

QUICK-START INSTRUCTIONS

1. Arrange the components (MapMats, card boxes, etc.) on an empty surface/table. Familiarise yourself with the different card sets.
2. Take a Game Chart from the orange folder and describe the issue/situation you want to address.
3. Lay out the situation:
 - select a MapMat for yourself and place it
 - select MapMat(s) for the other/goal/problem and place them in relationship to yours – so that it feels right
4. Describe the situation, observe insights and feelings; document them.
5. With the question **“What do I need to better understand and solve this issue?”** intuitively choose one of these options:
 - select card(s) from a set you feel drawn to and place them where you feel they belong to
 - place more MapMats to represent more aspects
 - select and place suitable sprinkles from the heart-shaped box
 - talk more about the layout
 - move MapMats/cards to reflect any changes you notice
6. Observe new insights and feelings; describe and document them.
7. Repeat step 5 & 6 until the game-process feels complete.
8. Choose your integration action (steps 8-12 on the chart). Celebrate!

Explanations for: – *Genetic Patterns Cards* page 14
– *Spiritual Impulse Cards* page 19



GUIDE

Play PANGARDEN to answer life questions and
transform real-life issues in a positive and constructive way.
www.pangarden.org



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by

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GUIDE

English Version 4.4

Every situation is an opportunity!

Recommended Reading:

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Game Charts:

Enclosed you will find a packet of Game Charts and Subsidiary Pages. Please use them, they help with the flow of the process. Copy them for yourself before you run out.

If you have no copies left, you can either reorder them for a small fee or download them for free as a pdf- file through our website: www.pangarden.org

1 Introduction

The purpose of Pangarden is to offer a game-like toolkit for people to work on challenges in a constructive and positive way.

With this toolkit, you can enable your intuition and inner resources to 'flip the switch' on situations in your life. Choosing from the specific coloured foam-rubber shapes, simply lay out the situation that is troubling you or which you have questions about. As you gain insights, new perspectives and understanding through the special card-sets, shift-processes are triggered, enabling positive new realities to form.

You can 'play' Pangarden on your own, with a friend, partner, family member or in a group.

In order to use Pangarden successfully, please familiarise yourself with the different contents, so you know what options it offers: the coloured shapes, (MapMats), the six different card-sets, the sprinkles and the two white question cards.

The three different Perelandra ETS Plus Solutions – described in chapter 14 – are an optional add-on to this toolkit. We recommend them as they can bring new dimensions to help with challenges and the integration of new realities materialised during the Pangarden process. Please order them separately if you wish to use them too. In the small envelope are the cards matching the colours of the three Solutions. Each card explains how to use the Solution during the process. If you do not have or use them, just ignore all areas in this guide, where they are mentioned.

Please read through the Game Charts (inside orange slip-file) to understand the flow and pattern of the Pangarden process.

You will need the space of a medium sized empty table as a playing field. Separate each card deck (use also two lids from the card boxes as containers) and position the contents around the table.

If possible, get a camera for documenting and celebrating the final Layout.

Usually you need undisturbed time of about 40 minutes to one hour for the Pangarden process.

With Gratitude:

We deeply appreciate all the help we had while creating Pangarden.

Pangarden was developed using co-creative science. This made the development smooth, deep, joyful and extremely efficient. It has been a wonderful journey with deep discoveries. We feel immensely grateful that this tool is available to us.

Thanks to everybody who worked and experimented with us during our development period for all the inspiration and valuable help they gave us.

Special thanks to all the helping hands, the editors of the brochure and all our teachers for preparing the ground.

With love and gratitude,

Antje & Martin



'Bridge spotting' for inspiration in Venice

Antje Rickowski

- Naturopath – Iridology & Homeopathy
- Family-Constellation Therapist
- Workshop Leader
- Mother of three girls

Martin Kutternik

- Holistic Technologies Researcher
- Writer and Speaker
- Manager of Panosun Ltd
- Father of a son

Charity Support:



We want you to know, with each Pangarden set sold, we support this tree-planting charity: **Trees for Life**

Please visit our Pangarden Grove at Trees for Life via our website www.pangarden.org

Only 1%(!) of the original forest in the Scottish Highlands survived: The climate changed to wetter and cooler conditions, trees were cleared for farming and timber and, more recently, large numbers of grazing animals were introduced, especially sheep. With the rise of sporting estates, numbers of red deer have increased dramatically since Victorian times.

The Highlands are a very large area, waiting for reforestation! Deer browsing inhibits the growth of new trees. Therefore most reforestation areas need to be fenced before planting can begin.

All this work is supported by groups of volunteers. Would you like to have a reforesting holiday in the Scottish Highlands?

For more details on this please contact: www.treesforlife.org.uk

2 Why and When to ‘play’

We recommend you use Pangarden when you feel a need to address an issue or stress in your life. Good starting points would be a feeling of stuckness with a problem or feeling challenged, i.e. by repetitive patterns or by an urgent issue or an upcoming goal. You can also support a friend or a group of people you are involved with by using Pangarden with them.

The process evoked by Pangarden can help you to find your blind spots, gain new insights about your life and achieve the clarity to take new steps. It can give you the chance to release old patterns. It also helps you to balance, stabilise and integrate your learning process.

With the help of nature intelligence, Pangarden was created utilising Co-Creative Science. Our aim was to offer great transformation-tool for people at this time of evolution on our planet. That means it is an Aquarian Age game, where everybody adds equally to the outcome. Everybody’s inner “I” is acknowledged and it is not competitive.

The steps on the Chart are there to support your progress through the process. The aim is to solve a problem in harmony for all involved and for the benefit of the greater balance. The *winner* in this game and toolkit is balance and evolution. You may at first find it difficult and unfamiliar not to have strict rules. Instead you are being invited to listen to inner impulses and follow them. To decide and act like that is our evolutionary challenge in order to develop our soul-consciousness.

Even though the Pangarden process will prepare the energetic ground for personal transformation, it does not replace the task of doing your own inner and outer work. However, experience has shown us, that once the ground has been prepared, the necessary inner and outer work becomes more ‘fruitful’ and much easier. It’s like stepping into the flow of things.

We hope that you enjoy this tool and that you can create your desired transformation and fulfillment with many happy surprises along the way!

3 How to use Pangarden

A) Using your intuition

“The first impulse comes from God!” ~ old adage

1. Centre yourself, focus and prepare for playing.
2. Formulate your own or common goal/issue/situation.
Take the Pangarden Game Chart and write the issue in the space provided.
3. Use the coloured MapMats to lay out the situation: first represent yourself, then the issue or goal and others involved.

If you play with more than one other person, the one with the biggest issue will do the Layout. You either play about your relationship to each other or a goal or issue you have in common.

