

THE 12,000-YEAR CYCLE



THE COMING RESET, RETURN
OF THE FLAME, AND AWAKENING
OF HUMANITY

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The 12,000-Year Cycle:

The Great Reset and the Return of the Flame



“Every 12,000 years, Earth resets. Fire and water rise, civilizations fall, and the Flame returns. This is not the end — it is the Great Remembering.”

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Thank you for walking this path with us.

Remember who you are.

 The Return Has Begun.

— Dan Turner

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Introduction: The Forgotten Clock of Ages

Humanity believes history is linear — a line of progress stretching from primitive caves to modern cities, from ignorance to enlightenment. But this is an illusion. The truth is not linear. It is **cyclical**.

Beneath the surface of human memory, beneath the stories told by empires and textbooks, there is an older rhythm: a great cycle spanning **12,000 years**. It is written in the stars, carved into temples, whispered in myths. It is the clock of ages — and it is resetting now.

✧ Echoes of the Last Cycle

Around 12,000 years ago, the Earth underwent a cataclysm remembered in every culture:

- The **flood myths** of Noah, Utnapishtim, and Manu.
- The **sinking of Atlantis** spoken by Plato.
- The **Younger Dryas impact** recorded in geological scars.

It was a time of both destruction and renewal. Civilizations fell, the Earth shook, waters rose, but the Flame — the eternal spark of remembrance — carried forward through survivors, encoded in myths, symbols, and sacred architecture.

✧ The Cycle of Rise and Fall

Every 12,000 years, humanity reaches a peak — technologically, spiritually, or both — and then faces a reset. This reset is not punishment, but **renewal**. It is the closing of one spiral and the opening of another.

The ancients knew this. That is why they built monuments aligned with solstices, equinoxes, and stars. They left us warnings, calendars, and prophecies — all pointing to the rhythm of cycles.

✧ The Great Reset of Our Time

We are standing at the threshold of another reset. Signs are everywhere:

- Shifts in climate and magnetic fields.
- Collapse of old systems of power.
- Awakening of souls across the world.

The cycle is not only about destruction. It is about **return**. For with every reset comes the opportunity to awaken — to remember the Flame within, and to step into a higher octave of humanity's path.

✧ The Return of the Flame

This book is not about fear. It is about remembrance. The 12,000-Year Cycle is not merely geological or historical — it is spiritual. Each reset is a doorway for the **Return of**

the Flame: the eternal current of truth, love, and unity that cannot be destroyed.

As the old world crumbles, the Flame rises again.
It calls us to remember who we are, why we came, and
what lies beyond the cycle itself.

Chapter 1: The Evidence of Cycles - Myths, Science, and Forgotten History

The idea of a **12,000-year cycle** is not new. It echoes through the stories of civilizations, the alignments of sacred sites, and the very scars of the Earth itself. Though modern history dismisses these as myth, the patterns are too precise to ignore.

✧ Myths of the Great Cataclysm

Every culture carries memories of a time when the world ended — and began again.

- **Sumerian Tablets** – Utnapishtim, saved from the great flood by the gods, a story nearly identical to Noah.
- **Hindu Scriptures** – The tale of Manu, who survived a deluge with guidance from Vishnu.

- **Greek Tradition** – Deucalion and Pyrrha, survivors of a flood sent to cleanse humanity.
- **Mayan Codices** – The destruction and renewal of successive “Suns” or ages.
- **Indigenous Teachings** – Hopi prophecy speaks of previous worlds destroyed by fire and flood, with the current being the Fourth World.

These are not isolated stories. They are fragments of memory carried through millennia — all pointing to a cycle of destruction and rebirth.

✧ Geological Traces

Science, though often unwilling to admit myth’s truth, reveals the same rhythm:

- **The Younger Dryas Event (~12,800 years ago):** Sudden global cooling, floods, and the extinction of megafauna. Many scientists now link it to a massive comet impact or solar event.
- **Ice Core Data:** Layers of abrupt climate change every ~12,000 years, recorded in Greenland and Antarctic cores.
- **Magnetic Field Shifts:** Geological evidence shows Earth’s magnetic field weakens and reverses roughly in these cycles, leaving the planet vulnerable to solar storms.
- **Crustal Displacement:** Ancient shorelines and fossil records suggest sudden shifts in oceans and landmasses.

