



Spirals, Spin & Heart Centres, Part 2

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Future Sense is a podcast edited from the radio show of the same name, broadcast on BayFM in Byron Bay, Australia, at www.bayfm.org. Hosted by Nyck Jeanes and well-known international futurist, Steve McDonald, Future Sense provides a fresh, deep analysis of global trends and emerging technologies.

How can we identify the layers of growth personally, socially and globally? What are the signs missed, the truths being denied? Science, history, politics, psychology, ancient civilisations, alien contact, the new psychedelic revolution, cryptocurrency and other disruptive and distributed technologies and much more.

This is Future Sense.

Nyck: Welcome back to Future Sense with Steve McDonald and myself, Nyck Jeanes. A couple of texts have come in, thank you for those: "Great show, guys. In this context, it would be interesting and powerful to discuss how this dance through the eons between the feminine light and creative force, and the masculine space and stillness, is and should be mirrored in how we love each other and ourselves as human beings." Nice comment.

Steve: Yes.

Nyck: And a second one here, which is sort of relevant too, and this is from our friend Dr. Steven Booth down there in Melbourne who's been a guest on the show a number of times and will be again: "Hey guys, you might enjoy this work. *The Scientification of Love* is focused largely on the pituitary hormone, oxytocin, and the implications for global change, by the French obstetrician Michel Odent,' who I am very familiar with, Steven. Yes indeed, from way back. Thanks for reminding me about him. "*The Scientification of Love* looks at love holistically and in terms of the hormones which affect it in different parts of life, helping us to understand the conflict between civilisation and the natural state of the human race." Interesting stuff. Very good.

Steve: So we've been talking about this wobbly dynamic that we have in the First Tier of consciousness as we move through Layers 1 through 6, where we alternate between left-brain perspectives and right-brain perspectives and understandings of reality. It is like an imbalanced wheel. We swing one way, we swing the other way, and it arguably is the cause

of all human conflict: the fact that one person is looking from one centre and the other one's looking from another centre. That's actually not to say that we can't have conflict when people are both looking from the same, or through the same layer of consciousness. That's true also, so as always, it's a fractal thing. There are pieces within pieces within pieces.

I just want to talk briefly now about what happens when we transition into the Second Tier of consciousness, through this massive shift. People who've studied it in detail, like Clare Graves, are saying that it's the biggest shift that humanity has ever been through; the biggest change. Consequently, to make that change, the tension that needs to build up needs to be also more significant than any other tension we've had through any particular transition, and we can certainly feel that happening in the world right now because it's not far off.

The really significant thing that happens when we shift into the Second Tier and to the seventh layer of consciousness is that we get left/right-brain synchronisation, so for the first time ever, suddenly the two sides of our brain start to work in sync and so we can access both of those different ways of interpreting reality simultaneously. With that comes a disentanglement from this imbalanced stack in the First Tier, freeing up psychological space and giving us what is effectively a quantum leap forward in terms of our capacity to cope with complexity and to solve problems.

Nyck: Yes, that's a huge part of Clare W. Graves's model when you reach the Second Tier. We talk about this model a lot and those who listen to this show understand, I guess, what we're talking about, but simply put, what Steve's saying there—and it's an amazing thing because for me personally, it's put me in a place where I've had to really see what this actually means and begin to feel it—is that when we go to this Second Tier that Steve's talking about, the psychological space it opens up, from integrating or embracing or including all of those previous iterations of ourselves, all the ways that we've been before, not judging them or making them wrong. Yes, terrible things have happened, et cetera, but including them all actually allows an enormous amount of space in consciousness, and yet that space is rather hard to be with because it's very unfamiliar to most of us still, isn't it? We're just beginning to negotiate this new space and what that actually means to have that much space in consciousness.

Steve: Yes.

Because it is the biggest transition we've ever been through, both on a personal level and a species level, when we're going through it personally, it's clearly not going to be without difficulty. There are many different dynamics which arise in there and we've certainly spoken about a lot of them on the show previously. One of them is this movement beyond the rational mind. In Layers 4, 5 and 6, the rational mind is dominant, and in the earlier layers: 1, 2 and 3, we're in a pre-rational zone where our basic urges, instincts, emotions are dominant.

Nyck: Similar to being a child or an adolescent in that early stage and then growing into some sense of maturity in those 4, 5, 6 layers. And then, from that maturity, something else is possible.

