agape. Seem to be tall orders – yet in truth these are all basic innate human qualities, that is after we manage to remove/liberate all entrained illusions/untruths that had obscured for long who we really are! So here we are, right at the root of life.

Every creation is born in the mind. And so I unroll my journey of creating ASoP – in a harmonious design inspired by sacred geometry – in perfect harmony with Nature as our host. Under generous wise guidance, in

communion with CosMa & the higher realms, with whom we are in constant intimate flow, through our intentional ceremonies & rituals as for instance the Vedic homa & Native American sweatlodge. As I speak we have begun meandering through our little village & my dry words are enlivened by the tangible demonstration of the creations before our eyes. We linger around varying spots in nature, sit down on Gaia`s body, on some rocks, in the grass, under a tree, close our eyes & tap into the energies emanating... squint our eyes to perceive the trees` auric shimmer, lean our back against the trunk of a mighty old grandpa olive tree. We settle near our stream to listen to its whispering tales. Nature is so rich, so diverse in communion & filled with little miracles - & bigger ones! And we can be part of all this - if we approach Her in all veneration & honor, gently. For the gifts she showers we return small gifts of our saliva, some hair, some natural tobacco or sage... & our hands in prayers of gratitude. We sit still & realize that little beings pause to take note of our presence, we sense we`re being observed inquisitively, even greeted. Eventually we stroll over to beeland. Quietly, calmly we absorb their healing humming

orchestra into our bodies & observe their busy traversing in & out their ingeniously constructed hives – we copied our homes from their design! Just how did the bees come to know & apply sacred geometry & numerology? How does the rose learn to unfold the sequence of 5, the lily of 6 petals...??? Divine principles are imbibed in every living creature & thus all life forms are SACRED – including each one of us! My guest family is slowly touching a point of saturated awe here & also – listen: the bell is calling us to assemble for breakfast! Yes, our newcomers are introduced to our village on an empty stomach intentionally, that is when their inner senses are still open, fresh & keen..! Thank you dear reader, for your company & do join us for breakfast! Under the spiderweb! Hail to beauty & perfection of Mama Nature!!!

We`re blessed by a radiantly beautiful day – in great wonder at how it will unfold... flowing with its energies with ease & grace...

On this fine day I invite you to join our guests & myself under the spiderweb, as they come to find out how our days flow & what our do`s & don`ts entail – to facilitate an easy blending in – or questing it .... As our basic understanding is

individual freedom of choice, everyone has to be well informed to be able to make their choice. So seamless open, honest communication is master key here. Also – nothing is rock solid, is set in stone forever. As does nature so do we leave space for changes, the single constant in this game of life. Anyone – children included – can call in an assembly & question our previous collective choices, our do`s & don`ts, our ways & suggest improvements. Our priorities are both our mutual spiritual ceremonies as our means to cultivate our communion with Spirit & likewise with Nature that so generously hosts & provides for us. These are the sources of our very existence with each breath we take while transiting through on this earth plane – they must be honoured & held sacred. Whoever cannot agree to this would be misplaced in our midst! Thus we had agreed to join for meditation mornings & evenings for 20 min. each. The times shift with the seasons. It is wished that everyone join in, including the children. This is our holy space which strengthens our communion with one another! Especially evenings we also look into the ancient wisdom scriptures of various sages & awakened ones. Often it

occurs that after the meditation important issues emerge & sparks off a dialogue to clear the issue by way of using the “Talking Womb”. We almost always hold the meditation in our Grand Love Hall. Lets go over there now! As you see, even this space is constructed in a hexagonal way. It is quite a bit larger than the other homes. Here is where we celebrate events, gather for our music sessions (& safe keep our instruments), & meditate. So that circle of pillows is always there & it can be expanded. At times this hall serves as bedroom for short-term-guests staying over during events. It houses our library & mediathek in addition.

Now beside the hall we built our havan/homa, in which we perform an ancient vedic sacrificial fire ritual. It serves to balance cosmic energies & harmonize the energies in the environment, raising them & eliminating negative energies. It helps us honor Divine Will & express our gratitude for all the blessings constantly received. It keeps Divine Order, inspires our spiritual growth. It is a very powerful ritual which we perform regularly on the days of equinoxes & solstices in alignment with EarthMa & CosMa. Another very powerful ceremony is the Native American sweatlodge.

Lets go over to where it is performed, mostly on new moon nights. It serves as deep purification & renewal of our bodies, all of them: physical, emotional, mental, spiritual & it deepens our bond with all realms of life. A wonderful, deeply refreshing & transformative experience! While we are sharing about our healing technologies I need add another space: our body temple. So we stroll over to the small hexagonal house which is divided internally into two equal spaces, each holding a massage bench, small table & chairs & oils, tinctures, balms, all home made, on a rack. Here you might receive natural treats of the body like massages etc., & even a sound healing session with sunyata, my body tambura. Here is where you receive experienced support in releasing traumatic & chronic imprints from body, mind & soul. It is a most sacred & honoured space!

For the homa, sweatlodge & individual healings we charge our guests a contribution fee for the materials used as well as our expertise.

Behind the body temple - lets go over - we see our wonderful large swimming pool that helps us cool down on hot summer days, exercise body pleasurably & relax on the

grass or enjoy yoga, QiGong or other gentle workouts. One of our absolute don'ts: NO sunscreen lotions or -creams whatsoever. Your health & healing is our prime objective at "Atartum - Seeds of Peace"!!! That's why we do entirely without alcohol & cigarettes/cigars & so-called recreational drugs as well as meat, dairy, processed foods, anything that is by its nature unnatural, denaturised. We are absolutely convinced that Nature provides supreme life-nurturing herbal, fruity & vegetable gifts that help us thrive on all levels. Fish is an occasionally celebrated specialty & we also accept the chickens' gifts of their surplus eggs on special days....

We do collaborate with a beautiful project offering Ayahuasca ceremonies not far from us; those gift profound internal transformational healignment as a highly revered & sacred ancient ceremonial practise originating from the Peruvian Amazon region.

"Atartum - Seeds of Peace" is deeply rooted in the well-proven understanding that peace in the world, on our jewel of E tinea, is seeded in every human heart only. And so, in all that we represent here, our singular priority is to let

peace within us be the determining vibration in all our interactions with our own Self first & foremost, with all humans & with all living beings in whatever form – so here we are, back to our ingrained, re-chosen virtues, tall orders all of them, yet already seeded in each one of us – forever – awaiting to be retrieved! So we place high emphasis on cultivating peace in our inter-being, our co-existence.

What does that entail? It is one of the questions we address to all our guests. What is it YOU need do/be in order to arrive at an inner state of peace? It seems a bit like attempting to be a successful gardener: you might want to understand the basic needs of your plant children that enable them to thrive, or else your garden will look rather sad. We have created workshops around this question. They are yielding so much learning to all involved every single time, & it is showering such profound transformation & healing – healing within the Self & healing in the human circle. We work with our hidden fears & watch as the light of awareness sets us free. We learn to always check within us when triggered, own what is revealed in honest introspection, adjust our thinking & perception & finally

forgive ourselves & other. No need to blame other – as world is only ever accurately mirroring that which is rumbling within, unnoticed. Our practice of sharing about the triggered emotion openly, honestly as opposed to just glazing over the conflict/hurt etc. is exactly that which creates the bridge of complete reconciliation, so that not a trace of bad feeling is left. And thus – trigger by trigger – we may arrive at peace – & the lion & the lamb come to rest side by side, & we arrive in paradise!!!

Now I made it sound so simple, & actually it IS simple – yet not always easy! ego resists! But – if you too yearn to be at PEACE – come join our path! It is worth all & any efforts & generously rewarded beyond your imagination!!!

### The children – our treasure

Today I will show you the space for the “young” ones, our children. As you see, we have created their space as a kind of large compound, hexagonal in shape. It houses two large glamping tents with especially enforced isolation for the cold season, one for the girls, one for the boys. From the onset & actually quite naturally so, a kind of “hierarchy”

showed itself, meaning the older children look to the safety of the smaller ones as a wonderful example of how compassion is engrained in us as opposed to learnt. It is a joy to observe how natural this occurs, we older ones are in awe at times! The youngest usually join the kids house once they no more breastfeed – but it is a flowing transition back & forth, the child is free to choose: mother or peers. There is free traffic generally between the young & the old “villagers”, no restrictions.

Part of this compound is Fatima`s house, a small, roofed wooden structure with a closure around it. There is a hot love relationship between those neighbours. Chickens & ducks too have their space within the compound & it is the children who “parent” them. We also created a pond for the duckies & some fish, surrounded by various plants like Papyri, that love to have their feet in the water..

### The Magic of Nature`s spaces

This new day`s energy draws me out irresistibly to the very end of our village. Wrapped into a warm blanket I make my way down into that special spot. I name it the “Stillpoint”.

Nestled between two large boulders, well rounded by age, in a hollow cave-like crack I roll out my mat, lie down & roll up body, snug onto the ground below, hugged by those strong boulders, mh! As I sink down my senses open up, the 5 & the higher ones & gradually I tune into EarthMa's embrace in total surrender ~ aaahh! Her cool stillness engulfs me. She begins to whisper Her secrets. I sense Her stillness vibrantly alive ~ revealing my own heartbeat, even rhythmic breaths, rising ~ sinking. I savor the herby, earthy pranic air into my lungs, feeling its nurturing vibes stream through body, gently activating, purifying all functions, processes. Slowly aligning with Etinea's breath & body, deeply feeling our ONEbodydness... Her breath my breath ONE giant universal cosmic breath ~ in a slow & lazy stable pace & a décor of higher harmonies dancing down from the glorious sun-lit canopy above. Sensing the vibe of eternity & simultaneously the ever changing & shifting evanescent flow ~ all ONE. Eternally flow-dancing energies ~ nothing ever dies but goes through changes upon changes, initiations, transformations...new creations ~ aaahh!

Heart expanding – overflowing with JOY – it might be BLISS & I sense I'm all of this – pulsing life – restful emptiness – pulsing aliveness. Tangible – invisible. A tender warm breeze blows over as though greeting...leaves rustle in approval. Blossoms snowdance about...a small gecko rushing in the undergrowth. Stillness. Revealing life's truths so generously.

Big medicine it is to sojourn here. Great peace – no burden, no pain – eternal restful peace, ease, grace. Never want to leave here! Here comes Rebecca sneaking up mindfully – she too loves the magic of this spot. My child – the word “my” an entirely human monkey invention! Love claims no ownership! And many vibrations I feel here cannot be expressed in words..... GRATITUDE!

Its Easter

Calendar announces Easter today – bunny rabbits & colored eggs abound while I lay on my bed under cosy a blanket, my gaze out the window to patches of blue sky & SunRa reflecting in blossoming trees ... drops of night rain linger on the window. Connecting my heart to ISHA – my

Beloved brother in the Light - & my heart grows open vast, tears want to flow as I feel such profound sweet tender rich joy & I know I AM THAT! Touching into my inmost original nature - pure, void, still - & I sink IN & let myself be flooded....from within. Source is Grace & can be trusted, moment by moment, in presence to this - L.O.V.E. - YES to ALL that IS! Soulful life & we THRIVE! All burden slips off to make space for more light - aaahh! I AM HOME Inside me! Firmly anchored, here - now! Monkey now serves me well! And it is seen that a period of solitude with minimal worldly contact benefitted my further growth. Recede IN! Leave behind me little old me entirely! And Isha is ever with me, my most beloved Brother!

### Visiting Forest

Today at the breakfast table a suggestion pops up which instantly ignites us all, here it is: we all together trek to a forest we discovered previously, to commune with nature beings. Excited suspense moves us as we intuit extraordinary experiences awaiting us. And off we walk after standing in circle holding each other, eyes closed, attention gathered within our hearts, sending out strong

love vibes to the forest beings – they are welcoming us into their midst with joy. It touches us & we set out onto the path in a state of keen mindfulness, one after the other, in quietude. I recall the wonderful story of Francis of Assisi, when he moved into the forest.... this wants to be shared!

We have experienced time & again that infalling suggestions are significant communion from other realms & thus we act upon them. Nothing in nature is random, everything carries meaning. So we pay attention & follow suit. Our focused mindfulness informs the forest beings we`re on our way to be with them shortly. No need for cell phones here! Actually, it is like visiting good friends. They are well acquainted with our vibes of peace & magnetize our visits for a reason. Someone starts humming & we all fall in: here come those 2-legged bees! As we approach the forest the hum transforms into a soothing chant of greeting, we slow our pace, raise hands in prayer mudra, bowing to all the beings alive in the forest, then mindfully enter one by one, paying keen attention to any sign greeting us. Some may be called to particular tree beings, others to lie down on a mossy spot, someone be attracted to a birds activities. All

explore the field until they find the tree that calls for a hug & a ceremony of linking energies, inviting in the flow of sharing information, ask a specific question. Or stand on a rock to do that. Nature is charged with information, like everything in cosmos. I once stood on the threshold of a temple in Egypt & immediately found myself bombarded with Gigabites of downloads in high speed so I quickly stepped away from this overload I had no way to contain! Nature is a little more moderate...