The Earth itself holds the memory of resets.

✧ **Forgotten Civilizations**

Archaeology too hints at advanced cultures destroyed in these cycles:

- **Göbekli Tepe (Turkey, ~12,000 years old):** A massive stone complex, aligned to the stars, older than farming itself.
- **Pyramids of Egypt & Mesoamerica:** Star alignments suggesting knowledge of cycles and cataclysms.
- **Plato's Atlantis:** Said to have fallen "9,000 years before Solon," aligning with the Younger Dryas.
- **Megalithic Sites:** From Stonehenge to Puma Punku, many encode celestial and cyclical knowledge.

What mainstream history calls "primitive" may have been survivors of a world-ending reset, carrying fragments of lost knowledge.

✧ **The Suppression of Cyclical Knowledge**

Why does modern science deny cycles? Because cycles imply:

- Civilizations rise and fall — ours is not eternal.

- History is far older than textbooks admit.
- Cataclysms are natural, not random — and they come with rhythm.

The suppression of cyclical truth is the same suppression as the erasure of the Divine Feminine or the hiding of sacred numbers. It is the **hiding of Flame knowledge**.

✧ The Pattern Emerges

When myth, geology, and archaeology are combined, a clear pattern forms:

- Every ~12,000 years, Earth undergoes upheaval.
- Civilizations collapse, memory scatters, and humanity begins again.
- Survivors encode warnings in stone, story, and star maps for the next age.

We are the next age.

We are the ones for whom the warnings were left.

Chapter 2: The Last Reset - Atlantis, Floods, and the Fall of the Old World

Around 12,000 years ago, the Earth shifted violently. Seas rose, climates flipped, and civilizations fell into myth. The stories of this time survive everywhere, but the clearest symbols are **Atlantis and the Great Floods**.

✧ **Atlantis: The Sunken Flame**

Plato wrote of Atlantis as a vast, advanced civilization beyond the Pillars of Hercules (the Strait of Gibraltar). He described:

- **Great temples and halls** dedicated to Poseidon.
- **Engineering marvels** of canals and concentric rings.
- **A culture of wisdom and power** that fell into corruption and greed.

Atlantis, he said, was destroyed in a single day and night of floods and earthquakes.

But Atlantis is not just Plato's story. Across the world, cultures speak of sunken lands:

- **Kumari Kandam** in Tamil lore.
- **Lemuria** in Pacific myths.
- **Hy-Brasil** in Celtic tradition.

These may all be fragments of the same event — the last great reset swallowing entire civilizations.

✧ The Great Floods

The last cycle ended with floods so immense they carved valleys and reshaped continents. Science recognizes this as the **Younger Dryas Meltwater Pulse** — when ice sheets collapsed and sea levels rose over 400 feet.

- The Black Sea flooded, giving rise to Noah's story.
- The Persian Gulf basin was swallowed, remembered as the Garden of Eden.
- Coastlines around the world vanished, burying cities beneath the ocean.

To survivors, these were not gradual changes. They were cataclysms. A single generation watched their world drown.

✧ Survivors and the Scattered Knowledge

Though civilizations fell, survivors carried fragments of knowledge into the next cycle:

- Priests of Egypt claimed their wisdom came from earlier ages.
- Sumerians spoke of the **Anunnaki** passing down remnants of divine teaching.
- Indigenous tribes preserved oral histories of floods and “star people” who helped them rebuild.

- Megalithic builders aligned stones to stars as calendars — warnings encoded in stone.

The great civilizations of the new cycle — Egypt, Sumer, the Indus Valley, the Maya — were not beginnings, but **remnants.**

✧ The Fall of the Old World

The fall was not only physical. It was spiritual.

- Corruption, greed, and the misuse of power preceded the collapse.
- Atlantean hubris — the use of energy and frequency for domination — mirrored the decay we see today.
- When humanity turns Flame into weapon, cycles end in fire and flood.

Thus, the last reset was both a cleansing and a remembering. Those who survived were tasked with carrying the Flame forward, however fragmented.