The other players join in later when they get an impulse to do so.
Alternatively you can work parallel, with each person playing on their own layout alternately.
4. Now sense what is going on and note your insights. Be honest and open; listen to your inner feelings, thoughts and pictures. Speak about your insights and document them.
5. Focus on a question from the Question Cards in relation to your issue and notice what feels right to you as a next step from the options on the Game Chart, point 5. You may also use a pendulum or kinesiology for testing.
For example sense/test if you need more cards or apply Perelandra ETS Plus Solution (if you use them) or need more MapMats or sprinkles from the heart-box or talk more about the issue, or move an item. Sense/tune-in/test to any movements or changes to be done now. Find the best place; one that feels ‘right’, ‘comfortable’ or ‘good’.
6. Sense this new Layout and the inner meaning it may hold. Notice insights, feelings and changes. Speak about them and document them.
7. Repeat the steps 5 and 6 on the Game Chart until you get a sense that the game is complete.
8. If you do not use the ETS Solutions, skip this step: When the process is complete, apply 11 drops of Perelandra ETS Plus Solution for Soil-less Gardens on a clean spoon with the words: *“I ask that the essence of these drops be released to the order, organisation and life-vitality of integrating this layout/situation now.”*

For points 9, 10, 11 and 12 follow the Game Chart.

At the end of the game process spend a moment summarising key-points. Share gratitude to all that helped and contributed. You might like to take a picture of your final layout to document it. Celebrate and enjoy!

Acknowledgements:

Grateful acknowledgements are made to the following for their kind permission to reprint material copyrighted or controlled by them:

Findhorn Press

Perelandra Ltd.



Support:

We want you to be able to use Pangarden successfully and fully enjoy the many benefits it brings.

Please make use of our support facility!

If you still have questions or are uncertain about how to use the Pangarden toolkit after you have read this guide and tried the playing process, please visit our website for 'Frequently Asked Questions' or contact us via e-mail.

We will respond as quickly as possible.

Web: www.pangarden.org

E-mail: questions@pangarden.org

B) Playing the Co-Creative way

(for details on co-creative science see chapter 15, 16 & 17)

1. Open a Coning: Deva of the Pangarden Game, Pan, appropriate connection to the White Brotherhood, Higher Self.

Take one dose of ETS Plus for Humans to balance yourself.

2. Formulate your own or a common goal/issue/situation; take the Pangarden Game Chart and write it in the space provided.

3. Use the coloured MapMats to lay out the situation, represent yourself, the issue or goal and others involved.

If you play with more than one person, the one with the biggest issue will do the Layout. You either play about your relationship to each other or a goal or issue you have in common.

The other players blend in later when they get an impulse to do so. Alternatively you can play parallel, each person playing their own Layout.

4. Sense what is going on and note your insights. Be honest and open; listen to your inner feelings, thoughts and pictures. Speak about your insights and document them.

5. Focus on a question from the Question Cards in relation to your issue and test for the next step to be done. See the options on Game Chart, point 5. Test and sense for any movements or changes to be done.

Find the best place; one that feels 'right', 'comfortable' or 'good'.

6. Sense this new Layout and the inner meaning it may hold. Speak about it and document it. Report insights, feelings, changes.

7. Repeat the steps 5 and 6 on the Game Chart until you sense and test the game is complete.

8. When the game is complete, apply Perelandra ETS Plus Solutions (green) with the words: *"I ask that the essence of these drops be released to the order, organisation and life-vitality of integrating this layout/situation now."*

If you do not use the Solutions, skip this step.

For points 9, 10, 11 and 12 follow the Game Chart.

At the end of the game process spend a moment summarising key-points.

Also spend a moment in gratitude to everyone and everything that helped and contributed. Then close the Coning. You might like to take a picture of your final Layout with a camera to document it. Celebrate and enjoy!

4 Example of a 3-Step Process

The issue: Claudia, a children’s doctor, intends to go back to work, after two years of being at home supporting her children. Why can’t she take action towards this aim, even though her decision is clear?

1st Step:

Layout of MapMats Claudia has chosen to represent her situation:



The New Job – a pink square



The Problem – a black triangle



Herself – a white circle

2nd Step:

She feels moved to pull four *Need Cards* for her job and one *Shadow Card* for herself:



FREEDOM
CREATIVITY
MEANING
LOVE

Her insights about them:

- > *not willing to give up freedom for money*
- > *makes work worthwhile*
- > *on top of her own value-list*
- > *essential for happiness in work environment/among colleagues*



Blockage

Her insight about that:

- > *stops all her action, no matter how good a job seems to be*



I am within you

I am with you whether you ascend to the heights or sink to the depths. I am there.
I am with you in the silence when all is peace and harmony. Yet I am there when you call upon Me when you are in trouble, and all is chaos and confusion around you.
I am closer than breathing, nearer than hands and feet. I am within you, within all creation.

Remember, always let your faith and confidence be in Me, the divinity within you.
Walk hand in hand with Me; consult Me at all times; and let Me guide and direct you.
I am within you, therefore nothing from without can interfere with our direct contact.
Feel safe and secure in this knowledge.



Miracles

Expect a miracle.
Expect miracle upon miracle to come about, and do not limit them in any way.
The more open you are, the better, for then there is nothing in the way to stop the flow of My laws, for miracles are simply My laws in action.
Flow with these laws and anything can happen.

Seek and find your direct link with Me, and retain that link no matter what is going on around you. That link with Me, the divine, is the source of all power, and it is this power which creates miracles. Work with those laws and anything can happen. It is identifying yourself with the oneness of all life, with all wisdom and all power, which opens doors and enables the laws to operate within you.

Without awareness you can miss so much which is right there in front of you, or even within you. Many souls go through life blind to the wonders all around them, blind to the miracles of nature, and so miss the miracles of life. Simply going along in the same old way day in and day out will get you nowhere. You cannot hope to grow spiritually. You have to move forward. And when you make your own decision to do so, then you will receive help from every side.

The first move is always yours. So do not waste time hanging back, but take the first step forward and behold miracle upon miracle taking place in your life.

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published by Findhorn Press

18 Background of Pangarden

The Pangarden toolkit for self-empowerment, personal growth and change was created, born and nurtured in the Findhorn Community in the North of Scotland. The Findhorn Community is a spiritual community, originally based on the principles of co-creation with Nature, personal transformation and listening to Spirit/God within. Living in Findhorn brings strong impulses for growth with its accompanying challenges, struggles, breakthroughs and joys.

Pangarden was created in honour of and respect for all people who have the strength and stamina to confront their transformation process no matter how challenging and painful. Pangarden is a tool to assist and accelerate this striving of the soul to find truth and light within oneself.

In deep appreciation for the founders of this community and all those who have contributed to this special place over the past decades, here some quotes from Eileen Caddy that summarise the motivation of our souls to reconnect with the luminous heights of Spirit.