Before our total collective descent into hell it was common to all peoples around our planet to commune with nature beings of all kinds, plant, animal, rocks, the elements etc.etc. We were then living a completely symbiotic relationship & in some of us memory rises to the surface & we rejoice in cultivating this natural connectivity. For we`re all created from the same stuff physically & Spirit inhabits ALL creation equally & sustains all our lives. **ONENESS** weaves through all life ~ that giant web of light. We cultivate our simple faculties of observing, perceiving & listening with the wise inner soul senses, paying attention in order to connect, understand & nurture all life. Ego - based in fear,

from the notion/sense of separation – knows patience not & directly rushes for its own benefit, regardless, thus perpetrating its separateness even deeper.

All life actually is a gigantic web of information – a wise cosmic computer (only cosmos is so much grander & much more alive than any computer could ever be!) – ever in flux for adjustments, changes, inspirations, elevations --- creation – preservation – destruction --- in an eternal dance of forces, on the foundation of ingenious sacred patterns – an eternal cosmic order! And now we are re-connecting to our galactic families as they have descended in support of our present mighty transitional process of re-awakening to TRUTH – LIGHT & pure love = AGAPE! GRATITUDE!

Connecting back to nature & cosmic beings guides us away from our entrained fixation on materialistic life choices – to the numinous essence of life, including our own. That's where we belong as divine children of Source, that all of us are! What an exciting time to be alive on Beloved Gaia Maravati Etinea – EarthMa. All the cosmos applauds the show in loving support! And this is just a choice away for you, & you, & you, too!

## A stormy April day

This morning a wildly stormy April day greets me! How to honor this new day? A quick shower & I slip into my gardening garb as garden is calling, seeds are crying to be brought into the fresh fertile wet soil. So off I trod, pass by the kitchen to check what's up & are there any volunteers? Off course Becca is in & off we go. It is the kitchen herbs that want to come alive. We enter the fenced-off garden (to protect it from Fatima & feather clans), get tools from their shack, Becca starts raking the beds reserved for herbs, to gently open the crust, then create concentric circles, spirals, waves or geometric shapes into the soil for variety, also to mark the various types of herbs. She then gently sprays water over the trenches so I can drop in seeds while praying to their immaculate abundant unfolding, whereafter Becca tenderly sprays once again & then super gently passes the rake over to cover the trenches loosely ~ done.

Initially we envisioned plants everywhere, around the houses, along the paths etc., but then we would have to lock up the animals & that did not feel right. So we chose a compromise & created a fence around our food garden &

plant flowers all around freely. Place donkey & feather clans in the children`s compound & the goats in their own large fenced-in wild patch with trees, shrubs & grass. During summer we take the goats to forage about in the mountains with a volunteering shepherd, who loves doing this together with a companion. On their return they carry such simple calm deep joy & the goats come with plump bellies, satisfied.

We also create a patch for sturdy shrubs like Sage, Thyme & Rosemary, another for cosmetic & healing herbs like lavender, aloe, rose hips etc., then tropical plants like ginger, curcum & lemongrass to grow in the green house, papyrus, coffee, boswellia? I love to experiment!

Back to here, now: stormy wet April makes us shiver by now & we decide to spend the rest of this day in our cosy Areesha (a Bedouin tent), around an open fire, savor some silent time all huddled together & an informal (no TW) story round unfolds where whoever feels compelled to can share something that might be moving her/him in this moment. We laugh a lot in these free gatherings & often music spontaneously emerges or a poem or a little sketch which

the kids are so good at. Huddled together in this dark cave-like space around the cackling fire feels deeply primal. And here comes today's kitchen crew to deliver our late lunch, or brunch! How timely! It comes rolled in ~ all included ~ on a little handcart. Now it gets calmly lively in here: we are all hungry wolfs! And without much ceremony we all dig into the steaming pots. Its potatoes fried with onion & a huge dish of green salad ~ simple, delicious, natural, nurturing, satisfying ~ yummm. Oh, now someone is calling from outside, our neighbour Carlos. We invite him to share of our food & he follows the invite without much ado. After enjoying his fill some small talk ensues until he discloses the actual reason for his visit: he wants to buy a chicken for his family. Becca, the elder among the children, rises, exits to return shortly with a wildly protesting chicken under her arm. The price is haggled over back & forth, Becca insists & happily receives the cash, a fair price, the chicken is plump. Becca will add the money to the box containing reserves for the animals' feed. Our children are vital part in all our endeavours, work or pleasure & we don't even divide this anymore, for it yields so much joy to us all to be together &

we enjoy work as well as pleasure because there is learning & wonder & surprise in all that we approach with free & open minds & clean hearts - & in communion!

What a blessed April day! After taking our fill in gratitude we agree to watch a movie. We have a large flat screen installed & all the technology needed, so now its about choice....entertainment? or information? Informative entertainment. Ok, lets have it. On GAIA TV, the pioneer in awakened infotainment? How about "The Gods must be crazy"? Informative, entertaining, amusing, inspiring, hilarious! A timeless bestseller! We will enjoy it! This movie was launched in 1980 by South African Jamie Uys. It is both entertaining, amusing, full of surprising turns as well as profound in that it reminds us of how our journey through the millennia had evolved & where we had perhaps missed a true direction???. So now, we`re set to absorb... a glassen cocacola bottle is thrown out of a plane & lands in a bushman kraal down below - TUMM! More I won`t disclose....

## Children again

Our models in raising our children are Siberian recluse ANASTASIA, Shetinin & Maria Montessory plus inspirations I received in my time in Nigerian Yorubaland... We observe our children & receive them with great & genuine appreciation, knowing that they came in to offer their unique gift & ready to render gentle support to unfold those in their own time & way. With our own fields cleared of distortions & untruths continuously & vigilantly & ourselves constantly unfolding we share our lives moment to moment, watchful what learning each moment offers to all of us. In our simple, mindful co-existence the basic learning comes by naturally, ever based on our supreme tenets of Ahimsa & Advaita etc. in a space of caring, attentive mindfulness, freedom & respect, trusting life's natural flow, ease & Grace. We are a happy family & that is best manure for all of us to blossom, shine our lights & expand our cosmic vastness. Parents drop their personal attachment to "their" children so the circle truly extends to ONE family. We cultivate heart to heart soul-intimacy while maintaining healthy & clear soulful respectful non-entanglement.

Children belong to themselves & to SPIRIT & so do we all. We travel together in this mystery called life, safe-guarded by our tenets ... allowing no space for ego....

### Solar Eclipse New Moon day Homa celebration

On this auspicious total solar eclipse new moon with 5 planets plus north node in Aries day we are generously blessed by radiant light & warmth of SunRa as we all assemble for our breakfast. We reach out for each others hands & close the circle, connect into our hearts & send our high wishes into the ether & around the world, each one out aloud individually all around the circle. After taking our breakfast in silence, we organize the necessary tasks for the day: cleaning & clearing, plant - & animal care etc. & then mutually decide to spend the rest of the day in silent introspection, each one in our homes, to clear out the old: things, attitudes, behaviors, perhaps ask forgiveness & such to then call in the fresh design for our internal mental-emotional alignment, by diving into meditation, contemplating, writing our fresh resolves, decrees, perhaps praying, even resting openhearted in this truthful honest selfreflecting process..... & then assemble again for an

early dinner – for today we will celebrate an ancient Vedic sacrificial fire ceremony under the open sky, around our havan, a special Vedic fire pit. This specific kind of solar event occurs only every 248 years & offers a gigantic opening for renewal on all levels. It calls for a powerful atmosphere-cleansing ceremony where goodies are offered into the fire accompanied by mutual chanting of ancient power charged mantras. The ceremony creates a mighty energy field that reaches far across the lands & high into the skies & effectively clears away all negative forces... it also transports all participants to a heightened state of being since Mantras carry greatest powers of clearing, of healing, of elevating, of connecting to our eternal soul essence – aaah! So we take our time to simmer in this wonderfully elevated energy & savor the refreshing effect on body & mind, soul & Spirit. Finally, individually we call in the internal powers we each intend to embody going forward – around the circle. Still bathing in the energies that begin to unfold over the coming months & absorb them deeply IN! Spontaneous expressions of what's moving us arise – in

dance, through music, songs, a poem, an acrobatic eruption, breakout of a new chant.....

After the ceremonial fire has burnt down we all move on to our circular bench for an informal sharing round of whatever is now moving our hearts as those mighty cosmic energies are landing. Deep silent joy abounds, the divine treasures of truth-telling enrich & expand our hearts as it deepens our loving understanding of each other & a tangible **ONENESS** & unity that vibrates in & through us all. Fatma & Feline had joined us & even Amanda, our GranMa chicken found her way to us.... Finally we chant our **GRATITUDE** out into the cosmic canopy above, then dim our voices down to receive a response...???

Oh - what a blessed & special day! Big bear hugs make the round in so much genuine connectedness - aaah, gratitude. We are drenched in pure **BLISS!**

The Children some more

Today I bring attention to our greatest treasure: the children! Khalil Gibran (The Prophet) says: your children are **NOT YOUR** children...they come through you, but not from you...! In my time of living in a traditional African

village | observed just how this is naturally practised. | never witnessed even a trace of emotional attachment between mother & child that is so rampant in White Western Society. Children are welcomed with great joy, they are ceremonially presented to Nature, to Cosmos as well as to their village community. They are flooded with well wishing dances & songs. It is truly made sure they are introduced to all their kin & multiple connections in the vast array of life. They are nurtured with breast milk until that naturally ends. Once they stand & walk they naturally join the other children. The older children quite naturally care for their wellbeing (especially the girls) & guide them into life so naturally. No quarrelling, no screaming drama ~ all are ONE. Amazing! And no directive, verbal “education” by adults! Can one even imagine this?? No adult imposes their own thoughts upon the children ~ I daresay: this is great respect to the newcomers that come from the future!!! So, children are welcomed as natural part of the web of life, the continuum, that supports & nurtures ALL! So that is what we are open to explore: how to tie such a web? Ask spider people! GrandMa spider brings forth a thread from her inside, a very durable thread, & weaves it around in circular fashion to a stunning harmonious design. So she starts out with an effective internal technology. How could we implement such kind of internal technology in our little

community? My take: we need beware & understand how our own intrinsic space is configured & best utilized to weave a sustaining web for all. This spells: Self knowledge, Self care, Self love first, all else follows suit effortlessly, naturally. Full unconditional acceptance of all life & ongoing mutual nurturing throughout that solid web is what we commit ourselves to at “Atartum - Seeds of Peace” village. Our Medicines are:

1. being embedded in Mother Nature & Her wise ways,
2. cultivating daily our umbilical cord connection to SPIRIT – the Cosmic Creating Big Mind, by the practice of ZaZen meditation. These bonds are firmly established in all of us!

A day of Healing & an outing adventure...

A radiantly shiny day wakes me early, I deliciously stretch body temple in all directions, raise my heart up to CosMa in gratitude, dance to the bathroom, smile to the lovely face smiling back at me in the mirror while performing facial antics. I wash & brush, then spontaneously jump into my bathing suit & rush off to the pool to jump in & lay on my back & sail along effortlessly... touching that deep blue with my gaze, imaging the boundless expanse beyond it – woah, my world

is vaaaast! Joy floods me head to feet as I yield to the water below – cosily home in all this. I could lie here forever .... high above I spot a few falcon & watch as they drill their flight higher & higher up, sailing steadily on the thermic dynamics, wings spread out wide. Majestic presences they are! Love them! I too spread my wings & sail ... both unified essence & form of LIVE ... Bliss!

And splash – here comes Rebecca to join me. She dives down below me, emerges behind my head, takes my neck in hands & ever so tenderly pulls me along... I let go completely now & surrender to the flow....aaahaaah, round & around the pool! Never stop! I come to as I feel her lips softly on my forehead. I wrap my arms around her, she flips me over & we stand gazing into each others soul depth... a loooooong chain of bliss pearls pour over me & I N on this precious day! Yes! Ease & Grace – that's life in Love! Becca now pulls me out of the water, wait! I need stretch up once again to greet & thank CosMa with arms raised wide towards Her Omnibeing.....she, Becca – nudges me on to direct our bouncy gait towards the children's compound, to the enclosure of chickens, to where the mama chicks are

hatching – oh, & I see, some eggshells are broken & tiny little chicks are peeping out a little surprised looking... me too am surprised, no really in awe at how these tiny creatures come out so impeccably perfect! Slowly we break away from the chicken shack as the sound of the breakfast bell rings in our ears & we realize how ravenously hungry we are! I pass by my house to change clothes & then run to greet the family with blissful bear hugs all around ...mh, smell of fresh bread! Happy day!

Yes, we all feel it: today is a JOY day & we decide to add more to it by taking a ride to Hot Springs. Some picnic is packed for the day & for dinner we will stopover at a restaurant where all produce is fresh, natural, delicious...but before we leave we make sure that our tasks are well completed.

After everything is done & picnic packed we load all into our microbus & take off on the 1 hour ride to Alhama de Granada Hot Springs. On the way google shares me about a spectacular desert called GORAFE, with a small town bearing the same name. Anyone for exploring desert? Yieeey! Wonderful! So we can combine all: picnic, explore

& discover desert country, hot springs & eat out, perhaps even spend the night in one of the cave dwellings – wow! We all get excited in anticipation of so many unexpected adventures! Simultaneously we enjoy the varying landscapes sliding by. Andalus is extraordinary!

