



I CHING ADVICE FOR 2026

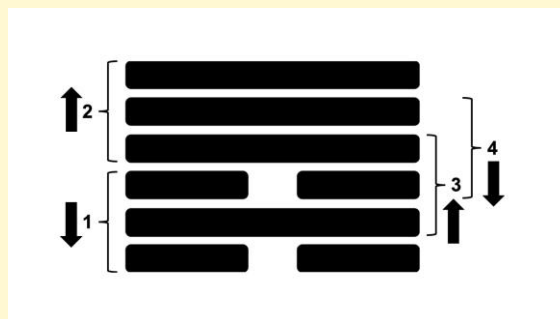
Since 2021 when the karmic winds of radical change intensified, we have provided for the family of practitioners the I Ching advice on how to navigate the stormy great waters of social breakdown. As the great Krishnamurti once remarked,

"IF WE CAN REALLY UNDERSTAND THE PROBLEM, THE ANSWER WILL COME OUT OF IT, BECAUSE THE ANSWER IS NOT SEPARATE FROM THE PROBLEM." Krishnamurti

To help us understand the nature of the situation we have been facing we are going to look into the sequence of I Ching advice received in the last five years.

2022

The sequence of advice began with Hexagram 6, "Conflict". The I Ching dispelled any fantasy of normality or wishful thinking by pointing out that plain and simple we were in deep trouble.



HEXAGRAM 6 CONFLICT

The advice for dealing with conflict as the arrows indicated was that within the conflict (trigrams 1 & 2 with arrows going in opposite directions) resides the

resolution of the conflict (trigrams 3 & 4 with arrows coming into agreement). The four attitudes for managing conflict were:

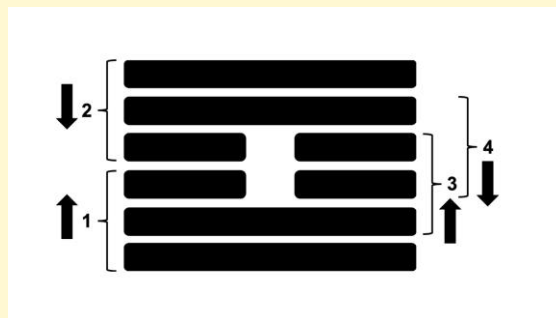
1-Water Trigram: stay present (avoid fantasy, wishful thinking or expectation of miraculous changes without having to do anything).

2-Heaven Trigram: take initiative, make strong Yang effort to clear conflict from your mind (avoid sitting back and passively wait for the government or Big Pharma to come and save you with its magical injections).

3-Fire Trigram: make the mind as clear as possible so you could see beyond the appearances being painted at the true nature of what was taking place.

4-Wind Trigram: go deep into the deepest unconscious where the roots of conflict are hiding.

As the 2022 progressed the conflicting situation required the advice of Hexagram 61, "Inner Truth".



HEXAGRAM 61: INNER TRUTH

The hexagram title pointed at accessing your true self. As the 4 arrows indicated, Conflict could be dealt with by accessing your Original Mind true Self, instead of the confusion and fear of the ego. 2020, 2021 and 2022 were years of intensified fear of death driven by massive mental manipulation.

The four attitudes for managing intensified conflict in 2022 were:

1-Lake Trigram: stay in a positive state at the physical, energetic, emotional, mental and spiritual levels. The tendencies to sink into selfishness and everyone for itself became stronger as the unconscious fears of death were intensified by the mass media. As time has shown, data was intentionally distorted to force a negative emotional and mental state favoring expanded social controls and loss of personal freedoms.

2-Wind Trigram: continue to make clear the unconscious tendencies driven by fears of death all around.

3-Thunder Trigram: strong Yang effort sustaining alignment with the inexhaustible powers of transformation of the Earth and the infinite clarity of Heaven. Alignment is what allows you to remain true to yourself in the middle of a hysterical multitude.

