

DISCERNING MINDS

Premiere Metaphysical Quarterly For The Abstract Enthusiast

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

Volume 18 - "Your World Is In Your Mind" - Summer 2021

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, personal meta-musings.

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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Sacred Sciences – Metaphysical, Mastership, Astrology, Cosmobiology, channeling, Numerology, Palmistry, Runes, prophecy, pendulum, crystals, animal totems, OBE, Qabalah, Tarot, quantum, psychism, codes and cyphers, conspiracy theories, meta-history, alternative paths.

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



*“Most of us must learn to love people and use things rather than ...
Loving things and using people.”*

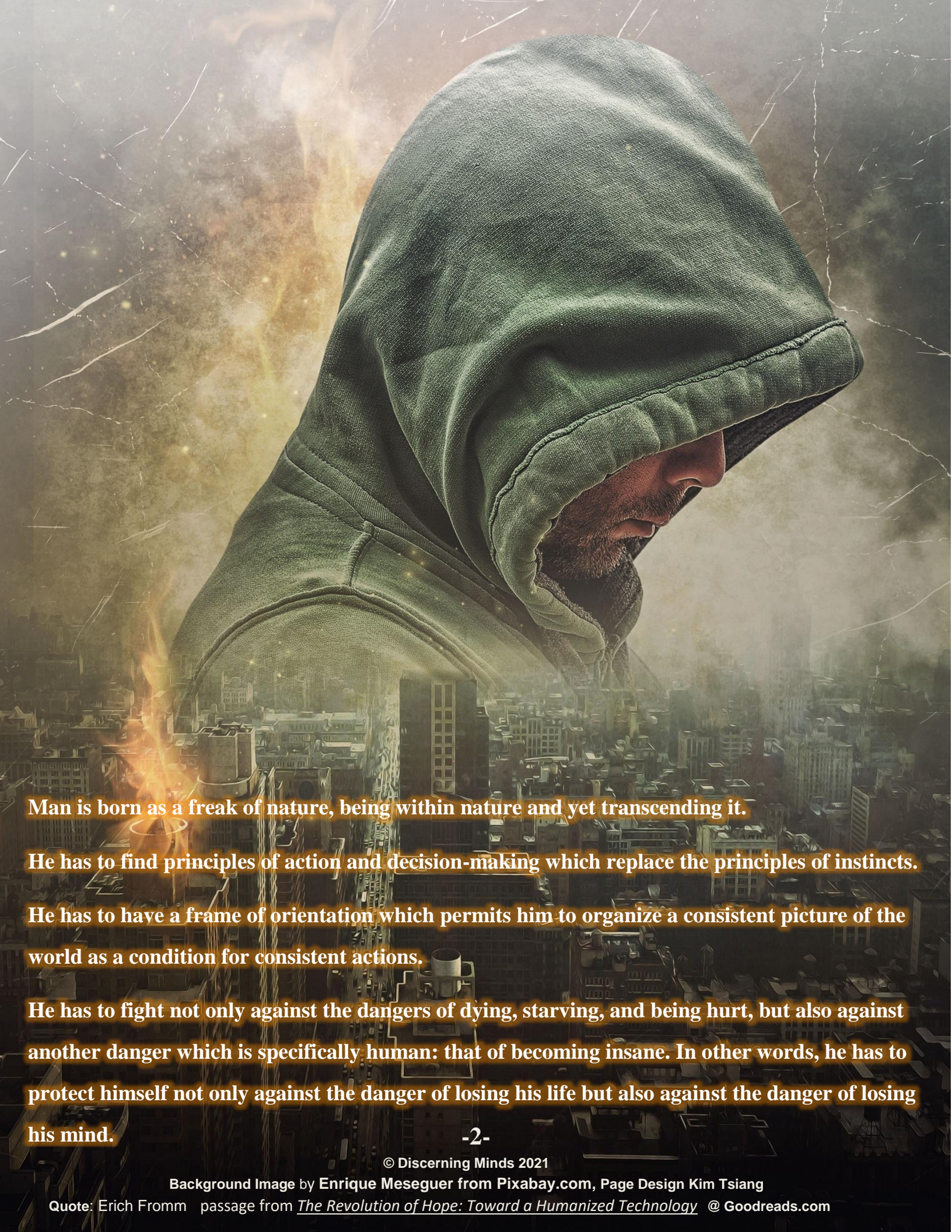


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Quote: Roy T. Bennett @ Goodreads.com



Man is born as a freak of nature, being within nature and yet transcending it.

He has to find principles of action and decision-making which replace the principles of instincts.

He has to have a frame of orientation which permits him to organize a consistent picture of the world as a condition for consistent actions.

He has to fight not only against the dangers of dying, starving, and being hurt, but also against another danger which is specifically human: that of becoming insane. In other words, he has to protect himself not only against the danger of losing his life but also against the danger of losing his mind.

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Quote: Erich Fromm passage from *The Revolution of Hope: Toward a Humanized Technology* @ Goodreads.com

TRUTH

By Craig Hawthorne

Truth; an illusion of man,

How does one go about finding The Truth?

One's first step to finding truth normally starts with dissatisfaction, an inkling that what you've been told "it is" isn't quite the whole story. Explanations provided by religion, history, science and politics don't cut the mustard, so off you delve into the compendium of humanity in a quest for The Truth.

This is where things get tricky; Why?

Biology, Chemistry, Physics (Particle, Quantum and Theoretical), Mathematics, Geometry, Philosophy, History, Archaeology, Anthropology, Music, Cosmogony, Etymology, Politics, Religion, Theology, Astrology and Astronomy are just some of the fields you will dive into on your journey. Then when you get a handle on some of these subjects you'll have to re-arrange your brain to make some sense of the occult/esoteric/metaphysic explanations of the same subjects!!! Once you've settled on a reasonable version (your truth) along come the aliens and infinity to really test your mettle!

So at some point in your journey you believe you have found it....The Truth.

Are you sure enough to express it?
Are you bold enough to defend it?
Are you courageous enough to live it?
Good for you, but a real test of your truth is this;
Are you humble enough to change it?

The Truth doesn't matter, your truth does matter, and it's how you define your reality. How do you know when you've found your truth?

Are you happy?



Critiquing Critical Thinking

By Jonathan H. Corelli

It seems many people have forgotten how to think critically these days either by choice OR even though I hate to say it – ignorance. Some even weaponized the term and use it to drive their personal point of view if someone else disagrees with it as if the ‘disagrees’ were dolts. Ironic isn’t it? Sure sounds to me like those disagreeers were actually using critical thinking. I bet that rings familiar doesn’t it?

Going back to basics – Let’s define it:

Critical thinking is that mode of *thinking* — about any subject, content, or problem — in which the *thinker* improves the quality of his or her *thinking* by skillfully analyzing, assessing, and reconstructing it. *Critical thinking* is self-directed, self-disciplined, self-monitored, and self-corrective *thinking*. -

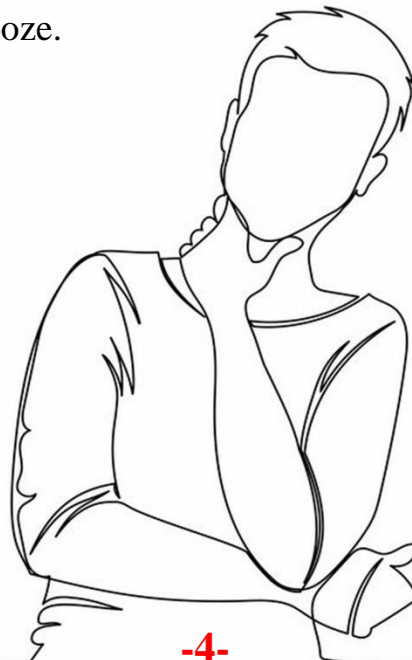
<https://en.wikipedia.org>

Weak critical thinking touches every part of life although lately it has been most prevalent and obvious in the political scene. Some of you are thinking (or think you are thinking), ‘What is the big deal?’ ‘Isn’t it just opinion?’ ‘Why should I care?’

Here’s why:

- dangerous and costly errors,
- repeated mistakes,
- bad decisions,
- failed systems,
- inaction when action is needed, the giving of bad advice,
- inaccurate assumptions, the poor design of training programs,
- poor evaluation of educational curricula and the lack of anticipated action...

So basically, you lose if you snooze.



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What was I thinking and why did I DECIDE to do that? Ain't that a loaded question!

The Basic Barriers – let's see what the Pros say:

Egocentric Thinking

*Although egocentric behaviors are less prominent in adulthood, overcoming egocentrism can be a lifelong process. **Egocentric thinking is a natural tendency to view everything in relation to oneself.** This type of thinking leads to the inability to sympathize with others or analyze and evaluate various perspectives. Sadly, since most egocentric people are not willing or cannot see this character flaw within themselves, this increases the difficulty in overcoming the barrier.*

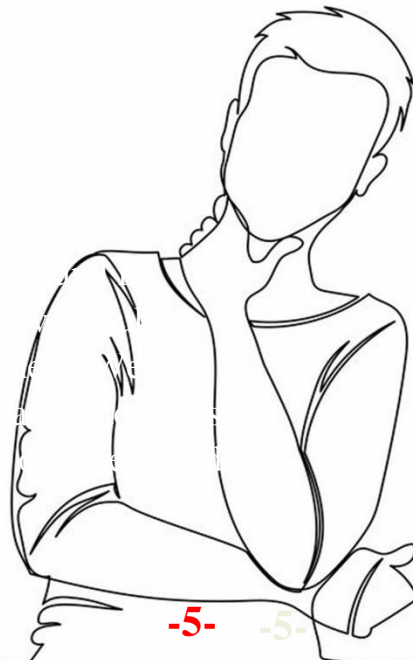
Groupthink

*Groupthink can lead to unhealthy decision-making patterns. Like egocentric thinking, it is difficult to overcome. **Breaking the cycle requires individuals to stand apart from the group and question opinions, thoughts, and popular ideas.***

Drone Mentality

*If you have a Drone Mentality, this means you don't pay attention to what is going on around you. A drone mentality can sneak up on anyone at any time. **Daily routines often lead to a drone mentality and can prevent or cause a loss of critical thinking skills.** This mentality is dangerous in a classroom because learners forget how to respond to new circumstances. It also causes them to shy away from challenges for the sake of ease and convenience or even fear. *This has become an unfortunate situation used in indoctrination manipulation from day 1 lasting K-12. Speaking of education here is an interesting aside: "According to a recent study by MindEdge, a Waltham, MA-based learning company founded in 1998 by Harvard and MIT educators, many millennials lack critical thinking skills. When young adults between the ages of 19 and 30 (both current college students and recent grads) were given a test designed to test their ability to detect fake news:*

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- Only 24 percent were able to correctly answer eight out of nine questions
- 44 percent could not correctly answer six out of nine questions

The inability of discern false information is problematic for more than one reason:

- 55 percent of millennials rely on social media for news
- 51 percent share social media content very or fairly often
- 36 percent have accidentally shared inaccurate information

These findings by MindEdge are consistent with a Stanford University survey that found middle school, high school, and college students were unable to distinguish between a news story, an ad, and an opinion piece, and college students actually fared worse than high school students. “- Terri Williams - <https://www.goodcall.com>

Social Conditioning

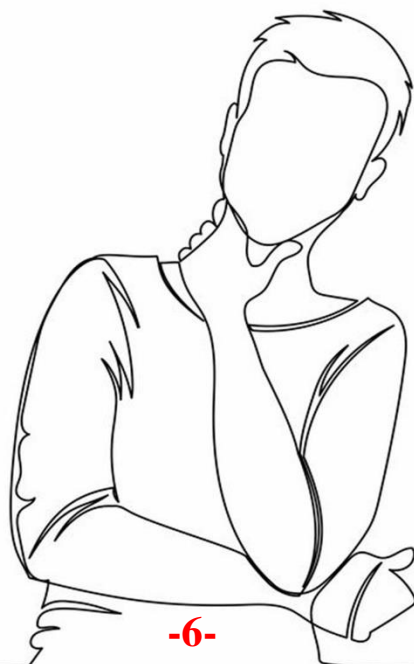
*Unwanted assumptions and stereotyping leads to social conditioning. It does this by blinding us from the realization that we are even making assumptions and stereotyping in the first place. **The ability to think outside of the spectrum is a great asset because most learners do not realize they are being conditioned to think a certain way.***

Biased Experiences

Personal biases can prohibit critical thinking because they prevent the thinker from being fair, inquisitive and open-minded. This kind of thinking can also prevent an individual from using experience, reasoning and common sense to make informed decisions. Arrogance and Intolerance

True critical thinkers do not welcome arrogance and intolerance into their minds. It is nearly impossible to find the best solution to a problem with a close-minded mindset.

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Without critical thinking skills, individuals often react thoughtlessly and recklessly to situations. What they should do, however, is to assess and take responsibility for their choices while accepting the rewards or consequences that follow those choices. Arrogance and intolerance block creativity and this leaves no room for other suggestions for problem-solving.

The Bottom line is we can no longer afford to accept poor critical thinking. The costs are too high. Difficult problems and decisions must be addressed reflectively. We cannot accept poor judgments that can lead to irreparable damage and even cost lives because that's where we are right now. Think about it.

Resources:

<https://wabisabilearning.com>

<https://www.insightassessment.com>



What Did You Mean By That?

By Ali 'Zephyr' Nizen

Under the impression that you understand someone's true *intentions including your own*? Think again.

“The road to hell is paved with good intentions”¹ – Proverb

"Hell is full of good meanings, but heaven is full of good works" – Alternative meaning

“If your intention is tainted by anger, selfish desire, a wish to harm or general confusion, this creates the causes to experience pain, unhappiness and misfortune in the future.” - Buddhist monk Ajahn Chandako

You protest, “I had no bad intention, I just wanted to prove my point!” OR “OMG! These people are so wrong – I need to show them what is right and help them to see!”

Really – see what? Have you somehow miraculously been crowned the new Judge of Humanity OR the Chief of Corrections Police? If you believe that then result will lead to ruined relations, possible retribution and on the spiritual end of things, Bad Karma (hey, what goes around comes around – right?) Maybe you need to get a clue because in reality you aren't going to 'rescue' anyone or anything and be viewed a great savior. More likely you are going to be viewed as a pain in the ass and someone to avoid and who is talked about in a negative manner behind your back. Perhaps some brave soul will tell you to shut your pie hole. Maybe you will be man enough or woman enough to listen. Too bad statistics show that you probably won't. After all, you have a job to do, right? It is your duty, right?

Obviously the underlying psychological factor of bad intentions is manipulation and the desire to feel superior.

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Rather than use constructive understanding when it comes to a situation, the goal is use some tasty bait to get targets interested, hook them and reel them in because maybe, just maybe there will be one mind that can be changed. The whole thing becomes a game. Social Media platforms are a good source and example of this. The “good intentions” baiter will post a segment (often political) and wait to see how many fish can be hooked amongst those who disagree because those who agree serve no purpose except to boost the ego and buoy personal self-righteous intent. The intention is to change the minds of those who disagree and thus change their behavior. Often the ‘baiter’ will deny that they aren’t this, that or the other thing – just stating some thoughts about something that needs to be pointed out to acquaintances and/or the public at large. It’s all innocent with no mal intent and they have every right to state it. Uh huh. Here’s a news flash baiters - It doesn’t work. The only thing gained is the disgust of others and negative gossip. (Hey, humans are humans – it’s always tit for tat.) BTW – Moaning about it only being an ‘opinion’ and saying people don’t have to read it is moot. The intention for said ‘opinion’ wasn’t good in the first place.

If we want to get technical here, this all falls under cognitive behavior. Human complexity has an enormous depth and cognitive distortions run high in all humans. No one is a thoroughly therapized human. Recognition of and admittance to bad intentions blanketed under a need to set things straight or make others see with self-righteous behavior can be difficult within a stubborn and obstinate mind. One might consider that the attention it brings is actually not worth it. It certainly won’t win you the popularity contest trophy that is so desperately desired. Becoming aware of one’s own core values and authentic goals is the only way to decontaminate ‘bad’ intentions cloaked as ‘good’ but that takes some deep inner work. Are you brave enough to take action and look within?

¹ [Henry G. Bohn](#), *A Hand-book of Proverbs*, 1855

WHAT WORLD IS THIS?

