



The Golden Sun

NEWSLETTER THE GOLDEN SUN, SEPTEMBER 2018

Dear Friends of The Golden Sun,

A few weeks ago we returned from a very beautiful trip to Russia, the east part of the geographical continent Europe.

We are invited by the Siberian shaman Ahamkara ([#Ahamkara](#)) who is living in the Anastasia village near Yekaterinburg during summer. At his healing centre Zhivo ([#Zhivo](#)) we did The Golden Sun ceremony with Russian friends, inhabitants of the Anastasia village and many other guest from all over Europe.



The ceremony was so delicate, pure and strong. At the end we were blessed with a strong thunder and lightning. The enormous rainfall kept us all inside and made the group singing and dancing. The crystal of Europe was blessed by everyone.

What a big gift and heartwarming start for the rest of the journey to the Beluga mountain. After a fantastic trip under guidance of Ahamkara, a small group continued the journey on horse guided by Serge. Connected with the strong mountains and all the different flowers. The powerful clean rivers and the light blue lake of Beluga. So mystic.



I felt deeply moved in my soul when I stood in front of the Beluga Mountain. Respectful silence and gratitude of this true beauty. The climb to the glacier of the Beluga mountain went to several powerful gates before we could place the crystal of Europe in the melted water. To let all the peaceful intentions flow into the continent Europe. Again we were blessed by the Lightning.



During the whole trip two strong elements were entwined: control and spontaneity, power and softness, male and female, East and West Europe. My deep wish that they will unite in a respectful and creative connection. Enjoying and inspiring each others qualities. Both so different but so much in common too. A Holy matrimony. What a gift to the World!

Thanks to all the people who travelled with us, or by heart during this connecting journey of The Golden Sun. We're so grateful!

Warm blessings and greetings from my heart, Frouk