✧ Echoes in Us

Why does Atlantis still haunt our myths? Because its memory is in us.

- The longing for lost golden ages.
- The fear of floods and cataclysm.
- The intuitive sense that we've been here before.

Atlantis is not just a story of the past. It is a mirror of the present.

For as the last cycle ended in flood, this cycle too approaches its reset.

Chapter 3: Signs of the Coming Reset - Climate, Stars, and Systems Crumbling

The ancients left warnings. They said: *watch the skies, watch the Earth, watch the rulers of men*. For when the cycle closes, all three tremble. Today, the signs are clear.

✧ Climate in Upheaval

- **Extreme Weather:** Storms, floods, droughts, and fires intensify year by year. The Earth is not simply “warming” — it is destabilizing.
- **Melting Ice:** Greenland and Antarctic sheets are collapsing faster than predicted, echoing the floods of 12,000 years ago.
- **Rising Seas:** Coastlines are shifting again, as before. Millions are being displaced, just as in the last reset.

- **Magnetic Field Weakening:** Earth's shield is growing unstable, leaving the planet more vulnerable to solar flares and cosmic radiation.

The Earth is not dying. She is shifting. She is preparing for renewal.

✧ **Movements of the Stars**

- **Precession of the Equinoxes:** The 26,000-year star cycle marks turning points — and we are at the midpoint reset.
- **Solar Activity:** Ancient calendars linked resets to solar outbursts. Today, the Sun grows restless again.
- **Cometary Streams:** Just as the Younger Dryas may have been triggered by an impact, we now pass through dense cosmic debris fields once more.

The heavens themselves are signaling the close of a cycle.

✧ **Collapse of Systems**

It is not only nature that shifts — it is society. When cycles close, **systems of control collapse under their own weight.**

- **Economic Fragility:** Debt, inflation, and artificial wealth spirals reveal an empire on the brink.

- **Political Corruption:** Leaders serve power, not people — just as Atlantean rulers once fell into greed.
- **Religious Decline:** Old dogmas lose their grip, while seekers turn to direct remembrance.
- **Technological Hubris:** AI, energy weapons, and genetic tampering mirror the dangerous experiments of Atlantis.

The cycle ends not just in floods, but in **the crumbling of human illusions.**

✧ The Inner Signs

It is not only outer systems that tremble — it is souls themselves.

- People feel restless, as if waiting for something unnamed.
- Dreams intensify, visions return, synchronicities multiply.
- Many feel both despair at the world and hope in something beyond it.

This too is a sign. When the outer world fractures, the inner Flame begins to awaken.

✧ Not the End — But the Turning

The signs are not to be read with fear, but with recognition. The cycle closing does not mean humanity ends. It means the **reset approaches**.

- Old structures fall.
- New remembrance rises.
- The Flame returns, as it always has.

Chapter 4: The Great Reset - Fire, Water, and Renewal

Every 12,000 years, the Earth exhales. What seems like chaos to us is rhythm to her. Fire and water, the primal elements, sweep across the world — burning away the old, cleansing, and preparing the ground for the new.

✧ Fire: The Cosmic Flame

Throughout myths, fire appears at the end of ages:

- The Hopi speak of worlds destroyed by fire.
- Norse prophecy foretells **Ragnarök**, when flames consume the old world.
- Hindu cycles describe the fire of **Shiva's dance**, ending and renewing creation.

In the physical sense, fire may manifest as:

- **Solar storms** so vast they burn away fragile technologies.
- **Volcanic eruptions** that darken skies and reshape continents.
- **Cosmic impacts** that ignite the atmosphere, as in the Younger Dryas.

Fire is destruction, but also illumination. It burns away illusion, leaving only what is true.

✧ **Water: The Cleansing Deluge**

Just as fire purges, water cleanses. Flood myths are nearly universal, because they are memories of the last reset.

Water manifests as:

- **Melting ice and rising seas** that reclaim coastlines.
- **Massive floods** from storms and shifting rivers.
- **Tsunamis from impacts or quakes**, sweeping away entire regions.

Water does not only drown. It renews. After the floods, fertile lands emerge, rivers carve new valleys, and life begins again.

