



## PRESENTATION AND PROGRAM OF 28 DAYS CREST RETREAT

**Proposed by the CREST 13 Center, Tiempo de Brotar  
Capilla del Monte, Córdoba, Argentina Star Bioregion.**

From heart and core of Tiempo de Brotar (Sprout time), urges the intention to make a new 28-days retreat for seed multipliers.

Responding to the willingness of kin who came physically to center, through the Internet, coupled with the call of the noosphere, and the impetus given by the presentation Noosphere 2 CREST 13 Project (Annex I) at the 3rd Congress of the noosphere.

After co-participate in the vision quest, 3 days fasting, the spin change of the Tzolkin (09/09/2011 to 09/11/2011), driven by the Red Queen, it was confirmed to continue making retreats in a overwhelming way.

Strengthens and encourages us to make a new withdrawal the support received from Valum Votan, when he received the 1st CREST 13 28-days withdrawal report made in the same center in the Self-existing Moon ring of the Red Overtone Moon (from 10/18 to 11/14, 2010). See Appendix II.

With the impetus to stimulate the resonant radiance to the kin of the northern hemisphere for the realization of next synchronized telepathically retreats. Expressing the beginnings of a functional planetary telepathic grid of light.

Preparing us for the circumpolar rainbow bridge Ejection of love and world peace.

Tiempo de Brotar offers this retreat with the intention of continue to improve the quality and intensity of provided planetary service, intensifying the strength of this node of planetary light.



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### WE OFFER

The retreat involves the completion of the following practices during the 4 weeks:

- **AWAKENING THE NATURAL MIND**

Silent meditation derived from Buddhist techniques type:  
Zen, Dzogchen, Vipassana.

- **PRACTICES PSYCHOPHYSICAL**

Ashtanga Yoga, hatta yoga.  
(Tai chi, falun dafa, tensegrity, yantra yoga, etc..  
according to the facilitators present at the retreat)

- **DIRECTED DISPLAY PRACTICES**

For the development of psychic heat,  
including the cultivation of the principle of Chakras  
and channels of pranic nerves.

- **VIEWING THE PLANETARY HOLON PSI-BANK**

According to the daily synchronic order.

- **PRANAYAMAS**

(breathing exercises)

- **MANTRA YOGA**

Mantras solar, and others.

- **DYADIC EXERCISES, BIPOLAR HARMONIZATION**

Cosmic mudras.

- **DAILY SYNCHRONIZATION**

Circumpolar rainbow bridge meditation,  
Synchrogalactic Yoga  
Synchronotrón

- **CONNECTING PRACTICES:**

as the Salat, prayer circles



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### • VEGETARIAN NATURAL FOOD

Pranic food experimentation. Fasts  
Simple living food and vegetarian food with a percentage  
cooked food.

During the 28-days process, we will refrain to consume meat and derivatives, preservatives and stimulants (coffee, mate, sugar, snuff, alcohol, synthetic drugs, power plants or psychoactive).

Also enjoy the absence of technology, to hold the electromagnetic field clean, refraining us of the cell phone use and contact with cyberspace. Including refraining us from contact with villagers caretakers of the Garden that supports CREST.

### ART CULTIVATION

Task group:  
Gardening, begin of gardens,  
Environmental design, light bio-construction (domes).

### RADIAL SOCIAL ORDER: TZOLKIN

The service for domestic order and basic daily tasks  
be made using the social organization by terrestrial families and root races.

### STUDIES

Education of natural mind: Cosmic History Chronicles, Synchronotron.

### SPECIAL PRACTICES:

Practice of Compassion, Tibetan Buddhist.  
Telepathic exercises and games.  
Space Time Travel.  
Geomancy experimental.  
Planetary sorcery.  
Ceremonial Magic.  
Holographic Yoga.  
Crystal Court.  
Vulom magnetic attraction force field activation.

### PSYCHOATMOSPHERIC PRACTICES.

Circular dances.



## PRESENTATION AND PROGRAM OF 28 DAYS CREST RETREAT

### WE REQUEST

It is the responsibility of each participant autoanalyzer their own ability to perform the retreat in its total 28-days duration.

Given that this retreat is designed to form multipliers of the same in other light nodes in the planet, we propose as a pre-requisite:

- Have some experience made 13 days or more in a village often organized under the 13/20 natural time frequency.
- Be familiar with the codes of law time.
- Be agree with the internal behavior code of retreats, which soon will send, to those is showing interest in participating.
- Acceptance of the terms of the physical space to be held in retreats. Some experience of life in a natural ambient, virgin.

