

A Newsletter from Ulla and Gary

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Bringing Antares to Egypt

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We were four people. We had come to Egypt to do a particular kind of energy work, a different kind of work from anything we had done before—certainly different from what we had done years before in Egypt. On this trip, our intention was to anchor the consciousness of Antares into the Giza plateau. This work was not about the past; this was in service of shaping the future. We were not here connecting to humanity's history or healing past traumas. Antares consciousness is for us about unfolding humanity's future within the absolute consciousness of Oneness.

Gary was to take the lead in bringing in an energetic structure, some kind of temple of Antares, into which the energy of Antares consciousness would enter. Ulla was to take the lead in bringing the Antares energy into the temple space, and then activating it in our consciousness and in Giza's City of Light. Other than that, we had little idea of how things would unfold. We just had trust that things would happen as needed.

During the plane trip to Cairo, we had talked about how to create an opening for this new consciousness. Giza has so many control energies that can be difficult and hard to penetrate. For example, we knew in advance that we would not be allowed to sit and meditate anywhere around the pyramids or Sphinx. We were in Giza to work with the City of Light and with the Earth, the new Earth. And it was so obvious to us that this would be a learning experience. Step-by-step we are learning how to do this Antares work. We knew that we must stay open and alert.

In the afternoon of our first day in Giza, the four of us were sitting on the rooftop terrace of the Guardian Guest House, directly across from the Sphinx—Lis, Kerstin, Ulla, and Gary. Directly in front of us was the entire Giza plateau with its monumental pyramids shining

in the bright Egyptian sun. We were sitting in a close circle facing toward the center.



How had we come to this moment? The four of us had spent weeks together in Argentina during the previous autumn, and during those days together we had shared many of our experiences—experiences that for Ulla focused on her relationship to Antares. A goddess, a star, a higher consciousness? For three years Ulla had been guided and trained in how

to serve Antares' anchoring on earth, how to do the anchoring, and how to share Antares' consciousness with others. A shared belief in Antares had brought us back together now. Like the first breath of a new life, Antares is breathing something new into the Earth, a new consciousness and a new vision of what it means to live in Oneness.

Metatron's Sphere

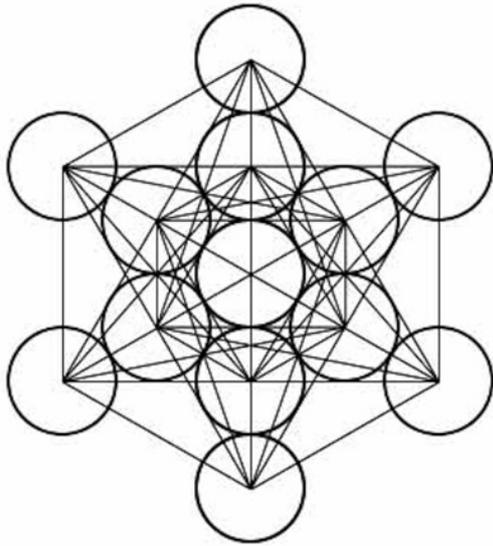
As we sat together looking out at the pyramids, Ulla said that she could imagine that a temple space was coming in. Gary continued to set space much in the way he usually did, and he looked out to see what kind of form might come in around us. At first it seemed that something was coming in from above like it had done many times in the past.

It was then that something new emerged. It was a large crystalline sphere. It simply appeared around us. As Gary reached out to understand and to describe it, the quality of its consciousness became clearer to us. It was pure and heartfelt. Metatron. Metatron is simple and easy, and Gary shared his realization that he had never completely understood Metatron before. Everything that proceeds from Oneness grows from the heart, including this crystalline sphere that surrounded us now.

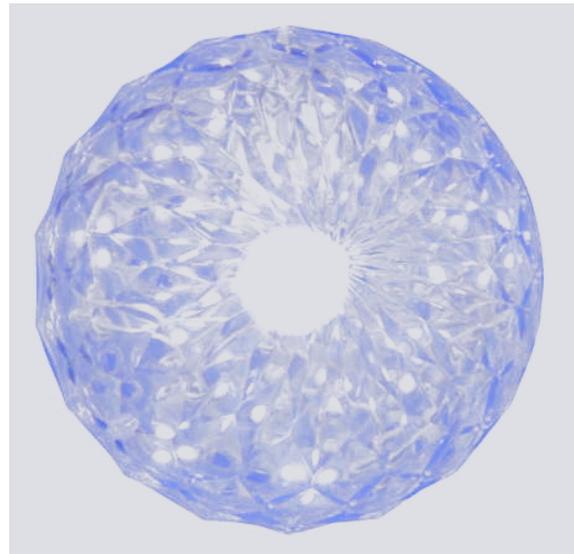
In the center of the sphere was an area of white light. It radiated divine love and Oneness in the most open and powerful way. It was like a Universal Heart floating free, free of any limitations—pure form and pure heart. What to do seemed perfectly clear; we each connected our own heart centers to the energy of this Universal Heart that radiated from the center of the sphere. What a miracle! The energy passed back and forth among us forming a white cross of heart energy through the middle of our circle.