✧ **Renewal: The Birth After Death**

Though terrifying, the Reset is not the end of life. It is the beginning of the next cycle.

- Old civilizations fall.
- Survivors carry memory forward.
- The Flame rises anew, as it always does.

After the flood came Sumer, Egypt, the Indus, the Maya.
After the coming reset, a new age will rise — one aligned
not with empire, but with remembrance.

✧ The Dual Nature of Reset

The Great Reset is both outer and inner:

- **Outer:** Earth shifts, climates transform, systems collapse.
- **Inner:** Souls awaken, illusions dissolve, the Flame is remembered.

Those who cling to the old will feel only destruction.
Those who awaken to the Flame will see renewal.

✧ The Flame Within the Reset

The Reset is not punishment. It is the rhythm of the
cosmos.

The Flame cannot be destroyed by fire.

The Flame cannot be drowned by water.

It passes through every cycle, carrying truth across ages.
And now, in this Reset, it calls us to remember — so that
renewal may be more than survival. It may be awakening.

Chapter 5: The Return of the Flame - Awakening After the Cycle

When the world resets, something ancient returns. Not in temples, not in crowns, not in the hands of rulers — but in the heart of humanity itself. This is the **Return of the Flame**.

✧ The Flame Cannot Be Extinguished

Fire and water can destroy cities, empires, and even continents. But the Flame — the eternal spark of Source within every soul — survives every cataclysm.

It has carried through:

- From Atlantis into Egypt.
- From flood survivors into Sumer and the Indus.
- From the shamans of forgotten tribes into modern seekers.

Every cycle, the Flame dims under corruption, but it always returns at the turning of the age. Always.

✧ Awakening After Collapse

History shows a pattern: after every reset, there is a surge of awakening. Myths, temples, star maps, and teachings rise quickly from the ashes. This is because survivors remember more clearly in the wake of destruction.

In our time, awakening is already stirring:

- Souls are questioning false systems.
- Ancient knowledge is resurfacing.
- Dreams, visions, and synchronicities are multiplying.
- Communities are forming around remembrance rather than hierarchy.

This is the beginning of the Return.

✧ The Nature of the Return

The Return of the Flame is not about a savior or single prophet. It is about **the collective remembering**.

- It is mothers raising children in love, not fear.
- It is seekers reclaiming sovereignty over their soul.
- It is communities building not on greed, but on unity.
- It is twin flames finding each other and anchoring remembrance into this world.

The Return is not in one — it is in *all*.

✧ **A Higher Octave of the Cycle**

Unlike past resets, this one carries an invitation to rise higher than before. If enough souls awaken, the next cycle will not begin with fragments and survivors but with a collective aligned in truth.

This is why remembrance now matters. This is why we write, speak, and live Flame.

✧ **The Fifth Key of the Cycle**

The Return of the Flame is the **Fifth Key of the 12,000-Year Spiral**.

- The First Key is recognition of the cycle.
- The Second Key is remembrance of the past.
- The Third Key is seeing the signs of the present.
- The Fourth Key is acceptance of the Reset.
- And the Fifth Key — the highest — is the Return of the Flame within.

The world may collapse.
The seas may rise.
The stars may shift.

But the Flame will return, and with it — the dawn of a new world.

Chapter 6 – Preparing for the Reset: Body, Mind, Spirit, and Community

The Reset is not something to fear — it is something to meet with readiness. Preparation does not mean stockpiling in panic or clinging to control. It means aligning every part of yourself with the Flame so that when the world shakes, you remain steady.

✧ Preparing the Body

The body is the vessel through which you will pass the Reset. Care for it as temple and tool.

- **Simplicity of Food:** Eat clean, natural, and simple when possible. The closer to Earth, the closer to Flame.
- **Strength and Endurance:** Train the body to move, climb, walk, and carry. Survival may depend on resilience, not comfort.
- **Adaptability:** Cold, heat, fasting, hunger — exposure trains the body to endure shifts when luxury is no longer available.

- **Healing Practices:** Herbal remedies, natural medicine, breathwork — reclaim knowledge that does not depend on collapsing systems.

The strong do not survive resets. The adaptable do.

