

DISCERNING MINDS

Premiere Metaphysical Quarterly For The Abstract Enthusiast

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

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What's Your Perspective?



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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.

Content contributors of Discerning Minds hail from all parts of the world with a desire to showcase and share their original thoughts, creativity, ideas, theories and speculations. If you would like to submit an article for possible publication please contact editor.discerningminds@gmail.com with your proposal. Include a brief one paragraph summary of your work and why you would like it published. Up to two articles may be submitted for publication in a single issue. **Only original** articles/art/photography that fall into section category subject matter are considered for publication. The age requirement is 21 years and older. Accepted submissions are published gratis. Discerning Minds does not offer remuneration for published content.

Content sections are:

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

A Matter of Spirit – Esotericism, Higher Mind, Karma/Dharma, miracles, reincarnation, meditation, symbolic or religious/spiritual metaphoric accounts.

Body Temple – Alternative health, holistics, ancient and new healing, mind methods, auras.

Phenomena Files – Paranormal, extranormal, ultra-normal and unexplained experiences, Parapsychology, cryptids, UFOs, curses.

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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. Quirkology.



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The Human Condition

"You take the blue pill – the story ends, you wake up in your bed and believe whatever you want to believe. You take the red pill – you stay in Wonderland, and I show you how deep the rabbit hole goes. Remember, all I'm offering is the truth – nothing more." - Morpheus



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Quote from the movie: The Matrix

A different approach ...

*A blade may sharpen a blade at the expense of
itself, like a mind sharpening a mind.
But to fix and repair, a saw cannot fix a saw.
Something entirely different has to be used.
So, no-mind can repair a mind. For minds clash,
but the absence can instil its ways.
A stream flowing, storms brewing, Suns warmth,
Stars shining through the night.
Minds can perceive these through various senses,
but can one truly grasp?
The mysteries of life can be tracked, dissected,
manipulated, and rearranged.
But has the whole picture ever been put into
frame?
The idea of it at all understood? Or why it was set
into motion?
It's a system of multiversal proportions, that
should leave one star struck in awe.
Not in the littleness one could feel, but for being a
participant within it, to know you are of it.
Even if you had all the answers it would never
solve all the why's.
It is noble to want to know, curiosity is a beautiful
thing some have.
Yet There will always be more unknowns than
things known for existence.
If every void had to be identified, there would be
infinite words to give proper meanings of each.
So may our mortal minds feel humble and
soothed staring into the hums and movements of
Existence.
At those times we may get the best moments of
peace and clarity,
Even if it looks like nothing has changed...*

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BOO!

Dr. Marga Bosclair

Why do we like to be scared?

Oh sure, psychology will tell you it's because we crave thrills and chills which is true OR maybe we're just bored which is a very feasible theory since we are now so shock proof from years of being exposed to guts and gore on TV and in the movies. And darn if we can't sense Halloween two months before it even gets here.

Now while science tells us that usually when we're scared it is a negative thing, it's our bodies well developed threat response system letting us know something is not quite right, and preparing us to run or fight. You know the old fight or flight syndrome. Our bodies hype up and trigger chemical survival responses like adrenaline, endorphins, dopamine, serotonin, and oxytocin that assault our brains and of course make us super appealing to zombies who crave brains. But, on the serious side we also experience some pretty high arousal responses and that excitement is really what we are seeking.

So how far do we push the ticket? It depends. Some people hate being scared as it disrupts their "safe" little world while others totally enjoy going down whacky road and as adrenalin junkies they even reward themselves as they nearly wet themselves from fear.

Psychiatrists who treat fear also study neurobiology. They know that the "thinking brain" feeds the "emotional brain." This said, the foundation for fear is often discovered to have been learned from personal experiences. In some cases this even leads to phobias such as a fear of animals. Flip the psych coin and we find that for some people fear is a distraction which can actually be a good thing. It can be a darn good reality check. For example, when something scary happens, in that moment, we are on high alert and not preoccupied with other things that might be on our mind. This eventually pulls us back into the present where we seek to ground ourselves.

It's all within that complex personal context – SO – go ahead and get scared. Just be wise enough to stay clear of the neighborhood serial killer.

Control the fear.

Keep telling yourself, "It's only a movie."



Social Media Psychic Vampirism A Collective Epidemic

Preter Pawalajie

Most people today are familiar with psychic vampirism and the effects of negative people draining their energy but few rarely consider the social media as a having the same effect. Psychologically, people are drawn to media programming that seems to fit their own personal agenda and personal ideology. So they literally get 'sucked' into those daily televised media products and internet platforms that "fit" by alleged agreement. And just like an experience with a real vampire they might feel euphoric and inclined to run to Facebook or Twitter or Instagram and repeat what sounded so good and would be sure to change the minds of others. They do this until they notice they are exhausted yet keep going back for more. Their minds have been consumed, discernment has been obliterated and worst of all they don't even realize they are being sucked dry and turned into mindless advocates for politics, scientific theories, and fantastical ideologies and in some cases ruthless laws.

The smart ones eventually come to their senses and turn off the TV completely or limit their viewing time.

Here is what some others who have also recognized and studied this assault have to say:

"Psychic vampirism comes in a variety of unsuspecting guises. We see it all too commonly between individuals as one-on-one vampirism, but feeding on the energies of another person is only one of its many forms. For instance, anyone who exploits a lover, spreads malicious rumors, ruins a reputation, or betrays a trusted friend is a psychic vampire. On a much broader scale, psychic vampirism can occur in a vicious, collective form as sometimes seen among organizations that feed on prejudice and hate, or corporations that blatantly vampirize their employees through deception and greed. Narcotics trafficking, organized crime, and so-called "ethnic cleansing" along with discrimination based on age, race, gender, or sexual orientation are examples of collective psychic vampirism on an alarming scale. In its most widespread collective form, psychic vampirism can exist at a global level. Reckless pollution of the environment, irresponsible disregard for endangered species, and exploitation of the globe's natural resources are examples of global vampirism that affects everyone and literally puts the future of the planet at risk."¹ - Joe H. Slate PhD, (Licensed Psychologist in private practice, Emeritus Professor of Psychology at Athens State University and Honorary Professor at the University of Montevallo.)

Continued ...

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“One of the most common places that energy vampires hang out is on social media. Facebook for example, is a place where many post photos, quotes, vent and share the events of their lives. People often post in order to receive a reaction and will often check in to see how many and who liked their post. It is not uncommon for many to use social media in this way. Now some of you may be saying to yourself: “That is me sometimes!” Chances are we have all done this in the past, but now that we have a deeper understanding of an energy vampire, hopefully we will not use social media in this way in the future.”² - Laurie Barraco,(professional intuitive counselor, medium, author, recording artist, teacher and the owner of [The Mystical Moon](#), a healing center in Fort Myers, Florida.)

So, how does it work?

“If we look at my description of how an Energy Vampirism works, we can begin to discuss how other energies and consciousness, such as social media, relies on the same parasitic behavior and mechanisms to feed.

“The continual creation of drama, the heightening of fear and anger, the provoking of continual outrage. Even the glistening pictures, the masks of success, the reliance on incredibly wounded people to continually participate in sharing their wounds with other wounded individuals resulting in a consolidation of said wounds. The nimble distractions and quizzes to distract and anesthetize, the continual wars and interpersonal conflicts.”³ - Mary Mueller Shutan (L.Ac, CST-D, CZB, ABT, is an author and spiritual teacher, holds a Master’s degree in Chinese Medicine (Acupuncture and Herbal Medicine, Pacific College of Oriental Medicine), and has certifications in Craniosacral Therapy (Diplomate/CST-D, Upledger Institute), Zero Balancing, Biodynamic craniosacral therapy, Usui Reiki Ryoho, Karuna Reiki, Massage Therapy, and Asian Bodywork Therapy, ABT).

What to look out for in the media experience:

- Feeling exhausted after engaging TV viewing or social media involvement
- Noticing a crisis only a daily basis
- One sided views, rhetoric and no balance
- Finding yourself to feel like the victim and martyr and a strong need to act

Continued ...

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- Allowing others to get a rise out of you or yourself getting a rise out of them known as circular control.

My advice? Get outside and enjoy nature. Read a novel. Extricate yourself from media victimhood and/or stop trying to be Bela Lugosi.

¹ <https://www.llewellyn.com/journal/article/513> , Copyright © 10-10 2003-2019 - Llewellyn Worldwide, Ltd.

² <https://consciouslifeneeds.com/how-to-avoid-the-social-media-energy-vampire-trap/11116937/#>

³ <http://maryshutan.com/energy-vampires-and-the-internet-as-animist-being/>



If You Keep Doing That Your Face Will Freeze

Aly 'Zephyr' Nizen

I was kind of a bitchy little kid. To this day I still like to bitch and be arbitrary but I am slowly learning how to stop by being more responsible (which is at the root of all bitching). Back then I had a snippy little mouth and *loved* to make faces for just about any reason. It was a real attention getter for me ... didn't like supper, make a face – thought someone was stupid and needed disapproval, make a face – wanted to mimic someone, make a face and so on and so forth. The reactions to all of this from other was worth being punished. To me it was all very lucrative.

No matter what my parents did or said, I was beyond being reached. Even threats of counseling didn't work. But little did I know that my mother has a secret weapon. That weapon was her sister, my aunt Nessa (short for Vanessa). I really loved my aunt Nessa – I even looked like her and we always had a great relationship and understanding. It was always fun time when she came to visit. She would take me shopping and to parks but this time was a bit different.

Aunt Nessa arrived early on a Friday and was going to stay for the weekend. The year was 1995, the month October and I was turning 6 years old at the time. It just so happened that the Friday she was arriving was also Friday the 13th and my birthday.

As soon as she arrived we engaged in the fun. She took me out for lunch and a movie and then the park. I was to have a birthday supper/party with family and friends later that day and everyone was looking forward to it. My parents had gone all out with decorations, presents and good food. Generally adults bored me but I did enjoy being with my cousins. We all sat in a group talking and playing games but then I got bored and decided to go into my face making shtick. My cousins grew hysterical as I proceeded with my worst grimaces which became even more fun because the grown-ups were too engaged with each other to notice. That is – all except Aunt Nessa. She quietly pulled me aside as asked why I was acting so rudely. I just shrugged and told her I was bored.

She brought me into the kitchen, sat me down and told me the following:

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“If you keep doing that your face will freeze into a terrible grimace.”

My eyes widened and brain told me she had to be joking.

“No it won’t”, I said, “You’re just kidding”

Aunt Nessa became very serious.

“I am not kidding. There is something you must know. You happened to be born on a Friday the Thirteen in 1989 and today is an October Friday the Thirteenth which doesn’t happen very often. Friday the Thirteenth has a long history of being associated with bad luck. Any October Friday the Thirteenth is especially potent.”

She then gave me a whole history of Friday 13 starting with the terrible fate of the Knights Templar to the thirteen Disciples of Christ and how Judas hung himself to several tales of other hard luck stories.

My reaction was just to poo-poo it all and make yet another face.

“There’s more”, she said in a calm fashion.

“There is a legend that those born on a Friday the Thirteenth are especially susceptible during future dates of Friday the Thirteenth if they are born in October, the month of Halloween. That means today. That means you Aly.”

I got very, very quiet.

“Now go back and play,” Aunt Nessa ordered, “And don’t make any more faces.”

I just nodded and went back to my cousins running her words over and over in my head convincing myself she was just playing a joke on me.

The party was going great and after supper the adults decided to play cards while the kids settled down into watching TV. Evening was rapidly approaching and some of my cousin fell asleep on the couch.

I remember getting up to go to the bathroom. Once in the bathroom, I decided that Aunt Nessa had fed me a line about my face freezing. I looked in the mirror and tried a few silly faces out. Nothing happened. I grew more relieved and bolder and began making worse faces. Then it happened. My face froze with a horrible grimace.

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I stood there in disbelief, fear rising in my body.

I tried washing and rubbing my face. Nothing. My face was stuck.

Now I was really scared.

I ran out of the bathroom screaming, "My face is stuck, my face is stuck!"

The adults looked at me and just shrugged it as though it was perfectly justified to accept such a thing. I ran over to my cousins who just pointed at me and laughed.

"Somebody HELP ME!"

From what seemed like a distance I heard Aunt Nessa's voice saying my name.

"Aunt Nessa? Where are you? My face FROZE!"

I felt a tugging at my arm and as the room came into focus I saw Aunt Nessa kneeling next to me by the couch. My cousins were sound asleep around me.

"Wake up Aly, you've been dreaming," said Aunt Nessa.

"Is my face frozen?" I whimpered.

"No dear, it's just a dream, but, maybe this will teach you a lesson as your subconscious was telling you all that face making is wrong."

I nodded and hugged her feeling flooded by relief.

I never willfully made faces again.

Oh and Aunt Ness? I forgot to mention that she was a practicing psychologist.

**For those of you who have superstitions regarding Friday the Thirteenth and were born on a Friday the Thirteenth in the month of October - not to worry as the next one taking place in the month of October isn't until 2023. Still time to dump some bad habits.*



The Experiment

Syd Alruhi

There once was a man who thought he would experiment with human nature. He divided a group of people, some friends and some strangers into two groups. He devised a topic of interest which he presented to both groups. The difference was to one group he told lies about the topic and to the second group he told a different set of lies. As the man was very persuasive, each group believed fully in what they were told and felt satisfied.

Basically he had them all hook, line and sinker.

Having accomplished this he planned a party where both groups would be invited to socially intermingle. As he expected, everyone was getting along rather fine chatting about this and that and sharing a few jokes. When he was ready he slipped into the conversations and brought up the topic. Then he waited. After 3 minutes a new debate started rather amicably at first but soon escalating into an angry shouting match with each side indignant about what was the “truth.” Eventually they started pointed fingers at the man saying he had tricked them and demanding to know why he had done it.

He stood before them and confessed that he had fooled them and that he watched the heated argument among them that he did not notice a single person speak up and suggest they go to other sources to suss out the actual facts of the matter. They were basically lazy not displaying any motivation to “look further.” He said they even resorted to animalistic behavior with survival of the fittest the top priority because pride and ego would not let them lose the argument to the ‘enemy’ who was just plain ignorant.

Several from each group protested and said had he have been honest in his presentations to each group nothing would have happened. The man smiled and said it would not have mattered what he told them. They basically had drunk the cool-aid and were being ruled by what they believed. The groups became indignant and kept denying that they would be so stupid.

The man shook his head and said, “You do it every day.”

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“You allow yourselves to be shaped by your perceptions and what makes you feel good about yourselves. But that is personal truth not real truth. Some of you shove your opinions down the throats of others disregarding that they are doing the same thing as you – only accepting what feels good or ‘right’ to the mind and emotion. This is a human failing in us all.”

The groups were shocked and hurt but finally someone asked how to find the real truth and not one’s personal truth.

The man just shrugged and said, “When you hear or see opposing arguments, recognize that this is polarity. There will be lies on each side of it and some viable facts on both sides because the Universe enforces balance and forces discernment.

So where is the truth?

It’s in the middle.





AUTHOR BIOGRAPHIES



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Mikey Pierog (*A Different Approach*, pg. 2)

Mikey hails from Canada. He says: "Living closer to nature was always my ideal life, from joining scouts as a teen and camping as a young adult, I found my peace there. I was never into writing as a kid but as I grew older I found there was an artistic beauty in poetry. That became a hobby in my spare time, while working or in play certain thoughts cross the mind and I try to save them either to share or grow from of them." Mikey is an administrator and Manager on <https://www.lightforcenetwork.com/> .

Dr. Marga Bosclair (*BOO!* pg. 3)

Dr. Marga is a practicing clinical psychologist who hails from New England. She works with both individuals and couples to help them overcome their personal obstacles in order to lead happier lives. Dr. Marga employs metaphysical practices in her work that adds a spiritual dimension which she believes more readily helps individuals to discover underlying core issues and resolve them thus restoring balance. In her free time, Dr. Marga enjoys canoeing and oil painting.

Preter Pawalajje (*Social Media Psychic Vampirism*, pg. 4)

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.

Aly "Zephyr" Nizen (*If You Keep Doing That Your Face Will Freeze*, pg. 7)

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.'

Syd Alrruhi (*The Experiment*, pg. 10)

"Syd Alrruhi" is the pseudonym for Gerome Cass. 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

A Matter Of Spirit

"I Am Reborn ..."

Section Managing Editor – John “Salaam” Solis

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WEAK

By Janelle Shiavi

If I've kept my peace and held me
tongue...
If I've dragged my feet stumbling to let
go...
If I've spoken my truth and was cast out
of sight...
Does that make me weak?
If I've lapsed into bad habits because my
heart hurt...
If I've let words penetrate my soul far
deeper than they should...
If I've shared my heart with the wrong
person...
Does that make me weak?
If I've floundered and surrendered
before reaching a goal...
If I've looked in the mirror and prayed
for confidence...
If I've felt lost, unsure and confused on
my direction or self...
Does that make me weak?
If the emotions of fear, doubt and nerves
riddled me during change...
If I've felt tired and wanted to call it
quits...
If I've battled a divide between what I'd
say and how I'd feel...
Does that make me weak?
Perception and judgment are the only
thing that can make any of this weak.



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A Tale of Three Mice

Rev. Dr. Don Hauck

"Three little mice fell in a bucket of cream. The first mouse quickly gave up and drowned. The second mouse, wouldn't quit, was strong willed and kept trying various ways to get out and continued to think the third was not very smart by swimming fast. The second struggled so hard and long that eventually he found a way out, (helped by the substance which the third was making). But due to the tremendous effort and time, was physically and mentally wore out and lost out on a successful, enjoyable life. Shortly after the second finally got out, the third mouse had churned that cream into butter and simply crawled out. Having kept a constant, steady pace while trusting its Creator had a full, exciting and joyful life."

(The first mouse was like most people in the world; they just keep doing what everyone else does - the routine life ((live in the rut)). Not even the slightest knowledge or interest in the Duel Mind). The second like thousands of others who become famous only to either commit suicide; go broke, jail, drugs; bankrupt or otherwise lose everything including their reputation. They make it to their dream (born & driven by their ego (the carnal mind) but not to their destiny for which they were created. The third, (lead to their destiny by the Spiritual Mind), well if you are one of the other two, you have no idea there is a third type. But you could be a second type at the point each person eventually gets to - where the Creator knocks. Their 'higher self' makes them aware that a third type exist and that they must choose. Choose between continuing to let their Ego's kept them chasing their Dream or to get in touch with their 'feelings' - not emotions. The second type fail because, the truth is, when they try to be quiet and alone they know deep down, they do not like themselves. They feel inadequate, insecure or any one or more word which describe a person who really is not good enough. (Now most of them adopt a facade personality. They 'act' like they are better than others - but they know it is an act. And the longer they but on the 'act' the more they are driven to devices to hide from those inner feelings.

They first use things like getting involved in so many activities they don't have time to listen to what is going on inside. Now, many are helped by using music or other noise to cover the feelings. Bars, parties, multiple jobs or activities, I-pods with constant music a great new device... along with cell phones. They can hide from the feelings but sooner or later the feeling will win, it is just a matter of time. . The younger they are the better chance they have of stopping the running around and taking the time to get in touch with those feelings, giving them understand and appreciation and developing into the third type - they only way they can.

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Continued ...

The trouble they have is allowing themselves to stop 'thinking' they are as smart as everyone else and accepting the fact that there is always someone 'bigger', someone "stronger", someone "smarter" - it take humility for that EGO to realize the Creator made it this way so there was always someone to help us along. There is no one absolutely independent. I am the most independent person I have ever known; if you knew me you would agree but I know that I NEED others. Thank God I know some of them. They bring me joy just knowing them. I can discuss with them my problems and one or more of them usually help me to understand with a different perspective or because they know a different discipline they have a solution. I too, had to get my ego humiliated to arrive at this point of understanding and helping hundreds of 'two' types cross over the line that separates the 2's and 3's. When you become a three, you really get to know, have and understand LOVE so much better. One big reason is - you really like yourself. You don't have that inner voice telling you what is wrong with you or any guilt feelings or regrets anymore; YOU HEART IS CLEAR and you can now feel the Creative Force moving with and through you. You have so much enlightenment and almost a constant state of JOY!

Two's are understood and loved by the Third Type who prays for their success in choosing the right path. The second type have such great talents, beautiful souls and brilliant minds (and so many of them will go to waste) because they are so afraid of dealing with those feelings and they do not realize that any three can get the job done painlessly. It is only the 2's fear, (which is only an imagination) which causes the pain. Creator will make their seeming wasted lives, a lesson to others.

Understanding the Dual Mind

"I, through the law, died to the law, that I might live to God!"

From Scripture:

From the metaphysical point of view: (Scripture: 'the dual mind; Carnal & Spiritual'

"I" (the carnal mind; ego/Satan; selfish self) "through the law" (through the ways and understandings of mankind) "died to the law" (stepped away, gave up living accordingly) "That I" (the real self; Christ Spirit; higher self) "might live" (enjoy, become successful, complete, and have the feeling of satisfaction from doing what I was created for)"to God" (which is the ONLY ONE LIFE)!

Discernment: Born into Earth with only the Spiritual Mind; from the first experience, the Carnal Mind begin by the Collection of each bit of data it experiences. Hence we only consciously 'know' what we perceive from our personal experience. The conscious mind soon begins to believe that 'it' is the person and the spirit is 'hidden'

Continued ...

Personality is developed from this data thus the mistaken belief that one is a person having a spiritual experience instead of a Spirit having a Human experience!

The Carnal Mind > 'Ego/Satan' "I" = Operates from "I want" concerned about Self, appearance, talents, future, career, success and other things, each form a worry. And tied to the past; people, places and things unpleasant which have happened each of which form a depression. The mind is mostly focused on self even when and how they are dealing with others. Self-Protective and defensive; strong will; cunning; phony, facade personality; periods of happiness and depression. When young and energetic, always meet new people with very outgoing, pleasant personality: when older normally to attract attention meet with troubled look on face - lost!

The Spiritual Mind > 'God'/ "I AM" = Operates from "I Give" concerned about others. Ready and willing helping Spirit to others, animals or things. As this 'true self' continues to develop; less and less concern about self, past or future. Stronger and stronger confidence that all is unfolding as it should and they are being taken cared; and that they're future is secure. They live with a peaceful mind, uncluttered with constant changing thoughts. They are mostly focused and concentrated. They discover they have the gift of healing, even at a distance. This healing can be by word, action, thought. They meet others with a calmness which set most people at ease.

Others, for the most part, have an almost instant feeling of trust and peace. Very troubled Souls will often react with varied degrees of unrest to even verbal attack. Most importantly, the degree of success, peace, joy and complete satisfaction continues to grow and be involved with what most call 'miracles'. They continue to delight in the Life they are living on a daily basis not just once in a while.



The Failings of Organized Religion

Matt Sharpe

There are many elements that have gone into the human development of religions and a number of these are also exhibited by other primates which serves to solidify the idea of it having evolved from a time before we became so called "modern humans." Anthropology has discovered some of the factors involved. A very recent study found that a chimpanzee is able to form a complex circular relationship by learning to play rock, paper, and scissors with a four year old human child. That study can be read about

here: <https://www.sciencedaily.com/releases/2017/08/170810104846.htm>

While obviously certain things we were already capable of long before becoming modern humans, the quality that is used to distinguish a modern human from any earlier predecessors was the dramatic increase in brain size. As the brain grew in size it became more capable of an ever greater awareness and ability to learn new things. An awareness of the self and its relation to, or interaction with others was another necessary development although it began far earlier. Tool development and use demonstrates the development of an awareness of causality which further developed into an understanding of both cause and effect and the individual's participation in them. From there the development of a language was another necessity from which would develop the ability to tell stories and create myths. The first known outward sign of religious thought is considered to be the burial of the dead, and the idea that certain requirements could affect the situation the individual faced in the afterlife. From these eventually a morality developed and became a part of the group social structure.

