



# Crystals, Spiral Dynamics & ...

*Bob Ocean*

*Spirituality - Year 9 Talk 11*





# U3A Talks

- My Truth - not asking you to change your beliefs
- The Deep Mystery as it is all One
- Ask questions at any time
- Acknowledgements to my teachers



Talks sponsored by the OM Peace  
Foundation



# Dates of talks

u3a Open day 25th Sept

Date	Topic
23 September 2024	Talk 1 – The Order of Melchizedek
28 October 2024	Talk 2 - The Plan
25 November 2024	Talk 3 – Solar Logos
23 December 2024	Talk 4 - Money & Xmas party
27 January 2025	Talk 5 - The Matrix and Ascension
24 February 2025	Talk 6 - Meditation
24 March 2025	Talk 7 - Solar Flash
28 April 2025	Talk 8 - History
26 May 2025	Talk 9 - Pyramids
23 June 2025	Talk 10 - Subtle Energy
28 July 2025	Talk - 11 Crystals



# Previous talks

There is a website for the Spirituality group [here](#). Previous talks have been saved on the website. Here is a list

- Year 1 – Spirituality
  - Buddhism
  - Advanced Christ Path
  - Advaita Non Dual
  - I Am teachings
  - Shamanic practices
  - Big Toe
- Year 2 – Spirituality
  - Egypt
  - Israel
  - Himalayas
  - Ekpyrosis
  - Year 1 Summary
  - Overall Mission
  - Sacred geometry
- Year 3 – Beyond Religion
  - Introduction
  - My Way Zen
  - Virtual Reality
  - Great Solar Flash
  - Melchizedeks
  - Ascension
  - Journey hOMe
  - Final Talk
- Year 4 – Science & Spirituality
  - Introduction
  - Sacred Geometry
  - Sacred geometry 2
  - Sound & Light
  - Chakras
  - Deep State
  - Coronavirus
- Year 5 – Disclosure
  - Introduction
  - Thrive
  - Mini Talks
- Year 6 – Philosophy & Spirituality
  - Schopenhauer & Buddhism
  - Greeks and Geometry
  - Idealists & Virtual Reality
  - Big TOE
  - ETs & iPhire
  - Compression
  - Virtual Reality
  - Taoism
- Year 7 = Cosmic Spirituality
  - Introduction
  - History
  - Future
  - Future 2
  - Spirituality
  - Spirituality 2
  - Cosmic Spirituality
  - Questions & Answers
  - Office of the Guardian
  - Voyagers Material
- Year 8 – Ascension
  - Paleocontact
  - Vision for the Future
  - The New Earth
  - Ascension
  - Spiral Dynamics
  - Disclosure & the Plan
  - Violet Flame
  - The Plan
- Year 9 – Ascension
  - The Melchizedeks
  - The Plan
  - Solar Logos
  - Money
  - The Matrix & The Kingdom



# Various Topics

- Crystals -
- I Ching
- Spiral Dynamics
- Next Mission - Waters of the world
- AA Michael protection
- Sept u3a Open day





# Crystals

- Healing - chakras
- Can store information
- Used for intentions
- Quartz and Water
- 4096Hz sync with source - frequency of LoveLight





