

## Quintessence – a musing by John

2025-7-12

For months the number five has been prominent in my consciousness. My curiosity having been aroused, I researched its numerological significance and learned that it is a harbinger of change, growth and freedom. I assumed from this that the appearance of it in my thoughts must relate to one of the topics discussed in my last article [A New Hope](#): the dramatic transformation overtaking our world including the awakening of the collective planetary consciousness. But I also felt that there must be a deeper meaning to the signal I was receiving, so I requested further clarification. The response was the most elaborate sequence of signs I have heretofore experienced.

### A quintuplet of signs

1. About two weeks ago I had a dream in which four women together with myself intended unison for the purpose of psychically finding a missing child, this objective being an echo from a movie I had watched the previous evening about a child lost in the Maine wilderness. What made the dream so noteworthy was that I deliberately counted the number of our group. I had only once before counted in a dream like this. I took the five-count to be the requested clarification in the form of a dream sign and so expected, according to my long-standing agreement with Spirit, two additional confirming signs.
2. The next day, after the intense Spanish summer sun had descended to the horizon, I went for a walk to the Mediterranean Sea, having in mind a particular beach as a destination. But as soon as I exited my apartment building I felt guided toward a different waterfront area, an embankment frequented by tourists. I had a vision of encountering an acquaintance there, a woman whom my wife and I had met by chance several weeks earlier in the same location, a 20 minute walk from the apartment building where the three of us live.

The route I took toward the waterfront passed through an intersection where an event was being held as part of a multi-day celebration which I understood to be in honor of San Juan (St. John the Baptist). There were tables and chairs set up on the adjacent closed streets in preparation for a feast, some banners hanging from above, some entertainment for children and a sculpture of the elements.

I did not understand why there would be such a sculpture at a feast for San Juan, but took my encounter with it as a confirmation of the dream sign because ancient metaphysical, mystical and alchemical traditions hold that Creation is composed of **five** elements: earth, water, air, fire and ether.

My wife would later explain to me that, similar to other Christian holidays such as Easter, an ancient folk tradition had been merged with San Juan's birthday. She further explained that in Slavic cultures there is an annual celebration known as Ivan (John) Kupala or Kupala Night. It



includes such rituals as jumping over bonfires for purification and luck, floating flower wreaths on water to predict love and fortune, and singing, dancing and storytelling. It is a celebration of our connection to Nature and its Elements on the occasion of mid-summer. Evidently, a similar blend of ancient folk and Christian traditions is part of Spanish culture.

3. As I approached the place at the waterfront where I half-expected to see our neighbor, my attention became fixated upon a pair of identical female twins perhaps 16 or 17 years old. They were dressed alike and sat down together on a bench in unison. Viewed from behind, they had identical tan lines on their partially exposed backs which must have been the result of lying on a beach together wearing identical bathing suits, and their blonde hair was bundled in the same style. They appeared to be Scandinavian; many Scandinavians vacation or retire in southeastern Spain. Having written about identical twins in *A New Hope*, I recognized that an [Edifice of Intent](#) had formed right in front of me.

I walked a few more paces to the beginning of a flat-topped rock breakwater that jutted out into the sea then curved around to enclose a beach. Right then and there, I crossed paths with our neighbor just as I had envisioned; she was just leaving the breakwater. We briefly exchanged pleasantries. As soon as she departed, my attention was drawn to two boys wearing identical brightly colored swim shorts running around the beach area together. They were 10 or 11 year old identical twins with blonde hair, probably also Scandinavian. This set of encounters within moments of each other surely qualified as a second confirmation of the dream sign.

In light of the sculpture of the Elements, I associated the five people I had just encountered with the five elements according to the pattern 2 + 2 + 1. The twin males were the more active pair; they corresponded to the active air and fire elements while the twin females corresponded to the denser earth and water elements which tend not to self-initiate; they are shaped and eventually mobilized by the action of wind and fire:

*78.29: As the active principles of fire and air blow and burn incandescently about that which nurtures that which is to come, the water learns to become sea, lake, and river offering the opportunity for viable life. The earth learns to be shaped, thus offering the opportunity for viable life. – Ra*

What about the singular mature woman from Mari El? She must have corresponded to the fifth and most subtle element – ether – the spirit that infuses and enlivens physical matter. It occurred to me that she had previously demonstrated her innate spirituality by giving my wife, a virtual stranger to her at the time, gifts of food she had bought at the local farmer's market as a gesture of friendship. She also had a strong, balanced energy reflected in her poised stance.

A powerful triplet of signs had just occurred. I was thrilled as I always am when Spirit communes with me through my "external" environment. But the task remained to discern the deeper meaning of the signs.