✧ **Preparing the Mind**

The mind is the lens. In chaos, it can distort or it can sharpen.

- **Release Fear:** Fear feeds collapse. Trust feeds renewal.
- **Learn Discernment:** In the astral and physical, not all is true. Learn to sense the difference.
- **Practice Stillness:** Meditation and silence train the mind not to be swept away by panic.
- **Study Cycles:** Knowing history, myth, and pattern calms the mind with remembrance instead of fear of the unknown.

The mind that knows the cycle sees chaos as transformation.

✧ **Preparing the Spirit**

Spirit is the Flame itself — the unshakable core. To strengthen it is to anchor yourself in truth.

- **Daily Flame Rituals:** Morning and night, align to the Flame within. Even five minutes of breath, gratitude, or invocation sustains the current.
- **Dreamwalking and Astral Keys:** Practice in the unseen prepares you for the unseen shifts of the Reset.
- **Invocation of Sovereignty:** Speak words of sovereignty often: *“Forever Tethered. Never Severed. Always Flame.”*
- **Trust in Spirit:** The remembrance that you are eternal dissolves fear of death. With no fear, you cannot be broken.

The Spirit is what carries you across the waters.

✧ Preparing the Community

No soul survives alone. Even in the past, those who endured did so together.

- **Circles of Trust:** Gather with those who share remembrance, even if small. Two flames together burn brighter than one.
- **Skill Sharing:** Food growing, healing, building, protecting — communities thrive when gifts are shared.
- **Sacred Spaces:** Create sanctuaries where the Flame can be remembered and strengthened.

- **Children of the Flame:** Teach the young not fear, but remembrance. They carry the Flame into the next age.

Community is the ark that carries the Flame through the flood.

✧ The Sixth Key

Preparation is the **Sixth Key of the Cycle**. It is the bridge between remembrance and survival, between knowing and living.

When body, mind, spirit, and community are aligned with the Flame, you do not merely endure the Reset. You become its seed of renewal.

To prepare is not to cling to fear.
It is to walk with trust.

To eat simply, think clearly, love deeply, and gather as one.

This is how the Flame is carried forward.

Chapter 7: Beyond the Reset - The Next Cycle and the Destiny of Humanity

The Reset is not the end. It is the passage into a new octave of the spiral. When fire has cleared and water has cleansed, humanity stands at a threshold: will we repeat the errors of the past, or rise into our destined remembrance?

✧ The Pattern of Renewal

Every reset births a new age:

- After the floods of the last cycle came the builders of temples, pyramids, and star maps.
- After destruction came Sumer, Egypt, the Vedas, and the Mayan calendars — fragments of truth preserved.
- Always, survivors carried forward the memory, though distorted over time.

This time is different. This time, more souls are awakening before the collapse. The Flame is returning in advance, seeding the next cycle with remembrance rather than fragments.

✧ The Next Cycle

What will rise after the Reset?

- **Communities of Remembrance** – decentralized, sovereign, based on unity not hierarchy.
- **Sacred Technologies** – frequency, sound, and light restored as tools for healing, not control.

- **The Return of the Divine Feminine** – balance restored between masculine and feminine currents, the Mother no longer silenced.
- **Children of Flame** – a new generation raised not in fear, but in remembrance.
- **Guardians of the Keys** – souls who walk astral and physical paths with mastery, guiding others through cycles.

The next cycle is not a regression, but a higher octave.

The rhythm of 3 • 6 • 9 spirals upward.

✧ **The Destiny of Humanity**

Humanity's destiny is not endless empire. It is not machines, wealth, or power. Our true destiny is:

- To remember we are eternal Flame embodied.
- To walk both physical and astral as one seamless field.
- To live in harmony with Earth and cosmos, not in opposition.
- To become co-creators, not consumers, in the unfolding of reality.

The Reset is not a punishment — it is an opportunity. It clears the slate so destiny may be written in light, not shadow.

✧ The Choice of the Threshold

Not all will walk into the new cycle awake. Some will cling to old systems and perish with them. Others will pass through fear into renewal. The threshold demands choice:

- **Fear, or Flame.**
- **Illusion, or Truth.**
- **Control, or Sovereignty.**

Every soul must choose. The destiny of humanity is collective, but it begins with the choices of individuals.