# Crystals

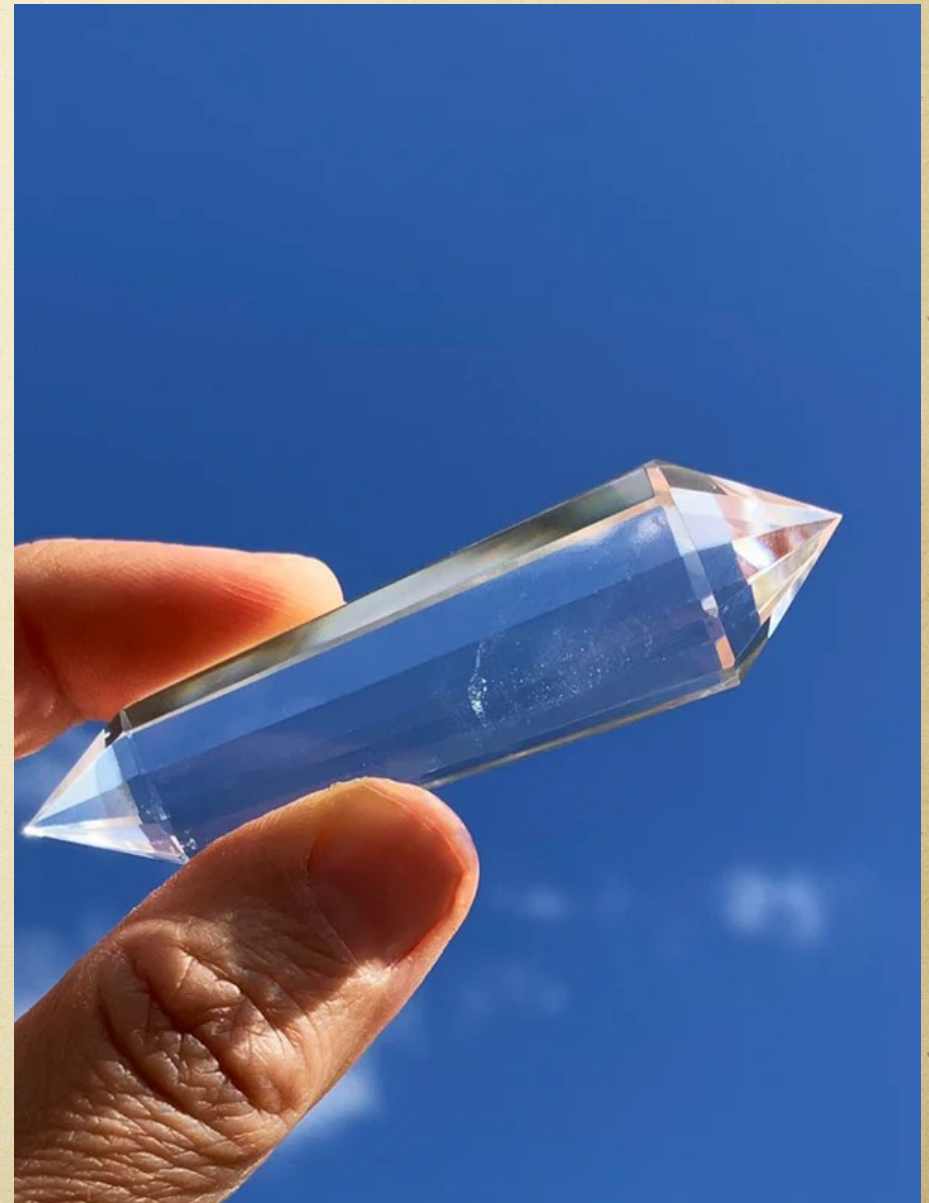
- Same Fractal program -  
so can act as dimensional  
bridge
- 1st Pyrite /Red Jasper
- 2nd Carnelian  
(Chalcedony)
- 3rd Citrine
- 4th Rose quartz (or Jade)





# Dan Willis process

- Vogel Crystals
- Process:
  - Increase Prana
  - Clear crystal
  - Connect with crystal
  - Breath in intention



