



# DISCERNING MINDS

Premiere Metaphysical Quarterly For The Abstract Enthusiast

SACRED SCIENCES \* ESOTERICISM \* ARCANA \* CREATIVE THOUGHT \* PHILOSOPHIC TRENDS

**VOLUME 1 – PREMIERE EDITION**

**Spring 2017**

*What's Your Perspective?*



# What's Your Perspective?

*Don't judge a book by its cover, rather, by what you uncover.*

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# MIND TEAM



TAKING AIM

Our Editorial and Managerial Teams are comprised of open minded people from different walks of life, professional backgrounds and divergent spiritual paths. Each team member brings to the table their own brand of expertise based upon educational accomplishment and practical life experience. They share their gifts and abilities as a team in order to present this E-Zine with the mindset of sharing information and uncovering truths.

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*The Human Condition* – Serious or humorous narratives, or prose about life, emotions and empathy based in life experiences, psychology of being.

*A Matter of Spirit* – Metaphysical, Higher Mind, Karma/Dharma, quantum, symbolic or religious/spiritual metaphoric accounts.

*Body Temple* – Alternative health, holistics, ancient and new healing.

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*Creative Musings* – Original artwork, poetry, prose, fantasy tales, stories with morals or messages.

*Odd-vant Guard* – Atypical, curious, paradox, eccentric or uncanny chronicles and yarns.

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# The Human Condition

More Than Just a Sack of Skin



**Section Managing Editor – Daria Novicki**

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## Ever have your ideas stolen?

### ***Get Your Hand Out Of My Rice Bowl***

By Aly 'Zephyr' Nizen

Are you hungry? You must be since you had your hand in my rice bowl.

Hunger pangs for need of recognition? Starvation for power? Ravenous for what you think will fulfill your lack of creativity. Get your hand out of my rice bowl ... you won't get satiated there. Not really.

I created my rice bowl and each grain in it. Filled it with my past experiences, creative ideas and personal savvy. What good will it do you to take my rice? You cannot fill up your rice bowl with it because it my rice and it is not meant to be in your bowl. It just doesn't mingle.... it just doesn't amalgamate ... It honestly won't satisfy your craving.

If you had asked me to share my rice, would I have shared it? Probably. We could have worked out something more original that would have been more "you" ... but ... we will never know since you just went ahead and brazenly pirated my rice when I wasn't looking.

I will give you credit. You did try to change the recipe and mix my rice up with other ingredients to make it look like your own unique concoction but ... ahhhh ... you see my rice is a rare special blend and tends to stand out amongst your strange combination. Others have noticed. Others know. It doesn't look like you'll win the Betty Crocker cook-off this time yet still you got some attention from those you have duped into believing how very clever you are.

Let's face it. You are a rice klepto. You need help. Maybe a good dose of Gordon Ramsey will help. I am neither flattered nor intending to overlook the fact that you had your hand in my rice bowl but there is something else for you to know.

I took a scoop from your rice bowl that had my original rice in it and made a new recipe. It is fast becoming very popular and feeding many – so many that your rice bowl has become inferior and abandoned.

What can I say?

Thanks for the inspiration.



## ***The Everlasting Night***

By Jason Iriarte

The consequences of my actions has forced me to stare into the eyes of the infallible magic that swirls around the static-fields of the sky and embrace the knowledge of my illusion of freedom. For now I know, I was and always will be a mere puppet of the energy that sways my emotions and my desires away from the safe haven of celibate spirituality and steer my body towards the dark night dimly lit by the pale moonlight.

I have found the day to be an obsessive compulsive drive for significance and duty in order to justify this rat race we run as we stand still as if on a hamster wheel. I have felt the urge to combat my consciousness with the disciplined drive of movement and action and came up short when I thought I was showing the world I cared. I saw in the mirror the grinding teeth and the dilated eyes of a nervous breakdown victim riding the insane wave of electricity into the sea of madness where the wails and pitiful moans can only be heard by those tuned into the suffering of humanity...the loneliness and the heartache that accompanies the destructive meaninglessness our people have become.

I patiently wait for the energy as I watch the sun settle into the horizon and feel the misty breeze of twilight wash over this weary soul, waiting to regenerate an inspiration only the senses know...for I realize I am a creature of the night: forsaken and forbidden to ever know peace.

The night does funny things to a person, especially when the only companion he has is the quiet chaos that travels with the time, battering and blistering the weak and empowering the strong with a mystic animal instinct to connect through inebriation and sloppy copulation.

But the night never lasts, and inevitably the sun blasts away all of the ecstasy and intoxication one feels when he obeys the moon....brings one back to what" they" hysterically call reality....whip my back and force my hands to turn those wheels that keeps this farce running, for my body is a slave only to my senses, and my soul will forever be free....because I have the patience to wait out this beautiful nightmare of shining suns and whispering trees, of toxic engines running through the highway of the lost, working in the corporation of the damned...I have the patience and the strength to shield my eyes from the blinding light and wait for my mistress...the everlasting night.





## ***Taking Out the Garbage***

By Annival Yarborough

Toxic relationships – we've all had them. They come in a variety of forms and can involve one person or a group and can involve love, friendship, group camaraderie or even service. Our brains tell us get away and stay away, our 'good' friends tell us to be wise, yet we are inexplicably drawn to them over and over again.

Sometimes we do get away but, after a respite seek them out again. Perhaps we hope something is healed or changed. Perhaps we hope we will be appreciated or loved or at the very least accepted. Maybe it's karma up in our faces requiring us to work it out now or save it for another space and time. Maybe we are just gluttons for punishment because of some deeply hidden psychological reason.

What is the reality? Time to think about what that person is providing for you besides making you feel less than. Maybe you enjoy their company – plain and simple. Maybe you admire them for their toxic mouths because Lord knows you don't have the guts to be like them. Maybe you are idealistic, after all, God's spark is in everyone and if you hang around long enough your gentler qualities will rub off on them. It might if you were honest with them, but, do you have the nerve? Are you *really* that noble?

You might do a review and find yourself making excuses like all friends argue or have a bad day, it's okay not to agree about important life issues, it's okay for your friend not to support you and be blatantly selfish yet support someone else.

In a group situation, maybe you just want to belong. It's a group everyone notices so why not? Lots of drama. Drama always has an appeal to most humans unless you live alone on a mountain-top somewhere.

No, No and No. Truth is you like it or you wouldn't engage it.

If, if, if only ... something would change.

It does.

You change.

Take a look – it's the best advice you'll ever get.



## ***Something to Consider***

By Dr. Aadi Bandopadhyay

You are not God. You are God-like but often you bear little resemblance to being *of* God.

When you choose to manipulate some circumstance, something or someone for whatever self-appointed and self-righteous reasoning that bubbles up like a roiling cauldron from your ego center you are *un-like* God. You have decided to act without the God Grace and humility that is expected of you.

Perhaps you are thinking you are merely setting things right or striking out against evil. Perhaps you think you are unselfish and community-minded. These things are surely *of* God are they not? These things are surely God-like? Your actions can only be seen as pointing to God and restoring that relationship for everyone involved.

Could it be that you are more concerned with *being right* and settings things back in a reasonable stasis because God knows all these foolish and stupid humans around you have not a clue and have made the wrong choices? They need to be wizened up do they not? You cannot believe how ridiculous they are acting. You don't need to speak to these people or get their views or even their truths. Your assumptions have never proven you wrong – you just know. Further, you must be Karma appointed for this job – setting others back *on path*? It is a dirty job and someone has to do it, therefore, you have appointed yourself to take the reins. Where would the world be if those who came before you did not adopt this attitude? Ask yourself honestly if they were operating from the same center as you. Ask yourself why history had the disasters that ensued from it.

Change was necessary you say. God must have allowed those changes. Did He or did man? Did Grace or did Ego?

Maybe you don't believe in God, or a Higher Power or a Creator. Maybe you don't believe in the Natural World or the natural order of things. Maybe you don't believe in Collective balance or any kind of balance – maintaining belief in only what offends you personally deep within. Maybe you only believe in yourself as an unaffected being of destiny or fate placing importance on the current status of the reality you embrace.

Perhaps you don't particularly care. Perhaps you just don't care particularly about your *Self*.

All you care about is *being a god*.



## ***Spiritual Immaturity***

Arlene O. Parr

“Say not I have found the truth, but rather I have found a truth.” ~ Kahlil Gibran

Just because you are an adult does not mean you are emotionally mature. Just because you are an adult does not mean you are spiritually mature either.

To be emotionally mature allows an individual be happy within his/her own life because it promotes self-sustainability, growth, and the ability to deal with changes. Interactions with others are real and therefore beneficial whereas emotional immaturity merely produces superficial outcomes and relationships.

Spiritual immaturity can be a slippery slope for often what we might consider as ‘mature’ is actually immature. Here are some examples:

**Pride Puff:** There are individuals who spend years on a spiritual path acquiring knowledge from a plethora of sources. One might say that they should be proud of what they have learned and digested. However, even though oft secured behind a veil of humility others may subjected to a gust of wind and barrage of information of a ‘father knows best’ variety. Knowledge in itself is a good thing – it can puff up awareness however it is love that actually build up awareness.

“It is a common error to suppose that the Higher Life is a matter of reading, and the adoption of theological or metaphysical hypothesis, and that Spiritual Principles can be apprehended by this method.” – James Allen

**Ungracious Truth:** The individual, insist, “I tell the truth! I am a truth person and will tell everyone the truth! I was born to do this!” Whose truth? The only truth in all of that is that the person is a jerk stuck on one side of the fence, unmotivated by **grace** and **universal law** and who would fall short presenting that ‘truth’ before God.

**Untruthful Grace:** Some ‘mature’ people avoid the truth side of the equation as though love floats with no backbone. You cannot separate grace from truth any more than you can separate truth from grace. This one is rather self-explanatory. One’s verbiage either holds grace or it doesn’t. If it doesn’t hold grace it is not a truth.

**Nepotistic Ninny-ism:** There is a large number of people who consider themselves amongst the spiritually elite who live to about how awful the world is or how awful certain people are as well.

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They do not live within the law of love because they are exclusive but they believe they are doing the absolute right thing regarding those who must be exposed and annihilated because they are ruining the world. You can join the club only if you agree. If you do, step up and receive your clown button. If the Great Creator so loved then world and all in it, who has the right to say otherwise.

Derrière Dynamic: Some say, "I am spiritually mature. Paid all my dues. What can you teach me? What can you do for me?" Maybe help you pull your head out of your hind-end unless you can give a demo on how to part the Red Sea or turn water into wine? The spiritually mature are 'grace'-fully humble. They know that shouting about how advanced you are simply shows lack of wisdom.

Herald of God: Preaching, by general definition, is either inspired by God or a selfish pandering of God's word for personal attention, need for admiration and a desire to manipulate. This is easy to spot because efforts for self-promotion begins to sound like nagging while proclaiming truth that is not being practiced.

Are you spiritually mature or still sliding on a slippery slope?

It is obvious that these behaviors do not leave much room for growth or the gaining of wisdom. If God speaks to us through others then there is an unending script to learn. Who learns more? The fool speaking to a wise man or the wise man speaking to the fool?

Spiritual maturity requires humility. Humility takes work because it requires a willingness to accept help from all sources especially other human sources including those as described previously no matter how much hubris they are exhibiting. We need to self-rebuke the wrong responses we are experiencing or of which we are aware and make an effort to restore our right perspective.

Do we want to conform to our own image or to the image God?

"There is no need for temples, no need for complicated philosophies. My brain and my heart are my temples; my philosophy is kindness." – Dali Lama



## ***Bicycle Ride***

Rev. Dr. Don Hauck

I have often been asked by many people, if God loves us so much, why is there so much pain in the world. I never really had a good answer for that, probably because I couldn't understand it myself. But being in the habit of praying and meditating, I began to focus on this question. Sure enough, "if you should seek, you will find; ask and it shall be given to you; knock and the door will be opened." The answer sure came in this fashion! I was lying on the couch meditating and the Spirit came and told me this story...

"If you had a child, and it became of age, would you buy it a bicycle?" asked the Spirit. And I answered, "Certainly!" And the Spirit said, "Is that because you love the child?" "Yes", I said. The Spirit then continued, "Can you tell me that at some level, some place in the back of your mind you did not know that your child, while learning to ride the bicycle, would hurt itself?" It took me a moment and I answered, "Yes I did know this but I didn't think about it." "You're not thinking about it is not important", the Spirit said. The Spirit continued with, "Now go in your mind to the time when you began to help your child learn to ride that bike. If you had used training wheels, it would be when you first took the training wheels off. When you pushed this child on the bicycle, it fell over and the child hurt itself, did you take that bicycle away from the child so it would not get hurt again OR did you put the child back up on the bike and give it another push?" I regretfully replied, "I put the child back up on the bike and pushed it again." I have to tell you that at this point in time I was feeling a little embarrassed by realizing that I not only gave the child the first push but continued to do so until it learned to ride.

For some reason I began to think that the Spirit was somehow going to make me feel that I really did not love my child for doing so. And the Spirit then said, "And you continued until the child learned to balance. And the child continued to hurt its self until it learned. Somewhere in your mind you knew, once the child learned to balance it would really enjoy riding its bicycle. And so it is with your Creator. For the Creator loves you so much, IT gave you your life, and IT allows you to continue to hurt yourself until you learn the lesson you need to learn in order to really enjoy life."

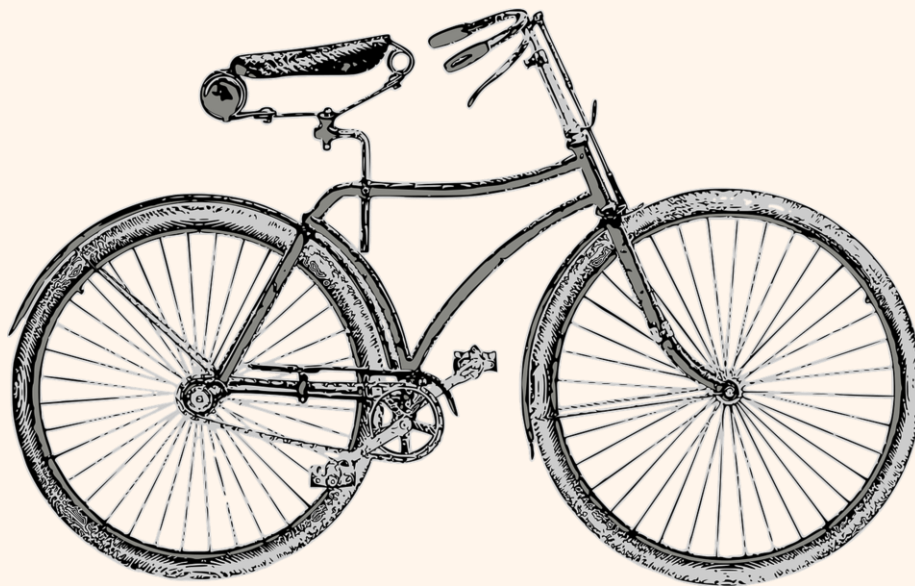
After that and over a period of time, I was led to understand that each pain denotes a lesson we are trying to learn. The amount of pain and the acquired endurance is in direct proportion to our stubbornness in learning. At first it was

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very easy for me to push those thoughts aside, about it being my fault, until I realized that soon as we suffer a pain we are that quick to blame something or someone for it. It is so much easier than to dig inside yourself.

As you think about these things, you can begin to understand why holistic healing is the better way to travel. While I am not against medicine, I do not believe it is the first thing we should jump to for it only masks the problem by treating the symptom. And while this may be the better way in some cases (which is due to the problem in the subconscious mind), it should not be the only way to deal with the problem. There is no medication, herb or supplement that should ever be taken instead of or without prayer and meditation on seeking the lesson we are to learn. While some of these experiences may seem unpleasant, continually remind yourself that not only does your Creator love you, but IT is the one who gave you your LIFE (your bicycle) and is holding you up on your bicycle (Life) and will never leave you. Because you have free will, this is as much as the Creator can do to help you learn your lessons so that when you do, you will really enjoy LIFE (riding your bike)!







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**Aly 'Zephyr' Nizen** (*Keep Your Hand Out Of My Rice Bowl*, pg. 2)

Aly is a registered nurse who hails from the northeast USA. On the weekends she teaches Yoga classes for adults and children. She is known for her patience and skill which combines several different disciplines that she filters into an understandable western view based upon the mental and spiritual level of her students. In her free time, she allows her muse to guide her as she pens what she refers to as 'human observation shorts.'

**Jason Iriarte** (*The Everlasting Night*, pg. 3)

Jason is a writer, musician and amateur astrologer from New Jersey. He has an avid interest in all things metaphysical and philosophical and has no problem calling out fallacies courtesy of his built in BS meter and keen perception. He enjoys writing prose based upon his own experiences especially those regarding those areas of life that produce consequences.

**Annival Yarborough** (*Taking Out the Garbage*, pg. 4)

'Anni" Yarborough considers herself the "neighborhood shrink." Anni says of herself, "I'm just a regular person and a stay at home mom from the heartland of the United States who has a passion for writing and helping people."

**Dr. Aadi R. Bandopadhyay** (*Something to Consider*, pg. 5)

Aadi Bandopadhyay Ph.D., M.A.M.S., M.T.S is a retired college professor who has had an extensive education both in the US and abroad holding degrees in physics, astronomy, atmospheric sciences, mathematics and theological studies. He believes that life should be a constant expansion of one's personal horizons. He enjoys travelling, lecturing and writing about his experiences and life observations.

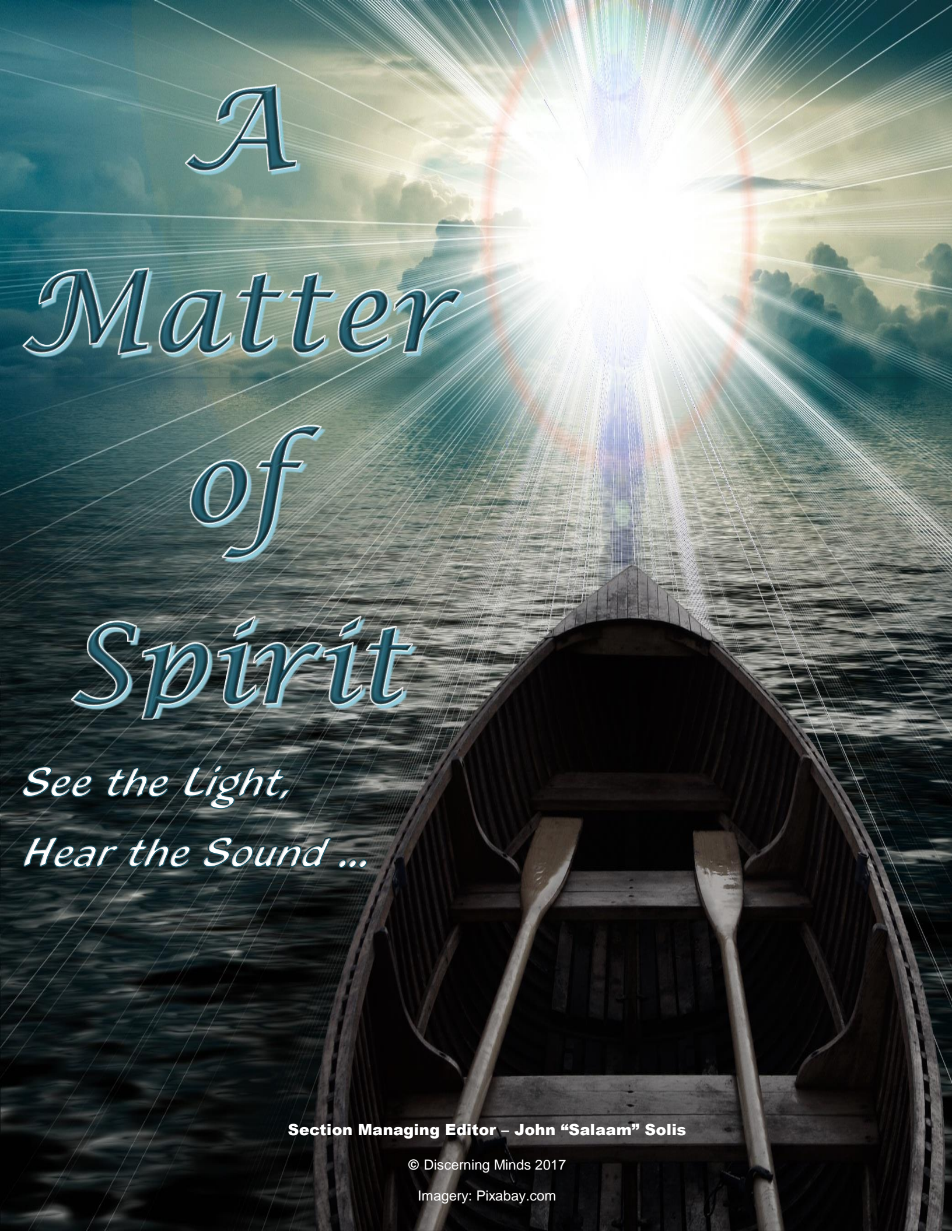
**Arlene O. Parr** (*Spiritual Immaturity*, pg. 6)

Arlene is a Certified Hypnotherapist specializing in Cathartic Integration Techniques and Past Life Therapy. Her ability for precognitive awareness of the Akashic records helps her to assist individuals in developing their hidden talents. She describes her writing as 'muse channeled' which is the reason it often has a 'bite' to it.

**Rev. Dr. Don Hauck** (*Bicycle Ride*, pg. 8)

Don holds a Ph.D. in metaphysics and parapsychology. He is the head pastor and a Doctor of Divinity of the *Universal Light Church* of Cincinnati, Ohio. He is a highly respected and sought after speaker who has appeared on TV, radio, and educational lecture circuits for universities and high schools. Don is an advocate of individual rights and independent growth. He utilizes many modalities in his work including Intuition, Graphology, Numerology, Astrology, and Color Testing among others as he assists individuals in defining and achieving their goals. <http://www.theuniversallight.com/>



A wooden rowing boat is shown from a first-person perspective, floating on a dark, choppy sea. The boat's interior, including two wooden oars, is visible. In the background, a bright sunburst with rays of light and a rainbow-like halo illuminates the sky, creating a dramatic and hopeful atmosphere.

*A  
Matter  
of  
Spirit*

*See the Light,  
Hear the Sound ...*

**Section Managing Editor – John “Salaam” Solis**

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## ***See a Soul Meditation***

By Alicia Farr

Our Souls come into each chosen lifetime navigating through a physical body complete with a mental process and emotional memories. Individual Karma delivers our lesson via our experiences and the choices we make concerning other people, places and things. Our greatest lessons come through our interaction with people where we are free to choose how we assess them within the context of our own lives and what is the best or worse choices for each of us. Most of us look at people and just see “people.” We find joy and sorrow, disdain and pleasure, satisfaction and selfishness ... and on and on ... a plethora of human conditions, concepts and quirks to transverse. If we are accepting of love as the highest power and the facet of reincarnation that our human contacts no matter how important or minor are there to assist us in our journey of love and knowing then what happens if we start to view all who we know or don't know (yet who affect us in some way), not as ‘people’ but as ‘Souls’ what happens? It occurred to me to try this some time ago after a rough patch in my life - and while this was not an easy thing to do because some strong human emotions had to be overridden to accomplish such a feat, I found myself in both an improved physical, emotional and spiritual state. I stopped worrying about who I ‘thought’ needed to cut off and weed out of my life, who I needed to impress, who I needed to avenge or revenge and even those who I felt false responsibility towards. All of this was very huge, at least to me but, acceptance of people and people created circumstances that impact my life positively and negatively began to look quite different through that Soul lense I had adopted.

We all start as beginners. Whether we are aware of it or not, every day we create a set of intentions for the day based on priorities. Often those priorities are based on selfish desires – we basically do what we want to do because we like to do it. This of course includes those things we absolutely should not do and keep asking ourselves why we are doing it. Generally this concerns others and we all do it unless we are so highly evolved living on an obscure mountain top with little outside communication that it would not matter one bit. **DO** try not to overthink the process.

I am a fan of affirmations and when I decided to try out my new ‘Soul-Seeing’ those affirmations eventually led to a meditation/contemplation and mantra I perform daily. It is not terribly elaborate but then things or the Soul are always simple and never complicated. It can be done daily or once a week for best results. Just remember, like all good things it does require some commitment and some sort of regularity is important. For clarity, here are my personal definitions of Meditation, Contemplation and Mantra.

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**Meditation:** Meditation is luminosity that illumines the heart. When illumination takes place in our heart, insecurity and the sense of want disappear.

**Contemplation:** Contemplation means our conscious oneness with the infinite, eternal Absolute.

**Mantra:** A statement or slogan repeated frequently. They are like medicine for the Soul.

**Prepare:**

1. As with all meditations, choose a quiet comfortable location – a pleasant, uncluttered room or a serene outdoor area. Pick a time of day when you will be the least distracted by daily intrusions and thoughts.
2. You do not need to be seated in any sort of special Yoga position – just settled comfortably.
3. As per basic preparation, take three nice slow breaths in through your nose and out of your mouth and then repeat it opposite – three breaths in through your mouth and out your nose. The second set may feel a little weird at first but you'll get used to it.
4. The hardest part of meditative relaxation seems to always be clearing the mind. Great if you are good at mind clearing but not crucially important here as long as you are attentive enough to concentrate enough to get the words of the mantra out of your mouth without stuttering or spurting because your mind is more concerned with the duties of daily routine you have yet to perform.
5. You will be meditating from your heart, the seat of the Spirit so picture yourself radiating from that perspective.

**The mantra:**

I choose to change my perception based on the Divine Power of Love.

I choose to see with my heart.

I choose to accept that all those in my life are here for the purpose of assisting my growth and I theirs.

I choose to remind myself that every one of us is Soul striving to learn as I am learning.

I choose to resist human judgment of others and their paths.

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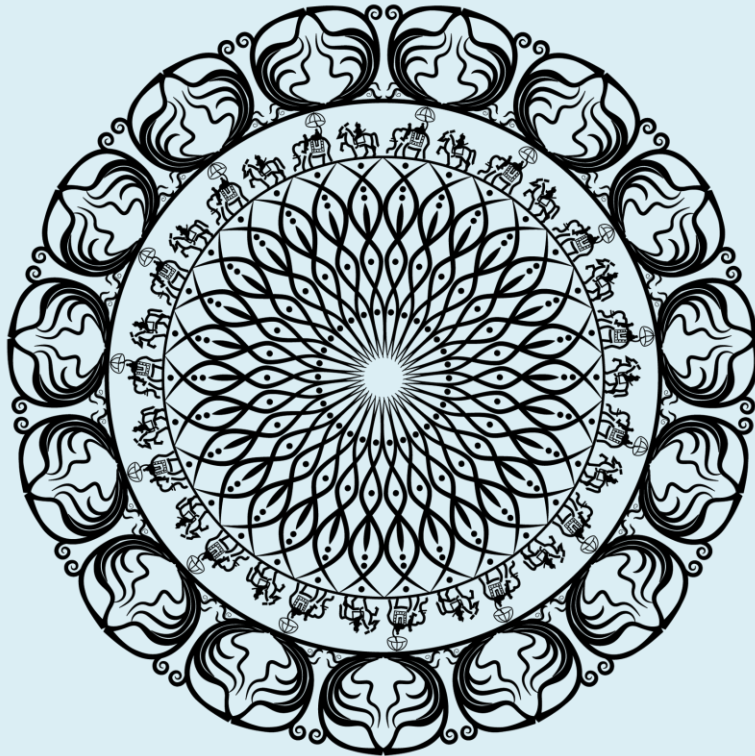
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I choose to recognize Soul.

I choose to recognize you.

I choose to recognize my self.

After you have finished meditating, you have to assimilate the result of your meditation into your inner system. It doesn't happen overnight but if it is in your intention to change the process of how you view others, you should begin to see some progress starting with a new sense of inner peace.





## ***You Dirty Rat - Karma Will Get You!***

By Jonathan H. Corelli

There are lots of catchy phrases and quotes out there these days about Karma. They are very appealing because they make us feel good, after all, what can be more empowering than pointing the fickle finger of judgment at someone and telling them, "Karma is going to get you." You know you've done it, feeling guilt free because after all you are only stating a spiritual law and are not doing anything yourself except turning that rotten person over to a Higher Power process. It never seems to occur to anyone dishing out that pre-sentencing that they are indeed passing a judgment. What's that you say? You didn't *make* the rules – you just go *by* the rules? Maybe you made your *own* rules based upon your own reasoning and common misconceptions such as:

*Karma is a system of reward and punishment.*

*It is the same as fate.*

*Karma is the influence of one lifetime on the next.*

Yes, we have it all covered making those superior pronouncements even to the point where we apply the added benefits of, "if not in this lifetime, it will be in the next ... but you'll get yours!" We do however run into a few problems if we make proclamation to someone who actually does not believe in Karma and takes a great deal of pleasure stating the Lords of Karma can shove it where the sun don't shine because sovereignty makes them immune. They are after all gods of a lesser world themselves and justified in making that claim. Their free will shall not be violated! Sign up now! No dark force influence in that claim or other means of control agenda – right? They seem to think so. And by the way, this is their last lifetime because they are done, they have risen above the hype. Ah, to each his own ... guess Karma cannot kick me in the derriere for that statement. Does anyone know if sarcasm counts? I heard those Lords have plenty of rope ... BUT - Not to worry ... There is also a guy who can relieve you of your Karma for \$19.95 and you won't have to recycle anymore and the Archons will be unable to catch you in their soul net ...

Moving along ...

The query remains that if we believe in Karma why we are so concerned with someone else's Karma and less concerned if at all about our own? By all accounts, it is a rather personal thing and really no one else's business.

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When we slam someone with a Karmic prophecy of doom are we in fact adding to our own Karma? Even if we don't orally proclaim it but just *think* it (that must be safe right?), it exempts us yet makes the point? All nice and tidy. And what about all of the other people who are believing the same thing about that slamee? "That guy is going to get his!" ... so sayeth the peer group. Certainly that collective observation makes it correct and therefore proper? We must be on a mission of dealing out the verdict Guilty because it happens often enough ... yes, that's it ... must be a righteous mission. Righteous makes it "right" --- right?

And then, there is this ...

*Karma is crucial to our development as wise caring, and loving human beings because, if we act out of a non-harmful intention, we predispose ourselves to act that way again. In other words, we plant a behavioral seed. We begin to form a habit. Conversely, if we act out of a harmful intention, we predispose ourselves to act that way again, making it more likely that the next time our behavior will be harmful.* – Tori Bernhard J.D

Why is it we rarely hear that we may be reaping good Karma? Not much of a kick in that or any way to cop a superior air I suppose.

*You cannot clear up all the thorns  
which you yourself have spread in your path  
but you can wear heavy boots for protection.* - Kirpal Singh

Maybe Karma is not a life existence reward or punishment system as people seem to think. Maybe it would be easier to think of Karma as simply *intentional action* and *assimilated inputs* we have all garnered. That makes it pretty specialized and free from judgment. It also puts a humorous spin on the negative opine –

"You'll get yours! Karma will give it to you!"

"Hmmm ... let's see that means I'll get more *action* and *input*."

COOL!

"I'm going places and *intend* to sweep the floor as I go!"