Understanding that retreats is intended to give planetary service, we call the strength of planetary servers for the organization and manifestation of the retreats preparatives and for the facilitation of special practices by those who are carrying out specified in any of them.



## PRESENTATION AND PROGRAM OF 28 DAYS CREST RETREAT

### WAYS TO COLLABORATE WITH THE RETREAT:

#### PARTICIPATING

By pulsing the 28-days, delivered to the experience, with love and firm determination. (see pay method).

#### CONSTRUCTION AND ASSEMBLY

(minimum 2 heptads – weeks before retreats)

#### SUPPORT FROM THE VILLAGE DURING THE RETREAT

you can check to be for periods of 7 days  
(servers to support the site tasks)

#### DISINTERESTED SPONTANEOUS DONATIONS:

With financial resources and/or materials  
(see attached list of need)

#### PATRONAGE AND / OR SPONSORSHIP:

Benefiting to a particular kin or at the construction of a dome. Benefiting the two sides, both the giver and receiver.

#### MORAL SPIRITUAL SUPPORT:

Co-creating with good vibe from you now and here.  
(prayers, meditations and/or synchronized fastings)  
supporting the withdrawal.



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### METHOD OF PAYMENT

We pulse in the future, CREST 13, managing them as Ashram (voluntary donation to consciousness), however, on this occasion due to lack of credit in this retreat we suggest a economic reciprocity, the approximate 1500 Argentine pesos or about 500 US \$, that serves to:

- Cover the costs of full purchasing for 28-days food and transporting it to the area of retreats.
- Support the use of natural resources (e.i.: replacing the use of Wood, a medium term, for furnaces and solar water heaters by creating a fund)
- Amortization of the materials used before and during retreats. (tools, kitchen items, etc)
- Cover the existence of possible fellowships, depending the number of participants.

### SEE FELLOWSHIP AND EXCHANGES.

We have reduced the cost to a minimum, to do accessible to as many as possible, so that we remember to all participants will have, upon completion of the withdrawal, the opportunity to make a spontaneous donation in a closed box.

The per diem of the organizers and expenses of the organization, are being generated by themselves.

In this Overton Moon retreat, we will refrain from monetary exchange for the work of the facilitators.

The delivery of information and practices will be free.

We feel those beings who participate in some named forms, which for love to communicate soon as possible to be coordinated with time.

The withdrawal is limited quotas, minimum 7 maximum 20 beings.

On page [www.crest.org](http://www.crest.org) there are a list of the different gardens and sites where you can see by the distance and personal like to which address you.

# 1<sup>st</sup> CREST 13 Experience - Report

Dear Sister & Brothers of this beautiful GAIA-Velatropa 24.3

The purpose of this report is to communicate the results of the 28 days retreat experiment, based on the draft Planetary Engineering CREST 13, which was conducted during the Self-Existing Moon of the Owl - Red Overtone Moon Ring (10 /18/2010 to 14/11/2010).

It was developed in the Star Holon, Argentina, Córdoba, Punilla Valley, Capilla del Monte, at the base of the Sacred Mountain Uritorco , Overo Hill and the Twins Hill, on the grounds of the Village "Tiempo de Brotar" in the area destined and reserved for CREST 13 Retreat Center, which is in a virgin forest road 400 meters from the village.

This place consists of approximately 13 hectares of virgin native forest, pure spring water, mountain and river all drinkable, with fertile land for cultivation and very good weather conditions. This area is protected by 3 km radius of virgin native forest without human habitat (only the village "Tiempo de Brotar")

The center is located in the vicinity of interdimensional portals of intra- earth city ERKS, and ceremonial centers Comechingon Aboriginal culture.

The kin who organized the recall are:

- \* 14
- \* 217
- \* 247
- \* 256

(Adult Core of "Tiempo de Brotar")

And the Elfs

- \* 38
- \* 85
- \* 213

The retreat participes kin were:

- \*14
- \*27
- \*38
- \*85
- \*110
- \*205
- \*232
- \*247
- \*256

Kins in the 1st week: 14 – 27 - 232 – 256 – 110 - 205

Kins in the 2nd week: 14 – 27 - 232 – 256

Kins in the 3rd week: 14 – 27 - 232 – 85

Kins in the 4rd week: 14 – 27 - 232 – 38 – 247

## 1st HEPTAD-WEEK

The first day's kin settled in the place and created the kitchen, from the 2nd day was held the following crono-schedule:

- Salat (Before Sunrise)
- Natural Mind

- Pranayamas
- Solar Mantrams
- Synchronization (Cubication)
- Ejection Circumpolar Rainbow Bridge
- Mantrams (Yoghi- Bhajan)
- Breakfast (prepared by the family of the day ,during the mantrams)
- Working with Dreams
- Reading Seminar Cistercian- Italy (Synchronotron study)
- Tasks Group
- Salat (midday)
- Yoga or Tai Chi
- Luch (prepared for the Family of the Day)
- Break
- Readings
- Special Practices
- Sunset Salat
- Dinner
- Break

### **Food (during 4 Weeks):**

Based on seed sprouts, enzymatic water, honey, kefir, herbal tea (with herbs from site) vegetarian diet (no eggs or dairy products), without wheat flour (bread), no mate, no sugar, no sweeteners .