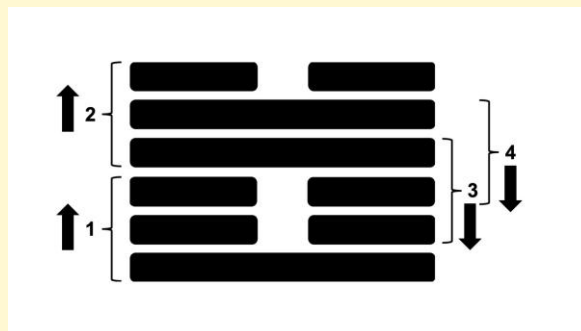
4-Mountain Trigram: strong Yang effort being grounded, firm and true to yourself no matter what the massive social experiment was saying.

Summary for 2022: Make strong Yang effort to stay present, clear, aligned and true to yourself by going as deep as possible into the unconscious factors behind conflict. 40% of the world stayed clear with what was truly happening, resisted with strong Yang perseverance what the 60% that gave in to their fears was forcing them to do.

Extensive energy practices from the I Ching Dao program were suggested for applying the I Ching advice.

2023

The conflicting situation of 2020, 2021 and 2022 continued in 2023. The I Ching described the situation as a continuation with Hexagram 17, "Following" evolving into Hexagram 47, "Oppression".



HEXAGRAM 17: FOLLOWING

Since the conflicting situation continued to expand, all the advice of the previous year needed to be applied.

1-Thunder Trigram: Strong Yang effort needed to maintain the alignment between Heaven and Earth and the creative energy it generates. Second time the alignment of Thunder was suggested. Strong effort needed because a conflicting situation that cannot be easily resolved burns huge amounts of Jing Essence trying to adapt to fast-changing needs. Alignment was suggested

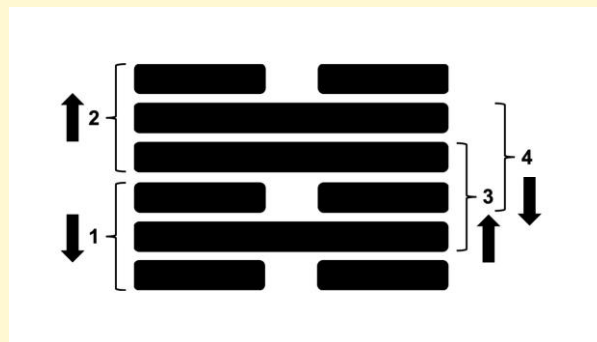
because people were becoming wearied of the sustained effort trying to stay sane.

2-Lake Trigram: second time it was suggested to stay in a positive state no matter the intensity of negativity around.

3-Mountain Trigram: second time we were advised to stay grounded, centered, fearless and firm.

4-Wind Trigram: third time we were advised to go deep into the unconscious fears being stirred to force compliance with decisions against our own interests.

The worsening conflict evolved into what the I Ching described as Hexagram 47 “Oppression”.



HEXAGRAM 47: OPPRESSION

The attitudes for dealing with the oppressive situation were:

1-Water Trigram: second time we were advised to stay present, not fall into fantasy, escape, wishing things were different or belief in miracles without having to do anything. One of the easiest escape routes when painful states cannot be resolved is by going unconscious with any form of addiction that dulls the mind.

We have a survival mechanism carried out by the 8 Extraordinary Meridians that buries pain deep within the first cauldron until the organism is capable of dealing with the situation. The process is described in the medical language as “dampness”. The price for postponing the resolution of conflict is loss of aliveness, decreased clarity and a clouding over of the Shen-Spirit.

2-Lake Trigram: third time we were advised to do strong Yang effort to stay in good shape physically, energetically, emotionally, mentally and spiritually. This advice was repeated three times because people were falling apart at every level, young athletes dropping dead in the middle of a game, index of mortality at 40% over 2019. Increase in miscarriages, respiratory problems, strokes, turbo-cancers with metastasis that should have taken years in only six months,

etc. Mass media distraction with blood sacrificial wars in Ukraine and Palestine. “Oppression” manifesting as closing the heart-Shen with hate for Russians, Muslims, Chinese, immigrants, the political right or left or anyone you disagree with. Pain begins at the subtle level when the heart closes.

