

## 2012 SEED THOUGHTS FOR MEDITATION WITH KEYNOTES FOR NEW AND FULL MOON MEDITATIONS

LIGHT OF CHRIST COMMUNITY CHURCH ~ SANCTA SOPHIA SEMINARY



### Seed Thoughts and Keynotes

**It is the nature of a word to reveal what is hidden. The word that is hidden still sparkles in the darkness and whispers in the silence. It entices us to pursue it, to yearn and sigh after it. For it wishes to reveal to us something about God. —Meister Eckhart**

Seed thought techniques point the way for expanding awareness. They magnetize the mind (also known as the mental body) in order to draw to it, by the law of attraction, information from the Cloud of Knowledge Things. The technique called active meditation is specifically used to precipitate inner teachings from the Mind of God.

When doing active meditation, we are not in a passive, receptive state of mind but we are hard at work—alert and penetrating into higher frequencies for the expanding of awareness. Incoming ideas are registering on the prepared, receptive mental level and hopefully captured as inspiration or realizations.

There are two major works occurring for us when we practice active meditation. First, we build the ability to pierce the veil between the concrete, or rational mind and the developing abstract levels. The capabilities of the meditator must change when he or she moves from passive meditation to active. In passive meditation the practi-

tioner is building the receiver set; in active, he or she learns to penetrate through the veil into the Cloud of Knowledge Things magnetized in such a way as to draw information of a given nature to the mind-made-ready.

To precipitate—the second work for the one practicing active meditation—is to attract and densify, as in the collection of moisture into first a fog, then a cloud and then droplets. Sometimes we simply sense the fog; sometimes we experience a drop or two. At other moments we may reap a downpour of rich awareness.

A seed thought attunes the mind to the thought proffered. As this thought is held and magnetized, the concepts behind it also come forth. As ideas collect, they begin to precipitate a line of information that comes streaming downward to the receiving set. If one is poised with pen and paper, creative writing occurs. Great ideas and insights come from the soul level of consciousness to help humanity understand and develop.

A particular seed

thought focused at the correct time uses the energy of the constellation to build a specific virtue and to attract related information. This data is held in the cloud until the mechanism is in place for the student to be able to gain access to such wisdom.

A keynote is a special kind of seed thought (used right before, during and after the full moon) which vibrates to the blend of energies of that full moon. Remember, this is the time of utmost potency. The sun sign is in power and profoundly reflecting to us from the moon itself. We have a brief time of dynamic “sun sign power” at its clearest moment in combination with its hidden helper, its opposite sign. The helper is giving its power especially to assist its co-worker. Thus, two mighty energies combine to activate humanity. The aspirant seeks to respond to this incoming power, acknowledging the opportunity offered through the keynote that combines these two major influences.

Seed thoughts are designed to be rich food for thought at a contem-

plative level. The spiritual student is being fed spiritual food. Disciplines and practices have prepared us for a new level of work. The spiritual levels are being cleansed, fed and exercised daily to help these levels develop and adjust to the use of love, will and mind. Continued use of seed thoughts accelerates the development of the mental proficiency of the aspirant.

Seed thoughts must be capable of expanding into great concepts when held in the light of the soul. Each seed thought has a number of levels. There is the surface meaning, then a bit more subtle interpretation, and finally it hints at a symbolic message. As you become increasingly experienced at seed thought work, you will penetrate more and more deeply into the subtle awareness each seed thought veils.

Excerpted from Parrish-Harra, Carol E., *The Book of Rituals: Personal and Planetary Transformation*, Santa Monica, CA: IBS Press, 1990

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VIRTUES TO BE DEVELOPED

Winter Solstice

**Suggested discipline:** Use the keynote seed thought for a total of 7 days—3 days before, the day of, and 3 days after.

**Winter Solstice (2011) Dec. 21, 2011 (11:31 PM CST)**

**Seed Thought:** With each recurring Winter Solstice he is born anew and the love principle is strengthened in the hearts of all.

FEARLESSNESS



**CAPRICORN Dec. 21 (11:31 PM CST) – Jan. 20, 2012**

**Seed Thought:** The birth accomplished, the Christed One receives the visit of the Wise men.

**New Moon:** Dec 24 (12:09 PM CST) Keynote: All things shall be made new.

**Full Moon:** Jan 9 (1:30 AM CST) Keynote: The holy Self holds the true treasure.

HUMILITY



**AQUARIUS Jan. 20 (10:09 AM CST) – Feb. 19**

**Seed Thought:** Ye are my friends.

**New Moon:** Jan 23 (1:39 AM CST) Keynote: I begin anew.

**Full Moon:** Feb 7 (3:53 PM CST) Keynote: Water of life am I, poured forth for the thirsty.

JOY



**PISCES Feb. 19 (12:17 AM CST) – Mar. 20**

**Seed Thought:** Not my will but Thine be done.

**New Moon:** Feb 21 (4:34 PM CST) Keynote: All things shall be made new.

DAYLIGHT SAVINGS TIME BEGINS MAR 11 (2:00 AM CST)

**Full Moon:** Mar 8 (3:39 AM CDT) Keynote: Higher will transmutes folly; embrace Higher Will.  
Mercury goes retrograde Mar 12 (2:49 AM CDT)

Spring Equinox

**Spring Equinox Mar. 20 (12:14 AM CDT)**

**Seed Thought:** As in Adam all die, so also in Christ shall be made alive.

ENTHUSIASM



**ARIES Mar. 20 (6:45 AM CDT) – Apr. 19**

**Seed Thought:** Behold I make all things new.

**New Moon:** March 22 (9:37 AM CDT) Keynote: I begin anew.

Mercury goes direct April 4 (5:11 AM CDT)