Steve: That's right, exactly, and the interesting thing about it is, in terms of maturity, that these things are actually related to the complexity of life conditions, not necessarily to age. So for somebody who lives in a relatively static set of life conditions where they very rarely encounter a new problem, then they may well live most of their life in those less complex operating systems because that's all they need to cope and that's human nature. We're highly adaptable. When we move beyond 6, we're moving beyond this rational zone to what's called the trans-rational zone, which is not rational by nature. So moving from rationality to something that's non-rational is quite problematic, particularly because our earliest stage of being was also a non-rational stage, and so typically, we go through a time of confusion at this time, where we're trying to figure out, 'okay, is that pre-rational or trans-rational, this information or perception that I'm getting here?' Often it's a mixture when we're in the middle of the change process, and that's why it can be so confusing.

Nyck: Which is also, I think, why intuition is a growing capacity and ability within us, but also it's very important to be discerning about what actually is intuitive and what is coming from fear, for example.

Steve: Absolutely.

In this transition into Layer 7—into the Second Tier of consciousness—imagine in the First Tier that each side of our brain, each hemisphere, is a little spiral of its own. We're flicking between left and right, left and right, and all of a sudden as we transition into the seventh, we get a unifying spiral which encompasses, doesn't replace—those spirals left and right are still there—but we get a unifying spiral which is spinning right around the whole brain. So we get a new centre and we get the capacity within the confines of that new expanded centre to appreciate the subsets, the smaller spins left and right. This is why this is giving us a quantum leap in our capacity and this is, of course, equated with the activation of the seventh chakra, which is centred physically around the pineal gland and was called by René Descartes, the philosopher, "the seat of the soul".

Nyck: "The seat of the soul".

I've got a lovely quote here from Nikola Tesla, which just happens to be on the screen right now, of course—synchronicity kind of applies to what you've just been speaking about there—and he said back then: "We are whirling through endless space with an inconceivable speed. All around us, everything is spinning, everything is moving, everywhere is energy. There may be some way of availing ourselves of this energy more directly. Then, with the light obtained from the medium, with the power derived from it, with every form of energy obtained without effort, from the store forever inexhaustible, humanity will advance with

giant strides. The mere contemplation of these magnificent possibilities expand our minds, strengthens our hopes, and fills our hearts with supreme delight."

Steve: Beautiful, and of course this whole idea of spin and the fact that everything is spinning, from the tiniest piece of matter on up to the most complex beings, is also what's behind the drive or the search to obtain an infinite source of energy in these various machines that people are developing around the world right at this moment, no doubt. Tesla most likely knew; he was tapped into that underlying spin and the energy that could be extracted from that.

So, back to the seventh chakra and this seventh layer of consciousness. Something really interesting happens when all of that is activated, because if you think about having all seven chakras activated, the centre of those seven is the fourth, right?, which is our heart, our heart centre. So by the synchronisation of the brain and the activation of the seventh chakra, we also re-centre ourselves in the heart once again, and as I mentioned before, this is the result of a second heart opening as we're transiting through the sixth layer of consciousness.

Once we activate the seventh, then our heart becomes our centre—the centre of our electromagnetic field surrounding the body—and it subsequently lights up the whole body in an energetic sense. This leads us to talk about the light body, which we've discussed previously on the show and will discuss again, I'm sure. So this is a tremendous re-centring, not just in the brain but in the heart, and it's a whole body centring. Subsequently, this is where all this tremendous capacity comes from. So we get this ability to do both-and, and that was a common expression in the organisational change world when I was working there years ago: 'Everybody's looking for the both/and. Yeah, we want that and we want that. We want both/and.'

Nyck: We used to do a similar kind of exercise back in a thing I was involved in back in the 90s where you do the 'yes, and' exercise, because the tendency of the human being intellectually, on the mental level, is to go 'but'. So someone says something and we go, 'yeah, but ...'. It is part of our discussion, part of how we create, part of how we dialogue, part of how we make things happen. But if you do an exercise where someone starts a story—it can be anything, or it can be something silly—and at some point you sort of jump in, but you don't go 'yes, but'—and it is amazing, the tendency to go to the negative or the contrary somewhere—but instead you go, 'yes, and' and you keep expanding the story out and out and out until it gets crazy. The vibe in the room when a whole bunch of people do this together one-to-one—20, 30, 50 people doing it—is that the whole energy just elevates because suddenly everything is added to rather than something taken away in order to be replaced by something else, etc., etc. It's fantastic.

Steve: Yes, very nice, but very challenging too, to do that.

Nyck: Very challenging for lots of people.

