

**FOR THE FIVE PARTS OF THE SHAMBHALA PATH, SEE UNDER SHOP > ONLINE COURSES ON THIS WEBSITE.**

***Introduction to the Shambhala Path—TIMELINE:***

Including the presentation of the *Staff of Mercury* exercise from 33:30 to 01:03:30 and also a closing presentation of the *Staff of Mercury* exercise from 3:58:30 to 4:11:24 (at the end of this TIMELINE), together with additional information regarding the *Staff of Mercury* exercise.

**0:00** Intro regarding Sophia / Vladimir Solovy'ov / Russian Sophiology / Valentin Tomberg / Divine Feminine Trinity (Mother, Daughter, Holy Soul) / Earth Mother—counterpart to the Heavenly Father / Sophia, the Divine Daughter—counterpart of the Divine Son, Jesus Christ / the Holy Soul is the counterpart of the Holy Spirit / Awakening to the Divine Mother—for example, the growing interest in ecology / *Cultivating Inner Radiance*, to awaken people to the reality as to what is taking place in the world at the present time / the *Cultivating Inner Radiance* work cultivates the chakras of the Chakra Tree / there is also the work with the 7 Chakras (on the Chakra tree) / With his Second Coming, Christ is now—manifesting himself in ethereal form to overcome the consequences of the Fall/ Christ is opening the path to Shambhala, the realm of the Earth Mother in the heart of the Earth / Relationship of Shambhala originally to Paradise/ There then took place the Fall through which we gained our freedom and sense of immortality/ Christ's coming as the bearer of the Divine I AM/ the gift of Christ, the I AM, through his sacrifice on the Cross/ then Christ descended down to the Earth Mother in the heart of the Earth/ the golden realm of Shambhala is the dwelling place of the Earth Mother in the heart of the Earth/ in the West referred to as Paradise Lost and in the East as Shambhala/

**13:05** Rudolf Steiner's quote from 1910 regarding Shambhala/ "It is Christ who will lead human beings to Shambhala"/ Kali Yuga came to end in 1899/ From that time on, humanity will rise into the realm of Shambhala/ Through our exercises—with Christ's help—we come into connection with the realm of Shambhala/

**21:30** The Christ Mantra/ The concluding words of the Lord's Prayer, spoken by the Risen One to the disciples during the 40 days after his resurrection/ It is the Christ Mantra that we work with in Part 1 of the Shambhala path/The Raising of Lazarus/ His return as Christian Rosenkretz that is central to Part 2 of the Shambhala Path.

**25:25** Part 3 of the Shambhala Path is the heart of the whole sequence of these five parts.

**26:30** Christ's proclamation of His coming is expressed in the Foundation Stone Meditation, which is the focus of Part 3.

**27:35** Part 4: Awakening the Tree of Life within as the archetype of the etheric body.

**30:11** From chapter 2 of the Book of Revelation, to those who are victorious I will give to eat of the fruits of the Tree of Life.

**31:11** In Judith von Halle's book on *The Lord's Prayer* she indicates a correspondence between the Sephiroth on the Middle Pillar of the Tree of Life and the closing words of the Lord's Prayer. In Part 4 of the Shambhala Path we work with the Tree of Life *within* and also with the 22 paths of connection between the Sephiroth.

**32:33** Part 5: Connecting with Shambhala. Here we work with various sacred mantras, most connected with Christ, in order to connect, ultimately, with the Sephiroth.

**33:50** The Aramaic mantra *Shalama alakhoun* ("Peace be with you") we work with in conjunction with the ancient "Prayer of the Heart".

**35:35** The *Staff of Mercury* with introductory reading from Estelle Isaacson's description of the Resurrection Body of Christ in Book 2 of *Through the Eyes of Mary Magdalene*.

**45:28** Introduction to the demonstration of the *Staff of Mercury* with the words in Aramaic *Shalama alakhoun* weaving together with the "Prayer of the Heart".

**48:20** 13-second video clip of the double helix movement of the DNA.

**50:05** Demonstration of the Staff of Mercury exercise with the words in Aramaic *Shalama alakhoun* weaving together with the "Prayer of the Heart".

**53:40** Further remarks concerning the importance of the *Staff of Mercury* exercise.

**55:45** Introduction to working with the *Staff of Mercury* exercise with music, with the 2<sup>nd</sup> movement of Beethoven's Eighth Symphony, not in an orchestral version, but moving to the piano transcription of this movement by Franz Liszt, with the pianist Cyprien Katsaris playing.

**57:24** Demonstration of the *Staff of Mercury* exercise with music.

**1:01:55** Concluding words regarding this exercise, giving also the YouTube link to the recording of the music played by Cyprien Katsaris.