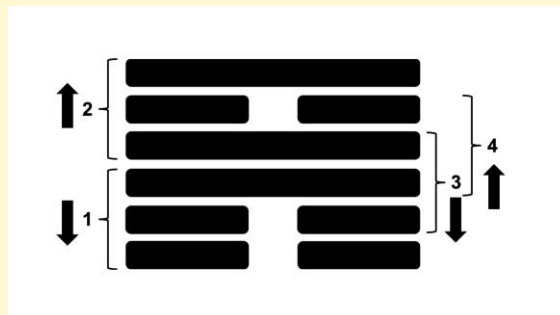
3-Fire Trigram: second time repeated the need for emotional, mental and spiritual clarity as the situation deteriorated. The I Ching kept advising clarity because obscurity was increasing.

4-Wind Trigram: fourth time we were asked to look deep into the unconscious factors playing out and what was being suppressed, avoided to face, refused to confront or clouded over by addictions to telephone messages, drugs, overwork or mental fatigue.

Summary for 2023: things are breaking down from conflicts not being resolved.

2024

The unresolved conflict evolved into a situation described by the I Ching as being lost like a traveler that didn’t know where to go in an unknown territory. The I Ching presented the situation as Hexagram 56, “The Wanderer” evolving into Hexagram 23, “Splitting Apart”.



HEXAGRAM 56: THE WANDERER

The advise for finding the way out of the unknown we strayed into consisted of:

1-Mountain Trigram: third time we were advised to be physically grounded, energetically grounded without energy fluctuations or being tired; emotionally grounded without closing the heart-kidneys axis with fear and hate; mentally grounded by transforming chaotic mental fluctuations with mantra and spiritually grounded by persevering in a daily practice program no matter what was happening.

2-Fire Trigram: third time we were advised to keep the mind clear, aware, luminous and free of limiting beliefs, bias or prejudice. The Yang perseverance of the Heaven trigram in Hexagram 6 back in 2022 continued to be applied, perfected and integrated in the way of negotiating the tsunami of socially engineered change. Many worldwide could not keep up with the pace of adaptability required of the Jing Essence and were left behind to their fate.

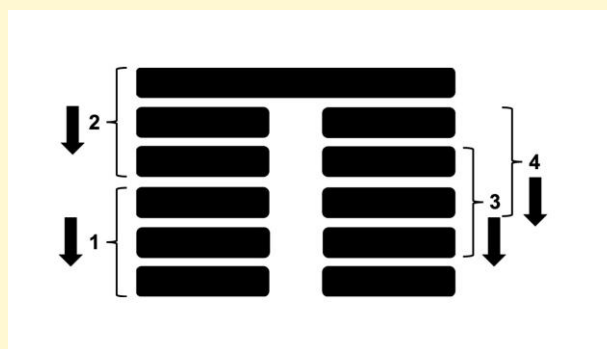
“THE ULTIMATE SOURCE OF MY MENTAL HAPPINESS IS MY PEACE OF MIND. NOTHING CAN DESTROY THIS EXCEPT MY OWN ANGER” Dalai Lama

3-Wind Trigram: fifth time we were advised to bring clarity to the unconscious factors playing out at the personal, family and social level. As Jung observed years earlier.

“MUCH OF THE EVIL IN THIS WORLD IS DUE TO THE FACT THAT MAN, IN GENERAL, IS HOPELESSLY UNCONSCIOUS.” Carl Jung

4-Lake Trigram: fourth time we were advised to do supreme Yang effort for staying in good shape at all levels. An advice was repeated over and over because conditions were deteriorating at a fast rate under the appearance of “normality”. Like the frog in the heating pan, everything appears to be normal, until it is not.

As 2024 evolved the I Ching described the situation as Hexagram 23 “Splitting Apart” disintegration.



HEXAGRAM 23: SPLITTING APART (DESINTEGRACION)

The elements for maintaining integrity when things continued to fall apart were:

1-Earth Trigram in positions 1, 3 and 4: extreme flexibility was needed as travelers who have lost the way. Yin perseverance is difficult to understand to a mind programmed to believe that change only comes through forceful action and that flexibility is a sign of weakness, giving in or taking it easy. Yin

perseverance is persistent effort sticking to something leading the way and has nothing to do with weakness or being passive.