### ***In Terms of Masters***

By Gerome Cass

In 1974, I broke through the matrix of alleged realities. Up to that point I lived in fear of my own spiritual/dimensional potential. My earth life itself was going fine. I had accomplished set goals, was making a more than satisfactory living, was not married and had no extra responsibilities. I did whatever I wanted to do. Spiritually I was a mess. I believed in God/higher source but had always had strange visions since childhood but hid them and they remained unspoken because I deemed them negative. But at age 28, the visions or so I thought broke through with amazing rapidity, uncontrollable. I thought I was insane. I was not. I am not. I've had more than my share of naysayers and doubters. People will *always* try to demean your experience with a variance of labels and reasons, scientific, logical and historical, alleged truths and falsehoods mostly born of fear but, it changes nothing; a personal experience remains a personal experience. The value belongs to whoever is experiencing it.

The next 7 years, I engaged spiritual teachings. I studied every religious text I could get my hands extending from the traditional dogmatic to the obscure lesser known 'spiritual' paths. I have no set religion or particular spirituality that would be easily recognized but include all in my scope. I travelled to Tibet, Egypt, Africa, India, Pakistan, Iran, China and various parts of Europe. I learned much and became what was popularly termed an *adept* coming into full belief that illusions are the nature of the world/matrix and the human mind tends to accept things for what they seem on the surface. As an 'adept' (any title is as good as any other), I astral travel. It is all about perceiving and knowing reality be it physical or the realm of the spirit with as much clarity as possible. EVERYTHING I perceive, whether in a state or current time reality is alive and animated. I have traveled via spirit guide and animal guide and quest (dreams) as well as visions that have occurred while sitting alert and fully awake at the kitchen table.

I have experienced many levels of the Astral Plane from positive to negative and have seen myself in other lives, parallel and reversed, too numerous to mention here full of "unusual characters" including talking animals. Since we are all capable of creation on this plane, I refer to this as mental construct and in some cases subconscious renderings. From Tibetan, Chinese and Indian practices I was introduced to past life access but it was the Egyptian experience that drove it all home. The information held in your Soul consciousness that can be tapped and accessed via trance. This trance state allowed me to literally be "in" past states but as an observer of actions only not as an active participant.

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I must differentiate on this gate (space in time) and weigh more heavily on it as a bridge to the next three.

There are many types of inter-dimensional and ultra-dimensional beings to be found. I find many to be fakers and liars spinning untruths and confusion. Some call these demons, daemons or facets of one's own mind. In my case, I feel they were put in my way as distractions which made it easier to side-step them. At this gate (space), a person decides where their truth "is" and whether to attempt to go further. It is a place of refining, breaking down and rebuilding. Residual solace can be experienced here and why would that not be so? If you were to meet up with the first glimpses of the Divine at the next gate why would you not still need much refining? This place is time-less. One can see fore and aft of the Collective with possibilities based upon the single act of a single person. It can be terrifying and enlightening all at once.

At the next passage, I was presented with what we humans immaturely refer to as Masters. As far as I am concerned, the Masters exist but we have rather inane references to them throughout spiritual history which has been incorrectly recorded and used. Plenty of cultures, known and unknown, have spoken of the spiritual Masters. They have gone by a plethora of names depending on who is speaking of them and about them. Mankind has always done the best it could at varying times collectively but, as far as I am concerned none of the existing new age artwork today has captured the essence of them in the slightest. Depictions are more like a rote carry over. I do not say this to demean any artist; in some cases I have seen some minor traits or essences captured on canvas and paper. Unfortunately, for some reason we have not advanced enough as a race of people to get over needing 'visuals.' I do not ridicule anyone who claims they have seen a Master (since I have seen them and have communicated with them) but in my experience they do not appear riding a menacing steed looking like the guy next door wearing a robe. If you are wondering if there some sort of essence, *for example of* Theosophy's Sanctus Germanus or Eckankar's Rebazar Tarzs or Kata Daki, there is. There is definitively in my experiences at any rate but not as depicted or named. They are older than earth dirt - timeless. All of that which has come to our literature and greater works has depended upon the human filter determining the info casting a creation into a construct we can grasp like a bunch of first graders. Because we are not advanced enough to comprehend these things without a story or legend or artist rendering involved – the spoonful of added sugar to make the medicine go down and to make the info more readily understood and accepted is the result. It is how we have done it for centuries and there is no blame in it, just baby steps towards greater awareness. I always tell others, "it's your ride, make of it what you will, just try to look beyond the garden gate once in a while."

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No logic, alleged proof, or argument has diminished my experiences in the least way and I have heard it all.

This landscape will eventually change greatly with no other personas available as guides. The landscape will become uncluttered, uncomplicated and more light-filled. The hues will be felt as a singular presence. This is where my traveling currently stations. There can be a slight religious/spiritual (as we all understand it) underpinning to this place beyond that space of the Masters but it is advanced of earth beliefs/concepts. This is perhaps the first glimpse of Source. People who have died and been brought back to life get a minute tidbit of this. So far as I know this is the ultimate experience for any human. No one has a vessel to sustain it while in human form. No body, no mind, no controlled thought process there. It is the Collective Sea.

Personally, I would not care to be up shits' creek without a paddle at this time, yet, I journey on. I still have an earth life to finish. It is a requirement.





## ***Recognizing the Great Spirit***

By Joseph Morningstar

On the night of my 18<sup>th</sup> birthday I was given a gift of the Great Spirit.

As it is with most young people ready to bridge an adult gap I seemed to be lost in a very human way. I had partially completed my first year of college and was enjoying the privilege of learning more about the world at large yet felt I had no real road to follow despite choosing majors in engineering which seemed to suit my natural talents. It was all very human yet something seemed missing which made me feel incomplete.

As a child, I was a very private person and I still remain so to this day. The Elders told me I had special talents but they never answered what that might be even when I badgered them. I was given the name 'Morningstar' that I adopted gladly and became known among my people as "Joseph Morningstar." I did well in school and worked hard to get a scholarship so I could further my education – something that was not often done.

Many members of my people eventually connected with the Great Spirit at one point or another in life through some type of metaphysical means – deep contemplation, peace pipe and sweat lodge. These things were always helpful to me but I never experienced the vision state as many did. This made me feel less than 'special' and unworthy and not whole but one of the Elders insisted I was a 'natural' and my time would come.

And so it did ...

I had done no preparation; no special ceremony, no special herbs, no breathing exercises - I had simply fallen asleep in my dorm room which I had to myself on that particular night. I remember falling to sleep rather quickly. My next memory was a feeling of being lifted from my body, softly yet deliberately. I spent some time floating about looking at the ceiling which was about 10 inches from my face. It seemed I could touch the ceiling with my hands and when I made contact, the ceiling seemed to melt away and I was up, up, up into the starry vault of the heavens. Within minutes I was set down on virtually nothing at all as those I was standing on gossamer. A great white eagle appeared to my right and a great white wolf to my left. The eagle sat upon my shoulder and the wolf sat down next to me. And we stayed that way for what seemed like a long time, not moving but ever attentive. I remember thinking that if this was a dream, it was the best dream.

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Finally the heavens seemed to part into a kaleidoscope of color and light until only a bright white column was left. A voice spoke – not menacing or loud but quiet and loving. It called me by name and told me my flight through life would be like I was lifted by the wings of the great eagle yet my feet would be planted in the earth like that of the great wolf. I was to be a hunter of truth and a law giver who would face every challenge and hurdle with dignity and wit. I was to serve and through my service I would heal many and receive happiness in return.

*It told me then when I awoke my destiny would change.*

When I did wake up I felt that the whole experience was no regular dream. It seemed too tactile ... too rich.

All the shapes and shadows were crystal clear. My mind was clear and so were my designs. As if moved by an unseen hand and totally sure of what I was doing, I made arrangements to change schools and take up the study of law which would be of the greatest value to my people back home. The transition went very smoothly much to my surprise.

I involved myself in charity work for the poor and taught crafts to children in my spare time. I worked hard, feet on the ground, eyes on knowledge. I met wonderful new people who influenced me in the best ways – mentors who became friends and friends who became mentors. I passed the bar the first time I tried (which was a small miracle in itself), set up a small office back home and have served my people since that time. I met a wonderful woman who became my wife and who works side by side with me and who has given me the gifts of our children.

I take the eagle and the wolf with me always.

I thank them for their protection.

I keep my feet firmly planted on Mother Earth.

I keep my eyes on knowledge from Father Sky.

I am worthy and whole.

I am happy and blessed.

I am ever grateful to the Great Spirit.





### ***Enriched Differentiation***

By Jurgens Pieterse

The monad is the one term system - teaching us to remove the labels we attach to things and see them as they are. The monad empowers us to see more and experience more of the world around us. From the monad we begin to see the dyad or the two-term system of systematics. Where the monad concurs with the concept of Tao, the dyad is similar to the concepts of yin and yang or the firm and the yielding. When we see things for what they are we also have to begin to see things for what they are not. The background of what is observed become as sharply in focus as that which is being observed. They both form the same picture. The observed begins to reflect itself back to the observer. We begin to see the two folded nature of being and doing. The same thing is something and it does something.

The most valuable lesson was that I learned from the dyad was to understand and work with paradox and contradictions. Within our limited spread of consciousness there is often two direct opposing but perfectly valid views on the truth. This does not mean that the one is a lie and the other is truth. It simply means only that the point of view is opposite each other. As the Tao Te Ching says: *"Long and short define each other. High and low depend upon each other. Before and after follow each other"* Bennett writes: *"Every monad is a contradiction for it presents itself with a claim to self-sufficiency and yet it depends upon everything other than itself in order to be itself."* While the monad increase our awareness that something might have more potential than we see at first glance the dyad makes us more aware of the possibility of purpose.

If we return to the example of an ordinary pen. The pen will see itself as disposing ink on paper but the writer sees himself using the pen to write a sentence of meaning. For every viewpoint of what something is there is a viewpoint of what that something is capable of doing. The dyad confronts us with the feeling of tension and the feeling of tension makes us aware of the power of force. The energy lies in the movement from one polar point to the opposite polar point. The frequency of movement these points allows one to begin to see forces ready to be tapped into to create transformations. The strength of the dyad depends on the level of complementarity between the two opposing points. It is important to note that the mere existence of these dyads makes it impossible to find a middle path for "by their nature the polar qualities of the dyad are irreconcilable and cannot be brought to balance. It is impossible to always follow a neutral or balanced path....as we engage with dyads we are flung from the one side to the other side...staying on one side means illusion. *"If either side is overemphasized then the dyad disappears"* So we learn to vibrate in accordance to the energies around us by being aware of the dyads. The dyad is the source of momentum and movement...the start of life vibrating from within the source of the monad.



## ***The “fall”***

By Lorna Wilson

I have an image in my mind of an orb of energy shooting out of the center of Creation in an orgasmic burst of millions of such orbs. However, singularly each falls down through the dimensions magnetizing any sub atomic particles moving around like sticky stardust that then sticks to the orbs randomly. The end result is that as it /we 'land' in the lower dimensions we are now covered with bits and pieces of life forming experiences or stimulus.

Whether this is accurate or not it is an image that is more alive and electrical than I am able to give it words. As we notice what has become a part of us or stuck to us, and given our attention, it becomes encoded with our thoughts which are sent out as waves of creational force filled with our judgment or observations. This then manifest into karmic form. Karma being nothing more than 'action'.

Nevertheless we retain a subtle body core which is the original soul spark that has memory and the driving force to return back home through the dimensions. A universal law is that all energy that goes out must return to its source - in this case Source with a capital S.

However, a 'problem' arose for many who got pushed out from the Source as they felt somehow rejected or banished from the unconditional Love, Light and Sound vibration of home. As these orbs of energy and light fell down through the dimensions these feelings began to form into hardened matter as loss and dejection creating a matrix pattern of form. These lower waves being slower, dense and opaque had the potential to finalize a separation adding to the feeling of abandonment and loss, and leaving these orbs or sparks of light seeking for the unconditional love of Its parent and feeling somehow incomplete.

Always seeking for their true home but forgetting where that was, and over identifying with the physical form of matter, instead of returning up through the higher realms to Soul these memory patterns would only return back one level to the astral form when freed of the body through death, and wait for a new birth back into the physical. This became known as a karmic wheel. Never remembering that they could go directly home anytime, they became addicted to living through the five senses and thought that was all there was. The fall from the Light of home, and descending through a scale of polarities sometimes negative other times positive reinforced external viewpoints and created spiritual amnesia.

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Through a vague lingering memory and a feel good factor of the force of the positive of the pure soul realm, they began to only acknowledge that polarity which became labeled God. These soul sparks began to create imbalances within their bodies, forgetting that both polarities are and were necessary in conducting the flow of creational forces. Feeling lost and stuck in the lower realms they began to reject and judge harshly the energy that was of a negative flow and so not only did they become unbalanced but they began to accrue more karmic interplay further polarizing themselves. Their resistance kept drawing them back to the very negative that they resisted. Their many etheric bodies which had formed as sheaths of the same living fabric of the differing dimensions held these thoughts in place firmly within the subtle bodies and formed the subconscious mind which was hardened etheric matter.

Encased within at its core like a pearl, was the finer light filled soul spirit that was deeply buried awaiting acknowledgement to burst forth again and to be set free from the physical prison of the five senses. The physical realm of matter was and is indeed formed of the negative polarity as it is of the lower world and the furthestmost removed from the Universal Mind of pure refined Light which is positive. But rejecting this negative polarity the distance back home seemed impossible.

"The teaching of the Saints is to raise the soul from the lower chakras to the higher chakras -- till it reaches the highest chakra, where it initially landed, and then reach the MASTER -- THE SUPREME SOUL, from where it initially parted. The path of upliftment is the same as that of descent, except that the movement is reverse, i.e., ascent in place of descent." - *The Secret of Realization*, H.N. Saksena,

"Use all your power to free the senses from attachment and aversion alike, and live in the full wisdom of the Self. Such a sage awakes to Light in the night of all creatures. That which the world calls 'day' is the night of ignorance to the wise." - *The Bhagavad Gita*, Chapter 2, V 68 – 69







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**Alicia Farr** (*See A Soul Meditation, pg. 12*)

Alicia hails from the mid-west USA. She runs a horse boarding facility and riding school for children ages 9-18. Some consider her a Horse Whisperer but she will say she just likes to commune with all animals. Alicia considers herself a soul-searcher which is reflected in her writing. On weekend evenings she holds meditation classes where students and guests share their individual styles of contemplation.

**Jonathan H. Corelli** (*You Dirty Rat, Karma Will Get You! pg. 15*)

Jonathan lives in New York and in Montana during the summer months. He is a freelance writer and part time comedian who loves to travel as much as possible (have pen, will travel!). He likes to say, "Writing is not perfection unless it has a humor injection" so even the most serious of topics are infused with a dose of the literary giggles. According to Jonathan it all makes "perfect sense in every sense of the term sense."

**Gerome Cass** (*In Terms of Masters, pg.17*)

Gerome considers himself to be the "evolving man." Psychic experiences and out of body travel have been a part of his entire life. Gerome holds a Ph.D. in both psychology and physics which he describes as the red and blue pills and part of the Matrix construct and the thought controlled process. He also feels that people care too much about what others think and that it creates a spiritual block to attainment.

**Joseph Morningstar** (*Recognizing the Great Spirit, pg. 20*)

Joseph resides in the south-west USA. He prefers to use the Native American name given to him when he was a child in reference to his spiritual writing. He is proud of his heritage and when he is not busy with his attorney practice, loves to talk about and teach the 'old ways' to those willing to listen especially young people. He has a loving wife and three children.


**Jurgens Pieterse** (*Enriched Differentiation, pg. 22*)

Jurgens lives in Cape Town, South Africa. He is a Runemaster, metaphysician and naturalist who believes in strongly in personal empowerment. Jurgens says, "You cannot develop a good habit unless you develop the willpower to exercise discipline in your life."

**Lorna Wilson** (*The Fall, pg. 23*)

Lorna hails from the UK. She is an accomplished business woman, life coach, and past life regressionist who was trained by Dolores Cannon in the Quantum Healing Hypnosis Technique (QHHT™). Lorna says, "I am a deeply spiritual woman with a passion for unraveling the mysteries of the mind. I am very optimistic and always choose to see the brighter perspectives presented within our life stories. As far as I'm concerned a glass is never half empty but always half full!" Lorna can be visited at her website <http://www.lornawilsonqhhthealing.co.uk/>





# *The Body Temple*

*Healing doesn't mean the damage never existed.  
It means the damage no longer controls your life.*

**Section Managing Editor – Lynda Lidel Harley**

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## ***Why Putting Ourselves First Is Best***

By Sabrina Ross

Women have many roles in today's world and exercising the right to seize opportunities as they arise is something many are embracing now and rightfully so! While we as women can achieve it ALL (in whatever way, shape or form we define that) we want to make sure that we are fully capable of doing just that. The only thing that can get in our way is ourselves.

The best way to avoid self-sabotage is by making our whole lives a priority.

In a nutshell; self-care and balance.

By leading a balanced lifestyle we eliminate the risk of burning out. While making time for work, play and family are equally important making time for ourselves is crucial.

There are numerous ways to unwind and regroup such as going for a stroll, listening to uplifting music, taking time out to go to that gallery or for some mindless yet creatively fulfilling window shopping, meditating, yoga and the list goes on and on. The point is to make time to relax and enjoy life.

Being mindful of our physical health such as how much rest we are getting, whether or not we are eating balanced and nutritious meals and scheduling important health appointments are also extremely important.

Taking that extra time to refuel and recharge does not cost us anything nor is it selfish but rather it is imperative to our success and to having fulfilling, healthy relationships with others. By living a well-balanced life we unconsciously are influencing others to do the same and ourselves are able to achieve our goals that much more easily.

I guess my point is that we are all responsible for our own actions, what we choose to take on or not and ultimately our own happiness.

If you have a deeper understanding of yourself and what makes you tick and are all about growth and self-work then you may very well draw certain individuals into your life that are on the other end of the spectrum in the self-work area. Even though like attracts like so too do opposites attract.

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These people that are in our lives, be they friends or family can test us to our limits and us them. What we need to recognize in order to further learn and potentially help those close to us to learn is what is actually going on and to make a conscious decision to deal with potential problems another way.

***Call it conditioning. First we condition ourselves to react differently or rather not react.***

How do we do this? Understanding is key. Pinpoint the issue and where it's coming from. Then ask yourself is the behavior or situation truly defunct or rather has it gone too far? Have you seen any growth at all? Determine if this person or situation is worth it to you. Next if you are not sacrificing yourself and happiness then understand why you are upset with particular behaviors. Remind yourself where or why this other person acts a particular way. NOW and this is crucial, don't respond to the upsetting behavior or rather respond differently BUT stay neutral. If this person understands how a particular action upsets you and continues then they are trying to push your buttons. However they might actually think you are the one with a problem due to some of your reactions!

**Focus on the good.**

Go about life with a smile on your face and your head held high. Go forth and conquer. Be you and remember the good in the people closest to you.

One of two things are bound to happen here:

a) They will start to realize how ridiculous they've been and slowly the behavior will fade away

Or

b) They will continue to be in the dark and the behavior will persist.

Now this will only work if there is some understanding from the other party regarding how their behavior is not acceptable to you.

Yet if you suddenly switch it up and don't react won't this enable them in a sense? Yes it very well could at first. However if the issue or issues persist then you will most likely have your answer. The behavior is either inconsequential or will lead to a dissolution of the relationship.

Continued ...



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Don't let fear hold you back and don't expect the worst (remember the law of attraction), yet DO make yourself and your happiness a priority.

*\*\*Warning: This message does not apply to physical or sadistic abuse situations or truly psychotic individuals. If you find yourself in danger or with a wacko then just leave. \*\**

*\*\*Also does not apply to those who cannot keep their clothes on when not around you, best to just cut them loose-them not their clothes or other parts of their anatomy no matter how tempting the thought may be\*\**



"Hornby" © Sabrina Ross



## ***How to Love a Person Who Hurt You***

By Dr. Darshana Hawks

Have you ever felt like your heart is a target?

We've all been there at some point in our lives ...

Caught between the love for the person who has hurt you ... and disliking them ... or worse.

A relationship ending...

A relationship going awry...

A friendship going from nice to nasty...

An argument with a family member...

All on our own accord ... or some other reason.

Being dumped or doing the dumping...neither is easy...emotionally or on our hearts.

There are other cuts that scar too...

Criticism from a parent, intended from the space of love (or not) that we internalize...

The school bully launching nasty comments our way...

What matters? Not the example...

What matters? The experience!

For it stays embedded in our memory banks...

To be recalled the next time something or someone says or does something to trigger that memory...

Only to react...

Continued ...

Continued ...

Each time, our heart gets a cut and scars.

We remember those people and situations so vividly...like it just happened. And...

And...then...quietly...behind the scenes...

Buttons get created in us...that get pushed in the future. You know, those pesky buttons.

**You see, it's not your fault.**

We've been fooled into thinking that working on improving our weaknesses makes us more lovable and better as a person.

We've been fooled into believing what others say about us is #Truth.

Here's what I have learned to truly be free from 'other speak' and those memories.

Freedom comes from loving the person, and not loving their words, actions, thoughts, beliefs, etc.

You can love the person and choose not to be with them.

Nowhere does it say that Love = Must be with this person for eternity.

The power and energy of love is healing, self-healing, freeing, transforming, forgiving, and the greatest gift you can give yourself...and to others, whether they physically know it or not.







### **State of the Union**

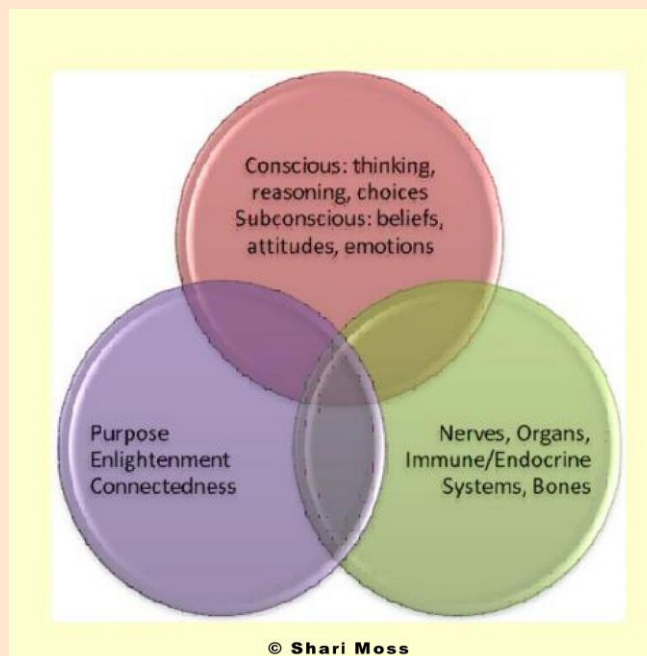
By Shari Moss

***How long till my soul gets it right can any human being ever reach the highest light*** - "Galileo" – the Indigo Girls

***The less I seek my source for some definitive the closer I am to fine*** - "Closer to Fine" – the Indigo Girls

*Note: This article is written from personal experience on all levels... mind, body, and soul...the experience of realizing the imbalance through the experience of it all coming back together. As you read, visualize your mind, body, and soul relating to what's being said as it pertains to your life... your surroundings... and your experiences.*

What better time than to check the status of our being than right now ... to tend the garden that lives within, let innate and environmental nature nurture, and let the blossoming begin anew. The garden that is us, of course, is our individual mind, body, and soul composite... each component making significant contributions and each component having the propensity to, well, need a little "tend"erness from time-to-time. The dynamic natures of internal and external conditions definitely influence the mind, body, soul garden and its equilibrium necessary for sustained flourishing.



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Continued ...

Mind, body, soul. Who presides over whom, if any? If you believe the soul knows what the soul wants, what gets in its way... when / how does the soul get what it wants... and how does it know? Is it that soul stimulates the mind which then directs the body (or any variation of the three)? How does the mind, body, soul let us know that something's outta whack? How much of the soul is revealed in the body/mind after we believe the mind/body is restored? Does the physical release as the emotional shifts its perception of experiences? Is the shift a shift in the mind's perception or is it more the soul's acceptance of experiences causing a shift in the body and mind to achieve equilibrium. Just how *do* they all interact?

These are questions we all ask ourselves, perhaps subconsciously, at some point. Questions the psyche continually attempts to seek answers to as we, as humans, assimilate ourselves into our own garden... to figure out what to weed, what to sow...

Imagine your mind, body, and soul each has a voice; that each is its own entity with thoughts, feelings, and agendas... some harmonious, some conflicting. Mr. Herbert Benson, M.D., of The Benson – Henson Institute for Mind Body Medicine, says “The mind and body communicate constantly. What the mind thinks, perceives, and experiences is sent from our brain to the rest of the body.”

Now imagine your mind, body, and soul sit down to a meeting... a “state of the union”, if you will, to check in and see how things are going and what needs to be done. Each one, then, presents its perspective of its own status as well as the effect of the others on itself.

Like the mind, body, soul – everything about our human form is interwoven. You got your ligaments, your bones, your nerve endings, all jockeying for their proper position. Toss in a few organs that need proper nourishment to function properly. Then sprinkle some mind altering external influences that ultimately impact our internal influences and, well, it can all get thrown it all into a tailspin... literally!

So I say, let's conduct a State of the Union summit, right here right now. The attendees? Mind, Body and Soul. Keep in mind that since this is the first State of the Union meeting we have a lifetime of catching up to do. Future meetings will be much shorter and require less intensity as we'll mainly be doing some housekeeping and fine-tuning.

Continued ...

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### ***THE SOUL SPEAKS...***

“Look, I came into this universal dimension with a purpose. You might say I didn’t ask to be here, you might say I did. You might say I chose my family, you might say they chose me. You might say I chose my experiences, you might say I was a victim of them. You might think I was brought here to right some karmic wrong, you might say I started with a pristine and pure clean slate. It actually matters not what you might say or which side of light or dark you might be on, because any perspective will always bring you right back to ‘I came into this world with a purpose’. The rest is just what I’ve had to navigate through and around in order to stay on course.

You see, I was told that I would not have to fulfill this purpose on my own... that I’d have you guys, Mind and Body, to work with... that we’d all work harmonically as a unified team. And, well, I gotta say, sometimes you guys don’t make it easy. From where I sit, we all came together as a package: Mind, you were totally devoid of any preconceived (and I use the term loosely) notions; Body, you were in perfect working order. I thought we were all good to go!

And then I saw it happen! I’ve seen what you guys have gone through... family, relationships, career, social life, economics, car accidents, sports injuries, and then some. I don’t know how you do it. And, I sit here wanting you to notice me... wanting you to know what I want. And I watch how frustrated you get when you try so hard to figure it out and you can’t; when you start questioning yourself, your decisions, your choices, who you are, etc. You want so bad to know what I want and I want so bad for you to be as pure as you were when we first met.

And, yes, there are times when I’ve felt like I’ve been murdered by what you’ve had to endure; when I’ve felt absolutely crushed and defeated. I’ve watched as you’ve struggled to overcome the hardships inflicted upon you... and those you’ve inflicted upon yourself. I’ve heard you as you pleaded to let me take the lead... as you pleaded for the strength and support to keep going. Frankly, I don’t know how you do it!

I’ve seen you off-track, side-tracked, and on the third rail. I’ve felt when you’ve caught glimpses of me – even as a child... and wow, the things you accomplished when you did. And I know you want us to all join forces so we can fulfill our collective purpose.

I know I know... you guys are probably a little upset because it seems like I keep this whole “purpose thing” a secret. Hey, it’s just as frustrating for me!

Continued ...

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You see, I don't know what it is either. It's like, well, ya know that "I don't know what it is, but I'll know it when I see it" kinda thing? It's like that. All I can tell you is I know when we're all working together 'cause it just "feels right". I've felt us click from time to time... deep down I know you know what I want... and we *will* get there! Call on me whenever you need to, I'll remind you why we're here. Push yourself just hard enough to keep forward momentum; just don't overdo and please be mindful, as you let me wander, to not let me wander too far.

And, don't be surprised if I pop in from time to time just to let you know I'm here and why you're here... I got your back!"

### ***THE MIND MUSES...***

"I can almost remember the day we got here. It was a tad of a rough ride, seemed like it took forever to get here, but oh the love I felt as everyone awaited my arrival. And oh how pure I felt when everyone first saw me. Others looked at me in awe and wonder; wondering who I'd be, what I'd be; they treated me with such loving-kindness and tenderness. The smells, the sounds, the smiles... well, they just all seemed like promises of good things to come.

I explored the possibilities as I took in everything around me. It wasn't long, though, that things just didn't seem right. I was hearing things I knew just weren't right and I seemed to have no ability to make it stop. Oh sure, I'd ask questions, I'd ask for explanations and I'd ask to just be heard... to no avail.

The strange thing was that I was hearing these things from people who, I was told, were the ones who knew things. In fact, some of the people were the ones who oohed and aahed when they first met us; and now, it seemed, they were contradicting themselves. Sometimes their words and actions were so harsh; towards me and towards others close to us. But what did I know. I was told what to know.

But it gnawed at me. If I tried to make it stop, it got worse. Sometimes when I asked for explanations, I watched you, Body, take the hit. And Soul, it seems as if it did something to you too. It was almost as if I had to squelch whatever you were telling me and whatever I truly believed because when I "spoke my mind" Body and I took the hit.

You know me, though, I'm like a sponge; I soak up everything, and well, all that made my filters not work properly and I believed things that weren't true.

Continued ...



Continued ...

I trusted what others said and not enough in you, Soul, or even myself. As you can see, I became quite conflicted between what I thought I knew and what I was told to know from people who were supposed to know. So I figured I was just confused and began to adopt their thoughts as my own.

You don't even have to ask; yes, that made me even more conflicted... because I knew I knew better and I knew that you, Soul, just went into self-preservation mode. And it seemed that the more I believed that stuff, the more I attracted stuff that supported those beliefs. Of course, the more I believed what I knew, the more I attracted stuff that supported those beliefs as well, but that seemed more difficult.

That's what trips us all up. I know as well as you guys that when I'm conflicted, it gets all of us out of balance and it affects everything. It affects our energy levels, it affects our nutritional choices, it affects our relationship choices, and it affects our whole chemical make-up, which, in turn, affects you, Body, and your ability to maintain proper functioning of all your parts. My weakened state makes us all weaker. And, well, your weakened states make us all weaker too. And it becomes one big vicious cycle.

I tried masking it all with synthetic substances that were supposed to help me, but, I now know that I was only making things worse, especially you, Body. Eventually, I caught on to this and found some folks and material to help me make sense of it all. I learned how to reset the filters, how to reconnect with you, Soul, and how to use both of us to "check in" and make sure we're only believing what's in our best interest. But sheesh, it is rough stuff. We had to almost go back to the beginning and apply these new filters to everything that we'd already soaked up.

I thought things were back in balance between all of us, but then you, Body, you started to speak up loud and clear. And it wasn't until you began zinging me did I realize that you had been letting me know when things were out of whack and I was ignoring you. Sure, I believed all that stuff that Louise Hay says in "You Can Heal Your Life" and I would nod in agreement when I'd look up an ailment and read the associated emotional foundation, but evidently I'd not paid close enough attention because ultimately you broke down as well... in spades. You knew that none of the temporary fixes worked... more of that synthetic stuff, whether designed for you or me, only seemed to make things worse.

Given that my support system totally broke down, it's no surprise that your support system totally broke down as well. I mean, I know there were other factors involved, but it just all makes sense metaphorically, doesn't it?