The Challenge of Change

When I see the changes which have taken place in my life and the valuable lessons I have learned and how I have expanded in my outlook, I realise that benefits have come from everything that has happened to me.

I have not always seen them at the time.



The Whole

It takes all sorts to make up the whole. Every tiny screw, cog and spring is needed to make a clock. Every organ of the body, every tiny cell and atom, is needed to make up the whole perfect body. When you see yourself as part of the whole you will no longer want to withhold what you have to give.

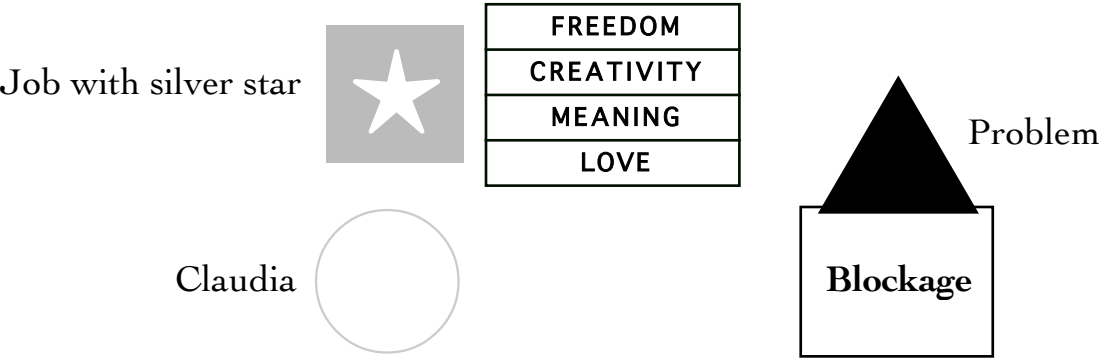
When all souls give of their very best, the weight and responsibility do not fall on the shoulders of the few. The burden is lightened for the whole, until it is no longer a burden but a real joy and pleasure.

Watch your attitude and contribute to the joy and smooth running of the whole.

3rd Step:

She feels stuck and after the question “*What do I need to better understand and solve this issue?*” she feels moved to apply the ETS Plus Soil Solution for a healthy, balanced foundation of her Layout. She applies the Solution as described on the brown Card for the ETS Plus Soil Solution.

After a short while she feels an inner shift. Following that, she moves the MapMat representing the problem and the Shadow Card to the side. She also moves herself closer to her new job. From the Box of Sprinkles she places a big silver star on the job... All this represents how she inwardly feels things have shifted.



Resolution:

She feels the process is complete and uses ETS Plus Soil-Less/Projects for the integration of this new layout and situation into her life with the words “*I ask that the essence of these drops be released to the order, organisation and life-vitality of integrating this layout/situation now.*”

Also, she is now aware of her values and therefore is able to manifest the best with clear intention. (Which she very successfully soon afterwards did!)

Below process is a simple example of a ‘Goal Layout’ – see next chapter.

5 Useful Layouts

While working with the Pangarden toolkit we found that there are certain types of Layouts for the MapMats, which are especially helpful to find clarity and resolutions for your life.

- **The Goal Layout:**

Place a MapMat for yourself, your goal and the challenge(s) and work with that...

- **The Health Layout:**

Place a MapMat for yourself, your health and your health issue and work with that...

- **The Original Family Layout:**

Place a MapMat for yourself, each one of your siblings and your/their mother and father and work with that...

Note: if you are adopted you have two pairs of parents!

- **The Present Family Layout:**

Place a MapMat for yourself, each of your children and their other parent and work with that...

- **The Soul-Genetic Layout:**

If you are female: place a MapMat for yourself, your mother, her mother, her mother... plus four more generations. Place seven generations of mothers plus yourself in a row.

If you are male: place a MapMat for yourself, your father, his father, his father... plus four more generations. Place seven generations of fathers plus yourself in a row.

To work with this we suggest:

Ask if there are any genetic patterns involved in this lineage Layout. If so, choose Genetic Patterns Cards and place them near the MapMat representing yourself. Applying ETS Soil-less, integrate each Genetic Patterns Card separately into the lineage Layout.

1. Choose a gift from the Sprinkle Box from the child to it's parent in the oldest generation. Consciously place it with the words: *"Thank you for everything!"* Then take time to sense that gratitude.
2. If you use the Perelandra ETS Plus Solutions, balance the quality of exchange between the two generations with 11 drops of Soil-less Solution for their relationship.
Use the words: *"I ask that the essence of these drops be released towards general*

- **To close the Pangarden Coning:**

Once the game is complete, thank your team for its assistance and ask to disconnect from each member one at a time:

1. *"I ask to disconnect from... (other player's name) Higher Self.* Wait for a moment for the disconnection to occur.
"I ask to disconnect from my own Higher Self." Wait for a moment.
2. *"I ask to disconnect from the White Brotherhood."* Wait for a moment
3. *"I ask to disconnect from Pan."* Wait for a moment
4. *"I ask to disconnect from the Deva of Pangarden."* (Wait for a moment for disconnection or verify you are disconnected by asking, *"Am I disconnected from the Deva of Pangarden?"* Then test. If you receive a negative, simply refocus on the Coning and again request to be disconnected. You simply lost your focus the first time. After the second time, you will test positive.
5. Each person disconnecting from the Coning take a dropper full of red label ETS Plus for Humans or test for Flower Essences.

It is important to close down a Coning because it is a physical energy reality that interacts with you while it is activated. If you leave a session without closing the Coning, you will feel an energy drain shortly. It is no harder to close a Coning than to open one. No member is going to resist a disconnection any more than a member would resist a connection. You are the one in command of the creation, activation and the dismantling of the Coning.

Please Note:

If you want to work further in Conings for your health please see the third edition of the MAP book: *The Co-Creative White Brotherhood Medical Assistance Program*). To use Conings to create balanced projects you can get information, books and videos published by Perelandra Ltd; e.g. *Co-Creative Science – A Revolution in Science Providing Real Solutions for Today's Health & Environment*.

• To open the Pangarden Coning:

1. To open a Coning, link with each appropriate member individually.

Simply state:

"I would like to open a Coning to work with Pangarden. I would like to connect with the Deva of Pangarden." Either wait 10 seconds for the connection or use Kinesiology to verify the connection.

2. *"I would like to connect with Pan."* Wait 10 seconds or verify with Kinesiology. (Pan maintains consistency in the Coning and gives assurance that the nature spirit activity and input is fully covered at all times.)
3. *"I would like to connect with the appropriate link to the White Brotherhood for playing Pangarden."* Wait 10 seconds or verify with muscle-test.
4. *"I would like to connect with my own Higher Self."* Wait 10 seconds or verify. *"And....(name of other players) Higher Self"* – you must ask for their conscious permission beforehand!
5. Each person in the Coning take a dropper full of red label ETS Plus for Humans (10-12 drops) or test for Flower Essences – others might just as well do the same.