At the personal level the one leading the way is the Inner Guide, the dynamic aspect of the divine seed of perfection of the Shen-Spirit. The lost traveler needed the guidance of the higher consciousness that knows the way.

Summary for 2024: we have fallen and are lost in the unconscious, the land of darkness where the only true resource for finding the way is the light of the Shen-Spirit.

“IT SEEMS TO ME THAT PARALLEL TO THE DECAY OF THE RELIGIOUS LIFE, NEUROSIS HAS BECOME MORE NOTABLY FREQUENT. UNDENIABLY WE ARE LIVING IN A PERIOD OF MAXIMUM RESTLESSNESS, NERVOUS TENSION, CONFUSION AND DISORIENTATION.” Carl Jung

2025

Hexagram 56 “The Wanderer” once again described the situation we were in. The only difference is that the situation was stagnated. The traveler was lost and could not find the way out of conflict. For those who think all these warnings are pessimistic, bleak and negative, look deeper as the Wind Trigram suggested for the sixth time. Conflicts appear in relation to one’s capacity to resolve them. The conflicts we face are never beyond our capacity to resolve them. The formula is in all those 28 trigram combinations we were given.

In terms of the mind, conflicts originate at the first cauldron of the selfish mind and are resolved at the second cauldron of the heart. Our personal practice expands or contracts in proportion to our level of compassion. The inability to resolve conflicts is the result of insisting on selfish solutions, one-sided view of situations, sanctioning those we don’t like and exterminating all those we hate.

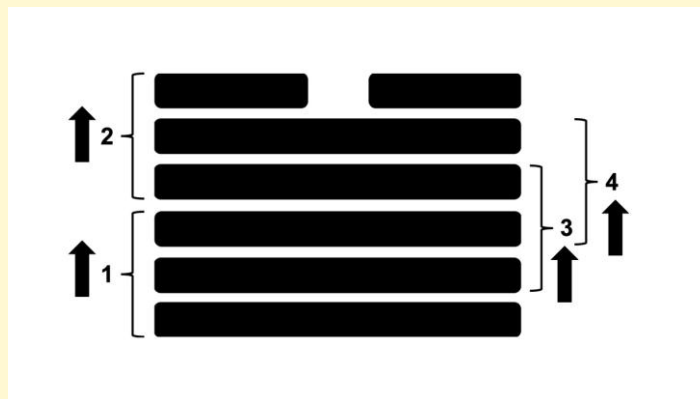
The traveler is lost when it forgets where it was going; when it forgets everyone carries the divine seed and there are no enemies, only unconscious projections of our own fears. The ultimate clarity of the Fire Trigram is simply that we came to the world to fulfill destiny and assist as many beings as possible to fulfill their life mission. Everything that is not Original Mind is a distraction.

The most important spiritual breakthroughs don’t happen when we are spiraling at the cauldron, meditating or chanting mantras. They happen when we are in the middle of a conflict, angry, frustrated or scared, reacting the same old way we always react, and then suddenly realize that we have a choice to do it differently. That’s what the Wind and Fire Trigram kept pointing at.

2026

Every year we have posed the same question to the Inner Guide speaking through the I Ching: “*What attitude, as practitioners, to cultivate in the coming year?*” The question is posed as practitioners, not as ordinary people without a path fulfilling destiny, as the advice given will be implemented using the extensive menu of I Ching Dao practices.

The I Ching described the 2026 period with Hexagram 43, “Breakthrough”, “Overflowing”. The stagnation of the previous year energetically gives way to an overflowing of energies.



HEXAGRAM 43: Breakthrough, Overflowing

All four arrows are rising energetically overflowing, spilling out or breaking through. Before you jump with excitement, let's look at what the situation truly describes. Hexagram 43 belongs to the alchemical distillation phase when change has dramatically increased and purification starts. There is a lot of energy in the situation, especially taking into account that on the previous year energy was stagnated and gathering momentum.

The Judgment makes clear that the situation is explosive and can go either way, to the positive side or terribly wrong.

“Break-through. One must resolutely make the matter known at the court of the king.

It must be announced truthfully. Danger.

It is necessary to notify one's own city.

It does not further to resort to arms.