We're all for targeting Gorafe, the mysterious desert plain first & then see from there. Exploring new territory, unknown spaces... oh, how we all love it: surprises & wonders, learning & expanding, big eyed awe! This life so rich! The children in us adults are as excited as the little people among us! I share what google discloses about the desert: there are red & orange colored mountains – Los Colorados – revealing earth's past... We will enjoy the colors as well as the deep stillness of desert. Looks like we will enjoy our picnic right there. Or perhaps rather at the Geodesico, the highest elevation view point from where we overlook the entire desert & adjacent mountain ranges all around. We'll surely visit both spots! And for sure also Los Filetas del Diablo, google says it reminds of Gran Canyon in U.S. & the desert of Jordan... Wow – so much to experience! We are sure to savor every moment of this

outer & inner exploration! Spend silent times together in spots that invite for it. Rest deeply in that vast open spaciousness that desert offers! Meet Big Cosmic Mind - breath to breath! Naked soul to naked soil. Imbibing deeply earthen energies. Such are moments worth living for! Forgetting all about picnic here, about time! Mind void & naturally illumined!

Eventually though, children do feel hunger! So - reluctantly we direct our "camel" away from the silent "wasteland" to Gorafe village to discover their special foods. Anticipating the taste of Gazpacho or Salmorejo, regional tapas & definitely Espetos, grilled sardenes & Tocino de Cielo, the non-meat heavenly bacon...! We add our picnic to the table & for sure we will need a digestive stroll through Gorafe to visit the various handicraft places! We take our time to admire the creative crafters at their wonderful handcraft, love the varied oddly shaped pottery, colourful wicker chairs, more wickerworks & of course the maurean leatherworks, altogether rich ancient traditional crafts & arts. SunRa is now slowly turning towards the

horizon...still time to soak in the hot springs? Ok, for a short while yes, lets!

But after spending our day in the hot, dry desert air, we change plans & choose to rather dip into a lake near the town of Freila, called Negratin Reservoir & cool off our heat-charged body temples. Being in that water feels wonderfully refreshing & we savor this experience of swimming in a large body of water – splish-splashing about playfully like dolphins do – until we are somewhat saturated. We hop into our clothes to head home fulfilled & satisfied with today's many impressions & adventures. Spending a night in the caves remains for another time. On the way no one volunteers to prepare dinner at home, so we stop over at a bodega for tapas snacking & in addition have some more packed for home later in the evening... On the last stretch home some eyes are drooping to close into blissful rest...as our driver tirelessly directs our “camel” home to “Atartum - Seeds of Peace”. Spotting our little village always arouses joy in our hearts – home sweet home & here come Fatma, Feline & Amanda to gift us a merry welcome!

## Celebration time again..

Spring is enchanting us, more & more each & every day, with so much delightful fresh green bursting forth wherever the eye falls – is challenging us by its wild unpredictable turns in weather conditions as in: be prepared for All! What an auspicious energy it is whipping up, raising creative thoughts to actions. And so the idea of creating a festive gathering with our good neighbors in the village, to celebrate life together in our Spirit, gently sets a soul storming in motion, kids are ignited, both kinds.... So, what IS the essence of our Spirit???

How best do we share it? The ignition turns within towards wise inspiration... we blend our thought forms together with our feelings & with one another's. This is not about furnishing a typical 1.May party. The time around May 1<sup>st</sup> has been celebrated in many ancient cultures, originally in matriarchal times as one of the 8 festivals of the Goddess, in the wheel of the year – festivals that were rooted in the knowing of the yearly cycles of Nature, of Earth. May 1<sup>st</sup> indicates the time of spring renewal & it is half time between the spring equinox & the summer solstice, which are two tangible points of cyclic changes on Earth.

Delving into the past, various forms of celebration are offered for our consideration. We choose which ones resonate with us: wash our faces with the morning dew; wear pure white clothes symbolizing the fresh pure beginning that spring offers; weave simple flower wreaths to crown our female heads with, as well as those of our female guests; create a path of glowing coal for a fire walk to test our fearlessness & power of thought; create a stick dance between female & male youths; create a water ceremony as a ritual of fertility; share a meal all together seated in a large circular round on the grass, served by the children & youths; have fun by doing sack races, poetry slams, little plays & whatever else will arise in our heartfelt thoughts... finally we stand in circle, hold our hands & songs of gratitude for all the beauty & love we generated together with all nature beings & human beings in such unified harmony & joy rise up up up & include the entire cosmos... what an auspicious day it promises to be, & it has already begun NOW! For our feelings engender more & more streams of information.....

## Bliss day alone..

On this new day I wake early – SunRa has not yet climbed the grand summits of the Sierra Nevada .... but a radiant sky promises a noteworthy reception of His majestic appearance! Body Temple enjoys thorough stretches in all directions, rolls out of cosy bed, is wrapped in a woollen poncho, bare feet delightfully step into moist grass – gently & consciously connecting to EarthMa's skin below, receiving Her precious kisses into the feet, breathing it all the way up the legs, the pelvis, sacrum, spine into neck & head & inner brain glands. Arms rise up, inviting cosmic streams of energy, of light, straight down into the same brain centres – the energies merge & spiral in both directions, igniting an intense unifying dance streaming through my entire being – expanding, expanding, ever expanding WHO I AM..... little meek “me” merged into the ALL! Heart swallowed head! Feeling the gigantic cosmic symphony vibrate & activate every cell & atom. Individual identity implodes. Effortless surrender. Witness, go!.....

Finding body temple lying in the grass, SunRa's warm beams lovingly caressing it, bringing witness right back here now! Body temple rolls around, | ground back IN, absorb the sweet ecstatic morning twitter of the bird people, savor the scents of so many varieties of blooms & blossoms the wind carries over right into the brain centre... & gaze into the blue depths above – in gratitude, blissful gratitude for life AS IT IS!

Beginning to wonder about life in our village now | recall that this day all the family decided to spend on the beach – so this day is all mine alone in our little paradise! | throw off all artificial skin & dive right in to the pool – aah delight! Singing the water song as | feel water bless body ever so tenderly on every inch of skin – aaah! SunRa adds His warming fire & |'m in a heaven – aah...slow slow, take it all in, deeeeeply deeply IN! Body temple truly IS most intimate receiver & carrier of a myriad of information & connection, once mind taps into Big Mind, Cosmic Mind by bringing heart on board! Water – love you! Before | grow finns | bring body temple to veery slooowly stir towards the steps, step out only to now roll around in the warm grass,

voluptuously    kisshugging    EarthMa    Etinea  
beneath...turning over to receive SunRa`s hot love all over!  
Inspiring all this deeeep IN, nurturing Self to saturation ~  
aaah! Feeling energy stirring...! And a mighty wave of cosmic  
bliss tsunamically streams through my entire Being ~ aaah!  
A    field    of    pure    light    |  
AM!.....

Eventually I reach for the poncho, cover my naked skin &  
watch myself gracefully dance still entranced through the  
garden to my home for an extended shower, throw over a  
dress, a towel around my wet hair & back out again. I pick an  
apple from the kitchen table & stroll over to the edge of our  
village where we hung up a large hammock. It`s all mine today  
so I nestle in & let my gaze travel the entire length of most  
gorgeous views ~ of distant mountain tops towering, the  
softer hills nearby & the lake down below, all beautifully  
emphasised by the radiant deep blue sky & SunRa King of  
the World on His throne... the present moment ... bliss some  
more ~ eternity opens Her door!!! GRATITUDE!

Could I introduce these experiences of bliss to all the family  
together? Would be a wonderful experiment & experience.

Shush, mind! Letting body temple lead | witness feet walk to “ground zero” of “Atartum - Seeds of Peace”, the central point where the first tree was planted – a strong young sapling of an apple tree – centre of paradise... asking for a heart-to-heart-hug here now! Left ear to its trunk it whispers its gratitude – its promise & | return both, heart-to-heart. Feet take me to three fig youths already bearing tiny figs in promise of paradisaical delicacies in August.

And so – meandering through this lush green forest garden – mind recalls the elaborate – was it really so elaborate? – process of how it was born & how it still all unfolds, step by small trusting step forward, out of the thin air of heart-thought into this physical reality that appears so tangible ... & yet its just a dream???... Who still insists that life is not miraculous??! | for one feel deeply moved as | realize that all this abundant beauty around me originates from my heart dream – | feel deeply fulfilled, ya overflowing with pure joy – expanding, pouring love from my heart near to bursting, blooming wide open in unspeakable bliss.... what more to create so the bliss would spread contagiously ??? Ya, it actually does take quite some sincere elaboration, planning,

calculating - & then easily entering a flow, flow of intuition & surprising "coincidences" as things come together in accordance - to turn out completely coherent...beyond the anticipated outcome, far beyond. Completely aligned, in accord with CosMa's design! Generating nothing but pure joy to every heart that partakes & perceives our Garden of Eden! GRATITUDE!

There is a someone who secretly synchronizes all & everything into place - an invisible power capable of moving a swarm of birds or fish in perfect harmony through space or water... as well as boundless multiverses that keep expanding ever vaster ... Wow!

### Love of Nature

From the very onset of life I realized that I had great love, admiration & veneration for Nature in general, but for the incredibly diverse world of plants in particular, because of the boundless benefits we human beings derive from the plant world. Plants heal us even as we just only admire their beauty, their nurturing appeasing GREEN, the rich diverse gracious colors & geometrical shapes of flowers &

blooms that meet our keenly observing & delighted eye... do I really need remind anyone of the sheer endless list of medicinal & healing properties held for but all & any minor & major illness & dis-ease befalling humans when they slip out of harmony through their choice of life style? As for the scents, fragrances, aromas... to enter & inform our brain ducts into harmony & wonder... & the pollen that nurture us subtly...

Stumbling across a Briton online, who has created a forest garden planting 500 different species of trees, shrubs, herbs, flowers etc., I pick up much good guidance from him & set out to also go for a forest garden rather than a pure permaculture type garden, or perhaps a good mix of both. I'm experimenting... In creating a forest garden he managed to create an entire dense green landscape, as magical & enchanting one could imagine - & a farmaceutical apothecary serving multiple purposes! A paradise garden where elves & trolls & gnomes love to roam... Findhorn comes to mind!

The challenge lies in creating this forest garden landscape while blending in human shelters that harmonize completely

with the magic of the forest. Hmm, I love such creative challenges! So tomorrow I shall endeavour to tentatively design such a natural synergy – on patient paper to begin with...

### More creating...

As now the days are slowly warming up & I envision the summer heat arriving sooner or later, I find myself reflecting on how & where to create a space for us to spend the nights under the star studded sky! A wooden platform? On the roof of a house? On the grassy patch around the pool surrounded by lemongrass to keep the mosquitos at bay? Yes, that`s the right spot. We will enjoy the sight of luna`s image on waters` surface. And the twinkle of a trillion stars sparkling... night breeze will cool our bodies, our dreams will be cosmic & the stillness pregnant with soothing hum of galactic beings floating about... Can`t wait to try it. Tonight is test night!

As far as right now I take great pleasure in meandering around our land in joy filled admiration & sensuous cherishing of all the many beings in the forest garden & their

abundant display of color & shape, scent, odor & fragrance, the various feel of touching stems & leaves, branches & fruit... bubbling life everywhere... beetles & butterflies, birds & insects, squirrels, mice – fairies... I love to sit in special hammock spots & in gentle a whisper call forth these “invisibles” to reveal themselves & honor me with an encounter, a chat? Ever so subtly they make an appearance, mockingly so, pulling my hair, squeezing my foot, I sense their vibrations, attune my own, get quiet, receptive, heart open so wide..... so good to sense they`re around! Slowly, gently I eventually rise & direct my steps towards the fishpond – love to watch them, tickle their noses with a blade of grass... & they are playing with me.... what a delight to live with all these wonderful, beautiful creatures. A new exploration journey altogether! GRATITUDE! They teach us humans sooo much about ourselves. We need their proximity so we can heal ourselves home... & widen our bleeding hearts some more!

### Inter-Being

Our family – those living in “Atartum - Seeds of Peace” permanently – including myself – are travelling this healing

journey together ~ mindfully, compassionately, fully PRESENT, available, ever honestly expressing our true feelings ~ authentically, in Ahimsa! We experience: when one of us is out of alignment, all of us are affected, all life in ASoP in fact, & so we call in an assembly. We gather the afflicted in our midst & gently tone their soul song to them. Perhaps we hold their body, or gift them fresh energy by placing all our hands upon their body... allowing, inviting their emotions to erupt. We clear their body with healing herbs & smudge some sage over it ... & sing their soul song ... whatever is called for in any instance & case. Finally we form a circle holding our hands & the being in our midst, call out their name in joy & they might come around sharing hugs ~ gratitude & forgiveness vibrations are balm to everyone`s wounds. This is one of various ways it could play out as we don`t follow protocol but rather our intuition! We end the circle when the hurt subsides, energies vibrate again all around, animals are happy, flowers beam, storm died down, Ra wears His Golden Crown! Aren`t we blessed!