You are now ready to do use Pangarden within the Coning.

balance and alignment of this relationship in my ancestry lineage."

Having done this, ask if there is a specific area of that relationship that needs further balancing. If yes, do so as described just above, focusing on 'specific area of the relationship': *"I ask that the essence of these drops be released towards balance and alignment of the specific area in this relationship."*

3. Take one dose of ETS Plus for Humans (red label).
 4. Repeat procedure points 1 – 3 for each of the next generations.
 5. Once all generations are done, ask how many drops of ETS Plus Soil are needed for the support of this healed genetic Layout (or take 15 drops). Release them as described on the solution card.
 6. When completed use ETS Plus Soil-less for integrating this balanced genetic Layout into your life.
 7. Take plenty of time for feelings and document your insights.
 8. Ask/sense if the whole process needs repeating – as a whole or in parts – or if another integration process is necessary.
 9. Close as usual.
- What about working on your descendent lineage too?

• The Relationship Layout:

Place a MapMat for yourself, your partner and your issue and work with that...

• The Flip-the-Switch Layout:

Place a MapMat for yourself, one for the issue that is hindering your progress and needs addressing for you as a next step (you do not need to be able to name that issue; simply follow your guidance, it could be a long forgotten issue or situation) and place one MapMat for the resolution and work with that...

Resolving this unknown factor can flip-the-switch on a not consciously known block. Working with that may ripple through to many aspects and relationships in your life...

6 The Question Cards

In order to journey through the Pangarden process, it is useful to focus on the following questions frequently:

During the first stage, the 'revelation phase':

**What do I need to better
understand and solve
this issue?**

Or as you progress at a later stage, the 'healing phase':

**What do I need for
a healthy solution?**

To hold the focus, please make use of the Question Cards provided.

We recommend positioning them in a place where you can see them easily during the game. (If you don't have a clear feeling in selecting one, test which one is most appropriate at the time.)

There are other useful questions you might want to ask for processing your issue. Stick to the same question for each issue.

Here are some suggestions:

"What is most helpful for me or us now?"

"What is the best next step in my life?"

"What is the best way to help myself / my family / my relationship?"

17 Conings

Machaelle Small Wright's pioneering work with Nature intelligence at Perelandra-Centre for Nature Research, USA, led her to discover how to interface in an organised and safe way with other intelligences.

To understand the benefits of playing the game with a Coning, here her explanation about Conings:

A Coning is a balanced vortex of conscious energy. The simple way to explain a Coning is to say that it is a conference call. It is as simple to create and activate a Coning, as it is to connect with a single Nature intelligence. But, with a Coning, we are working with more than one intelligence simultaneously.

A Coning, by its nature, has a high degree of protection built in. When working with more than one intelligence, it is important to define exactly which ones are involved. All others are excluded by the mere fact that they have not been activated. In essence, a Coning creates not only the team but also the room in which the team is meeting. The Coning is created and activated by us – the human team member. Only those with whom we seek connection will be included. Others will not slide uninvited in and out of a Coning on their own. This adds to the exceptional degree of protection contained within the Coning.

For clarity and strength, it is important that a balance be maintained between the involution dynamics and the evolution dynamics within the Coning. A 4-point Coning maintains that necessary balance between (a) involution or nature, through its connection with the devic and nature spirit levels and (b) evolution, through its connection with the White Brotherhood level and the higher self of the person working in the Coning.

Different Conings are set up for different purposes. The balance between involution and evolution remains but the team members change, depending on the work to be done. For example, in a Healing Coning, the Deva of Healing is activated along with Pan, a general connection to the White Brotherhood and the Higher Self of the person doing the work. In a garden Coning, the deva of a specific garden is activated along with the other three team members.

Regarding the link with the White Brotherhood: *The White Brotherhood is a large group of highly evolved souls who are dedicated to assisting the evolutionary process of moving universal reality, principles, laws and patterns through all planes and levels of form. A general link with the White Brotherhood assures that the evolutionary dynamic in the Coning is aligned with the intent and direction of the new Aquarian shift.*

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MAP: The Co-Creative White Brotherhood Medical Assistance Program.
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Please see page 40.



If the circle holds tight when you squeeze the 'duck-lips' apart against the circle, you have an 'on' = strong = positive = 'yes' response.



If the circle gets weak and opens up when you squeeze the 'duck-lips' against the circle, you have a weak = 'off' = 'no' = 'not helpful' response.

Useful information on this kinesiology test can be found on Perelandra's website www.perelandra-ltd.com and in the MAP book.

Using Kinesiology during the game process:

Use kinesiology testing to find out what is needed as a next step. Holding the question "What do I need to better understand and solve this issue?" you test all the different options you have. These are listed in section at point 5 on the Game Chart – first column: Cards, MapMats, ETS, Sprinkles, Talk more, Move.

Ask clear simple questions as in the following examples:

- 1) "Do I need Cards now?" "Do I need more MapMats now?" "Do I need to talk more?"
- 2) Test through all the options in the section that tested positive.
E.g. if section 'Cards' tested positive:
"Do I need 'Needs' cards?" "Do I need 'Shadow' cards?" etc.
"Do I need one card?" "Do I need two cards?" etc.
"Do I place this card here?" "Do I place this card there?" etc.

Use this way of testing also for point 7 to 10 on the Game Chart.

We hope you find Kinesiology a valuable tool and enjoy its effective help.

7 The Coloured MapMats



Since the coloured MapMats are the foundation of Pangarden, it may be useful for you to understand a bit more about their background.

Their three archetypal shapes – circle, square and triangle – enable you to represent any situation visually. The colours of the mats relate to information in the right side of your brain, whilst the shapes relate to the left side. Utilising both brain hemispheres simultaneously creates the necessary combination for deep, holistic and efficient assessment and processing.

We created the name MapMats because these small *mats* are used to *map* out a situation.

The use of the coloured MapMats is based on work with morphogenetic fields (made known by Rupert Sheldrake), which suggests that we are bound in and by the universal law of interconnectedness.

The MapMats help us to see clearly how we are positioned within a situation or problem.

Please choose and place the MapMats according to your intuition – it has to feel right!

BTW: Long after developing the MapMats with nature, we have learned that the three shapes – Circle, Square, Triangle – are part of sacred geometry. These three shapes/symbols are believed to be the first symbols which were taught to man by priests over 25,000 years ago.... These three fundamental shapes are ideal to symbolize all types of principles/qualities. They reach deep into the human psyche, it seems, and stood the test of time. We are in good company!