It furthers one to undertake something.”

The protagonist is informed that the situation is very delicate and potentially explosive. The truth must prevail regardless of the consequences. Necessary to be aware of the negative consequences of speaking the truth.

Back in 2022 we were advised to access our “Inner Truth” with Hexagram 61. Authenticity is being challenged by making compromises that go against our innermost interests. *“It does not further to resort to arms”* indicates that violence is not an option at any stage. We do violence to ourselves when we close the eyes and heart not wanting to see genocide on an industrial scale, homeless people living under bridges or lines of hungry people waiting for a handout. We do violence to ourselves when, despite having all the tools needed, we refuse to heal the relation with our family.

“ONE OF THE MOST COWARDLY THING PEOPLE DO IS TO SHUT THEIR EYES TO FACTS.” C.S. Lewis

There is a blood sacrificial war with Russia that the leaders of the Western world want to prolong for as long as possible. In some European countries people have received notices to stockpile food for a big war that is coming. In some European countries obligatory military service is being reinstated. More young people are being prepared to be sacrificed at the altar of the dark entities of war.

“WORKING CLASS PEOPLE AROUND THE WORLD HAVE NO INNATE DESIRE TO GO TO WAR WITH EACH OTHER. THEY HAVE TO BE CONED INTO IT BY THE SOCIOPATHS WHO WILL PROFIT FROM IT.” John Lennon

If all these factors seem overwhelming to you, look back and see if you have been implementing the I Ching advice during these last four years or they were curiosities quickly discarded when the latest telephone message arrived. We do violence to ourselves when we discard the truly useful instructions received and continue doing the same things that have failed to bring happiness and wellbeing.

“PEOPLE WILL COME TO LOVE THEIR OPPRESSION, TO ADORE THE TECHNOLOGIES THAT UNDO THEIR CAPACITY TO THINK.” Aldous Huxley

The elements for staying truthful, clear, grounded and aware at this time are:

1-Heaven Trigram repeated 3 times, which means a tremendous amount of Yang effort is needed to negotiate the changes and pull ourselves back on to the track fulfilling destiny. The Heaven trigram wouldn't appear 3 times if the situation was simple or easy or if previous advice had been heeded. A tremendous amount of power is at play in the situation and skillful management is needed to avoid an explosive outcome. Most people are tired of deteriorating conditions, tired of continuous wars, tired of economic hardship and relentless mental bombardment generating fear.

Energetically, the capacity to massively persevere comes from the inexhaustible source of creative energy the alignment Heaven-Earth provides (Thunder Trigram in Hexagram 61, 17, 34), grounding (Mountain Trigram in Hexagram 61, 17, 23, 56 (twice), clarity (Fire Trigram in Hexagram 6, 47, 56 (twice), staying positive and in good shape (Lake Trigram in Hexagram 61, 17, 47, 56 (twice), 43 and 34). Alignment requires the stability provided by dealing with the unconscious factors resisting positive change (Wind Trigram in Hexagram 6, 61, 17, 47, 56 (twice). Alignment is a lot more than momentarily experiencing the pull at the crown.

2-Lake Trigram: All the Yang perseverance has to be tempered by the positive state of the Lake Trigram. In simple terms, a tremendous amount of effort has to be invested at this point for staying in a good mood, positive state, good health, balance, alignment and integrity. The challenges are great and so are the rewards if skillfully done.

The Image confirms the overflowing state of the situation:

*“The lake has risen to heaven: the image of break-through.
Thus the superior person dispenses riches downward and refrains from resting on his virtue.”*

The waters spilling from the top are for nourishing everyone and everything that is below. Strong effort has to be made not to fall back to the first cauldron selfishness. We are warned because there is a strong possibility of sinking deep into the unconscious we have been warned about so many times before. We develop, flourish and thrive in accordance to our level of compassion. Compassion comes from self-awareness and self-compassion-the awareness that everyone suffers, everyone wants good health and yet we do the very things which prevent what we want most in life.

Power doesn't guarantee happiness or wellbeing. Power generates fear and anxiety about losing it. There is a lot of power in the situation we are in as a society. Those governing the world want to channel that energy in the direction of holding on to power and more wars; the practitioner has the tools to redirect that power in the direction of the common good. Which choice will prevail depends on the level of Yang perseverance engaged at the personal and social level.