Note:

Not used substances that alter the mental state of reality (natural mind alone).

### **Tasks Group:**

- Kitchen Fitting
- Cleaning paths
- Cleaning practice sites
- Search for water-firing
- Construction of compost toilet.
- Anchor sites for tents
- Care of outbreaks and seed for food.

### **Special Practices:**

- Opening Ceremony
- Activation and initiation of the body MERKABAH
- Telepathic exercises
- Space Time Travel to Sirius
- Geomancy for determining practice domes, kitchen and individual micro domes.
- Recognition and geomancy cave waterfall practices (in the course of spring water)
- The 5 Alpha day was made a word fast (noble word), and day 6 was limited to fast food (infusion only), and the full moon was a female circle.
- Urine therapy

### **Readings:**

- Inter-Galactic Bulletin N ° I-III
- Holomind Perceiver
- Cosmic History Chronicles (vol. 2.3.4.5)
- Cisternino Seminar- Italy (full read and studied by the week)

- Training course to obtain the U.M.B Hunab-Ku 21, IFT, UMB and Kin Equivalent.

## 2<sup>nd</sup> HEPTAD -WEEK

### Crono-schedule:

- Salat (Before Sunrise)
- Natural Mind
- Pranayamas
- Solar Mantrams
- Synchronitation ( Cubication)
- Ejection Circumpolar Rainbow Bridge
- Mantrams ( Yogui-Bhajan)
- Breakfast
- Working with Dreams
- Activation Synchronotron codes (study and analysis on the Holomind Perceiver)
- Salat (Midday)
- Yoga or Tai Chi
- Luch (prepared for the Family of the Day)
- Break
- Meditation
- Readings
- Picnic
- Special Practices
- Sunset Salat
- Dinner
- Break

### Task group:

- Perimeter wiring
- Land leveling practices for dome
- Water-firing
- Outbreaks Care

### Readings:

- Earth Ascending (fragments)
- Cosmic History Chronicles (Vol. III, Chapter 11)
- Cosmic History Chronicles (Vol. V, Ch 5)

### Special practices:

- Planetary Sorcery - (water ceremony), based on the activation of a Temple to  
the Water, creation 441 matrix with stone-

pebbles submerged and

Synchronotron chanted-(mantrams) with the  
intent to radiate through the

water (descent of biosphere in the noosphere.).

- Alpha- Word and fasting food. Practices alone of guardians anchor through Elementals and Devas in portals of entry.
- Limi - Fasted and encuevamiento\* (1 kin) (\*put in cave)  
Practice in a cave, made by 1 kin per day, this practice is to stay inside the cave from morning to evening, in order to restore the energy body through the four-dimensional visualization of Pleiadian healing chambers, and techniques wrap
- Telepathic Exercises: sending and receiving runes UR H between members of the retreat. Shipping and receiving with the kin of the village “Tiempo de Brotar” (“Time to Sprout”) and kin who came in Silio 7 (kin 110 & 205)
- Space Time Travel: contact through Celestial Harmonics and Astral Projection, in order to make contact with Valum Votan and the Red Queen.
- Urine Therapy

### 3<sup>rd</sup> HEPTAD – WEEK

#### **Crono-schedule:**

- Salat (Before Sunrise)
- Natural Mind
- Pranayamas
- Solar Mantrams
- Synchronitation ( Cubication)
- Ejection Circumpolar Rainbow Bridge
- Mantrams ( Yogui-Bhajan)
- Breakfast
- Working with Dreams
- Tasks Group
- Salat (Midday)
- Yoga or Tai Chi
- Luch (prepared for the Family of the Day)
- Break
- Meditation
- Readings/Studys
- Picnic
- Special Practices
- Sunset Salat
- Dinner
- Break

#### **Tasks Group:**

- Finish perimeter fences
- Leveling the ground for large dome of practice

#### **Reading Study:**

- Cosmic History Chronicles (Vol. II)
- C.H.C. (Vol . V)