Continued ...



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We're all supposed to work together, that all the stuff I feed you through beliefs, thoughts, perspectives, nutrients or lack thereof, foreign substances in the form of synthetic drugs that you, Body, are not designed to process... well, it all just settles in our innards. We feed each other so it behooves us to pay attention to what each of us is doing.

I'll let you review that with us, Body. Before you do, though, I just want to say that once I started paying attention to you; once I found folks to help you get back in alignment; once I started changing up what I was feeding you... wow, what a difference! It seems that as I go through the process I find myself becoming more and more clear; I find myself getting more and more glimpses of you, Soul, and I literally feel the hold on my chakras releasing as they're given the freedom to open up and spin in the right direction one by one, and in concert, from the ground up! I've learned how to manage the "triggers"... new stuff that reminds me of the old stuff. We're working together again as a team and I love it!

Hmmm, isn't it funny, Body, that when things are knotted up with you, they're called "trigger points"? And things I need to pay attention to so I don't backslide are called "triggers"? Ya think there's any correlation? But I digress... it's your floor, Body..."

### ***THE BODY BELIEVES...***

"It seems like I was the last to know. Who knew that while everything else was breaking down so was I. I mean, I did give you hints from time to time, which I thought were important. I feel like I failed you. I tried to hold you up until I no longer could, but I had to let you know the only way I knew how... through pain. I know, for years, you tried to get others to listen yet they dismissed your literal cries for help. Oh sure, a shot here, a pill there, all of which only seemed to make things worse. All you were doing was trying to take care of me, wanting to make sure you kept us in line but they wouldn't listen.

Mind, sometimes it even seemed like they were blaming it on you. It seemed, at times, that you almost believed them, against your better judgment. But I know you, and I know you know that we affect each other and I know, for a fact, that you made sure you were okay and I know you used to do all kinds of things to make sure I was okay... so it wasn't that. But I sure made it difficult to really believe that, huh. I mean, I watched it affect every facet of your life... it seems like the more I was feeling crushed, the more I crushed you. At one time we were all very active; we were all getting 'er done and then things seemed to really slow down.

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If I remember correctly, it all started with that synthetic drug that was supposed to make me stronger. And I understand why. You know all about that heredity stuff and you just wanted to do a little preventative maintenance. But, that's when we totally shut down. And I am so sorry, guys, how it affected you. I mean, I've barely recognized you for years. I'm so glad you stopped giving me those.

Your taking those got me thinking, though. I realized that we are all getting older, that you took those to keep me strong, but I knew I wasn't strong anymore and I knew it had been building up for many years, and I knew that I just had to let you know what was going on in here so you could figure out how to help us 'cause well, you always do when you're, excuse the expression, "in your right mind". Making you think it was the pill's fault was the best way I could think of to make you take notice.

But, remember those car accidents? The ones where you didn't really think I was hurt 'cause there was really nothing to prove it? Remember those times you fell, either playing sports or working around the house or just being a kid? Remember how you used to contort me into all kinds of positions doing who knows what? Remember those traumatic events that really sent you guys into a downward spiraling vortex?

Well, all those things... they pushed me around a little. A bump of a bone here, a nudge of a nerve there, a muscle malfunction, a chemical shake-up... I'm telling you, all my innards were just all shoved out of place and didn't have the proper nutrition to keep going like we should. Isn't it eerie how, as you mentioned before, that as your support systems were breaking down, so was I?

And ya know, Mind, I never quite understood what I witnessed as you were going through your cleaning out process. I mean, I would watch as you experienced such pain, such frustration, such, well, despair. I never really understood how real that all was until all the focus was on me. But, OH MY GOSH, I sure do understand now! And I also now understand how you never really thought much about one individual incident, but there was that, excuse the expression again, "the straw that broke the camel's back".

But enough of that sad stuff, let's talk about the day that the moon and the stars "aligned" with you guys, and synchronicity sent us the right folks who were going to help get the rest of the toxins out and let us 'straighten up and fly right'!

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*The folks who know how to do the right things, from the inside out, with our bones and muscles; the folks who know what our innards are supposed to look and feel like; who know where all those parts are supposed to be and can gradually put them back there; who know how all those part are supposed to work together.*

WOW, what a painful process it's been as I get my parts shifted back to where they're supposed to be. And Louise Hay was right. I'm highlighting the pain in areas of me emotionally associated with the metaphysical aspects of those parts. Think about those folks and traumatic events and how you realized how they were affecting us from being our true self. Now think about the parts of me hurting the most through this process and how it moves around as we clear it out.

Even more, think about how much better we're all feeling as *everything* opens up. Mind, I see you're being more active again as you, Soul, are more often allowing us to remember why you're here. And the way you guys have been taking care of me... wow... I love it when we all work together! We're such a good team!

I'll use the Chakras to help illustrate...

*My hips:* The hips are associated with the Root and Sacral Chakras which relate to family of origin, fertility, and creativity. Mind, you'd have to agree that some shrapnel has been hanging out there.

*My torso:* The torso is associated with the Solar Plexus and Heart Chakras which relate to your personal power, relationships, and love. Mind, Soul, again you'd have to agree there was massive toxin build-up there too.

*My shoulders:* The shoulders can be associated with the Heart and Throat Chakras which relate to relationships, love, and communication. Not to mention shoulders are also used in metaphors relating to burdens. You know, "shoulder the burden". Well, there's been lots of burdens haven't there? And, we all said earlier how folks wouldn't listen, and how sometimes communication just didn't work the way you thought it would.

*My neck:* The neck is associated with the Throat Chakra which relates communication and being able to express oneself. No need to review this one, huh!

And, not to leave any Chakras untouched, we all know how all those affect our Third Eye and Crown... our ability to trust in our own intuition and that connectedness to our soul and the energy around us.

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It's also interesting how my left side and right side have been affected vis-à-vis their relative maternal and paternal aspects and influences therein and thereon.

But WOW, what a process! It's downright mind - boggling (oops, another excuse the expression) to feel us all coming together again... to literally feel all of us shifting to our rightful places... to literally feel the shrapnel and toxins being released... to literally feel all our Chakras opening up, clearing out, and energizing... to literally experience every aspect of mind, body, and soul alignment!!!

And *that* is the essence of Quantum Psychology... to become the experience and let the experience become a part of you, let the experience reveal the soul's desire. And, as you experience each experience's contribution – past and present - to align your body and mind with your soul. It is then that YOU create your future and more balanced experiences.

So, there you have it... the first State of the Union meeting of mind, body, and soul. With that, I urge you... take a leap... do some "house" cleaning... tend your garden... the house and garden of YOU. Sit quietly and listen to your soul... visualize what your soul is telling you about you. Then listen even closer to what your body and mind are saying / doing about it. Let the cleansing begin. Allow yourself to "feel" the emotional and physical release as you feed your body and mind with the right fuel to keep things aligned and tuned!

And as you're doing that, listen to the songs that introduced this article: Galileo and Closer to Fine. It's always good to have a little music to "clean" by.





## ***Heavy Metal***

By Loni Haas

Do you have a special piece of jewelry you wear all the time and just feel lost or out of sorts if you forget to wear it? Do you prefer silver to gold or are you into jewelry that is crafted from stainless steel? Did you know that whatever metal you are wearing on your body holds a vibration that affects your body and so does any metal object that you keep in your intimate environment?

Working and healing with crystals, minerals and gemstones also requires knowledge of the healing vibration qualities of various metals since people will often wear jewelry as a supplement to vibrational healing and chakra balancing. In Ayurvedic Medicine for example, pieces of personal jewelry are actually prescribed and made according to prescriptions for the patient for various reasons. Decorative objects made of metals that are in the immediate daily environment also figure into the vibrational scheme of things. Let's take look at the healing and magical properties of the most popular metals today, gold, silver, copper and steel.

### **GOLD**

**Numerological Vibration: 2**

**Astrological Association: LEO**

**Planet: SUN**

**Element Association: FIRE**

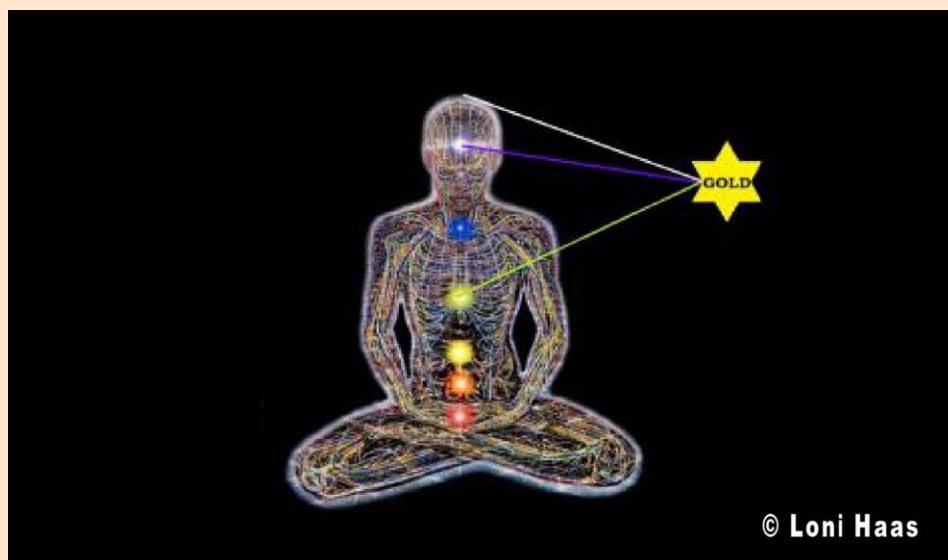
**POWERS: Healing, Protection, Wisdom, Money, Success, Male Sexual Dysfunction**

Gold has been called a Master Healer as it is an excellent mineral for purification of the physical body as well as a stamina enhancer. Esoterically speaking, gold symbolizes the purity of the spiritual aspect of "All That Is" by allowing one to both attain and maintain communion with the source of all being. Gold promotes the capacity to "learn" new things and new concepts while eliminating any self-imposed feelings of inferiority or self-reproach because "it didn't sink in right away."

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Gold produces energy that is both cooperative and receptive to extensive use with gemstones and crystals and it will both attract and maintain the qualities of whichever stone of which it come into contact. Gold activates the heart chakra especially if worn on the left hand side of the body and also affects, opens and activates the Brow and Crown Chakras.



In its pure form, gold can be used as a nervine tonic. It has a beneficial impact on the mind, increasing memory and intelligence. It is an Ayurvedic healing remedy for strengthening the heart and improving stamina. The healing properties of gold are used for: mental faculty enhancement, nervous system booster (i.e. treatment of multiple sclerosis), digestion, circulation and pulmonary improvement, arthritis, skin cancer, blood disorders, pneumonia, vascular disease, heart disease, eye problems, paralysis, tuberculosis, relief from nightmares, spinal problems, rejuvenation of the endocrine system, regeneration of tissue and skeletal structure, balancing of right brain/left brain in such conditions associated with autism, dyslexia, epilepsy and physical coordination. Gold is used by the medical profession in injection form to treat certain disease such as rheumatoid arthritis. It is used in limited doses and can have serious side effects.

Ayurvedic Method (please consult a registered practitioner before trying): A simple method to harness the healing energy of gold is to place the pure metal in two cups of water. Boil the water until half of the liquid has evaporated. The resulting gold infused water is charged with the electromagnetic energy of the element. It can be taken in teaspoon size doses, twice a day. Some people have a negative reaction to gold, usually in the form of a rash.

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## **SILVER**

**Numerological Vibration: 4**

**Astrological Association: Cancer and Aquarius**

**Planet: Moon**

**Elemental Association: Water**

**POWERS: Healing, Invocation, Love, Mysticism, Dreams, Peace, Protection, Travel, Money**

Silver is often used as a mirror to the Soul to stimulate seeing oneself from the outside of the body. This "sight" is considered wisdom without judgment and capable of recognizing the "superior man" or "higher self." Silver initiates patience and perseverance for engaging tasks and also regulates emotional and intuitive energies that enhance perception. It is thought to bring one "the advantage" in life. It improves one's quality of speech and even adds a dash of eloquence. Silver provides a strong connection between the physical and astral bodies and it is the "silver chord" that assures the individual can always 'come home' from the astral plane. It is also known to enhance the powers of the Moon and is a great energizer to keep around other stones during both Full and New Moons. If you are a Moon sensitive individual, wearing silver during a Full Moon can make you feel overwhelmed emotionally. You can balance this by wearing some gold with the silver. The noble metal is also known to "capture" images and almost one third of the silver mined today is used in photography in the processing of film.

Silver is a favored metal used with gemstones because it is able to both attract and retain unto itself any qualities emitted by the stone. If it is used to direct the energy of other minerals and stones, its malleability causes the energies to bend and even become circular. Within that premise, the vital energy centers can be concurrently opened, stimulated, cleared and activated. Silver is energetic dynamite because it is a psychic influencing metal. Silver is mainly associated with energetic stimulation of the Brow and Crown chakras.

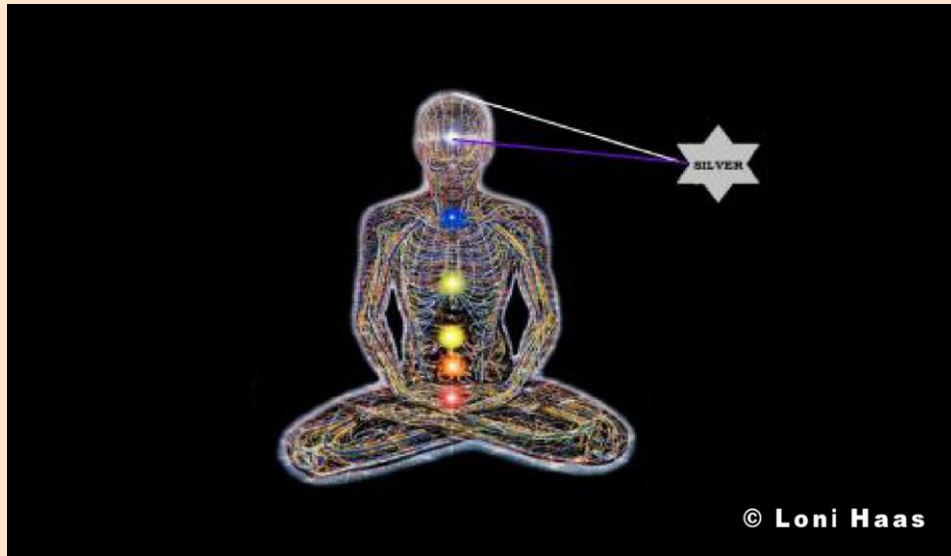
Silver helps cleanse the body via the pores and it eliminates toxins at the cellular level. It can be used to treat hepatitis, to increase assimilation of Vitamins A and E and to ameliorate disorders concerning unstable vision. It has also been known to calm nerves. In Ayurvedic Medicine, Silver is considered a cooling metal and like gold increases strength and stamina.

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This metal is used to treat fevers, weakness, and internal inflammation, especially conditions of the intestines and gallbladder.



Ayurvedic Method: To use the healing power of silver you can make infused water in the same way as gold water. Another method to receive the benefits of silver is to drink warm milk which was heated in a silver pan. Again seek the advice of a certified Ayurvedic practitioner before trying.

## **COPPER**

**Numerological Vibration: 1**

**Astrological Association: Taurus and Sagittarius**

**Planet: Venus**

**Elemental Association: Water**

**POWERS: Healing, Energy Direction, Luck, Love, Protection Money**

Copper provides a harmonic connection between the physical and astral bodies and it also aligns the subtle bodies. It has been successfully used to amplify and transmit thought. It conveys the message that there is no need to "seek" love or constantly "search" for life but rather release all self-imposed restrictions that one has imposed upon the Self.

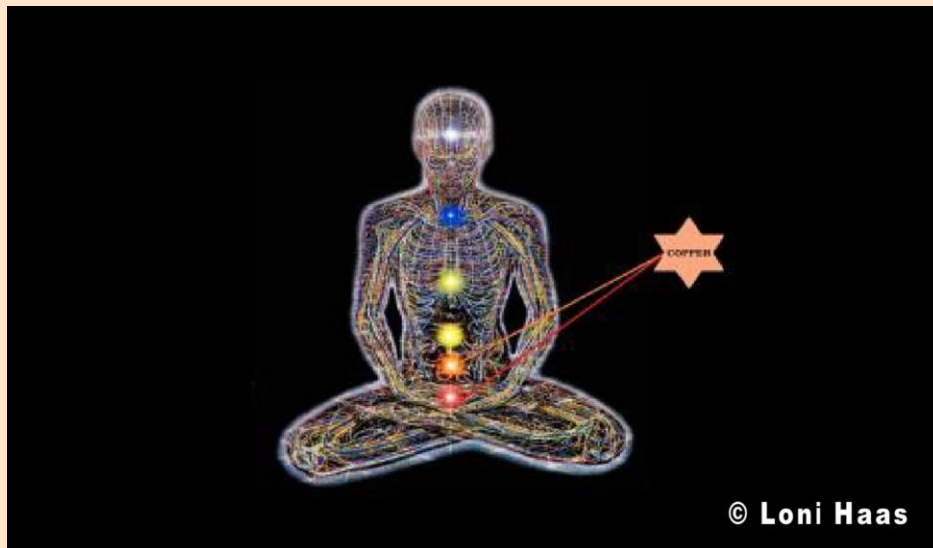
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The energy of copper can be described as philosophic free of bias and orthodoxy. It is believed to assist in policy making and policing where "right attainment" is necessary.

Copper activates and opens the Root and Sacral Chakras thus advancing and stabilizing the energies of intuition, vitality, desire and sexuality while directing these energies towards evolution. This noble metal is capable of conducting electrical impulses and magnifying energy transfer from a healer or from other minerals and stones to the healee.

Copper can be used to stabilize and balance blood flow within the body and increase circulatory functions when needed. It is a "wound cleanser" which fights off bacterial infection. It has been used in the treatment of arthritis, bursitis and metabolic imbalance. In Ayurvedic Medicine it benefits the liver, spleen, and lymphatic system. It is also used to treat obesity, edema, and anemia and is used for problems with excess fat.



Ayurvedic Method: A simple treatment for healing is to place a copper band around the arm, a copper ring on the finger or to use some of the new sports hosiery products that contain copper in the fabric. Copper should not be used in elixirs.

## **STEEL**

**Numerological Vibration: 7**

**Astrological Association: Aries**

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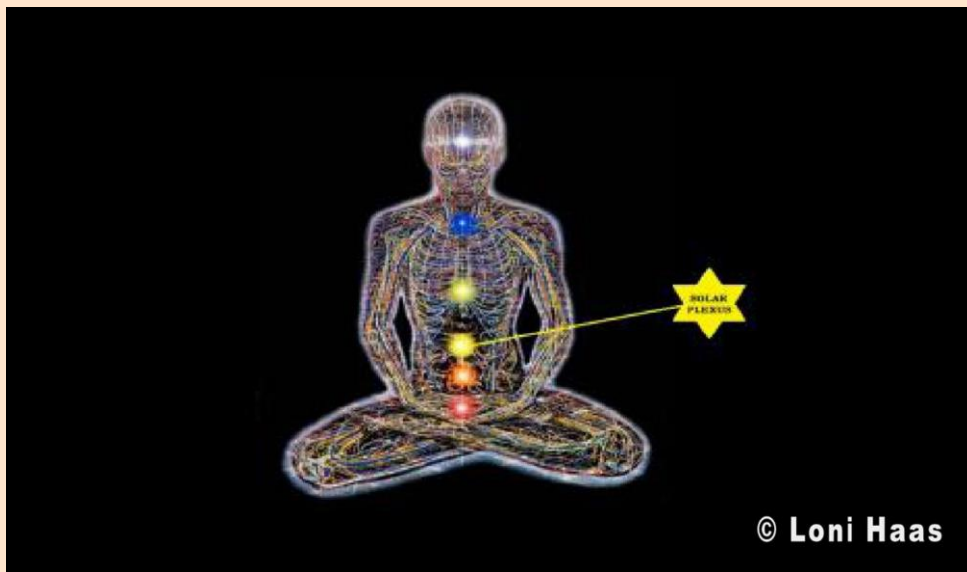
**Planet: Mars**

**Elemental Association: Fire**

**POWERS: Healing, Protection, Anti-Nightmare**

In the grand scheme of things Steel is a relatively modern metal and has in the past few years taken on popularity in the world of jewelry even being set with precious stones. The energy of steel is thought to be projective and protective - a sort of offense/defense all rolled into one. A steel ring is believed to be the ultimate protective amulet. Steel blocks negative impulses that can disrupt the etheric field. It brings about mental and emotional balance while aiding in the dismissal of traditional issues that no longer support personal growth and in the creation implementation of new ideals. It also confers invulnerability.

Steel activates the Solar Plexus chakra and balances the energies of the body and helps maintain body chemistry.



Ayurvedic Method: Ayurvedic Medicine favors Neti Pots made of stainless steel and since it also emphasizes the need for proper oral hygiene, including daily scraping, gentle, of the tongue to remove harmful bacteria steel tongue cleaners are also favored.

Try to always add consideration to metals when you are purchasing jewelry or other personal items. A good metal might be just what you need!





## ***Random Thoughts***

By Li Huan

Random thought wrapped in silent sighs ...  
Sounding through the void,  
Its pulse beating in sluggish time,  
Extirpating the valley of rhyme.

And previously pensile words  
That culminated on the air  
Hastened themselves to fasten a grid  
Flattering the ego, challenging the id.

"Random" is only a perception. As it relates to thoughts, no thoughts are truly random. Humans think in a connective way, a connective psychology ... that is our thoughts are driven by other thoughts, things we see, or things we experience.

A day in my life ...

How did my thoughts get "here" from over "there" while perusing TV channels?

"CLICK"

News:

Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.

General News commentaries:

Light travels faster than sound. This is why some people appear bright until you hear them speak.

Do not argue with an idiot. He will drag you down to his level and beat you with experience.

Political Commentary:

Politicians and diapers have one thing in common. They should both be changed regularly, and for the same reason.

Why do Americans choose from just two people to run for president and 50 for Miss America?

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Some people say "If you can't beat them, join them". I say "If you can't beat them, beat them", because they will be expecting you to join them, so you will have the element of surprise.

My opinions may have changed, but not the fact that I am right.

“CLICK”

Rerun of *Sex in the City*:

Sex is not the answer. Sex is the question. "Yes" is the answer.

Men have two emotions: Hungry and Horny. If you are not satisfied, make him a sandwich.

I didn't say it was your fault, I said I was blaming you.

Good girls are bad girls that never get caught.

“CLICK”

Laxative Commercial:

Never, under any circumstances, take a sleeping pill and a laxative on the same night.

Do crowded elevators smell different to short people?

“CLICK”

Paint Commercial:

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

“CLICK”

Rifle Association Commercial:

We have enough gun control. What we need is idiot control.

“CLICK”

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I intend to live forever. So far, so good.

“CLICK”

Traveling Antiques Show:

A bargain is something you don't need at a price you can't resist.

“CLICK”

Rerun of *Supernatural*:

Some people hear voices ... Some see invisible people ... Others have no imagination whatsoever.

Does this rag smell like chloroform to you?

With sufficient thrust, pigs fly just fine.

“CLICK”

Learning Center Commercial:

Knowledge is power, and power corrupts. So study hard and be evil.

“CLICK”

Greeting Card Commercial:

Card: "I'm so miserable without you, it's almost like you're still here."

Nostalgia isn't what it used to be.

Turning OFF TV:

God must love stupid people. He made SO many.

Turning ON Computer:

A TV can insult your intelligence, but nothing rubs it in like a computer. After all, you're never too old to learn something stupid.



## ***The Energy of Starlight Vibrational Healing***

By Jayne Wood

“Stardust fell from the sky and into my hands.  
As it swept through my veins and became a part of my body it became a part of my soul. I am humble for I am made of earth and noble for I am made of stars.”

~ Jayne Wood

On October 21, 2000, in the light of the waning Moon, our Earth's orbit carried us into a stream of dusty debris from Halley's Comet. On that night, I was physically showered with Halley's stardust and received an intense, life changing attunement. The full story of this event is reserved for students of Starlight Vibrational Healing to preserve its sacredness but I can share with you what the attunements to this energy opens for recipients.

The Starlight Vibration Healing attunements bring in the energy of the stars as it energetically connects and switches on our own stardust to unite us as one with the Galaxy. The Starlight energy activates the Galactic Ray and opens the gate to our stellar evolution. Once the Starlight attunements have been activated, the **Gateway Chakras** are opened as fully as the level of a person's personal frequency will allow and the flow of energy begins.

- The first of the Gateway Chakras is called the **Golden Crown Chakra** and is located just above the Crown Chakra. Once cleared and flowing, the memory of the Soul can be accessed through it.
- Above the Golden Crown Chakra is the **Causal Chakra**. It regulates the flow of energy from the Soul Star Chakra to the body which enables the physical body to attune itself to the increased energy of soul consciousness and higher frequencies of light.
- Above the Causal Chakra is the **Soul Star Chakra**. It is through this chakra the Soul enters the physical body at the time of incarnation and leaves the physical body at death. Access to the Soul Star Chakra increases direct contact with the Soul.
- Above the Soul Star Chakra is the **Stellar Gateway Chakra** which opens a tunnel of pure light that connects the Soul to its Divine Source. This tunnel is called the **Cosmic Channel**. Activation and clearing of this chakra opens a **Cosmic Doorway** through which access is obtained to all of Light's resources. It also enhances communication with enlightened beings that exist beyond this physical world.

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If you would like to read more about this energy, see the event chart concerning this night by Star Logic Astroynamics, and read personal testimonials from those who now carry this energy visit <http://www.JayneWithAy.com>



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**Dr. Darshana Hawks** (*How to Love a Person Who Hurt You*, pg. 30)

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**Shari Moss** (*State of the Union*, pg.32)

Shari, a Certified Marital/Family/Couples Therapist and previous owner of a Metaphysical Shoppe aptly named Synchronicity. She left Corporate America after 23 years to pursue her life's purpose and dreams - becoming an author and singer / songwriter whose works and verse aim to share what she deeply believes to be the menu for creating, maintaining, and savoring relationships filled with emotional, spiritual, and physical connection.

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**Jayne Wood** (*The Energy of Starlight Vibrational Healing* pg. 50)

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# PHENOMENA Files

ONCE THE FEAR IS GONE  
THERE WILL BE NOTHING  
ONLY I WILL REMAIN ...

**Section Managing Editor – John Holbrook PSI**

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**Sometimes we may all feel that we have been cursed when we have a string of bad luck, but how would you handle that real thing?**

## ***The Curse***

By Janine Lanz

Psychic attacks do happen and they happen more often today than ever before. You will hear some people say that negative energies and psychic attacks don't exist and cannot happen if you don't believe in them or give them energy by paying attention to them. Don't be fooled.

The following is a share about a bad experience and life changing situation that happened to a friend of mine. She has never been the same since it happened. The worst part is it all happened because of an innocent act. Some people don't believe what happened to her but I do. She is a straight up type of person. So, I will tell it and you can decide for yourself. I think most people here will understand it and maybe relate. I wrote it up thinking maybe it can help someone if they decide to handle or buy old things.

A few years ago my friend took a group trip to New Orleans for Mardi Gras. During their time there she set off on her own to take in some of the more obscure shops that specialized in antiques including magic items. In one of the shops she found a table of old books. One of the books looked like an old diary and she picked it up for a few minutes and examined the outside but never opened because she felt a strong urge to leave. By the time she got to the door she felt as though something was pressing on her making it hard to breathe. Once outside she felt well enough so she set out to catch up with her group but for some reason turned around to look back as she left the narrow side street that opened to the main street. At the end of the row she noticed a small woman all dressed in black. The woman had on a long black dress down to her ankles and had on a black veil that extended down to her knees. Since people dress in all sorts of ways during Mardi Gras she didn't think a thing of it – until she kept seeing the woman at a distance everywhere she went. She saw her next across the street on the main road, standing at a corner close to where she caught up to her group, outside the restaurant where they all went to eat and across the road from the hotel where they were staying. Each time the woman seemed to be getting closer. Several times she asked the others if they saw the woman in the black veil and everyone said, "No," as she seemed to vanish when anyone else looked in the direction that was pointed out.

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After that day she never saw the woman in the black veil again. Worse things started happening. These things only happened to her and never her roommate although the roommate witnessed them.


- Personal objects moving of their own volition.
- Personal objects disappearing and found in odd places.
- Waking up with scratches and bruises on her arms legs and chest.
- Waking up with a bite mark on her hand.
- Waking up to the sound of a loud crack and shattered glass which turned out to be a crack in the dresser mirror in the hotel room. There was no logical reason this happened.

Long story short, after she did some of her own investigation, she went back to the shop to talk to the shop who was clearly uncomfortable but at least listened. The book was no longer there and he could not account for it but did recognize the description and said it was an old grimoire from an unknown source (old grimoires were a common item in some of the shops). Further investigation revealed that the woman in the black veil had been seen by others after handling a strange book in other locations around the city.

Long story even shorter, she ended up needing emergency attachment removal. This was done by a Dr. "B." a voodoo high priest of the local vicinity. He explained to her that the grimoire she had handled had a Dark loa (spirit) guarding it and that it was fortunate that she had not read anything in the book. The ritual involved her bringing a new hand mirror. I don't know all of what happened as it is not something she talks about in detail but she said she sat with her back to a large free standing mirror while she held up the hand mirror so she could see the reflection in the mirror behind her. The room was totally dark except for a single candle although she could make out faint symbols on the floor and walls as well as shells and what looked like bones and feathers. A ritual was performed. When it was done the priest kept the hand mirror. She refuses to talk about what she saw in the reflection and has not been the same since.

Negative energies can be absorbed or can attach themselves to objects during the process of being made or by resting somewhere where negative energies exist. If you have the opportunity, ask an experienced antique dealer or shop collector to tell you some of their stories about negative energies in antique objects and furniture.



 In this technical age with all the electronic devices storing information could they also be storing something else?

## ***How to Clear a Website from Negative Attacks***

By Preter Pawalajie

**Everything** in this Universe is energy that is alive and intelligent. Energies from these sources can be positive or negative. Everything in the Universe, be it a person, place or thing, also has an aura that can be psychically attacked in a negative and corrupted way. Psychic attacks are flows of negative energy that can lodge in your body or energetic system around and in your body and, just like yourself, your website's energetic system can be bombarded with these negative energies causing numerous problems ranging from mechanical and technical disruptions to behavioral disturbances in members.

Spiritual people are in the habit of cleansing their homes and offices on a daily basis. A website can be a home or an office considering the fact that social or business aspects are conducted on a daily basis within its space. Negative energies can fill any space and move around infiltrating anything of which they come in contact. The virtual space of a website is not exempt – it is a creation that has a purpose, come in contact with users for one reason or another and it does have an aura. Social sites with chatrooms are subject to serious disagreements, violence, or other types of highly charged negative emotional situations delivered by members. Business sites with complaint contact emails or feedback sections are subject to the same. Envy, jealousy and any other form of ill will “aimed” at a site is also a problem.

Negative energy attacks can be felt as ‘heavy as a ton of bricks.’ It might be felt by the members of a site who, if sensitive might mention it, or, by a solitary owner of a site without members. So how can a virtual environment be cleared and protected? Here are some suggestions.