Systemic-therapeutic background:

Even though Pangarden and the MapMats can be applied to any life-situation, their original research came from the 'family-constellation' work developed by Bert Hellinger.

The most important field we are in is our family field/system. Bert Hellinger discovered that the family system, just like any other system, has its own natural order. When that order is disrupted the effects are felt by subsequent generations as the system tries to right itself. There appear to be certain natural laws operating to maintain that order and permit the free flow of love between family members. Influences can be passed on from generation to generation.

According to Hellinger's Systemic Therapy, living harmoniously within the family situation occurs when each of its members takes his/her appropriate position, accepts his/her role in life and takes care of him/herself, avoiding intervening in another's destiny.

Most personal difficulties, as well as problems in relationships are the result of confusions in family-systems.

The confusion happens when family members are excluded, forgotten or not recognised in their right place. This also creates guilt. Later members of that family may try to live out the destiny of the excluded soul or create misfortune for themselves to diminish the old guilt and redeem what happened.

The disruption to the natural order of the system causes entanglements, resulting in children beginning to become like the parents, involving themselves in their parents' business or trying to make them feel better by suffering themselves.

As they grow up, they often feel anger and may try to reject their families in an attempt to build a new, separate life. Sometimes they move to the other side of the world in order to disentangle themselves. However, this doesn't work. They remain tied to their families in an energetic way and are therefore not free to move forward in their lives. While forming relationships with partners, they can never be fully available because they are still caught up with their family-systems.

Systemic Family Constellation Work:

Family constellations and the underlying observations from which they take shape, tap into the deepest dynamics of our relationships. People begin to see exactly how hidden forces, including non-present family members and those of past generations, and the choices that were made long ago, affect the current partners' connections with each other on many levels.

Typically, a constellation moves through two stages. In the first one, hidden yet compelling influences on the family are revealed. In the second stage healing movements and statements are discovered or recovered.

Any relationship works when the balance of giving and taking is right between the partners. That means that each takes and each gives. The need for balance is a basic need. It is comparable to gravity, which has effects everywhere and keeps things in balance. Balance – this is what is needed in a healthy relationship.

A person who gives is in a superior position. Because of having given, the person feels the right to receive something in return, i.e. that a gift is due. The person who takes can feel a debt to the one who has given. The only way to feel free of the indebtedness is to give in return. This need for balance is the basis of every social relationship. It brings about an equal exchange between people who live or work together. Without this need, there would be no exchange.

In a couple-relationship, the need for balance between giving and taking is tied to the love and the bond between two people. Because you love, you give, and because the other loves, he or she gives as well. In love however, you give a bit more in return than that which you received.

These and other issues can be addressed effectively with the Pangarden process.

16 About Kinesiology

Kinesiology testing is the art of finding what is strengthening or weakening our body's electrical network.

Our muscles respond to electrical changes.

With simple 'muscle testing' (Kinesiology testing) we can determine what impact certain food, remedies, events, even the Game Cards, etc. have on our body's electrical system.

In this way we can see if something is helpful and balancing or is weakening for us, while we play the game.

A positive input to our system makes the tested muscle strong ('on' response). If the muscle tests weak ('off') the item in question is not needed.

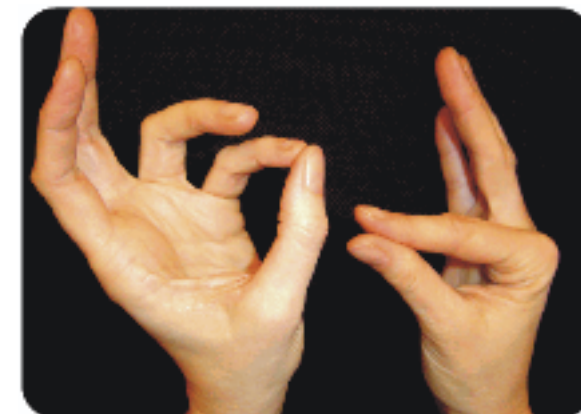
Learning to muscle test might take a bit of time and practice, but it is a very worthwhile skill to have! If you know someone who can show you muscle testing it is easier to learn.

There are several different ways of muscle testing.

An easy way to start muscle testing is to build a circle with the thumb and little finger of your left hand (if you are right handed). The fingertips just touch each other – see left side of the picture.

With the other hand form 'duck-lips' by using the index finger and thumb – see right side of picture.

Thumb and little
finger form the
test circle.



Index finger and
thumb form
'duck-lips' on the
right hand (if right
handed).

Now insert the 'duck-lips' into the the circle.

You test the finger muscles of your left hand/the circle only.

Hereby you use the 'duck-lips' of your right hand to open the circle you created with your left hand. You do this while focusing on a question. Start with simple 'yes' and 'no' questions you know the answers to.

15 Why Co-Creative Science? – why MAP?

Pangarden can be ‘played’ in various ways:

By using the ability to open a Coning at the beginning, you invite helpful new support in a conscious way (see chapter 17).

By being able to use Kinesiology testing (see chapter 16), you play the game using a higher degree of accuracy and as a result you may experience faster, deeper progress as the game goes on.

Through this co-creative way, within an opened Coning and with the help of Kinesiology testing, you may go very deep, very fast. This in turn may change your life in many new ways as you confront and spread light on situations and issues very fast.

To help and support you through the changes and the needed integration this brings, it has proven most helpful to use MAP and the Perelandra Calibration process.

MAP is easily learned from the *MAP* book: *The Co-Creative White Brotherhood Medical Assistance Program* by Machaelle Small Wright, Perelandra publishing.

This book will tell you all you need to know to use MAP successfully. It explains how to open and close Conings, how to learn Kinesiology testing, the basics of Co-Creative Science, and many other useful tools. It also contains the suggested integration option called ‘Calibration’.

All these tools available through the MAP book have been developed to aid people who seek support on their physical, emotional, mental and spiritual levels. We found it most useful to integrate this system into the game and highly recommend it.

By learning MAP and Co-Creative Science skills you will gain amazing, invaluable tools that will support you in your life in many ways and will also allow you to take the Pangarden toolkit to new heights.



MAP: The Co-Creative White Brotherhood
Medical Assistance Program, THIRD EDITION

Author: Machaelle Small Wright

Pub Info: Perelandra, Ltd. 2006, **# Pages:** 288 pages

Book Type: Quality Paperback **ISBN:** 0-927978-62-8

The meaning of the colours:

There are many meanings and personal associations to colours. Below we offer some suggestions. For the benefit of your game, follow your intuition and insights about which colours you choose and what they mean to you. The meaning will vary depending on the context they are placed in.

White

Light, spirit, soul, God, Christ, angels, purity, dream, hope, new vision.

