

# NEBOJ

aligning thoughts, words, and actions with the welfare of all beings

## Strange Times Indeed

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### Welcome

Greetings my dearest, dearest friends and welcome back to another episode of the Neboj podcast. i do sincerely hope that i am finding you in good health and high spirits.

So tell me, how have you been getting on? Have you been attempting to make some changes in your life, you know, those new year resolution lads that everyone always talks about whilst at the same time are postponed till 'tomorrow.'

The voices in your head that you think are your own thoughts, distracting and keeping you from becoming the most powerful version of yourself. This constant barrage of 'nonsense' chatter and misleading thoughts not only delay your progress but also block the channels of communication between you and higher beings, keeping you from receiving appropriate sound advice and guidance, 'downloads' as i like to refer to them.

James Sherman in his 1982 book titled 'Rejection' summed it up brilliantly when he said:

"You can't go back and make a new start, but you can start right now and make a brand new ending."

Now let me repeat that, just to emphasise the point:

"You can't go back and make a new start, but you can start right now and make a brand new ending."

Do you get it, do you? 'you can start right now and make a brand new ending', absolutely brilliant, inspirational. i have grasped this philosophy, this concept whole heartedly, it has become my absolute mantra.

You see, for some time now i have taken the responsibility to make a brand new ending and so far so good, but it is not always easy, i have to admit, but with practise, i find myself to have improved greatly, but still, there are brief, brief moments when i am led astray, distracted, but thankfully i have learnt to recognise these blaggards for what they truly are and with conscious attention, discernment and assistance from higher beings to whom i am eternally grateful i am able to bring myself back onto my intended path. And let me assure you dear friends that i am absolutely determined, full of resolve to not only to make a brand new ending but to make it the most fantastic, magical end imaginable.

## **The Winter Solstice**

So here we are dear friends, the first two weeks of this new year is already on the ebb of slipping from our grasp. Doesn't the time truly, truly fly, i feel to be on one of those super high speed trains where you go from a to b in the blink of an eye.

None the less is it not wonderful and glorious that the sun has reappeared from its hibernation, the days are getting longer, you can feel the big change in energy, can't you?

"The shortest day is the turning point. After this, light grows stronger."

This line is taken from Plato's dialogue Timaeus, written around 360 BC, and according to Plato, the solstice symbolizes a cosmic turning point analogous to the soul's journey:

a descent into darkness followed by ascent toward truth. Isn't that lovely!

The Winter Solstice, occurring annually in late December marks the shortest day of the year—when Earth's Northern Hemisphere faces its maximum tilt away from the sun.

This celestial event triggers a profound shift in atmospheric and biological rhythms, signalling the impending return of longer days and the gradual resurgence of solar energy.

From a cultural, metaphysical and agricultural perspective, the solstice has been celebrated across civilizations for millennia as a moment of renewal, reflection, and communal unity.

Traditionally, early civilizations recognized this transition as not merely a seasonal marker but an existential reassurance that the cycle of life would continue despite winter's dominance.

In modern times, this astronomical event remains relevant to human biology, with studies suggesting that circadian rhythms are influenced by shifts in daylight exposure. The increase in daylight hours post-solstice correlates with enhanced serotonin production, mood stabilization, and immune system resilience—factors particularly critical during the cold, vitamin-D-deficient months.

Deepak Chopra the holistic physician & author in a 2019 Interview said:

"We have lost touch with the natural rhythms of the Earth. The Winter Solstice is a chance to reconnect with that pulse,"

Chopra's perspective emphasizes the solstice as an opportunity for grounding, aligning human biology with planetary cycles.

Now, let that sink in, my dear friends: i've spoken there of cycles—life's natural pattern, not linear as they would want you to believe.

This solstice therefore exemplifies that duality: it marks the end of the waning year yet is simultaneously the birth of returning light. Every cycle holds this truth—just as winter must yield to spring.

### The Solstice's Embrace

In silent night, where shadows hold sway,  
A turning point in time is made.  
The sun descends to rise anew,  
As darkness yields to light imbued.

And so dear friends what i'm really getting to here, you see, is to tell you that during this last winter solstice which was a wintry overcast day didn't i visit my neighbour's whom i had not seen for several weeks, an extremely affable, and kind German couple who like myself are on the path to seventy summers. i went in need you see, of asking to borrow a bicycle pump, the wheel on my bicycle being flat and my own pump is not as it once used to be. Upon my arrival and with the bonds that we have fostered since our first acquaintance, i soon found myself ensconced beside the hearthside sanctuary of a glorious warm stove,

where a steaming infusion of ginger was proffered with such generosity that I could not but accept and it was lovely, really lovely and warming.