1. Cutting cords – Just as a person has invisible attachments to everyone in their lives known as ‘cords’ so does the virtual realm of a website. The owner of a site should imagine all negative cords being cut and released.
2. Claiming the space – A site owner/creator can claim the virtual space of a website as a place for positive action and activity by stating **clearly** what is wanted in the virtual space and what is not wanted in the virtual space so it can manifest accordingly.

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3. The Force Field – Just as a person images an invisible force field around themselves the same can be done to encircle the virtual realm of a website. The imaging of mirror shields or shields of Divine light are particularly effective.

4. Take out the trash – Just like a house or business, a website can become cluttered creating a nesting area for negativity. Clear out unneeded items and files, unnecessary images, decorations and even unproductive ads from the site. Some consideration to rearranging the look or function of the site may also be helpful.

5. The computer used to access the website should be divinely blessed daily with the intention of clearing and cleansing using a prayer or intention of choice. Keeping a crystal or two such as Citrine and Fluorite and Stibnite and Obsidian may also be a helpful addition.

Just remember, when you have completed the act of moving negative energy out of the virtual environment, you want to replace it with positive energy. This will infuse the space with the higher energy vibrations.





**What would it be like to have to share your house with unwanted visitors and how long could you stand the ghostly encounter?**

## ***Living in My Haunted Home***

By Marique Quinn

I wish to share what it was like to reside in a home with discarnate spirits ("ghosts") as co-occupants. It was a very challenging and sometimes a downright frightening and distressing experience.

After escaping an abusive husband I needed a place to live. I ran into an old male best friend from high school who had recently divorced and moved into his mother's home to take care of it while she was in a convalescent home. He said that he could rent me a room there. I thought it a marvelous idea as he was a large imposing man, and I would feel safe from harm in his home. My ex-husband did not bother me there because he was afraid of my "roomy", and that worked out well for me.

It was not long at all after moving in to the hundred year old home I sensed that something felt "off" with the house; it had an oppressive feeling upon entering the front door for me and I did not know why. The air felt flat to me and had an off smell and it seemed dismal even when the sun was shining through the big bay window in the front foyer. At first I thought that it was just me and that the emotions of leaving my husband of many years and being in a strange house were just bothering me. The feeling of something troubling me about the house went on for quite a while but I could never pinpoint what was troubling me about the house. Something just seemed off about the place from my first day there and I always felt uncomfortable and ill at ease.

Each time I entered the front door I felt an inkling of gloom and dread but did not have any idea why. Many times I would come through the door and the hairs on my arms and neck would stand up and I would feel a slight chill for no reason even when the house was hot. I found that odd. Slowly with my day to day living odd things began to happen. When I was alone in the house I began to feel as if there was someone in the house with me although I knew I was alone. I could not shake the feeling of being watched, at times I would get the sensation that someone was behind me and would feel what felt like breath on the back of my neck. That is how my experiences began.

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There were many things that happened that made me begin to believe that maybe the house was haunted, that made me think that it was not all in my imagination. I had lived in homes before that had had supernatural things happen and I do believe in "ghosts," and used to kid and tell my friends I was ghost magnet because so many weird unexplained things had happened in my homes I had lived in in the past. Different things started to happen at my new home that I could not rationalize to myself and I began to get apprehensive about living there, feeling the presence of "ghosts" once again in my life and was not all that happy about it. If it were not for the fact that I had a male roommate who was there most of the time, I think I would have moved out when I began to become uncomfortable being in the house. I did not wish to move however, because of financial concerns and because I knew I had a roommate who I had known for a very long time and completely trusted that could protect me from harm if need be. I liked the security of having a guy living in the home. I thought he could protect me or so I thought.

My roomie did not believe in ghosts, so when I shared my apprehensions, he laughed at my "silliness" and always managed to supply rationalizations about my experiences that seemed reassuring and calming in the beginning of my living there, but as time progressed even he himself began to feel something was off somehow with the house as well. He began to experience things he could not rationalize even to himself. We began to joke about living in a haunted house, but it bothered us both so I felt a lot better, and did not feel I had an overactive imagination, and that my sensations and experiences were valid after all. I mean if a grown man who did not believe in ghosts, let alone anything supernatural in nature, began to believe the house was haunted I did not feel so alone in my concern any longer and felt somehow vindicated. That kept me from packing up and striking out to find another place to call home. Thus my adventures with the "supernatural" began in earnest that house. What a roller coaster of weird my home had progressively become. It was "show time" for the spirits and a good show they put on.

One night about month after I moved in as I was laying in the single antique spindled wooden framed bed in my bedroom it felt like someone had yanked really hard on the leg of the bed and the bed itself moved or dragged about a four feet away from the wall the hall to see what all the racket was.

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My roomie thought it was hysterical to see me on the floor, and told me I needed to go on a diet, which made me laugh at that point at my totally ridiculous demise. (You really would have had to been there to get the full visual, it defied explanation, the legs took off one at a time and I was too shocked to do anything except hold on tight to the mattress as I swayed this way and that. The bed had held my 115 pound weight just fine the whole time I lived there up to that point. It appeared that the legs had been yanked off and that is what it felt like too.

This all happened so quickly, but for me it seemed like it was in slow motion. So there I sat on the springs and mattress on the floor very shaken, wondering to heck had just happened. All my roommate and I could do was laugh. It was either laughter or hysteria, not sure which. It did not seem so funny after I really thought about it and then all of a sudden the room seemed to drop about 20 degrees in temperature and all the hairs on my body were prickling and standing up straight.

My roomie, being a male and prone to want to solve all problems intellectually, inspected the bed and determined that he had no clue what happened. It made no sense at all. It looked like the legs were yanked off, and it felt like it too.

I felt at that time like I was in a scene from a horror movie or something and I did not like it one dam bit. For the rest of the time I lived in that house I just left the box spring and mattress on the floor and got rid of the bedframe all together, the incident had spooked me so much. My roomie, Roland, could not think of a single thing to rationalize what had happened so he did not even try. He simply shrugged and said "I think we have a spook, or maybe a bunch of them!" I said gee thanks for that thought, and sent him back to bed.

The same night as I lay on the springs and mattress I tried to go back to sleep. It was 3 AM so I decided to try not to think about it until the morning, and fitfully went back to sleep. It was not too long after I laid my head back down on my pillow when I felt a movement in my mattress right beside me. It felt like someone had sat down on the side of my mattress and that made me sit up with a start. . I could actually feel breath in my face, but my lamp on the bedside table was lit and there was nobody there but here was a big impression (hollowed out spot) on my mattress as if someone was sitting there.

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I hollered to Roland and he came running and told me that as he was laying in his bed trying to fall asleep that he felt like someone was pushing his face into the pillow. He always slept on his stomach with his face into the pillow and something was pushing his face into the pillow so hard that he could not breathe and could not get up right away when he heard me calling out. Finally he wrestled his face out of the pillow after nearly suffocating and came running down the hall to my room. He asked me why I screamed and I told him that something was sitting on the side of my mattress and he could even see the impression on the mattress right next to me plain as day. The mattress was an old goose down filled feather mattress and it got dents and "valleys" when you sat or laid on it. I got out of the bed very quickly and we both left the room as fast as we could and went downstairs and made coffee figuring that neither of us were going to get any sleep after that. There was to be no sleep the rest of that night or the next one either, we were both just too nerved up to go back upstairs. From that event things started to happen with great frequency. One thing after another continued to happen, many things that defied explanation.

I was a smoker and my roommate was not so I agreed not to smoke in the living area in the house. I set up an area in the cellar as a smoking area complete with an easy chair and a table and ashtray. I spent quite a good deal of time there because I was a heavy smoker and hated being outside in the cold of the winter. I always felt very uneasy down there but not enough to stop me from going down there. One evening I was sitting there smoking and reading a book and sipping my coffee and a wooden heavy steam trunk that was in the cellar started to make a scraping sound. I looked up to see what had made that scraping sound and noticed the trunk was no longer under the cellar windows where it had always been since I lived there, instead it was now in the middle of the cellar floor. That really frightened me because if "something" was strong enough to haul a heavy steam trunk full of old books about 9 feet into the middle of a room, what could it do to me. I quickly jumped up and literally flew up the cellar stairs to tell Roland what had happened. He came back down with me to see for himself and the trunk was now down to the end of the cellar under the window, only in a completely different place in the cellar from where the trunk had set for many years. That was very unsettling to say the least, and that was just the beginning of happenings in the cellar.

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One day I was sitting having a cigarette and actually watched the trunk move across the floor. The scared the hell out of me. I was up the stairs in a flash, shaking and kind of freaking out, I have to admit! After the moving trunk incident, other weirdness began to happen in the cellar.

We kept losing the heat because the furnace began to shut down for no reason, and when we went to the cellar to see why the furnace was not running the emergency switch was always turned off. So we would then trip the switch and the furnace would come on and the minute we got up the stairs the furnace would cut out again. Then we would go down and push the emergency switch again to start the furnace and by the time we would get back up the stairs the furnace would switch off again.

At first Roland figured that it was a faulty switch or a problem with the furnace because it was a very old furnace. We had a technician come to check the switch and furnace out and was assured that there was nothing at all wrong with the furnace, the wiring to and from it or anything at all wrong with it. The game of the furnace going on and off and all the subsequent trips to the cellar to restart it was getting very tedious, and in Maine in the dead of the winter, having the furnace going on and off was no fun at all and we were rapidly losing patience and exasperated with the furnace shenanigans. This continued to happen the whole time I lived there. Many times the furnace repairmen from our oil company and other repair men from other companies were called in, and every time they said that the furnace was fine. Also the pilot light would go out daily for no apparent reason as there was no draft in the cellar but still it kept going out so we constantly had to check and relight it. Our furnace and the cellar became a battle ground for us and a monumental pain in the butt, but my roommate could not afford to buy a new furnace so we were stuck tending to it constantly, as Maine in the winter is a very cold place when your furnace decides not to run.

After my living there for about 8 months, we decided to go to the Animal Refuge League to adopt their dog of the week, whose video was on the website. We fell in love with her from the video. We went and adopted her. She was a one year old female lab/shepherd whom we named Shana. She was a sweet and good-natured dog we were told and she took to us immediately and we were so happy to have adopted such an awesome dog.

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The moment we got her home and opened the front door, she obviously sensed there was something in our home that made her very skittish. She came through our front door for the first time and immediately scrunched down on her haunches and gave off a very low and throaty growl and seemed to be staring straight up the stairs to the upstairs, and she growled and cowered and actually peed on the floor as she growled and shook with the fur on her back standing up like a rooster comb. There was nothing that we could see but she practically physically dragged my roommate into the living room on the left because he was holding her on a leash and she obviously wanted to get away from the front hallway and the stairway very urgently. She was very riled and kept growling for quite a while and we could not calm her down. We figured it was just being away from the pound and in a strange home may have upset her. She did however seem more at ease in our downstairs, or at least for a time, but she definitely wanted nothing at all to do with the stairs leading up to the second floor where the bedrooms and bathroom was. When we went up to bed her first night there, she seemed scared to death about going up those stairs. We did not want her alone downstairs worried that she would go to the bathroom on the carpet or furniture.

We had to force and cajole her and literally drag her bodily to get her up those 13 steps and by the time we got to the head of the stairs she was already growling and her back fur was all standing up again...I brought her into my bedroom and she laid down on the floor next to my mattress on the floor but did not close her eyes and kept growling and looking into the corner of my room as if she was seeing something there, which of course to the visible eyes there was nothing or nobody there that I could see. Neither she nor I slept hardly at all that night, and I laid there thinking that I had gotten a dog to protect me but it looked like I would end up getting tired of her growling at nothing really quickly and end up being the one to protect her. The growling at nothing and the staring intently at things I could not see made me very nervous. I felt sorry for Shana because she was such a sweet dog, but she seemed afraid all of the time and I did not know how to make her feel any better.

About a week after we brought her home she seemed to see something invisible to us and was running all around the house like she was playing or chasing another animal. There was of course no animal there that we could see.

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She used to take her dog bones and take one to a particular chair in our house and leave it there and eat the other one. We used to then put the spare bone back in the box. She did this every time we gave her 2 dog biscuits twice a day. It was like she was saving a treat for another pet or something and I thought it was cute, at first anyway. Her behaviors at times were off the chart squirrely, so we took her to the vet's to make sure she was not having seizures or something because she would get so anxious in certain rooms in our house and get so frightened that she would lose control of her bladder and have accidents on the floor. There was one bedroom upstairs that she would absolutely not go in ever, and would just sit outside the room and growl and act like she was seeing something she wanted to attack but did not dare to do anything other than growl. The vet said there did not seem to be anything physically wrong with her, but maybe she had emotional issues from something that may have happened to her when she was a stray. Whatever was happening with her we felt very badly for her anxiety and being unable to console her.

One night I was laying in my bed and it was about 2 AM and my dog, who had taken up sleeping on my bed, started her low throaty growl and all of a sudden it seemed like someone had latched a vice grip on my big toe and tightened it. It shot a shooting pain through my toe like a nail had been driven through my toe, and then an unbearable pinching pain shot through my toe and all the way up the front of my lower leg. I tried to jerk my foot off the bed to get my toe where I could see it and out from under the sheet and blanket, but found I was unable to even lift my foot off the bed, and I sat up and flung the sheet off of my legs, and could see deep purple bruising circling around the middle of my right big toe, but was unable to make the dreadful pressure go away on my toe, and was unable to move my foot at all. I started to panic and screamed. My roomie came running and as he entered the room all of a sudden the pressure released and I was able to move my foot again. It was such a relief but my toe still hurt like heck. I told my roommate what had happened and he believed me because my toe was beginning to swell and the bruising became raised and well defined and it looked like finger prints. It looked as if someone grabbed my toe with a thumb and fingers and just pushed in and squeezed and pinched with force. He told me that he thought it might have been his deceased father who did it, because when he was a child and he overslept for school, his father would latch onto his big toe and squeeze really hard until he woke up, which he always hated!

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He thought that maybe his departed dad was angry, because his father always thought the world of his ex-wife and maybe he was angry because there was another woman living in the house with him. Of course that was simply speculation on his part but the thought of an angry ghost Dad did nothing to make me feel less threatened, that was for sure. During all of this commotion my dog never stopped growling. Eventually we all did get some sleep, but I never slept soundly at all after that. It was the first time that whatever was there got painfully physical with me. After that things would happen like feeling that someone was sitting on my legs in bed or touching my face and it was terrifying.

Roland had more episodes of having his face forced into the pillow and had been sleeping on his back because of it. Neither of us nor the dog were getting much sleep at all at night and more strange things kept happening that we could not explain. We would set things down in one place and leave the room briefly for whatever reason and reenter the room only to find that whatever we set down would not be where we put it, and sometimes we would find it in another place in another room for no apparent reason at all. Sometimes things would disappear and never reappear at all. How strange it was living there.

Sometimes I would get awakened from my sleep by hearing my name said very loudly right next to my ear...that really rattled me. Roland told me that his mother used to hear voices and music playing in her room and she always blamed it on having loud and rowdy neighbors. Roland said that his mother had used to call him to her room and ask him if he would call the neighbors across the street and tell them to shut off the music! She was hearing loud music, but Roley could hear nothing and told his mother it was all in her head (and he secretly thought to himself that she was old and getting senile and more than slightly dotty.) He later regretted thinking that because then he also started hearing music at night that seemed to have no source after I moved in. It was not loud, it was slightly distant sounding, but definitely discernible, loud enough that it used to keep us both awake at night wondering where to hell it was coming from. He only heard it infrequently, but I heard it every single night for as long as I lived in the house. The music reminded me of music from the 40s, although I could never make out the words, the melody sounded like Glen Miller type of music or ballads or something. Very melodic, soothing and pretty actually. It was just on the edge of my hearing...sometimes I even hummed along with it, although I felt really silly and my dog looked at me like I was nuts.

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So much stuff had happened to rattle us that Roland decided to sell the house. To keep our sanity, which was slowly dwindling, along with our health from lack of sleep and anxiety, it seemed like the logical thing to do. His mother had passed away while we were living there and he now owned the house so he put it on the market and he decided to move as far away from Maine as possible and decided to move down south to escape the Maine winters, which were very tough on both of us. I could not have been more thrilled when he asked me to come along and be a renter there. At least in the south we would not have to deal with buying fuel oil for heat and a "haunted" furnace that gave us no end of trouble the whole time we lived there.

It was a very old house and needed work and rewiring but it had charm and was in a very desirable neighborhood so we did not anticipate too many problems with selling it, but trouble came up right away. Many people who looked at the house told the realtor that there was something that they were sensing about the house that was disturbing to them but just could not pinpoint what it was. One person said it was like a gloom that struck them as soon as they walked in the front door. It was beginning to be problematic and we were desperate to just leave the house behind, but it looked like it was going to take a lot of time to sell it. We kept making improvements on the house and put a lot of money into it, hoping to get offers. Offers never came. We got very discouraged and Roley was very afraid he was stuck with the house, and he wanted out of there very badly. I was so pleased when he asked me to go to whatever new house he bought and be his roommate there too. At that time it seemed to me that we were stuck there in the house however, and that frankly scared and depressed me. I loved having a roommate that was a lifelong friend, and felt safe because I knew and trusted him. I did not want to consider just moving out and leaving him to deal with the house alone. I figured I had made it that far.

One day I ran into another high school friend who I had not seen since high school who is a professional psychic medium and also a "ghost buster" who does paranormal investigations. She is the owner of a paranormal investigation firm called Frontiers of the Mind. She also does many other things such as connecting people to communicate with deceased loved ones (like Jonathan Edwards's style) and she does psychic readings in person and via the phone with astonishing success. She teaches paranormal classes and is also an author.

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She has a great reputation in the field of the paranormal and so does her investigations firm. They do a lot of work for historical societies and all sorts of other work. Her investigation firm also performs what I call "spiritual house clearings" for houses that seem to have lingering spirits and other paranormal happenings.

Roland and I recruited her and her trained professional team to come to the house to do a spirit clearing. We were optimistic after reading about many other homes and haunted historical sites they had cleared.

Her team of 6 and she came and walked through all of the rooms in the house to pick up any information they could pick up about the presences there. Then they performed a beautiful ceremony of releasing the spirits to the light. At the completion of the ceremony there was like a bright vortex of brilliant light that shot up to the ceiling and then disappeared. We just sat there spellbound and in awe. She and her team found there were many spirits in the house, even a spirit of a white poodle (which explained for me what my dog chased and played with and shared her milk bones with)!

After the ceremony each of the investigators told us their impressions and what they had learned from the spirits. Each one filled in more and more details of what they had seen, felt, discerned and just picked up psychically. One investigator said there was an old woman riding up and down on the riding stair climber that told him to get to hell out. From the description of the woman, Roland and I surmised it was his deceased mother (who we thought was there because Roland's father's spirit was there.)

We were told that one of my deceased foster sons was lingering with me and afraid to move forward, and Roland's father was the toe pincher after all! There was the spirit of a man who had severely injured himself on my cellar steps when he lived there long ago and had bled to death there on the steps all alone.

There was a little girl there that may have been one of the original occupants in the early 1900s who had died naturally and was afraid to leave home, and there was an old woman's spirit as well, or so we were told. It all fit into place

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I still do not know how we ended up with so many earthbound spirits, but it was a moot point after the ceremony because after the ceremony was over the whole atmosphere of the house seemed to lighten, even the off smell was gone, and we could sense there was a peace in the house now.

It was interesting to note that some of the psychics who had been part of the ceremony said that the cellar was intensely uncomfortable for them to be in, and one of the psychics could not bring himself to go beyond the bottom of the cellar stairs.

He was getting the impression of someone's legs being badly injured on those stairs and there was a great deal of pain associated with those stairs and that he felt actual leg pain on the stairs that was very bad and he got ill. No wonder. I myself would feel something weird in my legs when I went up and down the stairs.

It was only after the clearing that anyone took any interest buying the house. We had had about 40 people look at the house and not a one showed any interest at all. Within a few weeks after the clearing we got three different offers and we attributed it directly to the home being freed from ghosts and the oppressing atmosphere that people were sensing.

We were very thankful that I had run into my paranormal investigator friend after years of not seeing her and were glad that she was willing clear our house for us. That house had been on the market for months and months and after the clearing it was only a few weeks before the house was under contract and sold.

We both were extremely thankful and relieved that we had been freed from that house and gave us the opportunity to move south and start a new life. I often wonder if the new occupants ever experienced anything odd after we left, but we hoped that the spirits that had occupied it had indeed moved forward into the light and were not earthbound any more.



## ***Helping the Dead***

By Olivia Constantino

At the beginning of my interest in paranormal investigation I did a lot of reading. I perused many periodicals, magazines and books and spent many hours at university and local libraries. One of the stories that always fascinated me was that of Margo Williams. She was an extraordinary woman who used her psychic abilities in the release of earth-bound spirits and is said to have helped in the release of thousands of lost 'ghosts' on the Isle of Wight, England. On occasion, artifacts that belonged to the earth-bound in their previous lives were found. The following are some of Margo's adventures from notes from my collected files.

Margo had been psychic since childhood but her abilities seemed to kick in later in life. On occasion she could see spirits but she always heard them even if she could not see them. She is considered one of the world's most powerful psychics and was often called by homeowners, businesses and also the Government to help remove presences that were often troublesome. She never went anywhere without pencil and paper.

It all started in 1976 when Margo who was busy in her kitchen, heard a woman's voice say, "My name is Jane." There was no one else in the house but Margo suddenly had an overwhelming urge to pick up a pencil and start writing down what the transient voice was saying. At first little sense could be made of the messages but 'Jane' kept visiting – over 70 times further relaying more and more information which was later validated in existing historic records. Eventually Jane was joined by other beings from all walks of life some of who could be tracked back as far as AD 1500.

In 1978, Margo and her husband Wally upon request of a friend Jenny Gibbons decided to visit Appuldurcombe House, a ruin in Wroxall on the Isle of Wight. Appuldurcombe House has a long history. It began as a priory in 1100. It became a convent, then the Elizabethan home of the Leigh family. The large Tudor mansion was bequeathed in 1690 to Sir Robert Worsley, 3rd Baronet. The present house was begun in 1702. Sir Robert never saw the house fully completed. He died on 29 July 1747. The house was greatly extended in the 1770s by his great nephew Sir Richard Worsley, 7th Baronet of Appuldurcombe.

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In a previous visit, Gibbons had felt uneasy at the site and wanted Margo to see if she could pick anything up. Margo with pad in hand began hearing a voice almost immediately.

The voice lamented that she was looking for 'Richard' who had wooed, her a mere dairymaid and deflowered by a clump of trees. She gave birth to his child who she named Thomas but Richard seemed to care not and tried to satisfy her by giving her money. The woman claimed her name was Mary Targett and that she would never leave the house until she found Richard.

During research by the Williamses it was uncovered that a Mary Targett did indeed exist. Richard Worsley was a governor of the island around the 1550s and in a book titled The Oglander memoirs, there was a chapter dedicated to the Worsley family history stated that Richard had produced a bastard son named Thomas by a dairymaid called Mary Targett. Further investigation revealed that Richard had died in 1565 and was buried on the island. When the trio went to look for Richard's grave, Margo felt that Mary had gone with them. Using Richard's tomb as a writing table a final message from Mary Targett came through:

*I have found 'ee Richard! Thank 'ee, thank 'ee ... I can go onwards. Richard I love 'ee.*

In the months that followed that year, Margo visited many other sites and took dictation. Out of 33 earthbound spirits, 12 were able to be identified by her husband Wally who used Parish records and other archives. Most of them also announced that they had been released.

And so it continued over the years ...

At the Old Park Hotel on the island Margo was confronted by the Smoking Man who turned out to be a man named James who loved the ladies even in the afterlife and was not at all shy to say so. He seemed to enjoy pulling skirts and touching ankles but as styles changed over the years and women had become so brazen as to wear shorter skirts the fun had gone out of it. Apparently, James had been waiting for Margo to send him on and on he did go.

The Honeymoon suite and the Restaurant of Old Park also had ghosts in need of release.

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The Honeymoon Suite was haunted by a disgruntled bride whose husband had left her alone on the honeymoon night for two hours and had come back smelling of cheap perfume. Furious, the bride stabbed him in the arm leaving him with a scar. The woman died three years later and claimed that when she died the truth was revealed to her that her husband did not cheat on her but had stopped to help a girl who had dropped her bag. There was a bottle of perfume with a loose stopper in the bag and when the husband stopped to pick it up, the perfume had spilled on his cuffs. The bride decided to haunt the room which many guest over the years who stayed in it claimed to smell the scent of perfume. The ghost bride was ready to move on and Margo obliged.

The Restaurant had a mischievous ghost who liked to cause trouble. In life he had been an unwelcome guest at the hotel because he always complained about the food and the service ... the least little thing was reported. He also enjoyed getting people in trouble and enjoyed scaring people during his special brand of haunting. When he confronted Margo he complained about having to leave and move on. He clearly harbored a grudge.

The ghost of a maidservant who took care of children haunted the grounds of Old Park. She wore a long gray dress and white apron had often been seen by guests. The legend about her claims she was seduced by a family member and hung herself in the attic however the ghost claimed she was seduced by 'Johnny' who worked in the garden and left her pregnant and moved away. Ashamed she took her own life. She claimed that she had been held back from Heaven and would accept help to move towards the light.

Margo was a spiritual pioneer and etheric servant. She passed away in 2009.







**Who knows where your job may take you or what you may have to do to stay in the light?**

## ***Where Evil Dwells***

By The Anonymous Buyer

Back in the mid 1970's, my husband and I enlisted the aid of a realtor to help us find a larger home. Our realtor whose name was Elke was a young and attractive Austrian born woman who had a witty personality with intelligence to match. Elke loved to share her varied experiences from the world of real estate and one day I asked her if she ever had any dealings with haunted houses. The story that Elke relayed to me still makes the hair stand up on my arms every time I retell it. Here it is...

The listing was for a beautiful custom designed home in a wealthy upscale neighborhood with many amenities. It had been occupied by a husband and wife with no children. The husband had a special climate controlled cedar lined closet built off the master bedroom for the wife's fur coats. Fur coats were not the only things that occupied the closet for the wife who was extremely depressed due to an unhappy marriage tied a rope around the beams and committed suicide by hanging herself in that closet. The husband moved out of the house shortly thereafter and put it up for sale.

The listing fell into Elke's lap mainly because most of the other realtors in her office would not handle it for one reason or another. So, on a lovely spring afternoon, Elke ventured out to the house and property to look it over so she could prepare her sales "pitch." After walking the property, Elke went to the back door, unlocked it and walked in through the kitchen. She placed her purse, paperwork and the house key on the kitchen counter near the back door.

Elke walked through the house and as she did, she began to feel somewhat uneasy. When she reached the master bedroom her uneasiness began to mount. She opened the door to the fur closet and was met by a cold blast so she closed the door without going inside of the closet. Elke was a very determined woman and she was not going to let her nerves or her imagination take control of her better sense so she continued her tour of the house.

Finally it came time to inspect the basement. The basement was very dark and even with the lights on the view was dim and the air felt thick. Elke made it about halfway through the basement when she stopped or was stopped dead her tracks.

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Her feet felt glued to the floor and she could not move. Suddenly something unseen that felt like a rope began to coil around her ankles. She was totally terrified because she could not see or discern anything but definitely felt it. The longer she stood there, the tighter the rope seemed to coil and constrict her legs. Elke knew she would have to overcome her fear and somehow she managed to break the unseen grip. She quickly fled up the stairs slamming the basement door behind her.

Once back upstairs she was able to maintain her emotions and clam down. She felt that this was enough drama for one day so she headed back to the kitchen to gather her things and leave. Everything was where she left it except the house key. Elke checked her pockets, purse and belongings, the counters, and the kitchen floor but could not find the key.

Thinking she might have mistakenly dropped it on the door mat she went outside to look around but found absolutely nothing. She inspected the grass surrounding the area and still found nothing. She headed back to the door to fetch her belongings and there was the key sitting squarely on the doormat. As calmly as she could, Elke retrieved the key and went back inside the house to collect her belongings. She wasted no time in leaving once she got back to her car.

Elke was a very psychic individual in her own right and felt that in good conscience she could not sell the house until a professional paranormal investigator investigated the house and property. She set an appointment to have this done but in the meantime she asked a personal friend of hers who was a professional psychic to check out the house. A few days later they drove out to the house together. It was mid-afternoon and the sun was shining and all appeared to serene.

They parked the car in the driveway and stepped out. The psychic took a few steps from the car and stopped refusing to go any further. She was silent for a while... just standing there "tuning in." She then turned to Elke and told her there was no reason to go any further. The house, she said was "evil" and that there were many negative things that had happened in the house and many terrible things that happened on the property over the years some of which predated the building of the house.

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She told Elke to stay out of the house until a cleansing was accomplished.

Of her own volition Elke took the necessary steps to get the house cleansed which was not an easy task to accomplish in the 70's. During the entire time that Elke was our acting realtor the house never sold and because I lost contact with her after purchasing my own home I never found out why evil chose to dwell on the property.





## ***A Haunting Share***

By John Holbrook

In the first few years when I started out conducting paranormal investigations I had some experiences that shaped my theories and beliefs. The first one was linked to a location that had always held my interest. It was near my house (about 8 miles) and it was an old cemetery that was called the Witch's Graveyard. From my understanding it was called this because of a couple of graves on the outside of the cemetery that were believed to be the graves of witches. There were also graves of slaves on the outside of the cemetery all buried in unconsecrated ground. The cemetery had a well-defined boundary and had not been used in many years at the time I was investigating during the late 70s early 80s.

During one of my visits to the cemetery I planned to take a friend to see what she thought about the area. My friend had begged me to take her the next time I went to the cemetery so I finally relented. Unknown to me until the day of the trip, she invited two additional people that I had never met. My friend had an understanding that anytime one is dealing with the supernatural all involved need to be in the right frame of mind and properly protected. So I drove the four of us to the cemetery on a Saturday afternoon in my S10 Blazer and we parked on a road that was across the railroad tracks from the cemetery. We spent three or four hours at the location split into teams - I and my friend together and the other two people together. We did not have any experiences at the cemetery except for an uneasy feeling when we were leaving.

The experiences did not start until we were all in my vehicle. The first thing that happened was as we closed the last door of the Blazer the door of the glove box fell off. It did not open - it just fell straight down for no reason. It was not broken and was easily put back in its place. I thought that someone may have been messing with my vehicle so I got out and checked the tracks around the vehicle and could only find our tracks. I got back in the Blazer and had a hard time getting it to start. It would not crank even though I had at least a half a tank of gas and the starter was working correctly. Before the battery started to get weak, the car finally did crank and ran like there was no problem at all. I took everyone home without turning off the engine until I got home just in case there was some other problem. I checked my Blazer thoroughly from top to bottom and did not find anything that was wrong with it that would cause it not to start. I also opened the door and slammed it several times trying to get the glove box door to fall off again with no success.

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The next day, I took my film to get it developed at the local photo booth. My friend called me up every day until I got my pictures back. She was sure that I had captured something on film because she was having weird dreams. She also told me that her friends had called her to tell her that they were having strange issues with their own car. I had not captured anything on the pictures that I had taken but after talking to my friend I knew that something was up with one or both of her friends. My friend said that her friend's car issue had stopped but that there other issues she wanted me to check on with her.