Steve: The other thing that happens with the activation of this seventh layer is that all of a sudden we have a visibility of the nature of the previous six layers, and actually the fact that they exist. You can read about it in a book and get a mental concept of it when you're within the first six layers, perhaps, but you can't actually directly experience it and sense it unless you've activated this brain synchronisation that I'm talking about, and that's because we have a new centre. Prior to that, when we were flipping between left-brain and right-brain, we had two centres: one in the left-brain and one in the right-brain, and whichever centre we were looking from, or perceiving reality from, it was biased one way or the other way. All of a sudden, now, with full-brain synchronisation, we have a centre *in* the centre of those two halves, so for the first time, we have a perspective where we can look at those left and right centres and see them as separate things and perceive them. In the process of that, it opens up a multidimensional access; we're accessing the singularity in a multidimensional way, so we've gone from this realisation of the spin of the wheel to the realisation of the orbits of the planets, and now opening up a realisation of a multidimensional spin, a multidimensional spiral.

Nyck: It's amazing when you look back into fairly recent history, back to Mahatma Gandhi—one of the great souls, of course, to have been on this planet in recent centuries—and how he in his simple language could see this, knew this, felt this, understood this. He said: "The call of the spinning wheel is the noblest of all because it is the call of love."

Steve: Yes, there you go. Exactly. That dynamic right there. Gandhi, like Einstein, was someone who expressed it in a marvellous way, the capacities of Layer 6; and then certainly with Einstein, he progressed through this shifting consciousness and started expressing himself from Layer 7 later in life. I wouldn't be surprised if that was an example of Gandhi doing that also. Very interesting.

With this new centring—this new whole body, heart centring—we open up the real capacity to synchronise the entire world which is coming to us piece by piece through Layer 6 as we get this capacity to put ourselves in someone else's shoes and feel what it's like to be there; what it's like to be them. Once we get the left- and right-brain synchronisation, we'll have access to directly sensing and being able to work with the dynamics which separate us at the moment due to these left- and right-brain biases that we have. So it's the beginning of a new chapter in the symphony of human existence, as Graves said. Then, of course, one step beyond that, the eighth layer of consciousness, which is the next feminine expression, will, of course, build upon this brain synchronisation and expand it; will bring stability—global stability.

Nyck: Well, hopefully we'll be around for that, although it's not to be too far in the distance.

Steve: It's really not, and everything that I have experienced and studied is telling me that this transition that we're going through at the moment, which is from 5 to 6, will be very, very rapidly followed by a transition of a critical mass of people to 7. This is also evidenced if we look at the time scale of each of these eras that have unfolded throughout history: the fourth layer being thousands of years, the fifth layer, the Modern Scientific-Industrial, being hundreds of years, a couple of decades probably for this transition through 6, and then we're going to have, probably within less than two years, a critical mass tipping over into this seventh layer of consciousness.

Nyck: And we'll still be on BayFM broadcasting at that point, so, you know, you can go with this right through that process.

I just want to go back to Gandhi again, because it's rather important, the spinning wheel. Of course, the spinning wheel, as I recognised as I found that quote, was a major symbol in India in the nationalist movement which led to independence. The spinning wheel was a nationwide symbol of unifying extremely diverse peoples within that country, which had never really worked before, so fascinating he used that analogy.

Steve: When you say spinning wheel, are you talking about the kind of wheel they used to spin silk?

Nyck: Yes, because that's what Gandhi did. He was a spinner.

Steve: Right.

Nyck: And it was actually to go back to that core community activity that was part of the symbol of independence for India. But it had that metaphor of spinning together—of spinning people together, spinning hearts together to one heart, to a global expression or to a national expression of itself which became Indian Independence in '47.

Steve: Very interesting. It's also interesting what you said before about the invention of the wheel as a potter's spinning wheel, and that was for the process of creating something at the centre, which is very interesting.

Nyck: Exactly.

Lots of texts here. Thank you. Someone has just written and said: "Two centres. Best news I've heard in a long time. Hallelujah." And this is interesting: "Hi, guys, if you don't know this guy already, check out the writer Jeremy Griffith. One book called *A Species in Denial* covers the dilemma of adolescents when they realise adults aren't cooperative, loving and selfless,

but rather competitive, egotistical and selfish, and thus suicidal, and they either resign to it or stay connected to their soul thereby staying innocent, and then the world becomes difficult as they see what's going on and are also bullied as the resigned people want to kill innocence ..." It's a bit hard to understand; texting is so difficult to get the meaning of, but I think the book is important there, what you've said there: the denial that covers the dilemma of adolescents when they realise that well, basically the adults—their caregivers, the people that they're looking up to—aren't all what they seem to be.