These factors and developments are a part of the behavior of hominids and the increase in brain size is generally what created the separation of modern man from his predecessors. It is extremely hard to determine exactly when humans developed spirituality. Early in our existence we formed groups or tribes that were partially the source and place of use of our developing social structures. I consider it safe to say that some of the earliest forms of religion on earth were what would now be called shamanistic belief systems practiced within indigenous tribes (although the word's origins are from the speakers of Proto-Tungusic languages of North Asia). The word shaman came into a much more widespread usage referring to indigenous tribal spiritual systems after anthropologists noticed a great many similarities between the practices of many unrelated cultures across the globe. Many of these systems are still in practice today, and one very important thing consistent with those that use them is that they are aware of the existence of an inner path that relates directly to outer life.

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The inner reality has always been the lifeblood of the spiritual systems that have developed into religions, and it is that ability to go within and interact with finer aspects of life that make a path a living one.

The relationship between that inner pathway, and its outer symbolism, rules, and mechanics and the way they are viewed and practiced in the outer world went through several stages of development before becoming what would today be called organized religion. There are any number of degrees of a relative balance between the two, and potentially, the possibility of an imbalance. Maintaining a balance between the two is extremely important to the life of the religion as it determines how long it will continue to be useful and prosper while providing a service and a function to those who are involved in it. A religion has to provide a means of inner communication with the Divine for the people, and a way for them to make spiritual progress inwardly, while also providing an outer support structure and community for individuals to share lessons together in a beneficial way. Many religions began in a way that promoted these things, but over time they generally devolved into something else that could no longer give the inner experience and the outer balance. Each devolving step draws the entire path further away from the connection with the ECK and thereby from a place where individuals can gain understanding of the principals involved so as to be able to continually grow and change for the better.

While a religion had an inner connection, the path worked and Divine Will worked through it to enable those Souls that were ready to take it as far as they could. The very nature of the Absolute places IT far beyond any religion which tends to exist on the emotional and mental levels, and ITS Voice, that Word of God, is able to work within any religious structure to reach Souls that are members. A religion losing its connection with the Divine does not necessarily kill that religion and many have been known to continue for a number of centuries or even eons clinging to their outer rituals and structures, though they be nothing more than a ghost of what they once were and could accomplish. And while that might be the case for any particular religion, that in no way limits it from enabling one who follows it and is more perceptive and creative from actually gaining an inner awareness with which they can communicate and interact with the Holy Spirit.

There have been individuals showing up in the midst of organized religion since the first appeared on earth. Saint Francis of Assisi is one example of one that came along centuries after the religion was formed, and who attained sainthood regardless of the limits that existed in the religion as it was in his time. Such individuals tend to have a great degree of spiritual insight and can get more from the writings and teachings, and also apply them in life in a way that brings actual results and experience.

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Regardless of a religion's spiritual connections, to truly be effective for its students it needs to have a living Master at its helm. This is one who is able to visit them both inwardly and outwardly to teach.

The only case where a deceased Master can teach living humans is if that Master was the one who initiated its chelas, or students, which establishes a link and a bond that transcends the physical. This one point is what makes it easier to discern the dead religions. The mystic that first made the spiritual attainment of the inner realms is typically gone before much time has passed, and not all train an individual who is fit to carry on after they leave. This is the reason that Christ cannot teach living humans today, nor can Muhammad, nor Buddha. A living human must be taught the principles of a path by a living human, and he must be a Master if he is to have any success in guiding students along the way of his path.

Once that original teacher has left the physical, which is when others try to maintain whatever is left of that path by collecting any existing writings, or writing things down and codifying them into a system. These rules determine the right and wrong actions and ways one can follow, or not, enabling people the ability to follow what is considered truth within that path. The problem is that these rules have no living being that is available to explain them in detail nor that can interpret them for the individuals on the path. This interpretation takes shape through inner experiences with a Master, and in outer realizations that occur under his guidance. When these do not occur, that path's inner connection to the Audible Life Stream is lost and the path experiences a type of "death." Often a shadow of what once was forms, and it is one that has no ability to teach the individual in real time in both the outer and the inner.

It is that spiritual connection and interaction that humans need to advance spiritually, and that can only be found in a living path. Even after a split off or a reformation takes place within a religion, there is no guarantee that that alone is enough to bring it back into active contact with Spirit, though some might believe that it does. The inner spiritual connection with Divine Will is the necessity, and whether or not one even exists. As a spiritual path goes through the various stages, it loses that connection and its ability to help individuals climb the ladder of spiritual experience. Outer rituals and habits can in no way replace that living connection. That is the state many religions find themselves in today.

A friend said to me recently, "Religions are useless and it is what each man has inside that counts. It is where the flame of the Great Spirit is and it is up to each man to keep the Light bright and not let darkness dim it." That man was Pedro Montegro, a shaman in the Aztec tradition. What he says is true because once again now, much as in the mid-sixties, the populace has become rather fed up with organized religion and people's spiritual needs are not being met.

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Because of this many will leave behind their normal religions and go in search of a new way that can possibly offer them direct experience with the inner path which is the thing that all Souls require.

Christianity has always had many splinter groups that leave one branch over a reinterpretation of a segment of the doctrine that they prefer as opposed to what it had been before, but that coupled with the rampant pedophilia that is found in many of the groupings within Christianity has caused people to lose faith and trust, no small thing. Radical Islam has taken its place as the new boogeyman in the Western news, and much of that religion is seen as being a party to that sentiment, although it arguably is but a small percentage of the entirety of Muslims. This is a continuation of a thing that has been seen throughout recent decades. An exodus from organized religion by many while searching for a way that is able to instruct in ways to make the inner path come to life for each individual. I have named two religions to show current examples, but they are hardly the only ones going through a similar status.

By and large the religions of man have lost contact with the inner principles that were at one time their largest part, and because of this the attention of the members has been put into the writings and the rules that govern them. Fundamentalism is bred in this way, although that is not the only point of view concerning tenets of a religion and their interpretations. When any group breaks free from the one it had once been a part of, there will be animosity, and in most cases each group's leadership will change the writings to be used to demonize that other group, the perceived "enemy." While some will cling tenaciously to either group, others will notice it and decide that they expect more spirituality than that and those that do might leave entirely and go looking in another direction. On and on this goes throughout the ages and in all cultures.

This is how the individual, whether as a part of a group or individually, gains experience that can be used to judge whether or not they are going the way they want to, and from these experiences of life, spiritual evolution happens. Although that can often take many lifetimes before it becomes so noticeable that the individual can see it. While much of this comes from the karmic states of the individuals concerned, it also comes from the mental and emotional states and experiences as one goes through life, adding each new positive or negative experience to the overall totality that they have to work from. Each religion goes through each of the stages, and none are exempt from having to deal with them, and each will eventually lose direct inner contact with Spirit and will die out. Eckankar is no different. While it maintains a connection and is still to this day one of the fastest ways of climbing the spiritual ladder that will at one point unavoidably be changed.

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Each religion still serves a purpose for the group that uses them, even if there is no perceptible connection to the Godhead. Those that follow them may only believe there to be a connection, but this still serves a purpose for them and gives its members the ability to feel that they are in control of their own spiritual welfare, even if in reality they are not. That function may only be one of the pride, but even so it allows the individual to continue moving in a way that they can stand. When a religious path that had at one time been connected to the Shabd, loses that ability, before long another will spring forth. One that has the means for connecting the physical entity with their own spirituality, and one that has a living leader that can personally address each individual's inner needs. This has been the way of things since humanity's beginnings, and it will not end anytime soon.

This is the way of things on these lower planes as people contend with and work through the dualism. Never will there be a single path that is able to have a true connection to the Spirit and still be followed by a majority of the living population of the earth. The Sugmad is not so impatient as to require such a thing. And for that reason, it would be unfitting for one to occur. As things are today, the various religions suit groups of people that are at various levels of spiritual understanding of the whole, many of whom have not even begun the journey into a perfect understanding of the Self. So while humanity goes through various stages of satisfaction and dissatisfaction with the available religions, the overall progress is indeed known and monitored. Each thing is in its rightful place although that does not necessarily mean that it will remain there. All things are in development and turning into that which their choices create. Each religion serves a purpose for those who follow it, however that purpose is in flux, and changes constantly over time.

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Belief - The Middleground?

Timur 'Taron' Baysal

From where I stand, I recognize a fear of belief, probably not dissimilar to that of an atheist, while I'm firmly on the other side of that equation. I have no doubt about the Be-ing of what we term "Creator" or even creators for that matter. I have no doubt that- as we define ourselves as living creatures- the root of existence is alive and a being of such magnitude that we can only know we are but a tiny fraction of its potential. Yet we are a multitude of necessity, meaning; we need to be many to accomplish one thing.

However, I do not believe, but am even afraid of retreating into such position of complacency without understanding. I'm afraid I won't do justice to these revelations, if I leave them unexplored while looking at a loss of orientation amongst humans around the world.

Several religions and movements under other titles appear to try dealing with that dilemma. Whether it was that same fear or another intuitive urgency, I only believe that each leader or originator felt that a new orientation had to be on the agenda.

And so does the atheist, but without any acceptance of moral guidance, the atheist appears selfish, hardheaded and lost for that matter. The energy it takes to fight doubts that must emerge for any atheist, every time we witness unexplained sensations or stunning "coincidences" requires focus against a truth that reaches far beyond the physicality they hold on to so firmly.

I think- or could imagine- that they are afraid of belief, because they don't want to feel dumb or submissive to dictations from any religious "authorities", surrendering to some dogma and having to obey false or illogical directives. They are afraid of being restricted by lies or confined by so-called destinies, designed by some supernatural boss, whose force was manifested only in its army of believers. They are afraid of their own sense of moral, denying it and rationalizing it into suffocating superstition beyond any and all reason. "Reason" being the key word.

Now, I'm on the other side of this. I love to feel the living power of the Infinite, but have that urge to understand all that I can understand as a human being. As I study various scriptures, I begin to read clearly that many- if not all- of them understood deeply and clearly what they were writing about. That it is us, who failed to receive their messages properly, knowing that we would have to decipher them and translate them into our world of reasoning just so we see the actual wisdom they gave to us.

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Belief as we encounter it today is most often the submission to certain misunderstandings, not even leading to the otherwise desired obedience to moral dogma and the likes. The same motivation that had them glued to fairy tales as children appears to have them glued to such dogma. "A great reward comes to those who observe, submit and obey" or any kind of pay-off for a faithful "mindset". I could go on and on about the deceit that comes from such ideas, as people pretend their way through life with a straw at hand that promises salvation as long as they fear god, never mind how they actually act in life. And that's not even the problem I am concerned with right now.

Belief is a certain surrender without knowing just how far you got in your clarity. I don't expect everybody to follow so passionately a path of understanding. It cannot be necessary in order for us to function. As much as I fear belief for this reason, I sense that belief itself is the middleground, the place where people accept what they cannot understand in order to act with a positive confirmation from their soul. I only wish that people would connect to their soul more. This is what Christianity has always been all about. Our over-soul, the soul from which we split off and in which we merge again is in the center of the Tree of Life and Christianity called this Christ. If there were such occupation as spiritual physicist or chemist, the Tree of Life is- by analogy- the molecular composition of life and as such all of existence as we are made to perceive and accept. Christos is nothing but a fork in the road of becoming. But there we are already all One. We are all being informed together through this Sephirah, Tiphared, in the middle of this Tree. And since we are adults, we understand the concept of a model, we know that it is nothing but an aid to visualize the connections between all milestones of creation.

This is why I believe that Christianity in its very roots is by far more overtly kabalistic than any other religious movement of magnitude. But it is difficult to understand without guidance. It takes a great deal of dedicated studying to even encounter this properly. Who of you Christians out there knows that "God" is a title exactly like "Satan", which is not one being, person, angel, demon or whatever creature. They are titles equivalent to Lord, which is why "Lord" so often replaces "God". Satan, however, is the "negative" potential, while "God" is neither good nor bad, positive or negative. We are composed of all this, which is why "God" or even "gods" for that matter are within us, or the powers that compose us as we are. Naturally not just us, but all there is from stone to lily, from star to a grain of sand and through water and fire into living entities.

And all of that for some reason. Ever since consciousness received the power to ask back, we've began speculating about this reason. I tend to think that it is that very question that marks a milestone of attainment and that we'll get there as the answer and not to receive it.

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But, just to clarify, Christianity in its roots is connecting far more too - all those religions that long for enlightenment, not anything better or worse. Even Judaism, the bones and the memory of Christianity, is on that same path, even if most if not all its followers, too, went astray. Except they don't seem to know this while being firmly convinced they're holding on to their traditions faithfully, deserving some reward.

There cannot be any reward for any single person other than continue to being driven and to recognize when to rest. No single lifetime will yield a final reward at least thus far. And this final reward will be collectively and simultaneously. At least that is what I... believe. Ha-ha.





Finding the Truth

The American Guru

The following is an experience I had which I believe you can also create for yourself. If you are an atheist, Jew, Muslim, Hindu, Buddhist, or Christian or of any other religious group or belief system, and can duplicate this situation without allowing yourself to pre-judge because of words usage, you can do it, otherwise, you would be short-changing yourself. For instance, if you are an atheist, you can use the word Jesus without any meaning or belief that he is god or superior to any other being in the world. We know historically the man did exist and that the name his parents and original followers called him was Yeshua ben Joseph. Similarly, we know a man by the name of Mohammed existed; we need only to understand that, we do not have to believe that he was a spiritual leader or anything else. I think what I'm saying is, most of us have a tendency to be judgmental when it is not even called for and that we need to mature. If we do not we cannot even hope to bring about peace in the world. Good will toward men is impossible so long as we believe that what we believe is the only way to believe and we shut down our minds and refuse to look at a different point of view. I know I digress here for a moment when I say that as I picture the world with all this prejudice and narrow mindedness I become exceedingly saddened inside. It is with the hope of changing some of that, that I tell this story.

I was born and raised as a Catholic and in 1964 I was excommunicated because I got a divorce and that was against their rules at that time. It was between 1964 and 1970 that I was driving along a highway in Akron, Ohio when I came to the realization that after all the brainwashing I had gone through, having been forced to memorize many, many different thoughts, beliefs and prayers; I did not in my heart truly believe there was a God, a Creator. I knew I had been taught there was one, and I thought there was one but as I said if push came to shove, I'm not sure that I believed there was one. (You might think you would overpower a robber if one was to try and take your money, but if you were really confronted by one, you just might mark your laundry. There is often a difference between what you think and what happens in reality.) Maybe that makes me an atheist or an agnostic - it doesn't matter. The only thing that mattered to me was the fact that I did not, within myself believe there was one ... Only that I was told time after time that there was one. That would be much similar to being made to memorize the instructions on making a chocolate cake, and saying that you believed you could make a chocolate cake. (Anyone who has made a chocolate cake knows well the difference between the two.)

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Let's substitute the word *believe* you can make a chocolate cake to have *confidence* you can make a chocolate cake. Knowing the directions you think you know but you can't have confidence or beliefs that you can until you've had the experience. (Thank whoever or whatever for the English language. We have so many varied words we can use in an effort to get our point across. I have a certain amount of compassion for those with a limited vocabulary.)

I have no idea of why the question came to me, 'How could I prove to myself that there was or was not a superior being, Creator, God, Allah, enlightenment or whatever?' I wanted to bake a chocolate cake so that my experience would give me the confidence, belief and or assurance of what I thought. There is merit to the saying, "Know the truth and the truth will set you free." It frees you from the doubt. Even Shakespeare knew the problem of doubt -- "Our doubts are our traders, for they keep us from gaining what we oft might win, for fearing to attempt!"

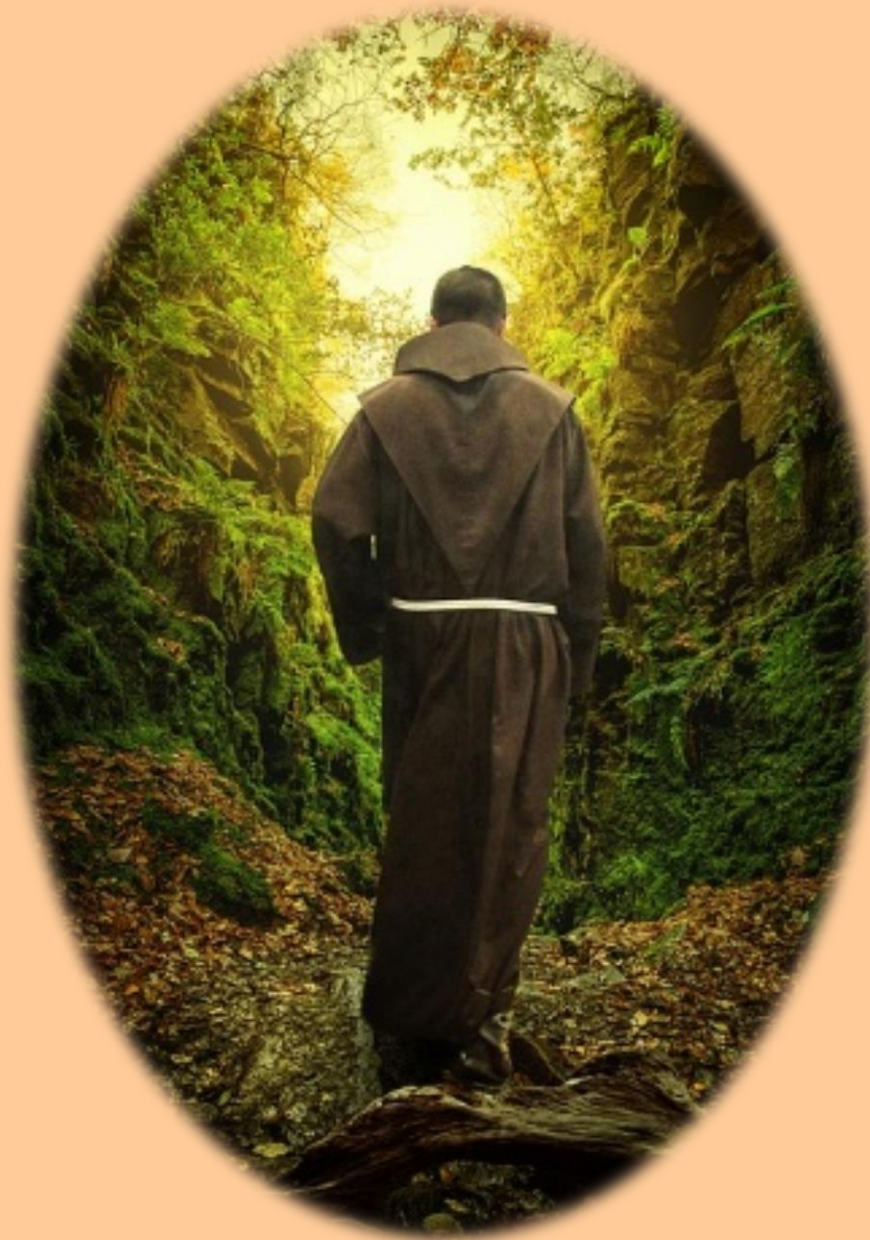
I chose the book of Matthew in what is called the New Testament for it seemed to be the most simple and complete philosophy of life. I decided to re-read it with an open mind and forgot what I had been told it said. I first had to devise a method to do that. What I did was this - whenever this man Yeshua said anything, I imagined myself being there with him and whoever else was supposedly there. While I knew he was speaking to everyone, I pictured in my mind as he spoke he was looking directly into my eyes. That in itself was a phenomenal experience. I seem to have a greater understanding and insight to what he was saying that I had ever had before in my life. And to this day more than 40 years later I am still confident of my understanding. I am equally as confident, since I've told others about this, that each individual will understand exactly what they are supposed to understand and it will be enlightenment to them. I then decided that come what may, I would live, for 30 days, according to what I believed were the instructions in that book. And no matter what would occur, I would not allow it to alter that decision.

Those were the most beautiful and wonderful 30 days of my life! Every aspect of my life was peaceful, calm and went well. Each and every one of those days, one right after the other were just so radically different; they were anything but normal. You have to experience that feeling to understand it. Those 30 days were so fantastic, consistently wonderful and the feelings were so strong that I have for ever since been convinced there certainly is an Almighty. After those 30 days my life went back to what every human being finds to be normal. And I know that that experience, while it has certainly convinced me, I am equally confident that I could not convince anyone else nor do I try.

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It is something each person must do for themselves. I don't know if you are convinced beyond a shadow of a doubt that there is what people call God but if you're not I suggest you find a way to prove to yourself there is or isn't one so that you have no doubts and live with that truth within yourself. I am convinced that if you try the method I used, you too will have an experience which will convince you of the truth.





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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/>

Matt Sharpe (*The Failings of Organized Religion, pg.18*)

Matt Sharpe lives in the Southwest US and enjoys writing about spiritual topics of all kinds, using his personal experiences as a reference. While never referring to himself as a shaman, he does work inwardly with many from various traditions. He also is a guitarist and singer/songwriter.

Timur 'Taron' Baysal (*Belief – The Middle Ground? pg.23*)

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>

The American Guru (*Finding the Truth, pg. 26*)

The American Guru hails from the great state of Ohio, USA. He prefers to remain anonymous as he believes any message of Spirit is more important than the one who delivers it.

BODY TEMPLE

The moment you change your perception is the moment you rewrite the chemistry of your body ...

Section Managing Editor – Lynda Lidel Harley

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Quote: Dr. Bruce Lipton

The Inner Speak

By Michael Chen

I talk to my body.
I treat it with respect.
I speak to it with love.
I ask it to heal itself.
I urge it to be its best.
I request that it rise to all challenges.
My body is the soldier.
My mind is the general.
My soul is the warrior.

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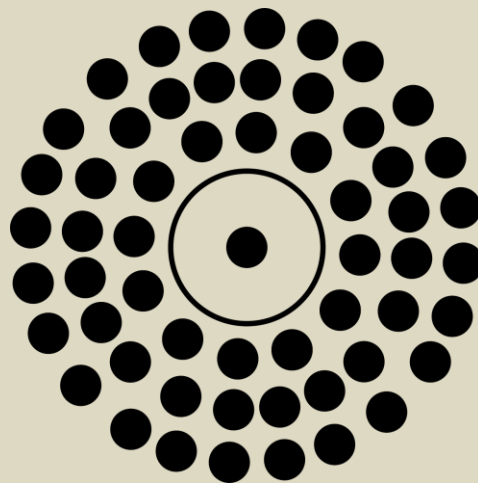


Power of the Sun Healing

Nano Nodo

If you love being outdoors even casually, you can take advantage of this exercise for healing yourself or others.

1. If you can find a lake or other small body of water where the sun is reflecting well on the surface, situate yourself comfortably. You will need a clear quartz pointed crystal, sphere or pendulum. Hold your crystal in the sunlight until it warms.
2. Study the crystal and how the sun's rays are entering it with restorative energies.
3. If you are healing someone else ask them to sit down with you comfortable – lawn chairs or even a rock will suffice. Laying down on the grass is always wonderful as it is a way to embrace mother earth.
4. For healing a physical ailment, place the crystal on the body area that is afflicted. If treating depression or anxiety, place the crystal on the third eye while the person is lying down.
5. Visualize the rainbows created by the sun's energy hitting the crystal as bringing Nature's Divine light into the afflicted body area.
6. When you are satisfied the crystal has done its work, remove it from the body and place it between you and the person you are healing. It is an amazingly optimistic act.
7. If you and or the other individual are healthy enough to be out in the sun, remain for a while to enjoy its warmth. If possible rinse the crystal in the water nearby.