By Mikey Pierog

It's a fucked up place when one stops to think,
Are we all just living to get our next drink?
Working for hours just to pay off yesterday.
Thinking to ourselves will this get us all the way?
Some people just like to see how deep the blade can go,
Trying to raise the ratings on their next big show.
What is this master plan you believe; the term seems so odd.
Would it be working 40h a week waiting for your next god?
Will you be saved following your same maze every day with a smile on?
What if you were told the 'ship' came and left and now is long gone.
What is this 'ball' floating around in space?
Created to make some type of elite race?

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Look into the mirror can we even fend for ourselves.

When the lights are off people only help themselves.

Left in the wild is instant death -

Like trying to swim with no breath.

It's you of the future coming to take your place,

Killing yourself won't get rid of its face.

A hundred yous if you can take it,

Wondering how it's possible will make you split.

Clones a pinch of this a pluck of that,

Throw it all together in one big vat.

Better faster and stronger, scary but it's all quite true.

Some are robots some are organic but all made from that special you.

Ripping holes in daily routines,

Confuses even the most advanced machines.

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Saying that instead of this,

Makes their head spin and hiss.

Pretending they know as much as us... wait?

But always looking for the next update?

Can't even understand the concept of our own fate.

Completely unaware of our one special trait.

Thinking that a soul can be weighed and measured.

Unaware that the souls the whole kept and treasured.





AUTHOR BIOGRAPHIES



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THE HUMAN CONDITION

Erich Fromm (*Freak of Nature, from Revolution of Hope: Toward a Humanized Technology, pg. 2*)

Erich Fromm (March 23, 1900 – March 18, 1980) was a German social psychologist and psychoanalyst who was associated with the Frankfurt School of critical theory. He was known for developing the concept that freedom was a fundamental part of human nature and for challenging the theories of Sigmund Freud. Quote from Goodreads.com.

Craig Hawthorne (*Truth, pg.3*)

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

Jonathan Corelli (*Critiquing Critical Thinking, pg. 4*)

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 (*What Did You Mean by That? pg.8*)

Aly 'Zephyr' Nizen 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.'

Mikey Pierog (*What World is This? pg.10*)

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/>.

A Matter Of Spirit

” The living soul of man, once conscious of its power, cannot be quelled.”



Section Managing Editor – John “Salaam” Solis

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Quote: Horace Mann @ therandomvibez.com

Prayer of an Anonymous Abbess

Lord, thou knowest better than myself that I am growing older and will soon be old. Keep me from becoming too talkative, and especially from the unfortunate habit of thinking that I must say something on every subject and at every opportunity.

Release me from the idea that I must straighten out other peoples' affairs. With my immense treasure of experience and wisdom, it seems a pity not to let everybody partake of it. But thou knowest, Lord, that in the end I will need a few friends.

Keep me from the recital of endless details; give me wings to get to the point.

Grant me the patience to listen to the complaints of others; help me to endure them with charity. But seal my lips on my own aches and pains -- they increase with the increasing years and my inclination to recount them is also increasing.

I will not ask thee for improved memory, only for a little more humility and less self-assurance when my own memory doesn't agree with that of others. Teach me the glorious lesson that occasionally I may be wrong.

Keep me reasonably gentle. I do not have the ambition to become a saint -- it is so hard to live with some of them -- but a harsh old person is one of the devil's masterpieces.

Make me sympathetic without being sentimental, helpful but not bossy. Let me discover merits where I had not expected them, and talents in people whom I had not thought to possess any. And, Lord, give me the grace to tell them so.

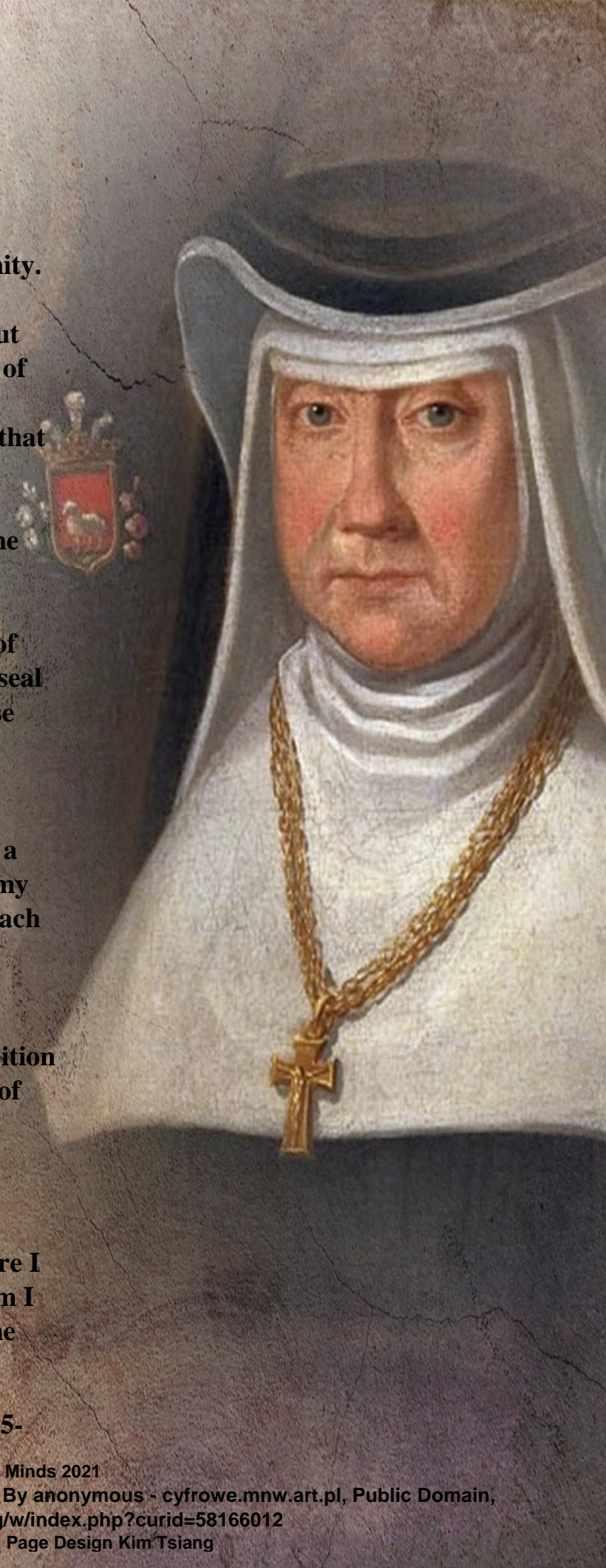
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Quote @ Goodreads.com, Page Design Kim Tsiang



Can You Get Too Much?

By Don Hauck PhD DD

You don't need a lot of formal education to know what every farmer knows. It takes only an open mind and some curiosity to understand that you only reap what you sow. That is not only true for physical seeds - it is equally as true for thoughts and feelings, for they too are seeds.

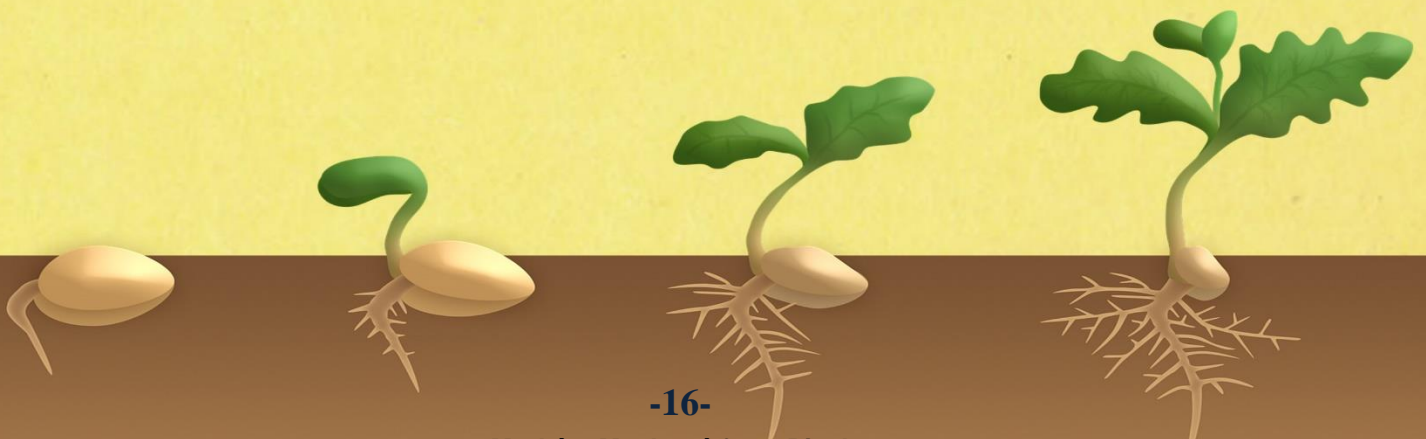
Several days ago I was inspired to write this article, not knowing then, that it is an answer to one of my prayers. I say that because as I sat down today to write this, I was reminded of the truth which is in the first paragraph. So, in writing this article I will be planting seeds to grow in the minds and hearts of others and my prayer is that those seeds grow and are a benefit.

This is about something which I want a lot more of and yet, those who know me think I have so much more of it than most people. I for one do not know how much anyone has! I do know that I wish to have absolute faith. Can you imagine for just one moment having the absolute faith that Yeshua ben Joseph had when He knew He had the power and ability to stop what was about to happen... and the closest He would come to that was to kneel down and pray, "If this cup could pass let it be so, but not my will but Thy will be done." To me, that is absolute faith and trust. With that thought in mind, let me begin now to answer a question a young man and woman asked me almost simultaneously some time ago, "How does one build their faith and trust in God?" My answer, "I cannot tell you or anyone how you can do this. I can only share with you what I remember doing which I attribute to building my faith and trust to the point it is now." The following is my story.

The first 29 years of my life, (and I am now 86) were spent in a dogmatic religious upbringing. Through a situation which I thought at the time was a disastrous experience, I was thrown out of that 'church' and found myself spiritually searching. I was at that time very worried and fearful about Satan and hell. Looking back now I realize that whole experience was a gift. For it was the beginning of enlightenment. Had it not occurred I do not believe I could possibly have the insight, the understanding, enlightenment, faith and trust, and most of all the love that I have for our creator. Since that time I've not only found that some of the seemingly worst experiences I have had, when looked at in hindsight, were found to be good.

I was driving along the interstate highway when the thought first occurred to me, that I did not really believe in a God but rather mentally believed in the stories others had told me of a God.

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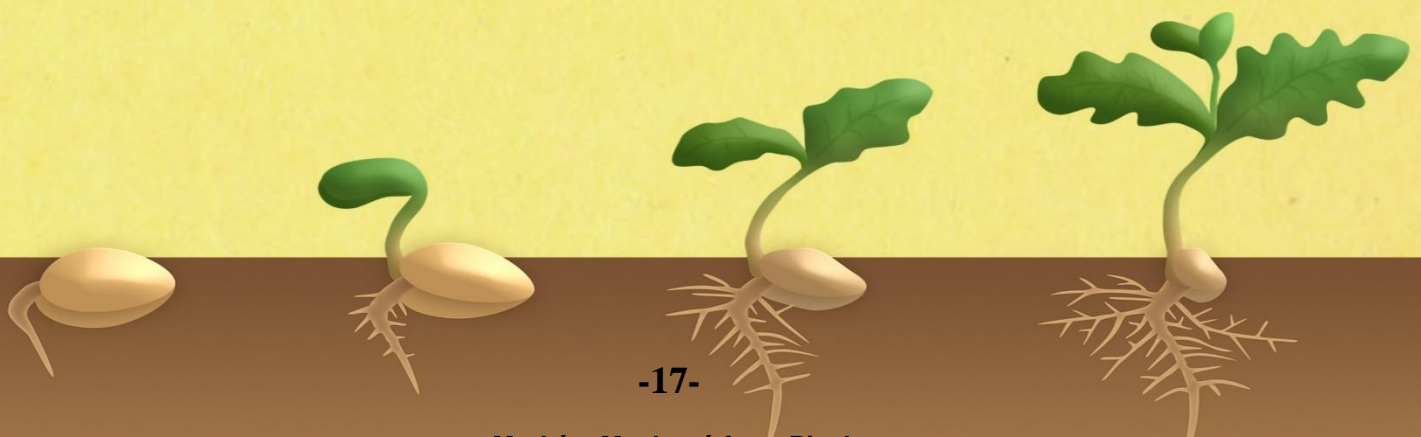
And there really is a big difference. Have you ever ask yourself, do I really believe in God or do I just believe what others have told me? To believe in anything it has to be in your heart of hearts and it can only be there if you have personally experienced it.

Once I realized this, I felt it was important to try and find a way to prove to myself, that there is a God. It dawned on me that the truth of the matter was... I was an agnostic. So I began to wonder, what could I do to prove to myself there was or was not this Higher Power, God or Creator? I devised a plan which I thought would prove to myself there really was such a 'thing'. So for the first time in my life I picked up a Bible and decided to read just the book of Matthew. I decided it had to be read like any other storybook, putting aside what other people told me it meant and to open my mind to see what I thought it meant. I have often advised others to do the same. The book should be read when alone and in your mind you imagine that you are there. Every time the book indicates that Yeshua said anything, imagine Him looking right into your eyes and saying what was there. You know He meant it for everyone, but He was looking right at you. This is an experience I would suggest to everyone. I am firmly convinced that that which is referred to as the Holy Spirit, actually poured into my mind and heart the meaning which was meant to be when I did it that way. As I said earlier, I cannot tell you this will work for you, but it is something that I would suggest everyone try.

With a good feeling of knowing what this man was trying to tell me and others, without question or conflict, I proceeded to the next step. (You need to understand that at this time of my life I was married and had children.) I made the decision that for 30 days I was going to live my life according to what I believed was the way this man was telling us God wanted us to live, think and feel. I remember so clearly how right after making that decision, negative tempting thoughts and feelings started to pour into my mind. Thoughts like, what happens if you lose your job and don't have any money, lose your wife, lose your children, possibly end up in a Homeless Shelter and have to beg for food. To each of these thoughts I responded, 'for the next 30 days I'm not going to concern myself.

If I lose all these things, after 30 days I knew I'd be back on my feet. So with that committed decision, I began to live my life. I can tell you in all honesty, the next 30 days were probably the only 30 days in succession in my life where everything seemed to go so well. That was a little over 40 years ago, and to this date I do not believe I have had 30 days in succession where everything has gone so well. That experience was enough to convince me there is certainly a Higher Power. I have never earned money as easily with as much fun as I did in those days.

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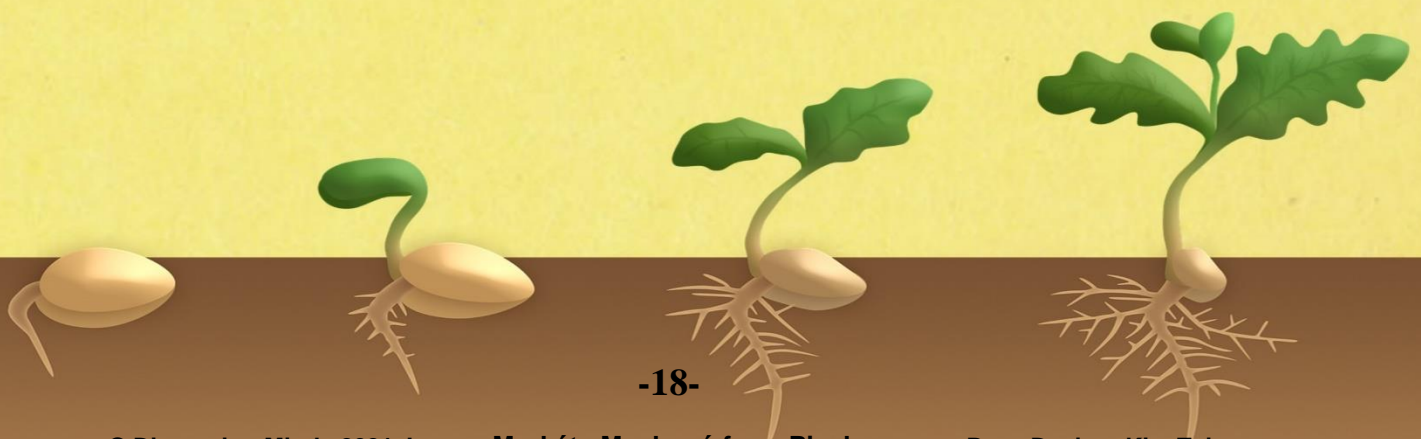


Imagine for a moment, I was a salesman on straight commission. I received money, only if I sold something. I only had fun explaining the values of my product to people. I did not try to persuade them to buy anything. I sold a lot more in those 30 days than I had in other times. Even the home life and the experience with the kids ran smooth and wonderful. I wish I could say that those times continued forever but they didn't. Since then, my life is like any other persons with its ups and downs. But I have learned since, the ups and downs do not have to be drastic. I have found that the greater the highs are in your life, the lower the lows seem to be. Your life can be more like a calm sea with just little ripples up-and-down. No great ups or downs, more a calm, peaceful, loving existence. You can achieve it. It was meant to be yours from the beginning. It is within you. All you need to do is to build your faith and trust.