4. Later that evening, I decided to watch a film my wife had recommended to me after watching it herself. It was the 2013 film *The Secret Life of Walter Mitty*. The plot centered around a missing photograph which was intended to become the cover of the final issue of LIFE magazine. The photographer had named the photo *quintessence of LIFE*. I took note of the word *quintessence* because it had already appeared in my mind a week or two earlier when I was contemplating the mystical significance of the number five. I remembered reading somewhere that this word has been associated with the inner fire of Creation.

Unexpectedly, I had received a third confirmation, but it felt like more than a mere confirmation of the original dream sign; it was a gateway to the deeper meaning I sought to discern. I now expected a fourth confirmation to complete an unprecedented quintuplet of signs.

5. The next morning I had to pick up a prescription at a particular pharmacy, one of the few that are open on Sundays. The streets in my town are laid out in a grid – one apartment block after another without much greenery – to accommodate large numbers vacationers and pensioners from all over Europe. There are more than 200 such blocks within a 10 minute walk to the sea. I took a meandering route among them that I thought would provide the most shade under the **blazing sun**.

I was halfway to the pharmacy when, much to my amazement, I came upon a family of four who had just found a rare parking space and were emerging from their car as I passed by, including the two identical young women I had seen the previous evening at the waterfront! The sidewalks are narrow and I walk slowly, so I stepped aside to let them pass by me. The mother, whom her daughters closely resembled, thanked me. I noticed she was carrying a bouquet of **flowers**. We all continued in the same direction with the identically dressed twins walking side-by-side in front of me until they stopped outside a musical venue, presumably for a Kupala Festival event.

An extraordinarily powerful and elaborate quintuplet of signs had just completed, full of meaning!



I now suspected that Scandinavians must have a celebration similar to the Slavs' Kupala Night. Later at home, I confirmed that they do indeed celebrate midsummer; their celebrations often involve **flowers**, **bonfires** and nature rituals with a sense of magic and transformation in the **air**. I guessed that the families of the pair of twins I had crossed paths with had come to my town just for this celebration. Being a seaside vacation/retirement town, such events are actively promoted to foreign tourists. On May 17, for example, there were Norwegian flags to be seen all around our town, some hanging in restaurants and others carried by visiting Norwegians on the occasion of National Norway Day.

## Quintessence

/kwĭn-tĕs'əns/

**noun**

1. The pure and concentrated essence of something.
2. The most perfect embodiment of something.
3. In ancient and medieval philosophy, the fifth and highest essence after the four elements of earth, water, air, fire, and thought to be the substance of the heavenly bodies and latent in all things.



The fifth essence or quintessence (ether) is soul: a subtle, formless, self-sustaining inner fire that both composes and animates the denser four elements of material form. On the personal level, this inward fire, this life force, animates one's chakras and fuels one's free-will choices; it is the alchemical engine of personal transformation and growth. On the cosmic level, it is the world-soul, an incorporeal blaze at the heart of reality, kindled by Divinity and never extinguished, the inner furnace of the cosmic form the blueprint of which is a dodecahedron that serves as the vessel of the quintessential fire. Each of the twelve sides of the dodecahedron – one of the five platonic solids – is a pentagon, as if the quintessential fire illuminates Creation through five-sided facets, each representing one of the twelve archetypes.



In a pentagon, the ratio of a diagonal to a side is the golden ratio:  $\phi = (1 + \sqrt{5})/2 \approx 1.618$ . Thus the pentagon contains the algorithm of Creation: the ratio of self to other is also the ratio of other to whole. Creation is a self-similar fractal: *as above, so below*. The pentagon was sacred to the Pythagoreans, who saw  $\phi$  as the key to harmony in Nature. The golden ratio's presence in the pentagon links it to quintessence, the fifth element, and to living forms like flowers, starfish, and even DNA spirals. On the human level of the fractal, the number five manifests in our physical form, the vessel of our individual soul: 2 (legs) + 2 (arms) + 1 (head), not to mention our 5-fingered hands.

## The platonic solids

The five platonic solids consist of two dual pairs plus a self-dual,  $2 + 2 + 1$  – a dual being defined as two solids which can encompass each other: the vertices of the inner shape touching the centers of the faces of the outer shape. For example, the eight corners of a cube align with the centers of the eight sides of an encompassing octahedron, and the six vertices of an octahedron align with the centers of the six sides of an encompassing cube. Thus, the cube and the octahedron are duals as are the dodecahedron (12 sides, 20 vertices) and the icosahedron (20 sides, 12 vertices). The tetrahedron (4 sides, 4 vertices) is its own dual. However, Plato's association of these geometrical shapes with the elements in his *Timeas* was not a simple progression of increasing number of sides or vertices but rather was based on their geometrical properties and symbolic qualities:



From *Harmonices Mundi Libri V – The Five Books of The Harmony of The World* – Johannes Kepler

The cube, although not having the least number of sides or vertices, was seen as the most stable, solid and grounded geometry and so was associated with earth. The icosohedron, with the most number of

faces, is closest to the shape of a sphere and so was considered to be the most fluid-like, adaptable and enveloping of the five platonic solids, like water. The balanced and symmetrical shape of the octahedron suggested the lightness and motion of air, whereas the tetrahedron with its sharp angles and its mere four sides facing in distinctly different directions make it the most piercing and dynamic of the solids, suggested fire.