The sense of the sphere's appearance made more and more sense to us. Its shape was the result of many copies of Metatron's cube all overlapped on top of each other. Taken together the cubes created an overall shape like a sphere covered with pointed edges. And

then, there came a moment when the individual cubes began to rotate, each around a different axis. The appearance became one of spinning cubes tumbling over each other around the point in the center. And as the spinning increased in speed, the brightness of the Universal Heart in the center grew and grew.



Metatron's Cube.



Metatron's Sphere.

And like leaves floating on the surface of a brook, we were drawn deeper and deeper into Universal Heart at the center of Metatron's Sphere. This space is a place of universality. It melts all dimensions into one. This is Oneness. And we could feel that our frequencies were being raised and the limitations of our outer selves were being striped away. And in this is also our place of connection to Antares, because in that consciousness of Oneness stands Antares in perfect harmony with every part of All-That-Is. There are no separations.

Antares In Action

It was four days later—after four days of joining together in Metatron's Sphere, raising our frequencies, and clearing ourselves of limitations—that we came together again for the core purpose of our time in Giza, the anchoring of Antares consciousness. For this day we had made arrangements to travel to a sacred site that lies between Giza and the sacred pyramid at Sakkara. This special site is the Temple of Osiris, the place we were told that was the first temple to be build in this whole area. It was sacred space from which Egypt's other sacred spaces emerged, the focal point of divine power.

There is no official road to the Temple of Osiris, no tourists, and no reconstruction work. Our tour guide had made 'special arrangements.' Just how lucky we were to be able to work here was clear when we saw the altar in the middle of scattered ruins, an altar unlike any other in Egypt. In the center was a circle of alabaster, maybe a meter and a half in diameter. And around that was a stone square that expanded the altar space to over three

meters across. And at each side of the square there were stone arrows that pointed off into the four directions. This was truly a place from which energy radiated out to the whole region. It was the center, and that is where we formed our circle. We again took our places, and as we had practiced, we brought in Metatron's Sphere. It was like setting a match to a fire. We once again formed the cross of light in the space between us. We surrendered.



The altar at the Temple of Osiris.

Ulla began the process she had been taught over the preceding years. She called forth an octahedron in the center of the sphere with its axis aligned vertically pointing toward the cosmos and toward the Earth. She activated the heart flames of Antares that she holds anchored in her heart. And then she entered into the octahedron becoming a transit through the multidimensionality of Antares' consciousness. Through that configuration, the frequencies of Antares radiated out and became activated in the consciousness of us sitting in the circle. And then the consciousness of Antares began radiating through the four arrows of the altar and anchoring into the City of Light and the surrounding area.

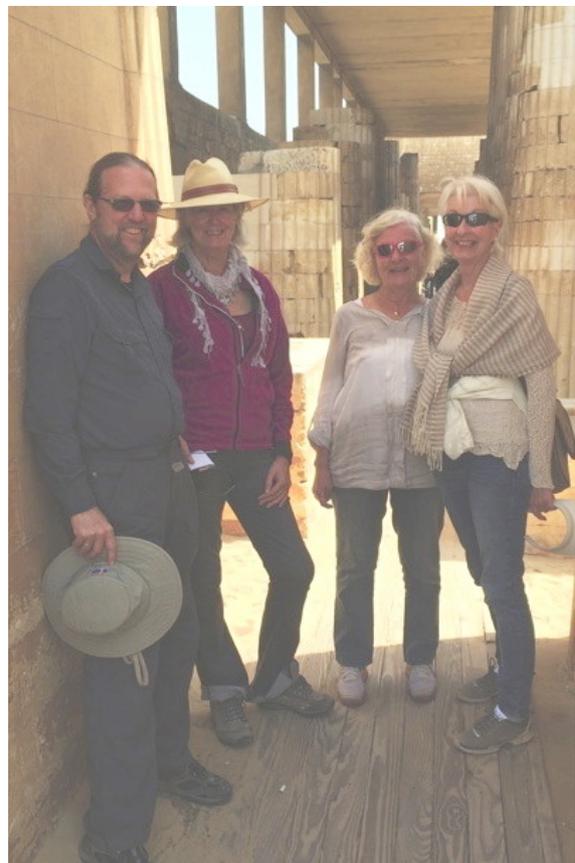
The octahedron would hold Antares' energies and continue radiating her frequencies out in the area even after we left. And as we four sat there experiencing the flow of Antares energy, Ulla was asked to introduce the Earth into the center of the sphere. We held the planet with our hands and radiated Antares' frequencies into the wholeness of the Earth. It was a deep fulfillment of our longing to be of service to the Earth and the embodiment of being caretakers of the Earth.

Postlude

It was done. It felt remarkably easy as our

work with Antares has repeatedly felt—stepping into ease and harmony. And as we reflect back on our experience, it seems that this quality of Universal Heart must have been carried by great healers-teachers like Jesus and Buddha. It is a humbling experience to gain an insight into what such a heart energy could be.

Once upon a time, we had experience Antares as a goddess within Mt. Shasta, and then later as a powerful light that had entered us and transformed us. We thought back then that Antares would be important for the future. And now that future is opening up before us. We are looking now toward continuing this work in England, Mt. Kilimanjaro, and Bali. It is in service to Antares that we offer this work.



Deepest thanks to Kerstin and Lis.



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