### Special practices:

- Geomantic Activation of a new AC Ceremonial Space
- Court of Kin
- Telepathic Pulse to make manifest materially ,domes for CREST center
- Pulse on kin Red Overtone Skywalker(next Day Out off Time)
- Purification submerged in water and prolonged allotropic breathing
- Dervishes Whirling

### Travel through time-space:

- Meeting with Elementals and natives Devas .
- Tiahuanaco, Bolivia (possible CREST Center)
- KIN Blue Crystal Hand (Blue Resonant Storm Ring)

### Planetary Sorcery:

- Contact Ceremony for the Day of the Dead.
- Purification in the Temple of Water, creating sung **chanted** water ,and cleaning
- (with the sung **chanted** water) of this the place of ceremonial practices and AC
- Alpha - Word fasted alone
- Limi -food fast, and telepathic memory array 441.
- Urine therapy

## 4rd HEPTAD - WEEK

### Crono-schedule:

- Salat (Before Sunrise)
- Natural Mind
- Pranayamas
- Solar Mantrams
- Synchronisation ( Cubication)
- Ejection Circumpolar Rainbow Bridge
- Mantrams ( Yogui-Bhajan)
- Breakfast
- Working with Dreams
- Tasks Group
- Salat (Midday)
- Yoga or Tai Chi
- Luch (prepared for the Family of the Day)
- Break
- Meditation
- Readings/Studys
- Picnic
- Special Practices

- Sunset Salat
- Dinner
- Break

#### **Tasks Group:**

- Construction of geodesic Domo Mini 4m in Diameter made with natural materials from the site.

#### **Reading Study:**

- C6smic History Chronicles Vol. III

#### **Special Practices:**

- Telepathic Pulse to White Rhythmic Wizzard Ring by Doms and economics resources manifestation.
  - Time Space travel, Antares Arcturus intermediate station, and to intra-earth city Erks.
- Psycho Atmospheric ,Dance on 4 seasonal plates,24 Psi-Nimboids membranes, Futhark Runes, for the Healing of Planet Earth
- Circular Dances
- Telepathics plays, sending & reception of UR H Runes
- Planetary Sorcery:
- Dispacht Ceremony of Andean culture in order to through Sacred Hills thanks for blessings received in retirement, and attracting all the necessary material and spiritual.
- Court of kin
- Closing Ceremony and festivities.

## Thematic assessment

#### **Salat Prayer Contact:**

From day one we decided to perform this practice 3 times a day (before dawn, noon / zenith, and dusk). We gave good done by generating connection with the divine, by contacting the natural time to wake up before dawn without mechanical means (without clock), gave us a time frame for other practices. This practice strengthened discipline and submission.

#### **Food / fasts:**

With no evolutionary food restriction and fasting (Seven Days in the process), we found that our bodies it was used to expand and facilitate cosmic connection and perception of the sacred. At the end of the retreat the physical body is in better conditions in all kin.

The kin participants learned the techniques of live food preparation (food life.)

We mention that 80% of infusions were made with herbs harvested site and 80% of the salads were grown in the orchards of "Tiempo de Brotar".

#### **Tasks group:**

Objectives were achieved, they were:

Assembling the basic facilities, perimeter fence to protect the site for animals, leveling large dome platform of practice, building a geodesic dome mini 4 mts.

All activities were carried out as active meditation practice (karma - Yoga)

## **Reading / Study:**

The factors favoring this process were: previous contact and the kin involved with the study material, natural mind meditation before beginning to study ,the natural environment (climate appropriate and natural time).

What ensued was an exponential increase in the understanding and assimilation of information, increase in the cognitive domain.

One of the assimilated important tools is the Synchronotron and UR H Runes as functionals elected four/dimensionals.

## **Special practices:**

\* Psycho-Atmospheric: check changing states of psycho-sensory perception versus climate change to perceive them in consciousness.

There was a high psycho-sensory contact through the dance on the 24 membranes psi-ninmboideas (Dance for Land)

- Telepathic Games / Telepathic Memory: the result of transmissions, there were few successes, but these practices led us to understand, know the runes UR A, trails and cosmic features.
- As for the memorization telepathic Matrix 441 were excellent results in most of the participants and good results in the remainder.

## **\* Planetary Sorcery/ ceremonial magic:**

These were:

Opening ceremony  
Merkaba Initiation  
Geomancy  
Water Temple  
Guardians of the Portals  
In cuevamiento  
Purification with allotropic breathing in water  
Ceremonial Clean- chanted water  
Day of the Dead Ceremony  
Andean Dispacht.