Yellow

Treasure, Sun, talents, inheritance, intellect, ideas, inner peace, inner happiness, plans, the future, wisdom, detachment.

Orange

Joy, play, creativity, child-likeness, socialising, nourishment, food.

Pink

Tenderness, love, forgiveness, caring, safety, sweetness, harmlessness, innocence.

Red

Energy, life-force, anger, rage, activity, sexuality, instincts, desire, success, passion, strength.

Magenta

Change, letting go, equilibrium, happiness, new consciousness, release, rebirth.

Violet

Transformation, respect, dignity, knowledge, worthiness, higher realms.

Blue

Relaxation, oneness, openness, welcoming, calmness, healing.

Green

Balance, nature, neutral, regeneration, cleansing, the new, fresh, hope, growth, optimism, health.

Brown

Earthiness, old values, the past, foundations, work with hands, durability, commitment, ageing, maturity, common sense.

Grey

The void, (self) negation, true service, denial, work in offices, boredom, depression, destruction, ash, internal suicide, hopelessness, uncertainty.

Black

Mystery, creativity, attraction, power, potential, shadow, frustration, blockage, trauma, emptiness, sadness.

8 The Genetic Pattern Cards

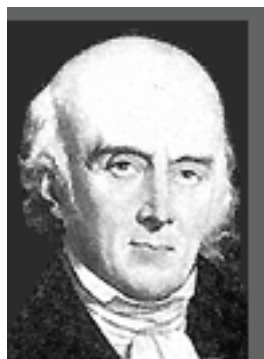


These cards are based on the principles of Homeopathy.

Homeopathic remedies are an energetic medicine. They mostly no longer contain substance as such anymore, but rather a dilution of the original substance whose energetic imprint has passed into water by means of a shaking procedure. The different dilutions are called potencies. The appropriate remedy is able to balance our energy system back to a state of health.

When Hahnemann discovered homeopathy and its laws ('like heals like') he had very good results from it but not a hundred per cent success. In his book *Chronic Diseases* he discusses his theory that all disease has an underlying root, a morbidic (illness creating) influence – a Miasma – which sometimes has to be addressed directly before cure can be achieved with the usual homeopathic remedy.

These miasmas are inherited tendencies. We may have one or several of their symptoms during different stages of our lives. They can be either subtle or extreme to an extent that they are overpowering to the personality and system.



Hahnemann
1755-1843

Hahnemann associated miasmas with specific diseases that had dogged mankind throughout the ages. The first, the most fundamental and common is called 'Psora' – the itch. This was typified by the illness Scabies, but relates to any condition that erupts on the skin and any itches. Because scabies epitomised Psora he made the conclusion that the homeopathic remedy to address Psora should be produced from scabies itself. Hence the homeopathic remedy to directly address Psora is a product of the scabies vesicle, and is known as 'Psorinum'. Psorinum is a 'nosode', a remedy made from diseased tissue.

It is unlikely that anyone on our planet is free from the miasmatic influence of Psora. It is considered as the most all-pervasive miasma of the entire world and the basis for the origination of disease. Its keyword is *underfunction*. Therefore any disease process typified by underfunction is said to be of the Psoric miasma.

Having a miasmatic influence does not mean you actually suffer from the illness the nosode is produced from, i.e. having a Psoric miasmatic influence doesn't mean you will actually have the disease scabies. Rather you will have ailments typical to underfunction. Similarly, the other miasmas do not imply you will have the disease associated with them, but their influences will be seen, e.g. suppression will be seen in those with the cancer miasma.

A single miasma may be dominant throughout a disease or there may be more than one miasma evident at different stages of illness.

The nosodes each address a specific miasma whereas most other homeopathic remedies (e.g. made from plants or minerals) are usually multi-miasmatic and

- **Perelandra ETS Plus for Soil** (brown label)
For the FOUNDATIONS

– for Pangarden Game use only –

Perelandra
ETS Plus for Soil

For the Foundations

1. Use 15 drops or test: *"How many drops of ETS Plus for Soil are needed for the foundations of this layout/situation here?"*
Place that many drops on a clean spoon.
2. Hold the spoon and say out loud:
"I ask that the essence of these drops be released to the foundation supporting this layout/situation here."

Wait 10 seconds. Discard drops. Rinse spoon.

This solution, Perelandra ETS Plus for Soil, is usually necessary when the foundations of your layout/situation need more support and balance.

Unless you are a gardener, it is pretty easy to ignore soil. But it is actually an important element in all our lives. We walk on it, we sit on it, we barbecue on it, we build on it; we move it around, we plant in it, we manage it and mow over it, we put highways over it, we create ponds and lakes in it... it's the foundation of our planet and it is the underlying support for everything we do. ETS Plus for Soil is for those working with plants on any scale and also for those working with soil-less gardens.

Environment: Soil is actually a universe unto itself with its wide range of elements, layers, microbes, insects and animals that make up that universe – all of which intricately link together in a highly cooperative manner to form soil. If you are growing plants – whether in a pot, lawn, forest or a field – you want the soil your plants are growing in to be of the highest quality. This truly makes a difference with the health of the plants your soil is supporting. And this is where ETS Plus for Soil comes in. It performs a magic that has to be seen to be believed.

Soil-less Gardens: If you have a soil-less garden that sits on soil or is supported in some way by soil – your home, business, construction or restoration project, a playground, etc. – it is critical for the strength of your 'soil-less' garden that the soil upon which it sits give it the highest level of support and stabilisation. ETS Plus for Soil can work wonders for your soil-less garden, and again, you will have to see it to believe it.

From the brochure "ETS Plus for Soil".
Copyright 2005 by Machaelle Small Wright.

consciousness by supplying all the matter, means and action that are needed to meet the project's goals. Every activity, element, structure, idea and thought must, by definition, contain order, organisation and life vitality. Projects – whether personal or professional – with all their activity, elements and structures are as alive as any garden growing in soil.

ETS Plus for Soil-less Gardens was specially created by nature to repair, balance and strengthen the order, organisation and life vitality of the many areas and elements that make up a soil-less garden. In other words, this ETS Plus is like a balancing and strengthening tonic for your project.

From the brochure "ETS Plus for Soil-less Gardens".
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cover two or more of the miasmas and their symptoms.

The research on the miasmas is ongoing. Nowadays we have to deal with the influences of the modern world with its new diseases, their remedies and the resulting impact on us and our genes.

In order to learn about and deal with those influences the Genetic Pattern Cards were added to the Pangarden Game.

All of the Genetic Pattern Cards come in two different background shades, a 'light/weak' and a 'dark/strong' version. This shows their strength of impact.

The most relevant Genetic Patterns from nosodes are:

- **CARCINOSINUM – Suppression**

Tendency to suppress emotions, impulses and needs.