Let me explain how I have learned to build my faith and trust even greater. This is not for the faint of heart because your ego which has been running your life so far will be frightened out of its wits. It will think it is going to die, (it being you). Trust me when I tell you, it won't happen.

You like I have a Creator, a God, a Higher Power which loves you, cares for you and is mindful of you 24/7... much like any parent walking down the street with the little hand of their child in theirs. The child is fearless, secure, worry free, and feels the comfort of the parents love. This friends, is the type of life that you will begin to build as you build your faith and trust. One of the things my spirit reminds me of when in doubt – trust and God will deliver!

So begin from this moment forward, if you can, when faced with the situation or problem which you cannot in all honesty see the answer or solution, place both hands palms up in front of you and just imagine the situation or problem is in your hands and just throw it up into the air and say in all honesty and sincerity, I don't know what to do with this so I give it to you. In your heart you are turning it over to your higher power or God. If you really mean it then stop thinking about it and go on doing things you do know how to do. Solve the problems you know how to solve and bring about the solution to any situations that you know how to solve. In due course of time you will find, as did I, that the main problem or a situation which you did not know how to handle will either dissipate or the answer to how to handle it will come to you. It may even be through a book you read, a TV show you watch, a story told to you by a friend or even in a dream. Every time this occurs, you will build your faith and trust and know in your heart of hearts as do I, there is a God!



The Heart of Sufism (Tasawwuf)

By Matt Sharpe

"The Sufi sees the truth in every religion." - Hazrat Inayat Khan

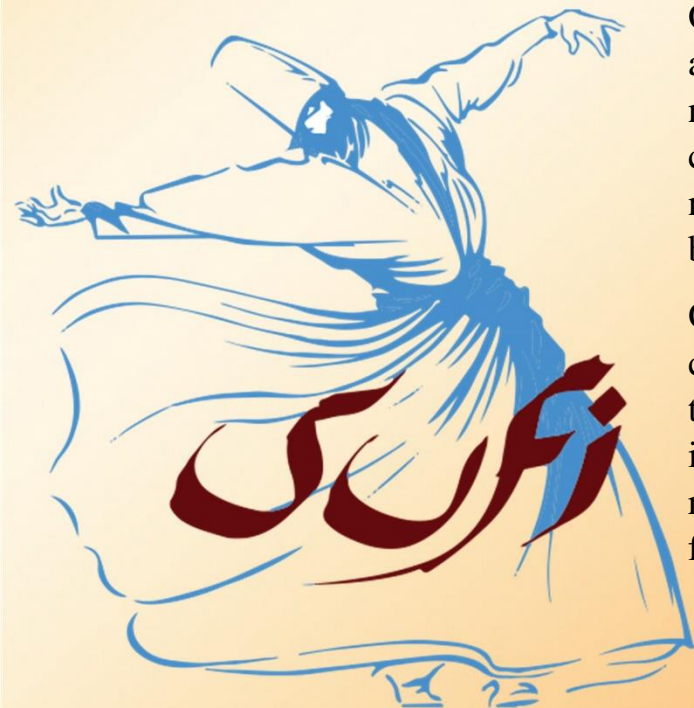
Sufism has been a path of study recognized primarily within Islam for slightly more than fourteen hundred years. What I want to speak about is the idea that Sufism existed long before Prophet Muhammad was even born, and thereby there have been many who while not being considered Sufis, could easily be seen as having followed the same inner and outer path, despite any differences. My reason for this view is gained partially from the quotes that many Sufi poets, writers, Murshids and Murids have made somewhat obvious and also from my own experience. Sufism cannot be encompassed within any single religion. Many might find this a controversial statement, while many others have insisted similar and worse things all the while claiming that Sufism is heretical in the context of Islam, which has long been the position of Salafists who hold to a very literal and narrow interpretation of the Q'uran thus their opinions about Sufi devotionism.

This is not a new perception by any means, but it is not within my focus for this piece either. In trying to determine what lies at the heart of Sufism, one cannot possibly neglect looking at the importance of the inner component which can take a number of forms, all of which must exist in non-physical ways of perception. These might range from thoughts and contemplations upon various emotional and psychological aspects, to even dreams and the various things that might be gained from them. One of these things concerned with the spiritual development of the individual are the nafs, translated in a variety of ways, sometimes including the self or Soul. These nufs (plural of nafs) are things that need to be developed, refined, and at times choices and sacrifices are necessary which goes far in the area of teaching balance. Some Sufi groups also consider a nafs to sometimes be a jinn or demon that must be removed entirely since they cannot be changed though some groups consider jinn to be neither good nor evil. While the nufs are an important topic within the realm of individual spiritual development, they are still just a part of what other paths might refer to as the lower self and its desires and tendencies including both the positive and the negative, since both exist.

One part of this view that I have attained over the years about Sufism comes from the Muslim notion that Adam was not only the first human, but the first prophet. That being the case, how could he not be a Sufi also? It seems almost natural that he would be if only from occupying that state of being a prophet.

Of course it follows that other prophets might as well be called Sufis because of the inner awareness of their path and the realization each piece of their wisdom can provide. That is one way that the innate spiritual status of a prophet is recognized by humanity. Who is to say that Iesus (Greek for Yeshua) was not also a Sufi?

Continued ...



For that matter why not John the Baptist who it is said baptized Yeshua, but without whom he may not have ever become very well-known due to the fact that John already had quite a large following of people that considered him to be the Masiach (Messiah)? One must not necessarily connect these figures with Christianity being that they both were actually Hebrews and Christianity didn't exist until centuries later. That brings me to the next point, is Sufism necessarily only connected with Islam, or could it have already existed as some have maintained?

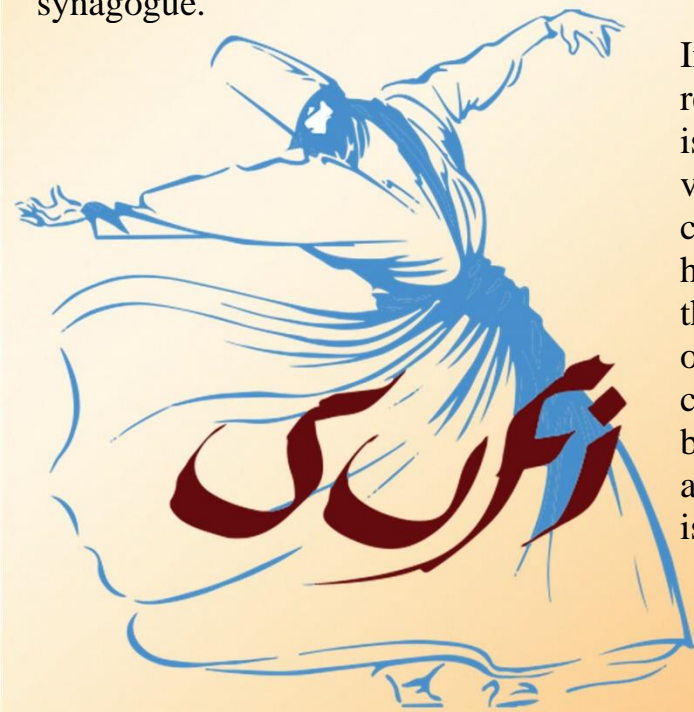
In my opinion, these are merely things encountered and requiring effort as one travels toward the inner heart of the Sufi teachings, the nufuqs as well as the associations with particular religions that didn't necessarily exist at the time their founders walked the earth. Definite steps toward that center are made in working with and learning more about these various qualities within the self and other qualities that cause us to associate certain things only with one specific religion. The development and learning that occur are necessary to even begin to approach what lies at the center most region of Sufism. One could easily say the heart, but usually meaning that of themselves rather than simply the path. The two can often seem to merge along the course in varying ways. This is a thing that is also found in nearly every religion around the globe. That inner path that needs to be balanced with its outer counterpart to form an inner and outer whole that one can progress along and learn from. The same can be said of any tribal spiritual system around the world though often the Evenki term shaman is most often used as a general term for all of them, though each group in each area tend to have individual names in their own language. The inner paths of each group are much the same as espoused in Sufism. In fact, one could say that about most religious paths as well.

"I looked for God. I went to a temple and I didn't find him there. Then I went to a church and I didn't find him there. Then I went to a mosque and I didn't find him there. Then finally I looked in my heart and there he was." - Jallal Al-Din Rumi

From Rumi's quote above, he intimates something about the heart of Sufism and it is likely quite obvious. He specified buildings used in at least three religions depending on how one interprets the words, though I suspect he was well aware of the fact that in Judaism their temple is known as a synagogue.

Interpret it as you will, but his point remains the same regardless of which religions he mentions. True spirituality is an inward thing, and though each building used in the various religions teach a method of attaining a communication with the Divine, the place that actually happens is within the individual. Taking a wider view of that point one can see that it implies a far greater number of things than simply a building housing religious ceremonies and rituals by being a parable for the physical body and the inner realities that one must learn to become aware of and be able to connect with via experience. That is what I refer to as the heart of Sufism.

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This heart of Sufism is an inner thing, several degrees of experience and realization that unfold throughout an entire lifetime. In fact, it consumes an entire lifetime at the very least, and likely many overall. Spiritual progress and evolution is an ongoing process, and is one without end. The neophyte and Master alike continually learn new things. Murid and Murshid are mere names, stages along the path, no matter which path it might be. Though the differences may appear to be many, the similarities are as well. That is just one reason that the true heart of Sufism cannot be limited to any single religion, it exceeds the boundaries of all of them. The heart of the individual is much the same in this regard, despite that it may appear to be anything but extremely limited. Those apparent limits are simply as yet unrealized opportunities for unfoldment. The unfoldment is often uncomfortable to the point of even being painful, but pain grabs hold of the attention making it impossible to ignore. This is one reason why Sufism has endured though hardly the only one.

“You can study God through everything and everyone in the universe, because God is not confined in a mosque, synagogue or church. But if you are still in need of knowing where exactly His abode is, there is only one place to look for Him: in the heart of a true lover.” – Shams-i Tabriz

The quote above by a Sufi Murshid who is also known to be an ECK Master, makes an important point about the heart of Sufism, as well as about spirituality in general, and is the same point as the other quote higher up by he who was once a Murid of Shams-i Tabriz. The point is that this method, Sufism, transcends religion and by that I mean all religions. None are exempt. And none are able to encompass the whole of what is Sufism, the inner path, or the Godhead ITSELF. Writings and poetry are things to inspire the heart, things that can be wrought by both love and creativity, but those can often serve a much greater purpose. They open the heart, even if only in stages. It is a process that is ongoing and never ended. States of consciousness are expanded in this way and a true spiritual growth can be accomplished in a single lifetime.

"I have learned so much from God that I can no longer call myself a Christian, a Hindu, a Muslim, a Buddhist, a Jew. The Truth has shared so much of IT self with me that I can no longer call myself a man, a woman, an angel, or even a pure Soul. Love has befriended me so completely it has turned to ash and freed me of every concept and image my mind has ever known." - Hafez



We find in that latest quote the importance of religion greatly reduced in light of the fact that such methodologies are mostly irrelevant and have no bearing on the individual's ability to address, communicate to, pray or interact with God inwardly, and that is the primary point needing to be made regardless of the individual religious perspective one comes to throughout life. It (Sufism) has a means of continually drawing the attention to God, but it in and of itself appears unable to do much of anything regarding attaining that goal, but is that true or is it illusion? The individual must find the way to address this lack and look deeper than religious texts, and with a creative attention.

Continued ...

It continually needs to be reexamined for changes in degree of understanding that merely change the entirety of the understanding attained thus far. That point reoccurs and recurs endlessly, and while not necessarily well known, both are actually distinct and separate verbs. For clarity, to recur is defined as to happen repeatedly and at regular intervals. It can be conjugated into various tenses by adding -s, or doubling the r and adding -ed and -ing. To reoccur is defined as to happen again. Both are often mistaken for each other but have distinct uses that aren't always stated specifically.

This looking more deeply within religious texts and into the philosophical ideas contained therein is a necessary burden. It is required to liberate one from religious dogma and doctrine that are often found to be as firmly set in stone as to have been originally carved from the mountain itself, but the reality is that while things may appear that way they really are not. God cannot be set in stone in such a strict fashion because how can the Unlimited become needful of limitation? This is one part of the duality found in the lower planes where Maya, illusion is rampantly seeking to draw the attention away from things of truth and make the mind and emotions satisfied with showy distractions and substitutions. Those will always exist but it is the responsibility of the individual Soul to not be bound by these and to become able to discern them and cast them aside while recognizing and cleaving to spiritual truth in all of its forms, even those lower aspects of the self, of the heart and mind. This is the way the difference can be seen and remembered while being worked upon more deeply until one changes themselves into successively new people along the course of their path. In this way one may develop into a new person than they were before. That point is displayed in the next quote:

"It is never late to ask yourself "Am I ready to change my life, am I ready to change myself?". However old we are, whatever we went through, it is always possible to reborn. If each day is a copy of the last one, what a pity! Every breath is a chance to be reborn. But to be reborn into a new life, you have to die before dying. - Shams-i Tabriz

Here he makes clear that this spiritual development is spiritual growth and experience, and that there need be no limit to either. He also at the very end speaks about leaving the body but returning to it, a thing some passages in the Bible refer to as "dying daily." This is the primary means of developing one's self by receiving instruction from God, that component that has been referred to as the Holy Spirit, the



Logos, and the Music Of the Spheres among other names. They are as multiple as the many names of God and have always been referred to in various ways though the meaning may not be so obvious at first glance. This again is bringing up the reason for developing that facility within the self of looking more deeply into a thing and even looking at other interpretations. This method can produce many results repeatedly, sometimes bringing different things from the same phrase or piece of writing or speech, where the state of consciousness of that individual suddenly opens further to be able to utilize a greater degree of understanding that had been present before. This is very much related to the nafs as well as the various inner planes and their relation to different states. The ladder must be climbed.

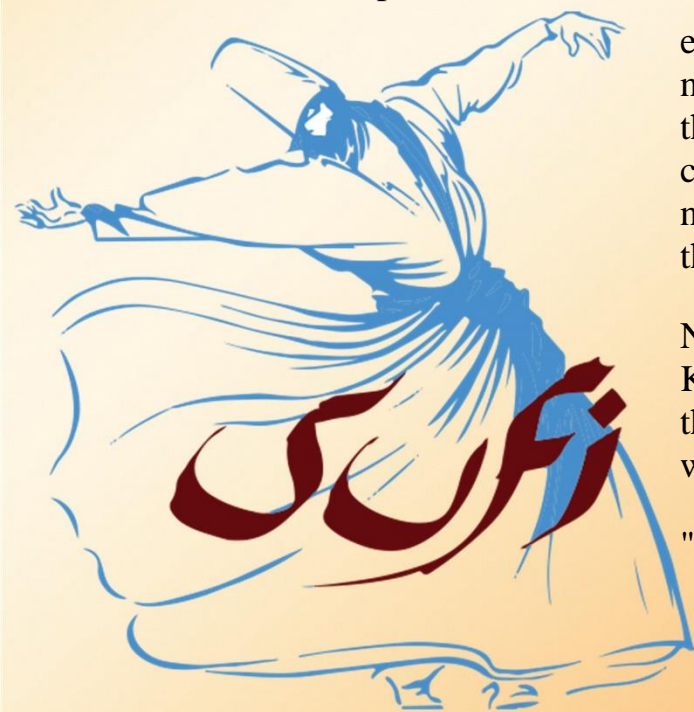
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"I am in love with every church
And mosque
And temple
And any kind of shrine
Because I know it is there
That people say the different names
Of the One God." - Hafez

This quote by Hafez reiterates the same point, that the Divine is more important than the language spoken or the type of building that one enters for spiritual benefit. This idea indicates the possibility of a larger, overarching plan going on within the various religions. If one existed, one might expect that to be a thing that God is responsible for, that plan that can reach into vast areas not always easily recognized, but that each have the same significance and ability to tie an individual into a far greater sphere of being than they had previously realized could even possibly exist. He makes no reference to any specific geographic area, any specific culture, race or skin color, because these categories are not truly important. They can cut one off from that deeper well that exists beyond the duality of the mind and emotions, beyond division, beyond category or prejudice regardless of what is used to measure a given standard or to compare one with another. This is the area of Rumi's Field which follows soon.