This our little village is designed & intended as a Healing Sanctuary to all who enter our welcoming gate. We all

constantly receive healing vibes here & we cultivate within us that open space of our heart centre where our goodness resides, it is seeded there & guides us to gift the very best of ourselves, to ourselves & around the entire circle of life here. **ONENESS** is eternal truth, & we are walking home to It collectively now! Those coming to visit, as guests, for events, for sessions or teachings are welcome to share time, adhering to our rule of **AHIMSA** – non violence in word & action, which means also to live vegetarian/vegan/non meat = honor all life! We are far from perfect but this rule is binding to us all! This our sanctuary is a refuge for all of us, every day, every moment. There are challenges for us, having escaped the abusive matrix inhumane design by choice. We all bring traumatic imprints from these experiences. We chose this life in the heart of Nature & experience how it helps us transform to what we naturally are & **HAVE NEVER NOT BEEN!!!** All the artificial extras & superficial add-ons, the internal conflicts, relentless questions, doubts, limitations – everything resolves & dissolves in our simple down-to-earth everyday miraculous lives we witness &

experience, are a part of. Peace, joy & love are more & more constants as we unfold much as all nature life does... organically. We talk less & less as we create & expand our latent faculties more & more. Intuition is queen here & brings back our claires & telepathic communication skills with animals, plants, trees & fairy beings, ET's are also most welcome to find us here!!!

Another tenet that's vital to foster trust in each other is our commitment to communicate straight forward & honest, truthful, transparent. This is the way to be protection to each other, to hold each other's backs & of course also to raise our children. It absolutely minimizes conflicts, revealing one's truth in all affairs, as well as develops respect for our individual differences & for our integrity, dignity, uniqueness & accountability. Our children are equally respected & heard, as their upbringing here prevents them from any form of brainwash = untruths. That is why we grant them their own space free from the danger of adult directive domination & yet held in our protective benevolent presence for & with them. Actually, we are constantly exploring our natural way of living together, learning & growing together,

always sharing our insights & findings, whether we go trekking, to the beach, roaming desert or the market & in our little paradise. Children are free to explore the forest garden & it is them that keep surprising us with their findings, informations, adventures & insights! They are not in any way harmed & thus they harm no living being. Our lovely space, all of it, is vibrant with love & full appreciation, it is so rich an experience that we wonder: how could we ever NOT live like this for soooo long???! We all feel truly blessed with this our choice of life. And we all rejoice in welcoming any guests & visitors here, to share our paradise & inspire them to do likewise. We have joined an international network of those who love this level of personal freedom, self determination, self sustenance, no one here hankers after city life design, neither for all the “goods” to be consumed & forms of entertainment that the old design offered – much to the general decline of cultural excellence, as we knew it soo long ago... Here we build up a fresh culture based on living Harmony with nature & all of life! We do use the benefits of modern technologies like cars & computers, washing machines etc. as far as useful &

needed, & mindfully so! Mindfully inclusive! Harmoniously,  
in wise balance & moderation! LIFE is WONDERS  
full!

We do reject the LGBTQ agenda as it is against nature  
while we respect everyone`s freedom (?) of choice.

Mayday is arriving!

Wow yes, tonight is the night the witches fly...into May 1.,  
the half way celebration between Equinox & Solstice. We  
decree to spend the night out, around a fire, sharing stories,  
of ourselves & of ancient times & how different life was  
then... once the fire has transformed into silently glowing  
coal we turn our gaze up to observe life in the deep dark  
boundless space above. Study the stars & their  
constellations, check for witches flying their broomsticks or  
Sindbad on his flying carpet? Or ET`s in their  
spaceships or shooting stars = meteors entering the  
atmosphere. We expand our hearing to catch some cosmic  
sounds... we have been so negligent of other life forms for so  
long, now we can extend our perceptive faculties to perceive  
beings long forgotten... As we shift out of age long

lockdown on E tinea, so much comes to surface back into our lives... out of unlocked memories & tabu hidden spaces. The veil between worlds is thinning, for the single truth of ONENESS to be more & more tangible, ya REAL! I experience mixed feelings upon anticipating who all will emerge, even though they say EarthMa is being thoroughly cleansed of all evil - & the dinosaurs are high vibe beings... so I learn that there are some contaminated stories still roaming my unconscious. We had been fed tons of outright lies for a very long time, especially in the western world! Who in their right mind could possibly buy into how early humans called neanderthalers were depicted??? These are the kinds of topics we weave dialogues about between us all, sitting in the deep dark of night. Then we bring ourselves back to the truth of the ONE entirely benevolent intelligent BEING, the DAO, that brings forth these boundless multiverses for us all to enjoy & to navigate the dual nature of it all & learn to ride the waves of cosmic LOVE - AGAPE!

“Heaven does nothing: its non-doing is its serenity. Earth does nothing: her non-doing is her rest. From the union of

these two non-doings all actions proceed, all things are made.” “Heaven & Earth do nothing – yet there is nothing they do not do.” (The Way of Chuang Tzu, page 102).

All the manifested world is seeded in a thought in the Cosmic HeartMind. Likewise all that we humans create is born in our heartminds, by our desires & aspirations. So: much as we need be mindful of what we put into our mouths, we must be even more vigilant as to what thoughts we entertain in our minds – but especially in our unconscious thought currents! Here it gives us much joy to feed our own & each others minds with true & pure & creative & loving thoughts – thus weeding out age old untruths & habits that do not serve us – & it is our challenge to enter into a flow of synchronicities with all creative forces & to re - member higher spiritual faculties & technologies that make our lives toil-less & simply divine. For that we care to raise our frequencies through meditation & stillness, chanting, humming & drumming, music & dance, poetry & stories, being intentionally mindful in how we use words... All of these are almost daily endeavours we enjoy while we take care of the needs of our animal & plant people, which also greatly

benefits & expands us & gifts us peace & joy = higher vibrations. Oh what a bless is this simple life ~ GRATITUDE lives with us 24/7. Peace, serenity, freedom to BEEEEE!

Mayday first we celebrate with our local neighbors as described above & we generate sooo much joy & laughter as well as profound experiences that create sweet human connections in the days to come...

### Kidsvillage

Waking to yet another day radiant with Ra`s unparalleled light, my heart is already filled with joy to the brim.....nothing troubling in my mind, I feel vibrant, exuberant, elated, full to overflowing...feel inspired to share this energy around...so I jump under shower, dress & see where my feet carry me...my heart senses it & lo & behold I do find myself in the children`s compound & wheee what joy meets me, & so much genuine love!!! Children ~ such treasures they are, deserving our keen attention to what each of them carry, to add to what is already here! They are our arrows into the future as they come from the future & guide us along, into

it...& what a future it is becoming! The children coax forth our memory of paradise! I feel it so alive within me even NOW – never forgot – am I blessed?! So what emerges from our synchronized encounter here? The animals are centrepiece, first & foremost Fatma, the lady donkey! She`s taking each one of them for a ride around the compound – very happily so, expressing her joy with her ecstatic iha iha iha music! She is completely attuned to the children & extra gentle when carrying the smaller ones, with an older one guiding the little body & Fatma trotting along easy. It is wonderful to observe a natural friendship & interaction of all of them together: donkey, cats, chickens & ducks, birds, squirrels & even the goats, all are hanging out together in unison. I am wondering aloud how the goats are not indulging all the plants living in the compound, the explanation given is: we asked them not to do that & promised to feed them opulently in their own enclosure. Children know how to communicate with the animal world & they guide us “adults” how to do so! Such fun!

I enjoy spending time in kidsvillage, its full of life, I learn so much, we have most wonderful dialogues exploring

interesting things, & just being with them is greatly enriching in so many ways! It is pure joy multiplied!!!! Rebecca grabs my hand & pulls me to the vegi part of the forest garden. She wants to create a herbal salad for the children. Off we go. On the way she tells me that the kids love Fatma & they want a horse, too! Or a Unicorn, a white one! So, we collect & concoct that amazing herbalad & enjoy it thoroughly. Then Becca & I walk over to the office, open a computer & explore the purchase of a horse online. Becca is well versed on pc & soon she has found a beautiful young white mare, we check where she lives & what's her prize. We need consult our accounts wizard, who isn't around right now. Meanwhile we search further for horse stables in our vicinity so we could travel around & take a look rather than buying life online ~ that feels rather odd... we agree to keep our plan secret as yet! We both hopskip along ~ happy as we are, looking forward & fantasising what other animals we'd love in our family....I would love a snow white peacock pair. Becca wants a white owl, the smaller kids had been asking for white rabbits ~ hm, we'll soon be a zoo! Wouldn't that be great! We'd have lion cubs, baby elephants, falcon,

cranes, all white of course! Wolves, bears, anything amiss?? Our neighbors would seriously start wondering about us! So, for the time being, lets go step by small moderate step! But: what fun it is to dream without limits!!! And I'm still dreaming about Sindbad`s flying carpet!

### Hot Springs are calling

This new day is greeting us with clouds, some patches of blue & a cool breeze blowing. I feel like soaking in hot springs today & I find enthusiastic company for this. We complete our tasks, grab a bite of breakfast from our nature "market" (our garden) & hop into our microbus to head for the nearest hot spring spot, very natural & no fees... animals attempt to hop on as well so we gently guide them back to their enclosures lest we won`t find any green left upon returning!!! We promise to bring them some extras on our way coming & peace is restored! So finally we head to tiny Santa Fe to a lovely natural spot where hot hot (38°) water bubbles up in a small pond. Here we can go naked & soak till all tension has melted away (if there was any left at all..). Now all I want is a Shirodhara oil drip on my 3<sup>rd</sup> eye – aaahh – never stop!!! Dreaming`s allowed! I imagine it! Anyhow,

the water is so hot that we can't stay in all that long. So we dry up, cuddle into our warm clothes & explore the area taking a lazy stroll around ~ open to find new plants & collect seeds to plant at home & add to our extended family after studying their benefits online. There are many shrubs & bushes unknown to us. We pluck some for our animals as promised. Slowly we file back into the bus & our driver takes us on a loop di loop roundabout tour along scenic drives & we enjoy! After some looping we go for tapas on the road & dig in while sitting in the open, enjoying SunRa who decided to come out from behind the clouds by now. Life is oh so good! We're all so laid back & relaxed, no tonus left, & just follow along gracefully & gratefully, chanting in unison on our way back to ATARTUM village, open & fluidly flowing with life's every moment of NOW! Knowing that 'life never fails us'!

### A Secret revealed

I have a project sitting in the rear of mind, since long. It pushes forward with might & I sense it needs be expressed, revealed....& so I call for assembly on our circular bench to open the topic to the family: I envision a large field of

HEMP on our land! Some jubilation as well as some blank ignorant facial expressions are asking for more information. I've done my homework since soooo long! So here goes: Hemp is one of those plants that are most versatile & useful for nature as well as us humans! This plant can feed us, heal us, dress us, house us & so much more ~ as though that weren't enough! It is a majestic plant of a very green beauty, bestowed with most astounding numbers of properties. This plant growing on our land will teach us countless new skills & lessons! And it will challenge us ~ I am loving it!

Here is what industrial Hemp (the kind that contains none of the psychoactive components) is capable of:

1. it is the world's most nutritious food for Man & animal:  
best of all oils, even milk, true powerseeds
2. it renders fast growing yields (4 months) 2x yearly
3. purifies & regenerates (removes heavy metals & radioactive toxins), in the soil & environment
4. ideal carbon sink
5. a sorely needed bioplastic ~ stronger & stiffer than plastic
6. wonderful building material ~ hempcrete: water, lime & hemp, replaces wood in flooring, roofing, insulation etc...

7. automobile manufacturing & hemp biofuel – alternative to steel!!!
  8. strong, sustainable paper alternative
  9. zero waste
  10. pest resistant!
  11. creates everlasting clothes
  12. bees just love it, are irresistibly attracted to it...
- What a list! What a supreme blessing!

So – in short again: hemp provides us with super oil, power seeds, even milk for eating & healing; fibre to spin & weave into cloth, turn to rope. We can create our own everlasting country fashion! And I see it creating a dense fence around our little paradise. It is truly multi useful & gives us best energy vibes all around... So – let`s hear your response y`all! Can`t wait to stroll through the tall fellows in gratitude for their boundless yields on all levels! I feel this plant will provide our sustenance for long decades!!!

### An ideal day???

Today, upon waking, pain is felt in body temple. Every move hurts. Hm, how will this transform into an ideal day? I breathe deeply, relax body in to the pain, let it be there, pay

attention to it as lovingly as I can. Monkey goes wondering: “what`s this?”, “why?”, “fix it!” blablabla..! Heart beats ~ breath breathes, all is well, here ~ now ~ present. Nothing to do, nowhere to go. Knock knock & in comes Becca, checking in on me, sweetheart, she felt me! She sits down on the bed, holds my hand & gifts me a huuuge sweet-as-honey smile. I sense she`s tapping into my energy.....places her warm hands upon my lower back-hip area. I follow her train of thoughts, silently she is commanding the cells to reset to original perfect coherence & smooth function. Willingly yielding, I feel an ever subtle buzz in body temple, feel energy move in hip girdle...in lower back...Becca now gently slides her hands down my legs to my feet, takes my feet into her hands by the heels & as I feel energy meeting her hands she begins to stroke the feet down to the tips of the toes several times in slow gentle motion.... Finally, she again holds the heels & gives the legs a good gentle shake to the sides & around, shaking energy loose, removing density some more. Bless her! She returns to me now, gaze to gaze, hand in hand & another heart touching smile shines down on me. I sense that relief happened as I gently move body some.