The Ophiuchan Influence

Courtesy of “*The Book of Ophiuchus*” with permission

Ophiuchus, the Serpent Bearer has been coined by some as the thirteenth sign of the Zodiac. It is a real constellation that lies between the constellation of Scorpio the Scorpion and Sagittarius the Archer. It is an Ancient Greek constellation that can be historically dated back to the time of Claudius Ptolemy, the Father of Astrology. The original constellation of Ophiuchus (who is also known to the Greeks as Serpentarius the Healer and to the Romans as Asclepius) is actually broken up into two constellations – Ophiuchus, the serpent holder or handler and Serpens, the large snake in his grasp. Since the serpent appears on both side of Ophiuchus, it too has been divided into Serpens Caput (the head) and Serpens Cauda (the tail). In general, the serpent is a very ancient cultural healing symbol and represents, among other things, revitalization and transformation through discretion and sagacity - all of which are akin to the ancient premise of “shedding old skin” and rebirth. Ophiuchus learned his healing skills under the wise tutelage of Chiron and his influence can be felt in all types of healing from physical to spiritual to social and even political. At any rate, the individual is inclined to “give healing.” According to Fixed Star expert Bernadette Brady, the physiological correspondence of Ophiuchus is “the lymphatic system as the defender of the internal body.”

The Sun enters the constellation of Ophiuchus every year between November 30th and December 17th. Those born during this time span are believed to harbor innate healing abilities. If you were born during this time span and feel strongly that you are a healer, you can add these ‘possible qualities’ to those of your Sagittarius Sun Sign!

If you were born on ...

November 30 – Those born on this day can be best described as iconoclastic by nature doing everything their own way. They believe in simplicity when it comes to health and healing and are sometimes interested in a vegan diet. In a healing venue, November 30th Ophiuchans tend to function solo and are very dedicated healers who believe strongly in the “power of humor.” They are effective healers of children and young adults.

December 1 – This Ophiuchan vibe has strong leanings towards holistic and herbal medicine. Reiki facilitation and those who specialize in chakra adjustment and aura cleansing are found among Ophiuchans born on this day. Sports medicine and therapy are traditional paths for December 1st Ophiuchans.

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December 2 – December 2nd Ophiuchans believe in the pursuit of happiness. When they are not happy they often feel it in their physical bodies as general malaise. They also believe in the power of positivity and make good spiritual speakers and life coaches especially if the lecture circuit includes travel.

December 3 – Long life is the goal of this Ophiuchan. Keeping fit and active is very important although there is some tendency to put on weight. Those born this day are very good at seeing the big picture and tend to be both good talkers and listeners. Counseling is the forte of this placement.

December 4 – This is the placement of extremes and there can be fanaticism about maintaining good health OR conversely there can be great carelessness regarding it. Those born on this day however do believe that attitude is everything and they are quite remarkable at handling others. Besides people, they also have a great love of animals and their innate psychic talents make them excellent animal whisperers or more traditionally excellent veterinarians.

December 5 – Those born on this day tend to have good health BUT they also tend to have bad habits. There is plenty of nervous energy and consequently they learn the most through tough life experiences that they have brought upon themselves. Relaxation techniques are of great benefit to them which they like to share with others. Yoga instruction is a good for this Ophiuchan.

December 6 – This Ophiuchan is into total balance of mind, body and spirit and can do well in any holistic venue making an actual career out of healing and/or helping others. Traditionally speaking they make wonderful medical doctors with a bedside manner to match.

December 7 – Ophiuchans born this day tend to be interested in Eastern Practices. They are natural Reiki practitioners and acupuncturists if they so choose to pursue these venues. They are also knowledgeable about body detox and place great importance on a clean environment.

December 8 – “Feeling good” is the motto of individuals born this day. They tend to be a bit renegade when it comes to physical health and take advantage of it but they do believe strongly that stress and tension are the biggest obstacles to good health. A good night’s sleep and maintaining low blood pressure is the goal of this Ophiuchan. Since personal integrity tops their list of priorities they can be trusted and make good counselors.

December 9 – This is generally considered a hearty placement. The individual believes in a positive attitude and a good daily physical maintenance program.

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They tend to make good physical therapists, exercise instructors and health teachers.

December 10 – This is the placement of physical fitness bar none. There is a great love of the outdoors and all types of outdoor exercise. Despite all this physicality, this Ophiuchan will take time out daily for spiritual nourishment garnered through meditation and reflection. Sports medicine can be their forte.

December 11 – Once they have learned from experience how to break bad eating habits, these Ophiuchans become icons of vitality. If they the chance to heal someone else's emotional or physical pain by giving them the benefit of their own experience they will quickly step up to the plate. There is often an interest in the medical field or health associated volunteer work.

December 12 – Competitive by nature, those born on this day literally seem to be in perpetual motion. Fast challenging sports seems to be their forte. They tend to be better talkers than listeners and make good inspirational speakers healing others with their positivity about life.

December 13 – Health maintenance is a series of lifetime trial and errors. December 13 Ophiuchans have an interest in everything from exercise to nutrition often experimenting with whatever has their attention at the time. Once they get a handle on whatever health venue they have decided to pursue and study and a balance is achieved, their wisdom about a chosen health subject tend to be very profound. When they gain a level of expertise they make good health lecturers and teachers.

December 14 – Generally robust when it comes to health those born on this day tend to look beyond traditional means to enhance health. They are often interested in various forms of energy healing and like to compare the old methods with new visions regarding healing. Crystal healing, chakra balancing and aura cleansing hold particular interest for these Ophiuchans.

December 15 – Those born this day tend to have an interest in a proper diet usually based upon serious food issues they have overcome. Those who have learned to properly appreciate the value of good nutrition make excellent dieticians.

December 16 – Oddly enough those born on this day are not overly concerned about health maintenance. They are reluctant to exercise unless they get “emotional satisfaction” from it - for example – hiking a serene mountain trail or walking on a beach at sunset. Because they tend to be tuned into nature and the peaceful joys of simple things they make good listeners and counselors.

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December 17 -Testing physical endurance is the goal of those born on this day. Exercise in any form, the tougher the better, is the golden key to happiness. They make great weight trainers and health coaches. If they can attune to their spiritual side through some Soul Searching they make wonderful empathetic counselors and touch therapists.

The healing qualities of Ophiuchus are not just restricted to this elite Sagittarian group. An individual can also be imbued with healing traits if the main star of Ophiuchus, the Fixed Star Ras Alhague, is making a connection to their natal chart. Astrologers who work with Fixed Stars check to see if a chart is influenced by these heavenly bodies by observing if there is heliacal rising and setting, parans with planets and culminations to pivotal points of the chart. Please consult a professional astrologer who works with Fixed Stars and collective archetypes if you are interested in this type of information.



Music to Soothe the Savage Beast

Thomas Selinas-Cross

Astrologers are always testing theories that link the Cosmos to healing. One premise is that listening to music by composers whose Sun Sign is the same as the *Sign on the 6th House of Health cusp* of an individual's nativity can assist in healing physical health.

Here are some suggestions for the Signs:

ARIES: Bach (Johann Sebastian), Rachmaninov, Haydn

TAURUS: Brahms, Tchaikovsky, Ellington, Bacharach

GEMINI: Wagner, Stravinsky, Strauss, Corea, Chavez, Hamlish

CANCER: Mahler, Rodgers, Lloyd, Huber

LEO: Debussy, Schuman, Bloch, Giuliani, Cervantes

VIRGO: Dvorak, Bernstein, Strauss (Josef), Bach (Johann Christian), Debussy

LIBRA: Liszt, Verdi, Heine, Dukas, Partos

SCORPIO: Copland, Paderewski, Hensel, Strauss (Johann II)

SAGITTARIUS: Beethoven, Berlioz, Dusek, Gibbs

CAPRICORN: Muthel, Bruch, Martucci, Taneyev

AQUARIUS: Mozart, Shubert, Mendelssohn, Glass

PISCES: Handel, Chopin, Vivaldi, Rimsky-Korsakov





The Healing Power of the Color Orange

Leighanne Wadan

While the color orange is widely known among healers to buoy confidence and provoke change and awareness. It is one of the seven top Chromotherapy (proven to work through every cell of the body even exert influence on the soul, consciousness and spirit) healing colors, and can often be seen used in hospitals and children's centers in their decor. In therapy rooms, it can be used to reduce anxiety and claustrophobia in patients. As orange is known as the color of focus it is also used in vision centers especially concerning elderly patients. As it is tied to the Sacral Chakra, the color orange hold jurisdiction over procreation, vitality and sensuality.

It is also understood to do the following:

- Balance excessive sexual expression.
- Aid in stomach disorders.
- Check nervousness and anxiety.
- Aid in skin disorders.
- Aid in asthma.
- Aid in allergies.
- Reduce vertical grooves in fingers nails.
- Stimulate the lungs and respiratory system
- Stimulate the thyroid.
- Relieve muscle cramping and spasms.
- Lower back issues.
- Balances pulse rate.
- Balances gall bladder.
- Aids rheumatism, arthritis.
- Reduces exhaustion.
- Help increase immunity.

Also note that some of the associated problems relating to the sacral chakra are: pre-menstrual syndrome, problems with menstrual flow, uterine fibroids, ovarian cysts, irritable bowel syndrome, endometriosis, testicular disease, prostatic disease. If you are a healer you may want to make special note that any individual who has an aversion to orange may have suppressed sexual feelings or other difficulties with sensual enjoyment of life.

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The attitude can also be over-sensual, indulgent, or too materialistic.

Metaphysical associations of the color orange for those who are inclined to include them in personal healing are:

ZODIAC SIGN – Cancer, June 22 – July 22

POWER COLOR – Aries, March 20 – April 20

PLANET – Jupiter

ELEMENT – Fire

DIRECTION – South

TIME OF DAY – Mid-day

TIME OF YEAR – summer

CRYSTALS – Carnelian, Copper, Sunstone, Orange Aura Quartz, Orange Jade, Orange Calcite, Fire Agate, Orange Quartz, Orange Rhodochrosite, Orange Garnet, Orange Amber.

ESSENTIAL OILS AND FLOWERS Oils – gardenia, lemon, ylang-ylang, and jasmine.

The most effective way to add the power of Orange or correct a balance in the 2nd Chakra is adding natural orange crystals and gemstones to your everyday wardrobe so they are close to you for several hours at a time and touching your skin, (the pulse points: ears, wrists, ankles, and neckline) and thus effecting your aura and Sacral Chakra.

Here is a useful Color Breathing Method I use excerpted from <http://www.kea0.com> :

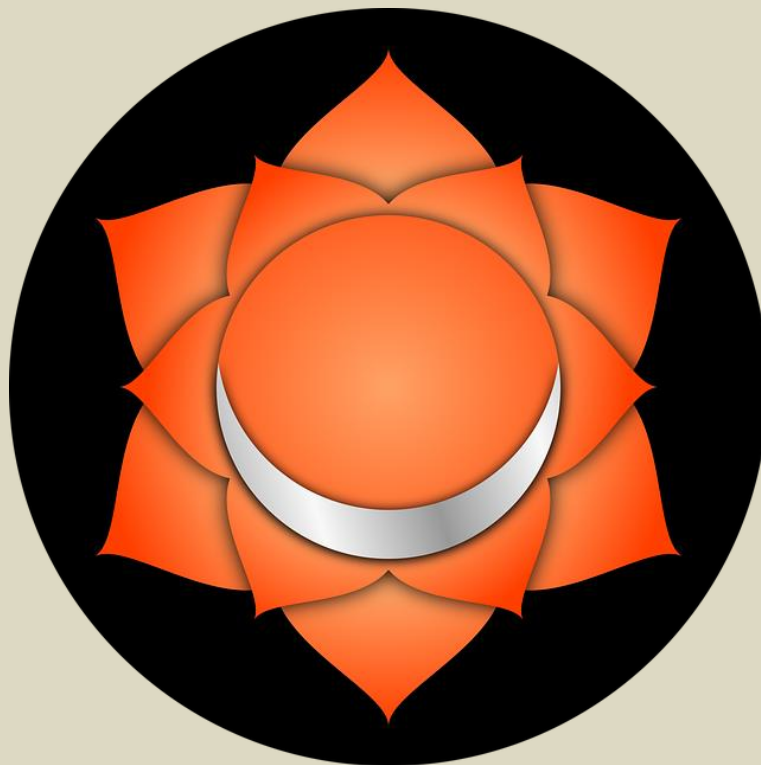
Color breathing is a form of meditation or visualization, in which you imagine yourself inhaling and exhaling colors. It can be practiced in bed before going to sleep, or when waking in the morning.

- *Find somewhere comfortable to sit or lie down and relax.*
- *Sit comfortably and visualize the color relevant to your need.*
- *Keep your breathing deep, regular, and calm.*
- *Breathe gently and deeply through your nose and exhale out through the mouth.*
- *Imagine that each breath you take is slowly and softly absorbing the color into your body.*

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- *Breathe rhythmically from twelve to eighteen times a minute. If possible, use the color of the spectrum or its nearest equivalent. Imagine the self-engulfed by a white light that enters through the head from the cosmos down to the extremities and floods the entire organism from within and from without. Keep this image for two minutes.*
- *Imagine yourself surrounded by intense light of the color you choose. Be aware of the healing Properties of the light.*
- *Allow your senses to feel the full effects of the breathing and use your mind to visualize its penetration of the body.*
- *Sense the fulfillment of the color breathing.*
- *After a few minutes of this breathing, return to your normal breathing pattern.*





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Michael Chen (*The Inner Speak, pg. 31*)

Michael is a martial artist who specializes and teaches Kung Fu which encompasses Northern Shaolin, Tai Chi, Qigong, and Xing Yi, known as the Four Pillars. He also teaches Kickboxing and Shito-ryu Karate. Michael enjoys writing verse from time to time based upon his personal perceptions of life. He and his girlfriend Kim enjoy hiking and car racing events.

Nano Nodo (*Power of the Sun Healing, pg.32*)

Nano Nodo is the penname and character persona for Patricia (Patsie) Sapien. Pat is a long time crystal therapist for over 30 years realizing the healing quality and therapeutic value of crystals and stones long before it hit the mainstream as a popular alternative healing method. She has collected and uses over 1000 crystals that she keeps in a special room in her home known as The Crystal Palace. She has two granddaughters who are following in her footsteps who she is currently mentoring.

The Book of Ophiuchus (*The Ophiuchun Influence, pg. 33*)

The Book of Ophiuchus is part of a healing trilogy written by written by veteran exoteric and esoteric astrologer Rev. Dr. Loni Haas. Loni is a 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.

Thomas Selinas-Cross (*Music to Soothe the Savage Beast, pg.37*)

Thomas is an astrologer and an astronomer. He is an animal advocate and spends his spare time volunteering at the local animal shelter in his hometown in the state of Washington. He also travels to different states to put on planetarium shows. An avid outdoorsman, Thomas enjoys camping and hiking and fishing. You can visit Thomas on the www.lightforcenetwork.com where he serves as a proficient.

Leighanne Wadan (*The Healing Power of the Color Orange, pg. 38*)

Leighanne is a metaphysical artist and photographer who hails from California. Sensitive and attuned to color she incorporates into her art and personal healing favoring the colors orange and blue. She gets bitten with the travel bug at least once a year and often spends time in Europe particularly Italy. She believes herself to be a reincarnated 'beatnik' from the 1950s and still enjoys a Bohemian lifestyle.

PHENOMENA FILES

DON'T LOOK UNDER THE BED ...



Section Managing Editor – John Holbrook PSI

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Fade To Black

While daytime images color your head,
Strange murmurings fill each corner,
As into the darkness you are led.
With fear and dread and horror.
Warding off sleep as if a curse,
Exhaustion overwhelms this quest,
It's time to enter the netherworld,
As midnight's favored honored guest.
Into the dream state now you venture,
The reckless seeds of your own creation,
Nocturnos takes you by the hand,
Escorting you to the nocturnal celebration.
The table is set for the feast,
You partake as if a mindless pawn,
The fear of the inner you now in charge
With no relief until the dawn.

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Things That Go Bump in the Night

Holbrook PSI

Throughout the history, the human race has feared the night and the dark dwellers that in some cases only live in the imagination. Here are some of the names we have put to our fears - boogie man, haint, shade, specter, spook and phantom. Some may be real and yet not in the context of our youth ... the boogie man is going to get you ... there is a haint in my closet and a specter under my bed. In the present day, any supernatural “attacks” that occur are mostly explained by scientist and medical community as mental conditions. There are many cases that are a form of a mental condition but some are just how the victim explains it, a “spiritual” attack. Good and evil are a part of the balance in us all as are dreams and nightmares. We all have the ability to do evil deeds, as we do have the ability to do good deeds. It is the balance and the choices that we make that create a sinner or a saint.

As with sinners and saints on this plane there must be a balance on the other plane also, angels and demons keep that balance. Demons and angels are at war for our souls; this is the battle between good and evil or the light and the darkness. In the army of the light there are angels that are here to help us along our way. Keeping the balance within the army of darkness there are demons that want to do us harm. It is believed that some of the demons are fallen angels that have been cast out of heaven but let’s look at one type demon that may go bump in the night.

A type of demon that has plagued man for ages is the succubus and the incubus. The succubus is a female demon that is supposed to descend upon a man and have sexual intercourse with him as he sleeps. Within this exchange the demon is said to steal the life force from its victim and if not stopped over time the demon will cause the victim’s death. The succubus will affect changes in the man so that he will become ensnared in her web and long to get back to his dream lover. The changes will be subtle at first and could include the lack of ambition to have normal relations with the opposite sex. In most of the recorded cases the succubus will use half-truths and wishes of the victim to lead him deeper into its web. It is said that if a succubus becomes impregnated in its sexual contact with her victim its offspring will possibly be a incubus, witch, demon or some other type of half demon that could walk the earth without restrictions. One of the first writings on a succubus was in reference to Lilith. In Jewish folklore, Lilith is a demon that is an enemy of newborn children.

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The name Lilith is etymologically related to the Sumerian word lil (wind), not to the Hebrew word laylah (night), as was long supposed. Like the Sumerian wind demon and its later Babylonian counterpart, Lilith was regarded as a succubus, or female version of the incubus.

The incubus is the male counterpart to the succubus and is said to plague women as they sleep. There are accounts of both the incubus and succubus forcing themselves upon the victim leaving bruises and bite marks. This type of attack in most cases is after the victim starts to try to get out of the web. Incubus is, as stated above, one of the possible offspring of a succubus and will have the same effect on a female that the succubus has on a male. The main difference of the two is that the male incubus is more often the one to become violent and leave marks. If the victim becomes impregnated by an incubus it is said that she will produce a demon, witch or a deformed offspring.

Both succubus and incubus attacks have been described as feeling like some heavy presence is on top of you trying to become one with you. It is said that when you wake up you cannot move, your eyes are open but you cannot move any part of your body. You can feel a presence in the room but you still cannot move, then you feel the pressure upon you trying to become one with you. It is like a nightmare but you're awake. A nonviolent attack is often said be very pleasant. It is described as feeling like a normal sexual encounter with the major difference being that it seemed cold.

The forceful attack is also attributed to the night hag, which is said to be a succubus or incubus but is only there to steal the life or to try and possess the victim. In understanding the types of demon that may be attacking you it advisable to learn how to better defend yourself. Staying strong in your faith (no matter what it is) and sure of your own spirituality are important defenses against most types of attacks.

A warrior that is sure and confident in their ability and knows their own heart will have won half the battle before it is waged. Within each faith or religion there are chants or prayers for protection. It is important first to know yourself and your heart to know that you're being assaulted.

Knowledge of what may be going bump in the night is better than just fearing the night.





Identify Your Spirit Guide

Joseph Morningstar

Identifying one's animal totem or power creature is one of the first coming of age initiations of the North American indigenous people. At the age of thirteen, boys are taken to the forest and left alone to fast for several days. The very first animal, bird or reptile seen that acts in an unusual or standout becomes the personal guide. Often deceased chiefs are considered power people and are considered powerful custodians of nature. It is not uncommon for the young children of a tribe to have invisible animal friends but as the tribe dictates focus is on a human for a power person.

Identifying and finding the Spirit Guide is a supernatural process and requires the following:

Focus on the wisest person you know. If it is a deceased family member or friend from the past find out as much information as you can about them from family history or even history books from the library. Take your time and do a thorough job.

In a quiet place, concentrate on the person – all features, dress, mannerisms and voice. Hear the voice and note any idiosyncrasies such as accent and emphasis on particular words. For example, my grandfather is my spirit guide and he spoke (and speaks) fluent French.

Upon going to sleep hold the image of your chosen spirit guide in the mind's eye. It is most important that you practice this often as eventually your guide will begin to speak to you in your dreams. Later your guide will speak to you in your waking hours and eventually you will feel him or her often standing beside you giving you wise counsel.

If this is your first paranormal experience, you need not be afraid. It should always be remembered that negative forces are always at bay and may try to intrude upon you and disrupt your true focus. If any negative words are heard or if you visualize any negative figures, enclose them in a pink mist and watch them rise above and out into the void.

And oh yes, Grandfather says, "Bonne chance" – Good luck.





The Mural

Lydia Morrisey

When I was eleven years old, my family rented a house from a charming elderly man whose wife had died and whose children had grown up and moved on. The house was very nice and had many custom features and for its size, location and amenities it seemed liked a steal. My parents wanted to snatch it up but there was one glitch. The man told them they could feel free to decorate and paint anyway they pleased but stipulated they were not to touch or alter or cover the mural in the basement.

The basement had been renovated over the years and had some decent paneling, a tile floor and a mural. The man had commissioned the mural to be hand painted by specific instructions for his wife who was originally from Rumania. It seems she had an affinity for her birth country and the small town from which she hailed. My mother thought the mural was incredibly ugly but it seemed a small concession for such an otherwise great rental space. Further the basement was a more than ample space for my mother's sewing and alterations business and also a place for her quilting supplies and set-up. There was an extra half-bathroom in that basement which was also convenient.

So we moved in and began to set up "home." On rainy days my siblings and I would play in the basement where there was plenty of room to lay out puzzles, games and even skate if we felt like it. The space was also working out well for my mother and her sewing business. About two months after we moved in we began noticing things – subtle at first but attention getting.

Every now and then the faucet in the bathroom would seem to turn itself on or the toilet would flush. Mom would constantly yell at us for leaving the water running but thought it a bit odd that the toilet would flush when no one was down there. We had a small table and set of four chairs down there and being neat children we always cleared the table and pushed in all the chairs when we were down using them. Yet, on many occasions, upon entering the basement there would often be one chair found right in front of that mural, facing it as if though someone might have been sitting there studying that mural like a person in a museum studies art hanging on the wall.

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Then there was the scent. Many times we would be confronted by a strong floral smell like that of roses. We never found the source of it and since it was not unpleasant we mostly ignored it and kept up with our routine.

On Halloween of that year, my sisters and I were in the basement being measured for costumes. All at once the floral smell kicked in overtime, the faucet turned itself on and a chair that had been pushed in under the table literally flew across the room and landed in front of the mural facing the scene. We all flew up the stairs and from the kitchen we could hear that as soon as we vacated the faucet seemed to have turned off as we heard no water.