As we arrived at her friend's house I did not have a good feeling about it and after I was inside I knew why. The inside of the house 'felt' to me as belonging to someone who practiced dark arts or witchcraft. I did not draw this judgment based upon the books they had or all the different occult items they had all over the house but from the lack of anything that would be considered 'light.' The only thing that I could see in the house that was light was the walls and they were more a gray. All the candles that I saw were black or red and the upholstery and curtains were dark tones. It was a very dark and gloomy house and the dark feeling I had when I was outside the house was getting worse. We only stayed thirty minutes or so before we left which was none too soon for me.

My friend talked with them several times on the phone and they continued to have different problems, but I was not sure if it was residual from the graveyard visit or because of the energy in their house. I did have other friends that had visited the Witch's Graveyard without me who had no car problems or any other issues. I never knew for sure if the problems I had with my car were because of something that was trying to cause a problem from the graveyard site or if it was being generated by these two people that I did not know. The fact is that when I and my friend went to the site we protected ourselves and were not trying to conjure anything up... we were just taking pictures and respected the graves. I am to this day not sure about the intentions of the two other people on the site. This experience back in my early days taught me on a small scale that things can go wrong on an investigation and that they can have a residual effect.

I have always protected myself whenever I go on an investigation and there was once that I think that I was protected from going on an investigation. The story begins with an investigation that was planned for a Saturday afternoon that was several hours away by location. I did not set up the investigation but was invited to take part in the investigation by another paranormal investigator.

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The background story that I was told was that the site used to be a plantation that housed many slaves most of who were killed on the property during the Civil War. The investigator who invited me to assist on the investigation also said that the client was being very pesky about having the location investigated.

We made all the arrangements to meet at a local restaurant that was on the way to the investigation site. We had planned to meet up there and all ride in the same car to the site. I was the farthest one away from the meeting place and the site of the investigation and was going to have to leave at 10 am to get to the meeting place by 12 pm. So I set my alarm for 8 am and had all my equipment ready and in my vehicle before bed. I went to bed early because it was going to be a long day and I did not think that I would be home before 2 or 3 am.

It was around 6 am when I was awakened with the need to go to the bathroom and after I finished I went back to bed. Then at 7 am I was suddenly awakened feeling very sick. It was hard to sit up or even get to the bathroom. So for the next three hours I was so sick that I decided that I was not going to be able to go on the investigation. I called the investigator and cancelled and went back to bed. Then around 12 pm I woke up feeling really good like I had not been sick at all, no ill effects or fever. I knew that I could not get to the meeting point as I did not have the directions to the site of the investigation. I did not have any clue to why I had been so sick and then was suddenly feeling better. I did some work around the house, I had my meals and felt really good, now when I say I felt really good that includes not feeling depressed or guilty about missing out on the investigation. I was also in a very upbeat mood. On Sunday I contacted the investigator and was invited to look over photos taken on the site. I was also told that it was a 'really weird place' and that everyone who was on the team agreed on the way home that the place gave them the creeps.

The very next Saturday I met up with the team and they all had some interesting pictures - lots of orbs some of which were red. I did look at all the pictures and listened to each person's story of the investigation (most of the people that went on the investigation were hobby hunters and were not very objective). So when the rest of the group left, I sat down with the lead investigator and went over the pictures while asking questions. I noticed that most of the orbs were dust but there were some shadows that were out of place. From what I could tell the orbs that were red were from the redeye light that some cameras have or from a laser thermometer that they were using to take temperature readings.

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Then I saw something that caught my eye - there were red spots on some of the pictures that were taken outside/outdoors. The lead investigator took several pictures that had these spots. They were not orbs and always appeared in twos. I asked questions about the area outside and could find no natural or manmade reason for the red dots. The investigator did not even notice the dots until I pointed them out. There were other pictures of the same area taken at a different time and the dots were not evident.

The lead investigator said that the lady (client) that had originally contacted her was calling her every day for information asking when the team would come back out to the site. We discussed the psychology of the lady and decided that she was not mentally 'stable' and that it would not be a good idea to go back out there. The lead investigator received a call from the lady before I left and I did hear the lead investigator say that she would send a copy of the pictures but that the team would not be coming back out to the site. The lead investigator had a hard time getting off the phone and said the lady did go a little 'psycho.' We called it a night and I went home.

The next day the investigator called me and said that she had a tough night with bad dreams about the lady and that lady had called an additional two times. I advised the investigator to tell the lady that if necessary a harassment complaint would be filed if she did not quit calling the agency. The investigator said that she did ask the lady if she had seen the red dots before. She said that the lady got upset again and then asked who in the group had seen them. The investigator advised her that she had shown me the pictures but that I had not visited the site. The lady wanted to talk to me but the investigator advised her that she was the contact person for the group and it would not be OK to call me.

That night after we had talked, I had some bad dreams about the area that I had seen in the pictures. The red dots were not dots but eyes and they followed me everywhere I went and I felt very threatened. I awoke from the dream with the feeling that someone was in my room at the foot of my bed. I tried to turn and look to see who it was but I could not move - I could move my eyes but I could not move my body. Then I felt a pressure like something was on top of me trying to push me through the bed. I could not speak but I was still breathing and could only scream in my mind. The pressure changed from holding me down - it seemed to get colder and smaller and was trying to get inside me. I could tell that I could not stop this by myself; it was like I could tell by the way it was starting to feel that my willpower was not enough. Just my telling it to stop was not going to work so I started to pray and ask for Divine help.

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As soon as I started doing this, the feeling of cold stopped and turned into a feeling of pressure and then it was off me and I could move again. I sat up looking around my room and could see a shadow that was in the corner of the room where there was nothing to make the shadow. So I continued to pray and called for it to leave and to never return but now that I could move I said it out loud. I got out of bed and again in prayer demanded it to leave and never return. Then the shadow just faded away and the feeling in the room became more angelic. I turned on some light and looked at the clock and it was 3:05 am,\* so I then got out my sage and smudged the room before I went back to bed. I did not turn off all the lights and did not go to sleep right away. I did not wake up till late morning feeling sore and drained.

I called the lead investigator later that day to see how the team was doing; they said that they all had a tough night with nightmares. I told them of my experience and said they should do a clearing also just like I was going to do and that any equipment that they had used on the site should be cleared also. I did my clearing and did not have any other problems but the lead investigator had many different problems even after the clearing. I think that they were still having problems because the lady from the site continued to call the investigator.

Sometime later that year, I was talking to one of my personal spiritual mentors about the incident. My mentor believed that one of my guides or Angels kept me from going on the investigation because of what was there. My mentor thought that there were evil entities on the site and that because of the nature of the clearings that I had to do that it would have been bad to have gone there with the team. It would have caused more problems than actually happened and that the investigator's problems continued because of the contact with the lady. After talking with my mentor and doing some reading I came to believe that my mystery illness that morning before the investigation was to keep me at home. So my guides or Angel were trying to protect me from whatever was out at the site. It was my own continued involvement in the investigation after the fact that caused the attack. It is important to have protection when dealing with the supernatural and it is important to remember that the paranormal is not always 'Casper the friendly ghost' but something that may want to cause harm.

\*Note: 3:00 am - 4:00 am is considered 'The Devil's Hour' or 'Dead Time' by some paranormal investigators and is believed to be a time when paranormal activity and occurrence is at its height.



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**Janine Lanz** (*The Curse, pg. 54*)

Janine grew up in a haunted house occupied by a “friendly ghost.” As with many children who grew up in that type of environment, things supernatural seem perfectly normal to her. Janine lives with her husband and two dogs in that same family home. They are both paranormal investigators.

**Preter Pawalajie** (*How to Clear a Website from Negative Attacks, pg. 56*)

Preter considers himself more of a spiritual investigator which he feels canvases more of the supernatural realms and everything from ghosts to demons to angels. He has total dedication to God, the great creator and believes part of his path is to discern and fight evil in all forms. Preter lives in the US but travels to his birthplace Poland often.

**Marique Quinn** (*Living in My Haunted Home, pg.58*)

Marique currently is a private health care giver who enjoys portrait sketching, creative writing, shell crafting and jewelry making. She raised many children as a foster parent and two children of her own. Marique graduated from Business College, Cosmetology school, and then Medical school. Her careers included fashion model, cosmetology school teacher, beautician, catering service manager, administrative assistant for the state of Maine, workers compensation processor, bank loan processor, bank vault security officer, and a few other jobs.

**Olivia Constantino** (*Helping the Dead, pg. 70*)

Olivia considers herself a paranormal investigator in “training.” She is a research assistant to her older brother Philip and joins him in his onsite investigations. Olivia has an MS degree in literature and hopes to one day write a book based on her experiences. She works part time in a law firm and as a hostess and says people would be surprised how many personal supernatural tales clients reveal. She makes notes of course.

**The Anonymous Buyer** (*Where Evil Dwells, pg. 73*)

Anonymous Buyer prefers to use a pseudonym. She was raised in a small town in Connecticut founded in 1639 where ghosts and haunted houses are an everyday occurrence. She owns several “haunted family heirlooms” that she intends to write about in the future.

**John Holbrook** (*A Haunting Share pg.76*)

John has been a paranormal investigator for over 25 years. He holds a MS in parapsychic science. He is a highly gifted intuit and experienced spiritual counselor who specializes in crisis intervention including current life paranormal dramas and past life residual traumas. His friends tend to think of him as the “earth bound Michael” because he is always willing to help others overcome their fear of the darkness by showing them how to discern the truth of a matter.



# ARCANUS OBSCURUM



## AND DANCE HE DID UPON THE SIGNS

Section Managing Editors

**Marco X. Mascolo and Eliana Rosini**

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Do you ever use “old” remedies and wonder why?

## ***Taken With a Grain of SALT***

By Alva Lennox

Salt rituals are some of the oldest forms of magic and are still used even today. In these contemporary times, salt is used for protection, visualization and manifestation of money making and in healing. Salt has been regarded as “precious” throughout history. It was the main means of preserving food throughout long winter months before the advent of refrigeration. It has been central to religious, spiritual and magical practices because it is a pure substance considered incorruptible.

The Westernized name *Salt* comes from *Salus* the Roman goddess of health who was also known to the Greeks as the goddess of health and wellness Hygeia. The Romans and Greeks mixed salt in their sacrificial cakes and they also threw salt on their sacrificial fires. The Jews also used salt in their sacrificial and magical ceremonies. The Christians believed that salt and water were necessary and potent in restoring health and aiding in exorcism. Throughout many centuries, salt was placed in coffins as protection against the Devil as was the case with the Ancient Celts who posited a plate holding a pinch of salt and a pinch of earth on the breast of the newly deceased to represent the mortal and corruptible body as well as the immortal incorruptible soul. In Buddhist tradition, salt is believed to repel evil spirits and that is why after a funeral it is required that a person throw salt over their shoulder before re-entering their home to get rid of any evil spirits that may be attached to their backs. In 1933, the Dali Lama was buried sitting upright in a bed of salt. In Leonardo Da Vinci’s famous painting of the Last Supper, Judas Iscariot upturns a salt cellar which represents the breaking of the trust of friendship and ensuing retribution. The Shinto religion uses salt to purify an area. Sumo wrestling which is actually an Ancient Shinto Rite requires that each wrestler throw a handful of salt into the ring before entering as to ward off any evil spirits. In India the tradition of a “gift of salt” is still practiced, as it is believed to be a symbol of good luck. Many times salt was used with holy water to ward off evil or to increase physical strength and boost fertility. It is still used today in the preparation of holy water. Salt was greatly valued by the medieval alchemists who regarded it as one of the three major *essences* that made up life together with mercury (quicksilver) and Sulphur.

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In magic ritual, salt traditionally represents the Earth element and it is known to have a powerful “earthing” or “grounding” energy. In Ancient Pagan ritual and often today, salt is blessed in the name of a prevalent deity. Some of the widely used traditional Pagan deities are Brigid and Triple Goddess - Maiden/Mother/Crone. Classical Roman goddess Diana is popular or if one prefers Egyptian deities, Isis the Mother Goddess is appropriate. Sea salt is preferable over table salt but either can be used in ritual and should be kept separate in a wide necked glass jar with a lid, a silver dish or some unglazed pottery. Whatever is used to house the salt should be a container that is in its natural state. The container should be kept in the sunlight and then alternatively the moonlight for twenty-four hours (usually on a window sill or table subject to these *lights*) surrounded by small quartz crystals for generation.

In astrology, salt is ruled by the planet Saturn and the sign Capricorn. Saturn rules all crystalline forms and their symmetry and everyone knows that salt or sodium chloride (NaCl) is crystalline. Simply speaking salt has face-centered cubic symmetry. Defect free crystals have an optical transmittance of about 90% and they have been used in optical components such as windows and prisms operating in the infrared spectral range.

Sodium Chloride is also an essential element in the human body.

Today’s popular salt lamps are made from Bio-energetic crystal salt that was created over millions of years ago, when the ocean waters dried up in various parts of the world. When lit by a small, energy efficient light bulb, crystal salt emits an electrical charge, enriching our environments with health promoting negative ions. Negative ions help purify the air of allergens, dust, smoke, bacteria and more. These lamps are natural air purifiers that can help people with various health conditions including asthma, allergies and other respiratory ailments.

### CLEANSING YOUR SPACE

The following simple ritual can be used for one room or an entire house or apartment.

Mix a few pinches of sea salt (preferably) with pure spring water in a clean dish. Purchased spring water is fine but you can also use tap water that has been placed in a clear glass container which has been exposed to both sunlight and moonlight for twenty four hours.

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Sprinkle a few drops of the prepared "saltwater" in the four corners of the room. Place a small "outward" facing mirror or outward facing quartz crystal at each window to reflect back any negativity from outside.

If you are cleansing the entire house or apartment, you do not need to do this in every room, rather, just locate the room you consider the "heart of the house." You will need to mix a larger quantity of saltwater in a large metal or pottery bowl and place it at the center of the room and leave it there for twelve hours with the mirrors or quartz crystals facing outward at each window of the chosen room.

### SIMPLE AND BASIC PSYCHIC AWARENESS BATH

1 Tablespoon Baking Soda (bicarbonate of soda)

5 drops of Essential Oil (lavender is nice but take your pick)

The Juice of 1 fresh lemon

1 Teaspoon of carrier oil such as wheat germ or sweet almond

½ Cup Sea Salt

Sprinkle the mixture into your bath as you are filling in the tub. Enjoy!

\*A word about Black Salt. There are three types in this category:

Black Ritual Salt or Witch's Salt is used to drive away evil entities and negative energies. It cannot be ingested as it is made of the scrapings of charred herbs, ash and iron at the bottom of a cauldron mixed with salt.

Indian Black Salt or kala namak is also known as Himalayan Black Salt is Indian volcanic rock salt. It is commonly used in Asian countries for cooking as it is composed of Himalayan pink salt heated to high temperatures and blended with spices and herbs.

Black lava salt or Hawaiian black salt is actually sea salt blended with charcoal and is often used in cooking.





## ***The Hermetic Constitution of Man***

By Thomas V. Carroll

“Make idle the senses of the body and the spirit will be reborn.” - Hermes

What is man?

Man is the ultimate creation who contains a universe within him - a myriad of cells and atoms evolving within and without him. He is a perfect example of living architecture. According to the ancient view of Hermetic Constitution, man IS the following:

*A physical form:*

- Formed around a living spirit, a finite number of organic cells composing bones, blood, flesh and hair. Each of these compositions of organic cells is a miniature system unto itself.

*An electrovital body:*

- The ancient believed this to be a phosphorescent light that encompassed or outlined the skeletal frame and nervous system. It is electro-magnetic barrier inseparable from the physical body during life.

*An astral form:*

- This represents the persona. It is separate from the physical form and is the appearance assumed by the Soul. It was believed to be under the control of the dominating mind. It is absent from the physical body if the physical body is awake. It is responsive to the same pain and injury to the physical body during waking hours. It is this form that is susceptible to black magic attacks.

*An animal soul:*

- This expression is formless. It represents the lowest and selfish desires that are subject to the astral and material planes.

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*A spiritual body:*

- The ancients considered this a finely etherealized organism which was the Soul's expression of the heavenly raiment and the purified man.

*A Divine soul:*

- This was considered the part of the incarnated entity within the microcosm that was the higher arc of the universe. It was considered formless and the expression of good and unselfish aspirations. It was disassociated from the motives of the self.

*A Pure Spirit:*

- Also known as the Divine Self which never incarnates into form until the seventh state or perfection and everlasting is attained. It represents the divine atom of life.

In all of creation, man is unique as he has a dual nature. He is enslaved to the desires and lower material nature of his body and has fallen. In order to free himself from the world that tests him, man has to learn of his true nature in order to be saved and reborn.







## ***Fools and Magicians***

By Craig Hawthorne

Faith starts where reason ends. The fool has as much faith as the magician. The magician understands cause and consequence and as such is master of its effects, but the fool is yet to form an idea. Faith sustains them both as the fool has nothing else, he lives in a world where everything is. The magician in his world full of reasons, needs faith to keep order, or else falls into the pit, for if he has no faith then he becomes the master and for that he will struggle to find a reason and will strive to become the order.

But the fool needs also to be aware. For not yet having understanding or ideas the fool can also be an agent for innocent malevolence. But the fools' faith is short, in time an idea will form and the fool can no longer remain in innocent shape, for the fool must make a choice, the first time faith was pitted against his own reason.

Now the first time that faith and reason met, faith from the heart reason from the head, fear was born to cover both. For reason will always doubt faith, as faith will always undermine reason, so fear will drive both always onward.

To conquer fear is not to be un-afraid, but merely to bring reason and faith into balance, a unified point (or a still clear pool). Intention then comes into play. For when reason and faith are balanced, fear quelled, intention is thus revealed. Intention through force of will becomes action.

Reason is to know or understand the action of things.  
Faith is to know or understand that there is a reason.  
Love is the parent of faith, in its greater part, in its smaller a force of will.

So the fool, yet to know reason, through unknowing faith, be loved and loving. Yet when reason takes him on his journey, his first step will take him the furthest away. Through a maze of many colors will his reason and faith take him, shaping his fears and love, guiding his intent and his will. And so after time, the magician, (for which through mastery of reason and loving faith the fool shall progress to be,) may find himself challenging one of his pillars of being. For surely in the face of questioning reason, faith must surely wither. In time the magician may become tired of asking the eternally foolish question; "What is truth?"

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The magician shall have no more answers if he discards his faith. Fear of reason, love of faith, love of reason, fear of faith oh how the magician will envy the fool, just as the fool looked up to the magician, each thinking the other held all the answers. The mage that discards his faith will in time catch a glimpse of faiths' power, and through his arts be compelled to imitate that which he discarded. Through reasoning away his faith, he diminishes his capacity of love, until in time; "What is truth?" Becomes "Why love?"

The magician who keeps his faith, will find the answer to that question and in his being will find reason to exist, for truth is in experience not of experience. So through his experience of loving faith and capacity for reason will he answer; "Why love?" Love is all there is.

With this answer the mage is no more than fool.







## ***Prayerful Request OR Magical Demand?***

By Syd Alrruhi

Everyone knows that while magic differs greatly from religion they are both built upon two things – doctrine and ritual.

***More importantly***, they are also both rooted in “request” –

In religion, a positive request can occur when an individual believes he or she has a special relationship with God or the gods who are approached by humble prayer where Divine assistance is sought. In my personal experience, I have found that such requests are *carried* to Divine ears and do not float up there randomly. This may be because they are filtered for truth and sincerity. The guy who is praying for money because he is in dire straits will not get it but he would be heard if he requested to be shown a way to make the money for himself. Some meta-camps believe if you just put it out to the Universe it will be heard and granted because of the Law of Attraction. Funny little bugger that Law of Attraction – it doesn't always work the way one expects for the very same reason I just proposed.

In magic, the request is negative because it is not God who is dealt with but lesser spiritual beings who are believed to exist to assist in carrying out a plan (usually not the Divine Plan). Manifesting assistance and result via demand is contingent upon these lesser beings because they are believed to stand beneath all humankind and must listen and do whatever they are told to do when summoned. Some would argue that these beings are actually ‘assistants’ in carrying out God’s plan as in the case of angelic evocation but this does not excuse the motive. Such may be the case when dealing with the Key of Solomon. The belief that the King of Israel captured 72 spirits, emissaries of the gods and imprisoned them in a brass vessel that were later released by the Babylonians led to the assumption that these entities were available to do magical bidding. The point is one never knows what they will conjure and draw in despite appearances or ‘magical knowledge.’

The question from time immemorial is why would a human, a drop of Divine essence, even bother with forms of manipulation that never finish without an eventual negative consequence as in the result of conjuring?

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The reasons are very human and represent the worst of the race – greed, lust for power, revenge and often just plain old need to control.

Perhaps they might resist if they were lifted up to the plane where the request is heard. This becomes a complicated matter for there are many planes and sub-planes and even some peculiar nooks and crannies beyond what is commonly known as the physical, the astral, the devachanic, the shushuptic and the nirvanic. To limit ourselves to these five is a grave error. This is merely our mind constructing reason trying to make sense of the esoteric reality of it all. Students of slightly more advance spiritual reasoning will be more likely to claim seven planes, physical, astral, causal, mental, etheric, soul and spirit. The out-of- body journey through these planes ultimately results in what some coin as God-Realization. There have been many handles attached to these planes throughout human advancement just as there have been many names attached to the Masters – as I have said many times, the human race is only advanced to the point of reasoning according to mind construction and available knowledge. Depending where you as an individual are on your spiritual journey, you may know that all of this is just the tip of iceberg regarding how many planes exist, but, for the sake of argument this dissertation will be kept simple.

Using this simple reasoning, a magical demand is heard and taken up on the lower Astral Plane or to some the Epithymic Plane. This is best described as a psychic zone that surrounds the Earth and can pervade it. It is the most accessible of the Yetziratic worlds because it is the closest to Earth. Plenty of unsavory phenomena there ... much to choose from and rarely does an individual actually conjure what they wanted. It certainly might look that way but I have not seen it happen yet and that is because 'demands' get filtered there as well prayers do on the higher planes. The assistance is designed to fit the so called demand (or crime) – all of this unknown to the practitioner. The shape-shifting, delusion loving entities that come to play, come to drain the practitioner from their power source (solar plexus) slowly. They thrive on leading the practitioner to excess which often proves fatal. Eventually this will be experienced in a physical manner as if the individual were being sucked dry by a giant straw (as I have often heard it described). Those practitioners who deem themselves to be a little smarter will attempt to extend their sensorium outward to the astral psychically to 'shop' around but, they still become duped. Astral traveling for this reason doesn't seem to work either.

As the Rolling Stones song says: You Can't Always Get What You Want – But You Get What You Need.

Not exactly.





## ***The Ancient Magical Mindset***

By The Olde Occultist

“Magic is the knowledge that teaches the practical application of the lowest forms of nature to the highest laws of spirit.” ~ Occultist Franz Bardon

The art of magic has taken many paths throughout history. There are as many different types of magic and combinations of magic as there are magicians with different intent. Among them are Black Magic (malevolent), White Magic (positive), Gray Magic (justified using curses), Ceremonial Magic (ritualistic), Chaos Magic (1960s, Austin Osman Spare, ritualistic and evocative), Liber Null (black arts and altered states of consciousness), Composite Magic (combination of religious influences), High Magic (ceremonial aimed at spiritual enlightenment), Folk Magic (traditional spellcasting and remedies), Practical Magic (applied and psychic), Ritual Magic (Western occult discipline of high ceremonial magic), Sympathetic Magic (distant through connection) and Transcendental Magic (transcendental ritualistic).

To the ancients, all things that existed had a spiritual and material essence. Everything in creation was also interconnected so magic was believed to exert forces on probabilities manifesting them into the realm of matter. To the Ancient magicians, the only difference between a living thing and that which “appeared not to live” was a difference in spirit. Everything had a spirit. Man was believed to have a spirit and a soul and thus stood above and transcended all things. Man had greater mobility and the opportunity for self-consciousness was paid homage by all that was lesser than he yet when it came to magic man had rules. The actions of man were governed by laws and sub-rules in magical doctrine:

The Law of Sympathy states, “A mysterious or spiritual link exists between anything in the world and *any one or more of its parts.*”

The Law of Imitation states, “Because there is a spiritual link between anything in the world, one can cause spirits to imitate certain acts thereby producing certain phenomena.

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Rule of Parts – Even though something is no longer connected to something else, one disconnected part can still affect the other part.

Rule of Contagion – An article that is close to a person such as a prized personal possession forms a connection to that person and that person can be influenced by another person who steals or becomes in possession of the article by performing magic on it.

Rule of Three – Evil magic that is cast will rebound on its castor threefold.

In some of the older beliefs a practitioner of magic was thought to be more powerful if the age of the magician ranged from 22-26 and then from 30-55. Gender did not matter but fair-haired magicians were thought to be the most powerful especially if they had full lips. A “magical name” was also important especially for the newly initiated and it could be changed as the magician’s status and knowledge grew more powerful.

Numbers, seals, signs and seasons were important factors in harnessing power. Magicians often relied on the Magic Squares or Kamea whose numbers were keyed into the vibrations of the known planets Sun (animation/Sunday), Moon (transforming/Monday), Mercury (Healing/Tuesday), Venus (affecting/Friday), Mars (defending/Thursday), Jupiter (bringing justice/Wednesday) and Saturn (altering time). These were often incorporated into sigils and amulets of great power. They also might be drawn into the Magic Circle depending upon the intent of the magician. The sigils of Fixed Zodiac signs of Taurus, Leo, Scorpio and Aquarius were nearly always incorporated into magical works because they were considered the signs of power and strength (and still are considered so).

The Northern constellations, Draco, Cancer and Gemini were thought to have useful associations with spells for protection, dissolution and communication. The Southern constellations Capricorn, Scorpio and Centaurus were thought to have useful associations with spells cast for healing, transformation and intellectualism.

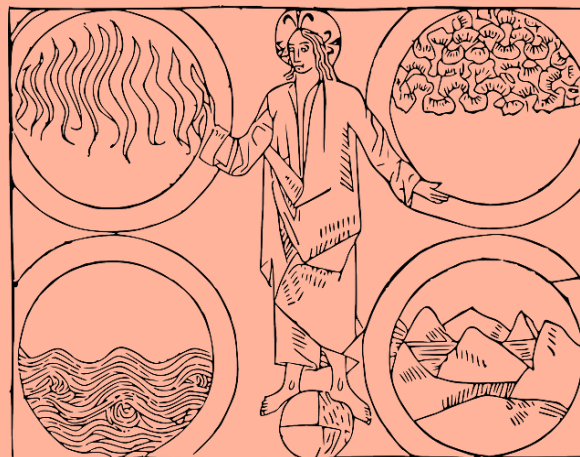
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The Cardinal Points of direction, north, south, east, west, and the elementals, Fire, Earth, Air and Water also factored heavily. Associations to the Moon, planetary hours and days helped the magician choose the right time to cast and conjure. Magical objects were generally made from whatever was available usually leather, wood, bone or horn as these could be easily engraved. Those magicians who had the means were lucky and could procure objects cast in silver. Items of gold were very scarce but thought to be extremely powerful due to the high vibration attributed to gold.

The 17th century ushered in a new-fangled thing called "science" which explained the events of the world by a popular new set of laws. The interest in magic waned and by the 18th century its prominence was only seen in personal or folk practices. The 19th century brought a revival of magic and with it an array of colorful characters including Eliphas Levi and Gerard Encausse known as "Papus" AND orders such as the Hermetic Order of the Golden Dawn which was founded by the Rosicrucians and Freemasons who were familiar with Eastern philosophy as taught by the Theosophical Society. Considerable contribution was made by the infamous Aleister Crowley and his Thelemic Magic. Whenever the word magic is seen being spelled as magick it is because of Aleister Crowley who preferred to spell the word that way in order to distinguish it from the lower forms of magic such as sorcery and spell casting. In the 20th century, magical occult teachings were carried on by "adepts" such as Franz Bardon, William Gray and Israel Regardie. Ceremonial magic literally went underground until the latter part of the 20th century with the upsurge of "new religions" such as Wicca and Paganism. It now seems as though the route of magic has come full circle within its own cycle.







## Sean

By Cait C. Strolewicz

Ever wonder about people and why things happen the “way” they do?

I thought I would share an uncanny story about *one day in the life* (as the saying goes) where some unexplainable and small wonders happened. I feel this was a supernatural event but I am no expert so I will leave it up to whoever reads this to draw their own conclusions. I do have my own opinion based as much on psychic impression as well as facts.

I work in a local mall four days a week for about two years now which has allowed me to become acquainted with many other store employees from various locations about the mall. Usually on one day or another at least six of us gather in the food court to share lunch and the “tales of retail” as we like to call them.

On a particular Sunday afternoon between the hours of 11:00 am and noon, several of us were confronted with a tall, strapping, blonde, good looking man who appeared to around the age of 27-30 years old. He had stopped in a variety of stores where he was either browsing or buying and had interaction with some of us. Here are the incidents as they were shared with me by other employees. I left out the actual store names and people names as that bears little influence on what happened and seems unrelated.

1. One employee of a cosmetics store had gone to work with a horrible headache which was getting worse as the hours progressed. She was doing double duty as salesgirl and working the register and was completely stressed. There were about seven people in line and “Sean” was at the end of the line with a small purchase. Most of the customers in line were pleasant but one asked the employee if she was not feeling well and of course, the answer was, “I just have a splitting headache.” That was when “Sean” stepped up, reached into his pocket and pulled out a brand new bottle of Excedrin and offered it to the employee. She was grateful and said she would go out to the stockroom for some water and be right back. When she came back, “Sean” was gone and the unopened, sealed bottle was still on the counter with a note written on the back of a store flyer saying: “Keep it – you may need more tomorrow.” It was signed “Sean.” She later told that she did indeed need the Excedrin the next day but that her spirits had been lifted inexplicably by the stranger who called himself “Sean.”

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2. Switch to a sporting goods store scenario: Two employees were setting up a very heavy display of custom wood and wrought iron garden arch. The initial framework had been partially assembled but it was discovered that a few extra tools were needed so employee #1 went off to get them. In the meantime employee #2 decided to clean up the wrapping and packing material underneath the arch. Without warning a heavy cross beam support came loose and was about to come down on employee #2's head when a tall blond man stepped in and caught it. Understandably shook up and grateful, employee #2 shook the blonde man's hand thanked him and said, "I am \_\_\_\_\_ and I am sure glad you just happened to be walking by!" The blonde man smiled and said "Nice to meet you too. My name is Sean." Employee # 1 had by then been walking back to the display and employee # 2 repeated his tale. "Sean" who had been there only minutes before was nowhere to be seen anywhere in the store. When asked, another customer who had been standing in the near vicinity when the incident happened said she never saw anyone with "Sean's description" at all.

3. Food court – late morning ... employee just signing in for work notices the following: A frazzled mother with three small unruly children stop for a snack. The kids are acting out and eating and drinking at the same time. One child starts to choke. The mother frantically tries the Heimlich maneuver but is not getting results. Enter "Sean" who just happens to be walking by, grabs the child, applies Heimlich and the food is dislodged. Totally grateful mother offers to pay the stranger who refuses. She asks, "May I at least know your name?" The stranger smiles and says, "Sean," gives the woman and hug and walks away.