"Beware of confining yourself to a particular belief and denying all else, for much good would elude you - indeed, the knowledge of reality would elude you. Be in yourself a matter for all forms of belief, for God is too vast and tremendous to be restricted to one belief rather than another." - Ibn Arabi "There was a time, when I blamed my companion if his religion did not resemble mine. Now, however, my heart accepts every form...Love alone is my religion." - Ibn Arabi

I hate to continue restating the obvious, so that is why I have used so many Sufi quotations here. Together they give a very specific set of ideas about God, religion, and the self in relation to those. These basic truths must be recognized and learned although that is there merest of beginnings on the path to God. But all paths have value in that they serve specific groups of people that are at a particular state within their individual spiritual evolvement and progress. One need not necessarily follow all religions to



ever get to the experience of God Realization, but one also need not remain limited by the acceptance of one for themselves. One might be surprised at the similarities that can be found at the core of many religions, but it is noteworthy that those principles are usually not the things that religious groups battle over or begin wars from.

Now we shall re-examine the full quote by Hazrat Inayat Khan that started this blog, because it extends further into the heart of Sufism and gives reference to how Sufism is within and without the various religions that exist today:

"The Sufi sees the truth in every religion."

'You have nicely said to us, Murshid, how Sufism is one with all religions. Now please tell us, what the difference between Sufism and other religions.'

Then Murshid said, 'The difference is that it casts away all differences.' "-- Hazrat Inayat Khan

That quote again states exactly what I've been proposing, that true Sufism is not merely the inner quality of Islam, although it can certainly be stated as being such, but there is considerably more to it than that, because it can be found within all religions as the heart of each. And that heart is not an emotional or mental thing either because it exceeds the limits of the emotions and the mind and enters a far deeper place than emotional states or mental ones can access. Rumi speaks of that place here,

"Out beyond ideas of wrong doing
and right doing there is a field.

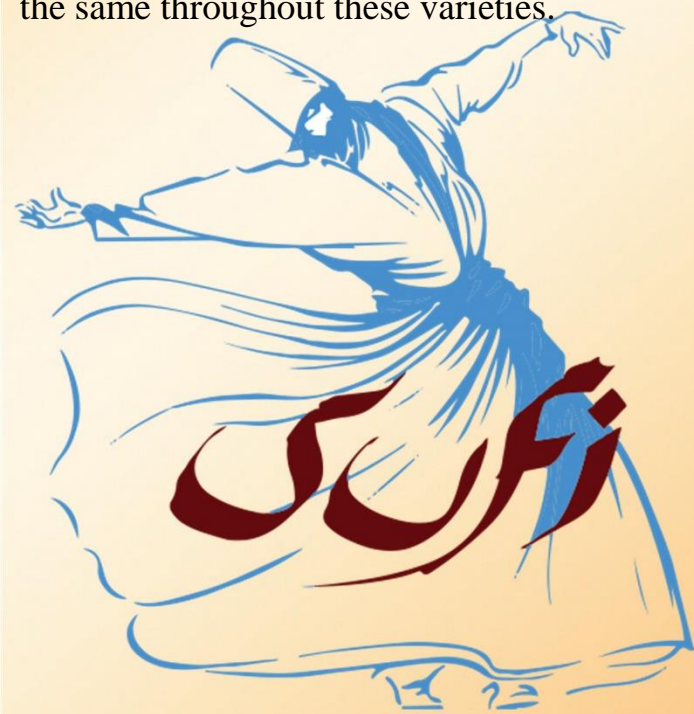
I'll meet you there.

When the Soul lies down in that grass
the world is too full to talk about." - Jallal Al-Din Rumi

That field that exists beyond the emotions, the mind, and the duality found therein is the home of the Soul, and this is exactly the place where a true Heaven exists beyond all of the dual states of being and the lower inner aspects of self that are made of the mind, the memory and the emotions. Gaining awareness of such states or places, and eventually gaining entry into them is what must occur before the individual can begin to experience life from there. We can find this idea mentioned in many ways among Sufi poetry. Here is a second reference to such a non-dual state:

"The Sea
will be the Sea
Whatever the drop's philosophy." - Farid al-Din Attar

I could go on and on about the various differences that can be found between people, places, religions, ways of perceiving things, and anything else, but only a very few ever bother to notice what things are the same throughout these varieties.



Sufis have never been the only group to notice the similarities that exist between religions, but they have made a study of living life from that point where religions become irrelevant because none of them contain what is most necessary for the instruction of human individuals. That thing is an extremely subtle thing that is well worth the care and attention that must be spent to realize it exists. This is why each of the various schools of Sufism and their methods are equally important to the overall movement which has the spiritual advancement of each Soul that participates as its highest goal, though it is not ignored that conforming to God's Will is also of tantamount importance.

Continued...

This is also the point at which some might diverge from others based on their individual understanding, or as it may be a lack thereof.

The religions have told differing stories of the how and why everything was created, but there is a purpose to this and while opinions always will vary and all will never agree to any single thing, the path itself advances through the challenging and testing that is gone through in the various schools as well as among each individual that is involved. Spiritual growth is a thing that none have control over, and while the individual is most often held liable for any perceived wrongs, often there have been individuals who were challenged and called heretics that may have themselves actually been Saints in possession of a greater degree of understanding of God (by whatever name) and ITS Way of working among life and humanity. It is no small subject to understand. All of these things are to be discovered within the Heart of Sufism.

"Nature teaches every soul to worship God in some way or other, and often provides that which is suitable for each. Those who want one law to govern all have lost sight of the spirit of their own religion. And it is in people who have not yet learned their own religion that such ideas are commonly found. Did they but know their own religion, how tolerant they would become, and how free from any grudge against the religion of others!" - Hazrat Inayat Khan

It must be mentioned that the Sufis are also quite aware of the inner planes and how those relate to the individual state of consciousness, and in this way is seen a similarity with religions such as Hinduism, despite that it might be hard to see. For thousands of years Sanatana Dharma has taught of multiple planes of existence. This idea was developed further and in surprising ways in India too, and by as unlikely a candidate as Kabir in the 16th century. Born a Muslim he went on to arrange for himself to be initiated by a Hindu which for him would have been impossible. He determined that he wanted to be initiated by Ramananda. He, therefore, hid on the steps of the Ganges River, where Ramananda came to bathe often; with the result that the master, coming down to the water, trod upon his body unexpectedly, and exclaimed in his astonishment, "Ram! Ram!"—the name of the incarnation under which he worshiped God. Kabir then declared that he had received the mantra of initiation from Ramananda's lips, which admitted him to discipleship.



He was claimed by the Mughals (Muslims in India) to have been a Sufi Saint due to his birth though he had constant protest from orthodox Muslims as well as orthodox Brahmins, he continued this claim for his entire life. Some have claimed that he studied under Pir Takki of Jhansi but there is no confirmation of this and had never been mentioned by Kabir. He is quoted as having said that he was "at once the child of Allah and of Ram." It is notable that Ramananda sought the universality of the various religious doctrines of the time and was interested in bridging the gap between them. But this was only the beginning of this sort of thing in those areas, and in Eckankar we recognize that both Kabir and Nanak were initiated inwardly by Rebazar Tarzs which brought about significant changes during the lives of these two contemporaries.

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Kabir had recognized coming face to face inwardly with the realization that names are a mental creation and are objects of the Mental Plane whereas God by whatever name is completely beyond them.

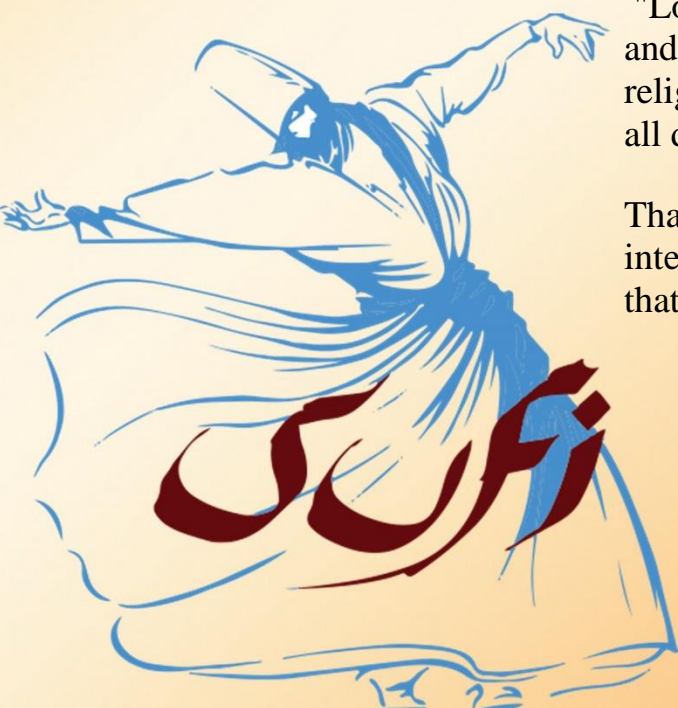
The same realization was had later by Nanak who led a sort of reformation from out of Hinduism being that he was actually a Hindu from birth, but he traveled greatly and met many people from around the Middle East at that time, including traveling to Mecca where he was criticized for not pointing the correct way according to Islam. He responded by asking them to point in a direction where God is not! The criticism ended there as they had no answer. So he was left alone and he taught them a thing about God that they hadn't known previously. It wasn't until later that he formulated his way of seeking after God which he called Sikhism. Another notable fact regarding this is that Kabir is also considered a Guru of Sikhism. Both Nanak and Kabir had acquired the point of view that religion springs from God, but is never followed by God, making one religion as good for its followers as any other.

"To treat every human being as a shrine of God is to fulfill all religion." -- Hazrat Inayat Khan

That point about the usefulness and validity of every religion is what I am claiming is the truest heart of Sufism, there is a harmony there. The ability to perceive and to learn, not only from Islam, but from any other scriptures or religions as well. No single religion has the entirety of the direct path to God available within it, and any that have a high amount will over time lose that only to become mere ritualistic repetition that completely misses its goal of communicating with the Godhead, regardless of the name or language used. God cannot be limited in any of those ways or by any of those things. But humans can. And they do more often than not. How often have you ever bothered to not only read all that could be gotten about a path, but then expanded into the various interpretations only to weed through those and discern the truth from them all? That is exactly what Sufism has always been, and it has spread and influenced many religions over the centuries. The inner ways work like that, so often unseen and unexpected, yet when they show themselves there can be little doubt that they are very real. There is a reason for that. This only scratches the surface of all that Sufism teaches and contains, and doesn't even begin to describe the actual experience of it. Those who have an interest can find much more than they ever expected within its teachings for they are expansive to say the least.

"Love is the essence of all religion, mysticism, and philosophy, and for the one who has learnt this, love fulfills the purpose of religion, ethics, and philosophy, and the lover is raised above all diversities of faiths and beliefs." -- Hazrat Inayat Khan

That final quote gives evidence to the point this writing was intended to make, that love is the entirety of Sufism, and being that extends quite beyond all individual religious paths.



The Golden Rule

BRAHAMISM

“This is the sum of your duty: Do naught unto others which would cause you pain if done to you.” – Mahabharata 5:1517

BAHA’I FAITH

“And if thine eyes be turned towards justice, choose thou for thy neighbour that which thou choolest for thyself.” - “Baha’u’llah

BUDDHISM

“Hurt not others in ways that you yourself would find hurtful.” – Udana-Varga 5:18

CHRISTIANITY

“All things whatsoever ye would that men should do to you, do ye even so to them; for this is the law and the prophets.” – Matthew 7:12

CONFUCIANISM

“Surely it is the maxim of loving-kindness: Do not unto others what you would not have them do unto you.” – Analects 15:23

HUMANISM

“Trying to live according to the Golden Rule means trying to empathize with other people, including those who may be different than us.” - Maria MacLachlan

ISLAM

“No one of you is a believer until he desires for his brother that which he desires for himself.” – Sunnah

JAINISM

“Just as pain is not agreeable to you, it is so with others. Knowing this principle of equality treat others with respect and compassion.”—Suman Suttam, verse 150

JUDAISM

“What is hateful to you, do not to your fellow man. That is the entire Law; all the rest is commentary.” – Talmud, Shabbat 31a

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NATIVE AMERICAN SPIRITUALITY

“All things are our relatives; what we do to everything, we do to ourselves. ALL is really ONE.” - Black Elk

SHINTO

“The heart of the person before you is a mirror. See there your own form.” - Ko-ji-ki Hachiman Kasuga

SIKHISM

“Whom should I despise, since the one Lord made us all.” p.1237- Var Sarang - Guru Granth Sahib (tr. Patwant Singh)

SUFISM

“The basis of Sufism is consideration of the hearts and feelings of others. If you haven't the will to gladden someone's heart, then at least beware lest you hurt someone's heart, for on our path, no sin exists but this.” - Dr. Javad Nurbakhsh, Master of the Nimatullahi Sufi Order.

TAOSIM

“Regard your neighbor's gain as your own gain and your neighbor's loss as your own loss.” – T'ai Shang Kan Ying P'ien

UNITARIAN UNIVERSALISM

“We affirm and promote respect for the interdependent web of all of which we are a part.” – Rev. Roberta Finkelstein

YORUBA

One going to take a pointed stick to pinch a baby bird should first try it on himself to feel how it hurts.” – Yoruba Proverb

ZOROASTRIANISM

“That nature alone is good which refrains from doing unto another whatsoever is not good for itself.” – Dadistan-i-dinik 94:5

“There comes a time in your life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh. Forget the bad and focus on the good. Love the people who treat you right, pray for the ones who do not. Life is too short to be anything but happy. Falling down is a part of life, getting back up is living.” –

José N. Harris





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A MATTER OF SPIRIT

Margot Benary-Isbert (*Prayer of the Anonymous Abbess*, pg. 15, *Quote from Goodreads.com*)

Margot Benary-Isbert (December 2, 1889 – May 27, 1979) born Margot Isbert, was a German and later an American writer of children's books. The author known for her "depictions of humane, realistic characters." Benary-Isbert attended the When the Russians took over Germany, she fled to the apartment of a friend in West Germany. In 1948 she wrote *Die Arche Noah* (The Ark). In 1953 it received a first prize at the New York Herald Tribune's Spring Book Festival. Post-war Germany became a common theme in most of her works. In 1952 she moved to the United States, where she was naturalized in 1957 and worked as a writer until her death. Most of Benary-Isbert books were originally written and published in German; some were later translated into English and published again.

Bishop Don Hauck (*Can You Get Too Much?* pg. 16)

Don is the Bishop of the Universal Light Church, (www.theuniversallight.com). He holds a PhD in Metaphysics and Parapsychology since 1967. In 1970, he worked for a year with what he still believes to have been an Angel. He considers his most important lesson as "everything" starts with the Spirit, which flows to the Mind, to the Emotions, to the Body. He has appeared on Radio and T.V. talk shows, lectured at Universities and High Schools where he upholds the rights of individuals and independent growth. Contact Don Hauck at (513) 825-8290 or email him at tulight@cinci.rr.com.

Matt Sharpe (*The Heart of Sufism*, pg. 19)

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.

Light Force Network Philosopher's Guild (*The Golden Rule*, pg. 27)

This variety of religious and spiritual quotes regarding The Golden Rule was compiled and presented by The Light Force Network Philosopher's guild an independent team of researchers and scholars from different walks of life.

José N. Harris (*There Comes a Time in Your Life*, pg. 29, *Quote from Goodreads.com*)

José N. Harris was born in Detroit, Michigan on December 25, 1962. He became an Army medic, Paratrooper and an Army Ranger. Later he earned his "Green Beret" as a Special Forces Medical Sergeant. He pursued his education at the University of California at Irvine where he received his B.A. in both Psychology (with Honor's) and Psychobiology. Later, he completed his Ph.D. and served as the Chief Neuropsychologist at the Sarah Herzog Memorial Hospital in the division of Neuropsychogeriatrics and in the Neurobehavioral Clinic, where he supervised psychologists, psychiatrists and neurologists. He also taught as an Associate Professor, at both the Institute of Technology, Arts and Science, Holon and at The Technion University in Haifa, Israel. He currently lives in the Philippines.