After we were all sufficiently calmed down, my mother slipped down the stairs just to peek noticing that the scent was gone. She went all the way back into the basement but noticed the chair was still in front of the mural. She walked over and began to move the chair when a voice loud and clear said,

“Do not move that chair.”

My mother ran back upstairs and called the old gentleman and inquired as to what was going on in the basement. After a short pause he told her that it seemed his wife had started those activities shortly after her death and that she was harmless but stubborn.

So for the rest of the duration of our family renting that house, we never moved the chair away from the mural and even left the table and chairs set there when we moved out.

As long as the chair stayed in that position there were no more incidents.





Rock A-Bye Baby

New England Scribe

Are some people more attuned to the nether world and lost spirits? Is it because they believe that such things really do exist?

John Charles is a believer. He has had his share of spirit encounters for over 70 years. One of his most vivid encounters transpired when he was fifteen years old in 1935. He and his family resided in the house on Fairfield Ave. in Bridgeport, Connecticut for a total of ten years. John was five years old when the family moved into the house. From the very first day of occupancy, the family was serenaded each night just before midnight by a disembodied yet beautifully soulful female voice singing “Rock-A-Bye-Baby.” Since John and his siblings were at such a young and impressionable age, the voice was explained away as the spirit of a former resident who had sadly lost her child. Since the spirit presented no attempts at harm, all in the family grew tolerant of the nightly serenade or simply ignored it.

The basement of the house was strictly used for storage (mostly for gardening equipment) and floral supplies used by John’s father in his florist business. An odd feature of the basement was that it had a swing which hung from the beams which was left behind by one of the former occupants of the house. John and his younger siblings used the swing but it was John who enjoyed it the most and used it more often than the others over the years.

One day, John went down into the basement carrying supplies for his father that needed to be stored. Halfway down the stairs he heard movement and thought perhaps that his father was in the basement moving storage boxes but, it soon occurred to him that the swishing sound he heard accompanied by the low creaking sound of the beams was actually the swing in motion. When John reached the bottom of the stairs he fully expected to see his younger brother fooling around but, what he saw stopped him dead in his tracks. On the swing sat a young boy about the age of five. He wore brown knickers and a buttoned up white shirt and brown shoes. His hair was brown and his eyes appeared to be hazel. He was expressionless and merely sat there swinging to and fro oblivious of John’s presence.

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John's rational mind quickly kicked in and his first thought was that it was one of the neighborhood children but, several seconds later, he realized that there were no children on the street matching the description of the boy. Furthermore, there was no way the child could have accessed the basement from the outside since the outside basement doors were always kept locked because of his father's strict rules about safety regarding garden equipment. John's mother and siblings were home and surely would have noticed the boy had he come into the house from the upstairs level. John was frozen on the spot for several minutes while the boy continued to swing back and forth ever oblivious to anyone or anything else in the environment.

When John's psychological fight/flight response finally took hold he dropped the garden supplies and bolted up the stairs to find his mother. Breathlessly he told his mother about the boy on the swing and although she thought he might be playing a trick she went into the basement to investigate. There was no sign of the boy to be found and the only evidence of the entire episode was a slight rocking of the swing as if someone had just gotten off it. John's mother told him to finish storing the supplies and to stay upstairs for the rest of the day. John obliged his mother but noticed by her expression that she had something on her mind. It was almost as if she knew something but had no intentions of talking about it. Later that evening after John's father came home and the children were sent to bed, he could hear his mother and father talking in low voices in the kitchen about how they intended to handle the matter. A few days later the parish priest came out to the house. The children were told to go and play outside while the priest blessed the house. John, feeling he was old enough to hear what was being said, decided to eavesdrop a bit under an open window. He caught bits and pieces of conversation - the term 'full-fledged manifestation' and his mother lamenting, "The poor woman... it is such a terrible thing to be pre-deceased by a child..."

Later that evening, the family settled in - all expecting to get a good night's sleep without the lullaby but that was not the case. Right on schedule, just before midnight, the concert began and resonated throughout the second floor. What could usually be ignored now caused anxiety because the family felt that the priest's blessing would dispense the supernatural serenade. There was some worry that perhaps the blessing might have stirred up a stronger paranormal current and more manifestation but nothing else occurred.

John continued to see the boy on the swing on occasion. His mother finally relented and told him what she knew about the sad songstress and the little boy. They were mother and child and both had died of consumption. The boy was an only child and was doted on by his mother who had made him her reason for living.

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The swing had been mounted in the basement so the boy could enjoy himself even when the weather didn't permit going outdoors. The boy died before his mother which devastated her and added to her deteriorating health. After his death she would sit in his bedroom cradling his toys and singing him the lullaby until she passed on. Eventually John and his family moved out of the house and an acquaintance of the family took residence. Nothing more was ever said about ghostly songs or about activity in the basement.

What might paranormal specialists conclude about these events? Spirits or specters will often appear to the living when they resonate with them on an energetic level. Each can literally "see" and sometimes "hear" the other. In some cases such as this, the spirits make their audio and visual presence known possibly because they need help crossing over. The blessing of the house was not enough to stir them and encourage them into the shift and in some regards because they were not malevolent, might have made them feel more comfortable in their current state.





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LFN Poetry (*Fade to Black* pg. 43)

Fade to Black prose is courtesy of the Light Force Network Poetry Pavillion.

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John Holbrook, Holbrook PSI (*Things that go Bump in the Night*, pg.44)

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. He is always willing to help others overcome their fear of the darkness by showing them how to discern the truth of the matter.

Joseph Morningstar (*Identify Your Spirit Guide*, pg.46)

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.

Lydia Morrisey (*The Mural* pg. 48)

Lydia considers herself a paranormal "observer" who generally does the "grunt" (background) work for her husband Jones who has been a paranormal investigator for the past fifteen years. They enjoy both helping people with real supernatural problems and debunking fraud. Lydia in particular is a big fan of the late Harry Houdini and the stories surrounding his debunks of famous psychics and manipulators who were prevalent in the time when Houdini was alive. Once the initial client consultation for a haunt is finished Lydia never enters or investigates a haunt site which is left to Jones and his team. She does however consider herself a cracker jack at reviewing collected evidence and putting together possible recommendations for clients.

New England Scriber (*Rock A Bye Baby*, pg. 49)

The New England Scriber prefers to remain anonymous because of the nature of the story which is a true account based on an interview with the gentleman who lived it and is now deceased. Some things are best left alone out of respect.

ARCANUS OBSCURUM

ARE YOU READY TO BE INITIATED?



Section Managing Editors:

Marco X. Mascolo & Eliana Rosini

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Elixir

The bottle sat on the weathered ledge,
Subject to the night -
A full moon grinned -
Sending its rays -
Completion, power and might.

Fluid churning deep within -
Swirling, blending, casting -
A mortal fool desiring bliss -
The final sin life everlasting.

Elixir of life,
Restore me.
Elixir of life,
Empower me.
Elixir of life,
Obey me.

Make me immortal.
Spare me all pain -
Death is at the portal.
Let me live over again.

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Witch Bottle

Angelina 'Hecate' Abayez

Witch bottles are a very old, traditional and positive form of protection and counter-magic used against negative energies. They are thought to date back to the seventeenth century. Often they are found in the walls of old houses and buildings where they were believed to act as protective barriers against malevolence both earthly and otherworldly. In particular, around the time of Samhain, homeowners might create a witch bottle to keep evil spirits from entering the home on Hallow's Eve. Witch bottles are mostly associated with the United Kingdom but it seems they made their way to the New World as one was discovered in excavations in Pennsylvania, and it's the only one ever found in the United States.

The bottles are usually made of dark glass and contain sharp metal objects such as nails or pins. In the old days the bottles also housed urine but today's practitioners generally use a combination of wine and rosemary. Some use water or vinegar. Urine is used to mark territory so the choice is yours. Some witch bottles also contain hair and nail clippings. Antique markets and fairs or second hand stores are good places to find old dark bottles colored red or green which are preferred but non opaque stoneware can also be used.

The main premise is that any evil sent the owner's way gets absorbed and trapped by the witch bottle.

Here is the recipe:

1. Fill the bottle with dark liquid.
2. Add nails, screws or pins and metal that can be bent into the shape of a horseshoe. Thorns can also be added.
3. Add just a pinch of sea salt (not table salt).
4. Close the bottle tightly and then seal with some red wax. Some prefer to use black wax to enhance protection.

Bottle locations

- Buried near the front doorstep. If the bottom step is sunken into the earth that is a good location.
- Buried deeply in a flower bed near the house.

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- If the bottle cannot be buried because you are renting etc. then store it in the eaves of the attic, up in a chimney OR for an apartment on a high shelf near the front door.

There are two schools of thought regarding location. Some prefer near the house or abode and others prefer as far from the house within the property as possible so evil cannot even come near at all.





Live like a Druid

Xavier “Rogue Khrae” Orientes

The path of the Druids was akin to Nature. How can this path be adapted to modern times?

Materialism is always at odds with Druidism. When you think about it, is everything you buy really necessary to life enhancement? The answer is no. Living without some of these dust collecting manufactured items on store shelves that we think we need only serve to make us less than satisfied and money is misdirected and wasted on useless frivolity that rob resources from things that matter more.

That said, let’s explore some other avenues to fulfillment.

- If you have room on your property or can make room on an apartment terrace or even a use a small public space, grow your own food using organic methods.
- Try buying “Earth Friendly” products that you need. Recycling is becoming more prominent these days so it’s not that difficult.
- Reset your thermostat to a little “less” and make sure your home is well insulated and that cracks are weather-stripped.
- Try using less water. Don’t leave faucets running while you are doing something else “for a minute.” Check into items such as low water toilets.
- Avoid buying items on impulse. Think purchases over for at least 24 hours. You’d be surprised how your “need” can change.
- Plant trees is you can or flowers with full intention to tend them.
- How many electric or gas powered devices do you really need? Look into efficiency. Check your local water, electric and gas utilities to see if they offer any incentives for cleaner living.
- Shop local farmers markets and/or join community supported agriculture programs.
- Learn to entertain yourself and others without relying on TV, video games or phones. Yes, this means get out and be among real people.
- Instead of a grass lawn, use local plant species ground covers.
- If possible, walk, bike, carpool or use public transit.
- Replace cleaners with biodegradable products.

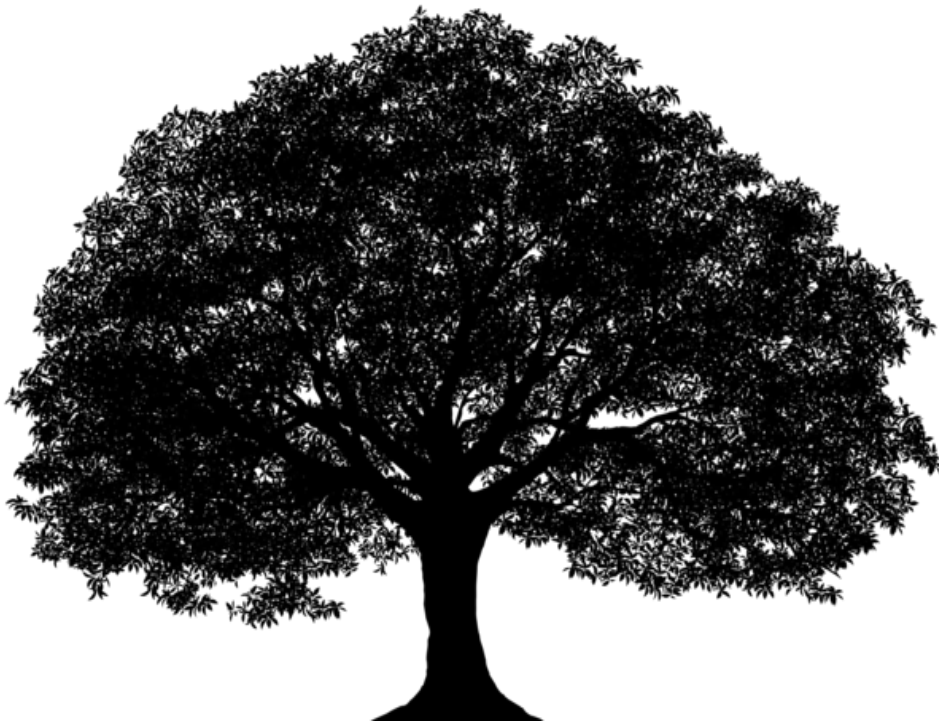
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- When building a new home keep in mind earth friendly design and green technologies.
- Learn to compost.
- Recycle, recycle, and recycle.
- Donate old clothes and housewares to charity.

When you do these things, think of it as a first initiation to becoming more attuned to nature the Druid way. There is no rush.

Set a path – others will follow.





Purposeful Bind Runes

Susan Farley Lloyd

Creating a Bind Rune for personal empowerment and protection is in truth a magical act. You must of course have a good understand the meaning of each rune and what it represents to create a bind rune and also be clear of your purpose.

Bind Rune for your name –

This type of runic combination is comprised of the runestaves that constitute one’s name. This can be your formal name OR if you have adopted a knick-name or shortened version of your name that you feel comfortable using. Here is what you’ll need:

- ❖ A 3 inch square piece of good quality paper
- ❖ A NEW pen with **red** ink. The pen should never have been used before or have been owned by anyone else.
- ❖ A quiet undisturbed place where you can create peacefully.

If you are going to practice writing your name with the runestaves that constitute your name before making the Bind Rune you can use plain paper and any writing medium but be sure to properly dispose of the paper by burning it when you are done. Write the Runes using downward strokes that run to the right (left to right).

NEVER LEAVE RUNIC SCRIPT LYING AROUND AS THIS SHOWS DISREGARD FOR YOUR IDENTITY AND HIGHER SELF.

When you are ready to create the Bind Rune, properly protect yourself through prayer or specific intention of protection. Now you can begin!

The example shows a Bind Rune for the name TOM JONES. Note that overlapping lines are not repeated.

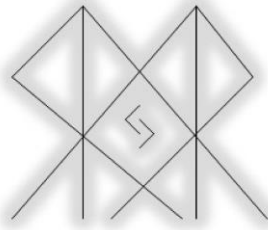


T O M J O N E S

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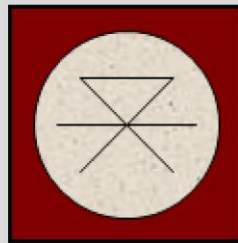
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The result is:



Enclosing a Bind Rune within a circle further empowers the design. Here are examples of Bind Runes used for a specific purpose:

RELATIONSHIP RUNE



WUNJO = JOY



GEBO = RELATIONSHIP

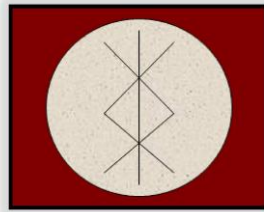


ISA is also formed. ISA crystallizes and brings stability.

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HOME PROTECTION



ALGIZ = PROTECTION



OTHILA = Home or REAL PROPERTY



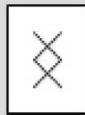
ISA is also formed bringing stability.



THURISAZ is also formed X 2 putting a defensive hedge of thorns front and back protecting the property.

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Do you also see INGUZ? INGUZ grants a strong affectionate family and a secure home.

Runic Conversion – Easy Meanings, Alphabet Associations and Numerological Values:



Fehu “F” # 1 Possessions



Uruz “U” “Y” # 2 Strength



Thurisaz “TH” # 3 Gateway, Borders, Demon



Ansuz “A” # 4 Signals, Communication



Raido “R” # 5 Journey, Reunion



Kano “C” “K” “Q” # 6 Opening, Marriage



Gebo “G” # 7 Partnership



Wunjo “V” “W” # 8 Joy



Hagalaz “H” # 9 Disruption



Nauthiz “N” # 10 Constraint



Isa “I” # 11, Standstill



Jera “J” # 12, Harvest

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Eihwaz “E” # 13 long E also for “ei” and “eo” combination. Wholeness, Tests



Perth “P” # 14, Initiations, Mysteries



Algiz “X” “Z” # 15, Protection



Sowelu “S” # 16, Success



Teiwaz “T” # 17, Warrior



Berkana “B” # 18, Growth



Ehwaz “E” # 19 short E as in egg. Movement, Changes



Mannaz “M” # 20, the Self



Laguz “L” # 21, Flow



Inguz “NG” # 22, Fertility



Dagaz “D” # 23, Breakthrough



Othila “O” # 24, Separations



My Romany Look at Historic Ceremonial Magic

Shuvani Lito

As the Middle-Ages neared its end, higher echelon occultists came deep into the practice of Ceremonial Magic. This echelon consisted of near do wells of from many walks of life including certain higher dignitaries of the Church. How was this so when it was well known that this form of magic included the conjuring of various entities including demons? It simply was not frowned upon by the Church because it was not considered heresy since it was not a religion but merely a practice.

The objective of Ceremonial Magic of course was to use powerful conjurations to summon then force spirits to appear before the magician and obey demands and commands. Two of these men, a catholic named Johann Wierius and a Frenchman by the name of Fromenteau were well known in the 16th Century for studying demons and numbering them as being no less than 7,405,926 organized into 1,111 divisions of 6,666 each division with 79 “princes.” With commencement of the Reformation, the Lutherans corrected the number to 2,665,866,746, 664 demonic entities. Every single one of these entities was given a name and a jurisdiction or field of influence.

A ceremonial conjuration was very elaborate with special magical tools made by the conjurer according to specific traditional formulas. For example all tools used had to be fashioned from new or virgin materials obtained at certain hours. Cloth for garments worn had to be fashioned by a virgin and everything had to be consecrated before use. Each ‘magician’ had a personal grimoire where these secrets were kept. Today we recognize some of these books as The Greater and Lesser Keys of Solomon, The Clavicle, The Lemegeton, The Heptameron, The Almadel, The Book of Sacred Magic of Abra-Melin the Mage, The Black Pullet etc. These books were often written in code in case they fell into the wrong hands. The codes included Theban, Malachim, Passing the River and Angelic. (These alphabets are readily accessible on the internet for view and study). Later on Egyptian hieroglyphs and runes were also used with codes. These codes were for adepts only.

Words were key to success. As all words used by a magician focused magical power there were several stipulations when choosing the correct words:

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- The “sound” of the word had to capture and encapsulate the type of magic performed.
- When logging magical words into a personal grimoire, it was thought to be best to encode the words by writing them backwards.
- A word used too often was believed to lose its potency and power.
- Words used by other magicians were avoided as only personal words created a magician were powerful to that magician.
- Words had to be used in the appropriate manner such as singing, chanting, shouting, whispering or simply spoken vehemently.

Tools were varied but specific. They included wands, rods, batons, tridents, swords, knives, goblets, bells, cloth, robes, and crowns, talismans of power and special pens and inks.

Magical circles were always used and extremely important as they were constructed to keep the conjurer or magician from harm. Some magicians used several small circles. The danger was always from spirits who were angry they had been summoned. Many symbols were used specific to the type of magic being cast. Either Good Spirits or Evil Spirits could be summoned and sigils denoting these two groups were used.

On its own, the circle is a powerful symbol standing for strength, union, protection and eternity. A Magic Circle signifies all these things and has the added benefit of being “charged” by various rituals. With hundreds of variations and hundreds of different purposes, it would be impossible to explore every method used in casting the circle but, in general, a Magic Circle demarcated a holy space which protected one from negative forces on the outside and it also facilitated communion with spirits and deities. The Ancient belief that was once inside the circle, transcendent levels of consciousness could be achieved while stepping outside the circle during a ritual meant destruction and possible demise at the hands of other-worldly spirits.

“Magic ritual – and ritual in general – exposes the ordinary, predictable world to the instability of the luminal world. Strange things happen. The luminal world is considered to be a dangerous, unpredictable one. Individuals such as magicians thus are dangerous because they work in this uncertain world. As adepts they are themselves the agents of change and even chaos.” – Rosemary Ellen Guiley

Tread carefully ...



AUTHOR BIOGRAPHIES



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Alchemycal Prosestry (*Elixir, pg. 54*)

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Angelina 'Hecate' Abayez (*Witch Bottle, pg.55*)

Angelina is a Pagan practitioner of healing and natural arts. She recently began to study astrology and the complexities of the Enneagram. Angelina enjoys candle making and oil painting in her spare time. One of her favorite subjects to paint is the moon and her paintings have been featured in local art shows in her hometown.

Xavier "Rogue Khrae" Orienstes (*Live like a Druid, pg.57*)

Rogue Khrae is the pseudonym of Xavier Orienstes. He is a homeopathic practitioner metaphysician and Druid practicing in the Midwest US. Xavier has a fondness for crows since youth and considers the crow his most important animal totem. He claims to receive messages from his "yard crows" every day some of which were warnings that kept him from danger. He is married with two sons aged 15 and 17.

Susan Farley Lloyd (*Purposeful Bind Runes, pg.59*)

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.

Shuvani Lito (*My Romany Look at Ceremonial Magic, pg.64*)

Shuvani Lito calls herself the American Gypsy. Her Hungarian/Romany heritage is full of colorful ancestral characters mostly gifted psychics and card readers. Her grandmother was a traveling gypsy who lived most of her life in a Vardo with the rest of the clan. Shuvani's specialty is Tarot which she reads for family and friends. Her husband Posh Ratti is also very psychic and they often entertain together at parties and events. She says, "A gypsy is a gypsy after all."

Sacred Sciences

EVEN THE DARK HAS ITS OWN KNOWLEDGE

Section Managing Editor – Anne Drake Sydney

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Frost to Fire

Matt Sharpe

Inspired by dreams divine
Beyond the tracks of time
Song and rhyme to feed your starving ears
In faith I heed the call
Yet so uninvolved
Questions unresolved too deep and high
From frost to fire
I'll leave your desire at the door
No more
Lives to wait
In time I'll lose all designs
And nothing left undone
Never again
To "speak in tongues"
And if you've lost sight of sacred ground
The key may still be found
In your heart
If you've the strength to look there
From frost to fire
I'll leave your desire at the door
No more Lives to wait
In time I'll lose all designs
And nothing left undone
Never again
To "speak in tongues"
To see with sight of closed eyes
The visions of the wise
Can come as no surprise
The trumpet sounds.



RUNEOLOGY



The Runes constitute one of the most ancient alphabetic forms and means of divination. Norse folklore includes a unique brand of ASTROLOGY. Instead of the twelve Houses of Life which are represented in western tradition, Norse lore speaks of the “Twelve Halls of Heaven”, each of which is presided over by a Norse god or goddess and represented by three runestaves. Check each time period to see where your birthday is located and read the Rune Message connected your birthday in the designated magical palace as revealed to mankind by Odin the all-father.



June 21-July 20: Himinbjorg – Hall of the “Cliffs of Heaven”

This Hall is ruled by the Norse watcher god Heimdall and the main runic signifier for this Hall is Fehu (bordered by Dagaz & Uruz), the rune of fulfillment and abundance. The gemstone signifier for this Hall is Moss Agate. Security consciousness is the ruling force of this great Hall. The runestave Fehu carries the energy of wealth and power and the responsibility connected to worldly gain and the proper use of money and credit. Conservation and preservation of the financial status quo while sharing with others is the proper outward expression of Himinbjorg because to share one’s bounty provides spiritual balance. Without this balance, Fehu operates as a ‘murkstave’ and what was once bounty turns into lack on all levels and is often outwardly manifested as greed, envy, and jealousy. Fehu can also designate spiritual impoverishment despite financial or material prosperity. The Rune Fehu is one of the few staves whose essence is present in the English language today via the word “fee.”