**1:03:30** Introducing the new Part 1 of the Shambhala Path, offered here to anyone interested. This presentation is complementary to the presentation of Part 1 of the Shambhala Path in the first of the five videos on the Shambhala Path. Both these Part 1's cover the same material, but from different perspectives.

**1:09:45** Reading from Book 2 of *Through the Eyes of Mary Magdalene*—title “The Earth Receives Christ’s Body”

**1:12:21** Essence of the five parts of the Shambhala Path, mentioning the new Parts 1 & 5, and going on then to give some background to the Divine Feminine in her three aspects: Mother, Daughter, and Holy Soul.

**1:16:50** Threefold Walking is a basic exercise in eurythmy. It was astonishing to discover that Threefold Walking has long been practiced in the Buddhist Vipassana movement exercise as taught in the Buddhist tradition in Burma (now called Myanmar). So far, however, it has not been possible to discover the origins of the practice of Threefold Walking in the Burmese Buddhist tradition.

**1:20:45** Threefold Walking as the Tao (Dao) of Walking—the original archetype of walking, whereby we connect Heaven and Earth. We connect with the downstreaming heavenly impulse of Divine Light and with the upstreaming from Shambhala, at the heart of Mother Earth, of Divine Life Force. This connection with the upstreaming Life Force of the Earth Mother has generally been lost by modern human beings, but there are examples of indigenous peoples who have maintained this connection, such as the Kogi Indians of Columbia. Re-establishing this connection is a central focus of the Shambhala Path, now being opened up by Christ.

**1:23:48** The Lord’s Prayer, with which we begin our practice

**1:25:30** The First Seal of the Seven Seals of Rudolf Steiner relating to the Book of Revelation—the First Seal offers us a pictorial representation of the manifestation of Christ in his Second Coming.. How the First Seal portrays Christ as the IAO, meaning “I AM the Alpha and the Omega.” The IAO was given as the first exercise that Rudolf Steiner gave in laying the foundations of eurythmy.

**1:28:20** The opening exercise: the Lord’s Prayer as chakra prayer.

**1:40:15** The second opening exercise: the *Aumeyn* meditation, invoking Christ in his Second Coming.

**1:50:10** Elaboration upon the closing words of the Lord’s Prayer: “For thine is the kingdom and the power and the glory, in eternity. Aumeyn.” These words could be considered as a Christ mantra for his Second Coming. These closing words, in contrast to the preceding words of the Lord’s Prayer through the seven petitions of this great prayer, were spoken by Christ as the Risen One—having just ascended from Shambhala—and are therefore of a different nature to the preceding words spoken by Christ incarnated in a physical body. These closing words of the Lord’s Prayer serve as Christ’s mantra of preparation for his Second Coming. Now in this time of his Second

Coming, what is new is the adding in of “and the gnosis,” which is now an important aspect of the Christ mantra.

**1:51:58** The inclusion of the gesture for *gnosis* (“Divine Knowing”), relating to the Sephirah *Da’ath* in the region of the throat on the Tree of Life, is a result of the opening of the Age of the Holy Spirit—the Age of Light (that began in 1899)—through Rudolf Steiner, who brought in his life’s work the “World Thoughts of the Spirit” to expression for humanity. The *gnosis* gesture is signified by the gesture of the arms and hands in the form of an upward-pointing triangle, opening up to the World of Spirit.

**1:58:00** The Tree of Life is mirrored in each human being.

**2:01:05** Introduction to the Christ mantra—the closing words of the Lord’s Prayer—as taught by Christ to the disciples during the forty days between his Resurrection and Ascension, whereby at that time he was referring to the Kingdom of the Heavenly Father, mirrored in the entirety of the starry heavens, and to the downstreaming Heavenly Light from the Heavenly Kingdom. Demonstration of the gestures for the expression of the downstreaming Heavenly Light.

**2:04:50** Introduction to the practice of Threefold Walking as the Tao (Dao) of Walking. Then the demonstration of the walking (four steps for each phrase) in connection with “For thine is the kingdom/ and the power/ and the glory/ in eternity/ Aumeyn” as spoken by the Risen One to the disciples two thousand years ago in relation to the downstreaming of Heavenly Light from the kingdom of the Father.

**2:10:30** The same exercise as the foregoing, but now with these closing words of the Lord’s Prayer spoken in Aramaic.

**2:16:25** Working with the meditation adapted from the words of the second opening meditation, from the Russian spiritual teacher, Valentin Tomberg. Again, we take four steps—actually eight steps for each complete phrase.