Steve: Thanks for that. I've noted that name. I'll check it out.

Nyck: Yes, very cool. Excellent.

Nyck: You are on *Future Sense*, in the last half an hour, with myself, Nyck Jeanes and Steve McDonald. We've just played the song, *Circle Game* from Joni Mitchell. Classic, and for that era, I think it's a pretty deep philosophical take, even as now we're moving to something else, and yet the notion of, not the circle going round and round, but the spiral, is a different thing altogether.

I note that the words 'inspire', 'respire', and other words in English, are related to the spiral; to the spire in the church, and to that notion of spirality, if that's a word [*Editors note: it is! Collins Dictionary* defines spirality as a sociological term relating to "an individual's ascent in spiral structure"]. That's what we're into, we're into spirality.

Steve: Absolutely.

Nyck: And of course, way back in other cultures, Sufi whirling. Many people here have actually experienced that. I had the great pleasure in Turkey, in Istanbul, and you have in Egypt I think you said off air, to watch genuine Sufi whirling. Absolutely extraordinary stuff.

Steve: It is quite amazing.

Nyck: And the purpose of that of course is a sense of worship and ceremony, but particularly it's thought that by this whirling process, you're abandoning your own 'nafs', which is a word for egos and your own personal desires, by listening to the music, focusing on the divine and spinning one's body in repetitive circles, which has been seen as a symbolic imitation of the planets in the solar system orbiting the sun. And of course, this is an ancient practice.

Steve: It is, yes, and my own background as a Taoist, of course, studying the Taoist arts, which are all built around spiral motion, also. The kung fu style that I've studied for many years is really about retraining the body to move in a spiralling way. It is also a moving meditation in that process as well, in the same way as the Sufi whirling is. Very interesting stuff, and of course you've got the tai chi symbol from Taoism which expresses that spiralling dynamic in a two-dimensional form.

Nyck: And of course, in basically in all cultures, their representations. I'm thinking particularly the Celtic and that simple spiral that is basically everywhere.

Steve: Yes.

I just wanted to talk a little bit, with the time we have left, about change—the process of change as a spiralling dynamic. At this time in history, I think, as we approach this big shift in consciousness, it's very much about unpacking our fairly two-dimensional understandings of these things into three-dimensional and more multidimensional models, and just teasing the wheel or the circle out into a spiral is one wonderful representation of that. You can see that in your mind's eye.

Isn't it interesting that often we call change 'revolution'? The turning.

Nyck: Yes indeed, revolution. The re-volution, the evolving, but the turning of.

Steve: Yes, and often I talk about this change dynamic and relate it to a ride on a roller coaster where you're starting at the top of a hill and you're plunging down into the depths of change and then using the momentum to shoot you back up the other side. Usually in the human transformational process, we end up higher than where we started. That's because we're tapping into an energy source which is an infinite energy source.

We also talk about the slingshot effect and the world is very much in the slingshot effect at the moment, which is this dipping down to the bottom of that change cycle where we create the tension required to shoot us back up the other side. So we can unpack that. I mean, that's one of the most simple explanations in that roller coaster kind of image, but if we unpack that to a spiral and imagine that we're actually on a continuous evolution, revolutions through these spiralling rings which are taking us higher into places of more expansive understanding, expansive perspectives and greater capacity. Then when we come to a time of change where we're transitioning between two significant stages or layers, then that slingshot effect is effectively us sliding back down the spiral, so we come to a point of stillness and then we slide backwards down the spiral and it's during that backwards spiralling that we build the tension and store the energy for the subsequent shift which is going to take us further, higher up the spiral.

There are lots and lots of analogies for this sort of thing but you mentioned a washing machine before and of course, we've got these wonderful washing machines that spin

backwards and forwards these days. I was thinking that if you're washing machine only spun in one direction, all the dirt that was stuck on one side of the clothes would never get washed out and you need that change in rotation, the backspin, to actually wash out that dirt that otherwise would remain stuck in the fabric.

Nyck: The word for that is 'widdershins' spinning. Widdershins is spinning backwards, spinning anticlockwise. So you've got the spin one way and then you spin widdershins. Great word.

Steve: Yes. We need that backward spin to really cleanse things before we move forward again, and just like a washing machine that's going backwards and forwards, life also spins us like that. We get spun forwards and we get spun backwards and at the moment ...

Nyck: We get spun out.

Steve: ... we're getting spun backwards.