BODY TEMPLE

*"The body is
your temple.
Keep it pure
and clean for
the Soul to
reside in."*



*"Take care
of your body.
It's the only
place you
have to live."*

Section Managing Editor – Lynda Lidel Harley

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Image by Gerd Altman from Pixabay.com, Cover Design: Kim Tsiang

Quotes: B.K.S. Iyengar and Jim Rohn @ azquotes.com

Medicine Woman

You are the medicine, woman,
If you dare to embody your healing,
If you step out of the life you had,
The life they tell you that you must lead,
And step with shaking faith, onto another path,
A path of healing,

Defined by your boundaries and needs.
Medicine Woman is the soul of healing.

The deep feminine that will heal you.

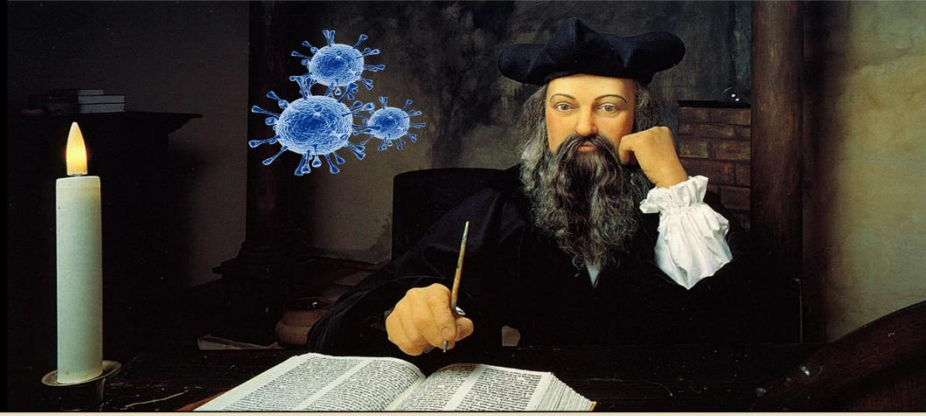
And will in turn heal the world.

She connects us to the wisdom of nature, the wisdom that has been tapped and held by indigenous cultures and the healers who came before. She who has walked this path for a hundred thousand years, before the gleam of steel and the coming of machines and oil. She is the feminine principle in healing that has been lost in our technocratic war on disease. Medicine Woman is our native, our inner ability to heal. She brings with her visions of healing of community – circles of support, healing through arts, connected communities, health giving foods.



The Rose Pill

By Legend



Part of Nostradamus' fame came from his success with herbal medications. Often he added them into jams and jellies to make them more appealing and palatable to his patients. His most famous remedy was the "Rose Pill" that he administered during the plague along with his recommendation for staying hydrated during the healing process. (He believed everyone should drink copious amounts of fresh spring water daily.)

The pill was administered sublingually (kept under the tongue). The ingredients in the pill fortified the immune system, balanced blood chemistry and hormones, improved arterial walls, slowed inflammation, reduced pain, relaxed patients and it is now believed that the Rose Pill had antibiotic properties that cleared the lungs and reduced coughing. Further, Nostradamus did not believe in the practice of bloodletting which often contributed to an earlier death and called for patients to be quarantined and he believed firmly in sterilization. The pill worked well on patients in the early stages of plague. It is amusing to note that doctors during the days of the Black Death could not understand why the pill worked as they accounted the scourge as the result of "bad air." To them the only reasoning it worked at all is because it smelled "good."

What was in the Rose Pill? Here is his famous blend along with some contemporary scientific clarifications:

- 6 ounces of Iris of Florence (known to detoxify and strengthen the lungs)
- 3 ounces of cloves (known as an antiseptic, anti-inflammatory, regulator of blood sugar and also contains trace elements of vitamins C and K)
- 1 ounce of sawdust from the greenest Cyprus then available (known as alleviating coughs, colds, bronchitis)
- 6 drams lign-aloes from the Aguilaria Tree (anti-biotic)
- 3 drams odorated calamus [root] (immunosuppressant, sedative, analgesic, hypotensive, respiratory depressive)

This mixture was ground into a fine powder and mixed with 300-400 pulverized fresh red roses (high concentration of natural vitamin C) and made into a pill.

All in all Nostradamus track record for saving lives was quite outstanding. The pill known and praised all throughout Europe became known as "Nostrum." He practiced what we know today as Wholistic Medicine and knew the key was tied to supporting the body's natural defenses.

Source: *Today's Astrologer*, Volume 83, # 2, *Doctor Nostradamus vs. the Plague: Fight of the Century* by Larry A. Filosos

Seven Rays Reiki

By Rev. Dr. Loni Haas

The Theory of Seven Ray Healing maintains that all life is governed by the Seven Rays. Every life form, be it animal, plant, mineral, or human, is aligned with the Seven Rays.

An introductory...

A person's Ray or Rays can be determined through their birth data. Some schools of healing say a person does not need knowledge of astrology to determine their Rays however it is strongly suggested that the individual seek guidance from a professional astrologer who specializes in the 7 Rays for it to be properly calculated. According to the basic theory of 7 Rays Reiki, once a person's Ray is determined, the treatment plan needed to realign them with their Ray is configured.

A word of caution - exactly why a person would need to be "realigned" to their Rays personally makes no sense to me. Your Rays are your Rays granted by God at birth according to His plan. They are what they are. Most forms of this Reiki propose that as the Rays are connected to the Chakras and the Chakras connect to body parts (which can use energetic boosts), signing the Rays into one's aura should provide assistance.

Archangel governed Rays are connected to the chakras. Some esoteric theories state that the Rays are connected to specific parts of the body via the chakras.

In that case, the following may apply:

RAY 1: Archangel Michael

Ray Color: Red, Chakra Color: White/Gold

Crown Chakra (Sahasrara) – Top of the head. Pituitary glands, cerebral cortex, the central nervous system. Control of the mind.

RAY 2: Archangel Zophkiel

Ray Color: Blue, Chakra Color: Green/Pink

Heart Chakra (Anahata) –Heart are of chest. Heart, lungs, blood and circulation.

RAY 3: Archangel Raphael

Ray Color: Yellow, Chakra Color: Blue

Throat Chakra (Vishudhi) – Throat area. Thyroid gland, mouth, teeth, tongue, jaw, respiratory organs, throat, neck, and shoulders.

Continued ...

Continued ...

RAY 4: Archangel Gabriel

Ray Color: Orange, Chakra Color: Red

Base Chakra (Muladhara) - Base of the Spine. Genito/urinary system, large intestines, bones, back, hips, legs and feet.

RAY 5: Archangel Zedekiel

Ray Color: Green, Chakra Color: Violet

Brow Chakra (Ajuna) - Center of the forehead between the eyebrows. Eyes, skull, pineal glands, and secretory functions of the pituitary glands.

RAY 6: Archangel Madimiël

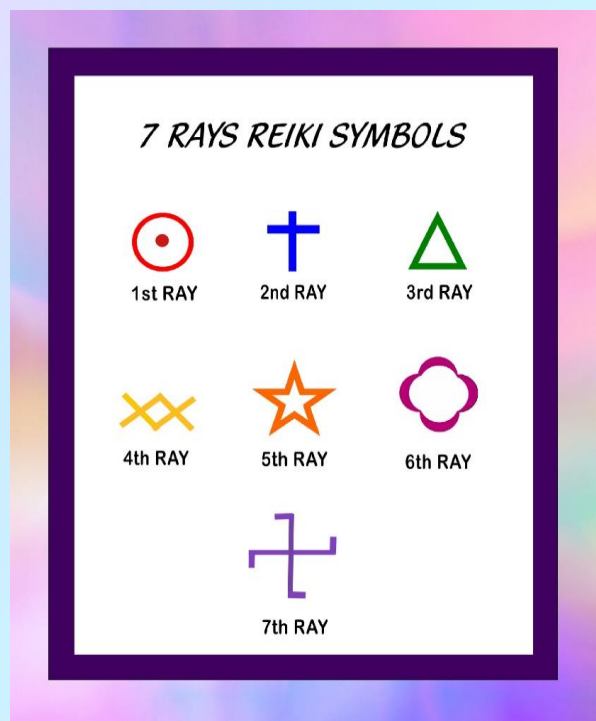
Ray Color: Magenta, Chakra Color: Yellow

Solar Plexus Chakra (Manipurak) –Navel Area. Liver, muscles, digestive system, pancreas, and adrenal glands.

RAY 7: Archangel Haniel

Ray Color: Violet Indigo, Chakra Color: Orange

Sacral Chakra (Svadasthana) - Lower abdomen. Genito/urinary system, testicles, prostate, ovaries, womb, kidneys, and circulatory system.



If you wish to engage this type of healing modality for yourself please do proper in-depth research as there is plenty of fraud out there and I have found a good degree of fallacy in much of it.

Do the same if you are already are a Reiki practitioner and wish to learn or be attuned to 7 Rays Reiki. Look always for responsible teachers and information.

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“Through systematic meditation one can awaken the third eye and touch the cosmic awareness. Sushumna nadi is the subtle pathway in the spinal cord which passes through the main psychic centers. The awakening of these centers means a gradual expansion of awareness, until it reaches the cosmic awareness.

Each center has its own beauty and gracefulness. Through generations of ignorance and unconsciousness, this channel of awareness becomes obscured and hidden. Meditation is to become aware about this internal life energy. Meditation is the procedure to rearrange, harmonize, activate, and integrate the individual life energy with the cosmic life energy.”



Platonic Solids, Chakras and Healing

Excerpts from the *Crystal Therapy Primer – Crystal Consciousness in Contemporary Times*

The 5 Platonic solids (Tetrahedron, Cube or (Hexahedron), Octahedron, Dodecahedron & Icosahedron) are ideal, primal models of crystal patterns that occur throughout the world of minerals in countless variations. These are the only five regular polyhedra, that is, the only five solids made from the same equilateral, equiangular polygons. To the Greeks, these solids symbolized fire, earth, air, spirit (or ether) and water respectively. The cube and octahedron are duals, meaning that one can be created by connecting the midpoints of the faces of the other. The icosahedron and dodecahedron are also duals of each other, and three mutually perpendicular, mutually bisecting golden rectangles can be drawn connecting their vertices and midpoints, respectively. The tetrahedron is a dual to itself. The Chakras which are the spinning energy vortexes of the human body are also subject to Sacred Geometry as it comes to us via the Five Platonic Solids. Please note the similarity between the geometry of the Chakras known as Polyhedra (equal angles, faces and vertices or points) and crystalline structures.

Healing with crystals is a very ancient modality. Archeology has shown that the knowledge and use of crystals, minerals, and gemstones dates back to the Stone Age. Ancient cultures revered crystals and stones and engaged them not only for healing purposes but also for communication and prophesying. Many people believe that these ‘magickal rocks’ particularly Quartz was used extensively for advanced technology in Lemuria and Atlantis. Even a skeptic would have to open a more objective eye to this concept when we already know that something as simple as a ham radio can be powered by the tiniest solo piece of crystal (Galena) without the aid of batteries or household electric current.

Along with the ancient alchemists, contemporary scientists and physicists have researched the properties of crystals and stones. We know that the magnetism produced by an electric current is inherent in the atomic structure of certain stones. Human beings are also magnetic and electrical so a natural tie can be made. Esoterically speaking, mystics, shamans, and quantum physicists perceive that electromagnetic energy is the physical source of ether or the fifth element (along with the elements fire, earth, air, and water) in which all creatures exist. From this viewpoint, the relationship between magnetism and electricity can be seen as bridging the gap between physical reality and other worldly reality. Hence, crystals and stones also as a bridge between those realities.

We are all children of the Universe and our bodies represent the Cosmos in miniature. We are attuned to not only Mother Earth but also Father Sky and our human bodies are the vehicles through which we experience all there is to experience. Everything happens within the body. The body is your house. It is place where you go to make change happen. Did you ever hear the expression, “If you want change, you must first clean up your house?” All psychic phenomena and psychological conditions occur within the body – we go into our ‘houses’ to find the answers from our mind, feelings, and instincts (rational, emotional, and psychic). During a Crystal Healing, assistance for these internal answers comes from the Kingdom of Stone buried at the heart of the Earth and from the Kingdom of Light through the Hand of God. Crystal Therapists understand the Mineral Kingdom as a Universal Energy that is used for healing under the auspices of the Higher Will and Divine Law of God. The power of crystals and stones work through the higher consciousness of the individual being healed. A Crystal Therapist like any other energy healer houses no great personal power. They simply help to direct Universal energies through use of the Mineral Kingdom to further the propagation of the Light and Love for the good of all. Crystal Therapy is a serious healing modality which requires right attitude and right action. Nothing less is acceptable.

CHAKRA SYSTEM AND SACRED GEOMETRY



**DODECAHEDRON
CROWN AND BROW CHAKRA**



**OCTAHEDRON
THROAT AND HEART CHAKRA**



**TETRAHEDRON
SOLAR PLEXUS CHAKRA**



**ICOSAHEDRON
SACRAL CHAKRA**



**HEXAHEDRON
BASE CHAKRA**



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BODY TEMPLE

Lucy H. Pearce (*Quote: Medicine Woman, pg. 32*)

Lucy H. Pearce is the author of nine life-changing non-fiction books for women, including three #1 Amazon Bestsellers and three Nautilus Silver Award Winners. She is a sought after speaker and teacher on women's creativity, cycles and empowerment. The quote is from Goodreads.com

Legend (*The Rose Pill, pg. 33*)

Legend is a member of the LFN Writers Guild and prefers to remain anonymous.

Rev. Dr. Loni Haas (*Seven Rays Reiki, pg.34*)

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.

Dr. Amit Ray (*Systemic Meditation, pg. 36*)

Dr. Amit Ray is an Indian author, and spiritual master. He is known for his teachings on meditation, yoga, peace and compassion. He is best known for his Om meditation and integrated yoga and Vipassana meditation techniques. He is author of several books on meditation and other spiritual topics. The quote is from Goodreads.com.

Crystal Therapy Primer (*Platonic Solids, Chakras and Healing, pg. 37*)

Excerpts are from the *Crystal Therapy Primer – Crystal Consciousness in Contemporary Times* by Loni Haas Copyright 2007 – 2021 ad continuum All Rights Reserved and have been reprinted with permission.

Phenomena Files

The oldest and
strongest emotion
of mankind is fear.

The oldest and
strongest kind of fear is
fear of the unknown.

Section Managing Editor – John Holbrook PSI

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Background Imagery: Alan Cotton from 123rf.com, Cover Design: Kim Tsiang

QUOTE: H.P. Lovecraft @ AZquotes.com

There had stood a great house in the centre of the gardens, where now was left only that fragment of ruin. This house had been empty for a great while; years before his—the ancient man's—birth. It was a place shunned by the people of the village, as it had been shunned by their fathers before them. There were many things said about it, and all were of evil. No one ever went near it, either by day or night. In the village it was a synonym of all that is unholy and dreadful.

And then, as I peered, curiously, a new terror came to me; for away up among the dim peaks to my right, I had descried a vast shape of blackness, giant like. It grew upon my sight. It had an enormous equine head, with gigantic ears, and seemed to peer steadfastly down into the arena. There was that about the pose that gave me the impression of an eternal watchfulness—of having warded that dismal place, through unknown eternities. Slowly, the monster became plainer to me; and then, suddenly, my gaze sprang from it to something further off and higher among the crags. For a long minute, I gazed, fearfully. I was strangely conscious of something not altogether unfamiliar—as though something stirred in the back of my mind. The thing was black, and had four grotesque arms. The features showed indistinctly, 'round the neck, I made out several light-colored objects. Slowly, the details came to me, and I realized, coldly, that they were skulls. Further down the body was another circling belt, showing less dark against the black trunk. Then, even as I puzzled to know what the thing was, a memory slid into my mind, and straightway, I knew that I was looking at a monstrous representation of Kali, the Hindu goddess of death. Six days, and I have eaten nothing. It is night. I am sitting in my chair. Ah, God! I wonder have any ever felt the horror of life that I have come to know? I am swathed in terror. I feel ever the burning of this dread growth. It has covered all my right arm and side, and is beginning to creep up my neck. Tomorrow, it will eat into my face. I shall become a terrible mass of living corruption. There is no escape. Yet, a thought has come to me, born of a sight of the gun-rack, on the other side of the room.