**2:20:57** Now the demonstration of the walking (four steps for each phrase) in connection with “For thine is the kingdom (Malkuth)/ and the power (Yesod)/ and the glory (Tiphereth)/ and the gnosis (Da’ath)/ in eternity (Kether)/ Aumeyn” in connection with Christ in his Second Coming in relation to the upstreaming life force from Shambhala, the golden realm in the heart of the Earth, now that Christ is opening the path to Shambhala. The Christ mantra for his Second Coming are expressed through these words.

**2:24:20** The same exercise as the foregoing, but now with the words of the Christ mantra spoken in Aramaic.

**2:26:00** The same exercise, but now with singing the words of the Christ mantra directed toward the Mother and her upstreaming life force through the Sephiroth on the middle pillar of the Tree of Life. This is followed by a summary of the gestures relating to the Father and the gestures relating to the Mother. This leads into a description as to how the words of the Christ mantra can be taken up and used, with singing, in relation to the Father, if a gesture is taken up for “and the gnosis”. This gesture—the prayer gesture with the hands together directed down toward the Mother—is expressive of following Christ’s descent to Shambhala through gnosis (“Divine Knowing”).

**2:27:26** Reading of some of Rudolf Steiner’s words concerning Shambhala.

**2:36:47** Demonstration (repeated) with singing the words of the Christ mantra directed toward the Mother and her upstreaming life force through the Sephiroth on the middle pillar of the Tree of Life.

**2:38:01** Demonstration now with singing the words of the Christ mantra directed toward the Father and his downstreaming Heavenly Light through the gestures familiar to us from earlier, but now including the gesture for gnosis, with the hands together directed down toward the Mother—this gesture being expressive of following Christ’s descent to Shambhala through gnosis (“Divine Knowing”).

**2:38:54** Brief commentary on the two streams—that of Heavenly Light streaming down from above, from the Father, and that of the Earth Force of the Mother streaming up from below.

**2:39:56** Exercise connecting the two streams—from the Father and from the Mother—simultaneously.

**2:41:33** Exercise repeated.

**2:43:07** The same exercise, but with different words.

**2:45:44** Exercise repeated.

**2:47:33** Grail meditation given by Rudolf Steiner in 1924 to Walter Johannes Stein, author of a book with the subtitle: *World History in the Light of the Holy Grail* (the main title: *The Ninth Century*).

**2:52:30** Now we return to consider some of Rudolf Steiner’s words concerning Shambhala.

**2:54:58** Now we come to the closing exercises of Part 1 of the Shambhala Path, where we have a different movement: that of a rocking motion forward and backward, keeping the contact with the floor through the toes. The gestures we do in this connection are the L-gesture, moving in the vertical, and the M-gesture, moving in the horizontal. When we do the rocking movement with the whole body leaning forward and back—with the right foot forward—we shape

the L-gesture in this way: rocking forward, we bring the hands and arms spread apart, palms downward, flowing down at the sides, to flow almost together at the low point of this movement, when the rocking forward movement comes to a completion; and then, rocking back, still with the right foot forward, the hands flow up together (almost, but not quite touching) reaching a high point above the head at the moment of maximum leaning back. Having reached this highpoint of the L-gesture, the hands are lowered and separated apart in a descending movement coming down to shoulder level with the palms facing forward, ready for the next rocking forward movement to begin as the left foot steps into the forward position. With the rocking movement forward, with the left foot forward, the M-gesture is formed in this way: together with the gentle flowing movement of the whole body rocking forward, the palms, fingertips pointing upward and the palms facing forward, the two hands flow forward parallel to one another with the arms becoming extended, but not fully extended upon completion of the rocking forward movement. At the completion of this rocking forward movement, the palms are turned toward the shoulders, and with the rocking movement back the palms, still with the fingertips upward, flow back toward the shoulders. And then, as the right foot steps forward to begin the next rocking movement forward, we transition back from the completed M-gesture to the new beginning L-gesture in this way: we spread the hands and arms apart, palms facing downward, then flowing down at the sides, to flow almost together at the low point of this movement, when the new rocking forward movement comes to a completion, then to continue with the new L-gesture as described above.

Doing the L-gesture (in the vertical) and the M-gesture (in the horizontal) in this way, together with the rocking movement, we form a moving cross in space.

**2:57:15** Demonstration of the movement idescribed above—in connection with the words of Christ communicated in the 1930’s to the Polish nun Sister—now Saint—Faustina.