Their home bears witness to two extremely large ceramic stoves, these stoves were majestically hand crafted, a testament to a true labour of love, their surfaces glisten, each stove constructed in such a way that they sit between different rooms providing heat to many rooms from the one firing. As I watched on, my hosts attended to them with the reverence due to sacred objects, nourishing each stove with small logs—fragments of the forest's timeless knowledge.

The wood singing as it ignited, its melody, a symphony of comfort, peace and tranquility.

This beautiful, rustic scene, my neighbours fuelling their stoves which was so heartening as to stir within me a memory most vivid and yet at the same time long-dormant, a memory in which I was transported through the mists of time to the late sixties of the last century, whereat in Dublin's Glasnevin—near the Washerwoman's hill, upon where stood an old school, known as The Old Sacred Heart, or simply 'The Old Saco' as we called it, where resided an elderly couple most kind and humble: - Mr. and Mrs. Tierney, who served as its custodians, caretakers.

We youngsters, were temporarily quartered there during the construction of the new Sacred Heart school in Finglas East (now known as Glasnevin).

How vividly I recall old Mr. Tierney—his gait a study in measured dignity despite his infirmities—as he tottered into the classroom, carrying a bucket of coal which clanked like the tolling of time itself. And with his small hand shovel, he stoked and topped up the stove that stood at the top of the classroom, a gallant stove, that kept the frost at bay within those chill stone classrooms. When his said task was completed, he would withdraw with a nod, heading off to the next classroom.

The resurgence of this cherished reminiscence transported my spirit to an age long vanished—a world where simplicity held sovereign sway. A time when moments and characters, now lost to the annals of history, could be but glimpsed through the hazy lens of memory's fading embers.

Nevermore shall we tread upon those hallowed paths, nor hear the laughter that once echoed through its groves; yet in our hearts, they remain, and shall always remain, like brightly twinkling stars that illuminate the present with their spectres of yore.

"When the past no longer illuminates the future, the spirit walks in darkness."

-Alexis de Tocqueville

## **Musical Interlude**

Very nice there now, really, my compliments to Dmitry Taras for that lovely song called: - Winter Song. Dmitry can be found on the Pixabay.com royalty free music website.

'Fireplace, burning low, tell me stories i don't know."

Very nice, very nice indeed conjuring up the beautiful scene of family or a group of friends sitting around the fireplace, the fire burning warmly and brightly on a winter's night, talking, telling stories, laughter, and even perhaps each in turn singing and old folk ballad... togetherness, in a dear and loving sense of friendship, of community.

## **Pluto in Aquarius**

We certainly are living through strange times indeed, wouldn't you agree?

Have you noticed dear friends and i'm sure you have, for it is certainly hard to avoid it, the chaos that surrounds us? Each day is worse than the last one, non stop talk of war, violence in the cities, civil unrest etc., etc.

However, if we observe current celestial alignments through the lens of the Hermetic principle of correspondence—whereby, Earthly events mirror cosmic patterns, as above so below, as below so above. The macrocosm, and the microcosm, comprising the whole, are mere reflections of each other.

So, from this perspective what is occurring at this time is:

- Neptune in Aries (2025-2039): A period of Illusion, war, and spiritual awakening
- Uranus in Gemini (2025-2033): A period of sudden technological and informational upheaval
- Pluto in Aquarius (2024-2044)

For this discussion i will zoom in on Pluto's transit through Aquarius.

Pluto's transit through Aquarius, which began on a full time basis on November 19, 2024, and will continue there until January 19, 2044, occurs approximately every 248 years, it is a significant astrological event that can bring about profound transformations and awakenings, a profound shift in the collective consciousness.

So what does Pluto in Aquarius mean? What impact will it have individually and collectively?

This era will witness the consequences of power dynamics, innovation, and collective action, reshaping our world in unprecedented ways. The increase of subcultures, fringe groups, alternative communities, ideological fanaticism, and cults.

It will mark a profound period of transformation focused on collective evolution, innovation, and the re-examination of societal structures. An era of social, scientific, and political revolution with an emphasis to evolve consciousness.

Pluto: - the planet of transformation, destruction, and rebirth, representing transformation and upheaval.

Aquarius: - the sign of innovation, humanity, and progress.