I have looked again—with the strangest of feelings. The thought grows upon me. God, Thou knowest, Thou must know, that death is better, aye, better a thousand times than this. This! Jesus, forgive me, but I cannot live, cannot, cannot! I dare not! I am beyond all help—there is nothing else left. It will, at least, spare me that final horror...

BANSHEE

By Holbrook PSI

“As the moon at midnight moves through the starry sky
Out there in the bog land the Banshee's shrill cry
The one seldom heard and that human eyes cannot see
Some say the ghost of one who died in agony.” – Francis Duggan

Now, a legendary inhabitant of Ireland that is not so well known but is still talked about in whispers in the protective light of a candle on the darkest of nights is the banshee. The Oxford University Press Dictionary states, “banshee >noun (in Irish legend) a female spirit whose wailing warns of a death in a house. ORIGIN from Old Irish ben side 'woman of the fairies'.”

According to some legends, the banshee may be an ancestral spirit appointed to forewarn members of certain ancient Irish families of their time of death. In this legend the banshee can only cry for the five major Irish families: the O' Neills, the O' Briens, the O' Connors, the O' Gradys and the Kavanaghs. Although most of the legendary cases of encounters with a Banshee are rooted in the five major families, due to passing of time and new blood being infused with the old, the Banshee may cry for any one of Irish descent now. She will appear if seen in one of three guises: a young woman, a stately matron or an old crone. The young woman is said to be of such beauty that all that see her will be in awe of her countenance and if you happen to be male she will bewitch you. If she appears as the matron she has an air of dignity and authority that compels you to bow to her presence. In the last guise (the old crone) she will have the on-looker thinking that he has happened upon a witch right out of a fairy tale of old.

Continued ...

“All THEY KNEW OF RELIGION WAS THE BEAN Sidhe, THE BANSHEE, WHO CAME TO WAIL AT THE WALLS OF A HOUSE WHERE DEATH SOON WOULD BE ...”

“SHE HISSED, RIGHT THERE BEHIND MY EAR, AND I HAD THE HORRIBLE IDEA SHE WAS SPITTING MAGGOTS INTO MY HAIR. WHY MAGGOTS WERE A PROBLEM WHEN I WAS ABOUT TO BE DEAD, I DIDN'T KNOW ...”

These guises possibly represent the triple aspects of the Celtic Goddess Morrigan (Great Queen) with her three aspects being Macha the Badb and either Anann or Nemain. She usually wears a grey hooded cloak, a winding sheet, or a grave robe of the un-shrived dead. She may also appear as a washer woman who is seen washing the blood stained clothes of those who are about to die. In this guise she is known as a Bean-Nighe (washing woman). Although not always seen, her mourning calls or screams are heard usually at night when someone is about to die. In different parts of Ireland she may go by different names and the sound she produces varies from region to region. Some say that the sound she makes can be so piercing that it can shatter glass. This can be a low pleasant singing, the sound of two boards being struck together or a thin screeching sound somewhere between the wail of a woman and the call of an owl.

The legend of the Banshee may be tied to a practice that some still practice today when a member of the community would die and a woman would sing a traditional lament or caoineadh at the funeral. These women singers are sometimes referred to in English as a Kenner. The legend stated that the five major families of Ireland had a fairy Kenner that would appear and sing at their funerals or if the member of the family was far away from their home, it would appear as the first sigh of a death in the family. The banshee may also be tied to the “woman in white” ghost stories I have heard from Ireland. It was told to me that a man of means was unfaithful to his new bride with her sister. When his new bride found out she walked off a cliff and plunged to her death in the waters below. A week after her death the wails of a Banshee started until they drove the unfaithful man mad and he followed his bride off the cliff to his own death. In this story it may have been the spirit of the bride and not a Banshee but who is to say for sure. Within all the literature I have read and in all the stories I have heard the Banshee is all ways an omen of a death and never the cause.



MELON HEADS

By Spectre Collector

In the American folklore of Michigan, Ohio, and Connecticut, Melon Heads are beings generally described as small humanoids with bulbous heads who occasionally emerge from hiding places to attack people. They survive by eating small animals, stray cats and human flesh, usually the flesh of teenagers. Different variations of the legend attribute different origins to the entities. The melon heads live on the outskirts of town on heavily wooded country roads, known as melon head roads. And for runaway teens or hikers who disappear, the melon heads serve as convenient explanations.

The melon heads of Michigan are said to reside around Felt Mansion, although they have also been reportedly seen in southern forested areas of Ottawa County. According to one story, they were originally children with hydrocephalus who lived at the Junction Insane Asylum near Felt Mansion. The story explains that, after enduring physical and emotional abuse, they became feral and were released into the forests surrounding the asylum.

The melon head stories of Ohio are primarily associated with the Cleveland suburb of Kirtland. According to local lore, the melon heads were originally orphans under the watch of a mysterious figure known as Dr. Crow (sometimes spelled Crowe, Krohe or Kroh or known as Dr. Melonhead). Crow is said to have performed unusual experiments on the children, who developed large, hairless heads and malformed bodies. Some accounts claim that the children were already suffering from hydrocephalus and that Crow injected even more fluid into their brains. Eventually, the legend continues, the children killed Crow, burned the orphanage, and retreated to the surrounding forests and supposedly feed on babies. Legend holds that the melon heads may be sighted along Wisner Road in Kirtland, and Chardon Township.

Several variations of the Melon Head legend can be found throughout Southwest Connecticut, especially in central & eastern Fairfield County and western New Haven County, Connecticut. In eastern Fairfield County, many tales can be found in communities such as Trumbull, Shelton, Stratford, Monroe, Easton and Weston. In western and central New Haven County tales can be found in towns like Seymour, Oxford, Milford, and Southbury.

There are several primary Connecticut variations. According to one variation of the myth, Fairfield County was the location of an asylum for the criminally insane that burned down in the fall of 1960, resulting in the death of all of the staff and most of the patients with 10-20 inmates unaccounted for, supposedly having survived and escaped to the woods. The legend states that the melon heads' appearance is the result of them having resorted to cannibalism in order to survive the harsh winters of the region and to inbreeding which in turn caused them to



Continued ...

Some retellings of this version substitute the asylum or prison with places of business or camp grounds and the inmates/patients with employees, staff or camp-goers. Individual variations will modify what town these individuals were originally from and where they end up.

According to the second variation, the melon heads are descendants of a Colonial-era family from Shelton-Trumbull who were banished after accusations of witchcraft were made against them causing them to retreat to the woods. As with the first version of this legend, this variation attributes the appearance of the melon heads to inbreeding. Melon Heads allegedly prey upon humans who wander into their territory. Like the first version, individual retellings will modify what town the family was originally from and where they end up.

Stories about deformed country people who keep to themselves go back at least a century to Europe. For example, a large family of melon heads supposedly once lived in Bavaria, Germany, in the mid-19th century. An inbred family of melon heads -- known as weeble heads -- were said to live outside Risbury, England, around 1900. According to another theory, the term 'melon head' may stem from Melungeon, which describes mixed-race people in Appalachia. They had an ancestry of European outcasts, freed slaves and Native Americans, and they kept to themselves.

Melon head stories surfaced in Connecticut after World War II, a time when people moved away from cities into the suburbs. They probably reflect the New York exurbanite's prejudice and fear of isolated rural folk.

A Connecticut Tale ... According to legend, back in the 1980s a group of girls from Notre Dame High School in Fairfield decided to drive around after a Friday night football game. They piled into a blue Granada and ended up on Velvet Street in Trumbull, where they looked for the melon heads.

The girls parked the car, leaving the headlights on and ventured into the woods. After they'd walked a couple hundred feet, they heard the car door slam. Then the engine started and the car headed toward them. They could see the melon heads inside: the size of children, they had large heads, rags for clothes and an orange glow in their eyes. Some say the melon heads still drive around in that blue Granada.

https://en.wikipedia.org/wiki/Melon_heads

<http://www.newenglandhistoricalsociety.com/the-melon-heads-of-connecticut/>



PARANORMAL Q & A

TOPIC: WHAT DEMONS DO

Featuring: Phillip “Constantine” Constantino, PI, Norman “Paranorman” Justice, PI, John Holbrook, PSI

QUERY: Can demons read our thoughts?

ANSWER courtesy of Phillip Constantino, PI:

My initial thought on this is NO. It should be remembered however that they do have great intelligence and can make close assessments of *what* we are thinking. For that reason we are easily tempted. Spiritually speaking, they are far more intelligent than us and can deduce with great accuracy and we fewer external signs than humans can. As far as the Soul goes, they cannot *read* the Soul. Only God, the Ultimate Power can do that. If a person directs their will to a demon it can hear him/her just as a saint or angel will, so, it doesn't matter if an individual is using mental or verbal capacity to deliberately communicate via the will.

QUERY: Can angels possess humans?

ANSWER courtesy of Norman Justice:

Yes, angels can possess humans **BUT only if ordered to do so by God**. If an angel decided to do this on their own it would be a grievous offense against God and His Grace and they would be delegated to the demonic and considered fallen angels (demons). Unlike the demonic, Angels of God actually respect the will of mankind. Demonics do not. When God created the angels, He tested their fidelity to Him before admitting them to the Beatific Vision (the sight of His very essence). Some angels obeyed the divine test; others did not. Those who disobeyed were irreversibly transformed into demons and cast out of heaven.

Continued ...

PARANORMAL Q & A

TOPIC: WHAT DEMONS DO

Featuring: Phillip “Constantine” Constantino, PI, Norman “Paranorman” Justice, PI, John Holbrook, PSI

Continued ...

QUERY: What happens during a succubus and incubus attack?

ANSWER courtesy of John Holbrook PSI:

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 to 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 is 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.

Parapedia

PARANORMAL ENCYCLOPEDIA

THE Hat Man



Before Shadow People became prominent in the world of the paranormal there was The Hat Man. The Hat man is considered a demon and a malevolent one at that. The Hat Man is attracted to the negative and enjoys hostile environments such as dysfunctional families and places where abuse ruins rampant. Evil personified, the Hat Man is an entity that is devoid of light and appears as a silhouette that is blacker than black wearing a fedora or wide brimmed hat. He is often described as having glowing red eyes. He has also appeared in a more humanoid form with a black beard and wearing a suit with a long over coat or cloak and of course a hat.

When the Hat Man shows up, the atmosphere is filled with hopelessness and despair. Unlike Shadow People who tend to disappear when seen the Hat Man does not leave. He can easily deliver physical threats by touching, attacking or even choking his victims. It is also believed that he can manipulate the human mind causing mental torment and even insanity. Encounters often occur when the victim is in some sort of altered state, like in between falling asleep and waking up. Sleep paralysis is also possible.

This malevolent being is also associated with Soul stealing and accounts of ET abductions whereas abductees have claimed to see him during encounters. Some even believe he is attached to bloodlines showing up generation after generation.



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PHENOMENA FILES

Quote: William Hope Hodgson (*The House on the Borderland*, pg. 41)

Quote found at Goodreads.com – Public Domain. William Hope Hodgson (1877-1918) was an English author. He produced a large body of work, consisting of essays, short fiction, and novels, spanning several overlapping genres including horror, fantastic fiction and science fiction.

John Holbrook, Holbrook PSI (*Banshee*, pg.42)

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.

SpectreCollector (*Melonheads*.pg. 44)

SpectreCollector is the manager of and researcher for the *Paranormal Zone* on the Light Force Network. SpectreCollector wishes to remain anonymous about other details.

Independent Paranormal Investigators Guild Paranormal Q & A (*What Demons Do*, pg.46)

The Independent Paranormal Investigators Guild is a group of practicing paranormal investigators who are Light Force Network members in good standing. These season's queries are answered by Phillip "Constantine" Constantino PI, Norman "Paranorman" Justice PI, and John Holbrook PSI.

PARAPEDIA (*The Hat Man*, pg.48)

The Hat Man has been published with the explicit permission of the *PARAPEDIA Paranormal and Occult Encyclopedia*. The PARAPEDIA is a compilation of historic and contemporary occult articles by various paranormal investigators and researchers. This article has been presented at the request of Holbrook PSI.

ARCANUS OBSCURUM

“All the magic I
have known
I've had to
make myself.”



Section Managing Editors:

Eliana Rosini Mascolo and Marco X. Mascolo

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QUOTE: Shel Silverstein @ Goodreads.com

"Lo!" cried the demon. "I am here! What dost thou seek of me? Why dost thou disturb my repose? Smite me no more with that dread rod!" He looked at Cabal. "Where's your dread rod?"

"I left it at home," replied Cabal.

"Didn't think I really needed it."

"You can't summon me without a dread rod!" said Lucifuge, appalled.

"You're here, aren't you?"

"Well, yes, but under false pretenses. You haven't got a goatskin or two vervain crowns or two candles of virgin wax made by a virgin girl and duly blessed. Have you got the stone called Ematille?"

"I don't even know what Ematille is." Neither did the demon. He dropped the subject and moved on. "Four nails from the coffin of a dead child?"

"Don't be fatuous."

"Half a bottle of brandy?"

"I don't drink brandy."

"It's not for you."

"I have a hip flask," said Cabal, and threw it to him. The demon caught it and took a dram.

"Cheers," said Lucifuge, and threw it back. They regarded each other for a long moment. "This really is a shambles," the demon added finally. "What did you summon me for, anyway?"



THE NINE NOBLE VIRTUES

COURAGE

I face my fear and defend my family and kindred from all dangers.

DISCIPLINE

I do what is necessary and right of my own account without bribe or threat.

FIDELITY

I am true to family, friends and kindred and to those I pledge my services.

HONOR

I stand by my oaths and honor my ancestors by keeping my name pure among my kindred.

HOSPITALITY

I share my hearth, food and drink with any friends, my kindred and the weary foreigner at my door.

INDUSTRIOUSNESS

I take joy in labour and hold nothing back in the work I have pledged to do.

PERSISTENCE

I press on against all odds until my goal is met and the task is finished.

SELF RELIANCE

I learn skills and grow strong so that I may earn my way in the world and be no burden to others.

TRUTH

I seek the truth even though it may be a hard truth. I speak true words or stand in silence and I defend the truth from those who do not honor it.



RUNIC GEMOLOGY



FEHU – MOSS AGATE

Virtues: Stability and Motivation



URUZ – CARBUNCLE

Virtues: Strength, and Courage



THURISA - SAPPHIRE

Virtues: Transformation and Balance



ANSUZ – EMERALD

Virtues: Creative Reasoning



RAIDO – CHRYSOPRASE

Virtues: Clear Communication and Direction



KENAZ – BLOODSTONE

Virtues: Discernment and Illumination



GEBO – OPAL

Virtues: Giving and Receiving and Mutual Affection



ALGIZ – AMETHYST

Virtues: Protection and Endeavor



SOWULO – RUBY

Virtues: Victory, Vision, Stamina



TEIWAZ- CORAL

Virtues: Determination, Fairness and Success



BERKANA – MOONSTONE

Virtues: Healing, Regeneration and Fertility



EHWAZ – ICELAND SPAR (Calcite with Malachite)