The fifth line in Hexagram 43 is the changing one. The fifth line is the position when a situation culminates. The I Ching indicates that the massive Yang perseverance staying in a positive state is critical as the situation reaches its peak. The text of the fifth line has:

“In dealing with weeds, firm resolution is necessary. Walking in the middle remains free of blame.”

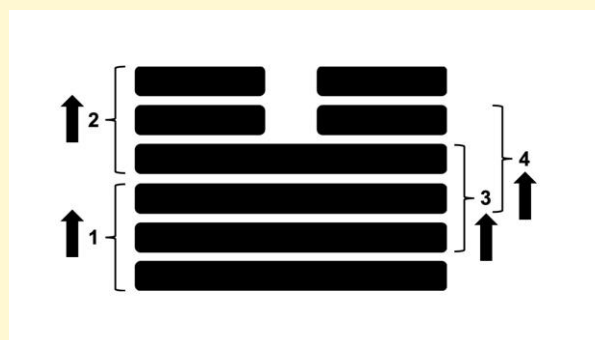
The massive Yang perseverance is specifically applied in transforming one's own negativity, limited views, pessimism, unconsciousness and selfish tendencies. We do not decide our future, we decide, defend and protect our habits and our habits decide our future.

Difficult times put to the test everything we have trained over the years. The ultimate challenge opening the second cauldron is keeping the heart open and not closing it, especially toward those trying to hurt us. That person that will put to the test the alignment and integrity of the heart is the one that appears disguised as the worst enemy and trouble maker (what the mass media calls, “the terrorists”). That person is the one we have the closest karmic links of mutual assistance. When that person appears, we have the choice of going down the victim road and blame or take the narrow, ascending path to the third cauldron of the true Self. One path is very wide and easy, the other is narrow and difficult. As I learned from the Tibetans walking the Himalayas,

“When two paths appear on the road, take the difficult one”

The massive Yang perseverance of the three Heaven trigrams is for taking the difficult path; the path of being true to yourself and your highest spiritual purpose no matter how difficult conditions get.

In time the situation presented by Hexagram 43 evolves into Hexagram 34, “The Power of the Great”.



HEXAGRAM 34: THE POWER OF THE GREAT

All four arrows continue to point up indicating the overflowing of Hexagram 43 continues.

1-Heaven Trigram repeated twice: strong Yang perseverance (Heaven Trigram 1 and 3) needed to flow with changes on the second half of 2026.

We are living through the period when the 500 years of political, economic and social conditions established by the European colonial powers is finally

collapsing. No empire lasts forever no matter how many wars they fight and how many people they kill. The phrase “make America great again” is symptomatic of the terminal breakdown of the patient. No collapsing empire has ever been “great again”.

Empires have 6 distinct ages:

- 1-The Age of Pioneers
- 2-The Age of Conquest
- 3-The Age of Commerce
- 4-The Age of Affluence
- 5-The Age of Intellect and Ideas
- 6-The Age of Decadence

The Age of Decadence has 6 distinct common features:

- 1-Overextended military
- 2-Conspicuous display of wealth
- 3-Massive disparity between rich and poor
- 4-The government grows too large and complex to manage properly
- 5-Obsession with sex
- 6-Debasement of the currency as debt grows out of control

The top bankers and economists all agree that a monetary collapse is on the horizon as the dollar ceases to be a reliable, stable currency for world commerce.

The 4 horsemen of the apocalypse in a collapsing empire are:

- 1-Rapacious financial system
- 2-Increasing poverty
- 3-Escalating violence
- 4-Exhaustion of natural resources

2-Thunder Trigram: alignment Heaven-Earth third time suggested, indicates risks of falling apart.

4-Lake Trigram: repeated seven times (Hexagram 61, 17, 47, 56 (twice), 43 and 34). Supreme effort needed to stay in a good, positive mood, good health, emotional balance, mental clarity and spiritual alignment. All of this would not be needed if the situation was simple, easy and manageable.