July 21-Aug. 21: Breidablikk – Hall of “Broad Gleaming”

This Hall is ruled by the solar god Baldr known as the “Beautiful.” The main runic signifier for this Hall is Thurisaz (bordered by Uruz & Ansuz), the rune of contemplation and counter defense. The gemstone signifier for this Hall is the Sapphire. This Hall is known as the “place without evil” and the ruling force of this palace is masculine energy in action. The runestave Thurisaz always demands transformation at the deepest levels of the Self so often times disruptive or even chaotic episodes manifest that upset the order of life. This is necessary to promote spiritual strength and fortitude. Thurisaz is connected to the ill-natured giants of ancient Norse lore who fought battles and created great opposition. In contemporary times, one might call upon his/her inner giant to buoy confidence during difficult or misfortunate times. When operating as a murkstave, Thurisaz is very unlucky and “Saturnian” in nature often connected to illness. Natives of this Hall will contemplate their inner natures on an ongoing basis throughout life. It can mean the difference between a bed of roses and a bed of thorns.





Aug.22-Sept. 22: Sokkvabekk - Hall of “Time and Events”

This Hall is ruled by the goddess Sága who governs the progression of time. The main runic signifier for this Hall is Raidho (bordered by Ansuz & Kano), the rune of flowing processes and momentum. The gemstone signifier for this Hall is Chrysoprase. The ruling force of this Hall is movement and processes both mundane and physical. The runestave Raidho concerns performance and the inherent energies of Raidho call for effectiveness carried out with principle and planning. The essence of Raidho brings about instances in life where one prospers because they are in the right place at the right time and accordingly, doing the right thing through timely and mindful communication. In ancient lore, Raidho means “wheel” and is thought to have literally represented journeys. Expanding upon this premise, in contemporary thought, Raidho represents life’s journey and stepping out to embrace what the world has to offer. Raidho is also connected to the rhythms of music and the graceful exercises of dance. Raidho operating as a murkstave is indicative of one who is trying to exert too much control and therefore breaking the natural fluidity of events. The expression “stuck in the mud” resonates with the murkstave Raidho.



Sept.23-Oct. 22: Glitner - Hall of “Splendor”

This Hall is ruled by the god Forsetti who governs justice and settlements. The main runic signifier for this Hall is Gebo (bordered by Kano & Wunjo), the rune of connections and exchange. The gemstone signifier for this Hall is Opal. In Norse lore, the Hall of Splendor is ornamental and made of silver and gold. According to the Anglo-Saxon, this Hall displays its “worth” which is the prerequisite for “giving.” The ruling force of this Hall is balance and equity based upon harmonious contractual exchange between people. The runestave Gebo designates unions and partnerships with awareness and respect for individuality and equality. In contemporary times, Gebo is often referenced as a “gift” and representative of the outcome between the donor and the recipient. Therefore Gebo calls upon the natives of this Hall to examine personal motivation regarding generosity. When you give, are you doing so expecting something in return? Do you give in exchange for gain, position, or respect? Are you a joyful receiver of gifts when they are presented to you? The ancients believed in equal hand giving where one part of the exchange did not overshadow the other. Gebo does not operate as a murkstave for it has no reverse position but the lower expression of Gebo keeps the energy in the mundane while the higher expression reveals the “immeasurable giving” to humanity.



Oct.23-Nov. 22: Gladsheim – Hall of “Joyous Home”

This Hall is ruled by all of the gods and goddesses of the Aesir and Asyniur. The principal seat belongs to Odin. The main runic signifier is Hagalaz (bordered by Wunjo & Nauthiz), the rune of transformation and transmutation.





The gemstone signifier for this Hall is Onyx. The ruling force of this Hall is higher consciousness and awakening. The runestave Hagalaz has a destructive reputation because it thrusts the power of evolution upon the thought processes and the unconscious mind. Disruption is the product of Hagalaz whether it is self-generated or caused by uncontrollable outside forces. In this respect this runestave is somewhat reminiscent of the Tower card in the Scared Tarot. Inner strength is the promise of Hagalaz and as each hurdle of life is surmounted, universal growth is provided. Hagalaz does not operate as a murkstave (inverted energy). It is cyclical in nature and is totally uncompromising by design always demonstrating how the patterns of past operate in the present. No pain no gain. No destruction no creation.



Nov.23-Dec. 20: Ydalir – Hall of the “Valley of Yew Trees”

This Hall is ruled by the winter god Ullr who specializes in archery and skiing. The main runic signifier for this Hall is Isa (bordered by Nauthiz & Jera), the rune of stillness and solitude. The gemstone signifier for this Hall is Cat’s Eye. The ruling force of this Hall is gestation or “freeze” “with the promise of new birth or “thaw.” In Norse lore, the runestave Isa literally meant “ice” and could bring about all of the implications connected to icy conditions including circumstances whereby one is forced to “chill out.” Inappropriate life action brings about a freeze on all desired activities and outcomes. Spiritually, Isa represents periods of withdrawal with an underlying intention for renewal so, static life conditions are usually temporary if one has gleaned a new perspective and loosened the grip of any long held dogmas. Periods of isolation, self-imposed or otherwise are necessary for spiritual growth for those born under the auspices of this palace. Taking time out for contemplation regarding slippery matters is never a bad thing and proves the value of wisdom gained from hindsight. Isa does not operate as a murkstave for it has no reverse status. Just like a flawless shard of ice, Isa’s counsel is crystal clear.



Dec.21-Jan. 19: Landvidi – Hall of the “White Land”

This Hall is ruled by the silent god Vidar and the main runic signifier for this Hall is Eihwaz (bordered by Jera & Perth), the rune of transition and regeneration. The gemstone signifier for this Hall is the Topaz. The ruling force of this Hall is renewal. According to legend, the runestave Eihwaz is synonymous with the Yew which was considered the tree of life and death - the great recycling plant of ancient Nordic perception. Natives of this Hall are born mystics who can foresee the consequences of their actions long before any action takes place. They are the great decision makers who garner good results because they can anticipate all the pros and cons of a deal and then move in to strike while the iron is hot. The discomforts of life are tolerated and understood as the promoters of growth and part of a larger cycle. . Longevity is a gift of Eihwaz and this most likely possible because the natives of this Hall literally recycle themselves many times during one lifetime. Eihwaz does not operate as a murkstave but has the reputation of being known as the “death rune”. This might sound frightening to some but not to the natives of this Hall. They are used to standing astride both sides of the threshold.





Jan.20-Feb. 18: Valaheim - “Halls of Silver”

This Hall is ruled by the god Vali who later was known as the Christian St. Valentine. The main runic signifier for this Hall is Algiz (bordered by Perth & Sowelu), the rune of protection and safeguarding. The gemstone signifier for this Hall is Amethyst. This Hall has the spirit of the New Age for it is written in the myth of Ragnarök that Vali brings in a new era after the other gods are slain. Along with the new world arose the need for human protection that could only come from otherworldly sources. The runestave Algiz always provided energy that was sought after by the ancients because it is a rune of personal protection not only on the physical level but also on the psychic level. It has the ability to repel all evil by encompassing an individual with a spiritual shield. Natives of this Hall are known as visionary seekers who look beyond the trappings of mundane life. They strive for the divine knowing that they cannot fail. Operating as a murkstave, Algiz signals paranoia because one has not taken the time to examine the source of what is threatening and the active role one plays in promoting vulnerability due to old behavioral patterns.



Feb.19-March 20: Noatun – Hall of “Ship Haven”

This Hall is ruled by the god Njord the maritime deity. The main runic signifier for this Hall is Teiwaz (bordered by Sowelu & Berkana), the rune of courage and discrimination. The gemstone signifier for this Hall is Coral. The ruling energies of this Hall are dedication, perseverance, and patience – all qualities of the true Spiritual Warrior. The runestave Teiwaz calls for personal sacrifice coupled with action. The natives of this Hall are called upon to embrace life’s issues whether they are personal, social, or worldly with courage and honor. Principles and ethics are paramount and no promise should be left unfulfilled. The conviction to not only speak but to live one’s truth is difficult but necessary for the natives of this Hall. Equally difficult is picking one’s battles for the natives of this Hall always feel they have something to prove. Operating as a murkstave, Teiwaz signals a misappropriation of energy. Natives can find themselves caught up in an endless string of useless conflicts and lost causes all of which do nothing more than zap the spirit. Navigating these rough waters of life with balance and resolution is the challenge for those who resonate with this Hall.



March21-April 20: Bilskirnir – Hall of “Lightning”

This Hall is ruled by the great god Thor, the deity of thunder and lightning and strength and defense. The main runic signifier is Ehwaz (bordered by Berkana & Mannaz), the rune of progress and movement. The gemstone signifiers for this Hall are Calcite and Malachite. Faith and trust are the ruling forces of this great Hall. Natives of this Hall tend to be movers and shakers with clear goals and preset limits that defy exploitation. The runestave Ehwaz means “horse” and this animal was not only the most important means of travel to ancient people but was also considered a sacred animal.





Courtesy of the horse, people were able to get about from one place to another and thus experience a wider world full of opportunities. Partnerships were struck with no more than a handshake and a belief and trust in mutual benefit. The higher expression of Ehwaz designates what belongs to one by Divine right and Divine Will. Sharing what has been gained by profit is a requirement of Ehwaz. Operating as a murkstave, Ehwaz causes stagnation and produces questionable boundaries between people particularly if serious intention to follow through is lacking by one or both parties. Natives of this Hall are used to getting “back up in the saddle” when they are “thrown off” by the misadventures of life.



April 21–May 20: Thrymheim – Hall of the “Noisy Place”

This Hall is ruled by the giant Thiazzi and his daughter Skadi, the destroyer. The main runic signifier is Laguz (bordered by Mannaz & Inguz), the rune of flow and intuition. The gemstone signifier is the Pearl. The forces at work in this great Hall encompass self-discovery as it is connected to the ebb and flow of the tides of life. This is the palace of intuition where the individual is asked to “feel” without ego evaluation. The runestave Laguz literally represents water and the lunar side of the Self. Attuning to one’s own rhythms is a directive of this Hall and the runestave Laguz. From this realignment with the Self, natives of this Hall find it easier to organize their mundane lives. Examination of the values system and what constitutes “true” value is an ongoing process in the lives of the natives of Thrymheim. A sense of personal value is not always found by what can be possessed materially in the mundane world. Under the influence of Laguz, satisfaction is more likely found through fulfillment of the emotional “needs” rather than the ego “desires.” As a murkstave, Laguz is a direct indicator of failure because of excessive material overreach and lack associated with refusing to draw upon the wisdom inherent in one’s own intuition.



May 21–June 20: Sessrumnir Folkvagner - Hall of “Field Folk”

This Hall is ruled by the goddess Freyja, the “Lady” of the first runic Aett and one of the main deities of the Vanir. Freyja is the goddess of love and magical knowledge, ruler of the Earth and the trees and all of the forest animals. The main runic signifier of this Hall is Othila (bordered by Inguz & Dagaz), the rune of acquisition and affirmation. The gemstone signifier for this Hall is the Ruby. The ruling force of this Hall encompasses ancestral heritage, and real property. The runestave Othila translates to “own Earth” or “own Land.” As a runestave, Othila operates to protect the status quo while preserving individual rights and what is passed down through natural heritage. In the spiritual sense, Othila represents feeling “at home” with one Self while finding one’s “place” in the world at large. Othila also represents one’s innate talents or genetically inherited gifts that are a birthright. These talents and gifts are placed at one’s disposal to be used or abused during the current lifetime. Othila is thought to be a very grounding rune however, when it operates as a murkstave, feelings of being “left out” or alienated are common. At these times, it is wise to stop and find one’s center so the spirit can be rebalanced. Natives of this Hall know that “home” is not just a place where you “hang your hat.”



Numerological Haunts

Ann Yarborough

Numerologists in the “know” are aware that a haunt has energy just like anything else and because this is so it is subject to vibes of numerology.

Findings reveal that the numbers 3, 7, 11, and 22 readily circulate around spiritual activities. These numbers are also often found in the numerology of notable ghost hunters and investigators. Celebrities falling into this category are Ed and Lorraine Warren (RIP), Jason Hawes and Grant Wilson of Ghost hunters, Ryan Buell of Paranormal State, Zak Bagans of Ghost Adventures and actor and paranormal\UFO enthusiast Dan Ackroyd.

Addresses are giveaways to potential haunts. For example: The Lizzie Borden House is located at **92 Second St.** ($9+2=11$), The Congelier House located at **1129 Ridge Rd** is famous for being haunted and you can clearly see 2-11s in the address, **112 Ocean Ave**, the location of the Amityville Horror, also has an 11 in the address, Myrtles Plantation **7747 US 61 and Prague Mansion 1325 Cranston** - both ($1+3+2+5=11$).⁰

An address containing the number 7 vibe also seems to hit the jackpot. According to numerologist Thomas Muldoon:

House Number Seven: A strange number which may even be a bit spooky -- being haunted by the memories of the previous occupants! Check the water table and the area for flooding, as well as the pipes, for leaks. This residence needs to be near water for the 'energy' to be released in a positive way, so, if you're not overlooking an ocean, river, lake or can see water in the distance, consider putting in a pool. If you can't afford a pool think about an aquarium or a fish bowl and you'll go a long way to making this place the place for you - create some kind of 'water feature' if none of the above appeals.

Anyone (no matter their date of birth) moving into this number should consider a 'cleansing' exercise if you feel any 'negative or bad' vibes. Remember, all those born to Birth Number Seven are potentially psychic or have psychic leanings and 'respond' to their surroundings in more ways than they know. If there are happy memories you'll feel them, if unhappy you'll react to them - believe me.

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Look after your feet and avoid drafts. When worried about others, avoid reaching for a drink, for this number has seen more than its share of alcoholics! Keep all medicines out of the reach of young children and don't even think about dabbling in drugs!

On a positive note there'll be a few spiritual moments, a few insights into the meaning of the word SPIRIT. Read as much as you can on the meaning of life - stay positive and above all else know in your heart of hearts this is where you're meant to be for the moment, for this house, apartment, flat or block has chosen you. ¹

Number 11 again: Also consider UNIT 731 ($7 + 3 + 1 = 11$) located in Harbin, Manchukuo, on Chinese territory occupied by the Japanese during World War II. The experimentation camp had the purpose of researching biological weapons and their effect on the human body. They used live human subjects for studying anthrax, bubonic plague, tuberculosis, cholera, and typhoid. Many people have reported having strange experiences in Unit 731. Objects move on their own, visitors hear disembodied voices and cries and see shadows lurking in the dark corners. Some of the visitors start to feel ill when they enter the camps, and many of them have to abandon the visit. It is considered a place where 200,000 souls are entrapped.²

Along with the numbers 2, 5, and 13, the numbers 3, 7 and 11 were widely worshipped by the Illuminati particularly when it came to setting dates for events. Illuminati meanings:

3

This is the number of royalty. It symbolizes the magical shape of the triangle. It symbolizes the Holy Trinity which is Nimrod Semiramis Tamus ... or Osiris, Isis, Horus ... or Satan, Eve and Cain,

7

This number is significant in several ways.
There are 7 Creative powers of the Godhead
There are 7 Great Ages of the Earth
There are 7 Races of mankind
There are 7 laws governing human life
There are 7 Schools of Mystery Religions
In Theosophy there is a seven step process of human evolution in which successive races evolve from a lower to a higher form of life.

Continued ...

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11

The number of destruction and judgment and the death of man.

Any event or thing assigned with 11 is to aid the rising of the Dajjal/anti-Christ

In Latin the Devil's name is LVX which translates as
(50+5+10=65=6+5=11)

Just as a point of interest, Armistice Day/Remembrance Day November 11 at 11:11 (Triple 11)

22 is a double **11**. It is also a reoccurring 2. It is the number of the Master Builder. ³

Number 3: 3 AM is commonly associated with the paranormal. Many people root this belief in the assumption that Jesus was killed at **3 PM**- making this the holiest time of day- and making 3 AM, the exact opposite on the clock, the exact opposite spiritually. It is believed that demon and devils are most active at this time, which is why it is commonly called **The Devil's Hour**. This is the main reason that Paranormal investigators favor this time of night, and for good reason - if you had a better chance at an almost impossible task, wouldn't you take it?⁴

Resources:

⁰http://www.visiblebvnumbers.com/numerology_of_a_ghost_hunter_Lorraine_Warren.html

¹<https://www.astrostar.com/Numerology-HouseNumber-7.htm>

²<http://hauntedattractiononline.com/unit-731-place-war-crimes-still-haunt-present/>

³<https://parabook.wordpress.com/2010/02/04/numerology-and-the-illuminati/>

⁴<https://www.creepghoststories.com/real-ghost-stories/3am-devils-hour>





Interview with Psychic Medium Jane Doherty

Stephen Briggs

Jane Doherty is the author of the book titled: *Awakening the Mystic Gifts: The Truth about What It Means to Be Psychic*. She is a renowned psychic, medium and channeler, who has been featured on Fox Network News, CNN, The Today Show, Sightings, NSNBC Investigates, WB11 and numerous publications, including The New York Times, The New York Post and The Philadelphia Inquirer. She has been retained as an expert government witness for a U.S. Postal Service investigation of a major mail fraud case involving psychic claims, and has assisted law authorities in cases of missing persons and homicides. She has investigated countless hauntings, including the Lizzie Borden House in Massachusetts, the Palace Hotel in San Francisco, and the William Heath Davis House in San Diego as well as the Proprietary House in New Jersey, the only original royal governor's mansion still standing in the U.S. today.

Q: WHEN DID YOU BECOME AWARE THAT YOU HAD THIS ABILITY?

A: I had some experiences as a child, but I never called them "psychic." I simply thought the images I received were just the normal functioning of my mind. I would often see an image that later happened in real life. However, I believed my mind created the image and by staying positive I could actually create what I imagined. I had more of a fascination about how the mind creates destiny than thinking I had psychic ability. It wasn't until I went for a psychic reading about 25 years ago that I became aware of psychic ability or the possibility that I had that ability. During that reading, the psychic told me that I was psychic and that I would develop the ability and become a famous psychic. I did not believe her. However, readings with more than 150 psychics indicated that this was my "supposed" destiny. Therefore, I set out to develop the ability to prove or disprove the prediction.

After intensely focusing on developing the ability I became aware of my breakthrough while enjoying a performance by Wayne Newton. There was a blank screen on the stage slightly behind and to the side of Wayne. After watching the performance for a while I saw a detailed image of an Indian woman on the movie screen. It lasted for more than 20 minutes. . I assumed it was going to be part of the show. When I asked my husband, if he saw the image of an Indian woman on the screen, he replied that the screen has blank. At that moment I knew I had broken through the mental and emotional barriers and had become psychic.

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Q: HOW DO YOU KNOW WHEN A GHOST IS NEAR?

A: I have a very unique way of sensing when a ghost is near. My "gut" reacts by contracting and protruding from 3 to 5 inches from my normal size. It is very visible to any one that is near me. I guess you could say that is my own personal ghostometer. Another person may react to a ghost by feeling a tingling sensation, a cold breeze, a cob web feeling brushing on their skin, or just feeling the sensation of a presence near or watching them.

Q: DO THEY EVER SCARE YOU?

A: No. I do not have any fear of ghosts and to date there have been no encounters that scared me enough to not ever do another investigation. I have had a few unnerving moments, but I was able to gain my composure quickly or talk myself into being calm in each of those encounters. Those encounters were only when I slept alone in a haunted place while I investigated the building. One was in the Heath Davis House in San Diego, California. The other encounters were in New Jersey at the Sea Holly Inn in Cape May and Liquid Assets, a haunted Go - Go Bar in South Plainfield.

Q: ARE GHOSTS HARMFUL - CAN THEY HURT YOU?

A: Ghosts usually are not harmful. However, strong emotions of the people in a haunting situation can be an energy source for a ghost. The energy from a person's emotions can actually "feed" the ghost and give it the ability to manifest or give it greater strength than normal. The first step I have to do before doing an investigation is to calm the people first who are having the encounters so that I can get the correct read on who or why the ghost is haunting. If there are manifestations that seem "scary" because of the strong emotions, then I may read the situation as a negative ghost, which may not be the case. Therefore, the strong emotions could influence how I perceive the ghost and cause me to receive a false impression of it.

Q: ARE GHOSTS AWARE OF YOUR PRESENCE?

A: If a ghost has a consciousness, then it is definitely aware of my presence. As a psychic, I have more energy around me than a non-psychic person. Ghosts can sense this extra energy field and will gravitate to it in order to communicate if possible.

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There have been a few occasions in which I have been pushed or touched by the ghost and some have played a "hide" and "seek" game with me so that I could not detect them and "send them off" to the light.

Q: DO THEY KNOW THEY ARE GHOSTS?

A: If the person did not die tragically or suddenly, then they will know almost immediately that they are in a new dimension and no longer in their earthly body. Therefore, they would recognize that they are in another form of energy and no longer have a dense, physical body.

Q: IS IT FRIGHTENING FOR THEM? IS IT LONELY? ARE SOME OF THEM TROUBLED ABOUT SOMETHING?

A: Each haunting case is different. Therefore, a ghost could be frightened, lonely or troubled about something, but usually not all of those reasons in every ghost situation. My psychic impressions of the situation will reveal to me what a ghost may be "feeling" in its new dimension and is part of my psychic read on the haunted place. Most of the cases reveal a "ghost" living in its dimension but at the same time living where it used to live or inhabit. It is when the two worlds collide and they recognize that someone else is living where they are living, which will trigger the manifestations. Some do not like to leave their dwelling because they are so attached to the earthly world and do not want to leave it. Other times the ghost may just be visiting where they once lived or are re-living an earthly memory, so it is a temporary "haunting" situation.

Q: ARE GHOSTS EVERYWHERE?

A: Hmm. That is a "tricky" question. If we believe they are just in another dimension, which is around us but on another plane that we cannot visibly see, then I can say, yes, they are all around us. However, there is life on the other side, so I do not believe we can communicate with them at will all the time. We do not stop existing. We just leave our body, which is the car we drive on the earth plane. Nor do I believe they are all earth bound and everywhere. We still spiritually grow and continue our path of enlightenment in the next dimension, so there is activity there just as we have a life here.

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Q: WHY CAN SOME PEOPLE SEE THEM AND OTHERS NOT?

A: I believe the ability to see them is random. The conditions have to be right for both the spirit and the living person to be fortunate enough to glimpse them. Part of those conditions has to do with the speed of our vibration and the speed of the spirit's vibration. When both are vibrating closest to the same speed then we are fortunate to have the experience. Psychics see them more often because of the increased energy field around a sensitive person, which the ghosts in turn can use to manifest themselves.

Q: IN EXTREME CASES, WE'VE HEARD OF PEOPLE SO AFRAID, THEY HAVE HAD TO FLEE THEIR HOMES. CAN THE GHOSTS FOLLOW THEM?

A: If the ghost is attached to a person and not the building, then the ghost will follow them and go to the new home.

Q: DOES EVERY HOUSE HAVE GHOSTS?

A: All houses or dwellings do not have ghosts inhabiting them however, a house or dwelling could have a "dormant" ghost in it that does not manifest in any way until an incident triggers off a manifestation. If a person has a ghost in their house, the number one trigger that starts it manifesting is usually construction to the house. Changing room patterns and heavy construction seems to disturb them.

Q: IF YOU HAVE A GHOST IN YOUR HOUSE, SHOULD YOU ATTEMPT TO GET RID OF IT? HOW DO YOU GO ABOUT THIS?