Nyck: It's interesting, of course, that we use that word to also describe how we lose control. We spin out of control: 'I'm spun out'. So there's also that negative connotation.

We're not going to have time today to look at the news by the look of it, but, of course, the spin and propaganda—that word is used there. So it's been appropriated as a way to describe getting out of control or losing the truth; losing the centre, so to speak.

Steve: Losing the centre, yes. It's when the centre moves that we become imbalanced, and that also is a time of growth. I think that too often we think of being imbalanced, thrown off centre and shifting our centre as a detrimental thing, but it's also something that allows us to explore new experiences, discover new things. It's what our masculine-oriented era's paradigms—ways of being—are really about. It's to spin us out and expand us, particularly in an outer sense, whereas it's also fair to say that the feminine-oriented eras are about spinning us inwards and expanding us in an inward sense.

Nyck: Interestingly, as you're speaking, I'm thinking of the famous poem by WB Yeats, *The Second Coming*, which itself in the title probably said something about what he's talking about here. In the very first lines:

*Turning and turning in the widening gyre
The Falcon cannot hear the falconer;*

Things fall apart; the centre cannot hold;

Mere anarchy is loosed upon the world ... and so on and so on.

Very much from that era, the idea that the centre must stay the same and if not, then things are lost.

Steve: Yes, of course, and I guess this is part of the human dynamic of resisting change, which is a very natural thing for humans to do, in that once we find that balance with the centre that we know and are comfortable with, we don't want to lose that, so it takes some disturbance usually for us to be thrown off-centre and to grow in the process.

Nyck: Someone's written in regards to washing machines: "Spinning both ways. It's called agitation."

Steve: That's right.

Nyck: That's fantastic. Yeah, very good. Love it. Everything's in language if you look for it.

Steve: I know, isn't it amazing?

So it's clear why so many people are seeing the world—particularly as they transition into this sixth layer and they're looking through new eyes and looking through a new window back at the Scientific-Industrial era—they see it as a time of imbalance, because it has been; it's been throwing our centre to make us grow.

Nyck: Indeed.

In regards to Sufi whirling, someone else has written in. I know, especially in the Osho-Rajneesh community here, a lot of people have experience with doing Sufi whirling and I suspect this writer is possibly part of that community, but not necessarily. He or she says: "In Sufi whirling, I arrive at a still point of awareness while my body is whirling."

Steve: Yes, exactly. They just captured the essence of the value of moving meditation. It's one thing to meditate and be still, but it's another level of challenge again, to move and meditate at the same time.

Nyck: Absolutely.

We're nearly at the end of the show. What have we got there? We lost contact there because somehow the circle was broken. It's similar to the Chinese calligraphy, when they draw the circle perfectly but it's never perfect because it can't be perfect. The notion of drawing the circle and just not quite getting there because that's never supposed to be perfect.

Steve: No, and it's not quite closed because it's not a circle, it's a spiral.

Nyck: That's right.

Steve: We've been talking about change as a spiralling dynamic and saying that the process of transformation, then, is really about a shifting of your centre. When we go through a transformational change—and I'm talking here about change in our psychology, our consciousness, where we're moving from one particular way of perceiving reality which is centred, in the First Tier of consciousness, either around our left-brain or right-brain capacities. Everybody's been through one of these changes. If you think about your life, some of the earlier years, you might not remember but certainly you will change from being a child to an adolescent, which often is around moving out of that family-centred way of being, which is a right-brain centred way of being—it's communal—and then into that place of individuality where you want to break out of the restraints of the family, customs, and those sorts of things. You want to explore your power, discover who you are in the world and get out there; move—move away from the centre of the family into the outside world. There you've got a transformational change which is shifting your centre from right-brain to left-brain. Then later in life, when you've done the wild things and you've got your fingers burned ...

Nyck: What do you mean? I can't do any more wild things? I'm sorry, that's not going to happen.

Steve: Always remember, Nyck, these are nested inside each other. They never go away. It's always there if you want to go back, alright? It's always there.

Nyck: Good, I'm happy to do that.

Steve: And you do, I'm sure.

So, at the end of those wild, individually-oriented exploratory years, as a result of our life conditions and the things that we create for ourselves from living that way, then we're drawn back; we're transformed back into another right-brain centred way of being which is the stable Layer 4: find a purpose in life; some way that you can create a long-term legacy for yourself or for society and live in a more disciplined way around that centre. And so on we

go. It's the complexity—the change in complexity of our life conditions—which often we can generate ourselves; which is also partially generated by the outside world. It's a combination, and also influenced by our history—our psychological history and our physical history—and all of these things add up to create the necessary tension to tip us into one of these transformational changes. A shift, a spiralling backwards initially, during the early stages of the change to build the tension, and then a sudden movement forward—a breakthrough which takes us up to a higher centre on the spiral of life.