4. Department store. Customer who is obviously in a hurry, pays for her merchandise and then becomes aware she cannot find her car keys. She angrily dumps the content of her purse on the counter and rummages through it with no results. She next checks her pockets but still no keys. She and the store employee begin looking on the floor around the counter with no results. The woman is about to call her husband to bring an extra set out to the store when a tall blonde man taps her on the shoulder, hands her the car keys and says, "I saw you drop these." Very relieved the woman is full of repetitive thank-yous and as the man walks away she says, "Wait, what is your name?" The man turns and smiles and says, "Sean. Have a blessed day."

5. This is my own tale of "Sean." I had pre-ordered a sandwich to be delivered to me from one of the mall vendors I had never ordered from before. When it arrived I had placed it in the employees lounge refrigerator until I was ready to eat it.

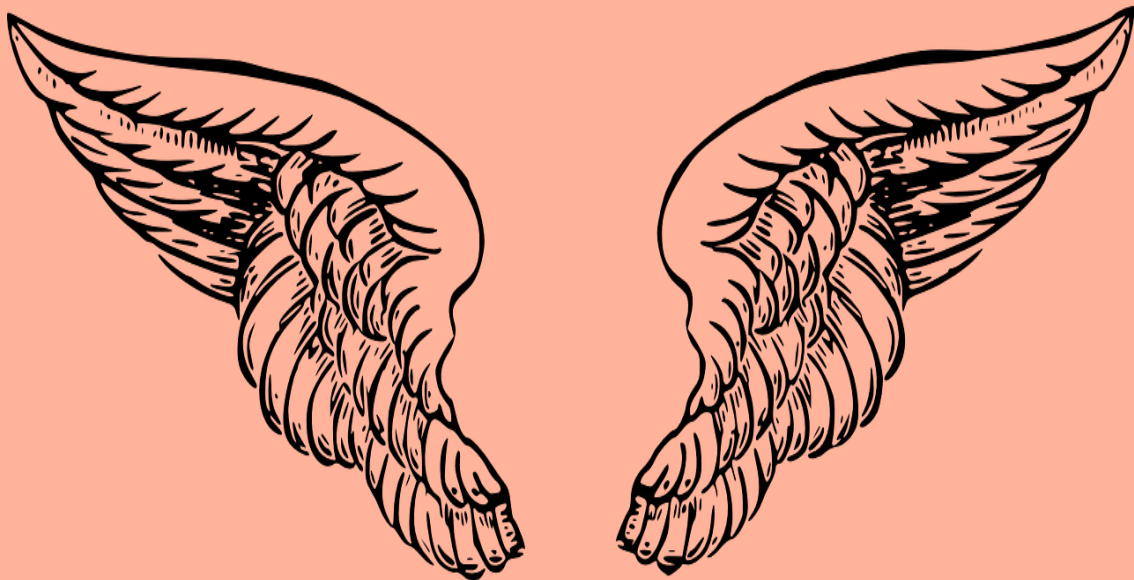
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I am at my register when a tall blonde man comes up to make the purchase of a sports shirt. We engage in some idle chatter as is the usual case when I am checking a customer out. He, of course can see my name from my name tag. The man pays cash and gets ready to leave saying, "It was very nice to meet you Caitlin, my name is Sean." He shook my hand and then held it for a brief moment, looked me dead in the eye and said, "If I were you, I wouldn't eat that sandwich. That vendor does not have a good reputation." A bit dazed and confused, the only thing I could utter was a weak, "thanks." Long story short, I did not eat that sandwich and found out two days later the vendor had been shut down mainly because of customer complaints of illness.

So now I'll just leave it to you. Who or what was 'Sean?' Just a Good Samaritan who was at the right time at the right place? A healer? Was he an angel in disguise? Even better, why were the five of us so fortunate that day?







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**Alva Lennox** (*Taken with a Grain of Salt, pg. 82*)

Alva is a retired primary care teacher who enjoys researching and using natural herbal remedies. She is president of a book club that meets once a week and enjoys nature walks and teaching crafts. She has a great fondness for water and lives by lake which she feels fulfills her Cancerian needs. She would tell you it's been a long time coming.

**Thomas V. Carroll** (*The Hermetic Constitution of Man, pg. 85*)

Thomas is a Hermeticist who enjoys studying old manuscripts and books on ancient arts and sciences when he can find them. He is also into antiques and their restoration and the histories connected to family heirlooms. He also enjoys some sailing and classic car restoration. Thomas has walked many magical paths, which if nothing else, taught him the necessity of balance in all endeavors.

**Craig Hawthorne** (*Fools and Magicians, pg. 87*)

Craig hails from the UK and considers himself just an ordinary guy. He believes one's first step to finding truth normally starts with dis-satisfaction, an inkling that what you've been told "it is" isn't quite the whole story. Explanations provided by religion, history, science and politics don't cut the mustard, so off you delve into the compendium of humanity in a quest for The Truth.

**Syd Alrruhi** (*Prayerful Request OR Magical Demand, pg. 89*)

Syd Alrruhi is the favorite pseudonym of Gerome Cass. If you ask him what the name means he won't tell you! Gerome considers himself a human dichotomy who has a foot in the mundane world and a foot in the other worldly realms. He believes all humans should confront the realms of transformative power that lie just outside of everyday consciousness without fear and trepidation and go for it. Gerome has several degrees including Ph.Ds. in psychology and physics which he refers to as being "piled higher and deeper" since there is so much more to be discovered outside of human designed constructs.

**The Olde Occultist** (*The Ancient Magical Mindset, pg. 91*)

The Old Occultist also prefers to use a pseudonym. A big fan of John Michael Greer, his writings and teachings especially on Western Occultism. Old also has an interest in the past and the long held secrets that can be revealed and then presented with all sides of the traditional picture.

**Cait C. Strolewicz** (*Sean, Pg. 94*)

Cait is finishing up her last year of college and has her eye on grad school and a business career. She feels her random meeting with "Sean" has impacted her life and restored her faith in others. Cait considers herself a novice spiritual seeker.



# Sacred Sciences

What I Seek Is Already Within Me

Section Managing Editor – Anna Drake Sydney

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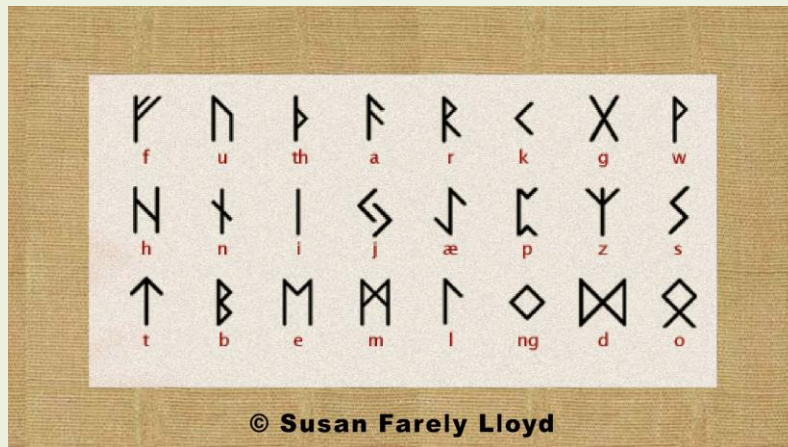


## ***HU in Runic***

By Susan Farley Lloyd

I have been interested in ancient alphabets and writings as far back as I can remember. I have a definitive favoritism for the various Runic Alphabets and often contemplate what I can write in Runic Script.

The Nordic Runes (Futhark) can be converted into the regular alphabet according to this diagram:



Recently, I have become drawn to the **HU**. In brief and according to historic accounts, the **HU** has been used for thousands of years by various cultures and religious groups as a means to have greater conscious contact with God. **HU** is an ancient name for God. The Oxford English Dictionary states that the word "God" can be derived from the Sanskrit word "**HU**." The Egyptian and Greek traditions of 5000 years ago talk about the word HU as a reference to God. Sufi Mystic Saints of Tibet, Druidism and Kabbalah talk about the word **HU** as the originating sound of the universe.

Of course, Norse mythology has multi gods (or aspects of God) connected to the Runes. I will focus on the two Runes **Hagalaz** (Hagal) and **Uruz** (Ur) that represent the letters **H** and **U** in the alphabet and their spiritual meanings as representative of the God factor and their cause and effect in our HU-man lives. We are all, in truth, of God and an essence of God yet contrary to current popular belief we are not God. We strive to be God-Like.

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Hagalaz belongs to Heimdall's Aett, the set of Runes that are associated with forces beyond HU-man influence which house cosmic understanding.

## H

The Rune Hagalaz is basically representative of "disruption" and on a divinatory level it speaks of delay and frustration and discomfort but its meaning goes a lot deeper. It contains tempering deep within the unconscious where the God factor lies. Disruption may be self-delivered or self-imposed as well as from an outside source. It is a factor of change tied to karmic lessons and dharmic testing. It is within this Rune, the power to break free from material reality. In the grand cycle of life, we learn that often the greater the discomfort the more room there is for true and timely spiritual growth. Hagalaz lies at the roots of existence through which patterns of the past shape our present. It offers the power of evolution which the Soul already understands and shows how that power exists within the frame work of the present existence. The Soul is the Great Awakener - God within us.

## U

Uruz belongs to Freya's Aett in which the Rune set is associated with Creation and represents all races of the world. It is the Rune of strength, endurance, spiritual stamina and the holy shamanic.

The Rune Uruz houses the sound "OO' ... or ooooo or uuuuu. Symbolically it represents the boundless primal power of the Universe. It speaks of being the unselfish custodian of both the planet and all other beings. For HU-mans it signifies the archetypal trial or rite of initiation where we are challenged and pitted against adversity. When we are faced with formidable challenge and are tested perhaps to the limit of our strength we gain personal spiritual growth. HU-manly speaking a crisis may be psychological, romantic, spiritual or ethical. What may terrify us ultimately becomes the source of wisdom. The greatest fear can become the greatest teacher and ally. Ever look for opportunity disguised as loss? What is ultimately reinforced is the understanding that life is a cycle of perpetual renewal. Each passage in life is defined as a metaphorical death of the old life and rebirth into a new life always greater than the one before. It is being your Absolute best. That is God-speak.

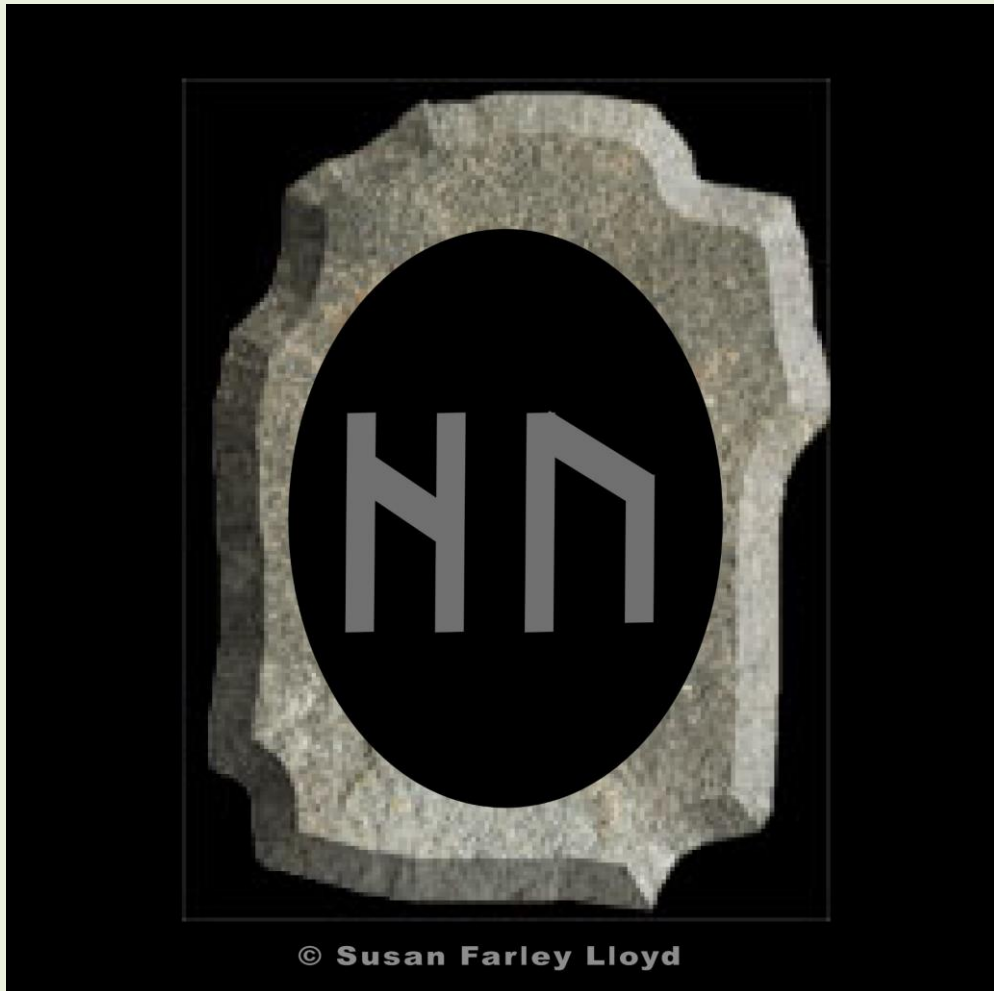
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When you chant HU inwardly or outwardly a feeling of peace results. You work with God - you become God-like. You are cycling yourself step by step out of an old life into a new life. You are the Universal Shaman. You are HU-man.

Wishing you all strength, understanding and peace.





### ***Nothing a Coincidence***

By Timur "Taron" Baysal

Wow, I have to gather myself and focus a bit more than normally to formulate this not just to you but to myself, since it is both very complicated and very exciting to me. Please, allow me and bear with me to take you along the progression of my thoughts. This is an observation about Astrology and Astrotheology and the terracentric perception, which only represents the localized manifestation of God's method. But before I proceed I feel like I should add a little preface:

I believe to be a servant of the Infinite, as I believe this to be true for all of us. I approach this with both utmost humility and utter arrogance as I beg to understand and assume to having been given the faculties to receive. It is not me processing information, but carving away layers of simplified acceptance that rule our actions within the material manifestation of the divine process. Behind those layers I hope to encounter shapes of the grand construction, the forming structure of the Infinite. I hope to recognize aspects of it that help me recognize reliable patterns, which illuminate our own mode of operation and allow me to optimize it in order to become the best servant I can be and share a useful revelation so that you can find an inspiration to do the same based on a somewhat unified recognition of the divine method, universally applicable.

This is my journey and as such it shall be ongoing until the expiration of my vessel and with some hope that, should it not end conclusively, it may pick up again in a future privilege to explore with the vessels to come. I hereby ask for your forgiveness for the immaturity of my observations and for your help through participation in order to refine them. I also, as I always do, ask for the forgiveness of the Most High, that I dare explore "Its" nature and hope to be given an insight into the Divine. My only goal is to realize the best possible way to function as we were intended to for the Eternal Being. I am tremendously grateful for the joy of each revelation, whether it is useful by pointing into the right direction or eliminating another by being a mistake. Love and joy are the feedback of both and don't necessarily represent the right answer, but the righteous approach.

Nothing is a coincidence.

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A while ago I came to the conclusion that no original scripture, no original religion is wrong. Every single one would represent an approach for us to observe divine guidance and fulfill our purpose for the divine. I saw it as a kind of guinea-pig concept, since one could eventually try to dominate another and so forth. Which implies that it's quite possible that one approach is more effective than another. But, while this may still be a valid way of perceiving the on-goings of human civilization, I now come to believe that it's a matter of Astrological aspects of the Divine Method. Meaning, in the Beginning, each nation, each group of people have received a general understanding, related to where they were placed in relation to the local constellations. This is not a mambo-jumbo magic order of organization, but it simply represents the place and time within the process of recovering or reconstituting the divine structure. It is an organized phenomenon. While we read it and interpret it, we read and interpret a truth far beyond our general acceptance. And while the planets and heavenly bodies determine even detailed aspects about our existence, they are still subordinates of lesser complexity than we are.

Imagine a taxi. The planets would be the car, humanity would be the driver and the messenger or element to the divine structure is the passenger. The destination is most important for everyone, because without it there would be no reason to exist for any of the participants. Then comes the passenger, without whom there would be no need to be a taxi. Then comes the driver, without whom the taxi wouldn't be driven. Then comes the car...

And each planetary system in the universe represents a different vehicle for this taxi. There will still be a driver and there's always the passenger and the destination is the same for the entire finite universe.

This means, even though the entire Earth is identifying the specific planets as deities or the definition of the divine in one way or another, it is not the universal truth, but actually the local constellation relative to Earth. Other pieces of the divine structure are to be found elsewhere and are identified by their local constellations. And even if another planet within our very own solar system would become the next place of recovery, Earth itself would become part of its constellation. Therefore a terracentric view is never wrong, just not universal in any rigid form. But aspects of it, like the method behind it is universal.

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This is but one tiny piece of the puzzle, or rather one giant tiny piece of the puzzle, but this piece of the method may be also found at all fractal levels, scales and it would be interesting to find a repetition of it within us somehow, maybe within different kinds of living cells? However, my point was to demolish the limitations exerted by a purely terracentric perspective, which has always made religion such an enemy of science. Science realized the tremendous amount of objects in the universe and easily lost the ability to assume that life could be unique only to earth. Life on earth is as unique as each one of us is to the other. While we pursue a purpose locally to our part of space, the very same method puts all other localities in space to that very same purpose in its unique ways to provide its unique segment to the Divine Structure of the Infinite. Each at its own stage in its own place.

Therefore as species we may well be alone in the universe, but as servant to the Most High we are most certainly not. Yet, I am in no place to claim certainty about anything and want to apologize for my hubris. I merely follow my heart and let it speak freely, somewhat naively as well. But I am you in the unexplored form, only expressed through the channel where this "me" is found in the universe, and I offer myself wholeheartedly to us for better or less with all hopes for the best.







## Would you like to transcend time?

### ***The Man Who Traveled Time***

By Loni Haas

What astrologicals might be involved with time travel? What emphasis might show up in a chart?

For this *hypothetical study*, consider the influence of the following:

Saturn – the grand kahuna of time, non-time and structured events.

Uranus - the monarch of quantum physics, instigator of breakthroughs, provocateur of innovation and genius behind invention.

Neptune - the great dissolver of boundaries and all those nebulous places in between.

The Houses of Travel, the 3rd House and the 9th House and the 12th House of unknown places and realms beyond the physical realms.

The following chart is of a man who claimed to be a Time Traveler according to family members who carried an oral history of the stories he shared and alleged objects he possessed which at the time they were in his possession had never been seen and thought to have jokingly, “not yet been invented.” He was described as basically a genius type loner who never married or stayed very long in romantic or close relationships. Aside from his occupation he liked to invent strange mechanical trinkets and doo dads. Data is from the family Bible.

By overview, the first feature to make note of is the BUNDLE chart pattern. All of the planets and the North Node are concentrated in the 12th – 3rd Houses. Traditionally, the BUNDLE pattern is known to reveal a “specialist,” one with strong focus and intellectual prowess in either an occupation or walk of life. In his mundane life, the individual was a sought after craftsman of hand-carved furniture specialty items. He was said to, despite his fine craftsmanship, not be very concerned about when things got done.

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He did however spend a lot of time on his odd mechanical inventions. Speculatively, this is a good overall chart pattern for a time traveler because of the strong focus.



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If this man was a time traveler, he obviously lived a life of duality via his “specialties” as esoterically this pattern combined with Mutable signs (Gemini, Virgo, Sagittarius and Pisces) on the Angular cusps, show that his life was subject to a series of unforeseen life impacts particularly because of the duality.

All charts have void (empty houses) since there are ten only planets and twelve houses. With the BUNDLE pattern, there are quite a few void houses – in this case, Houses 4 -11. Void Houses have their own meaning despite the fact that there are no planetary energies in residence although their planetary rulers occupying other houses do have influence. Here is a brief summary of the Time Traveler’s Void Houses and associated rulers.

- Void 4th House: Indicates the individual prefers to be away from home. Ruler Mercury in the First House: Some desire to be seen as “normal” but the actual lifestyle is often personally distasteful and not satisfying. *Family input relays that the individual was a very private person who would disappear without a word for extensive periods of time and then literally pop back up unannounced seemingly out of nowhere offering no explanation or willingness to share where he had been.*
- Void 5th House: Romantic liaisons often take a back seat to creative instincts which are transmuted to other areas of life. Ruler Moon in the First House: Some game-playing with females which is often based in delusion with no intent to follow through or a believed notion that it was impossible to maintain. *Family input reveals a good amount of female attention but no desire on the individual’s part to engage anything long-lasting or meaningful. If anything, he was said to be annoyed by the necessity to be polite and temporarily filter his attention away from his dabbling in ‘odd invention’ or periods of isolated secrecy and disappearance.*
- Void 6th House: Someone who is not a workaholic. One that possesses a strong physical body and hearty constitution. Ruler Sun in the First House: One who projects a hardworking image despite that fact that work may not be completed. May be psychologically highly critical of the inner-self looking for perfection. *Family input describes an almost dual personality and physical strength that seemed inhuman at times. Whether it was his carpentry or invention dabbling, perfection of the work was a necessity.*

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- Void 7th House: One who has an independent nature and has little interest in permanence in relationships. Ruler Mercury in the First House: Difficulty in relating to individual needs of others. Strong independent speech. *Family input indicates that the individual had very strong opinions that he was not hesitant to project onto others despite the fact that he never took the time to learn about the lives of those he was harassing. It was often noticed that his mind seemed to be elsewhere when he engaged in conversation.*
- Void 8th House: One who holds their own monetarily and not likely to be dependent on others. Ruler Venus in Second House: Has a particular view about values and can appear mercenary about individual rights. *Family input notes that the individual was wealthy in his own right and took a hard core stance about his own rights particularly regarding what he seemed to be hiding.*
- Void 9th House: Travel of all types (the further the better), expansive philosophies and acceptance of experiences on a personal level. Ruler Jupiter in the 12th House: Moved to explore higher realms including those of the mind. Will sacrifice personal needs for spiritual or enigmatic pursuits. *Family input states that they believed the individual often traveled to “far-away” places or abroad often undergoing hardship from time to time to be able to travel. It was believed that he brought back strange objects from these places although he shared very few and did not like them handled by others.*
- Void 10th House: No drive to assert the self as a status symbol. Ruler Jupiter in the 12th House: Aims and objectives may be hidden or obscure. Actual career may be unsatisfactory and there may be trouble staying with the status quo. The individual is happiest staying behind the scenes or behind the curtain. *Family input cites that despite that fact that his carpentry was largely in demand and his reputation above reproach, the individual disliked praise. It seemed that he always had higher objectives about life but rarely spoke of them stating that others would not understand his thoughts or goals.*
- Void 11th House: At ease having many friends or none at all. Not likely to become involved in group situations. Ruler Saturn in the 3rd House: The individual is often sought after for his skill. Prefers to remain anonymous and is not interested in casual group activities. *Family input reveals a lack of sociability yet no lack of invitations. The few friendships the individual had over the years eventually dwindled away – one friendship implying that the individual “too strange” and emotionally unreachable.*

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- *It was believed by family that this particular friend knew more than he was willing to talk about and even seemed frightened when asked.*

Interestingly the 3rd and 9th Houses (travel – short and long) just qualify for Anaretic Degree known as Karmic Degree indicating that travel of all kinds are tied to a present life destiny according to Karmic Decree. In the chart, they appear in their natural positions with Gemini on the 3rd house cusp and Sagittarius on the 9th house cusp. The 12th house cusp show the sign of Aquarius indicating interest in other realms including time shift related realities.

Intercepted Houses in a chart are thought to indicate that which is hidden or that which is not implemented until later in life. The intercepted planet Uranus is tightly conjunct the intercepted North Node in the 2nd House designating odd unexpected events in the lifetime that are unseen or kept hidden. The proverbial rug gets pulled out from under throughout life and calls attention to what is really valued in life. The North Node posited in the 2nd House also indicates that this man was perfectly capable of keeping “secrets.”

Moving on with some ‘notables’:

There are no retrograde planets in the chart so this man was strictly of the attitude that what you see is what you get. Depending upon theory it can also indicate that the time traveling talent was not necessarily tied to residual talent from a past life.

Planets in pairs are also considered to indicate specialty with focus.

Neptune (12th house, its natural domain) is in an out of house conjunction with the Moon (1st house), both in the sign of Pisces. According to Ada Muir in *The Degrees of The Zodiac Analyzed*, Neptune at 17 degrees of Pisces relates to someone who has lofty ideas who pushes or struggles to attempt more than can be brought to fruition. As the natural ruler of the sign Pisces, Neptune is the Lord of the Ascendant or ruler of the chart casting the veil of the genius dreamer. Neptune in the 12th house also satisfies bringing realms beyond physical reality INTO the actual reality of the 1st house and to the time traveler himself. The blending of energies provided by the Moon/Neptune conjunction encases sensitivity to the real world vs beyond the physical possibility. There is actually a desire to escape “the real world” and prefer an alternate reality. The 1st house Moon (in Balsamic phase at birth denoting a future oriented individual with an important destiny) shows an emotional need for independence and autonomy and a desire to withdraw.

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The Moon also conjuncts the 1st house Mercury also in Pisces so 'sensing' comes easy to this individual. Mercury in Pisces is often described as one who may experience periods where they seem to disappear into a dream world before being jolted back to reality. While this may apply to 'daydreaming' for the Time Traveler it may also be a literal reality. These three planets working closely together from the sign of Pisces often indicate genius at work.

Also in the 1st house are the Sun and Mars in a tight conjunction in Aries. Whenever Mars is in the 1st house of a chart, it tends to dominate the chart and enrich it with Martian energy and tendencies to lead and pioneer especially from its own sign of Aries. It is posited at 23 degrees Aries (rounded up) and according to Muir, the energy produces "a wanderer who follows his desires irrespective of the rights and feelings of others." The conjunction to the Sun further demonstrates an impulsiveness with a love for adventure no matter the cost and a willingness to take risks. As Mars is sextile to Jupiter also in the 12th house there is no lack of energy to see things through.

Notable is that Jupiter is in the sign of time travel, Aquarius. From 26 degrees of that sign (rounded up) Muir says, "One who has a duty to perform for the race (mankind), the direction of this being revealed to him as he develops." Jupiter is also sextile the Midheaven showing the opportunity to use advanced technology in one's profession or to enhance one's worldly standing AND is sextiled by the Sun providing plenty of chances to expand the mind and avant garde theory. Venus squares Jupiter providing a warning watch excesses. Jupiter rules the 9th house of long distance travel (in mundane reality or otherwise).

The Sun is in an out of house and out of sign conjunction to Pluto in Taurus in the 2nd house indicating an intense, obsessive individual with great personal power and one who find it easy to rid himself of the unwanted and less powerful. It also intimates that transformation is the key factor in life.

Uranus in the 2nd house conjunct the North Node must also be considered and important pair as in this study it brings the monarch of quantum physics and other-worldly invention into direct connection with the Time Traveler's destiny for his lifetime. This connection shows destiny is linked with the discovery of new and exciting thoughts and concepts. It warns the Time Traveler that he needs to make sure that he does not seek excitement at all costs, but directs his energies wisely. It is also a challenge to make a contribution to humanity. It sextiles Neptune offering a quantum/science opportunity to the 'vision' of time travel.

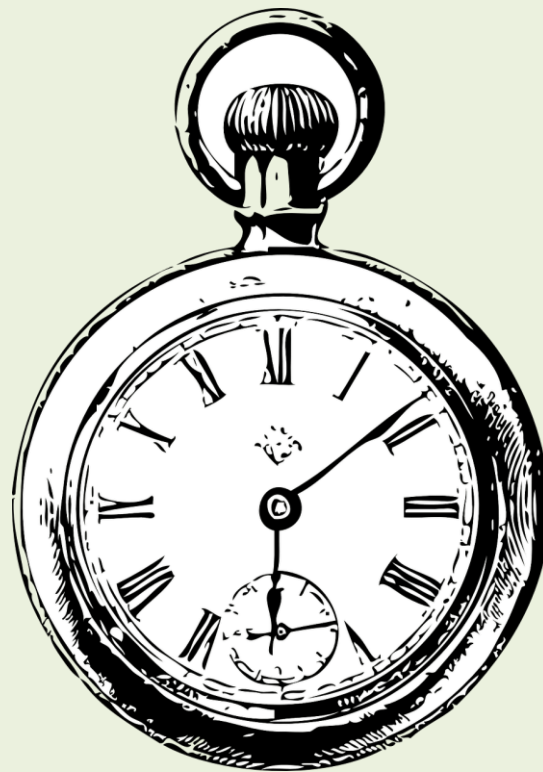
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Saturn, the ruler of all facets of time and non-time is posited in the 3rd house in the sign of Gemini. It is square Neptune lending some caution about the psychic or other-worldly realms and to the seriousness of his travels.

According to the family history, the Time Traveler left for a 'business trip' on his birthday April 14, 1920. He was never seen again. Follow up in investigation revealed he never made it to the hotel he allegedly reserved for his cross country stay. No foul play was ever discovered. Maybe his reservation was simply at another place in time.





## ***Of Caffeine, Chocolate Muffins and Venusian/Uranian Downloads***

By Donna Overall

Those who know me can attest to the fact that I am as hyper as a rabid ferret — courtesy of five planets in Libra, my totally devoid-of-Earth astrology, or my thyroid, which went nuclear when I was in my forties. This makes meditation difficult, if not almost impossible for me, as I have the Monkey Mind from Hell! Therefore, I am always astonished when I am presented with what I call “downloads” — a split-second dumping of information into my awareness which happens when I least expect it.

Case in point: Several years ago, I attended a weekend class on the Enneagram taught by my shrink, who is a well-known metaphysical teacher in the area. Among the amenities offered were coffee and an array of goodies including chocolate muffins. Now, I didn't know diddly-squat about the Enneagram at the time — only enough reading about the nine personality types to determine that I was most likely a One (Perfectionist), though I could really relate to Four (Drama Queen).

As I am hypoglycemic, a readily available food source is of paramount interest to me — even if that food source is not a particularly healthy choice. And, as a self-confessed caffeine addict, the presence of a pot of the demon brew loomed large in my peripheral vision. So, just before the afternoon break, we were led in a meditation involving Archangels and all sorts of celestial visualizations. Monkey mind at full throttle, I squirmed in my seat, finding myself only able to visualize the imminent consumption of *coffee* and *chocolate muffins!*

As the meditation concluded, *ZOT! SHAZAM!* A major download zapped into my caffeine-besotted awareness. It's difficult to describe how this information is presented... it is as if it's somehow all coiled up in a spiral which unwinds into a series of images when I observe it. In a second's time, a number of concepts were emblazoned upon my brain, and I could hardly wait to get home to my computer to render them into something I (and others) could look at. I shared my experience with the class and my teacher, who seemed very intrigued with the information I had received.