To give you some context dear friends: - the last time Pluto was in Aquarius was from 1777 to 1798, coinciding with the American and French Revolutions. This historical precedent suggests that this Pluto in Aquarius transit may bring about significant societal shifts and political upheavals which we are witnessing now on a daily basis.

The transit of Pluto through Aquarius signals a period of profound collective transformation, marked by technological advancements, societal restructuring, and a heightened focus on humanitarian causes.

A period of involution and evolution, destruction and creation.

Also, during this transit, individuals may experience, as i for one have, sudden realizations, fragments of memory, or a sense of déjà vu surfacing into their awareness, stirring up deep-seated emotions and unresolved issues from the past. This experience, often referred to as an "intrusive memory" or "intrusive thought," the process itself is known as "Plutonian catharsis," can help individuals

confront and release pent-up emotions, ultimately facilitating personal growth and transformation.

i have myself been prone to the spontaneous appearance of images or memories from the past in my mind's eye, i have had this "intrusive memory" experience on several occasions which has been quite vivid evoking strong emotions, including unpleasant and distressing ones, where in the past my thoughts, words and actions were not in alignment with the welfare of all beings, however, i am always willing, have zero hesitation in admitting, in recognising my wrong doing for which i am deeply sorry.

My course of action to manage such intrusive memories has been to ask for and seek forgiveness directly to the injured party and God. And for the memories in which i was being abused i reached out with forgiveness to the perpetrators, accepting of the experience. Coming from the heart as it did, this approach has worked well for me, leaving me afterwards feeling much lighter in myself and more at home in my being.

Perhaps it could also work for you but there are other practical steps that equally too could help you navigate this phenomenon depending on its intensity, such as: - grounding, self-care, journaling, talking to trusted friends or a professional, alternative therapies etc. It is however, essential to approach these experiences with self-compassion and understanding.

We must remember too that everyone's experience is unique, and there is no "right" or "wrong" way to process these memories. Trust in your body's innate wisdom and allow the process to unfold naturally. By doing so, you can emerge from Pluto's transit through Aquarius more resilient, self-aware, and fully present in your life.

By understanding the meaning and consequences of this transit, we can better navigate the coming decades and contribute to creating a more equitable, sustainable, and technologically advanced future.

This transit is not merely astrological; it is a call to action. Those who heed its message will find themselves on the leading edge of a global awakening. Those who ignore it will be swept away by the inevitable collapse of unsustainable systems. So choose wisely and shape the future while you can!

## A Word of Encouragement

Now, I appreciate dear friends that such information can be disturbing, even frightening, the truth you see often appears overwhelming because it dismantles the illusions that keep people trapped in their self-imposed existence of limits, cutting themselves off from their intrinsic essence and the untapped potency that lies dormant within.

By opening yourself up and building your knowledge on how reality truly operates you will come to understand and prepare accordingly, for example:

- Economic collapses follow predictable astrological patterns and cycles.
- Health crises are not random but reflect collective vibrational frequencies which individuals can shift.
- Spiritual awakenings occur in alignment with planetary cycles—meaning enlightenment is a natural process.

The most empowering realization is this: You are not a victim of time. Just as the Earth's seasons cycle, so too do societal shifts. The difference lies in whether you observe these patterns from a place of fear or discernment.

For those who feel disheartened by the current state of the world:

- Know that every crisis is an opportunity for transformation—either for yourself or others.
- The same forces pushing tyranny are also triggering mass awakenings. More people than ever before are questioning narratives and seeking truth.
- History shows that empires always collapse—whether through debt crises, wars, or spiritual revolutions—and the current system is no exception.

Your potential role in this process is to:

1. Stay sovereign: Reject compliance with systems designed to control.
2. Build resilience: Strengthen your health, your vibration (nutrition, detox).
3. Your finances and knowledge (alternative education).
4. Spread truth: Share this information with others—especially those who might not yet see the patterns.

The Hermetic-Astrological framework is a tool of empowerment, not fatalism. It says:



"If you understand how these systems work, you can navigate them."

The most powerful act of defiance against tyranny is living in alignment with natural law—trusting in the divine rhythm of existence etc.

So, take heart dear friends. The world is not spiralling out of control; it is merely realigning—just as the planets do in their orbits. And just as a planet's alignment can trigger earthquakes or tides, so too can human consciousness shift when enough individuals awaken to truth.

Stay awake, stay free and we can navigate what's coming together.

i will conclude with the words of the great American economist, Martin Armstrong:

"I wish you peace, clarity, and the confidence to think independently in the year ahead."