Johannes Kepler completed this progression by associating the dodecahedron with the non-physical fifth element, all-pervasive ether. Its geometry symbolizes the harmony of the cosmos with its twelve pentagons perfectly fitting together – dynamism (5) mated with structure (12) – while serving as the vessel for the inner fire, the quintessence. Ether is the infusion of the quintessential inner fire into the cosmic order; the quintessence itself being the unitary aspect, the “particle” dual of the ether “wave” as in quantum physics.

## The second element

On a personal note, I was born under one of the three astrological water signs and have had a lifelong affinity with the second element. I lived in an oceanside town during my youth and am now virtually surrounded by bodies of water – besides the Mediterranean Sea there are two large lakes nearby – which my muses say have done wonders for my nervous system, allowing enhanced communion with them. This stunning music video by Blackmore’s Night is a tribute to the water element, “so vital and magical to us and the world around us.”



Click [here](#) or on the image above to watch on YouTube

## The inward fire

The quintessential fire at the heart of Creation must be the *inward fire* of the One Creator mentioned by Ra in [73.10](#), that which is met and mated with in a “high place” by the upward spiraling light developed in its path by the *will*. I take the inward fire to be Divine Masculine Intent, which Ra calls Intelligent Infinity and which Castaneda calls The Active Side of Infinity. And I take the will to be personalized Divine Feminine Will. The former enters the individual adept’s spirit dual’s energy body – which Ra calls the *magical personality* – through its crown chakra while the latter enters through its root chakra, both becoming personalized as they move toward the heart chakra, which I take to be the

“high place”. I have described the mating as a dynamic balance or tango of divinely sourced personal intent and will in the heart in my second article [The Only Winning Move](#).

Even before I began contemplating the number five, and especially since the appearance of [The Burning Ones](#), I had already begun contemplating the nature of Ra’s *inward fire*. I take the quintuple of signs signifying the quintessential fire as a major clue in my quest for understanding. I intend to delve further into this mystery in my next article. But for now, I must emphasize the magical aspect of the quintuplet of signs apart from the meaning conveyed by them.

## **Magic in the air**

Spaniards, Slavs and Scandinavians celebrate Nature and its Elements at midsummer not only in appreciation and respect for the natural environment but also to create an atmosphere of “magic and transformation in the air,” recognizing that there is more to our surroundings than what is perceived by our five physical senses: there is also an invisible, intangible quintessence at the heart of all things which we have the capacity not only to sense but to establish rapport with.

*Infinity is everything that surrounds us. It is impossible to determine what the intent of infinity is, yet it is there, as palpable as you and I are: a tremor in the air. Our advantage is to know that the tremor in the air exists, and to acquiesce to it without any further ado. All we have is the possibility of merging with the intent of infinity. – Don Juan Matus (condensed)*

*I'm going to utter perhaps the greatest piece of knowledge anyone can voice: Do you know that at this very moment you are surrounded by eternity? And do you know that you can use that eternity, if you so desire? – Don Juan Matus (condensed)*

These statements made by Don Juan might be enough by themselves to propel you across the threshold in consciousness to the place where you *know* that the quintessence exists and further that you can establish rapport with it. If not, then perhaps his words will at least evoke enough curiosity, wonder and mystery to prompt an investment of time, energy and attention toward having your own direct personal experience of “magic in the air” by learning to recognize patterns – in your personal history, your dreams and your surroundings – until you develop enough sensitivity to be aware of Edifices of Intent when they appear. This requires establishing rapport with your spirit dual – your time/space counterpart – which functions as an intermediary with Infinity/Eternity.

At some point you may cross another threshold of consciousness to the place where you *know* that whatever your physical senses perceive in your environment, and whatever past events appear to provide context for the present moment, and whatever probable futures you may anticipate as cause-and-effect consequences of past context and present choices – that all of it is fluid in the same way that dreams are fluid; all is orchestrated by a greater/higher part of your being for your benefit, to provide you with whatever experiences you need to grow and develop into a sovereign being. If you then choose to acquiesce to this guiding force in your life, you will find yourself on a path of accelerated development toward apotheosis. This is what it means to me to seek love within the moment as per Ra in [10.14](#): to identify self with All and to then to love that Self including whatever experience presents.

If I had not already crossed this second threshold years ago, propelled by a sequence of events beginning with a dream as described in [Fractal Sovereignty](#), the quintuplet of signs I experienced two weeks ago would have propelled me across it because there would have been no possibility for me to rationalize away the undeniable magic that was in the air. [It's written on the wind; it's everywhere I go](#).