Her words affirm that, yes, my face is serene & vibrant again. What do I wish to eat? I trust her choice & off she gallops to return after mere minutes with a whole tray loaded with goodies from the garden: our super food of crushed hemp seed, & I take my pick of paradise fruit: sweet cherry tomatoes, olives, baby cucumbers, all dipped into a delicious spicy hummus dip enriched with a mix of fresh herbs. Radish, green peppers, some lettuce leaves follow & a banana for dessert – yum! Simply heavenly – & it all slides down with a glass of our fresh spring water – aaah! Shared in our sisterly union the taste quality doubles! Am I ready now to jumpstart the day? Gently gently I slide out of bed, stand up tall, stretch in all directions & yes, am feeling great! My ideal day has arrived! Now what more does it hold in store?

As Becca takes the looted tray to the kitchen I take my time under a comforting hot shower, feel into how flexible body temple is & top it all up with a deep hemp oil massage of hips & legs & back comes Becca & I receive a wonderful deep tissue massage on my entire back, from neck to butt – aaah! I hear myself purr like a cat! Yet – as all sorrow finds its end so does all delight, we share a true heart to heart hug

right into ONE LOVE, savor an eye-to-eye hug & both know that we have known each other forever, yes, forever! And that's a very long time! As I dress up now, my gaze goes back to her & I feel a powerful impulse arise in me. "Come!" I grab her hand & gently pull her along to follow me into the Grand Love Hall. I close the door behind us & walk to where the instruments live, open its doors & we get pillows to settle down in front of the instruments. Pen & paper in hand, again I tie my gaze into Becca's & telepathically commune my intent. It IS time we create an image portraying the essence, the inner spirit of "Atartum", as we are growing to live it, here, now. How best to do it? Weave words of poetry, artfully, in a way that touches deep IN to ignite that eternal golden light in all, that moves to tears & arouses a memory, a longing that burns & burns & burns till long forgotten feelings awaken within & stir up a fresh surge of energies urging to express into the world ~ emerging ever so subtly, tenderly to then crescendo into a humming contagion that infects mighty shifts all around... true power comes sneaking in under the skin, crawls along obscure pathways, profoundly affects, ignites courage,

empowerment & the spirit of inner freedom to be who & what you are, & you & you & you, too! Together.....

So the work has begun, Becca & I are set to create a poem, a song, a calling, a chant intending to touch - ATARTUM!!! Are you ready??? Wait till you hear it! And feel it! We experience unknown heights of joy in this process of creating!

Our sounds travel afar, attracting inquisitive inspired souls & soon we`re surrounded by cheerfully clapping & dancing children, animals & some big children, too. Happiness & joy abound here now as we found our song, hey ho! This song is to travel along our lives to ignite that fire in all those subtle channels that are open & free of old dust! And so - spontaneously - this turns out to be a happy music day of far reaching consequences. The song experiences various enriching add-ons & variations: verses & voices & sounds - wow. And the dance movements! One of our technical cracks shoots a video to post on our website. Finally arrives the moment to wrap up, we form a tight circle, hands on each other`s backs, body to body, eyes touching in, soul to soul. GRATITUDE!

Shifting Humanities consciousness in progress, in our present (2025) global chaos many find an opening to re-design their lives. Outer out-grown & dysfunctional structures crumble to pieces, the ruling elite is finally being unmasked, We the People are beginning to rise & attempt to live our lives from our hearts to our hearts design, contentment & fulfilment. We the People take back our divinely gifted freedom to choose afresh how it pleases US to live a HUmane life on precious Gaia jewel! HALLELUJA! For We are ONE!!!

And now its time for food! We tidy up & roam out to our living super supermarket & deliver our rich harvest to the kitchen table to celebrate more gratitude. A happy life is soooo simple! And what a meal it turns out to be. During warm season we hardly cook, just munch all that green freshness to alchemise into our sweet & peaceful vibes!

### A rainy day

Today we receive the blessing of a slow rain dripping down lazily, drop by drop! So, we assemble in the GLhall, those who are in for it, to dive in to study. Study what? About

nature? About Geometry? Psychology? Biology, Anatomy? Numbers & Maths? Art? History/herstory? Watch a film & share our insights? Haa, who would have thought it? The latter catches much applause! And someone calls for "Kiriku" & all chip in. So - technology is set, we all settle in to our pillows or chairs & the show begins. Film on & lets enjoy! "Kiriku & the Sorceress" is based upon a Westafrican tale, was born in 1998 as a French animation film with music by Youssou N`Dour & turned out to be popular throughout all generations, globally! So, find yourself in a traditional African village - but more I won't disclose...

We enjoy thoroughly & absorb the depths of meaning behind the scenes witnessed, till the end. Then - letting go of inner tension we move about & release both tension & laughter, mimicking an actor, a scene & finally come together on our pillow circle for exploring, sharing, questing... there is sooo much to reflect upon & we relive many a scene & the emotions perceived - so much fun & laughter, so much learning occurs, insights & suggestions, comments & humour & by & by saturation happens, quietude, gratitude for this

wonderful “school” day for us all!      HUNGRY!!!

And we race to the garden, receive our blessed food directly from the rich pure soil & in the kitchen spread all the abundance in a lovely mandalic design on the table on some leaves laid out ~ ya! Beauty to the eye benefits the assimilation! Blessed food for blessed HUmans! All is well! And right back to the hall for music... Let the sunshine rise from our happy hearts! Today we attempt to compose a fuller, more expanded version of “our” Atartum song by joining more instruments, refining the composition! Yieeey!

Music ~ all creation vibrates as it, every creature sings its song, music calls forth all of life, music touches every heart! All vibration carries information, all the universe is a giant field of information. Our human feelings/emotions/thoughts carry information ~ another www thicket!

### Exploring L.O.V.E.

Today, on this auspicious new moon day plus a stellium, all in Gemini, a thought emerges suggesting to investigate once again into what we call L.O.V.E.: how does it feel, how

does it manifest, what's its texture, its vibrancy, frequency & where does it live in us HUmans???? I found myself deeply inspired by the fresh memories of the Siberian recluse Anastasia about our ways of life in the distant days of a long gone past. (read book 8.2 by Wladimir Megre of the "Ringing Cedars of Russia" series titled "Rites of Love").

What's the science of it??? Immediately the revealing work of Dr. Masaru Emoto comes to mind ("Hidden Messages in Water", 2004). His plain discoveries involving water & how it absorbs information & expresses them in geometric shapes more or less harmoniously, depending upon the quality of the information it received. This is of course highly significant for us humans, as our bodies consist to around 80-90% of water. This clearly suggests that we humans are equally prone to 1. absorb information & 2. this information shapes us & our lives. So the quality of information we imbibe evidently determines the quality of our individual & collective configuration & life experience, & we bring in our own portfolio of information from previous incarnations...

The universe is actually a gigantic, ever expanding field of L.O.V.E. – the Cosmic Mother – Anaconda Cosmica. ALL – but ALL life forms, including HUmans, are inseparably embedded in this ever unfolding field of eternal ONENESS – since but ALL life emerges, unfolds out of & returns to it/Her....! Energy & consciousness is Her essence, pervading all that we call matter. Her energy is L.O.V.E. – Her feminine aspect, & consciousness Her masculine part, they say.... separation appears only in language... & in narrow human minds.

This Cosmic Mother is a grand weaver – a spider – who with Her thread of love energy continuously spins forth life from within Her – & in Her boundless wisdom absorbs it back into Herself – in an eternally unfolding process. In this process nothing is ever destroyed or dies, everything is simply transformed, as NEITHER ENERGY NOR LOVE CAN EVER DIE!

Let this image sink into your conscious being all the way now – breathe, feel your body temple ... give this image life in your heart! How does it feel in there? Do you feel

resonance with it? Pay attention to what emerges, what resounds in you.... take notes.

The Divine Mother – let's call Her CosMahaDevi – has created a multidimensional playground for us to explore life, to create life & to enjoy life. To co-create along with Her grand design – AND She has gifted us HUmans the freedom of choice & even created us in Her semblance.

Again: pause, hands on heart, breathe deeply, feel into body temple, bring this image to life in your heart. Take note of what emerges from within!

She created us in Her resemblance – means what??? She is not one of the countless deities that had been created by humans, with individual features & properties. She takes no specific form, so what is meant by our resemblance with Her? The answer to this question has been kept hidden from us for so long that most have zero notion of it anymore. Attempting to describe CosMa what comes to mind is SHE IS MIND! She is Big Cosmic Mind out of which She creates worlds upon universes & galaxies etc. – the spider spinning...!

CosMa enabled HUMAN souls to embody on Planet Earth, a marvellous blue-green jewel in Her vastness, filled with boundless treasures for our enjoyment - & She built in some special features for our exploration, some challenges for us to learn & grow by - a seeming duality of opposing



forces for us to find BALANCE in the heart of those (day-night, dark-light, black-white etc.etc.etc.).

At present, we are shown how some beings' minds had spun quite another kind of narrative & scenario that opposes but ALL Divine design for life to thrive on Gaia. By Divine Grace this scheme was & is being successfully thwarted, is being dismantled, all evil forces are thoroughly exterminated as the destruction of Gaia was certainly not part of CosMa's will.

The nightmare has maneuvered us (& we had complied!) through countless lessons about ourselves, is now helping us to wake up to WHO WE REALLY ARE & is pushing us to unfold our hidden, dormant & intentionally suppressed HUMAN potential to build the life of our sweetest wildest dreams.

Now - information is not confined to the spoken or written word. There is a vast array of information flooding our consciousness constantly from & on all levels of being. We live in fact in a gigantic field of information vibrating on a host of different frequency levels & we are mostly unaware of the majority of the subtle information forming us, especially in our modern world. So the factors which contribute to our human experience are multiple & diverse, complex & now getting more & more complicated by way of our modern technologies, which were meant to make life easier for us but it did not quite turn out that way... but back again to our original quest: L.O.V.E.. What happened to it in the course of time? Presently we live in a time where love is battling for survival | dare say. Inspired & informed by my own life experience & the profound sharings of many a wise-woman & -man plus my own it is the calling of my life to be instrumental in magnetising L.O.V.E. back in to our human lives again. I am absolutely positive that love can never die - it is the very fabric of our existence & lies dormant in each one of us awaiting its resurrection. In our 3 dimensional world of dual forces operating around each other,

L.O.V.E. is predominantly experienced as a positive, affirming energy that yields growth, joy & thriving life. Its opposite is the energy of fear, which contracts, denies, delimits, constricts; is a grossly negative energy - & it is based entirely on lies. While fear has its place in our human experience (does it really???), it has become an instrument of domination, suppression & destruction meant to steal the CosMa - given right to individual freedom of choice from us all as humanity, to serve the selfish greedy & destructive agenda of a minority over the majority - hence the exorbitant suffering we witness at present on our beautiful jewel of EarthMa, including Her Herself. Fear is blown up artificially as a weapon against life itself. Humans had lost access to their higher consciousness as fear had locked down our thinking faculty into cognitive dysfunctionality: we do no longer perceive reality as it is, but as the "elite", the "matrix" makes believe. But - as the pressure mounts we witness an increasing number of people around the globe waking up to our present dire reality & choosing to opt out of what's on offer & finding their own way, guided by that dormant force of L.O.V.E. that lives in us & can never

die. It IS life itself! So I want to explore deeply how I envision our mutual life interrelationally, based upon the tenets I set as our ethical frame, a „code of conduct“ if you will. How do we accomplish to share our lives under such a “tall order”, in our present world? For me: I do not intend to impose upon anyone anything that might obstruct their own free will, or vice versa. Freedom of choice is our CoSMA-given right. For a very long time though, our freedom of choice had been seriously corrupted - & we had complied, which in turn undermined our ability to make free choices - as by then we were free no more. So - as that old game is crumbling, we need to thoroughly cleanse our minds of all the abusive & untrue programing to be able to retune ourselves to our freedom & embrace Grace once again, through our heart & body spaces align to our own Divine Flame of Knowing & follow that deep inner guidance, thus serving the calling of our soul loyally. The freedom of our divinity transmutes us from slavery to Sovereign Masters of Co-Creation - embodying light & love.

Yet there is no automatic button to switch! We are guided to cooperate with the light forces supporting us by revising

the ingrained Self-deprecating ways we had adopted for so long. This is an individual process, then a collective one. In our small community our ethical frame serves as an orientation guide in the process of clearing our mental-emotional fields, reclaiming our sovereign integrity.

I am convinced we reach this integrity by practising merciless honesty & openness, transparency & accountability, non-violence & unity consciousness & the ability to re-pond with maturity in all our interactions & communications. This builds trust & the understanding that thus we support each other, we weave a web that holds us safe & together. Trust in Divine Grace, in one Self & in one another is our solid foundation for building a sustainable future together & serves as fertile soil to build relationships of L.O.V.E. to all of life: all elements of & in nature, the nature kingdoms, every star in the sky, every butterfly, every blade of grass, each drop of water... We come to recognize once again the Sacred Mystery that life IS & its many magical moments that enrich our presence & inform us of multidimensional layers of existence as a whole. To celebrate & welcome ALL that IS – that is the essence

of Atartum to all who come in touch with it! Many hearts, hands & minds collaborating in unison serve as a quickener to mutual healing & higher evolution on all levels. AtarTumTi, ancient Atlantean for “Heaven on Earth”.

