



# Module 5: URSA MAJOR "7 RISHIS"

## URSA MAJOR: 7 RISHIS

The 7 Rishis are the royal stars of Ursa Major. There are 7 Yang visible stars and 2 Yin dark stars. Dubhe and Merak align directly with Polaris to point the way to the Andromedan Galaxy.

## CONNECTING TO URSA MAJOR:

To connect to Ursa Major and heal with your Tuning Forks, go outside at night and locate Ursa Major "The Big Dipper".

Take note of what season it is (Spring, Summer, Fall, or Winter). This helps you connect to the state of filling up or receiving from the Starry Plough.

Ground to the Earth by tuning your Lower Stargates (Liver 3) - great if you can be barefoot. Liver 3 will open up Kidney 1 and connect to the Earth's electromagnetic field.

Tune your Upper Stargates (Large Intestine 4) and use your Tuning Forks to sweep up through your Aura and reach towards Heaven over your head (stand on your tiptoes). Do this three times.

Activate your Crystal Palace (from Module 4). Imagine Violet Light pouring down from the Big Dipper into your 12D Shield and into your Crown Chakra.

Run your MCO to circulate the Big Dipper's Violet Fire Light throughout your entire body system: physical & subtle).

***Enjoy the connection!***