Nyck: And we shouldn't—well I can't not, in this discussion—talk just briefly about the Fibonacci series and the golden spiral, which is a logarithmic spiral, and it's a growth factor which just continues forever. There's no end to that, and many people are into that now. Many of the great buildings, cathedrals, sacred sites around the world, and all sorts of things, were built on the principle, at least partly, of the Fibonacci series of the golden spiral—the golden mean, as it's called—including the Great Pyramid, too. And of course, those spirals also exist in nature everywhere, and that's one of the most incredible things: that somehow or other in nature on this planet, we have everything shown to us in nature directly if only we have the eyes to see. I guess in some ways, what's happening now is that more and more people are seeing those reflections in nature—in the nature of being—that reflects: 'oh, this is us, we are spiralic in nature', you could say, and that's how we're evolving.

Steve: Absolutely. It's very much connected to our perception of beauty as well, that golden mean.

Nyck: Yes. Leonardo da Vinci, among other great artists—and I think also Van Gogh, but many others, certainly Da Vinci—was focused very much on the golden mean; in the golden ratio. Fibonacci was an Italian mathematician—you probably figured that out—who discovered that series of numbers which can do all sorts of incredible things and is everywhere in nature, including our DNA. The rectangular aspects of our DNA, stacked in the spiral as it is, is in the golden mean ratio, one side to the other, precisely. It's amazing.

Steve: Exactly. In a double helix, so the double spin right there. Everywhere you look, you'll find a spiral.

Nyck: Everywhere you look.

I should just remind you too, to check out our podcasts at www.futuresense.it. That's a portal to all of the podcasts; and our Twitter account @futuresenseshow where we will post those and also post all the articles and research that we have during the show and other shows.

That's just about it, I think. We've got a few more minutes, though. You've got something brewing, I can feel it.

Steve: Yes. If we just think about all of the things that we've discussed on this show and the spiralling nature of things—this changing centre: the left-brain/right-brain variants that you get as we grow and change and adapt to our life conditions—and relate that to the outside world, you've got all the conflict we see in the outside world: people having different viewpoints on things because they're centred in different places; and not just centred left-brain or right-brain, but also centred in a vertical sense at different layers of complexity in those different layers of consciousness. So it's a multidimensional aspect; it's not a flat map. Think about all of the change that's going on in the world right now as we experience this enormous shift; and it's not just a shift in human consciousness, but it's a shift in human consciousness that's synchronised with a physical shift in the Earth's conditions: a change in the position of our own solar system within the galaxy, and no doubt even higher spins and cycles that we can't even really map or understand at this stage beyond our own galaxy; the movement of our own galaxy.

Nyck: Our galaxy spins around a black hole at about 26 degrees Sagittarius. That's what we're doing. The whole galaxy, all of us.

Steve: Exactly, so we've got all that change going on and we're experiencing what is essentially a phase shift at the moment. It's impacting all of those scales from the larger scale all the way right down to our very personal experience. Consequently, everything's changing: the cycles of our climate are changing; the earth itself is changing in relation to the rest of the solar system; and we're also crossing into a different part of the galaxy which has a different weather pattern.

I guess this is something to meditate on: the simple concept of the spiral with the centre and the centre itself being the heart where the truth lies. From a metaphysical point of view, if we think about that heart at the centre of the spiral as a portal to other dimensions—and at a quantum particle level, a window through to the quantum field—and the fact that as we transition over the next decade or two as a species into this full brain synchronisation state, that we are opening a window of perception, a window of consciousness and a window that enables our own action within this physical world through to that quantum field and everything it contains.

Nyck: Beautiful, and when you get to that point and you meet the dweller on the threshold, it'll be a large spider sitting in the centre of a very elaborate, very strong, beautiful web because they do such an amazing job of using these principles naturally in the way that they spin out.

Steve: Exactly.

Nyck: Thanks for joining us here, and hopefully it wasn't too much of a head spin. No propaganda here; we're trying our best to give you what we seem to be discovering and

knowing. No claim that it's the truth. As we always say, go and do your research yourself. Check it out.

Steve: That's right. Look out for the spin.

Nyck: We'll be back next week. Bye-bye.

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