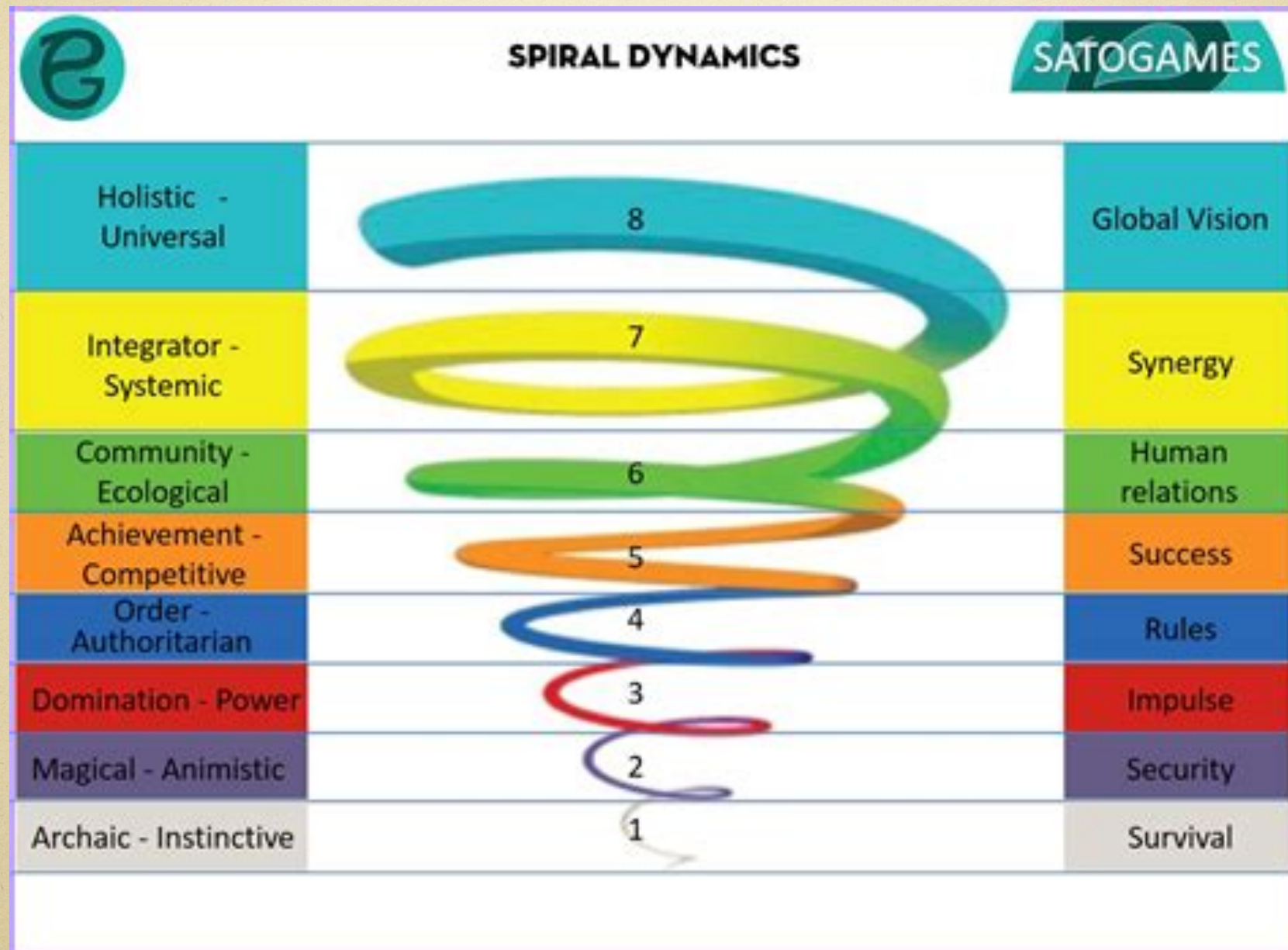


# iChing





# Spiral Dynamics





# Next Mission (for me / PHY?)



 **Waters of the World | Global Stargate Activation – Session 1**



**The Stargate Exp...**  
28.9K subscribers



Subscribed ▾



590