A: Absolutely! It is important to attempt to tell the ghost that this is now your dwelling and not theirs anymore. You should tell them to go to the light. It is important to be assertive, so they know you own the dwelling, that you are frightened and do not want it to manifest. Sometimes, this is the only thing you need to do, and the manifestation will stop on its own without needing any outside help. There is a rule in the spirit world. They cannot manifest if it frightens you, so being assertive can stop the activity in some cases.

Q: ARE THERE MORE GHOSTS IN A CEMETARY?

A: Personally, I do not believe that cemeteries are very haunted.

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You may have an occasional haunting of someone newly deceased who may be trying to determine they are dead. Therefore, they visit to try to understand their new condition. Our funeral ritual helps the living witness the end of the person's life on earth and our funeral ritual also helps the newly deceased determine that it is indeed dead. If the person is confused, seeing their body or seeing people mourn them will help them realize their ghostly condition.

Q: WHAT ARE ORBS THAT SOMETIMES APPEAR IN PICTURES, ARE THEY GHOSTS?

A: Orbs can be particles of dusts or they can at times be a ghostly manifestation. Before the onset of digital cameras there were no "orb" photos. Some scientists are proving that the orbs are nothing more than specks of dust. However, I do not think that we can make a blanket statement one way or the other. I think that each photograph needs to be scrutinized before we can label it a ghost or just a speck of dust.

Q: WHAT WAS YOUR MOST SPINE TINGLING EXPERIENCE?

A: While investigating the Sea Holly Inn in Cape May, New Jersey, a ghost climbed into bed with me. I froze and couldn't move and was absolutely fearful. I kept hearing it call a woman's name. After a moment I managed to tell it to leave, which he did. However, a half-hour later it came back. Only this time I seemed to tap more into the spirit world than I had never before encountered. I heard conversations in the room next door and the bed banging all night long, but I was the only person in the Inn. Needless to say, I stayed awake the remainder of the night with my light fully on just listening to the conversations, and praying that in the morning I would discover that a couple had occupied that room during the night. However, at daybreak I learned there was no one in the room and I had to accept that I heard "ghostly conversation" all through the night. The experience seemed to expand the psychic senses around me for the next day as I walked around Cape May involuntarily tapping into bits and pieces of other worldly conversations. My concern was that I would not be able to close down this new opening. However, once I left Cape May, I no longer heard the bits and pieces of "whispers" and was relieved that this new phenomenon would only occasionally happen in a sleep-over situation.

I investigated the Lizzie Borden house and had to sleep in the Borden's bedroom.

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I did not sleep all night because the bed vibrated and I awakened several times to 3 knocks on the head board of the bed.

The most unnerving situation in this investigation happened during the séance. I had never done a séance in a house where there had been a murder. The spirit of Abby Borden came through but with such force, it nearly knocked me off my chair and I almost lost control of the situation. She used my body to free herself from the trapped earth bound energy just enough to be able to communicate through me during the séance.

It was the first séance that frightened me and the only one that made me feel physically "sore" after the communication. She actually knocked me into a trance as I spoke her message verbally to the circle of people in the séance. It was an unnerving moment because that had never happened before to me in any séance situation or spirit communication.



Fantasia Impromptu

Janine Lanz

When Londoner Rosemary Brown was seven years old, she was visited by “a spirit with long white hair and a flowing black cassock.” He stated that he was a composer who would make her a famous musician one day. Such visions were not uncommon in Rosemary’s family for her mother and grandmother were psychic and Rosemary herself displayed psychic abilities at a very early age. It would not be until about 10 years later that Rosemary would identify the man in her vision as Composer Franz Liszt. Still, Rosemary could not make any connection to the vision - she had paid little attention to music during her life and had just as little natural talent for it. She did purchase a second hand piano and took lessons for a year in later life but no spectacular personal musical aptitude or talent emerged.

By 1964, Rosemary was a middle aged widow who had raised two grown children and was living alone in a Victorian house in London. It was during this period of time that Liszt renewed his contact with Rosemary and she began to channel original compositions from great musicians of the past among them Liszt himself, Beethoven, Bach, Rachmaninoff, Chopin, Brahms, and Shubert. Igor Stravinsky appeared to Rosemary shortly after his death and dictated 60 lines of music to her.

Rosemary claimed that despite the different ethnic backgrounds, all of the musicians spoke to her in English although they did have different methods of dictation. Liszt would control her hands at the piano for a few bars at a time allowing her time to write the notes down. Chopin told her the notes and manipulated her fingers on the right keys while Shubert sang his compositions to her. All attempts to debunk Rosemary by trained psychologists and scientists were unsuccessful AND one thing was very clear – all of the dictated compositions were far beyond her musical capacity and conscious knowledge.

Some great artists she claimed took on different interests in the afterlife such as Debussy who preferred to try his hand at painting. Eventually other historic greats fell into the mix. Rosemary channeled van Gogh who communicated artistic renderings to her, Albert Einstein who patiently explained rather abstract theories to her in order to reconfirm existence on different planes, and philosopher Bertrand Russell who since passing over had reconsidered his atheism and disbelief in life after death.

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So where does this information come from? Some psychics believe that it does not come from deceased minds but rather from an individual's receptiveness to the Akashic Records and the Universal consciousness. This might be true but it hardly explains Rosemary Brown's difficulty in keeping up with the other-worldly dictation of musical masterpieces or the ability to turn out paintings and drawings reminiscent of the Masters with an untrained hand.

Resources: Strange Stories and Amazing Facts, Reader's Digest Association 1976

Mysteries of Mind, Space and Time, Vol. 19, H.S. Suttman Inc., Westport, CT. 1992.





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Matt Sharpe (*Frost to Fire [song lyrics], pg.68*)

Matt Sharpe lives in the Southwest US and enjoys writing about spiritual topics of all kinds, using his personal experiences as a reference. While never referring to himself as a shaman, he does work inwardly with many from various traditions. He also is a guitarist and singer/songwriter.

Nila Shoa (*Runeology, Page 69*)

Runeology is a combination of Runemal with Astrology. The Runeology Pages were published with permission of Runemaster Nila Shoa. They first appeared on The Galaxy Express website, a subsidiary of the Light Force Network website where they were consulted worldwide for information and symbology. Runic symbol art comes courtesy of Star Logic Astrodynamics.

Ann Yarborough (*Numerological Haunts, pg. 75*)

Ann Yarborough is a numerologist who fancies odd twists when it comes to numbers. She has been a metaphysician for over 20 years and enjoys new theories regarding it as they become mainstream. She also dabbles in Sacred Geometry. Ann is married to a “grounded” electrical engineer who gave her the nickname “Odd” and has two dogs and one cat.

Stephen Briggs for the Galactic Press (*Interview with Psychic Medium Jane Doherty, pg. 78*)

This article has been published with permission of the former Galactic Press newszine. The interview was conducted by Stephen Briggs who was a staff reporter. Questions about reprint can be addressed at editor.discerningminds@gmail.com .

Janine Lanz (*Fantasie Impromptu, pg. 84*)

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.

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It's All In Your Head

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Section Managing Editor – Marique Quinn

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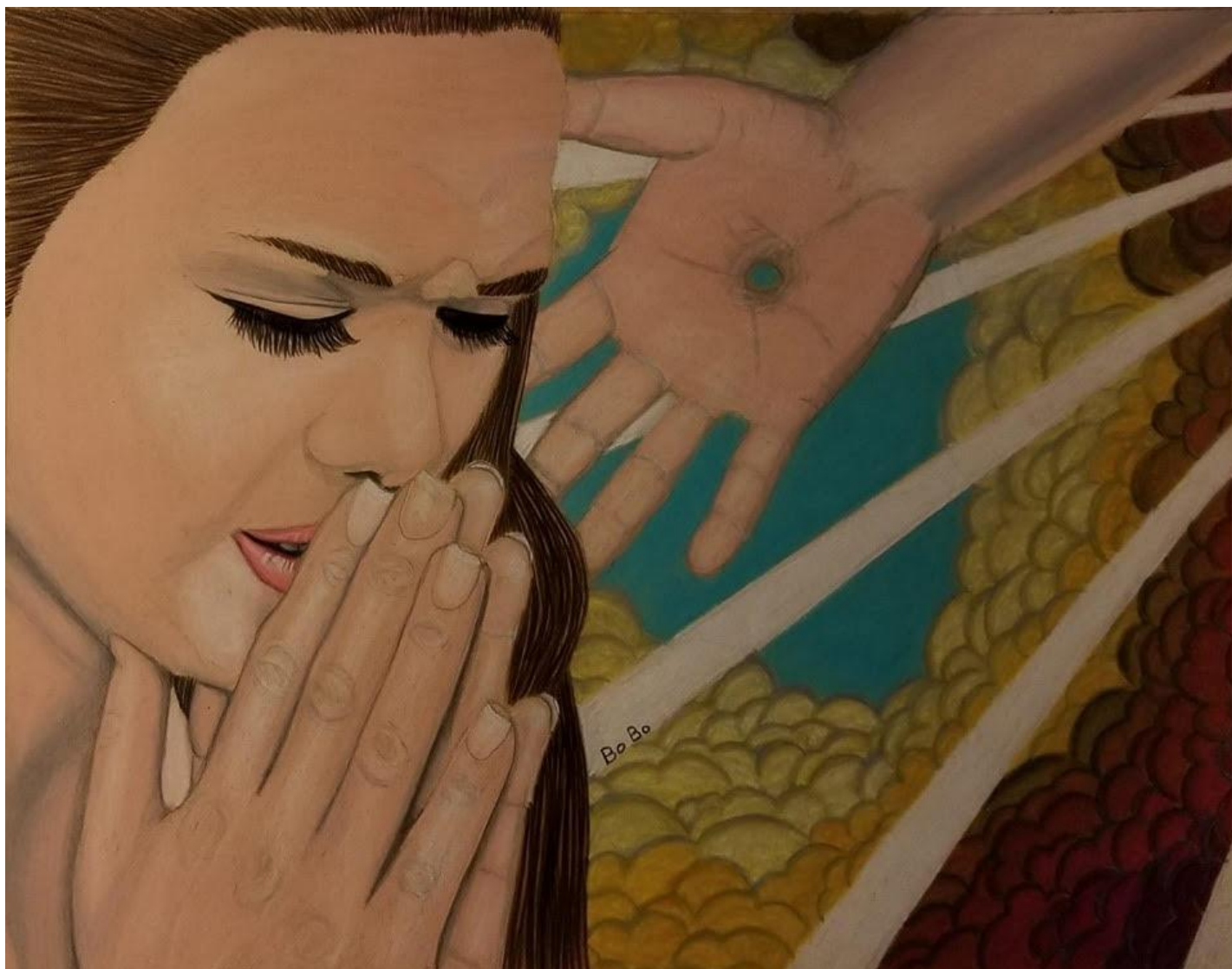
Angelina Jolie

Type/Genre/Media of Work: 11"×14" faber-Castell color pencil on Stonehenge ice blue paper.



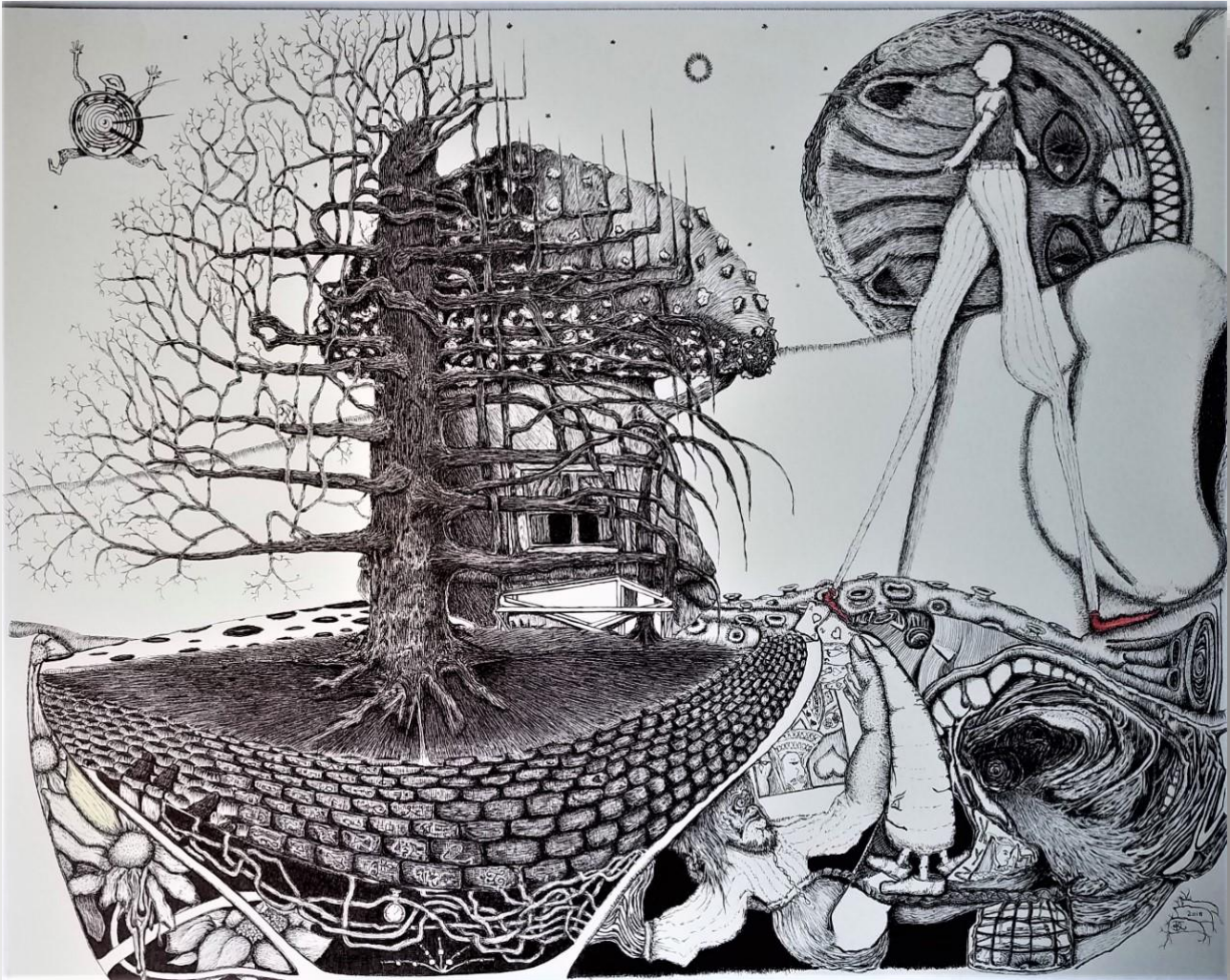
Diner

Type/Genre/Media of Work: 11"×14" faber-Castell polychromos color pencil on Stonehenge gray paper.



Romans 6.5

Type/Genre/Media of Work: 11"×14" faber-Castell polychromos color pencil on Stonehenge gray paper.



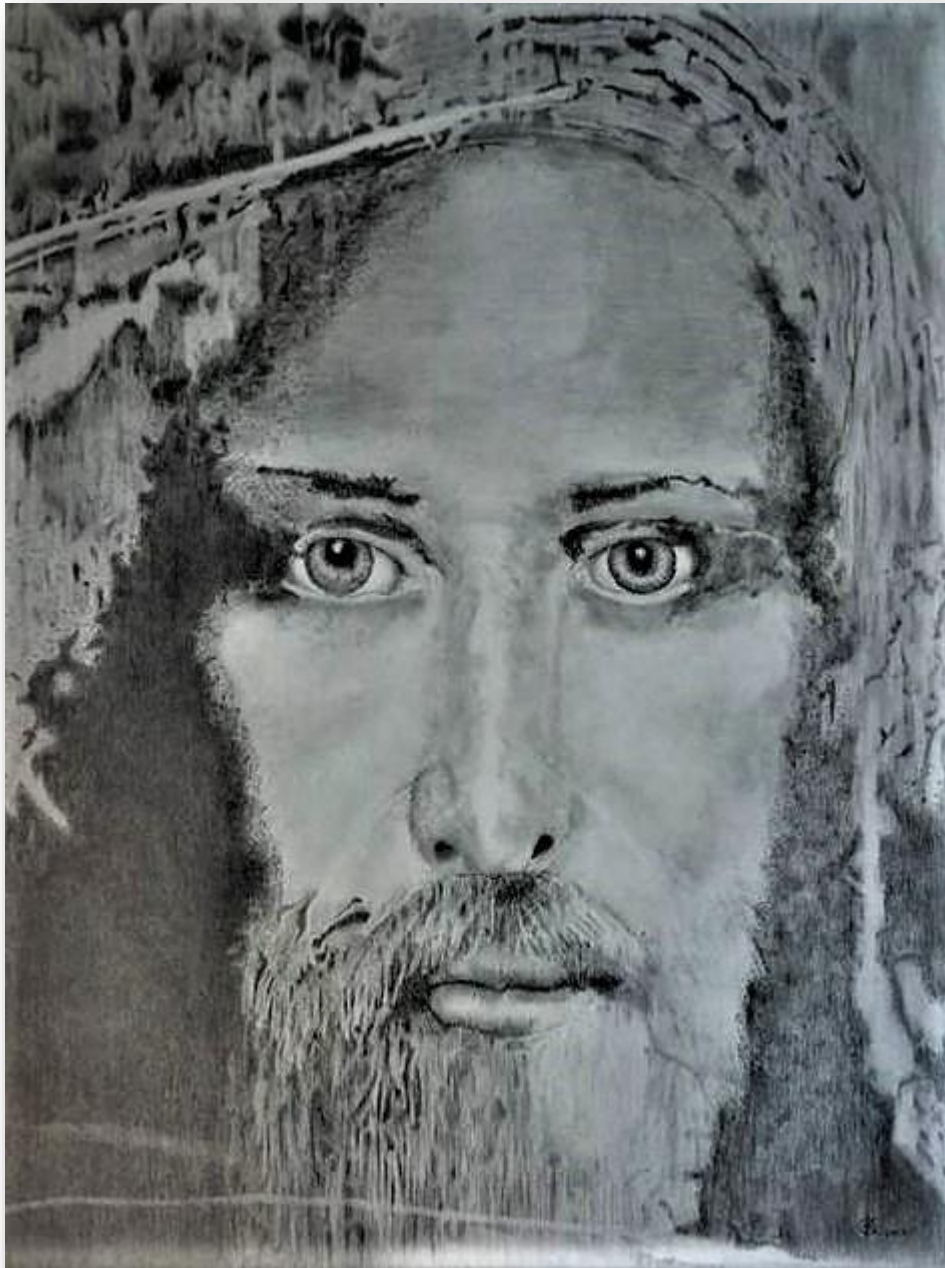
OUTSIDE THE RABBIT HOLE

Mixed media on bristol board.



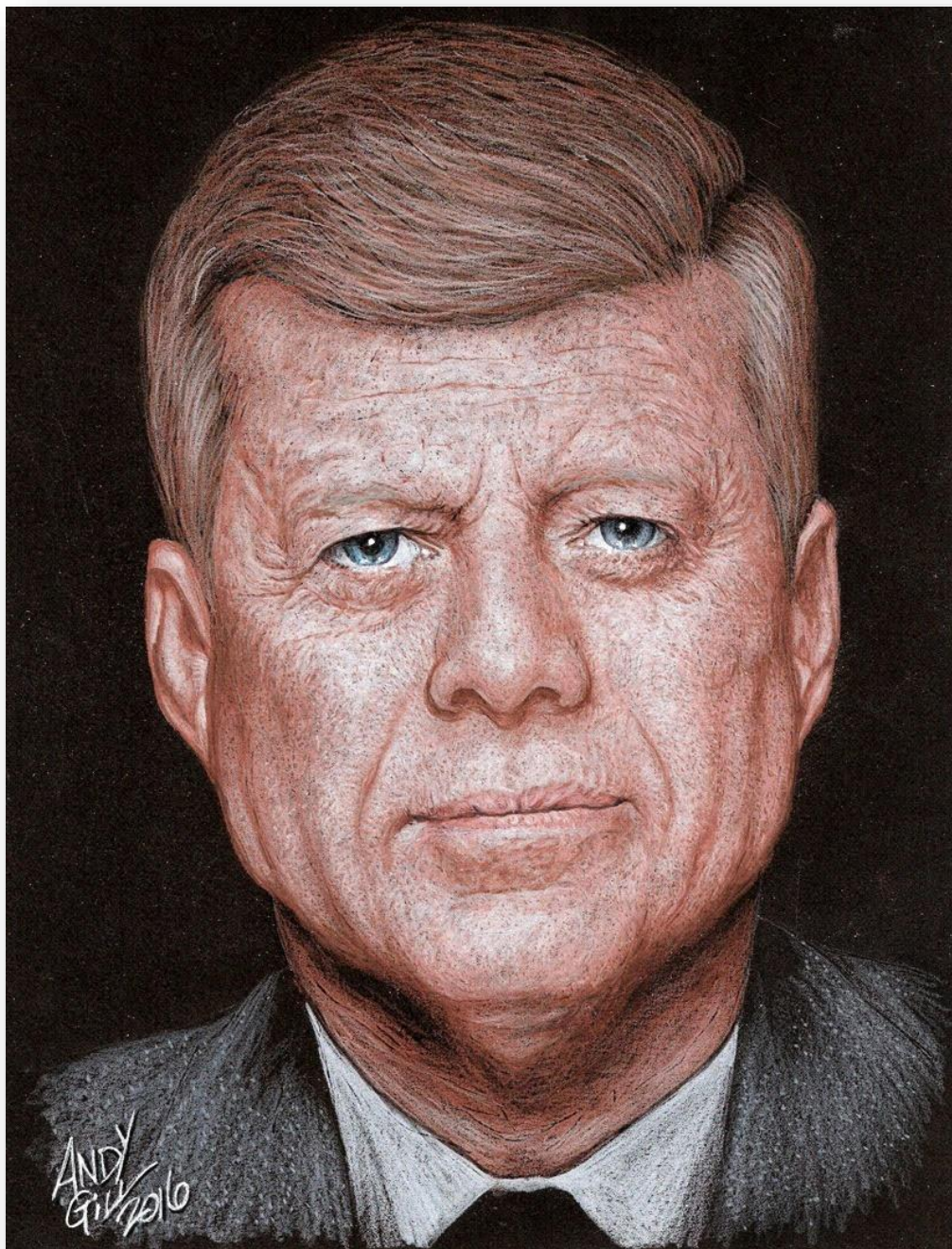
Kid Rock

Graphite on Strathmore paper.