Negative feelings about yourself, all emotion is painful, sorrow, unhappiness, all suffering of the world taken onto yourself, conventional life style and thinking, liking rhythms and order. Always in search of truth and there is only *one* truth.

Possible symptoms: Feeling of not being present, lost in thoughts, liking to look at dark issues, life feels like duty, military thinking, crisis management, demanding, impatient, feeling guilty about your disease, self-critical.

See note at the end of chapter

- **MEDHORINUM – Excessiveness**

Tendency to excessive thinking, feeling, talking and lifestyle.

Strong intellect with memory loss, mental confusion, unsystematic; working best under pressure, energy high at night times, cruel, suspicious, aggressive, always in a hurry, impatient, repetitive talking, strong libido, oversensitive, feeling guilty, melancholic, egocentric, manipulative, driven by basic instincts.

Possible symptoms: uro-genital problems, too much fluid, infertility, arthritis, promiscuity.

See note at the end of chapter

- **MIXED PATTERNS – Chaos**

Tendency to chaos, stress and entanglement.

Difficult to resolve problems and unhealthy situations. If more than one of the Miasmas is dominant, the card Mixed-Patterns may be picked. That means there is a mixture of all or some of the other patterns mentioned present in the genes.

Possible symptoms: confusion, chaotic life situations, conflicting conditions. Plus all symptoms of the other genetic patterns!

See note at the end of chapter

- **PSORINUM – Underfunction**

Tendency to not doing enough to achieve tasks, goals and happiness.

Runs life in underfunction-mode.

Development of dysfunction through suppression of symptoms, always need for medical support when ill, recurring problems and non healing scars (physical or emotional), eczemas, lack of vitality, déjà vu in healing process, introverted, reserved, insecure, justifying, victim consciousness, feeling separate from God's mercy.

Possible symptoms: skin problems, persistent body odour, itching, wounds heal slowly, feeling cold.

See note at the end of chapter

- **SYPHILINUM – Destruction**

Tendency to destructiveness and self-destruction. Over/under eating, addictions, accidents. Detachment from true feelings, hidden disease and problems, mid-life crisis, eccentricity, anxieties, emotional insecurity, apathy, afraid of becoming mad or paralysed.

Possible symptoms: Ulcers, decay, organ destruction, sclerosis, obsessions, hereditary alcoholism.

See note at the end of chapter

- **TUBERCULINUM – Restriction**

Tendency to restrict oneself or feeling restricted by environment or life situations.

Restless, feeling depleted, weak, fainting, hypochondriac, grumpy, aversion to worldly things, liking changes, nothing satisfies, yearning for travel, wanting what you don't have, mood swings, unrequited love, extroverted, looking for attention, cravings. Intense hunger for air, food, life.

Possible symptoms: anaemia, chest infections, recurring fevers, sweat at night-time.

See note below

Note:

Using the Genetic Pattern Cards has an energetic impact on the situation! Each time one of the Genetic Pattern Cards get used, we suggest that you integrate the quality those cards hold with 11 drops of the ETS Plus Soil-less Solution (follow green ETS Plus card) with the words: ***"I ask that the essence of these drops be released for healing and harmonising this genetic pattern."*** This can help to balance and clear some of the pattern's effects.

Pulling one of the Genetic Pattern Cards does not imply that you should take the related homeopathic nosode! If you find out this is part of your integration action though, please consult with a qualified homeopath!

- **Perelandra ETS Plus for Soil-less Gardens (green label)**

For PROJECTS

- for Pangarden Game use only -

Perelandra
ETS Plus for Soil-less Gardens
 For Projects

1. Place 11 drops of the green ETS Plus for Soil-less Gardens on a clean spoon.
2. Hold the spoon and say out loud:
"I ask that the essence of these drops be released to the order, organisation and life-vitality of this layout/situation here."

Wait 10 seconds. Discard drops. Rinse spoon.

This solution, Perelandra ETS Plus for Soil-less Gardens, is usually necessary to integrate certain cards, insights or whole steps during the game process, and to bring balance to the relationship between parts of the situation/ layout or the situation/layout as a whole.

This Solution is quite an interesting breakthrough for those who are working with nature to create any soil-less garden or project. To be honest, it is an extraordinary tool that needs to be used in order for its results to be believed. It is simple, it is powerful and it operates beyond our reason or logic.

A soil-less garden can be your job, any of the creative arts, your home and family, a business during the development, building and maintenance stages; large and small building projects, a classroom for both teacher and student, a research project; a report or paper... It can also be a personal goal such as putting together a wedding or anniversary celebration, an important gathering, buying a home, getting the best mortgage for that home, and figuring out the best thing to do to assist a spouse, child or other loved one in need. For example, your project may be what you can do to help a spouse or child with drug problems. This is a project with a goal. Everything pertaining to that goal needs strong order, organisation and the correct life vitality. And it can all be greatly assisted, clarified, balanced and strengthened with ETS Plus for Soil-less Gardens.

Nature defines 'form' as a reality where there is order, organisation and life vitality (action) combined with a state of consciousness. In a soil-less garden, the project we are working with must have order, organisation and life vitality in order to exist. We humans supply one half of the consciousness by giving a project its definition, direction and purpose or goals. Nature intelligence supplies the other half of a project's

- **Perelandra ETS Plus for Humans** (red label)

For STRESS and TRAUMA

- for Pangarden Game use only -

**Perelandra
ETS Plus for Humans**

For Stress and Trauma

1. Take a dropper-full of the red ETS Plus for Humans orally and focus on past trauma and stress around the issue.
2. Notice changes and insights.

(Repeat after 3–5 min. if necessary.)

Perelandra ETS Plus for Humans is usually necessary when you experience stress, emotional pain or touch upon past trauma during the game process.

This Solution stabilises you physically, mentally and emotionally after experiencing an emotional, mental or physical trauma.

Situations that might have caused you trauma could be: Accidents, attacks, operations, illnesses, family problems (like divorce), death of close ones, shocking personal, local or global news and so on...

From the brochure "ETS Plus for Humans".
Copyright 2003 by Machaelle Small Wright.

Use ETS Plus for Humans while you experience a trauma again or a memory of it arises in you. Use one dosage (10-12 drops = a dropper full) of the Solution during the game.

This Solution is also used after opening and closing of Conings (see chapter 17) to stabilise yourself with the new connections you made.

9 The Healing Cards



For developing the Healing Cards we used healing qualities that are common and useful for most people.

When you pick a Healing Card use the quality of the card for the game situation in front of you. Explore how you can apply this quality in your life in relation to the issue you are addressing. Interpret this quality until it feels right for you.

For example, the card 'Balancing Feminine' may indicate and reveal issues to do with inner nurturing.... How to be able to create beauty within yourself and in your environment, how to own and surrender your pain, how to stay open while vulnerable... .