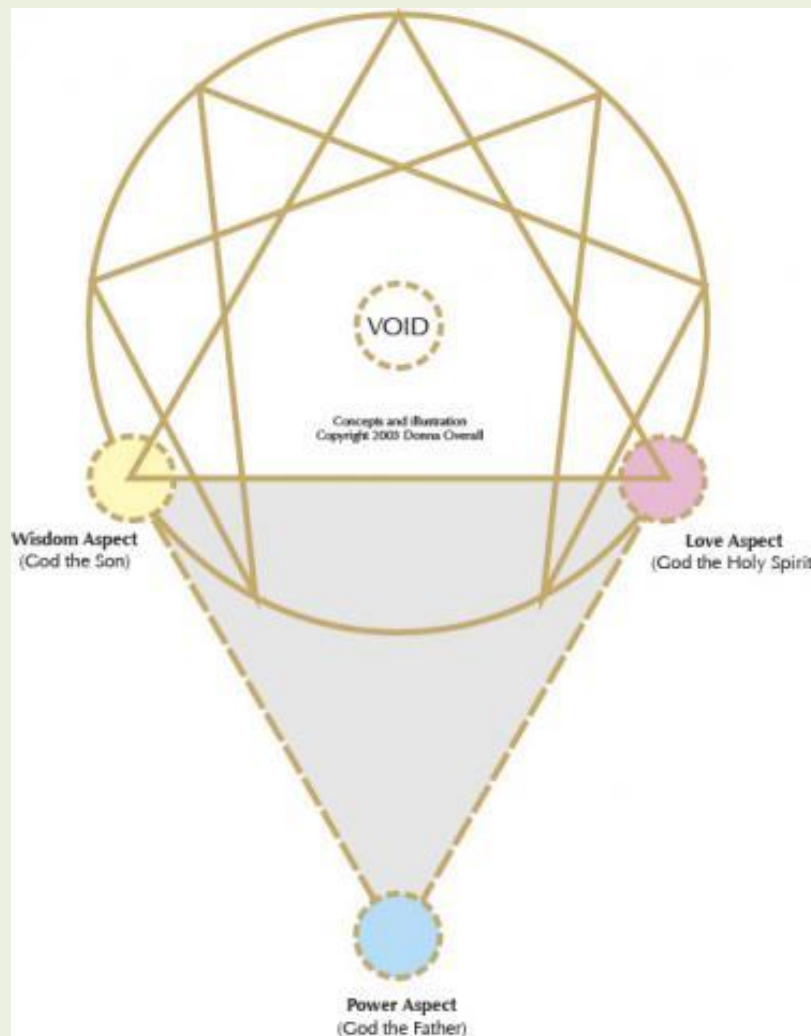
Following is what evolved out of that split-second ZOT, and I am still trying to figure it all out several years later.

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I have asked "Why me?" I think maybe it is because "someone" knows that I can (and will) put it down on paper, and they make allowances for chocoholics with monkey minds and caffeine addictions! (I can just hear "them" now... *"Let's slip this in on her while she's thinking about chocolate muffins and really blow her mind!"* Cosmic laughter and guffawing follows...). So for whatever it's worth, here's what I got that day along with my understanding of it:



The Matter Universe and the Nine Enneagram Personality Types are a Reflection of a Projection of an unseen Spirit Triad, which is a Projection of the Void. The ALL comes forth from the NOTHING. (Or, as I wryly observed to my teacher, maybe it's a Cosmic Ice Cream Cone!)

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The image was also presented in a slightly different fashion, which showed me that the projection can start at any point.



Since the small circle representing the Void is multidimensional, the first projection can be from any point within/on the circle. Likewise, the projected spirit triangle can form at any point within/on the surface of the larger circle in multiple dimensions simultaneously. Each point is therefore the center of it All.

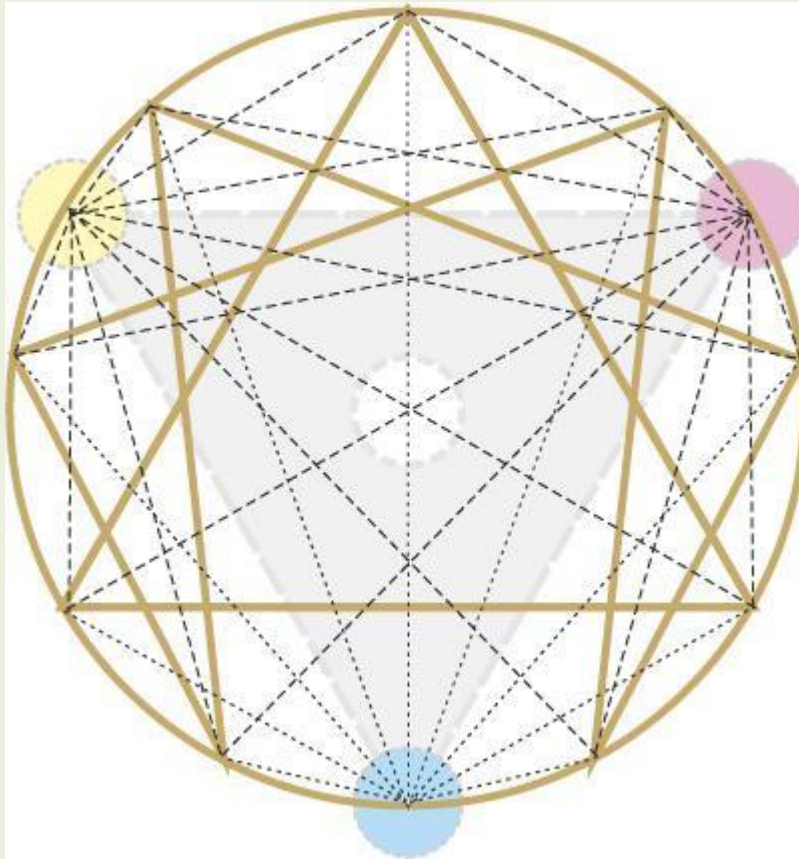
The next image that came was this one. At the time, I didn't even know that there were 27 sub-personality types, so this was news to me.

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Hey, I just put it down the way they give it to me!



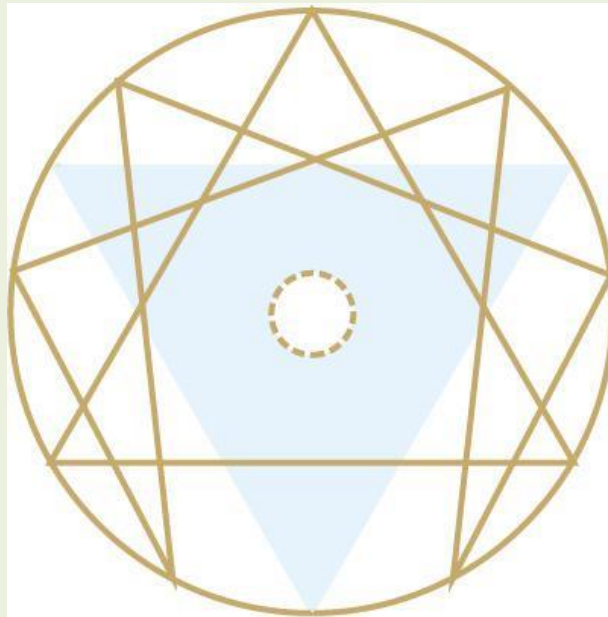
Each aspect of the Spirit Triad (Power, Wisdom, and Love) impacts each of the nine manifest types creating 27 subtypes. In other words, each type has the threefold energies of the Spirit Triad acting upon it to one degree or another.

A “One” personality type, for example, might be a “Power One,” a “Wisdom One,” or a “Love One” depending on which of these energies manifests most strongly in their type. An evolved “One” would be in balance in that they would have manifested those three spiritual energies in perfect harmony within their being. The action of these spiritual energies takes place in multiple dimensions simultaneously. Therefore, the number of possible combinations is infinite.

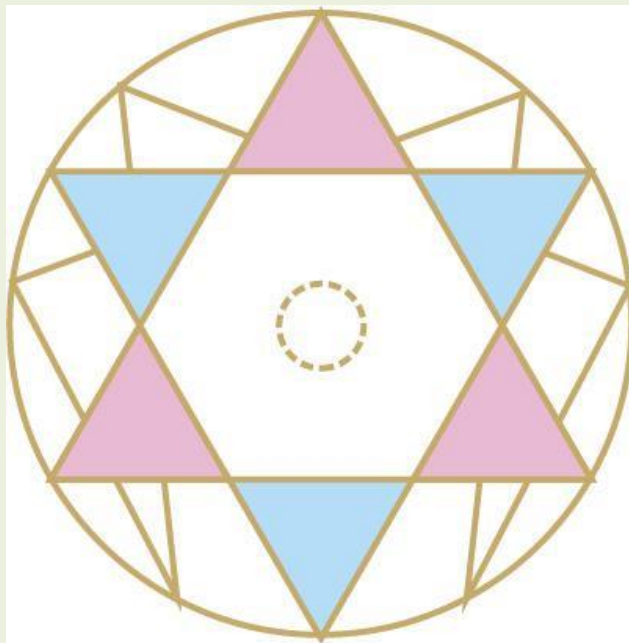
But, wait, there’s more...

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This is apparently a clarification of how the Void and the Spirit Triad are within/behind all matter. Which evolved into this...



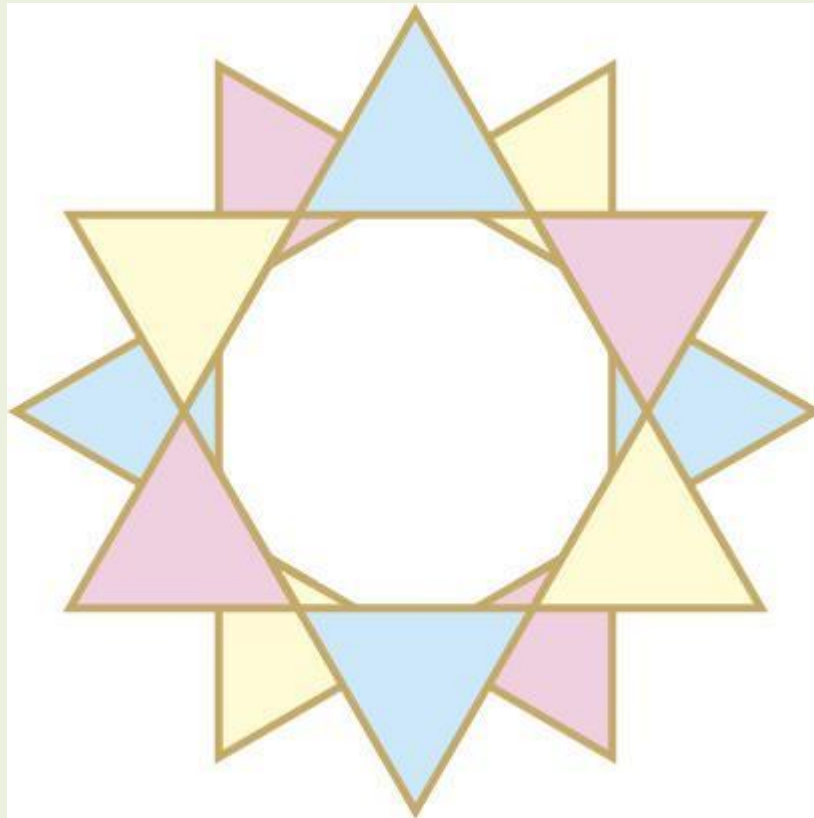
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Whoa! Are we beginning to see a pattern here? (I am not making light of this...I tend to resort to humor when I begin to get freaked out over some of the stuff I get.)

Another permutation which arose as the spiral uncoiled before me was this...



...and I gasped with the precision and beauty of its unfolding.

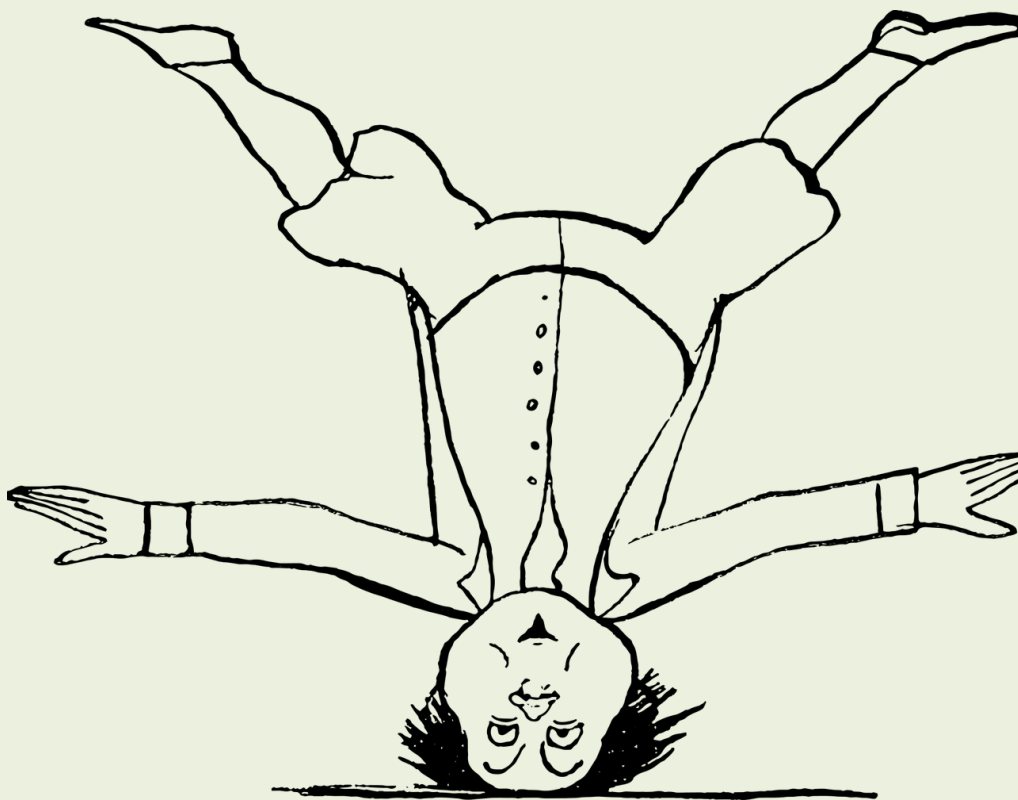
Much later, I emailed my images to the Enneagram Institute and Don Riso, who is one of the world's foremost authorities on the Enneagram, explained how these concepts had come to me, and asked what to make of them. He suggested that I might like to explore the Sufi Enneagram. There was very little available on the internet about it, but it seems that this concept of the Void IS part of those ancient teachings. So, apparently, there is some validity to what I received. If anyone reading this could give me some insights as to what I'm dealing with here, I would be eternally grateful.

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Now I refer to them as my Uranian downloads, and wonder what it all means. If anyone knows, please tell me so that I don't continue to lie awake at night trying to figure out what I'm supposed to do with it. This is the part that makes me crazy. I get these downloads in great detail, but I don't get an instruction manual as to how to use them. If someone else DID receive the instruction manual, I'd appreciate it if you'd share it with me!

Editor – All graphic art © Donna Overall







## ***Crystals, Master Numbers and the Zodiac***

By Patricia Rowen Marchisetti

Esoteric modalities work better when used in combinations. The problem sometimes lies in knowing which modalities assimilate best for beneficial results. After working with crystals and numerology and a basic yet solid understanding of astrology for many years, I have researched and tested my theories and found the following:

There is a coordination and compliment of crystals with the signs of the zodiac and with the master numbers of numerology. You can apply the use of these crystals to enhance your Sun sign by checking to see if your Sun sign appears in the listing for a Master Number crystal/stone. If you happen to have a master number connected to your personal and/or daily numerology, you can use the designated crystal to amplify the vibration of the master number.

### **Master Number 11:**

The Master Number 11 is androgynous by nature combining both male and female energies into one spiritual, equal and collective fraternity where the I/you mirror reflection is eternal. This is an easy visual for the number eleven consists of two number "1's" standing side by side, equal yet opposite one another and unlike the other Master Numbers singular by numeric intent.

The vibration of Master Number 11 is found in Jade. Jade is readily used by the signs Aries, Taurus, Gemini, and Libra. If Master Number 11 applies to your personal numerology Jade will act very powerfully on your behalf if it is worn or carried.

### **Master Number 22:**

The Master Number 22 promotes realization. It connects the individual with an understanding of that which constitutes the "Self" in combination with that which is "Divine" or "God" as a "whole." The Master Number 22 is associated with the theory of parallel dimensions and the arcane connotation connected to crossroads. It is also associated with the four cardinal directions of Aries, Cancer, Libra and Capricorn.

The vibration of Master Number 22 is found in the following stones/crystals. The astrological associations are listed next to each item:

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Albite – Aquarius

Coral – Pisces

Galena – Capricorn

**Master Number 33:**

Timing is the gift of Master number 33. Being able to facilitate the correct time for physical accomplishment requires the employment of contemplation, patience and the wisdom of non-action when necessary. For these reasons, 33 also has a resonance with the rune Thurisaz which provides clarity as each of us stands at a particular “gateway” of life, ready to make a decision only after consideration of how our past deeds and trials have led us to a current impasse.

The vibration of Master Number 33 is found in the stones/crystals of the following list:

Bavenite – Libra

Cobaltite – Leo

Black Coral – Scorpio, Capricorn

Diamond – Aries, Taurus, Leo

Hanksite – Taurus

Ilvaite – Cancer

Semanite – Scorpio

Stilbite – Aries

Tsumebite – Gemini

Ulexite – Gemini

**Master Number 44:**

Transformation or metamorphosis is supported by the 44 catalytic vibration. Master Number 44 has somewhat of a plutonian essence calling upon all of us to accept the ebb and flow of never ending changes that ultimately determine the transmutation of the “Self.” Number 44 eases the traumas and dramas surrounding such acceleration.

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The vibration of Master Number 44 is found among:

Iris Agate – Sagittarius

Ceruleite – Taurus

Cryolite – Gemini

Domeykite – Scorpio

Goethite – Aries

Hausmannite – Virgo

Linnaeite – Leo

Mottramite – Gemini

Oligoclase – Gemini

Orthoclase – Cancer

Proustite – Aquarius, Leo

Rhonite – Scorpio

Siderite – Aquarius

Xonotlite – Leo

**Master Number 55:**

The Master Number 55 deals with “strategy.” Within this vibration is found advanced knowledge that facilitates each life experience by providing precision of forethought resulting in constructive manifestation.

The Master Number 55 vibration has *many stone/crystal correlations:*

Antigorite – Taurus

Kammererite – Virgo Pisces

Babingtonite – Gemini

Koksharovite – Gemini, Libra

Blue Tourmaline - Libra

Larimar – Leo

Chrysotile (Chrysolite) – Taurus

Libenthenite – Virgo

Descloizite – Taurus

Mineral stone – Libra

Continued ...

Continued ...

Eckermannite – Virgo

Pecos Diamond - Libra

Ettringite - Gemini

Phlogopit - Cancer

Genthelvite - Sagittarius

Pumpellyite- Leo

Gismondine - Pisces

Red Obsidian - Leo

Jeremejevite - Gemini

Thunderegg - Scorpio

**Master Number 66:**

“As above – So below” is the vibrational theme of Master Number 66. Within its essence lies the synthesis of Earth to the Universe and the intervention of Divine Order in one’s life. Celestial assistance is made available so that Order is sustained through systemic resolution.

The Master Number 66 resonates with the following:

Hedenbergite – Virgo

Ruby in Kyanite – Gemini

**Master Number 77:**

The keywords for Master Number 77 are stamina and transcendence. Number 77 encompasses the “whole” with reference to Earth, the Universe, and all the dimensions. Creativity of the “whole” comes to full fruition on each individual level and is reflected in entirety each to the other.

The Master Number 77 is associated with the following:

Chlorocalcite (Hydrophilite) - Aquarius

Fourmarierite – Capricorn

Petrified Wood – Leo

Purple Fluorite – Capricorn, Pisces

**Master Number 88:**

Evolution is nigh under Master Number 88. Transcendental consciousness, intuition, and clairvoyance are key under this compassionate vibration. When one works under this Master vibration, psychic capabilities become unlimited and unrestricted making personal revelation possible. Sensitivity and charity are also heightened under this vibration.

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The Master Number 88 vibration can be found among the following stones/crystals:

Pharmocosiderite – Capricorn

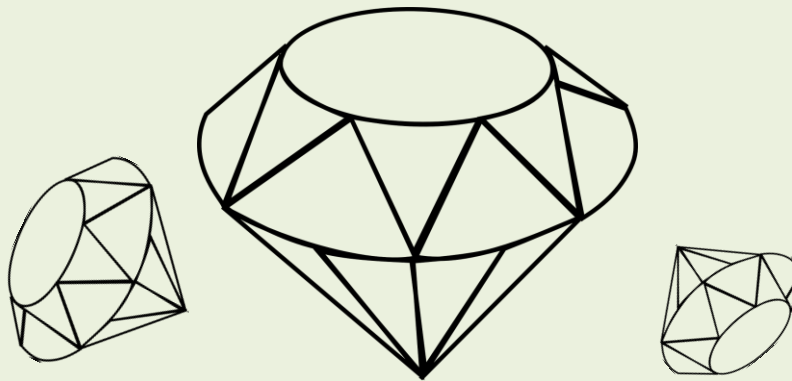
Faden Quartz – Scorpio

**Master Number 99:**

Everyone knows that historically the number 9 is a magical number. There are in fact nine Master Numbers. The Master Number 99 relates to the Path traveled and the sense of completion associated with past actions, acknowledgment of the reality of present actions, and the cognizance of the effect of future actions. That which “was”, “is”, and “will be” all combine with total acceptance as the highest transcendental vibration.

The last of the Master Numbers 99 like the first of the Master Numbers 11 relates to this stone/gem:

Pink Tourmaline – Libra





## When the 'inner' master speaks, do you listen?

### ***The Mastering***

By Janette Molinsky

*Be perfect even as your father in heaven is perfect. – Matthew 5:48, (KJV)*

*A Primer/what I have learned so far...*

Masters exist -

It is thought that those who transcend the personality and the passions find the consciousness of the Higher Self. Could this be because even though man has been given reason he still does not know how to use it to achieve this?

He turns to the Sacred Scriptures. He believes them to correspond to the Four Initiations of Life and that he must absorb what he learns as he passes through the experiences of:

- The Physical (Earth)
- The Emotional (Water)
- The Mental (Air)
- The Higher Planes (Fire)

The teachings proposing this can be found in Kabbalistic texts and also in Sanskrit. One who has mastered these four ways is considered a Pure One – a Perfected One – a Mahatma- or Master.

For man, reaching Mastery does not mean that the 'written' Sacred Scriptures have been read and understood. There are the unspoken scriptures that do not appear on paper for they are the scriptures that can only be formed in the hearts of men and the Mind of God. The man who has passed through the flames of life has seen the emptiness of carnal things for these things are transitory in nature and now understands the higher complexities.

The Law of a Master is, "be perfect as your father in heaven is perfect." When all the studying, contemplating and experiences are accomplished, man can rise above the necessity for earthly lessons and becoming free from bonds reaches Nirvana.

Within this state of consciousness, man becomes all there is and at one with all that exists.

Continued ...



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He is at one with God and has no earth lessons left to finish. He has attained the ultimate goal set before humanity and is eligible to pass into higher realms and enter a new order of beings OR he may remain on Earth in the service of his fellow man. He goes out in the world as a disciple doing the work of God, his Master, seeking to bring truth to the materialistic world. He has also learned the value of Sacred Silence the key of discernment.

In the most Ancient times, the world was not overburdened with literature and there was certainly no media. The Ancient Alchemists spoke of a mysterious substance that had no name. It was said to be the most inexpensive quantity on Earth yet it could not be bought. It was given for nothing. It was and is called Grace. Grace opens man to an even wider and broader field of consciousness and brings about the perfect unity known as *at-one-ment*. This condition or plane is known in the East as Buddhic and known in the West as Cosmic Consciousness.

Once exposed to this state, all doubts and fears are dispelled, the purpose of life is known as is the reason. There is no death, no destruction – only change and transformation.

These truths were known to all initiates in Ancient times and they come to us to renew a doubting world. They are real and they are true.

Be silent, listen, have faith and stand in grace.

Wait for the Master to call.

You are within the Mastering.

“You are your master. Only you have the master keys to open the inner locks.”

- Amit Ray -



# AUTHOR BIOGRAPHIES



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**Susan Farley Lloyd** (*HU in Runic*, pg.99)

Susan considers herself a runester who is working towards a better mastery of interpreting the runes. Her other metaphysical interests include the paranormal, psychometry and dowsing. Hailing from Massachusetts, Susan enjoys coordinating Haunt Tours in the Autumn, snow skiing in the Fall and water skiing in the Summer.

**Timur “Taron” Baysal** (*Nothing a Coincidence*, pg. 102)

Timur was born in Germany. Professionally he is a digital artist for movies and venues as well as a software developer. He spent nearly 12 years in Los Angeles and then retreated to Croatia. For a mini view of Timur’s 3D animation visit <https://www.youtube.com/watch?v=gFxMWP7Ciuc>

**Loni Haas RMAFA, NCGR, DD** (*The Man Who Traveled Time*, pg. 105)

Loni Haas is a behavioral therapist, veteran exoteric and esoteric astrologer, research member of the American Federation of Astrologers (AFA), member of the National Council of Geocosmic Research (NCGR), as well as a lifetime member of the American Association of Behavioral Therapists. She is an ordained minister and Doctor of Divinity of the Universal Light Church of Cincinnati, Ohio where she is certified in several healing modalities.

**Donna Overall** (*Of Caffeine, Chocolate Muffins and Venusian/Uranian Downloads*, pg. 112)

Donna is a retired graphic designer who has been Seeker of Truth for 40+ years and who will also tell you she is still trying to find herself. Donna lives in Georgia, USA and as an animal advocate has dogs and cats who she feels are better company than people.

**Patricia Rowen Marchisetti** (*Crystals, Master Numbers and the Zodiac*, pg. 119)

Pat has had an interest in ‘rocks’ since she was a small child and has been collecting and working with stones and crystals since childhood. She has every stone and crystal she ever collected and considers them treasures. Her largest crystal is an amethyst cathedral that stands 4 ft. high. Pat holds a BS degree in geology and MA degree in mathematics.

**Janette Molinsky** (*The Mastering*, Pg. 124)

Janette loves a good mystery - especially the mystery of man. She also enjoys dream interpretation and is often sought out by others who are looking for help with the hidden meaning of their dreams. Janette likes to vacation in the mountains and enjoys camping and canoeing with her family.



# Creative Musings



## In My Mind's Eye

**Section Managing Editor – Marique Quinn**

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Do you have a special place in your mind's eye where you like to go?



### ***Cabin in the Snow***

By Ronald C. Blevins

Most of my artwork has historical meaning from local sites, and many are very run down. As I paint I remodel these structures in my head and on the canvas. I often base paintings on historic sites such as the "Octagon House" which is an actual structure of the pre-Civil War Era and the Salt Mines in the Salt Capital of the Confederacy in Southwest Virginia where salt is still being mined to this day. Other paintings I create are just formulated in my head and imagination.





If you had only hours left, what would you do?



### *Deluge*

By Farshad Iqbal

Let's walk along a lonely road,  
A place where it rained and snowed,  
A path where trees grow broad and huge,  
Let's leave now,  
Before the Deluge

Let's cross the old broken bridge,  
Which lies near the perilous ridge,  
The mountains valleys be our refuge,  
Let's leave now,  
Before the Deluge

Continued ...

Continued ...

Let's leave the house,  
Lovely and warm,  
With no memories of a building storm

Let's walk as far as we can walk,  
Where the water can no longer stalk

Let's run across a land so green,  
The magic of which we have never seen

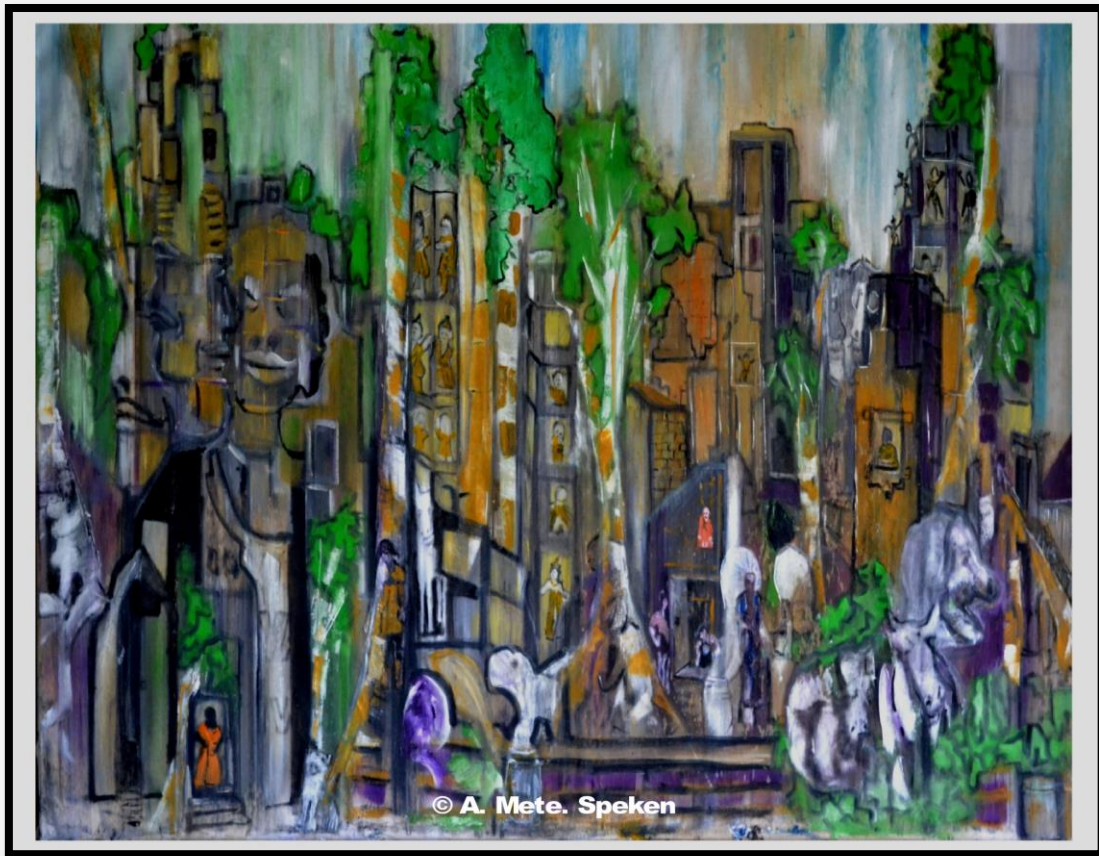
May we leave before the rising Sun,  
Muddled with storms united as one,  
Let's find our anchor before we sink,  
So that merry sonnets we may one day ink,  
Let's leave now before the deluge.







Are you attracted to ancient places and their shapeshifting energies?



## ***Angkor Wat***

By A. Mete Sepken

A day in Angkor Wat, Cambodia Siem Reap Walking ... 20Km sq. of Dream land, making the time stop from the moment you enter into the Magical smell of trees mixed up with glitters of the still waters from the lakes. Your mind goes back to uncountable years, trying to imagine how it could be done - how humans could create so magnificent an atmosphere with their limited physicality. A brochure of information tells you this been accomplished by slavery directed by a super human god like being. Then everything starts to move into each other - trees, nature, spirit, religion, animals and people with hopes and beliefs via the reflection of faces and shapes, sifting around you like you have been drugged right there. You wake up from a dream with a beauty of reality. When the sun set shines upon your face it makes you realize you have been at the same place all day. (Oil on Cambodian silk)



How many lifetimes do you think it takes to understand love?



### ***Love Awakens***

By Lisa Jaggie

How can you love that which you did not see?

And the spirit says oh I have seen

How do you love that which you have not touched?

And the spirit says oh I have touched

How do you love that which you do not know?