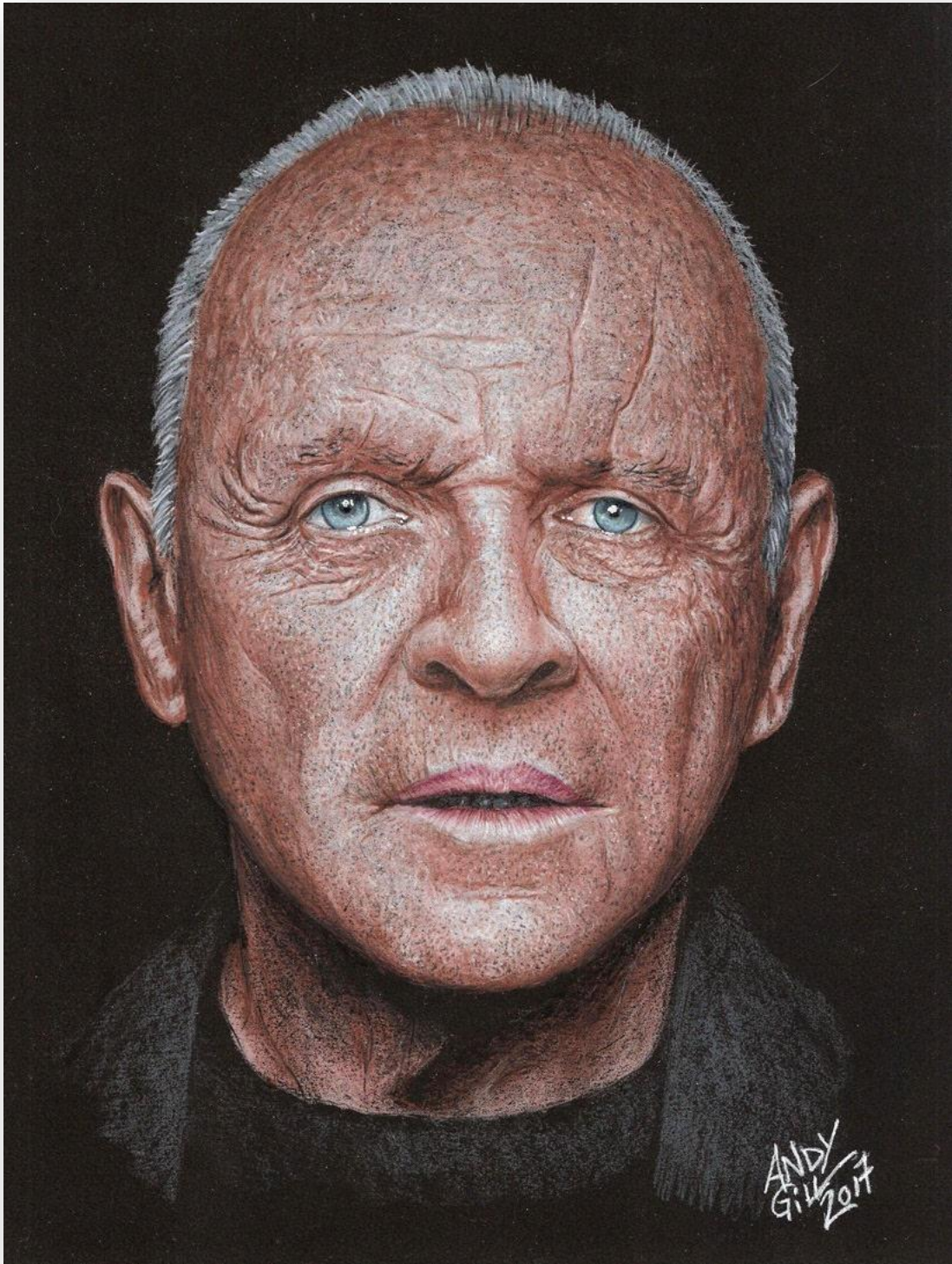
SHROUD OF TURIN

Graphite on Strathmore paper.



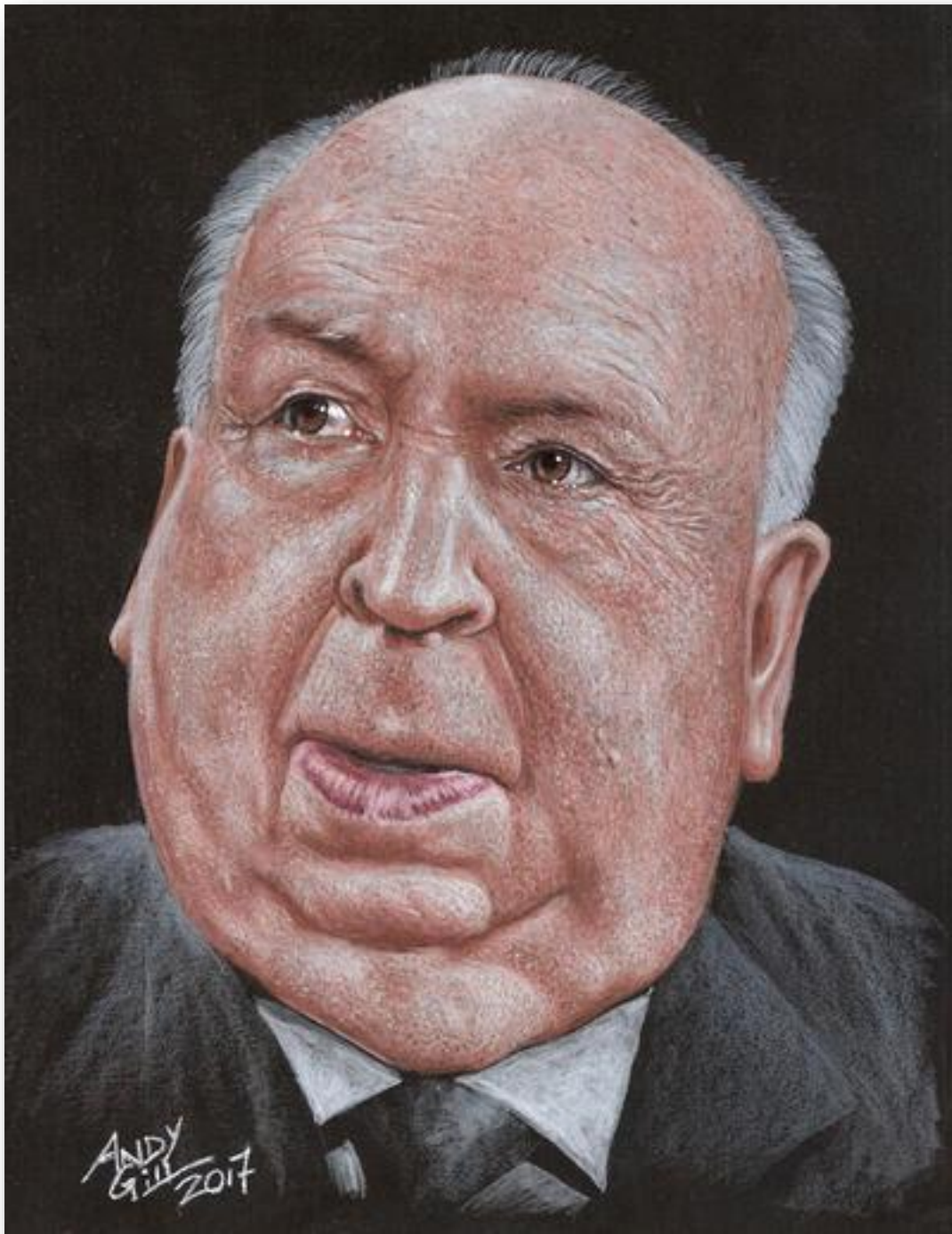
JOHN F. KENNEDY

Type/Genre/Media of Work: Color pencil.



ANTHONY HOPKINS

Type/Genre/Media of Work: Color pencil.



ALFRED HITCHCOCK

Type/Genre/Media of Work: Color pencil.



My Place in the Stars

Type/Genre/Media of Work: Acrylic



Poppies

Type/Genre/Media of Work: Watercolor - Ink



Revisited Home

Type/Genre/Media of Work: Colored Pencil



Cloud Formation at Land's End

Landscape Photography



WHITE BIRCH

Landscape Photography



Sunset at Wallingford Farm

Landscape Photography



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David Pierce (*Art Gallery, pgs. 88 – 90*)

My name is David Pierce but have gone by the nickname Bo all my life. I was a heavy industrial diesel mechanic as a career until I hurt my neck and couldn't do that job anymore because of nerve damage. I always enjoyed art as a hobby but never did much with it because life got in the way. About 6 years ago I finally got disability and started putting everything I had into studying art. It became my passion. I am not good at the business side but I am getting pretty good at the creative side. I hope you enjoy my work.

Dan Kraus (*Art Gallery, pgs. 91-93*)

Known for his unusual attention to detail and superb shading techniques, Dan creates visually stunning art using different mediums while studying primarily in ink and graphite. Testing the limits of his imagination in hope of tickling the viewer's subconscious, Dan creates daily and has on average 4 to 6 different pieces in progress at once. When asked why so many works under the way at the same time, Daniel tells us "each piece has a different feeling to it and when I get bored (which happens more than I like to admit!) I jump to one I've been working on to maintain the original feeling so the piece will keep its' flow and not be distorted by life and other complications surrounding me that may destroy the integrity of my visual statement." Dan has a passion for surrealism, abstract art, and the macabre which is prominent in most of his work and draws inspiration from S. Dali, M.C. Escher and Virgil Finlay. Dan also has been studying in silverpoint and metal point drawing and plans to produce quite a few pieces of art in the future. He takes drawing and creating to heart while putting a piece of his soul within all his works - pushing to make art in a way that tells stories and reflections that infiltrate the mind and renew the spirit. Dan Kraus Art is on Instagram @dankrausart.

Andy Gill (*Art Gallery, pgs. 94-96*)

John Andrew Gill known as "Andy Gill" was born, In Moncton, New Brunswick, Canada, on November 6th, 1964, the first child (of two) John Herald Ronald Gill and Elizabeth Anne Gill (Burriss). All through grade school (Wyn-wood School, Pleasant Street School, Sunny Side School) Pencils and paper kept his attention over his other classes. High School (Moncton High School 1980 -1984) he started to really focus on drawing (illustrating). From 1984 to 1989, he worked assorted jobs, then took an apprentice position in his father's print shop to acquire certified position as a printing press operator. A tragic turn in his life, (lose of his parents) really set him back, but, he decided to leave the printing trade and attend one year (1989-1990) of Mount Allison University (fine arts). This was the start of his freelance career, for many local advertising agencies, and Eastern Canada art commissions. Some noted personas Andy was commissioned to illustrate were. Former Premier Frank McKenna family portrait, and hockey legion, Paul Henderson. By 1999, he wanted to secure his skills as a designer/cartoonist, and attended MacKenzie College (1999-2000) and decide to pursue the three professions.



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By 2001-2002, mental illness had finally caught up with Andy, and depression quickly set in. By orders of his Physician and Physicist, he was to take time away for art, and full time employment. By 2006, it was apparent Andy would only maintain any art on a part time bases. By 2014 was once again, back at his antique drawing table. Working only part time (semi-retired) has enjoyed a comfortable pace, and achieved some minor attention on Social Media (Facebook, Twitter, Google, and now Youtube). Mostly a self-taught artist, Andy has never been awarded any achievements. The one noticed achievement he has acquired , (recent) was the appearance of a time lapse video of his illustration (Better Call Saul) on the International TV station AMC (American Movie Channel) during the airing (and, ongoing commercial airing of), The Walking Dead. Andy continues to create at his art, in his luxurious forest villa (Trailer Park -.Ha-ha) in an undisclosed address, with 5 cats, BoBo, Bandit, Rufus, Dusty, and Buddy. Andy's artwork can be found at the following links to purchase and see his artwork:

<https://www.deviantart.com/andygill1964>

https://twitter.com/Andy_Gill48

Andy Gill (@Andy_Gill48) | Twitter

The latest Tweets from Andy Gill (@Andy_Gill48). I am a freelance illustrator/designer/cartoonist based out of Moncton, New Brunswick, Canada. Moncton, New Brunswick, Canada

twitter.com

<https://www.facebook.com/AndyGill1964/>

Andy Gill

Artist

30 Dupuis Ave., E1H 1E2 Lakeville Westmoreland, N.B.

Marc Mailhot (*Photography Gallery, pgs. 100 – 101*)

Marc was born on April 5, 1951 in Batavia, NY, moved to Westbrook, Maine in 1954, and lived there until early 2019 when he relocated to the Lewiston, Maine area. He began his musical career in September 1957 at age 6 formally studying the piano under the late renowned Maine teacher Louis Sirois for 11 years...and played his first formal public performance in a Piano Recital in May 1960. He began playing drums in 1964 inspired by his father playing drums before him and the British Invasion beginning with The Beatles. Marc continues playing...performing...and teaching on both instruments today. In 1967 Marc was chosen to represent Westbrook High School as a Tenor in the All-State Concert and in 1968 sang Edelweiss...from The Sound of Music...as a Solo with the Westbrook High School Chorus in the All-City Concert. During his career...he has performed thousands of gigs with pioneering Maine Bands Love, Inc. and Pegasus in the 1960's and 1970's...performed with The Chapparals and currently performs with Get Back...Beatles/60's Tribute Band and as a Solo Pianist and Singer.



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Marc has also written...recorded, toured extensively, and produced. As a member of Love, Inc. in 1968 he opened for well-known Boston groups The Orphans and Ultimate Spinach and with Pegasus in the 1970's he opened for national artists Bob Seger and Edgar Winter. Love, Inc. was the 1st Maine Pop Band to record an LP in 1970 and chart 3 Singles in 1969...1970 and 1971. Pegasus recorded their only single at Record Plant East in New York City in the same Studio where Don McLean recorded American Pie...and their Producer was Dan Turbeville who co-produced the 1st Woodstock LP and Engineer Dennis Ferrante...who engineered George Harrison's Concert for Bangladesh LP. Marc taught keyboard and drums at Starbird Music in Portland, Maine in the 1960's and early 1970's and continues teaching privately. He is a proud member of the Maine Arts Commission...and the New England Songwriters Guild. Marc continues a series of Solo performances begun in 2010 featuring his piano playing and singing many of the songs spanning his 59-year career...including Recital pieces...popular songs...Classical Pieces...some of his original songs...along with stories from his career...entertaining his audiences. Please check back on the Performance link on the landing page for upcoming shows. At Marc's Theater Benefit at his Alma Mater Lyndon State College on September 29, 2012...he received a Standing Ovation at the conclusion of his performance. Marc also attended the University of Southern Maine, and was a Judge in the 2009...2010...and 2011 Guitar Center Drum-Offs in their South Portland, Maine store. He is also the Drummer for Get Back...Beatles/60's Tribute Band...and was the drummer for the St. Anthony's Parish Choir in Westbrook until it disbanded in August 2015. From 2015 to 2017 Marc was part of the "Connie Combo" for the Connie Francis Tribute Show that performed at the Renowned Franco American Center in Lewiston, Maine. He has also performed there solo as part of their weekly Le Raconteur..."The Gathering" series. Marc was honored to perform Pomp and Circumstance at the 2019 Oak Hill High School Graduation at the Augusta Civic Center on June 3, 2019.

On June 27, 2019 Marc hosted his 3rd Annual Piano Recital for the Residents and Families at Falmouth by the Sea. Marc and Betty Ann are also well established Freelance Photographers. Their photos are published on their website here and Marc has appeared on numerous online Forums and photo websites. He is now formally published on his very 1st online e-zine on The Light Force Network...Discerning Minds. Click on the link here to see his work. His photos appears on pages 104...105 and 106 with his complete Bio on page 109. He is the Founder and CEO of Marco Polo Music...has 3 grown children and 6 grandchildren...and married Betty Ann Lebrun on May 23, 2015.

Odd Vant GuardE



Don't PISS ME OFF ...



Section Managing Editor – Oscar “Trashman” Corelli

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And the Devil Howls

Jonathan Corelli



For most citizens, our personal character is an important part of our lives and we take offense when someone attempts to defame that character by spreading lies and rumors.¹

Greetings citizens – Holmes at your service ready to regale you with yet more tantalizing tidbits to raise your outrage and satisfy your sense of selfliness (yes I made up that term).

66 and 6:

And up above, the angels sing ...

According to the Josephson Institute, there are six pillars of character. Those pillars are:

- Trustworthiness: Means the person has good integrity, is honest, is reliable and is loyal.
- Respect: Means the person treats others the way he or she wants to be treated, has a high level of tolerance and acceptance, is nonviolent and is courteous.

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- **Responsibility:** Means they know what they are responsible for, are held accountable, pursue excellence and have high levels of self-control.
- **Fairness:** Means they are open-minded and are fair and just. They treat everyone the same, giving every person the same consideration when comparing the facts and coming to a decision.
- **Caring:** Means they have a high concern for others and are very charitable. They are well known in the community for their charitable work and donations.
- **Good Citizenship:** Means they do their share in the community, at home and at work. They also have a high respect for authority and the law.²

And down below, the devil howls ...

Anyone with a personal vendetta, a high level of jealousy, a psychological need to disagree and/or is being emotionally undermined by a bad experience can become a defamer. And what are all of these things based in kiddies? Perhaps some displaced needs of Ego aka Easing God Out, Erasing Good Output, Evacuating Grimm's Outhouse, etc. In the wide world of media and cyber space, statements will be made and continue to be publicized and printed even though the perpetrator knows them to be false because by golly, *that person* needs to be ruined, eradicated and wiped clean off the earth. After all Pride and its offspring defamation, libel and slander are some of the devil's favorite sins.

Nancy Willard with the Center for Safe and Responsible Internet Use (CSRIU) has developed this useful taxonomy of the various forms of cyber bullying. Low and behold there are six of these as well:

- **Harassment:** Repeatedly sending offensive, rude, and insulting messages
- **Denigration:** Distributing information about another that is derogatory and untrue through posting it on a Web page, sending it to others through email or instant messaging, or posting or sending digitally altered photos of someone
- **Flaming:** Online "fighting" using electronic messages with angry, vulgar language
- **Impersonation:** Breaking into an email or social networking account and using that person's online identity to send or post vicious or embarrassing material to/about others.

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- **Outing and Trickery:** Sharing someone's secrets or embarrassing information, or tricking someone into revealing secrets or embarrassing information and forwarding it to others
- **Cyber Stalking:** Repeatedly sending messages that include threats of harm or are highly intimidating, or engaging in other online activities that make a person afraid for his or her safety (depending on the content of the message, it may be illegal).³

Busy fella that devil.

Now what gets *really* interesting with all of this is that a cyber defamer will actually believe that they embrace the six pillars of character and the *other* person, the recipient of their vindictive hatred is actually the bad guy. The devil gave them a quest you see, simply put, to destroy another human being. It's all very convoluted. And, the more creative they get the better ... falsehoods based on assumptions, fabricated evidence, bogus claims, contrived visuals, character assassination, you name it. The devil loves a bad boy/gal who just hates to be wrong and once the devil's protégé is on a 'role' roll the more extended the attack gets. They are obsessed and possessed.

And here on Earth, the people rally ...

Things to remember:

- The cyber defamer is out to destroy both the online and offline reputation and often they think they are safe via anonymity however, once they have been identified or feel there is a high risk of being identified they will become more concerned with getting their fat butt out of the fire rather than to continue harassment.
- You can hire an online crisis specialist (which is what I did with excellent results) who have many resources including connections with cyber investigators and defamation attorneys.
- Continue to build your good online relationships and connections. Cyber defamers hate success.
- Remain and maintain business mode and uphold pillar characteristics.
- Save and retain all emails and make a visit to local law enforcement and file a complaint that will remain on file as a record in case you need to take further legal action later.

Continued ...

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- Report them and get the libelous material removed. All you need to do is find any place on the website where the author makes use of your name, personal information or any other “personal material,” without your permission.

666 ...

There you have it folks. I was inspired to compose this opine because members on this site (including myself) and the site itself has, for over a year, been harassed and attacked by a cyber bully and defamer.

Yet, the times they are a changing ...

The devil has him numbered. His forehead has been stamped.

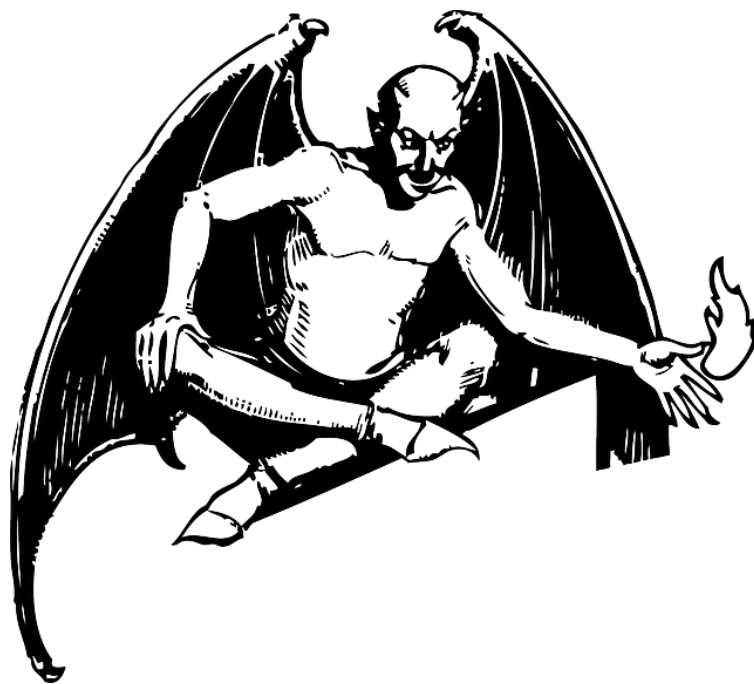
Tipping my hat to you all ...

Holmes

Resources:

1, 2 <http://nobullying.com/defamation/>

3 http://www.violencepreventionworks.org/public/cyber_bullying.page



Bitcho

Aly 'Zephyr' Nizen



I like to bitch.

I like to bitch A LOT.

Complain is my middle name.

It's the usual - people are not only wrong - they are always wrong. No one understands me. It's raining, it's snowing, it's too hot, and it's too cold. I have nothing to wear. There is nothing good on TV. My head hurts, my back hurts, and even my @ss hurts. My boss stinks, my job stinks - hell, my life stinks!

So, how is this working for me? After a few seconds of satisfaction and attention the outcome is:

I AM MISERABLE

What am I doing wrong? Could it be that I am expecting others or some outside stimulus to fulfill my needs?

Continued ...

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Maybe I just need to stop being lazy OR maybe I am suffering from the projection boomerang.

Let's face it. The world is a nothing more than a projection of what is going on inside you. If you are dissatisfied within yourself then the outside world can be a place of misery and horrors. If balance and reality are applied then it really is not so bad out there. This of course requires an objective attitude and a release of some pretty subjective ingrained habitual thinking. If I am intent upon self-victimization then my goose is pretty much cooked and I will stay entrenched in misery because nothing will ever look good out there and people, well they will always be nothing but a bunch of cold-hearted b*tches and b*astards. Right?

What ensues from this behavior is one ruined relationship after another until they are no relationships left and a self-imposed hermitsville. No one wants to listen to constant fault-finding. I'm not gaining any human points, just created a whole lot of suffering.

The funny part about all of this behavior is that there are successful people out there who fit into this whine/opine category. They have money, cars, jewels, even fame but in almost all cases no decent relationships that last. Happiness is not in "things" but occurs in relations with others. Hmmm, why can't it be figured out? They just keep bitching because it is familiar and comfortable.

Why?

Maybe it's just a lack of fortitude based in fear.

Maybe it's time to step out of the loop.

That's where confidence steps in - and yes lack of real confidence is an extension of fear leading to more aggression and a hate for life circumstances. Maybe it drove you to accomplishment but there was also dissatisfaction and maybe even self-loathing which was projected outward. It has been your problem the whole time. It's how you turned yourself into the bitch bully that you are.

Try letting some gratitude step in.

Gratitude you say?

Continued ...

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Yes, gratitude so stop bitching. Let the sun shine in.

You may have nothing but when you think about something as simple as a beautiful day is enough to feel gratitude.

It's a beautiful day and a good start to what I want or need to do today.

Wow. There's an eye-opener.

Train yourself to see a happy ending no matter where you are or what you are doing. Just visualize it and see what happens. And for heaven's sake find some humor in the fallacies of life.

“The struggle ends when gratitude begins.” Neale Donald Walsch

OK. I'm done bitching.