## **\* Travel through time-space:**

Most kin achieving excellent results and display psychic connection, and can achieve a high conscious telepathic messages that were of great value in retirement, and also after retirement.

The techniques used were: Celestial Harmonics, Telepathic Frequency Index , Time Travel Cube with element 113 Sirius B 52 in the cube.

## **Synchronization / Cubication:**

### **Composed by:**

Pranayams and Solar Mantrams  
Cyclical Order of Time Codes  
Synchronic Order of Time Codes  
Visualization and Psi Bank daily activation  
Visualization and Planetary Holon activation  
Visualization and Human Holon activation

Visualization –Overtone Pulsar and Color Pulsar activation  
Telepathic reception of the north-south red pulse  
Cube Building Genetic Order, Plasmic Cube, Bio-psychic Cube  
and Non-ego Cube.  
Tollan Zuvuya Cave initiation  
Bolontiku Activation  
Visualization of Crystal Heart Planet and its components.  
Ejection Circumpolar Rainbow Bridge with allotropic breathing  
Visualization and activation of Matrix 441 and the daily Heptad Gates.  
Excellent results as a tool to synchronize us, perceive celestial harmonics and  
harmonize us with the natural time for the day.

### **Urine therapy:**

The participants kins carried out this practice ,can see that after two days of fasting ,  
concentration odor, color and flavor urine was increased

## Overall Assessment

### **Points to consider:**

- The coordinator nucleus have need for more technics of dynamization groupal to promote the integration process of the participants.
- It is preferable that the coordinators of the retreat are at least two and preferably male-female.
- It is necessary to make a regulation of internal behavior to be signed prior to retirement income, this would regulate rights and duties of kin during the process, for example, sexual abstinence, total restriction of consumption of psychoactive substances, hallucinogens, alcohol, snuff, etc.
- Make only the proposed practices in retirement.
- Sober and comfortable clothing.
- We made a brief experience with the presence of village children Tiempo de Brotar and feel that was not favorable to the process.
- It is suitable that the experience does not generate emotional ties between the participants (absorption)
- It is appropriate to use the practice of the noble word "noble silence during the entire process.
- Experience shows that the results are optimal if completed within 28 days.
- We also feel that can get things for less time as facilitator of tools to join the process.

### **Doubts arose as to consult with the foundation:**

- Is it necessary to vipassana style sex segregation?
- Is it possible to carry out such temascal purification practices?
- Is it suitable that the organization is by color or family and it is preferable that participants refrain from these activities (cooking, cleaning bathrooms, etc)?
- Considering that this was the first experience of retirement of 28 days we are very happy to report that we could see a gradual stabilization in the time of the emotional body, clarity of dreams, the channel opening reception of cosmic information. A crescendo in the timeless perception and

appreciation of the natural rhythmic cycle. The radiance of a subtle psychological well-being permeated the activities, strengthening brotherhood and mental clarity of the imminent presence of the closing of the cycle, strengthening the purpose of the Circumpolar Rainbow Bridge Ejection.

- The study and natural mind meditation ,catalyzed as well as the perception of here now ,the clear internal vision of the next steps on this path of planetary service. A clear guidance of Noospheric mind .Very important factors favored these states were self-discipline, submission and the natural environment isolated from the hustle and mind technospheric self-replicating.

Thank you with deep love for the Great Spirit, ALLAH HUNAB KU, the hierarchies of the Galactic Federation, to intraterrestrial hierarchies of ERKS , to Valun Votan and the Red Queen, our guides and fifth-dimensional beings, the crew of the village "TIEMPO DE BROTAR "all the brothers who supported us in this adventure, MOTHER EARTH, Elementary Devas and invisible guardians in place, URITORCO APU, OVERO APU, ÑUSTA the Twins, all animals of power that accompanied us; Hawks , foxes, mountain cats, hummingbirds, tarantula, spider weaver, lizards, frogs and toads, trout, eagles, vultures, condors, owls and especially Ringo and ourselves for allowing this sacred transformation, that this experience will serve as encouragement for all beings who choose to take the evolutionary leap of the soul.

## **BE GALÁCTIC!!**

### **Tiempo de Brotar (kin 14) with the Co-Creation of Kin 27 and 232**

NS1.23.5.1

Kin 221 Red Cosmic Dragon (November 15 -2010)

Psi Crono: Yellow Cristal Seed

IFT 1198

U.M.B. 315 The Profet

8° Dimension of Time

7° Mental sphere

Equivalent Kin :157 Red Magnetic Earth

UR H 95 :Galactic Art Whole Becomes Meditation of Reality

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