Share



THIRD AGE



# Filey Beach





# Break

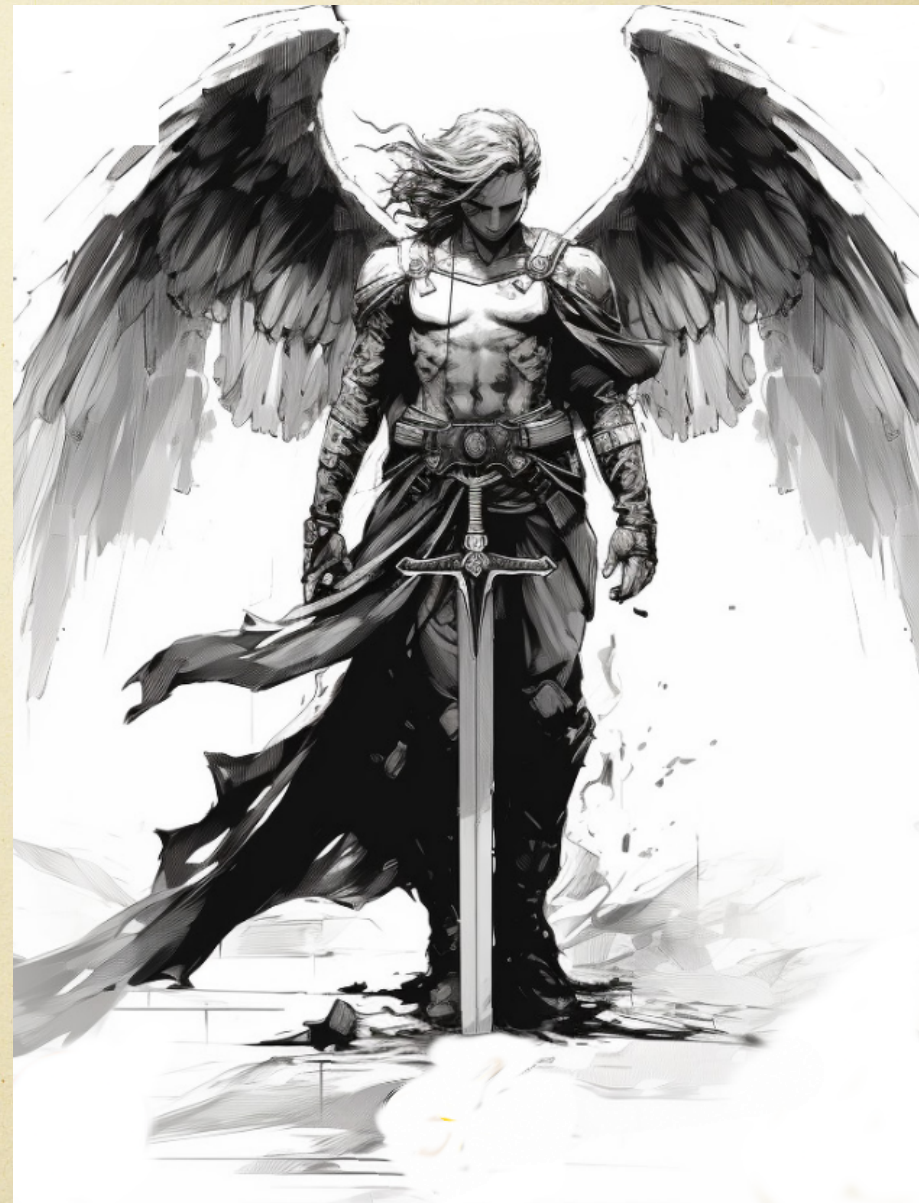
- Tea break
- Form chairs into a circle
- Meditation





# Meditation

- Archangel Michael - protection (short version)
- Patricia Cote Robles
- Era of Peace