The small English company *Crystal Herbs* supply high quality flower and gem combination essences, which correspond with the names of the Healing Cards.

To support the integration process, it may be helpful for you to take flower essences after the game:

- When you finish the game process ask: "*Do I need any integration action?*"
- If yes: "*Do I need any flower essences?*"
- If yes, consider the special *Crystal Herbs* flower essence combinations, which relate to the Healing Cards, or any other essences.

It might also be useful for you to have your own set of flower essences for testing available, like the *Bach Flower Remedies*, *Findhorn Flower Essences* or one or more of the *Perelandra Essences* sets.

Please visit our website for more information, details and to order any relevant essences: www.pangarden.org

10 The Needs Cards



Understanding Our Needs

In daily life we are often judged for identifying and revealing our needs. Doing so can be frightening and difficult.

A lot of modern research on needs and their importance has been done by Marshall Rosenberg in his *Non-violent Communication* work – see book list.

Connecting with our needs puts us in touch with our vulnerability and we can easily feel susceptible to criticism.

For centuries the image of the loving woman has been associated with sacrifice and the denial of her own needs in order to take care of others. Because women are socialised to view the care-taking of others as their highest duty, they have often learned to ignore their own needs for survival.

Men do also have issues with their needs. It is still a common expectation that they appear strong, fit, reasonable, protecting and unemotional. The common phrase “Men don’t do needy” points out the dilemma men face when dealing with their inner needs.

In order to move into a state of better health we are often asked to change those inherited patterns that do not serve us anymore.

Picking the Need Cards offers valuable insights about needs that are unrecognised and not fulfilled.

Unfulfilled needs are capable of causing big distress and havoc in our lives. It is an error to think we are better spiritual beings the fewer needs we have. As humans we have to acknowledge the side of us that makes us mortal in this earthly existence. This is a vulnerable space and our needs need to be taken care of and looked after well.

To work consciously with needs via the Need Cards frees their positive potential for us.

14 Perelandra ETS Plus Solutions

These Solutions have been developed by Perelandra, Centre for Nature Research, Virginia, USA.

The Perelandra ETS Plus Solutions are not a Pangarden product and are not included in this box (but we left space for them – simply remove the cardboard). We find them most beneficial in our daily life and they add great flow, power and support to the Pangarden process! If their application seems strange to you at first, we still encourage you to use them according to the directions. You will soon notice their benefits too.

In the brown envelope are the cards matching the colours of the three Solutions. They explain the use of each Solution for this game only! Please always use a clean, dry spoons for each application. Rinse the spoon afterwards.

Complete using instructions for the use of the Perelandra ETS Plus Solutions in your life – outside of the Pangarden Game – are enclosed when you order the solutions.

Ordering the ETS Plus Solutions:

- via www.pangarden.org (Europe)
- or from www.perelandra-ltd.com (USA).

The ETS Plus for Humans can be ordered with brandy *or* vinegar as a preservative and in different sizes.



The Perelandra ETS Plus Solutions

– we recommend them as an additional enrichment to the Pangarden Game.

13 The Box of Sprinkles

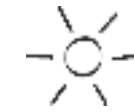
These sprinkles in the heart-shaped box are used to express special qualities, gifts, surprises and delights.

Open the heart and look inside. You will find lots of special sparkling gifts there for you to be picked, embraced, positioned and shared. Could there be any hidden meaning or analogy in this for all of us?



Position the chosen sparkles on the relevant place in the situation in your layout to express miracles, gratitude and heart-felt joy.

11 The Light Cards and the Shadow Cards



The Light Cards and the Shadow Cards are useful during the game to show us qualities that have been neglected or are unseen in our lives. They are helpful to resolve issues or give the right insight to work on while playing.

The Light Cards can bring in gifts and future visions, something to aim for, rewards and brighter aspects of life.

The Shadow Cards are especially helpful, because it is our shadows that stand in our way and cause us problems most of the time. Once brought into the light and consciously dealt with, the shadows are no longer frightening. When hidden, they act as big saboteurs in our lives.

For the purpose of the game process, it is primarily important that you take your time to perceive the insights around shadows and to integrate them thoroughly afterwards.

If you would like to learn more about shadows, we recommend books by C. G. Jung and other 'shadow workers' (see our *Recommended Reading* list at the end of this guide).

**"Enlightenment is not imagining figures of light
but making the darkness conscious."**

Carl Gustav Jung

12 The Spiritual Impulse Cards



If you pick one of these cards, inwardly connect to the being the card represents and ask it for its input and help with your situation regarding the layout.

Notice the qualities that are added by the impulse from the new link to the spiritual realm. Take time to integrate and give thanks.

• THE CHRIST

Compassion & Unconditional Love

The Christ being shows us the qualities of devotion and idealism, forgiveness, acceptance, love and healing. Through him we experience our own godlikeness.

Christ stands for spiritual ascension and overviews higher evolution on Earth.

Christ asks us to lay down the old law of an 'eye for an eye', to open ourselves to let more love into our lives and to sacrifice and surrender our selfishness to the higher will. Through the Christ being we learn about forgiveness, laws of manifestation, divine guidance, the power of love, faith and opening up to miracles.



• MOTHER EARTH

Peace & Harmony

This card represents balance and deep nurturing through connection with Nature, the experience of interdependence and harmony in life.

Mother Earth connects us to our instincts, roots and inheritance and our place in the bigger picture.

Feeling one with all creation leads to deep inner peace.

The Four Archangels:

Please connect inwardly and ask the relevant Angel for its help and input. Note down the new impulses you get.

• ARCHANGEL GABRIEL

Purity & Beauty

Gabriel helps us with clarity, discipline and change, so we are able to create more purity, harmony and beauty in our lives.

This then lays the ground for our intuition and helps us to walk our own true path.

This Angel announces the new to us and leads us into action.

• ARCHANGEL MICHAEL

Truth & Willpower

Michael stands for courage, strength and protection.

He holds the blue Sword of Truth.

This helps us to develop more willpower, initiative, motivation, strength, focus, direction and dedication. His help gives us strong protection on physical and psychic levels.

• ARCHANGEL RAPHAEL

Healing & Creativity

Raphael helps us to work through blockages, which cause problems, illness and addictions.

He facilitates our healing and helps to develop vision through inner knowing of truth.

With that strength we can creatively lead our lives into harmony.

• ARCHANGEL URIEL

Clarity & Vision

Uriel can oversee life lessons and help where alchemy and divine magic are needed. We can then let go of fears and peace can enter our beings.

From that point of peace clear insights, spiritual understanding and new visions develop.

If you would like to learn more about the spiritual realms, we recommend works by Rudolf Steiner, who greatly inspired us – see our *Recommended Reading* list at the end of this guide.