Our main principles on our mutual journey:

- individual practise of Self care, Self love, Self response-ability to develop maturity & radical self sufficiency as in: we enter life alone & we exit alone as well. And: together we walk in LOVE!
- understand, groom & honor our homegrown pure food as sacred medicine
- create ceremonies of connection to one another & ALL of life
- mutually practise meditation & pranayama, yoga & QiGong etc. & share our knowledge openly in our circle of learning
- mutual purpose in co ~ creating coherent harmony.....
- nurture a space of love light continuously, attentively

On this fine 9-9-9 day I feel drawn to immerse my being in the heart of nature all-one – speechless – to hearken the silent whisperings from my inner space as well as the gentle pointings from the many nature beings in my wide open receptive presence – here-now. Gratefully I feel deeply the connection, the effortless inter-being, a natural ebb & flow of vibrations so lovingly merging all to a dynamic magical dance... I am all perception, all 74 senses wide open... as I slowly meander through “Atartum”... beaming my admiration, appreciation, my heart felt YES to all beings in this my dream home... I arrive at a group of boulders & feel invited to settle down in their midst & listen to the nearby brooklet murmuring its messages... Settling deep IN while being wide open outside, after some moments of deep relaxing, eyes closed, I begin to sense fine streams of energies – subtle sounds, gentle breezes, delicate fragrances, Mama Gaia’s deep slow heart pulsing, my own making to adapt, feeling the cool boulder below body temple, tuning in to the humming orchestra of bees & crickets & it all informs my still inner space..

Baldur, my ancient guide signals his presence after all this time... I intend to shed whatever has naturally found its end, its completion for me & my life & I yield to the concerted support streaming in from all beings present here – subtly, softly...in this wonderful pregnant stillness – aaah...

So much information streaming through my being... touching in, effecting shifts, alchemising my being... And Gratitude the constant buzz within...aaah.

On this day I reflect upon the internal qualities of the tapestry that we – the community – may weave together. The question: what do we all share in common? imposes itself. So here are some fundamental points that I project as deepest human needs – for those that are awake & aware to our present global process of leaving behind old outgrown limitations for good & embracing a fresh life of Self empowerment, finding our own strengths, expressing them freely, being seen & valued for their uniquely contributing ways to enrich the collective intelligence & spirit of the group, thus guiding & nurturing its

direction. On this platform we are aligning our vision & purpose, individually & collectively, we create solid trustworthy connections & operate from a place of understanding unison, committed to the path we each have chosen, in mutual respect & with great enthusiasm for this auspicious chance...

Thus I foresee that innovation may thrive, ideas are freely exchanged, solutions co-created peacefully. We melt into one cohesive unit! And joy expands.

This path helps us dissolve the ego (that originally never even existed!) & embrace the collective, understanding that yes, we are each powerful individuals, but only together - as one - can we reset this beautiful world!

Our investments of introspection, enthusiasm, patience, trust & loyalty to our commonly chosen path create a fresh sense of belonging in the reality of our fundamental interconnectedness & interdependence. This process will strengthen our individual uniqueness, nurture it to a beautiful gentle & powerful state of sovereign maturity & result in a wonderful

symphony of UNITY! Wow! A swarm of human birds flying in unison...



Gratitude travels with us – step by conscious step!

I`ve been chewing the thought that if we all be-mother each other – would that improve the world we live in? During 1000s of years of patriarchal domination the reputation, status & quality of “MOTHER” have suffered a great deal & this has hugely contributed to the dire predicament we witness in our time on a global scale – I dare say! But let me turn towards more uplifting aspects here & rather create positive vibes. As His Highness the Dalai Lama says: Mother – ideally – is the energy of pure love: nurturing, wholly accepting & grooming the child, thus cultivating a

loving being... for the notion of self hatred there is no word in Tibetan...!

On my meandering journey through various ancient cultures I witnessed some quite varied images of "Mother" reflected. In western ways – in which I grew up – mothering can be smothering – a mother in fear & delusion projecting it on their offspring & thus crippling the child... In West Africa I observed how children are growing up naturally, in peer groups, in a field of boundless faith expressed in a leisurely life mode – in the fresh teachings by "Anastasia" in the "Ringing Cedars of Russia" books a child is nurtured by the pure natural caring Nature Herself...

So – which is the right, the good, the appropriate, the natural way, the divinely intended way???

My observations guide me to the following conclusion in this question: let us together create a landing space for souls that honors their divine essence & heritage from the very first moment, meaning the moment of co-creating, of conceiving in full awareness of the consequences of this act of co-creation!

Could we create a space free of any violence in any form??? A place where Love resides?? Love as in attention, appreciation, as interest & nurturing engagement, as open acceptance & quiet observation, as YES all the way besides the appropriate & natural nurturing by breastfeeding & bonding? Of a profound understanding of how we are to fill our place in all of creation, as part of it? Tending to our children as we tend to our garden: providing best conditions while refraining from any & all kind of interference in the natural growing process? And that, dear brethren, may demand that each of us never loose track/touch with our own intrinsic "configuration" in order to remove = shed light upon any aspects in our fields that are not yet aligned to our own pure essence - & to engage that without blame, shame, judgment meaning untruths meaning violating our own pure essence... This is a process that asks much introspection, patience, forgiveness, vigilance, profound reflection, commitment & may result in experiencing more & more deep peace, calm tranquillity, perfect trust & faith in the ever impeccable

unfolding of life in all beings & a celebration of joy, of friendship & kinship, of blooming co-creations & of a life thriving in all directions...

ATARTUM!!! Welcome!

So instead of calling it “bemothering” lets rather be present to one another as we are present to our own Self – with our full attention & mindful kindness & compassion in mutual support as we dance through life, through our human ups & downs, never forgetting our own inner children, instead actively making loving space for them to be part of the ride through life: jubilating, exploring, inquiring, connecting, receiving listening yielding intuiting absorbing understanding dancing vibrating playing cosmic quantum energies....awing at our boundlessness...in GRATITUDE!

On this radiant day in between the last joys of summer & the equilibrium of equinox announcing a gently stormy & brightly colourful autumn pouring generously multifaceted changes & shifts over the

lands & seas of sweet EarthMa... so : deepen your breathing!!! Hold onto your hats as well as your solid inner core ~ as you witness all else blur into mist. Open your inner space & allow CosMa to sparkle fresh lovelight into your Being! All is ever well! Divine Mother making sure that Her plan of LOVE be re-established upon Mama Gaia Beloved Jewel. Through us HUmans ~ ascending! A ~ hey!

Are we ready??? Patience, patience ~ all unfolds in its own perfect time & way while we continue to groom our inner space ~ open & receptive ~ trusting, fearless, faithful to

WHO WE ARE IN TRUTH!

On this exquisite day again I listen to my favourite musical inspiration, an ingenious composition improvised by some wonderful beings allowing Spirit to play through them ~ they are immersed in that "zone"! I listen & watch it daily ~ it brings to life in me another old slumbering dream ... a dream as part of "Atartum" & the beings that are magnetized to join...:

that we ~ in unison ~ might enter that “zone” & download music directly out of that “zone”! That “zone” that melts away all barriers in our minds, in our hearts, in our beings, that cause us suffering! What a supremely wonderful way to build intimacy, innocence, build unison & effortless flow ~ the true nature & urge of life energies.... an ecstatic vibration unfolds & enters all beings present: humans, nature & Her elements, the animal & plant worlds, all vibrating in harmonious unison ~ yaaaah!

I see us assemble a small studio housing a variety of instruments & some technology & be set to embark on our communal/mutual musical journey into the multiverse.....yaaaah!

Simmering in the gentle energy of today's autumnal equinox plus SunRa entering the sign of Libra I find myself reflecting on fundamental truths that emerge from my inner field. The energies of this day are all about equilibrium, harmony in the dance of seemingly opposing forces. So decades ago in a book by Lama Govinda one truth stood out to me & its still here till

this day. It says : in order to arrive at universal consciousness we each need to pass through the needles` eye of individuality.

In other words : in order to become a sovereign member of the human family each one of us must venture to know our own Self profoundly & thoroughly.

Now - reflecting upon our common journey through the millennia could it be that the varied & multiple layers of consciousness we embodied has caused so much separation & abuse, so much pain & suffering? And that this suffering has actually contributed greatly to our understanding of World - Source - & Self???

And that in this present moment in our global predicament of witnessing the upsurge of an ancient battle between light & dark we are to embrace the fundamental unity of all opposing forces?

ALL emerging out of the ONE ground of existence???

Everything is here to teach! Our acceptance of the polarity/duality on this plane contributes greatly to a

reconciliation, the understanding of an unquestionable ONENESS of all creation. Can we accomplish that???

Those who can, will embody the 5<sup>th</sup> dimension & beyond & be part of our “We the people” reset on EarthMa – as originally designed – in perfect harmony with ALL that IS...

On this rather April-inspired autumn day I stumble across the practice of a ceremony called “council of all beings”. And I recall that I practiced something the like with children many years ago while working as a Kindergarten teacher...we called it “conference of life”. So in this “council of all beings” each participant represents a nature being they feel affiliated with. In a circle masks are created depicting their nature being. To then give it a voice to express to the council any issue that concerns them, any complaint, pain, ill-feeling ailing them. This makes the round, & it raises our consciousness about how all beings are suffering through humanities general attitude towards/perception of the natural world around us.

It has been proven that nature beings unfailingly pick up on our human emotions & intentions – telepathic communication is naturally inherent in us all as we all share this universal field of electro-magnetic plasma...the DAO!

The practice of this “council of all beings” serves to consciously re-activate our kinship with & care for all nature beings – how could we ever even forget that???

It strengthens & deepens our “inter-being” (thích nhất hạnh!) with all beings that share life not only on GAIA but throughout the multiverses... & thus contributes greatly to our healing process out & away from the illusion of an artificially built matrix that has held us in a trance of unconsciousness for a very long time... it fosters loving caring relations among all beings & is a vital ingredient in creating “Atartum”, a life in beauty & harmony – in the pure light of TRUTH! And it has been celebrated by most indigenous peoples all over the planet for 10.000 plus years... high time to revive this ancient sacred ceremony of ONENESS!

The practice got re-inspired by John Seed & Tami Simon of "sounds true": "Thinking like a mountain"

In connection to the "council of all beings" another part of the ceremony was actually part of my training as a Montessori teacher. It was the part that fascinated me greatly. It consisted of a straight line of papers say 5 meters, on which the segments of the evolution of the multiverse were marked in appropriate distance regarding the time they occurred. On this line the time of emerging humans on earth was merely few centimeters as compared to the rest of the 5 meter stretch. That was an almost shocking revelation to me then, & so very visceral an experience. What on earth convinced us to believe we are a superior species???

Walking along this stretch of evolution is in itself a sacred ceremony – it puts us in humble perspective to all of creation & may help us realize that we have been endeavouring a process of destroying our multiple ancestries, having lost our inherent connection to all that IS alive around us – for us – as a priceless gift

for our further evolution, our deepening understanding of who we really are & what we are here for! Upon re-reading this it comes to mind that perhaps this paper was not even presenting the truth about “evolution” & our starting point in it... as now my knowing has expanded dramatically...

Sacred ceremonies have a single purpose & that is to refresh our connection to universal eternal truths. We need to remind ourselves - to humble ourselves if we want to exit our present dire predicament & bring us back to “Atartum” proper!

We can & we must do it!

Today autumn winds are roaring over the lands in the Northern Hemisphere - huuuuuu - having a great time tearing leaves off trees & bushes & chasing them around! Bringing cold air in - our jackets out & forces us to close windows & doors to its wetness vehemently pouring down. I chose to swiftly make peace with its sudden wild & inevitable arrival & turn within to resolve any issues sitting deep within me awaiting their eventual resolve, by candlelight.

My physical space (apartment) shines spotlessly clean & harmoniously assembled, plant babies all cared for, I feel so at peace & at home here, yes, in deep gratitude!

So once again I ask the question: what is still living in me that violates me?

I seek out the old trigger point to check if it still goes off?

I reflect upon how to level up my relationship & communication skills so that I can better be of service without neglecting my own fundamental needs!

This inner work is priceless, & it yields rich harvest – but only when done with merciless honesty & truthfulness!

THIS work alone will reset our ailing world – as all our action emerges & is fuelled by the vibrational quality of our inner space.... this is where all wars begin – this is where all wars find their termination!!! And peace reigns – so long as truth is maintained!

And we gracefully walk the supreme path of LOVE-together.

Deeply inspired even fired by last night's talk between Aubrey Marcus & Nassim Haramein it is seen that my life has been a process of absorbing multiple energies - digesting & clearing energies - & now more & more zooming in to significant far-reaching details, the small print of universal dimensions, so to say... zooming in on the intricate web of interconnectedness & the unfathomable nature of the limitless dimensions of the multiverse....as well as the significance of its tiniest building blocks...?