**Full Moon:** April 6 (2:18 PM CDT) Keynote: Come forth and from the plane of mind, rule.

BEAUTY



**TAURUS Apr. 19 (11:12 AM CDT) – May 20**

**Seed Thought:** All things were made by the One, and without the One was not anything made.

**New Moon:** Apr 21 (2:18 AM CDT) Keynote: All things shall be made new.

**Full Moon:** May 5 (10:35 PM CDT) Keynote: When the Eye is open, all is illumined.

UNIVERSALITY



**GEMINI May 20 (10:15 AM CDT) – Jun. 20**

**Seed Thought:** Be still and know that I am God.

**New Moon:** May 20 (6:47 PM CDT) Keynote: I begin anew.

Solar Eclipse: May 20 (6:23 PM CDT)

**Full Moon:** June 4 (6:11 AM CDT) Keynote: Recognize the other Self, and in the waning of the small self, grow and glow.

Lunar Eclipse: June 4 (6:03 AM CDT)

**New Moon:** June 19 (10:02 AM CDT) Keynote: All things shall be made new.

Summer Solstice

**Summer Solstice June 20, 2012 (6:08 PM CDT)**

**Seed Thought:** I am in the Father and the Father is in me.

## CANCER Jun 20 (6:08 PM CDT) – Jul 22

**Seed Thought:** Unless one is born again, the Kingdom of God cannot be seen.  
**Full Moon:** Jul 3 (1:51 PM CDT) Keynote: I build a lighted house and therein dwell.  
 Mercury goes retrograde July 14 (9:16 PM CDT)  
**New Moon:** Jul 18 (11:24 PM CDT) Keynote: All things shall be made new.

## LEO Jul 22 (5:00 AM CDT) – Aug 22

**Seed Thought:** Love is the fulfilling of the law.  
**Full Moon:** Aug 5 (7:56 PM CDT) Keynote: I am That and That am I.  
 Mercury goes direct Aug 8 (12:40 CDT )  
**New Moon:** Aug 17(10:54 AM CDT) Keynote: I begin anew.

## VIRGO Aug 22 (12:06 PM CDT) – Sep 22

**Seed Thought:** Let the one who is greatest among you be the servant of all.  
**Full Moon:** Aug 31 (8:58 AM CDT) Keynote: I am the mother and the child; I God—matter am I.  
**New Moon:** Sep 15 (9:10 PM CDT) Keynote: I begin anew.

## Autumn Equinox Sep 22 (9:48 AM CDT)

**Seed Thought:** What I say to you in darkness tell in the light.

## LIBRA Sep 22 (9:48 AM CDT) – Oct 22

**Seed Thought:** Understand righteousness and judgment and equity—every good path.  
**Full Moon:** Sep 29 (10:18 PM CDT) Keynote: Choose the way that leads between two great lines of force.  
**New Moon:** Oct 15 (7:02 AM CDT) Keynote: All things shall be made new.

## SCORPIO Oct 22 (7:13 PM CDT) – Nov 21

**Seed Thought:** Whoever wills to, may partake freely—initiation is open to all.  
**Full Moon:** Oct 29 (2:49 PM CDT) Keynote: Warrior I am, and from the battle I return triumphant.  
 DAYLIGHT SAVINGS TIME ENDS NOV 4 (2:00 AM CDT)  
 Mercury goes Retrograde Nov 6 (5:04 CST)  
 Solar Eclipse: Nov 13 (4:17 PM CST)  
**New Moon:** Nov 13 (4:08 PM CST) Keynote: I begin anew.

## SAGITTARIUS Nov 21(10:24 PM CST) – Dec 21

**Seed Thought:** Let that mind be in you which is also in Christ Jesus.  
 Mercury Direct Nov 26 (4:48 PM CST)  
 Lunar Eclipse: Nov 28 (8:33 AM CST)  
**Full Moon:** Nov 28 (8:45 AM CST) Keynote: See the goal, reach the goal, and see another.  
**New Moon:** Dec 13 (2:41 PM CST) Keynote: All things shall be made new.

## Winter Solstice (2012) Dec 21 (5:11 AM CST)

**Seed Thought:** The Holy Child is born at Winter Solstice when all the Earth celebrates the return of the Christ Light.

## CAPRICORN Dec 21 (5:11 AM CST) - Jan 20, 2013

**Seed Thought:** The birth accomplished, the Christed one receives the visit of the Wisemen.  
**Full Moon:** Dec 28 (4:21 AM CST) Keynote: The holy Self holds the true treasure.  
**New Moon:** Jan 11 (1:45 PM CST) Keynote: I begin anew.

LEADERSHIP



LOVE



PURITY



Autumn Equinox

REVERENCE



TRANSFORMATION



HARMLESSNESS



Winter Solstice

FEARLESSNESS



Dates and times provided by Dennis Acree, Retha Banez and Linda Oliver. Seed Thoughts by Rev. Carol E. Parrish-Harra, Ph.D. adapted from Corrine Helene, *New Age Bible Interpretation*, Vols. 1–7 (Santa Monica, CA: New Age Bible & Philosophy Center, sixth revised printing, 1990). Keynotes by Rev. Carol E. Parrish-Harra.

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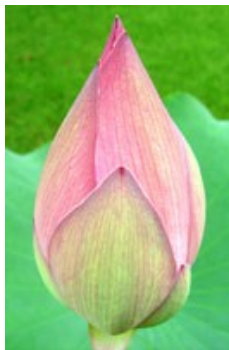
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tionally nurtured humanity, search for ways to meet the heightened needs of their modern followers.

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