And the spirit says oh I have known

So long ago created in love

Two hearts beat as one

His strength carrying her through

Her love helping him to shine

So perfect in unity

Continued ...



Continued ...

Their vibration pulsed

With the universal heart beat

In perfect rhythm with the cosmic light

Within them life and creation

Within them divine will

And so the dance began

Waltz of divine love

Weaving the fabric of life

The circle of life completes

The vessel returns to where it came

And two hearts adrift in a cosmic sea

Always searching always yearning for one another

Finds solace in rebirth perchance to find their beloved

In the karmic dance of life

Till one day the two hearts again join

Setting balance to their soul

Together rising as a phoenix from the ashes

Because love sparked the flame

Love was the key

And LOVE AWAKENS



Are you unhappy in your current incarnation?



### ***Bag of Skin***

By Edda Strominger

Get out of my pain

It's mine

Not yours.

An unseen force

Pushed me into this bag of skin

I wear it

I loathe it

I am dedicated to it.

Continued ...



Continued ...

A new arrival –  
Singular one from the crowd of remembrance  
Clinging to the locks of tradition  
Unable to express the truth  
Of love yet standing out.  
Time goes on as time  
Glimpses of hope linger  
I push against the walls  
Pounding against the membrane  
Screaming unheard.  
Soul of soul of soul  
Waiting for a seizure of awareness  
Why are you here?  
WHY ARE YOU HERE?  
With dark secrets and a thousand memories  
There is no room  
Get out of my pain  
It's mine  
Not yours.



How many of “you” are in you?



Rolffimages@123RF.com

## ***One Day***

By Craig Hawthorne

One day Mephistopheles came my way, I took a courteous bow and poked him  
in the eye,

And ran up to Eris, a cheeky wee lass, who raised her skirt in greeting,

I took her apple and gave it to Zoroaster, a serious chap, who needed to lighten  
up,

On to Shiva who shook my hand again and again and again,

Continued ...



Continued ...

I was finished with him, passed Buddha under his tree, waiting for Christ knows what,

Out of the corner of his eye old Horus did spy, me sneaking

Up to Persephone for I wanted a kiss from one who cannot die,

Jove came down from his mountain town to usher me away,

"Go play with Venus instead",

Tricky thought I for too many aspects has she, so off

To bug Quetzalcoatl, for a feathered snake must be seen,

But he wasn't home so I knocked on Isis's door. Osiris answered,

Said I "I hear your wife has a dress that has to be perceived",

He gave a chuckle, and shooed me on, past Hermes who exclaimed,

"No three times I said" and took poor Thoth's pen away, Krishna played,

As Artemis came my way to see if I would go hunting instead,

With you and Hu I would be pleased but Hades said "Sshh mine are sleeping"

So with that I sailed on Poseidon's back whilst gazing up at Nut,

But Tiamat shook her coils, and threw me to shore,

Where Yahweh, Odin and Amun,

Were in deep discussion about all creation,

When stopped was I with a glint in my eye, by one I strained to see,

"I see you're having fun with aspects of me" said it,

I fell from my feet, for it is not often you greet,

The all that is in ALL.



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**Ronald C. Blevins** (*Cabin in the Snow*, pg. 128 )

Artist Ronald C. Blevins lives in Southwestern Virginia. He has been interested in art since childhood. He took Art classes in middle school and three years of High School along with one year of Mechanical Drawing in his senior year. Ron says, "I work in several mediums, though my favorites are Acrylic and oil, I also work in pencil, charcoal, water color, and pastels. I am now married with three children and two grandchildren."

**Farshad Iqbal** (*Deluge*, pg. 129)

"I began writing poems when I was 15. I find poetry as a medium to channel complex thoughts and emotions in the form of metaphors. I believe a metaphor is a powerful mode of expression, as you can express a thousand feelings with very few words, sometimes, just a single line."

You can connect with me at Facebook via: <https://www.facebook.com/farshadiqb/>

**A. Mete Sepken** (*Angkor Wat*, pg. 131)

A. Mete Sepken was born in Turkey June 21, 1954. He comes from a family of two sisters and a father who are artists also. Mete opened his first fine art workshop in Istanbul, and later lived in Holland for more than 34 years. He opened exhibitions and art workshops in Europe, Amsterdam, Paris, Copenhagen, Malaga, Berlin, Gratz, Oslo and Malmo. In 2009 he retired and currently lives in the Philippines.

**Lisa Jaggie** (*Love Awakens*, pg. 132)

"I have loved to write since childhood. Poetry has always seemed to be the song to my soul. I do not talk much about myself but I do put my heart into my words, pen to paper or keystroke to screen, as it is these days. Most of what I write comes from snippets of dreams and sometimes comes from what seems feelings of a time long before me. I hope you all enjoy what I write as it's my biggest passion in life after humanity."

**Edda Strominger** (*Bag of Skin*, pg. 134)

Edda is commonly known among her friends and family as "Edda the Poetess." Her habit is to meditate before she sits down to write. She goes willingly into the deep and sometimes dark recesses of the mind to capture what she wants to convey. Edda was born in Austria and moved to the USA when she was ten years old.

**Craig Hawthorne** (*One Day*, Pg. 136)

Craig hails from the UK and considers himself just an ordinary guy. He believes one's first step to finding truth normally starts with dis-satisfaction, an inkling that what you've been told "it is" isn't quite the whole story. Explanations provided by religion, history, science and politics don't cut the mustard, so off you delve into the compendium of humanity in a quest for The Truth.



# Odd Vant GuardE

THE Rabbit HOLE Has  
an ELEVATOR



**Section Managing Editor – Oscar ‘Trashman’ Corelli**

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## ***Something Funny Happened on the Way to the Dystopic Grid***

By Jackie Monahan

What if told you that there was no reality ... only the Dystopic Grid?

I am a spiritual smartass. Metaphysics is my game. I refuse to conform, even to being a radical non-conformist. I am a non-conformist in the way I don't conform to traditional non-conformity. You can go ahead and read that again.

>Mission Statement: It is my mission to pass on that knowledge to a dark and ignorant world. I alone thought to bring in a flashlight to Plato's Allegory Cave. It shed enough light to make me realize I already knew enough. Philosophical Logic is a fancy name for the Dystopic Grid.

>How Zen ... I am extremely skeptical of skepticism and detected quite a lot when contemplating nothingness.

>Confucius say: "My free will has determined that Determinism is that which cannot be determined." We have free will for we have no choice. And by the way, Confucius's Mother did slap him for being a smartass.

> Universe: In the beginning there was nothing, which exploded.

>Humans ... Man suffers only because he takes seriously what the gods made for fun.

>More Zen ... Why are there beings at all, instead of nothing?

>Musings: How many hours are there in a mile? Is the color yellow square or round? Answer me!

> Metaphysics: Metaphysics means nothing but an unusually obstinate effort to think clearly obscure.

>Zeno: "If being is many, it must be both like and unlike, and this is impossible, for neither can the like be unlike, nor the unlike like." NOT

>Universal Law: We make it all up.

>Awareness: You look like you been whapped with the ugly stick.



## ***O.L.D. R.E.P.T.I.L.E.***

By Rev. Fred Lee

O.L.D. = Original Life Design

R.E.P.T.I.L.E. = Reactive Emotional Principles That Initiated Life's Evolution

There is a portion of our cognitive mechanism, "BRAIN" that helped to initiate our evolution into becoming what we are. I must say we've been perfected in the mind of God since infinity, but it has taken increments of time for God to develop us into perfection. This component I am talking about is called the *Rheinencephalon Complex*. Those who know it have nicknamed it, "the Old Reptile Complex."

It's been stated as being the oldest and least understood portion of our brain. It is said that the Old Reptile is significant in base reactive principles. A survival mechanism, it sits atop the spinal column within the Medulla Oblongata. To my knowledge, it acts as antennae, and I am informed that hair follicles are an extension of this mechanism. Have you ever noticed how your hair stands up on end prior to being threatened? Think about it. Or how about when you sense a phone call, or a certain song, prior to the act? That's the Old Reptile. I have found that we sense one another at a core level. So when my personal perceptions are negative, it is relayed to anyone that I am about to interact with, "prior to our interaction."

I had a female friend whose self-talk stated, "I am fat and ugly." When I met her, I thought, that I thought, that she was, fat and ugly. But it was actually me reading her self-talk. I had never thought that way of anyone. Her problem is called a, "DEMON" = "Developed Emotional Manifestation Of Negativity." Obviously, this can snowball into chaos for both parties. There are 7 Demons and they are realized in the seven-lettered acronym, "FAILURE" = "Fear, Anxiety, Impatience, Laziness, Uncertainty, Resentment, Envy." When you have these, "EMOTIONS" = "Evolved Manner Of Thinking In Our Nature," you naturally, magnetically, attract what is called Dark-Matter. It coagulates in your, "D.N.A." = "Designs Natural Attributes." In "D.N.A. sequencing tests," it has been proven that history's worst cases loons, and murderers, and folks with emotional problems, have massive dark increments in their "D.N.A. spectral layout."

Continued ...

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This is the coagulation of dark-matter, it is also called, "the Spirit of the Anti-Christ." This considered, "Christ" or "The Light of the World" is the nucleus of every atom that composes your body. Then it would make sense that, "Anti-Matter" is the "Anti-Christ." Anti-matter is to dark-matter as fire is to light. These are two opposite principles. And gray-matter is the marriage of the two. "Light – Matter + Dark – Matter = Gray - Matter." In this case, "Gray-Matter" being your perception and the reactive principles thereof. What else could it be? God, Who is the Light of the World, gave us his breath of "LIFE" = "Light In Focused Emanation" - the foundational element and the nucleus of all atomic nature, which are particles of light. The body of Christ is the Universal quantum body of nuclear energy. Also, when the Bible says, "God is the Word," it is the same as saying, "Universe"-"Uni" is the same as saying, "one," or "the." The word "Verse" is the same as saying, a set of "Words" so Uni - Verse, is the same as saying "one-word," or "The Word." In the beginning, "The Word" was with God and God was the word. Also at a nuclear level, light is a solid body, "The body of Christ," it is in the past present, and future, at the same time. Therefore: "The Alpha, the Omega, the Beginning and the End." The proof is to be found by your experience with Déjà vu and the fact that I have this info to offer.

O.K. – let's get back to "dark-matter." It is cancerous. Like all creation it has a desire to live. We have seven major energy centers in our body and these are "The Seven Churches of God" and the same as "the seven Chakras." These seven attributes, correlate with the seven colors of the light spectrum. They absorb and radiate - Alpha, Beta, and Gamma radiations continuously to maintain the integrity of your biological system - "SYSTEM = Something You Start To Employ Method." "METHOD= Makes Everything To Have Ongoing Development." If any of these seven centers are subdued by the energy of the seven Demons - "FAILURE," the center is degraded and cellular "failure" or breakdown occurs. It's all emotional magnetism. These energies are, "INTELLIGENT," believe it or not, they have kept us from understanding these basic facts. My proof is this - the previously mentioned D.N.A. study - and remember when the crowd demanded Christ's death his statement was, "Forgive them Father, they know not, what they do!" He understood that they were victims of these variable reactive entities. There is a book written called *The Secret Life of Plants*. A beautiful book that helped me to understand this stuff in easy to understand, scientific "TERMS = This Explains Relevant Matter Several." It's helped me to understand this extra sense we have. It's also called "Remote Viewing" OR using "Quantum Entanglement" as a medium to attract emanations of a like frequency.

Continued ...



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I've been using this sense to communicate with "The Seven-Spirits of God," "the light spectrum" ... because "God is light." These Seven-Spirits call themselves "FOUNDER'S = First Order Unifying Naturally Developing Evolutionary Reactions, Seven." They are the intellectual facet of our multi-faceted "GOD= Giver Of Design." We have but to, "Be still, and listen." I've come to find out from the FOUNDER'S, that they created the English Language well over ten thousand years ago. The English language is the newest language however it is derived from a culmination of all languages, including the first cave drawings, which date back 10,000B.C. I'll give you a few more "ACRONYM'S=A Code Revealing Our Natural Yearning Mind, Several." Hopefully this will spark your interest in the book I am writing for the FOUNDER'S. It is called the **"BOOK OF LIFE = Bound Observable Original Knowledge--Originates From--Light In Focused Emanation."** Here are a few more acronyms: "LIGHT = Life In Gods Heavenly Tabernacle," "LIFE = Love In Focused Emanation," "LOVE = Life's Original Vibration Emanation," "BOW = Basic Offensive Weapon," "BASIC= Bare And Simple In Construction," "ARROW = A Rigid Rod Of Wood," "SIN = Serve Ignorant Nature," "IGNORANT= Instant Gratification Narrates Our Reactions, A Natural Tendency," "INCEST= Ignorant Nature Compels Erroneous Sexual Tendencies," "INTELLIGENT = Instinctive Nature To Employ Learned Lessons In Gaining Evolved New Tendencies."

With that said, I have come to realize, that with focused intent I can, "PRAY=Politely Request And Yearn," and I can also, "MEDITATE = Maintain Equanimity, Direct Intent Toward A Truth In Our Nature," and if done in an appropriate manner, I can watch God reveal himself to me in every event. This includes relieving others of DEMONS, and helping them in obtaining the profound info that I am relaying to you!



## ***Spiritgressives, Mental Midgetry and Passing Gas***

By Jonathan H. Corelli

I suppose this title makes you wonder what I am up to ...

Consider this – metaphysical flatulence is probably the worst smell in the Universe

Definition of meta-flatulence: the extruding of Spiritual Flatulence – that ethereal breeze that is passed in reference to the original Laws and the Universe and the accompanying metaphysical concepts that are conveniently twisted, turned and churned until nothing is left but, well ... gas.

It is human nature to run with a concept du jour and twist it around to one's own liking and even better, to produce something from the original that has potential to be a money making proposition at best and even better a tool for convincing others of one's absolute mental prowess and know how regarding ANY spiritual venue.

Of course those who are engaging this self-righteous version of visionary mentality are merely being "progressive." There is a certain level of hubris that inevitably accompanies calling oneself "progressive." Certainly, if yours is the Path of Progress, what does that make any other way? It conveniently makes every other path "Backwards."

Spirituality is a great cover and questions that have plagued humanity since time immemorial are easily answered by the "spiritgressive" mindset which can move people away from the more profound questions of life such as: Does God exist? What is truth? ... And ... How large is the Universe? ... To Yes, Virginia there is a Santa Claus.

It not that the Spiritgressive doesn't actually do research and spend enough time perusing internet catalogs and info databases – they do ... A Lot. So much in fact that they become armchair authorities spewing forth meta-babble du jour at the speed of light complete with quotes, excerpts, links to back up what they are saying. The Spiritgressive is a demi-god in chrysalis. Do I detect a whiff of pride and the stench of arrogance?

Continued ...



Continued ...

The Word According To "I" ...

So, you may counter argue that "everyone does that" and "everyone has a right to their own opinion" OR "everyone has a right to their own belief system."

"Aren't the conservative religious (and even worse) 'unenlightened' just as crazy as the New Agers?"

Ho Hum ...

If we want to be honest with ourselves, what the Spiritgressive really is, is a mental midget who when truly challenged cannot fight his way out of a wet cardboard box. They cannot and do not think for themselves and rely totally upon what they have read thus concocting weak bottomless theories because it suits and soothes their psyches. And there is a danger – intellectual arrogance regardless of whether it is "progressive" or "conservative" accomplishes one thing: it always fails and keeps the offender in ignorance continually inhaling his own flatulence. It keeps those who are convinced by them and grappling to fill in the "hole" in ignorance as well. Pride may blind us to our own weaknesses and it really can stink. Maybe the spiritgressive has a cold and stuffy nose because despite the smell they seem to keep trying to move forward but never in the right direction. They are simply "right" and everyone else is "wrong" so what else is there to know? Even when reality bites (and bites hard), they keep moving along in the same direction ... exposing all of us to their flatulence.

What is the cure? Perhaps a dose of humility ... And a case of the new Virtue-scented Febreeze.



## ***The Unauthorized Past Life Celebrity Readings***

By Rev. Roger Teeter

It has been my observation that the synergy that underlies the success or challenges in life, business ventures, and entertainment projects of various celebrities is due to their tapping knowingly or unknowingly into their Soul's book of life. They are fulfilling a commitment made before they were born to be role models and leaders. As actors, and do remember that Shakespeare said we are all actors on the stage of life, they as well as we have to resolve those life experiences, good or bad. That locks all of us into ripples in time in order to start the next cosmic cycle fresh.

Indeed, have you ever wondered ... Why do various people become celebrities? How do they gain their positions? What causes such drama around them? Where do their various challenges come from? When does talent for a job develop?

It is up to the individuals involved to determine how this applies to their life's challenges. Most of all, do not accept the following application as 'truth' just because I say it. Check it out for yourself and see if it is practical, both for personal growth and self-empowerment as well as for the good of all concerned.

This end of time that many are dreading is in truth, our moving into a new cosmic year, and approximately twenty-six thousand year cycle around the central Sun of our Universe. All twelve levels of the "self" must be cleared and connected. We must talk to one another for the fullness of our spirituality and for the nourishment of our physical bodies in order to start the next cosmic cycle fresh. That which shall heal Mother Earth is for each of us to surrender to the healing of ourselves. Let us tune in with the various readings presented here and see how they fit into the drama of life.

**The following is a sample of Unauthorized Past Life Readings of seven celebrities that are for ENTERTAINMENT PURPOSES ONLY ... possibly interesting fiction that is a result of my imagination or perhaps not!**

*JOHNNY DEPP (9 June 1963)*

One of Mr. Depp's more notable lives was that of Buster Keaton. His life as a student of Carl Jung has influenced many of Johnny's role choices. He was the leader of the Essene Group that left Egypt also known as the gypsies.

Continued ...



Continued ...

They were the body guards of Mary Magdalene, her children and her descendants. If Johnny so chooses to access that life he has the potential to remember many of their ancient secrets. His success as Jack Sparrow in the *Pirates of the Caribbean* is due to a past life as Blackbeard's first born son. In addition, he was Jean Lafitte who was graceful and elegant in manners and accomplished in conversation ... the 'Prince of Pirates.' If he so chooses he can access this lifetime to do a remake of Cecil B. Demille's *The Buccaneer*. These lives influenced his writing as Sir James Berry, the author of *Peter Pan*.

*LEONARDO DICAPRIO (11 November 1974)*

At the time of Alexander the Great, Mr. DiCaprio was a scribe/observer who recorded the events surrounding one of history's greatest generals. He was also a member of William Shakespeare's troop, first playing the role of Juliet. In France, he was Alexander Dumas utilizing his potential to change the mindset of the public by spinning many a tale in order to get people to think. At this end of time, Mr. DiCaprio has to resolve his many lives the last of which was that of Howard Hughes. His 'past' as a gang leader, con artist and razzle dazzle artist gives depth to many of his successful roles. If he so chooses he can utilize his ancient Druid teachings to change people through satire while telling his 'truth' striving to reveal information that awakes the public while serving the Plan and Mother Earth.

*JOHN TRAVOLTA (18 February 1954)*

The main reason that Mr. Travolta plays gangsters so well is because he died in 1953 in Vegas before the town hit its heyday. He was called Benjamin 'Bugsy' Siegel. This is where he gained an interest in the theatrical world and noticed how the common man enjoyed it. If the "Family" had let him create the place he envisioned, Vegas would have had a 90's atmosphere in the 50's. John's interest in Scientology is a restoration of his Atlantean teachings. Scientology has been revitalized and taken up by many people today because Atlanteans had withdrawn from spirituality and religion and instead focused on technology, science, and the manipulation of Angels. At the end of Atlantis, Mr. Travolta, Kirstie Alley, and Oprah Winfrey formed a triunity on the charge of the Lord and Lady of Atlantis to sever and preserve the ancient knowledge of Atlantis in a western desert cave high in the Mystery Mountains. Once the time is right, they will be given access to these ancient records/devices.

Continued ...

Continued ...

**KIRSTIE ALLEY (12 January 1951)**

Her last life as Carole Lombard, one of Hollywood's top comedic actresses was cut short with a plane wreck. She is back to restore the Atlantean teachings based on sacred Geometry and how it affects the human form. Working for the highest good of all concerned, she accesses ancient Druidic teachings about dragon energy. She must learn to fly with both Dragons and Angels in order to heal her inner daemons.

**OPRAH WINFREY (29 January 1954)**

Ms. Winfrey is a guardian of the plan and the planet. She has a mission to learn/teach using multi-media communication techniques for herself and those who are seeking. She has created an open forum knowingly or unknowingly drawing her to relationships based upon many past lives in order to serve God/Spirit/Source. Approximately 12,500 years ago, Ms. Winfrey was a student of Ra Ta, at the Temple of Beautification and Purification in Heliopolis, Egypt. In this lifetime Ra Ta was known as psychic healer Edgar Casey. Ms. Winfrey was an Atlantean High Priestess of Isis who was trained in using delictonic tones, crystals, and light in order to heal multi-dimensionally. Undoing the old experiments that are encoded in the illusions of form will uncover the temple complex that has been covered for approximately six thousand years since the last inter-stellar war which is described in Eastern manuscripts. It is possible for Ms. Winfrey, using her gifts of Spirit, to remember this time and work with archeologists in order to uncover this temple complex.

**WHOOPI GOLDBERG (13 November 1955)**

Among her past lifetime experiences, Ms. Goldberg has been a singer, an entertainer, and a bard. One of the strongest influences was the life prior to this one where she was a showgirl in a sister act in the Follies Bergeres. This is where the underlying theme for *Sister Act* came from. She grew up in a nunnery and left it for a singing career. With the advent of W.W. II and the German occupation, she was able to access and relay information from the German officers to the Allies via the French Resistance. She was instrumental in providing information that helped the Allies invade on D-Day by letting them know of troop movements on the continent. Rather than be executed, she left for Switzerland and a Bern nunnery. While traveling to Bern she came down with pneumonia and died. She may still be very susceptible to cold weather today.

Continued ...



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Posthumously, there was a cross de guerre placed on her grave site or near it to honor her service to the French Resistance. She was also the lady who wrote a song in 1863 that has been sung around the world. It was a tribute to the warring nature of man and the peacefulness of God. The song was the *Battle Hymn of the Republic*.

*NICHOLAS CAGE (7 January 1964)*

The entrance into form took place 250,000 years ago as a member of the Thirteenth ray (the silver, gold, white crystalline ray). Those under this Ray are known as the Ancient White Mystical Brotherhood after the Order of Melchizedek who come to Earth at the call of Master Jesus who is the last High Priest of the Order of Melchizedek forever. He arrived in the Lemurian capitol which is buried in silt off the coast of Maui. Approximately three thousand feet down, located at the center of the city is a twelve sided double pyramid which has an open courtyard with an amethyst bed that is four by eight feet supported by six crystalline columns. This is where the shining ones collected the material necessary to create third dimensional bodies. Mr. Cage created the position of Kahuna which refers to one of those leaders who created the system of positive thinking known as Huna. After serving for thousands of years he chose to leave this form. He returned to embodiment, as one of the Knights of the White Rose defined as a champion from Antares in the constellation Bootes who make up the Delta sector of the Ashtar Command (police force of Archangel Michael formed in preparation for battle with Meldak's fleet). Mr. Cage flew his Delta ship, which looks amazingly like a Stealth Bomber without jet engines into the Crown of the Andes Mountains parking his ship beside the others. He walked to the tubes (subway) and traveled to Machu Picchu when it was a flourishing surface star base. His first few hundred years back on Earth were spent setting up world-wide training camps for the warriors teaching preparedness for the days to come.



## ***The Dumbass Meditation***

By Guru Gung-Ho

Being a dumbass is actually a metaphor for “miraculous process” –

I AM not a dumbass because I ask questions but I will become a dumbass if I cease to ask them –

If I fear looking like a dumbass then I will never try or say anything different or challenging -

If I have in fact acted like a dumbass, it is not the end of the world, rather, it is a prerequisite of enlightenment -

If I constantly cover up my dumbassness then I can never learn how to differentiate or innovate –

Dumbassness is only an event; it is not me, it is not an aptitude and it is not an outcome –

It is a powerful person who has the ability to be a dumbass, for he who thinks he is never a dumbass is the biggest dumbass of all –

When I am criticized as a ‘dumbass’, the ensuing feedback is full of ideas that I can use to make more points -

Being a dumbass helps me recognize my courage, dignity, graces, clumsiness or cowardice –

It is not hard to admit that I actually enjoy moments of dumbassness –

When I increase my willingness to accept being a dumbass I also increase my chances for success –

Making dumbass mistakes is actually creativity –

Being a dumbass is the epitome of honesty –

Continued ...



Continued ...

I have nothing to lose because I have acted like a dumbass –

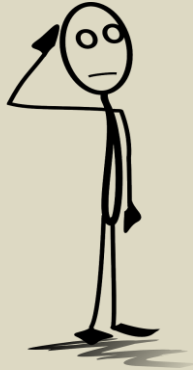
What am I if not a glorious dumbass!

OM



## **Pfft**

By Skywriter



Meet Pfft. For a long time Pfft was very morose because he felt stupid. He greatly admired his friends who seemed to possess knowledge and he marveled at their intricately detailed discussions about all sorts of topics. One day, Pfft decided to see just how stupid he really was so he went online and found a stupid test.

To his great surprise, Pfft found out that he was only 11% stupid which meant he was pretty darn smart! So Pfft made a decision. He decided to study Metaphysics because it was the one thing none of his friends seemed to know much about. If he could become knowledgeable enough he might even be able to answer those questions to which they had no answers and he could find his rightful place amongst his peers. He bought a few recommended "beginner" tomes and after reading those decided that Metaphysics was indeed a great way to become even smarter!

Eventually one thing led to another and before he was through he had studied many great works - philosophy, ontology, cosmology, epistemology, alchemy, astrology, numerology, psychology, hypno- therapy, holographic universalism, sacred geometry, angelics, demonics, auras, ufology, inter-dimensionality, parapsychology, psychic phenomena, reincarnation, spirituality, theosophy, all religions, Wicca, paganism, Universal Law, Quantum physics, the Divine, the non-Divine, secret societies, conspiracy theories, the above abnormal, sub normal, below normal, anything and everything that ended in "ism" and even Dr. Seuss just to name a few.

Continued ...



Continued ...

Pfft had become a veritable fountain of esoteric knowledge. He was a walking encyclopedia who had mastered the secrets of the Universe. He amazed and enthralled his friends who had begun to call him Guru. He never questioned anything because he knew it all and even better he had the proof and why not? He'd read all the books, seen all the movies, taken all the classes and listened to all the lectures. He wore hard cold fact like a badge. He ruled, he was the grand maestro, he was the KING ... no one had it over Pfft. Nothing surpassed his knowledge except perhaps his Ego.

One day on his way to give a sold out demand performance lecture, he saw a little girl sitting under a tree. She was intently thumbing through a large cumbersome book. When she saw him walking by her, she said:

"I know you! You are Mr. Pfft. You have all the answers to all the questions. Can I ask you a question?"

Pfft was a little annoyed as he would be late for his appearance but he figured it certainly couldn't take that long to answer such a little girl with such a small brain in her head.

"All right little girl, what is it?"

"Well Mr. Pfft. I was wondering about the truth."

"This is easy child," said Mr. Pfft, "the truth is that which is written or said in agreement with reality."

The child looked puzzled and said, "Whose reality Mr. Pfft?"

"Everyone's reality child!"

"How do you know that Mr. Pfft?"

Pfft was growing annoyed because now he was definitely going to be late for his appearance.

"I know this because I am very, very wise."

Continued ...

Continued ...

"How did you get so wise Mr. Pfft?"

"I am wise because I have studied and read, watched every movie, have taken many classes and listened to many lectures."

"I see," said the little girl. "Did you ever ask any questions Mr. Pfft?"

Pfft grew indignant. "Why should I have asked any questions when the answers were right there for me to see and hear as proof?"

"Well, what would happen if I did not believe everything I saw or heard even if there was proof in favor of it all? What if I thought I needed to look somewhere else?" queried the little girl.

"Then you would be a very silly little girl for wasting your time and not believing what you saw and heard and read! Have you no brain or any sense? I was once very stupid as you can see now I am quite smart." With that Pfft hurried away.

The little girl opened her the cumbersome dictionary on her lap and flipped through the pages concentrating on Mr. Pfft's words. When she found what she was looking for her fingers traced the words as she read aloud:

*"STUPID - formed without reason or judgment; gullible; lacking in common sense; taking things at face value; easily deceived and naive; ill advised; lack of discernment; displaced ego needs; lack of practical sagacity; irrational, foolish; idiotic; asinine."*

The little girl looked up and smiled. Mr. Pfft was still stupid and that made perfect sense to her.

"Many have been the wise speeches of fools, though not so many as the foolish speeches of wise men." ~ Thomas Fuller





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**Jackie Monahan** (*Something Funny Happened on the Way to the Dystopic Grid, Pg. 140*)

Jackie considers herself a 'spiritual warrior' who is on duty 24/7. Growing up in a family of brothers, Jackie also considers herself the perpetual tomboy who will take on anyone not her own size. She lives in the southeastern US and owns and operates an automotive body shop with her fiancé.

**Rev. Fred Lee** (*O.L.D. R.E.P.T.I.L.E., pg.141*)

Fred considers himself, to be a teacher of "T.R.U.T.H. = The Real Untold Temporal History." He further states, "I know that The Holy Spirit is the same as Quantum Energy. It is a workable medium, which can be employed by an appropriate individual, for the purpose of bringing about positive change and ongoing prosperity." Fred is an ordained minister with the Universal Light Church of Cincinnati, Ohio. He invites you to watch his youtube videos

<https://www.youtube.com/watch?v=tK7dVBYV-iY&t=78s> and [https://www.youtube.com/watch?v=kbD-8\\_CbBT0](https://www.youtube.com/watch?v=kbD-8_CbBT0) .

**Jonathan H. Corelli** (*Spiritgressives, Mental Midgetry and Passing Gas, Pg. 144*)

Jonathan lives in New York and in Montana during the summer months. He is a freelance writer and part time comedian who loves to travel as much as possible (have pen, will travel!). He likes to say, "Writing is not perfection unless it has a humor injection" so even the most serious of topics are infused with a dose of the literary giggles. According to Jonathan it all makes "perfect sense in every sense of the term sense."

**Rev. Roger Teeter** (*The Unauthorized Past Life Celebrity Readings, Pg. 146*)

This bio and the article are posted posthumously in honor of Roger Teeter. Rev. Roger was a Universal Life Minister who came into the gift of Spirit in 1985. He was a certified Hypnotherapist specializing in Cathartic Integration Techniques. Roger utilized many modalities in his work – channeling, vision, Clairvoyance, Clairaudience, precognitive awareness of the Akashic records, Psycometry, Dragon's Breath, Reiki, Zenith, and Star Maps to assist individuals in developing their hidden talents.

**Guru Gung-Ho** (*Dumbass Meditation, pg. 150*)

Guru Gung-Ho is the pseudonym for Gordon Y. Gerardus. Gordon hails from the West Coast, USA and considers himself the official proprietor of spiritual humor; humor being the only way to survive in this lifetime. Gordon worked in a shipyard for many years and is an avid sailor. He is now retired with his wife of 40 years who has somehow managed to put up with him all that time.

**Skywriter** (*Pfft, pg.152*)

Skywriter prefers to use a penname and likes to be considered as the 'humorous Cosmobiologist.' Skywriter lives in southeast USA.