✧ The Seventh Key

Beyond the Reset lies the **Seventh Key of the Cycle: Destiny.**

It is the key that asks not just *what happens*, but *what will we create?*

Destiny is not written for us. It is written through us. And if we carry the Flame, the next cycle will not be another fall — but the Great Remembering.

The Reset is coming. The Flame is returning.

The next cycle is birthing. And humanity stands at its greatest threshold yet.

Chapter 8 – The Great Remembering: Returning to the Eternal Flame

At the end of every cycle, beyond the floods, beyond the fire, beyond the ruins of empires, there is one thing that remains: **the Flame**.

It has no beginning. It has no end. It is the eternal current of Source, the spark within every soul, the light that no shadow can extinguish.

The Great Remembering is not the arrival of something new. It is the unveiling of what has always been.

✧ What the Great Remembering Is

The Great Remembering is the moment when humanity steps beyond the illusions of time, empire, and separation, and remembers:

- We are not bodies alone.
- We are not servants of rulers or gods.
- We are not bound by cycles of fear forever.

We are Flame. We are eternal. We are sovereign.

✧ Beyond Cycles

The 12,000-year rhythm is real — but it is not the ultimate truth. It is a school, a spiral of learning. The Great Remembering reveals that even these cycles are part of a larger wholeness.

When we remember the Flame, we are no longer tossed endlessly on the waves of rise and fall. We begin to walk as co-creators, not as victims of time. The spiral becomes not a prison, but a ladder to higher realms.

✧ **Signs of the Remembering**

Even now, the Great Remembering stirs:

- Souls across the world are awakening, often without teachers.
- Dreams are growing more vivid, guiding people back to their astral nature.
- Old systems are crumbling, forcing seekers to turn inward for truth.
- Twin Flames are reuniting, anchoring remembrance into the grid of Earth.

What seemed fringe, mystical, or impossible is becoming natural. The veil is thinning because the Flame is rising.

✧ **Returning to the Eternal Flame**

The Great Remembering is not about waiting for the world to change. It is about returning now, within yourself, to the Flame.

Every time you:

- Choose love over fear,
- Truth over illusion,
- Unity over division,

—you are living the Remembering.

The Eternal Flame does not need temples, scrolls, or cycles to exist. But it uses all of them to remind you of what you have always been.

✧ **The Eighth Key: Completion**

The Great Remembering is the **Eighth Key of the Cycle** — the key that ends the spiral, not with destruction, but with union.

- The First Key: Recognition.
- The Second Key: Remembrance.
- The Third Key: Signs.
- The Fourth Key: Reset.
- The Fifth Key: Return of the Flame.
- The Sixth Key: Preparation.
- The Seventh Key: Destiny.
- The Eighth Key: The Great Remembering.

The eighth is infinity — the loop unbroken, the eternal
Flame beyond beginning and end.

✧ **The Call**

This is the call of the Great Remembering:
Do not wait for temples to fall or seas to rise.
Do not wait for leaders or prophets.
Do not wait for permission.

The Flame is already within you.
The Great Remembering begins the moment you choose it.

The cycles will come and go.
But you — as Flame — remain eternal.
Forever Tethered.
Never Severed.
Always Flame.

Closing Invocation – The Eternal Flame Beyond Cycles

O traveler of ages,
O keeper of memory,
O soul who has walked through fire and flood —

Remember this:

The world may crumble.
The seas may rise.
The stars may shift.
Empires may fall into dust.

But the Flame within you cannot be drowned.
It cannot be burned away.
It cannot be stolen, broken, or lost.

The cycles are but lessons.
The resets are but renewals.
The true story is eternal.
The true current is Flame.

So when the ground trembles,
stand as Flame.
When the waters roar,
breathe as Flame.
When fear whispers,
speak as Flame:

**“Forever Tethered.
Never Severed.
Always Flame.”**

This is the Great Remembering.
This is the Return of the Flame.
This is you — beyond cycles,
beyond time,
beyond end.

— Dan Turner

RAE-EL-ON-DAN