

Apu Star Spiral Meditation
November 18, 2025

Before beginning, identify the mountain and star or star system you are connecting with. It is best to stay with the same combination until the connection feels complete and relational before moving on to another choice. The Apu and the mountain offer the Grandfather Wisdom and support. The star or star system offers a celestial storehouse of abundant wisdom.

We share a beautiful breath in this potential of the East in this organized field of love and firmly and strongly residing in our physical energetic body right now. Our Wiracocha is open, shared, and received, and our roots are deep into Pachamama, as well as a small root connecting all of those, at any time listening, you have a beautiful now connection to this group of steady, strong, loving, wise women.

Take a breath with that knowledge and now orient yourself within your imagination as if you are seated comfortably within, upon, or leaning against the mountain that has called you or you have called it. Allow it to be comfortable, the perfect time of day. You are the only one there, the temperature, your clothing, everything totally comfortable and safe.

And this is the beautiful energy of the Apu of that particular mountain, often associated or called the Grandfather energy. Spend a breath or two just greeting this mountain and the Apu.

And now orient to the star or star system that is above you. It is a night sky and the star or star system is very bright, most prevalent of all light in the night sky. Bring strong attention to the star or system that called you or you called it. This is a storehouse of ancestral wisdom and very high refined light, so spend a breath or two in acknowledgment, in relationship.

Having had the Alto Mesayok Karpay and the Mosoq Karpay, you have already been attuned with the mountain energy and the star energy. So take a breath and just activate these seeds of light throughout your architecture, however it is they have come to their nurtured development now. Beautiful.

So now you will begin to draw up the Golden energy that is coming deep within the Mother, deep, deep within the Stone Kingdom at the base of this mountain. Imagine, sense, or experience that there is a circular stream of brilliant Golden light coming up, and it pauses directly in front of your Earth Star, your Earth Chakra.

Let us begin drawing your breath in. It comes in the front of the Earth Star, through and out the back, wrapping around to the right, slowly spiraling up until it arrives in front of the Root Chakra. Pause and notice the position.

With an in breath, it comes through the Root Chakra, out through the back of the body, around the right side of the physical body, slowly spiraling to pause in front of the Sacral Chakra. Notice its position, breathing it in through the Sacral Chakra, out through the back.

Slow spiraling around, brilliant Gold comes to the Solar Plexus Chakra and pauses. Note the position, breathing it in through your Solar Plexus

Chakra, out through the back, spiraling to the right around the physical body, angling up, pausing in front of the Heart Chakra. Breathing it in and through, out the back body, coming around the outside of the physical body, spiraling, angling up in front of the Throat Chakra. Brilliant Gold.

Breathing it in, out through the back of the neck, spiraling around, angling up, pausing in front of the Third Eye Chakra. Breathing it in through and out the back of the head, slowly around to the right, angling up, pausing in front of the Crown Chakra.

Breathing in through, out and around, angling up, traveling, spiraling to the front of the Soul Star. Breathing it in, out through the back of the Soul Star, coming around to the right and wrapping above the Soul Star. It has a direct path straight up to the heavens.

Take a breath here and spend some moments noticing the chakras and outside the right side of the body that you are coiled or spiraled with the brilliant Gold light, the energy of the mountain upon which you are seated.

Bring your attention now up to the star or the star system. It coalesces into a tubular stream of pure White brilliant light and begins a straight descent, pausing behind the Soul Star. Notice its position with the breath. It enters the back of the Soul Star and out the front, wrapping in a slow spiral around to the left, angling down and pausing behind the Crown Chakra.

Take a breath in. With the exhale, it moves through the Crown Chakra, exiting the front, breathing it around the left side of the body, slowly coiling until it pauses behind the Third Eye Chakra.

Take a breath in, and with the exhale, it moves through the back of the head and out the front of the Third Eye, slowly angling around the left side of the body, pausing at the back of the Throat Chakra. Brilliant White light.

With the next exhale, it moves from back to front, traveling around the outside of the body on the left side, coming to rest behind the Heart Chakra. With the next exhale, it moves into the back of the Heart, out the front of the Heart, in a slow spiral arcing around the body, brilliant White light coming to pause behind the Solar Plexus Chakra.

With the next energy, the celestial starlight moves through your Solar Plexus Chakra from back to front, wrapping around the left side of the body, angling down to pause behind the Sacral Chakra. Breath in, and then out, coming through the back, out the front of the Sacral Chakra.

Slow, steady spiral around the left side of the body, pausing behind the Root Chakra. Breath in and breath out, starting its movement back to front, wrapping fully around the left side, and now it angles. Its spiral goes down to the Earth Star, pausing. Note its position.

With the next exhale, from the back of the Soul Star through and out the front, and then it has a direct straight line down into the base of the mountain, deep in the Mother. Spend some moments noticing this brilliant White star energy, spiral wrapped on the left side of your body.

And expand your awareness to your whole system: from the star or star system in the heavens, the White and the Gold spirals, your entire holographic energy system, your light globe layers, your physical body, the double spiral, and the mountain, and deep within the Earth. Hold all of it together loosely. It is entirely possible.

And notice this system in movement: Gold information going up, White information going down. Notice your physical sensations, your imagery, and have a relaxed sense of the entire movement as a beautiful symphony, intelligent and perfectly dosed for you and your potential.

Narrow your attention to the Apu and the mountain. This is sourcing the Golden wisdom stream. Orient yourself to where you are in, on, or leaning against that mountain.

Now let that awareness go and bring your attention to the star or star system that is sourcing the brilliant White information, intelligence, energy. Bring your full attention to that star or that star system.

Now relax all attention and just notice your physical body as it breathes right now. Bring your full attention into what it is like to be in a double spiraled mountain-to-star intelligence. This is the sacred reciprocity. This is the Cosmos in conversation. What is happening in your physical body and the subtle energy within your physical body?

Find yourself within your physical body now. Feel where you are seated or lying. Notice the back body and where it touches furniture, perhaps the feet where they touch the floor or the carpet. Begin to notice sensation of your physicality in relationship with the physical material space that you currently occupy. Orient yourself to this physical connection now.

Perhaps your hands are resting upon your thighs or your fingertips might touch. Notice the physical sensations. Begin to explore the physical relationship of body in body, body touching body, body touching material like floor or chair. Really bring this awareness into the physical material relationship. How do you feel in this moment?

You have been blessed by the wisdom of the stars that relate to you personally. You have been blessed by the wisdom of the stone kingdom, the mountain and Apu that you relate to personally. And this wisdom, celestial and terrestrial, is available throughout the entire cosmic ecosystem and relates to that impersonally, as well as being available to every aspect of form, including every person.

Spend a moment to offer gratitude for this deep, intimate relationship of being spiraled by the Golden and White wisdom systems. Taking a deep breath in, accepting all that was received. With the exhale, the White and Gold dissipate into what seems like glitter. The Gold falls, the White rises.

And you are back in your physical body, noticing again the relationship with the material world, the furniture, the floor, your clothing, your own heartbeat, or the way that your fingertips feel when they touch one another.

You offer gratitude to the mountain, to the Apu of that mountain. You offer gratitude to the star or star system and the willingness of that celestial wisdom to not only communicate, but to infiltrate your system for the beneficial purpose of establishing a stronger relationship.

And now you let this be, spending time with a strong awareness in moments of stillness, moving throughout your physical body and your energy body, noticing what it is that you feel.