AND the significance of MIND, our mental tool - in relation to "enlightenment" & the inner heart - are we connected both in the mental realm as well as the heart as our fundamental energetic realm in its purity, its vast openness, carrying the potential to embrace but ALL as that ALL???

Just where was my soul roaming last night after imbibing above mentioned talk on youtube (link)? I'm intrigued!!!

Space - time - continuum & the DAO!

Time is memory! timelines - simultaneous ?

singularity ?

Novembry vibes today surprise – are we to skip that red hot October show?

Whatever the storm may bring – I`m going to the beach today! Intending to explore the beaches of Southern Spain & find the special ones stashed away from touristic invasion – a spot we might enjoy on very hot summer days & likewise in times when winter bites us in “Atartum” & we might need to fuel up with a good dose of generous light & warmth... enjoy a few days simple camping lives on one of the many beaches in Motril, some stashed away behind rocky ridges, & also explore the possibilities to cross the Mediterranean to step onto the body of Africa in Magical Morocco for a deep peep behind the veils of 1001 oriental nights... definitely explore the abundant soukhs for some sure delightful treasure to take home... & bathe our beings in the vibes of the wonderful local brethren of our kind! Oh & not ever to forget: the very special healthy delicious ya delightfully artful cuisine native to this blessed land –

yaaaa! Yes, Motril is on!!! And Tanger on Moroccan soil! Desert trips on camels backs – yaaa!

I sit behind closed doors & windows in Heidelberg – freezing!!! Hey, imagination! Dream energy! Work on me!!!

Its time to go to kitchen & concoct me a hot meal!

Drenched in present multiple energies & much & more information from various streams & mind-sets, something, some clear thought current arises from within me & demands expression.

I sense an oversaturation from ongoing repetitive narratives within myself & others “in the know”, meaning those who have intuited since long, perhaps decades long as in my case – what’s been happening in our world – we are overtired of it all... simultaneously there is a natural notion of what we need pay vigilant attention to in order to be an active part of the shift that we’re in the midst of – individually & collectively. Since we’re all – all 8 billion of us – to varying degrees raised in those limiting vibrations I’m being

triggered for the millionst time in that same sore point in my psyche. It catches my attention so insistently, I sense it wants to guide me somewhere specific.

Here comes: in our modern life styles we are captivated by a broad spectrum of things often haphazardly, we are under a multitude of outside pressures, even suction so that we have no gap to gift attention to our own overall state of being, deeper outlook on & into the purpose in life, which inevitably leads to equally neglecting our relationships to others. There is no space/time for love to flourish. Our interactions have become shallow, superficial, deceitful, blurred & hurried, tinted by our personal vested interests rather than filled with a broader meaning.

This process has led to the present state of deep corruption of our collective tapestry – the individual & the collective weave this tapestry together... ancient ways of co-existing in harmony, where we enrich & uplift each other towards our common, our mutual purpose of creating more beauty, joy, fulfilment to

increase & celebrate the L.O.V.E. – true substrate of ALL that IS! – where have they gone???

Sitting warm in my light flooded beehive home today, I take note of an almost eerie stillness – as we are nearing Halloween, central point between equinox & solstice & the dark, cool winter time... We have been preparing, collecting fire wood for our personal & communal spaces, pulling out our woollens from their hiding places, gathering ideas for those long dark cold nights & how to spend them... As our plant friends turn to hibernating, we will also be spending more time in introspection & deep reflection of our mutual connection to life. Ancient eternally valid scriptures emerge to nurture & expand our souls & Spirits, ya. Quiet story sharing rounds around cackling fires in the Areesha, serene sounds vibrate out from voices & instruments – calling in soothing nurturing energies of light, higher realms & Beings..

The kitchen will witness big pots of steaming hot vegetable stews brewing to keep us warm in body & soul..yumm. Life slows down to deepen into divine

stillness all around. Less doing – more just being & grooming our inter-being! Ample resting – its dream time. Inviting Spirit to roam our inner fields – inspiring fresh new downloads, creative ideas & innovations, encounters of the third kind, meeting members of our galactic families?! We are wide open to embrace more of our boundless potentials... & be joyously surprised! I sense a generously pregnant field of potentialities – open to receive ... divine blessings in abundance! In case the cold bites us too harshly, we pack up & flee to the coast, to some accommodating beach for some days to recharge our batteries – we shall see what we shall see! I sense that winter will gift us miracles...JOY!

The world is shaking in its very foundations – multiple fevers are buzzing human minds – EarthMa demonstrates: She's had enough! Exciting times we live in!

We are being re-trained to remember **WE ALL ARE LOVE AGAPE!**

Gaia is being cleansed, repaired, healed, elevated - & we are to support this process actively, every moment of our days!

This is not inviting to frantically dive into action unless you are called to from deep within. Can we instead realize that our stable settling for just **BEING** : Peace, Joy, loving Kindness & Compassion creates a greatly supportive balance to the feverish buzz & craze all around the world. Being firmly anchored in that pivot point of tranquil witnessing the further unfolding - ever in loyal faith to CosMa's unfailing wisdom...for no thing in the multiverse occurs without Her consent!

So - being aware of & present to the ever shifting vibes of all that's tumbling down & changing, with that benevolent gaze is a mighty contribution to hold the higher frequencies, y` all! Grooming your own field, guiding your energies into reliable constancy like a steadily flowing stream dispassionately meandering through the multitude of landscapes, following the calling of its destiny - the vast ocean... cycles of water - cycles of life!!! Yaaa!

As Ra King of the World generously floods my humble light palace near clouds` realm, I sink in to perceive the current powerful vibes of death ~ rebirth under Plutonic rulership still yet....purgas are witnessed on all levels & the degree of our long practised in-humane ignorance cannot (?) be ignored any longer, can it???

It seems that but all life forms are finally reaching for individual sovereignty, shaking off old distorted ways for good ~ except for those who are not yet ready for the mighty shift out of delusion ~ into TRUTH!

To me it feels deeply unsettling & uncomfortable at first, yet as I resist the urge to resist I witness pure vibrant joy break through ~ I sense a great victory about to manifest in my life, out of strugglestrugglestruggle (5-5) to holy wholeness of ~1~! The elements of my karmicly charged patterns show their faces one by one, clearly, once again. The purge requires no more hard "scrubbing" labor ~ no, now its just: relax, allow to exit what needs go, be at ease & receive cosmic in-spiration in perfect

attunement with CosMahaDeviji – Grand Cosmic Womb – DAO! ONENESS – UNITY – UNISON is TRUE – a white winged horse helping you & all to THRIVE in a fresh new design of life. Eventually Phoenix firebird arises out of the ashes of old – purged, refreshed, glorious, victorious – master over darkness within!

My path lights up the more I turn towards SELF – IN & UP! Bundled forces in servitude – bowing! Gratitude!

On this day grey clouds hang low, dimming the daylight & impose dead stillness, both out around us as well as internally. I'm reflecting upon that fundamental dependency of a newborn human upon a halfways caring environment. And yet – many souls are sucked into a human embodiment & manage to survive in circumstances far removed from caring. hm.

Ok – presently we're waking up to the dire fact that we as a whole – as humanity – have been under siege of de-evolution efforts through alien forces that abused us for their own selfish purposes & against our fundamental right to self determine the unfolding of our lives. We witness the results of their doing in the global decline of anything deserving the description of “culture”, meaning being

grounded in "Reality as it IS" – as Divine Creation sourced in non physical realms – bound to Nature`s laws & profound wisdom.

But I refrain from entering a train of thoughts that counts up the ill-effects of millennia of abuse (although it is vital part of awakening – to Truth Eternal). Rather I intend to explore ways that serve our human evolution best from this point forward.

I am a vehement advocate for promoting life in alignment with both our physical as well as our spiritual heritage as our fundamental basic condition being a spirit being having a bodily experience on Mama Gaia.

Today`s almost spring day all of Atartum have assembled around our outside open-air bench. We had actually (secretly) collectively created a theatre show-play – what great fun! And here now we are reflecting upon how & where to share it to people ... more fun as we play with ideas....

In the meantime we have also opened to & even been joined by some more children from traumatised areas of the world – those who have lost but all: family, a home, their village or town, just only got away with their life. We were deeply aware of a daunting task ahead – that of creating a new true home for them!!! This process of inviting them to acclimatise to us all & to our ways here has been greatly challenging & equally inspiring, teaching & even healing for us all! We all grow in this process, with their presence deeply transforming

& enriching us! We rejoice at the ongoing unfolding of more learning & expanding for us all!

Yes, gifting a true home to children who have been through various hells comes with huge challenges! In full awareness of this we still all opened up to this challenge – knowing this to be our priceless gift to grow & expand in our understanding, our love, compassion, kindness, mindfulness & more love – pure love, no strings attached!

Traumatised children need a real home, a place where all their basic physical needs are unquestionably, naturally & generously met. More than that though they need be accepted & appreciated for who they are, now – in their hurt, disturbed, fragmented state. They need be seen, met & fully understood in that, individually. They need open heart-ears to share their stories into, their grief, their rage, despair, their tears. A wide open space to express all of those grave emotions in any form or way without being judged, blamed, shamed – only quietly & compassionately held in that. Gradually, gradually they could be given the choice to begin participating in our communal life, our shared tasks & joys. This will build confidence overtime, in themselves, & give them the experience, the feeling of being part of & belong, being safely embedded & received into a purposeful creative communal life. They receive individual attention initially, then partake in group sessions of sharing. Here again, there is no fixed procedure, we go with the flow of energies in

the moment. And we will ensure to give each one what they need & ask for – within appropriate boundaries, our tenets & our possibilities.

It gifts us so much profound joy to witness their eager responses to our concerted gentle efforts to provide a true home to them – it is much like tending a garden of flowers & fruit – we watch the growth with anticipation of the harvest, yet zero expectations – we are so ready to be surprised where the journey of healing will take us all. And we sense deep in our hearts that the celebration of the harvest will be exuberant, magnificent, excellent....  
**GRATITUDE** is our steady companion!

On this beautiful open blessed radiant Saturday I enjoy balcony time – in Heidelberg – aah, out in fresh air & **SUN!!!**

Yet in my mind I travel to Atartum, our small family of like minds & hearts! Like minds had agreed to certain tenets & our fundamental idea of a mutual life in the heart of Nature Mama Gaia. Should we be surprised if like minds ever arrive at conflict, in disagreement, at loggerheads??? We certainly should not – knowing that humans do have conflicts, competition finds its ways to sneak in, comparison... How to deal with conflict? Applying **SATYA** – Truthfulness – is the supreme tool that helps us sort through the mist that obscures any field of conflict until it is clear again....

I want to add here the 7 arrows teaching of the DTMMMS:

7 arrows of light

self awareness

self acknowledgment

self acceptance

self enjoyment

self love

self realisation

impeccability

7 arrows of darkness

attachment

dependency

judgment

comparison

expectations

indigence, neediness

self importance

And in addition the guidance of Jack Kornfield 2024 -  
The Art of Reconciliation - Cultivating Harmony by Listening &  
Truth

“The History of Childhood” book

- village & community embedded in nature harmoniously
- valued bodies - creative, artistic, erotic? life
- training of virtues of integrity as practise of wise, sane relationships
- Ashoka (an Indian king) turned Buddhist - importance of spiritual life  
- honesty!!!
- conscious living from what you most deeply value - self reflection
- recitation of commitment to vows; ceremonies of apology; councils of  
elders
- frequent community assemblies
- honesty & harmony, honour elders & sacred places ... prosper? or  
decline...
- rituals for conflict - honour conflict as part of life

- denial? competition = part of human nature..?

- conflicts in monasteries! teachings:

7 points for reconciliation:

- sitting face to face within the community, no hiding, no gossip

- patient listening – respect, be heard, compassionate listening to it  
ALL!

- honouring through listening, intending to understand

- non stubbornness – resolve one`s own inner conflict

- stubbornness does not aid the process

- voluntary confession – apology! admit one`s own part in the conflict

- decision by consensus in communion

- accepting the common verdict, read 3x aloud – any disagreement?  
dialogue further until understanding is reached in all

- covering mud with straw – release stubborn personal concerns by  
honouring the elders, mending the hurt

- who has not ever made an idiot of their selves regarding their sexual  
endeavours???

cultivate the art of listening! the art of letting go of MY ideas – fears, wants,  
needs etc... sense that there`s some sense of some bigger dance going on ... a  
larger sense of value... my personal interest versus our common interest!

hatred never ceases by hatred but by love alone is healed!!!  
forgive – release – you too will die!!! ??? crave to enjoy!!!

security is mostly a superstition! it does not exist in nature, security is an  
illusion!

see what`s true – honour the elders

“The unnamed truth will have the final word in this situation!” – Martin Luther King.

willingness to grow, endurance, non stubbornness, deep compassion, a sharing heart & a really vast open vision!

Both teachings serve as guiding us to truth – SATYA - truthfulness.