The Judgment instructions could not be simpler:

“The Power of the Great. Perseverance furthers”

The Image reiterates the need for clear principles, values and spiritual purpose (“Inner Truth”, Hexagram 61).

“Thunder in heaven above: The image of The Power of the Great. Thus the superior person does not tread upon paths that do not accord with established order.”

The only path the practitioner walks on is the difficult narrow path of “Inner Truth” fulfilling destiny. Other paths no matter how attractive they may seem, if they are not realizing life’s highest spiritual purpose go nowhere.

The ancestors of the practices have provided a well-trodden path and the practices to reach the ultimate destination where differences are transcended. They have also provided the inner teachings of the I Ching to avoid improvisation and guessing. Strong effort will be needed to stay on that path as conditions become more challenging. The strongest effort will be on pulling away from the habits and tendencies of not listening to the Inner Guide advice and insisting on being unconscious, hoping, wishing and expecting easy miracles.

PRACTICE PROGRAM FOR HEXAGRAM 43 AND 34

Desperate times require simple solutions. The instructions for 2026 couldn’t be simpler: do massive effort at staying in good shape physically, energetically, emotionally, mentally, socially and spiritually. To do that, use all the resources for transformation you have learned till now.

Transformative energy work is structured in three phases:

- 1-Determine the obstacles and develop a strategy to liberate them
- 2-Open potential by increasing flow
- 3-Stabilize so results stay, grow and expand

-Determine which obstacles are right now affecting your life the most.

-Make a list on a notebook. We have been recommending for years to have a practice journal where you record what you are doing with your practices. Don’t do it on the telephone. Handwriting helps sustain neuronal connections and lateral brain harmonization. That telephone has become an instrument for reinforcing the addictive-unconscious mind. Go deep as the Wind Trigram suggests to find out what the telephone has done to your mind. The questions to ask are:

- is my mind more calm now that I use the telephone for everything?
- is my mind less distracted now that I use the telephone all the times?

- is my mind less agitated now that my telephone has become indispensable?
- has my short-term memory improved since I use the telephone for everything?
- can I focus at the cauldron and maintain the attention without effort now that I spend hours everyday using the telephone?
- do I turn on the phone as soon as I get up in the morning?
- is checking messages so as not to miss anything my main energy practice?
- when I have a few moments free the first thing I do is check messages or browse the web?
- what would happen to my life if I lost my telephone and could not replace it?

Everything we do depends on the condition of the mind. Has your telephone improved the quality of your mind in terms of clarity, calmness, capacity to focus and quality of decision made?

The mind is the obstacle, and the mind is the liberation. Which of the two choices are you experiencing most?

Are you getting upset your telephone use is being questioned by these notes?

One of the characteristics of the addicted mind is denial it is addicted. Anything you are addicted to makes you unconscious. The advice repeated over and over is to be present (Water Trigram), clear and free of limiting conditioning (Fire Trigram).

2-Do nadi balancing everyday to reinforce the Fire Trigram. You can do it with the square breathing, the Foundation Sequence or even Spinal Chord breathing watching the pause.

3-Every thought, every idea, every telephone message generates modifications of the brain. On an ordinary day free of conflicts or emergencies we experience on average 72,000 thoughts-modifications of the brain. Each one of those modifications is different from others. At the end of the day, we need to sleep to allow the nervous system to recover and attempt to rebalance. How efficient you are at rebalancing depends on how your Jing Essence is adapting to constant change. If you have burned too much Jing Essence with worry fear and anxiety or hating the Russians you are not going to be at your most efficient.

If you are addicted to constant mental stimulation, substitute telephone browsing for mantra. Keep the mind busy with mantra that brings uniformity to the chaotic modifications of the mind you are addicted to.

4-What works best in the Iron Era are vibrational practices. In addition to mantra purify the mind, your energy field and environment you live with White Light and "A" mantra.

Purify your mind and living space with Red-Orange warm to hot Light.

Instantly purify your mind of any negativity you come across with mantra or mantra with White Light. Don't let negativity take hold of your sacred mental space.