**3:00:00** Discussion of an icon of the Etheric Christ painted by the Italian painter Mara Maccari.

**3:02:10** Second exercise with the L & M-gestures, working now with words of Christ spoken on February 19, 2019, warning about the ahrimanic/ satanic “death ray” that signifies first and foremost 5G (microwave electromagnetic frequencies) but signifying also the increasing technological encroachment upon the human being—including the transhumanist agenda to transform human beings into

cyborgs, as envisioned by the World Economic Forum's plan for a "global reset", including here also Elon Musk's endeavor with Neuralink, a brain-computer interface company, developing implantable brain-machine interfaces. Now (June 2021) that Elon Musk is the second richest man in the world, Neuralink is an endeavor to be reckoned with, seeking to usher in the transhumanist dream of merging the human being with the computer to create a cyborg ("cybernetic organism"). As indicated in the meditation, if we align with Christ and claim our sovereignty in him, he will be our Defender and Protector, guiding us through all the trials now coming upon humankind—especially through the "vaccine trial," but also through many other trials of our time, some of which are outlined above.

**3:05:23** Third exercise with the L & M-gestures. This is certainly a meditation on Christ and, at the same time, it is a prayer to him as the Lord of Peace.

**3:08:32** With this third exercise, having completed Part 1 of the Shambhala Path, now follow some reflections upon taking up the "way" of this path.

**3:16:40** Continuation, now, with some concluding words about the "way" of the Shambhala Path, giving an overview of this path, and also going into something of the profound significance of the sacred gestures that we work with in Part 1.

**3:45:15** Closing with the three concluding exercises, working with the L & M-gestures in connection with the movement of stepping / rocking forward and back.

**3:55:00 to 3:58:30** Concluding words focusing on the three sacred gestures for the three Rosicrucian mantras.

**3:58:30** Closing with the Staff of Mercury exercise, which opens Part 5 of the Shambhala Path.

**3:58:30 to 4:11:24** What is presented here is *new* and signifies the new start of part 5 of the Shambhala Path: It is the Staff of Mercury exercise with the words of the Prayer of the Heart and the refrain *Shalama alakhoun* ("Peace be with you"), commencing with reaching up with the prayer gesture of the palms of the hands together and the fingers pointing upward, raised up toward the Heavenly Father with the words *Abuna d'bashmayya* ("Our Father, who art in heaven"). Presentation of the connection of the Staff of Mercury exercise with activating the Tree of Life is also discussed.

END OF VIDEO

***Musical accompaniment for the Staff of Mercury exercise:***

In the video, Liszt's piano transcription of the 2<sup>nd</sup> movement of Beethoven's Eighth Symphony is the music one hears, as played by pianist Cyprien Katsaris:

<https://www.youtube.com/watch?v=nc0Vqe4NWZs>

However, if one wishes to move to an orchestral version of this lively, mercurial Beethoven piece, this version—see link below—is recommended, although it is played at a slightly faster tempo—so that one's movement has to be adjusted accordingly:

<https://www.youtube.com/watch?v=Mby-Mzv0pOs>

Another wonderful music suitable for the Staff of Mercury exercise is this: "Rays of the Sun" composed for Paneurythmy by Peter Deunov, also known as the Master Beinsa Douno, played here by musicians (stringed instruments) from the I.D.E.A.L. Society:

<https://www.youtube.com/watch?v=lzuOZ5A-QBk>

This wonderful music—inspiring, joyous, and lively—is played at the right tempo for the exercise...at least, until 4:44 of this recording, when a slow movement begins. The Bulgarian spiritual teacher Peter Deunov (1864-1944) was a very high Christian initiate, as I have described in my articles about him—"Rama and Krishna Avatars" and "Prophecy of Peter Deunov" (co-authored by Harrie Salman)—posted under Articles on the Sophia Foundation website. The music he composed comes from spiritual realms, and the "Rays of the Sun" represents the circulation of Divine energy from the Sun down to the Earth and back again. The music was composed for the dance of *The Rays of the Sun* danced in Paneurythmy by 144 people arranged as twelve equally spaced rays of the Sun with each ray comprising two lines, six people in each line, in pairs. In the summer of 1996 I was privileged to take part in *The Rays of the Sun* dance, as well as in other Paneurythmy exercises, at the yearly summer camp of followers of Peter Deunov. In the spiritual tradition inaugurated by Peter Deunov, the summer camps take place in August each year high up in the Rila mountains of Bulgaria, where the sacred Seven Lakes are located.

***Healing power of the Staff of Mercury exercise:***

Here with a testimony regarding the healing power of the Staff of Mercury exercise:

***Staff of Mercury exercise—healing:***

SOPHIA SCHOOL OF MOVEMENT

Kelly Calegar's website—

A link to the video demonstrating the Staff of Mercury exercise can be found beneath podcast 17 (under 17B) on the Sophia School of

Movement website. This is the same as the presentation above of the *Staff of Mercury* exercise starting at 33:50 of this video.