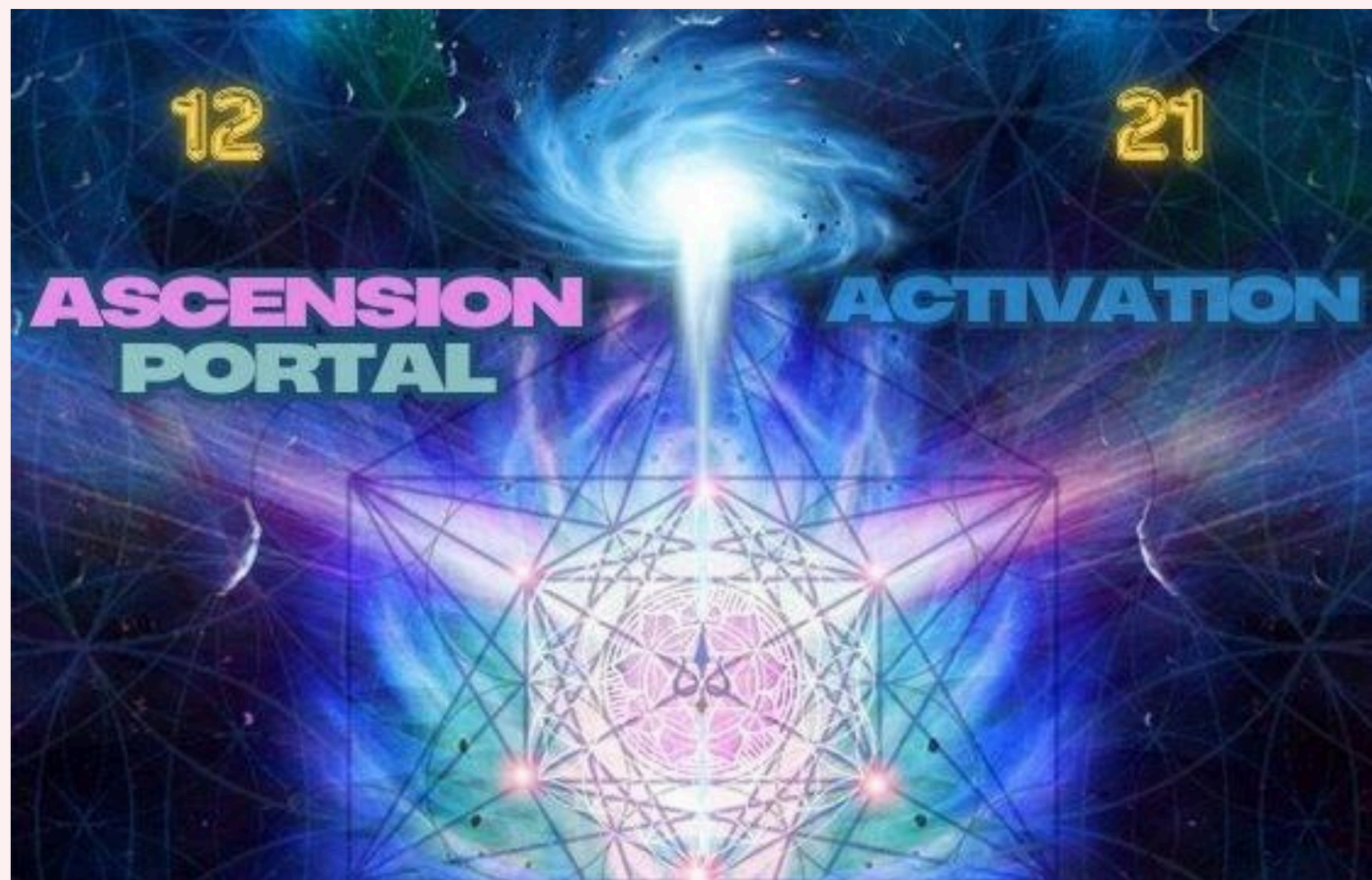


# We Love Mass Meditation

## The Event?

**12:21 Ascension Portal Activation on August  
12th, August 18th & August 21st, 2025**

Thursday, July 03, 2025



[www.welovemassmeditation.com/](http://www.welovemassmeditation.com/)





*Any Questions?*