5-Sharpen your recognition capacity (Fire Trigram) at the mid-eyebrow with AUM mantra or Brahmari Pranayam. If you cannot recognize negativity for what it is; if you doubt your intuition; if you believe whatever the mass media proclaims as truth, the Wind Trigram of going deep into the unconscious is not working for you.

6-If your physical body is not in good shape the mind is not going to be either. Daily stretches such as:

- shaking for at least 5 minutes with the attention at the soles of the feet to reinforce the Mountain Trigram of grounding and stability.

- kicking at least 25 times with each leg to lower the center of gravity from the heart to the feet. We cannot fall asleep if the center of gravity is agitating the heart-fire.

- Spinal Cord Breathing with gratitude from the heart to purify the blood until the Akash pause between breaths is long. The Akash pause will interrupt chaotic mental fluctuations and give a chance to the nervous system to rest. For deeper effect combine square breathing with the Spinal Cord Breathing.

- to liberate tension at the neck, shoulders, spine and Vagus nerve make the habit of pulling the tragus cartilage at the ears in the morning while doing your toilet and many times during the day if you work too much with computers or look at your precious telephone messages with a bent neck. One of the symptoms of telephone addiction is tension on the neck, shoulders, back pain, difficulties falling asleep and waking up many times during the night. The use of sleeping pills by young people is on the increase. No matter how many followers they have on their social media, the quality of their lives is deteriorating and will shorten their life-span and spiritual potential by the massive burning of Jing Essence. Is it a colossal spiritual tragedy to burn Jing Essence pursuing trivia regarded as important?

7-You won't be able to do strong Yang perseverance as suggested by the Heaven trigram multiplied three times if your nutrition is filled with central channel debilitating sugar, soft drinks, chocolate and heavily processed industrial food. It takes a tremendous effort to find quality food, prepare it properly and eat it with a calm, grateful mind. It is easier to close your eyes, not read labels at the grocery store and just eat whatever looks good, it is packaged attractively and is on sale at the supermarket. Remember what the long-

distance walkers of the high mountains advised when facing two paths on the road.

8-Finally, since everything we do depends on the condition of the mind, we need supreme Yang perseverance to see through the extremely clever and psychologically perfected manipulations of the mind the corporate mass media dishes out at the speed of light. Nobody to blame here, as the Dalai Lama has said, *“our worst enemies are our best teachers.”*

The four eras of the world are determined by the level of luminosity of the Shen-Spirit we allow to shine through. The Iron Era is the one where darkness is at its greatest and ignorance is at its peak. The darkness is not coming from the outside; the darkness is coming from within. We cloud the clarity of the Shen-Spirit with habits and tendencies that we keep defending though they have failed to bring happiness, health and wellbeing. The darkness of the Iron Era comes from mistaking the limited ego for the Supreme Self.

Where there is light there is no darkness. With your Inner Smile bring Divine White Light with “A” mantra from the image of the Supreme Self above the crown, down to the central channel, family of cells and the environment where you are. The ego doesn’t know what is truly needed, have the ego ask the Inner Guide,

“What quality of White Light with “A” mantra is needed to be aligned (Thunder Trigram) and perceive beyond appearances at the true essence of situations in life (Fire Trigram)?

What quality of White Light with “A” mantra for the entire family of cells to be at their most luminous, balanced and healthy state (Lake Trigram)?”

“What quality of White Light with “A” mantra is needed for the people in positions of power in the world to redirect their energies in the direction of the common good (Wind Trigram)?”

“What quality of White Light with “A” mantra is needed to stay on the path fulfilling destiny and assist the maximum number of beings on their spiritual path of liberation from ignorance (Lake Trigram)?”

Great are the challenges in 2026; the good news is that challenges always come with their own liberation. May we all on the path fulfilling destiny be capable of transforming the great powers of destruction at the end of cycles into the powers of love, wisdom and compassion!

FROM SANTA GALICIA TO THE ENTIRE FAMILY OF PRACTITIONERS, THE TIMES FOR GREATNESS OF HEART HAVE ARRIVED AND WE HAVE BEEN TRAINING FOR THIS MOMENT !!!



THE PATRIARCH LU DONGBIN WITH THE MAGICAL SWORD THAT CUTS
THROUGH ALL EXCUSES