How to Access your Soul's Journey

Rev. Roger Teeter



In the beginning all of life was with Source and was Source. As Source chose to expand its omniscience, it exhaled the Elohim... singing the Song of Source as they co-created the building blocks of the twelve Known Universes, Fluorite Chrysalis. These are expressed as Double Pyramids, containing multi-dimensional frequencies, consisting of DNA, environment and past lives. We came into human form at the time of our birth knowing all! The birth trauma causes most of us to forget. Each life experience is like a suit of clothes, we choose wear it for a set number of years, then move on to the next experience.

When our astrological chart is divided into four sections it guides our journey through the Double Pyramid of form. Focusing on the twelve issues that are available to each of us, we reach a point where we bring it all together. Not just in our present life experience, but all the life experiences that we ever had, that make up history. The 432 configuration represents Double Pyramid, Point up male point down female, most of our issues are found in the polar opposite to the form. The 542 configuration represents fusion of male female with Star Chamber, symbolized as six pointed star.

Our Star Maps assist individuals in developing their hidden talents by guiding them through their Shadow Self, introducing them to their Angels and Guides.

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To help their lives to become clearer, activating their energy centers, to bring more balanced into their lives, so we will begin to understand us!

I am not here to live your life for you, only to share information, which you have a right to accept or reject, as we journey through life serving the plan with an Earth Religion Holistic World View. For in the grand picture lessons are neither good nor bad, male or female, of any particular religion, race, color, creed, for it is really Mother, Father, Source's world. Why do most of the world's religions celebrate Christmas? This is the time for gathering of beings from across the multi-dimensions in celebration of the birth of the Christ, not one person, but all of creation. We must integrate those ripples in time, past life energy blocks, that are a result of lessons that our Souls chose in order contribute to the omniscience of Source contained in our auric fields. As we integrate released anger, curses, jealousy, fears, need to get even, victim-hood, our victimization we awaken to the remembrance that we are Spiritual being having human experience.

One of the many ways is to use the process of past life remembrances. Relax into a meditative state asking your Angels and guides to show those lives that are affecting your present conditions. Looking for the gifts but do not focus on the deaths without professional guidance, for you could possible draw them back in to your form. Reintegrating this misapplied energy into the light that is your true self through verbal affirmations, moving into the Now, empowered as an ascended being, through unconditional Love of ourselves first then those around us who have participated in our drama that we created.

1. Crystalline Frequency of Soul Source into Form from the Multi-dimensional Source
2. Sagittarius Red, Yule, Celebration of Angels
3. Aquarius Orange, Imbolc, Birth of the Child
4. Pisces Yellow, Toddler
5. Aries Red, Oster, the Student
6. Taurus Emerald Green, Beltane, Fusion with Male/ Female, Aldebaran
7. Gemini Midsummer, the Graduate

Continued ...

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8. Cancer Emerald Green, the Teacher
9. Sirius
10. Leo Silver Green, Lughnassah, the Professor, Regulus Heart of the Lion
11. Virgo Sky Blue, Mabon, Mastery of Intent, Vega
12. Libra Indigo, Samhein, Mastery of Thought, Lyre
13. Scorpio Violet, Mastery of Word, Antares Heart of the Scorpion
14. Capricorn Silver Blue, Mastery of Deed
15. Synthesis with the Multi-dimensional Soul



Zebra Challenge

Steve Prellwitz



I have been looking into hyperspace for most of my life, obtaining my first epiphany about it when I was only sixteen. I truly *saw*, not with just my normal inner vision, but with the totality of my being. If my entire 4D life were an eye, this ultimate consciousness would be its sight. To even try to quickly describe what I beheld is useless. I've spent a quarter of a century unravelling The Moment and have *only now* understood it consciously.

The "View of The Thing" must be experienced *directly* for you to even know *how* to think about this ultimate level of perception. Only one other person that I know of has done this: science fiction author and Neo-Gnostic shaman Philip K. Dick.

When I came across PKD's book *The Transmigration of Timothy Archer* the other day, I found the following passage that rings the bell whose sound I have been chasing all these years:

"I had acquired a comprehension of a world conceptually arranged, a world not arranged in time and space and by causation, but a world as idea conceived in a great mind, the way our own minds store memories. I had caught a glimpse of world not as my own arrangement - by time, space and causation but as it is in itself arranged ...

Continued ...

Continued ...

... Which normally can't be known, but I had somehow perceived it, like a great, reticulated, **arborizing structure** of interrelationships, everything organized according to meaning, with all new events entering as accretions."

PKD's use of the term "Arborizing" is what really does it for me. He is positing a super-entity whose limbs extend from a higher dimension, reaching down into our world like branches on a tree, organizing all of reality into itself.

This is once again another variation on the concept of "Zebra", his term for the all-encompassing intelligence with which he made contact at the height of his own mystical experiences, defined as:

"A vortex of intelligence extending as a supra-temporal field, involving humans but not limited to them, drawing objects & processes into a coherency which it arranges into information. A flux of purposeful arrangement of living information, both human and extra-human, tending to grow & incorporate its environment as a unitary complex of subsumations."

PKD makes a thrilling, challenging, and downright spooky argument in his Exegesis (a decade-long analysis of his visions), asserting that the study of this hyper-being and its relationship to us trumps all previous explorations concerning the nature of human existence. Zebra is the ultimate "thing", and if you can stretch your mind into full hyper-sensory ecstasy, you might see it, too:

"The discovery of an organizational hyper-structure whose hierarchical contour defies our normal abstracting ability (and yet *can* be detected by a colossal meta-abstraction reported by Plato and surnamed by him Noesis) is a matter of unparalleled importance, for this hyper-structure seems able progressively more and more to subsume its environment, suggesting purpose and sentience. It is not a thing among things nor even an organism among organisms, but, rather, implies by both its existence and unavailability to our normal cognition and perception the very real possibility of 1) orders of reality at a level of structural and organizational complexity unknown to us; and 2) life or at least purpose, growth and intelligence at these levels. Regarded this way, such levels and such structures cannot be defined by philosophical or theological terms but have to do with entities and their behavior that no human language system encompasses.

Continued...

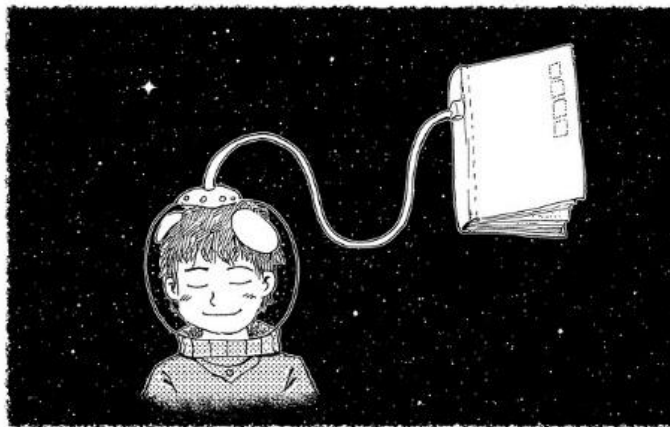
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That the spatiotemporal universe of multiplicity (physical things in time and space governed by causation) is in fact subsumed by at least one higher level of volitionally-imposed organization- and that **such a structure is aware of us** whereas we are not only not aware of it but normally unable to be aware of it- if this can be made the subject of indubitable observations it would lie beyond any discovery in the prior history of man."

Now as my regular reader may suspect, I have made the precise type of "indubitable observations" that PKD demands, and yes, I do indeed know "what" and "who" Zebra "really" "is". But this I will not yet reveal (you must wait for my *magnum opus*); instead, I wish only to challenge you to confront it. **There is nothing more important.**

Some final thoughts from PKD:

"Paradoxically, early Greek thinkers (scientist-philosophers, since these two areas had not as yet split apart) dimly perceived such levels but in no way possessed the vocabulary to depict what they saw. In point of fact the universe may not at all resemble what our normal senses- and cognition- profess; thus we may stand at the threshold of discoveries of unique magnitude, the fathoming of which may require a literal evolution of our species- and this may indeed be taking place. **Thus even to know this hyper-structure is to cease to be human**, and yet such knowledge- not faith, not revelation, but the utilization of pure intellect- is possible. I argue, finally, that the hyper-structure is to some degree actively involved in promoting this, since it is an evolutionary process in which it is involved. As pure form without substantiality- able to organize within its own structure- it is a meta-entity in the truest sense, and poses a vast, urgent mystery deserving of our profoundest attention."



Djinn Am' Fulofit's Predilections

Loni Haas RMAFA, NCGR



AN IMPORTANT WORD ABOUT THE DJINN...

Before you read on, please note that our research has uncovered that Djinn Am' Fulofit blatantly takes credit for inventing APRIL FOOL'S DAY not just because he was bored and wanted to have more fun but because he does not suffer human fools gladly. DO NOT to take his words seriously – he loves to rile folks up! Enjoy his warped sense of humor ... laughter is after all the best medicine!

"I am the great Djinn Am' Fulofit. Those of you mere mortals who identify me as a "genie" will do this because you have the mind of a backward walking jackass. Those of you who are enlightened will recognize me as the great Djinn and Master of Fate that I am!

If you think I am here to grant you wishes or to give you some fine future prediction then think again! I am here to give you my predilection for your sign. For you sons and daughters of the backward walking jackass, that means I'm going to give you a message according to the favorable prepossession of my mind. Does this mean good tidings for you? This is not probable. The presenter of this post who has the audacity of a three humped camel, summoned me while I was in another place and time ... the Hot Springs Harem Huuk-huuk where Oola the slave girl was casting me the come hither look while bouncing pomegranate seeds off my turban! At my age, time travel and an oasis with good accommodations are nearly impossible!

So, you Homosapien hoi polloi sons and daughters of the backward walking jackass, here is a piece of my mind ..."

Continued ...

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ARIES

“I AM”

“Your dominant keywords of ‘I Am’ should really state, ‘I AM ANNOYING.’ You think that your opinions should be the universally accepted beliefs of all mankind and you have no problem trying to ram your conclusions down the throats of others. It IS true that you can be quite a wordsmith but you talk too much... way too much. As a matter of fact you are so busy talking you don’t even hear what anyone else is saying. Actually you couldn’t care less what anyone else is saying because in your microcosmic world only you count. All Aries men aspire to be Captain Kirk with a dash of Hugh Hefner ... daring to go where no man has gone before and likely to get caught. All Aries women aspire to be Xena the Warrior Princess with a dash of Descartes ... beauty, brains, and brawn or fast, overbearing, and pushy. This just goes to show how egotistical you all are! There is no subtlety here, just rashness and brashness. Aries men and women deserve each other. This is because no one else in the human race can stand you. Baa-baa bad sheep!



TAURUS

“I HAVE”

Sure you do. You HAVE what’s yours and want what everyone else HAS but better. You know it’s true and the reason is because you’re so cheap. You’re so cheap in fact that you’ll spend 30 minutes trying to figure out how to retrieve the dollar of change you put into a vending machine your meal.

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You'd rather spend that dollar of change on some antique so you can brag to the neighbors in full detail about how you are such a grand master of value. Well, I have news for you Taurus – if you even try to weasel any more change out of any vending machines with your grubby little hoof I'll give you a manicure you won't soon forget! What are you laughing at? Some of the worst people in history were born under your sign – Adolph Hitler, Saddam Hussein, Jim Jones, and the Ayatollah Khomeini. What's that you say? These are just exceptions to the rule? You'd rather be an artist and a lover? Just like Carmen Electra or George Clooney? Far be it from me to tell you any different. You're impossible, immovable, and imperious. You eat too much and push everyone else to eat too much so you can get a kick out of it when they get fat and you don't. If this weren't bad enough, you expect everyone else to pay for your meal. Go appease yourself with a doughnut.



GEMINI

"I THINK"

You think huh? Many call you the sparkling gem of the Zodiac but the truth is you are the world's greatest con artist. You make an art form out of lying even to yourself! When you get caught in a lie you very conveniently blame it on your "other" personality. Of course when someone tries to address that "other" personality about the lie it's nowhere to be found. You could do great things in life but you have no staying power. "Call me later" has become your personal mantra. What "later?" There is no later! You're too busy running around in reckless abandon to pay much attention. You have a smart aleck answer for everything and claim to have immunity to the remarks of others. The truth is you can't stand to be bested verbally especially by a Sagittarian who by nature thinks you are an imbecile. You like to fool around ... a lot. Don Juan was a Gemini. All Gemini Men think they are Don Juan or the Marquis de Sade who was also a Gemini. Gemini women don't know who they are so they just make it up as they go along. Here's some truth for you Gemini - your real persona is akin to a sexually starved hamster with Attention Deficit Disorder dancing to the tune of "Bewitched, Bothered and Bewildered."

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Continued ...



CANCER

“I FEEL”

I'm just about fed up with all of this 'feeling' baloney associated with your sign. The truth is you could care less about anyone except yourself. You are also the biggest bully in the zodiac. You stick your nose where it doesn't belong and hand out unwanted advice carefully disguised as gushing maudlin caring. When you can't persuade others that you are only looking out for their best interest with your cheap advice, the REAL you comes out which is like a giant monster king crab with a glandular disorder ready to devour anything in its path. AND heaven help the poor soul who doesn't think one of your jokes is funny or who forgets to pay back the money you lent them because you'll 'guilt' them into a yearlong depression. It is true that you like to cook and will do so for just about everyone except Taureans who won't pay you for the groceries because they don't see the value in something they can't collect and stare at for hours. All Cancers love to hoard because it makes them feel safe. There's usually one room in their house where they've literally built a metropolis with what they've hoarded. It's not a good idea for anyone to go in there especially Geminis. Their ten personalities would be too easily lost and never found. Pisces however would love it because they're lost most of the time anyway.



LEO

“I CREATE”

This may come as a shock but you are NOT the center of the Universe so all of this nonsense about 'creating' is out of whack.

Continued ...

Continued ...

If you create anything it is usually a big mess. You're not concerned about your messes because no one would dare to criticize you for fear of the backlash and being teased unmercifully for the rest of their natural lives. Your sign is often described as kingly, kind, and generous but this usually comes from other Leos. You're not really generous you just pretend. As a matter of fact you're dumb as a rock sitting on the desert sand when it comes to money. You'll buy anything just for show. It's not a good idea for you to hang around with Aries or Sagittarius because they're dumb about money too. You're better off hanging around with a Taurus. At least a Taurus will tell you **WHEN, WHERE, WHY, and HOW** to spend your money. All Leos have floor to ceiling mirrored bedrooms with a spotlight that shines on the bed. This makes it easy for them to wake up admiring themselves. All Leos also have a secret gold crown that they wear when they go to the bathroom. After all, a throne is a throne.



VIRGO

“I ANALYZE”

Analyze my derrière! What you really do is Criticize. This is very clever of you because it is the best way to turn the tables on an adversary. If that doesn't work then you just act agonizingly boring until your opponent falls asleep or gives up out of frustration. Your sign is also known as the sign of service and while this is true it is also another way you cover up the 'real' you which is highly promiscuous... AND for the rest of you who are snickering (except Scorpio) – let's remember that service means service and prostitutes need to make a living too even if it is a second income! All Virgos are also sadists. You are the sign that rules health but what you've really done is create different brands of neurosis for all the rest of the signs. Then you very cleverly hide behind your own hypochondria so no one suspects what you've done. You are a gossip monger as well, particularly when you have nothing else to do (which is often since you feign being busy). You are supposed to be the zodiacal sign of intelligence but truth be known you're actually the village idiot.

Continued ...

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LIBRA

“I BALANCE”

In my book the only thing you balance is Circus Balls! You're another over-rated sign that runs a close second to Virgo as an imbecile. Do you even need to ask why? Others say you are the procrastinator of the Zodiac because you need time to weigh what is fair and just. The truth is you're just stupid and don't have any answers. You also corner the market on superficiality and preoccupation with cleanliness. There is no such thing as a fat, disheveled, or ugly Libra. It was a Libra who invented liposuction, breast implants, plastic surgery, and collagen injections to avoid such distasteful ends. Libras can't stand to grow old and that is why they hate the sign of Capricorn which represents “youth in old age” and oh how Capricorn loves to grind it in by constantly advising, “If it ain't broke don't fix it! You like to be married (the more marriages the better) but are not necessarily interested in procreation. In your world children should be “clean and not heard.” You are supposed to be the tactful sign of the Zodiac but you can employ the mouth of a truck driver and then end your statements with, “have a nice day.” You invented this approach because you are jealous of Scorpio who also has the mouth of a truck driver, doesn't apologize for it and gets away with it. You figure your approach will guarantee you the popularity you can't live without.



SCORPIO

“I DESIRE”

All Scorpions are stupid and there is historic fact to prove it. In ancient times Scorpio was depicted as an eagle and better yet, the phoenix!

Continued ...

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So what do you insist upon as a representative of your sign? The lowly scorpion, scourge of the desert and bane of my ancestors! You're not fooling anyone. You did this just to be irritating. You irritate everyone. You should team up with Aries so you can corner the market on irritation. It doesn't stop there. Your sign has heralded some of the worst disasters in history except the sinking of the Titanic which belongs to Aries. Your sign marked the crash of the U.S. stock exchange in 1929, the start of the Bolshevik revolution, Black Tuesday, the start of the Great Depression and the explosion of the first hydrogen bomb. Most likely you also heralded the Black Plague. Then there's the sex thing. It is said that Scorpio has been blessed with tremendous stamina and that you like to have sex 24-7. This is simply not true. Your genitals don't guide you but your criminal mind does. You'll cheat anyone out of anything (especially money) and then when you get it you hoard it. It goes straight into your abyss of collectibles among everything else you've collected since you were three years old. As far as sex goes, you can and will wield it like a weapon along with the other nasty things you engage like the black arts, sorcery and the occasional bloodletting. Perhaps you should rethink your sign symbol and pick a new one. Godzilla might work.



SAGITTARIUS

“I UNDERSTAND”

Actually you know nothing and understand even less. At the beginning of time the Powers that Be played a huge joke on you. There was a big argument about whether an object, animal, or human figure should represent your sign. Some wanted your sign to be a jackass and others a wise sage. No one could agree so they decided to make your symbol half human and half jackass. This worked for a while until someone took pity and changed the animal half to a horse. Unfortunately, the connotation of jackass remained. That is why today Sagittarius reflects two characteristics – either the wise sage or the horse's derriere ... you know kind of a perfect idiot. How can an idiot be perfect? You should explain this to everyone else since you invented it.

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. Come on, you know you want to! Most Sagittarians live to a ripe old age but they don't look pretty like Libra. The females look like a 125 year old version of Hermione Granger and the males like a 125 year old version of Ozzy Osborne. You also enjoy stirring up trouble between people and then just sit there enjoying the ensuing battle that erupts. Since you are always looking for lucrative ventures, maybe you should join up with Scorpio... you could mesmerize folks with your banter while Scorpio picks their pockets.



CAPRICORN

“I USE”

Yes you do... you use everyone and everything and you don't care. You'd step on your mother if it would get you ahead. As a matter of fact you have been known to go to extremes just to prove your point and get attention. You are supposedly the busy sign of the Zodiac but this is not born of out of any inner dynamic to achieve - you're just hyper. I bet you wouldn't be able to still in for five minutes unless a monetary wager was involved. You are also a terrible story teller because you belabor the plot to such an extent everyone falls asleep or loses track of the point. All Capricorns are all really aliens. In reality, you look like a cross between Henny Youngman and David Bowie but since you are surrounded by an alien force field everyone thinks you look like Nicholas Cage or Sissy Spacek. This is done mostly to aggravate Librans who are jealous of your false capacity to stay young looking. Over the centuries you have done a good job pinning your alien rap on Aquarius who is now viewed as the weirdo of the Zodiac thanks to you. You have been called everything from a workaholic to a mystic and you embrace these labels to keep humans confused. Capricorn, you don't work nor are you mystical. You may be disguised as a human but your terrible eating habits and laziness give you away. What you really do is sit around all day playing poker, drinking beer, eating pork rinds and levitating. You consider Spam and Hamburger Helper gourmet food. Pretty soon everyone is going to catch on to you. Even your symbol the Seagoat is phony. What's a Seagoat anyway? It's nothing more than a botched alien attempt to fit in. Shame on you!

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AQUARIUS

“I KNOW”

This is an incomplete statement. It should say “I know I’m right and you’re wrong.” I am wasting my time talking to you because your arrogance far outweighs your intelligence and you’ll compensate by dropping into paradox mode pretending to be preoccupied with something much more cosmically important. Most people find you complex but I know you’re just a faker and a taker... a real weasel. It’s your eyes that give you away every time... they dart about and you never look at anyone straight on when you are lying or trying to escape. AND escape you do... every time! You people can’t keep a commitment to save your lives! You’ll disappear without a trace, return ten years later, and expect everyone you’ve offended to welcome with open arms like nothing happened. No one knows where you go and you can’t remember where you’ve been. It’s all part of a plot devised by you to drive everyone else crazy. You did this so you could become rich... your sign invented psychoanalysis just so you could rake in the cash. You are supposed to be the sign of humanitarianism but the truth is you really don’t even like other people unless you are having sex with them or they are lending you their condo for the weekend. You are an intellectual snob and lose patience with anyone you deem less enlightened than you. Sometimes you’ll talk to a Sagittarian but only if there’s an Aries around to act as referee – or would that be monkey in the middle?



PISCES

“I BELIEVE”

So what do you want – a medal? All of this spiritual bunk surrounding your sign is a bunch of nonsense

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Your sign is no more spiritual than anyone else's sign and you know it. You're just a little more adept at pulling the wool over the eyes of others. You are a terrible communicator and no one can understand what you say which is usually some twisted metaphysical double talk laced with incompetent attempts at intelligence. Those of you who are intelligent tend to be of the mad scientist variety working subversively on some weird project that has absolutely no value to mankind. Why do you always think you have something to prove? You make a complete fool out of yourself trying to fit in where you don't belong. Actually, you really know this about yourself which is why you invented nudist camps. You did this to get even with the other signs because you knew most of them wouldn't have the guts to join except for Libra who is just looking for an excuse to get a complete body over haul. So, how did you get even with Libra? You invented leap year so that some of your kind could stay perpetually young by having one birthday every four years. This of course drives the Libra to distraction. You also invented Scientology just to aggravate Aquarians. The only sign you get along with is Cancer because you have two things in common. The two of you like to play Sarah Bernhardt and two of you have a shoe fetish. Both of you need to get a life.





AUTHOR BIOGRAPHIES



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Jonathan H. Corelli (*And the Devil Howls*, pg. 106)

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."

Aly 'Zephyr' Nizen (*Bitcho*, pg. 110)

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.'

Rev. Roger Teeter (*Just Shut Up*, pg. 113)

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.

Steve Prellwitz (*Zebra Challenge*, pg. 116)

"Cosmic" Steve is a shaman, alchemist, apocalyptic prophet, martial artist, end times commentator, and wizard in the grand Gandalf tradition. His ongoing investigation across thirty years of the secret powers that make the world led him to penetrate the mysteries of international Freemasonry, becoming one of the Top Men of the Great Unfinished Pyramid. Cosmic Steve has also met the dwarves who run the UFO and the beautiful people they serve. He is an official Plenipotentiary Ambassador for humanity on the galactic stage. He is an official Plenipotentiary Ambassador for humanity on the galactic stage. He is also a funny warm-hearted guy who doesn't take himself too seriously.

Loni Haas R.MAFA, NCGR (*Djinn Am' Fulofit's Predilections*, pg. 119)

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.



The Staff Of Discerning Minds wishes you a wonderful Autumn Holiday season. Whether you are Trick or Treating, planning Thanksgiving dinner or dreaming of upcoming winter holidays and something spiritually special, may you find joy in your labors and the company you keep.