*Email to Kelly:*

Dear Kelly,

I am so grateful for you doing this for me and all the others who appreciate these things. And I really look forward to reading the transcriptions of Robert's podcasts.

I am also so deeply grateful for the video where Robert Powell shows us the Staff of Mercury with the prayer of the heart and the eurythmy movements. I warmly thank you for the Staff of Mercury video, which I really think saved my life.

Recently I have been so exposed to Covid-19 newly "vaccinated" people in my irregular work since the middle of March 2021, in my three working periods in March, April and May I was exposed to between 500 and 1000 people each day.

Soon after they began to mass-vaccinate in my country, I began to have massive flows of blood. This I had for close to 70 days, and I was then in a very ill condition.

I did not go to see my doctor because I knew he did not believe that unvaccinated people—I will never take these experimental injections—could be infected by vaccinated people. This phenomenon has been described in science as transmission of substances from vaccinated to unvaccinated people.

At Pentecost this year I found, in an email from Doris Wolf, your website with podcasts of Robert—and here it was as if my prayers had been heard.

I found the video with the Staff of Mercury exercise together with the prayer of the heart done with eurythmy. Robert indicated that this exercise will protect our holy DNA. I felt immediately when I did the exercise that this would help me. And in only 4 days with this exercise—I did it many times a day—all the massive bleedings stopped. I also do the "Heavenly King prayer".

I still do my exercises several times daily, and now I am trying to build up my blood. I am using a lot of vegetables with iron. I have always had enough blood cells and Iron, but after these severe bleedings I have got anemia.

Warm hugs and lots of love and light to you,

Turid

***And here with another testimony, couched in the language of a general healing for humanity and the Earth:***

Dear Robert, [email of 2 June 2021]

Thank you so much for your email with your interesting remarks on the flow of Beethoven's music in relation to the Staff of Mercury movement. And I am so glad and grateful to hear that you and Lacquanna are doing this wonderful dance every day—this is such a healing deed for humankind.

I was actually just about to write to you on this very topic of the Staff of Mercury exercise as I watched your video demonstration on Monday evening and took part in the movement with great joy. My smile kept widening, also from the joy of seeing you again in this beautiful nature setting with the birds singing in the background. Your video demonstration is truly helpful, and this whole is, indeed, a sacred healing remedy. The devoted work you do in collaboration with Lacquanna is of immense healing magnitude for humankind, and one knows that this all takes a great continuous effort on your part—out of pure love for humanity. This work is crucial, please continue! I also listened to your wonderful podcast 35, which is so important, and it brings so much joy to know that your work with the Healing Miracles of Christ is continuing.

What I wanted to tell you is that with the Staff of Mercury dance one is actually becoming the very archetype of the human DNA. This sacred intervention specifically sets something in motion with the second part of the exercise, when one starts moving to the music. The initial part, with the powerful Prayer of the Heart, together with the refrain of the Aramaic mantra *Shalama alakhoun*, prepares the human heart for what is then activated with the second part, which is truly an intervention, an actual healing remedy for the DNA, and an activation of the Tree of Life mirrored in the human organism. With this second part, something further takes place: as one becomes the very archetype of the Holy of Holies, its true origin in the Heavens is unveiled so that Heaven and Earth become one with this movement, just as in dancing the Staff of Mercury one's organism truly is *all in movement*. This amounts to an ongoing *creation of life*, and with one's sacred intervention, by way of this movement in service of the Risen Christ, one opens the door for humanity to this realm of truth and loving existence, signifying a raising of humankind's consciousness and being. This loving deed resonates beautifully with Estelle Isaacson's words in the introductory reading of the video. I am in awe of this wonderful whole, communicated in the spirit of Truth, Beauty, and Goodness.

The joyous movement of life that is experienced through dancing the Staff of Mercury is also to be found in spiritual realms. It is remembered, for example, with the dance of the Seven Sisters of the

Pleiades. Indeed, their dance is mirrored in the movement shown in the middle of your video demonstration by the double helix movement of human DNA. It was this very same sprouting and lively and ardent lemniscatory movement that I was initially graced to witness in Dornach, Switzerland, as I was stargazing, looking up to the beautiful star cluster of the Pleiades.

May this vivid spirit be also the spirit-come-to-expression in the shift of pace in Beethoven's music—a second movement in service of Life itself.

What I witnessed in your movement in the video demonstration was clearly resonating with Beethoven's music, manifesting as a mutual weaving and co-creation for the greater Good.

From Sweden with Love, Joy, and profound gratitude,  
Louise