Sincerely & deeply attending to my own emotional healing once again & at long last! Looking down the rabbit hole of my own psychic “evolution” | see myself actively rejected, set back, denied love & appreciation that was rather given my incoming siblings... In addition feeling misplaced here – in this culture – in this world so alien. Muted, worthless, homeless, a failure, mistake? Lost – imprisoned... Later on | perceive myself as quiet, adapted, attentive observer... at 12 | retreat into my betrayed, angry inner world, tendentially depressed, around 15 even suicidal. Much confusion to follow, seeking a protective “daddy” in a world on its head.. At 30 a decisive turning point – the love of my life! And again – destructive abuse, rejection, parting. Continuous efforting beyond my own boundaries... & more slaps of abuse, just how much we can take!!! Some recreation in alone time – aah, & beginning to dig, search for WHO AM I?. That truth has so many layers – oh my! 1987 Nigeria! Home to my soul – | rejoice & thrive! 90 – 2000

Black Lotos in Berlin. Then all coming apart again.... 2005 I leave  
- Egypt! Strong spiritual infusion - memories awakened, simple basic  
life among Sa'idis... I am solo by choice from now on, 2000! Now  
undoing attachment & expectation. Judgment. Releasing control,  
deeply aware of CosMa Sources' boundless loving GRACE!  
The major turning point is HERE! I am in awe & wonder, how my  
brain has been messed with & yet - I'm finding my way, step by step,  
back to me, home to WHO I AM & had never not been...

That maze of illusive worlds had had me well in its grip, & fear was  
holding me at bay till now. Oh Spirit, tear down that veil that  
obscured me from my own self now, I'm ready to face myself all & I  
know I cannot fall only rise & the erring about is over....aaaah.  
GRATITUDE.

After a pause of profound rumblings in heart-mind-body, gradually  
some new thoughts, ideas, add-ons to (A) come to visit... the notion  
of creating a healing home for homeless orphaned traumatised  
children as central part of service towards Nueva Tierra & a life in  
unity seeks to settle in for good. Sharing our lives in harmony, self  
sustained, with all the wonderful innovations the new era will herald  
in, in ways & degrees we cannot even fathom now - but we can  
dream ahead!!! A complete re-fresh, re-set, upgrade for but ALL  
true HUMans on Mama Gaia!

It feels like we will spend our days celebrating life in gratitude & creative engagements - & most important - in pure universal lovelight, in friendship with our many galactic brethren visiting, learning & expanding, dancing & singing, exploring, enjoying, deeply illumined, thriving & blooming - hallelujah!!!

### Atartum - Sanctuary of Wholeness/Holyness

Truth had long dawned in me that humanity is on the threshold of creating a fresh life, fresh culture, a revised order - based now upon our multiple experiencing in a world of duality = 2, where conflict, strife, war were rampant - to at long last return to a global, ya galactic unity = ONE culture of peaceful co-creation, coexistence & wholeness, which truly spells holiness. "And the world will be ONE household", as projected by Sri Ramana Maharishi....

Still yet this may sound like science fiction to many - but as we pay attention to present developments on the global stage I feel that that projection by a globally venerated Sage is actually gaining traction with every day - & in every corner of our round planet... & with an increasing notion that each & every one of WE THE PEOPLE are called upon to awaken to & re-member our intrinsic power of CO-CREATING with SOURCE that very enlightened culture of peace, freedom & love, in UNITY.

So - lets push up our sleeves & get down to it with our concerted grit! Well - it all begins with our individual CONSCIOUSNESS - our awareness of how we personally function, how we operate, our entire mind-set, our emotional afflictions or freedom, our spiritual knowing & aspirations & the coherence of our heart-mind-unit. Co-creating with SOURCE

our new culture of peace requires mature souls, responsible action, enlightened heart-minds – a deep shift from ME attitude to WE attitude based upon the understanding of our natural inter-beingness (Thich Nhat Hanh), our interconnectedness & interdependence.

(ontology – Lehre vom Seienden. gritology – persistence)

- why (A) as I conceived of it?

aim – living harmonious relationships, peaceful co-creation & joyfilled celebration of all of life

transparent & honest communication as a shared skill – everyone own their triggers, their “stuff” – everyone receives healing support – everyone is open & free & limitations fall away

sovereign, integer humans share their inner life together which forms a mighty powerful coherent field of co-creation

that mutual soul intimacy forms its solid dynamic foundation of trust & understanding – an invisible web which generates love, growth & progress in all personal & communal endeavours – & no place to hide in old limitations – now not even the sky limits us... we become innocent again...

living in intimacy also with all nature beings, but all of them, & all their subtle invisible motion going on, their silent language, all here communication their messages of perception & interbeingness in the web of life – thus training our many subtle senses back into life.... & finally our multiple benevolent friends on high...

we serve (A) to experience a life of allround fulfilment – connected, ya embedded in nature, the cosmos & each other in co-creative purposeful action, saturated in our natural love field

deeper reflections upon Atartum:

- what do I hope to gain/experience through it?

Atartum emerged entirely from a space within my body...from that feeling space. I felt it emerge from an age-long experience of feeling alienated to self/Self, others & world, from a fundamental human need to belong, to be a part of something that's much larger than "little me", from a natural desire for harmonious & supportive relationships embedded in the cosmic scheme of things that hold the individual & is in turn nurtured back by each true HUMAN that has evolved itself to a level of integrity, sovereignty & coherence so that it is fully capable of living a life of sharing & serving the grand cosmic plan unfolding... harmoniously...

- what do I expect to see as its benefits for the whole?

a further experiment of how to build community in perfect harmony ~ as another seed of PEACE & FREEDOM (from a matrix of mental enslavement to one responding to the Grand cycles of CosMa in a contributing & nurturing manner, co-creating with Her, thus keeping the cycles flowing...)

ongoing feeding of unity consciousness within the cycles through our daily life work, practices & creative expressions....

- why do I want to co-create Atartum?

I desire to experience how we weave meaningful, supportive, profoundly true lasting relationships in that spirit of transparency, loyalty (being protection to one another) & honor each others' sovereignty upon solid lawful & committed grounds...

- what am I now doing towards this dream life of Atartum?

constantly working on my own field & frequency to uplift my Self gathering concrete information about important topics

creating a herbal, flower & tree garden on my balcony  
collecting books, films & ideas that benefit the community  
doing all in my power to heal my hip issue & get mobile again

| created a website [Atartumatproton.me](http://Atartumatproton.me)

wrote a 100+ page inspirational paper intending to arouse a feeling  
in others of the vibes | envision on Atartum

- what am I ready to invest in Atartum? What will I contribute, pour into it?

I'm ready to invest but all of who & what I am, all my experience of being a world explorer (both inner & outer), a starseed, a healer by sound, word & frequency, a spiritual guide, a support in transformation. musician, gardener, architect, artist, a healing presence, an open listener, teacher, traveller, observer, visionary, lightbringer, publ. author, poet, mystic, lover, explorer, truthseeker

- initiate a fresh global culture based upon the deepest essence of all sacred scriptures, teachings & practices of world religions as well as teachings of the Essenes

Vedic teachings

Anastasia of Siberia

indigenous peoples the world over

my own experiences of trad. tribal West African culture/life

I intend to learn about successfully & peacefully co-creating community life in alignment with Gaia & CosMa & to thoroughly enjoy the fruit of this paradise garden...

I know that CosMa/Universe will support Atartum from now on & intensify my own healing by the Divine Grace of CosMahaDeviji.. for I AM DIVINE...

Ideally we will develop the structural planning together in that group of people who deeply resonate with:

1. the proposed values & virtues &
2. with the basic foundational elements of the structure (hemp field, forest garden, homes etc...)

We will need expertise in online operations, all issues pertaining to law, creation of a longterm business/financial plan, financial structures/issues of ownership & distribution of responsibilities/commitments...

additionally: the heart of this Atartum village is our focus on healing children from traumatised regions that have lost all – to create a new true home for them & learn to thrive in a simple, natural, creative space of mutual growth into lovelight... LIFE CAN NEVER DIE!!!

ATARTUM  
Seed of Peace – Sanctuary for Holyness – RISE!

Finally,  
I want to render gratitude to all who read & allow yourselves to be deeply touched & stirred within & even reach out to me to share your internal responses...

my email addresses are: [irena.steiningergmx.net](mailto:irena.steiningergmx.net)  
[IrenStisatproton.me](mailto:IrenStisatproton.me)

And lastly I want to share to all sympathizers just how this ebook came to life! In Feb. 2024 I enrolled a deeply informational as well as transformational webinar by Andreas Bernknecht. The great gem I took to heart was his invitation to daily write a page titled: my ideal day. This idea straight away hit home with me & immediately I started writing, day after day. This practise generated so much joy deep within my being that I kept writing. The words just effortlessly tumbled out of my inner bodily space rather than my mental space.

By & by a true fairytale-like life took shape. As it kept flowing, I felt this might turn into something.... as joy & enthusiasm grew with each day, to continue on .....

I had picked up the books about the Siberian recluse called Anastasia, written by Vladimir Megre, again. And found that it very seamlessly conjoined with my long standing idea of creating a selfsustained inspired co-creational community...(born in the bush of Nigeria 1988) & in a naturally flowing process it all coagulated into the above projected draft for "Atartum - Seed of Peace" village in Andalus, Southern Spain.... In the dramatic dynamic of

the ongoing global-galactic transformational surf that we witness, it is clearly felt that increasingly spaces open up for us to own & claim our individual ideal life desire as we move forward. We the People now create a fresh life for all life as divine co-creators & sovereign masters over any indolent forces of sabotage of our right to FREEDOM of self expression.

We are SOVEREIGN MASTERS - we carry PEACE, JOY & eternal LOVELIGHT of ONE.... TOGETHER we can do it! TRUTH is our divine path to HEALING LIFE.

From my humble joyfilled heart to yours - Irena Isis...



Designed to build, not to smoke.

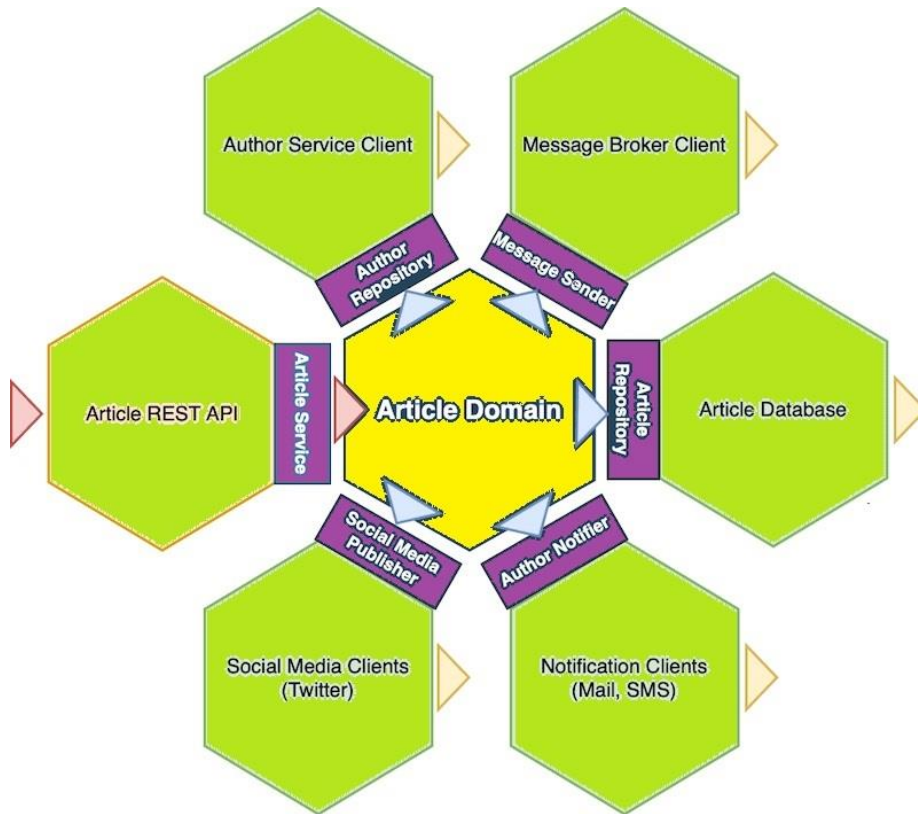
# HEMPCRETE

- Strong, Lightweight & Breathable
- Energy Efficient
- Incredible Insulation
- Naturally Non-toxic
- Lasts 100's of Years
- Flame, Water & Pest Resistant
- Hemp + Lime + Water

**CARBON NEGATIVE**

ED# MED  
FB.DOR/EDUCAT/INNOVATION





Content of "My Ideal Life"	Page 4
1. Blessings of our Paradise Atartum	6
2. Spring Equinox	10
3. the very day (vernal equinox)	12
4. the day after	15
5. A rainy day	17
6. Guests join us	24
7. Introducing Atartum	28
8. The children – our treasure	37
9. The Magic of Nature`s Spaces	38
10. It`s Easter	40
11. Visiting Forest	41
12. A stormy April day	45
13. Children	49
14. Homa celebration for Solar Eclipse	50
15. Children some more	52
16. A day of Healing & an Outing	54
17. Celebration time again	60
18. A bliss day alone..	62
19. Love of Nature	66
20. More creating	68
21. Inter – Being	69
22. Mayday is arriving	74
23. Kidsvillage	77
24. Hot Springs are calling	80
25. A Secret revealed	81
26. An ideal Day???	83
27. A rainy day	88
28. Exploring L.O.V.E.	90
29. And finally	99
Images	102
Table of Content	104