Virtues: Progress, Speed and Loyalty



WUNJO – Diamond

Virtues: Joy, Peace and Ultimate Achievement



HAGALAZ – ONYX

Virtues: Complete Change of Direction



NAUTHIZ - LAPIS LAZULI

Virtues: Patience and Perseverance



ISA- CAT'S EYE

Virtues: Quiet and Solitude



JERA – CARNELIAN

Virtues: Fruitfulness, Positivity and Justice



EIHWAZ- TOPAZ

Virtues: Continuity and Endurance



PERTHRO - AQUAMARINE

Virtues: Skill, Disclosure and Moderation



MANNAZ – GARNET

Virtues: Cooperation and Intelligence



LAGUZ – PEARL

Virtues: Fluidity, Mutability and Psychic Ability



INGUZ – AMBER

Virtues: Aspiration and Completion



DAGAZ – CHRYSOLITE

Virtues: Growth, Development and Fundamental Change



OTHILA – STAR RUBY

Virtues: Innate Talent and Experience

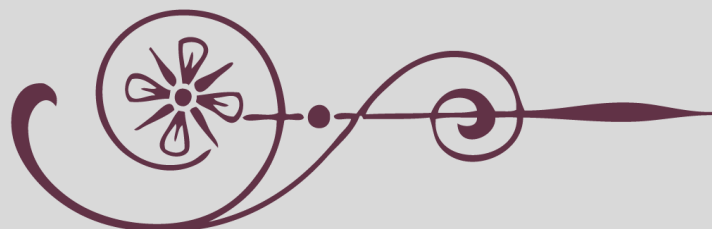
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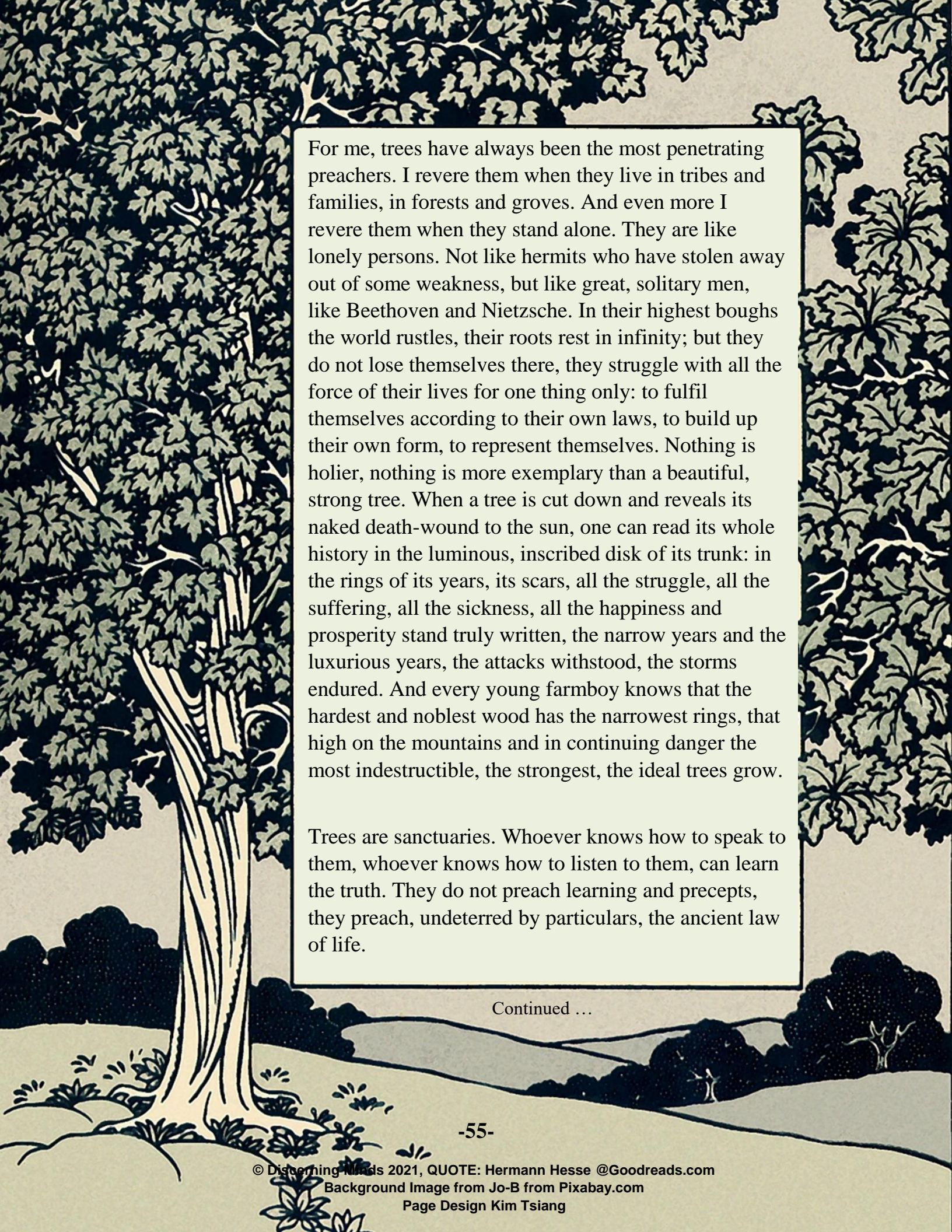
There is a correspondence between crystals, stones and gems and the Runes. The following pictorial should be very helpful to anyone who is trying to tie it all together! For matters of simplicity the Runes of the Elder Futhark have been used as they are the most easily accessible runestaves on the market today.

There are several ways to work with Runes and Crystals. A method known as *free choice association* allows you to wear or carry the gem or stone that amplifies the energy of the runic association you are seeking. Simply consider and meditate upon the virtues of the Rune you have chosen and then proceed with the coordinated stone. It is very wise to only involve yourself with one rune and one stone at a time. The power of the Runes should never be underestimated. They are an instrument for calling upon Divine knowledge and it is quite easy to fall prey to energetic overload.

If you practice Runemal and have done a Rune reading for insight into a problem you can then meditate on the power of the associated crystals to help you overcome obstacles by connecting with the source of Divine nature in you. The Rune to focus on in a reading would be the *runestave* occupying the *challenge* position. If for example the *runestave* occupying that position is a *murkstave* (a reversed Rune) which indicates difficulties you can use the power of the associated stone, crystal or gem to help overcome that particular hurdle or burden. Suppose that you drew Ansuz as a *murkstave* (reversed) in the challenge position. This suggests that your creativity is stalled and preventing you from moving forward. You can use the power of emerald which is the stone for Ansuz to help you overcome any fear or procrastination connected to ‘internal forces’ that may be blocking your muse. If Ansuz appeared upright as a *runestave* you would still use emerald to protect and enhance your powers of creativity from ‘external forces’ that might prevent manifestation of your creative will.

REMEMBER to *always* properly protect yourself *before* doing any type of esoteric healing, work or exercise.

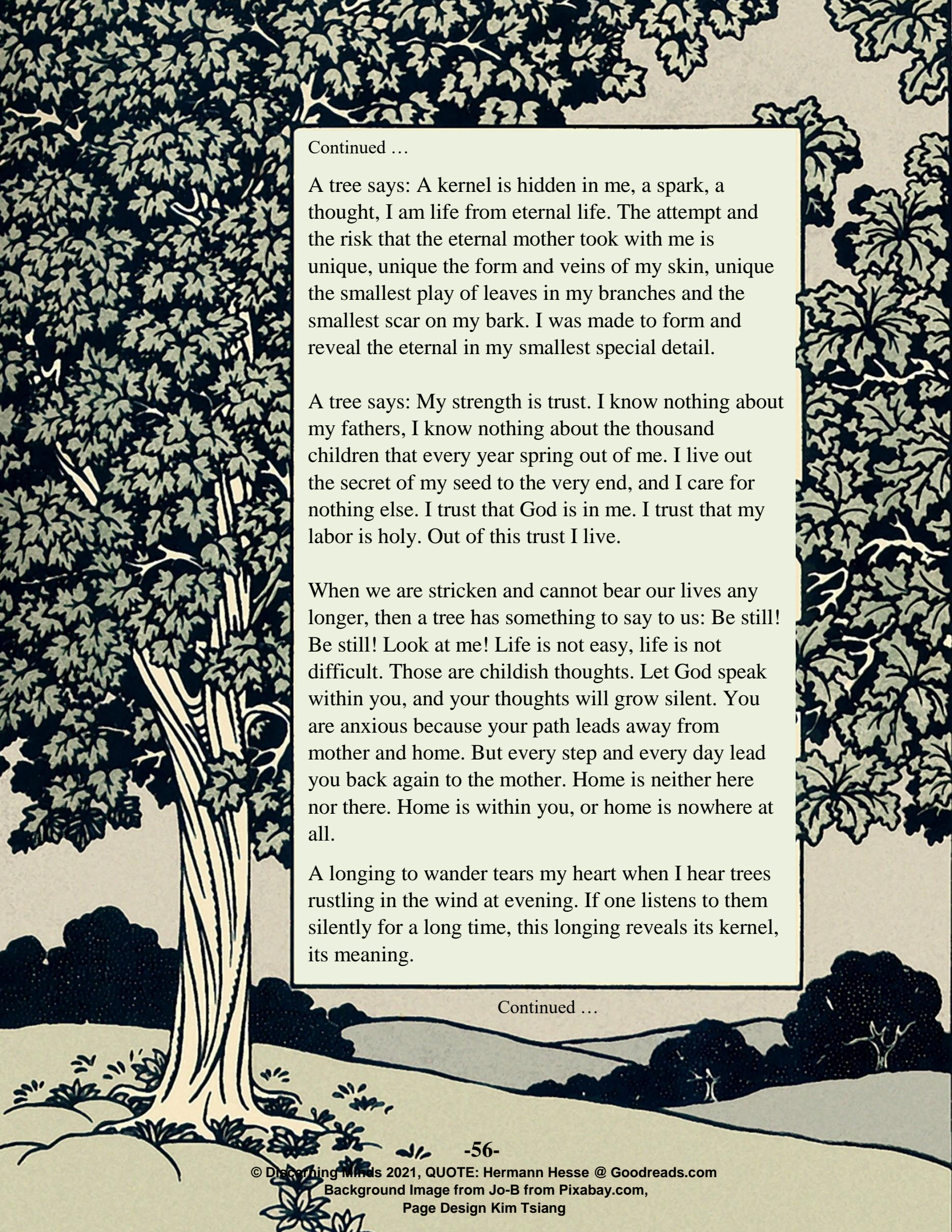




For me, trees have always been the most penetrating preachers. I revere them when they live in tribes and families, in forests and groves. And even more I revere them when they stand alone. They are like lonely persons. Not like hermits who have stolen away out of some weakness, but like great, solitary men, like Beethoven and Nietzsche. In their highest boughs the world rustles, their roots rest in infinity; but they do not lose themselves there, they struggle with all the force of their lives for one thing only: to fulfil themselves according to their own laws, to build up their own form, to represent themselves. Nothing is holier, nothing is more exemplary than a beautiful, strong tree. When a tree is cut down and reveals its naked death-wound to the sun, one can read its whole history in the luminous, inscribed disk of its trunk: in the rings of its years, its scars, all the struggle, all the suffering, all the sickness, all the happiness and prosperity stand truly written, the narrow years and the luxurious years, the attacks withstood, the storms endured. And every young farmboy knows that the hardest and noblest wood has the narrowest rings, that high on the mountains and in continuing danger the most indestructible, the strongest, the ideal trees grow.

Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, they preach, undeterred by particulars, the ancient law of life.

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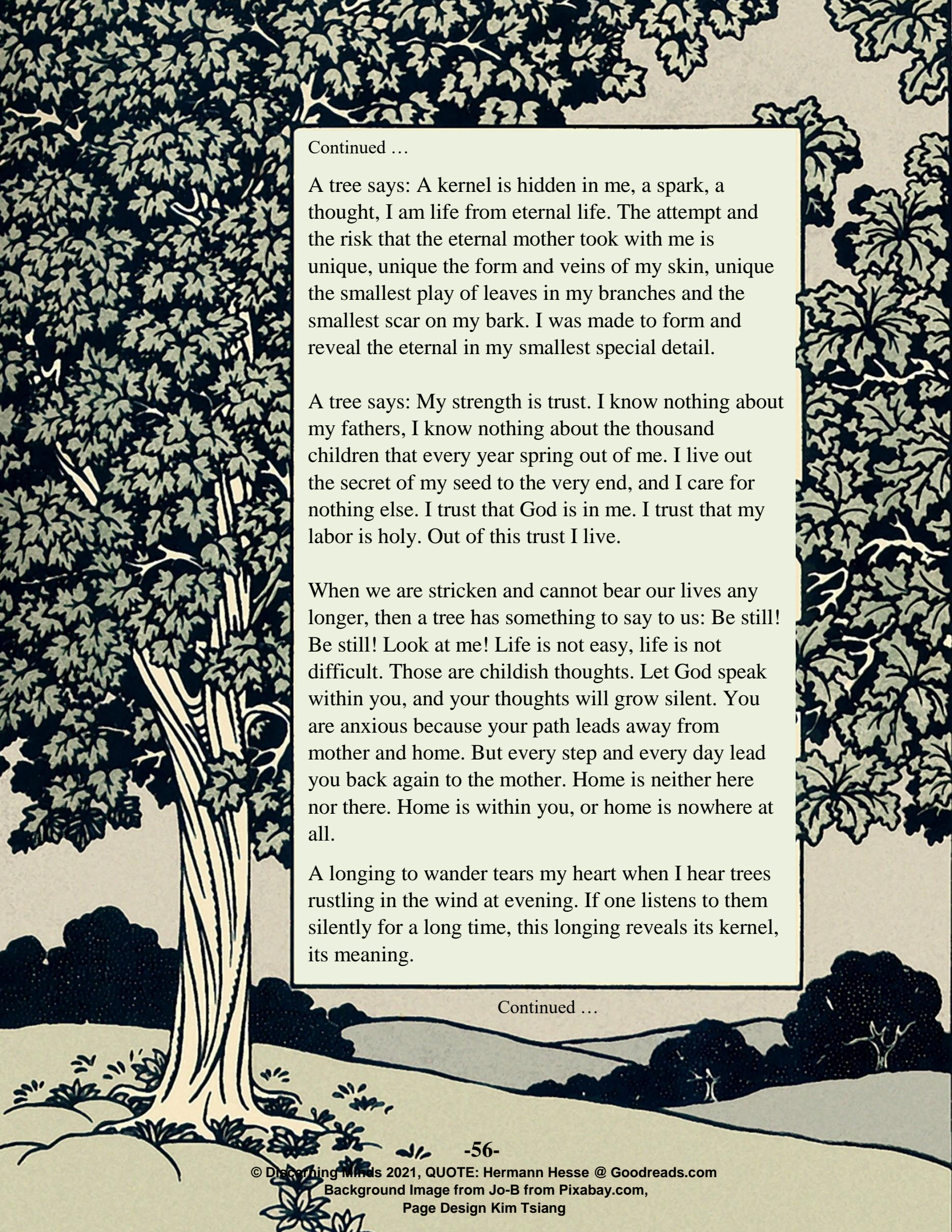
A tree says: A kernel is hidden in me, a spark, a thought, I am life from eternal life. The attempt and the risk that the eternal mother took with me is unique, unique the form and veins of my skin, unique the smallest play of leaves in my branches and the smallest scar on my bark. I was made to form and reveal the eternal in my smallest special detail.

A tree says: My strength is trust. I know nothing about my fathers, I know nothing about the thousand children that every year spring out of me. I live out the secret of my seed to the very end, and I care for nothing else. I trust that God is in me. I trust that my labor is holy. Out of this trust I live.

When we are stricken and cannot bear our lives any longer, then a tree has something to say to us: Be still! Be still! Look at me! Life is not easy, life is not difficult. Those are childish thoughts. Let God speak within you, and your thoughts will grow silent. You are anxious because your path leads away from mother and home. But every step and every day lead you back again to the mother. Home is neither here nor there. Home is within you, or home is nowhere at all.

A longing to wander tears my heart when I hear trees rustling in the wind at evening. If one listens to them silently for a long time, this longing reveals its kernel, its meaning.

Continued ...



Continued ...

It is not so much a matter of escaping from one's suffering, though it may seem to be so. It is a longing for home, for a memory of the mother, for new metaphors for life. It leads home. Every path leads homeward, every step is birth, every step is death, every grave is mother.

So the tree rustles in the evening, when we stand uneasy before our own childish thoughts: Trees have long thoughts, long-breathing and restful, just as they have longer lives than ours. They are wiser than we are, as long as we do not listen to them. But when we have learned how to listen to trees, then the brevity and the quickness and the childlike hastiness of our thoughts achieve an incomparable joy. He who has learned how to listen to trees, no longer wants to be a tree.

He wants to be nothing except what he is.

That is home.

That is happiness.

— Hermann Hesse

The Three Circles of Existence

By Rev. Dr. Loni Haas & Niamh Ardgall

The Druids believed in a system of reincarnation involving three states of being. This is known as the Circles of Existence and it consisted of three circles representing worlds. The Druids were believers in a form of evolution of souls and that they passed through several successive graduated bodies until at last reaching the human species.

To the Druids, all life began in Annwn. This is the home of the Cauldron of rebirth - the smelting pot of Spirit. Once born the Spirit is within the first world known as the Circle of Abred.

The **Circle of Abred** (the Circle of Evolutions) consists of animal and plant incarnations up to the human level. It is characterized by suffering, ignorance and compulsion. Known as the world where mankind begins in the lower state of existence, it contains a mixture of good and evil, and mankind is taught to make the right choices and to balance his errors. From this lowest world it was believed that man would pass through the Gate of Mortality, into the next circle.

According to the theosociety.org:

- *Three necessary things are there in the circle of Abred, — the primordial origin of life, the protoplasm of all things, mortality and death.*
- *Three things shared by every animated being whilst in Abred, Divine aid without which there could be no consciousness, the privilege of sharing in divine love, and harmonious action with the Divine in order to attain the end and object of their destiny.*
- *Three necessary causes operate in the circle of Abred, that of the development of the bodily structure of every animated being, that of the attainment of universal knowledge, also that of moral growth in order to triumph over the spirit of evil (Cythraul) and obtain self-deliverance from evil (Droug) for without these there could be no progress.*
- *Three essentials are there in order to obtain perfect knowledge, reincarnations in Abred, in Gwynfyd and reminiscence of past experiences.*

Continued ...

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Page Design Kim Tsiang



- *Three are the things inevitable in Abred, the transgression of law (natural and spiritual), deliverance by death from Droug and Cythraul, growth of spiritual life.*
- *Three are the essentials to man's triumph over evil, — suffering, calm endurance of change, — liberty of choosing, by which he can determine his own destiny.*
- *Three are the alternatives offered to man, Abred and Gwynfyd (heaven and hell) necessity and liberty, — good and evil, all in equal balance, man being able to attach himself to one or the other.*
- *By three things man falls under the necessity of Abred; ceasing to strive after knowledge, refusing and resisting good — preferring the evil, in consequence of these he descends in Abred to the place for which he qualifies himself and begins again his pilgrimage through the circle of evolutions.*
- *Three principal things to be acquired in the stage of humanity — knowledge — love — and moral power. These cannot be acquired anterior to the human stage but through the exercise of liberty and free choice. They are the three victories. They begin with humanity and attend it through all the cycles of the ages. Three are the privileges incident to humanity — the adjusting of evil and good, giving rise to comparison — liberty of choice giving rise to judgment and preference — increase of moral power. These are necessary in the working out and accomplishment of human destiny.*

The second world is the **Circle of Gwynfydd** (the Circle of Felicity). Known as a place of Bliss or Happiness, it is through this world that men have to travel after they had passed through their terrestrial lives. It consists of spiritual states of being from the human level up and is characterized by joy, freedom and knowledge. Here, there would be neither want nor adversity, sorrow nor death. However if an individual permitted evil affections and passions to govern him, then back he would descend out of the Circle of Happiness, and Death would return him to the lowest circle where he would suffer punishment in proportion to his offences.

Continued ...



According to the theosociety.org:

- *Three are the principal blessings in the circle of Gwynfyd, — freedom from evil, freedom from care, freedom from death.*
- *Three things attainable by man in the circle of Gwynfyd, his primordial genius, — his primordial love and memory of past incarnations without which he cannot attain to perfect happiness.*
- *Three are the Divine gifts to man, — a life complete in itself — an individuality absolutely distinct, — and natal genius. These constitute the personality of every animated being.*
- *Three are essentials to universal knowledge — transmigration through the stages of being — the memory of each incarnation and its experience — the power of passing at will into previous states for the enlargement of knowledge and experience and these are attainable in the circle of Gwynfyd.*
- *Three are the things of endless growth; fire or light, — intelligence or truth, — spirit or life; the ultimate result of which is the rule over all things when the circle of Abred (evolution) will terminate.*
- *Three are the things continually decreasing, darkness, error and death.*
- *Three are the things which ever become stronger, Love, Knowledge and Justice.*
- *Three are the things which daily become weaker, Hate, Injustice, and Ignorance.*
- *Three are the beatitudes in Gwynfyd, the reciprocal sharing of benefits, — the willing recognition and ready acknowledgment of individual genius and Universal Brotherhood based upon the love of God. Three are the prerogatives of the Divine, to be self-infinite, to become finite in the finite and unification with all the various states of existence in the circle of Gwynfyd.*

The third world is **the Circle of Ceugant** (the Circle of Space) is also known as the Circle of Infinity. It can only be traversed by the Divine. It holds nothing but God, who is spirit and the one governing force of the universe and nature which watches over us all. It is the ultimate space of creation from which all came and into which all will return.

Continued...



According to the theosociety.org:

To most people Druidism is polytheistic in character, but this however is not the case because Druidism recognized and inculcated the belief in the unity of the Supreme Being, to whom alone the prayers of the people were addressed. It is however true to say that their belief included that the Supreme Ruler of the Universe was assisted by subordinate divinities, who were supposed to act like angels or messengers that possessed no inherent authority of their own. The Druids were also more open and held a great veneration for the elements and also for all of the different parts of the invisible world, for fire, water, the wind, the earth, trees, rocks, etc. for example. Moreover they held, that each aspect of this visible and invisible world was the seat or temple of a subordinate divinity, or angelic being who resided there and directed its operations.. When veneration was given, it was most certainly not to the visible object, whether it was the trees, wind or even the sun, but it was to the Intelligence behind the visible object that the veneration was rendered. Thus they did not adore or worship several gods who were equal both in power and dignity, but only one Sovereign God, who manifested through a large number of subordinate divinities or angelic powers.

Resources:

The Encyclopedia of the Occult – John Michael Greer, pg. 107

<http://www.thegalaxyexpress.com>

<http://www.innerlight.org.uk>

<http://www.theosociety.org>





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ARCANUS OBSCURUM

Jonathan L. Howard Quote (*Lo!* pg. 51)

Jonathan L Howard is a game designer, scriptwriter, and a veteran of the computer games industry since the early 1990s, with titles such as the 'Broken Sword' series to his credit. After publishing two short stories featuring Johannes Cabal (Johannes Cabal and the Blustery Day and Exeunt Demon King) in H. P. Lovecraft's Magazine of Horror, Johannes Cabal the Necromancer was published in 2009 as his first novel. This quote was found on Goodreads.com.

Alchemycal Prosetry (*The Nine Virtues*, pg.52)

The Nine Virtues from Odinism is presented from the archival collection of Alchemycal Prosetry and can be found in the public domain.

Niamh Ardgall (*Runic Gemology*, pg. 53)

Niamh Ardgall is a Druid and wishes to remain anonymous as "the writing is more important than the writer." Runic Gemology was previously published on the now retired Galaxy Express website.

Hermann Hesse Quote (*Trees*, pg.55)

Hermann Karl Hesse was a German-Swiss poet, novelist, and painter. His best-known works include Demian, Steppenwolf, Siddhartha, and The Glass Bead Game, each of which explores an individual's search for authenticity, self-knowledge and spirituality. In 1946, he received the Nobel Prize in Literature. The quote was found on Goodreads.com.

Rev. Dr. Loni Haas & Niamh Ardgall (*The Three Circles of Existence*, pg.58)

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. Druid Niamh Ardgall wished to remain anonymous.



SACRED SCIENCES

“ALL MEN BY NATURE DESIRE TO KNOW.”

Section Managing Editor –Anne Drake Sydney

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QUOTE: Aristotle @ Brainy Quote

Cover Design: Kim Tsiang



Not only is the Universe stranger than we think, it is stranger than we can think.

In a darkened world no longer illuminated by the light of this center [God], technical advances are scarcely more than despairing attempts to make Hell a more agreeable place to live in. This must be particularly emphasized against those who think that by spreading the civilization of science and technology even to the uttermost ends of the earth, they can furnish all the essential preconditions for a golden age.

One cannot escape the Devil so easily as that.

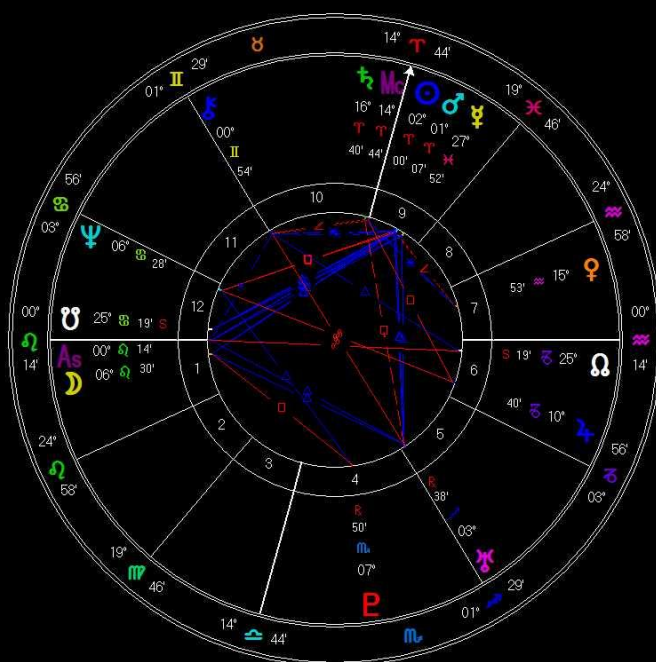
TO BOLDLY GO ...

Courtesy of Star Logic Astrodynamics

Aries is the sign of the warrior essence. One of the greatest fictional characters representing Arien energy is James Tiberius Kirk commander of the Star Ship Enterprise in *STAR TREK*. In this proposed chart (ascertained from information in movies and the internet) for Kirk his leadership qualities, intelligence, renegade tendencies and even his lothario side are evident!

Kirk has the Sun conjunct Mars in Aries in the 9th House and the MC in Aries (warrior bar none with a desire for far-away places and a strong desire to be his own boss). Saturn in Aries in the 10th House conjunct the MC shows his distaste for authority figures, self-centeredness, and one who is forced by circumstances to acquire patience and self-reliance. It also shows one who is resourceful and capable of evolving new methods. Mercury Pisces in the 9th House is in an out-of-sign conjunction with the Sun/Mars and indicates a brilliant scientific/technical mind and the ability for strategy. Chiron opposed Uranus always indicates one who takes hazardous risks in life that are often dangerous to the physical self. Leo rising designates confidence, leadership, and with the Leo Moon in the 1st House conjunct the Leo Ascendant, one who projects his emotions in a bold style with show-off tendencies since it trines the Sun/Mars combo. The Moon also squares Pluto in Scorpio in the 4th which makes Kirk intensely emotional particularly towards women and with Venus in Aquarius in the 7th (semisquare Mars) and Uranus in the 5th in Sagittarius (ruler of the 7th), he is quite the flirt who loves to experiment sexually and is quite proud of his "score-card." Jupiter in Capricorn in the 6th House opposes Neptune in Cancer the 12th and is squared by the Sun, Mars and is square the MC designating one who glorifies "war" and who strives to accomplish things too fast and often without much forethought... in other words, FEARLESS. The square to the MC shows grandiose ideals regarding career. The opposition to Neptune shows impracticality in certain situations and one who constantly dreams of faraway places. It also indicates danger from gasses, fumes and drugs. Actor William Shatner (the original Kirk) was born March 22, 1931.

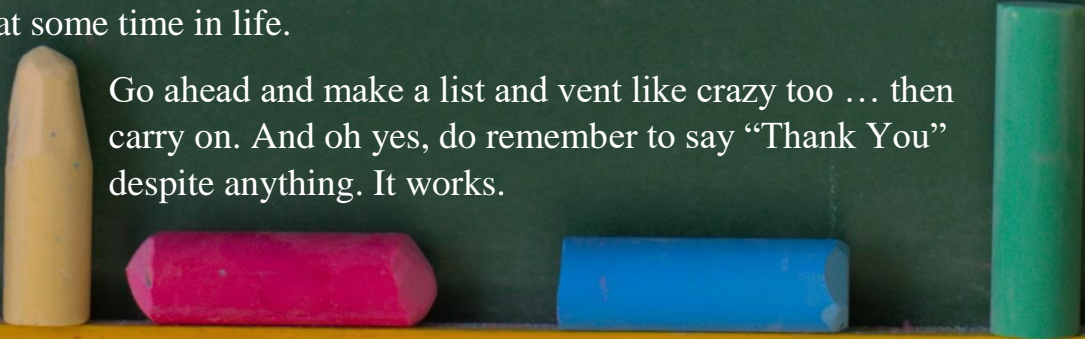
James Tiberius Kirk
Natal Chart
Mar 22 22:33, Fri
1:00 pm CST -6:00
Riverside, Iowa
41°N 88°47'W 081°W 34°52"
Geocentric
Tropical
Koch
True Nodes



Perpetual Student

By Mahaji

Who is teaching you and who are you teaching? It took a while for me to really understand the equipoise that exists in relationships to others mainly due to conditioning and the life dogma du jour that was imparted to me from an early age. The first hurdle was to realize there was really no blame – parents and relatives, neighbors, friends and even school teachers generally do the best they according to what they felt was correct and judicious. Never-the-less they were all mentors in large and small ways. Certainly everyone can agree that all the input absorbed during the years helps a person shape themselves for good or ill. People are people are people and one of the best things I learned was not to have many expectations when it came to others. Being detached from expectation can really help a person do a lot of work in service mode to others for a collective benefit for everyone, but, I must admit there were many times of doubt as to whether it was foolish or just plain stupid to put oneself into basically situations where others tell you that you are being used or that you are just egotistical. Oh sure, one can get the usual “thank-you” and pat on the back for a job well done but there was equal amounts of back biting and bad mouthing. When I was younger I did a good amount of work with children using my free time to teach them various skills or to support their endeavors. I loved contributing to their growth and more so their happiness. Smiles were payment enough because if anyone understands love, it is a child. Children are easy to love, they get it ... adults, not so much ... yet they are who they are so acceptance was always key. Life goes on and in retrospect, I must admit I would wonder if I was indeed a fool for having a charitable attitude. Life is also full of surprises. Many years past that episode of my life and having moved far away from my place of birth, I received an unexpected message that put closure on any doubts and was a large life lesson. The principal of one of schools where I did voluntary work found me and gave me a call. She said, “I just wanted to make sure I found you because it was important for me to tell you that you did a wonderful job with the children all those years and it was appreciated. Thank you.” After all those years – imagine that! I personally resonate with all recommendations for loving others – all others. Acceptance, detachment and just letting some “things be” or even letting “them go” are all forms of love. We are all teaching one another at some time in life.



Go ahead and make a list and vent like crazy too ... then carry on. And oh yes, do remember to say “Thank You” despite anything. It works.

The "Confession" of Galileo

Rifkin the Historian

The history of Galileo Galilei and his persecution for heresy because of his heliocentric theories by the Catholic Church is widely known. On 22 June 1633 Galileo, having been found guilty at his trial, was forced to make a 'confession' to the Cardinals of the Holy Office of the Church. He read from the text of which a translation is given below:

I, Galileo Galilei, son of the late Vincenzo Galilei, of Florence, aged seventy years, being brought personally to judgment, and kneeling before your Most Eminent and Most Reverend Lords Cardinals, General Inquisitors of the universal Christian republic against heretical depravity, having before my eyes the Holy Gospels, which I touch with my own hands, swear that I have always believed, and now believe, and with the help of God will in future believe, every article which the Holy Catholic and Apostolic Church of Rome holds, teaches, and preaches. But because I have been enjoined by this Holy Office altogether to abandon the false opinion which maintains that the sun is the centre and immovable, and forbidden to hold, defend, or teach the said false doctrine in any manner, and after it hath been signified to me that the said doctrine is repugnant with the Holy Scripture, I have written and printed a book, in which I treat of the same doctrine now condemned, and adduce reasons with great force in support of the same, without giving any solution, and therefore have been judged grievously suspected of heresy; that is to say, that I held and believed that the sun is the centre of the universe and is immovable, and that the earth is not the centre and is movable; willing, therefore, to remove from the minds of your Eminences, and of every Catholic Christian, this vehement suspicion ...



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<http://www.law.umkc.edu/faculty/projects/ftrials/galileo/galileotrial.jpg><https://www.newscientist.com/article/mg22530043-300-popes-impending-call-for-climate-action-is-refreshing/> image, Public Domain

<https://commons.wikimedia.org/w/index.php?curid=631170> , Page Design: Kim Tsiang

Continued ...

... rightfully entertained toward me, with a sincere heart and unfeigned faith, I abjure, curse, and detest the said errors and heresies, and generally every other error and sect contrary to Holy Church; and I swear that I will never more in future say or assert anything verbally, or in writing, which may give rise to a similar suspicion of me; but if I shall know any heretic, or anyone suspected of heresy, that I will denounce him to this Holy Office, or to the Inquisitor or Ordinary of the place where I may be; I swear, moreover, and promise, that I will fulfil and observe fully, all the penances which have been or shall be laid on me by this Holy Office. But if it shall happen that I violate any of my said promises, oaths, and protestations (which God avert!), I subject myself to all the pains and punishments which have been decreed and promulgated by the sacred canons, and other general and particular constitutions, against delinquents of this description. So may God help me, and his Holy Gospels which I touch with my own hands ... I, the above-named Galileo Galilei, have abjured, sworn, promised, and bound myself as above, and in witness thereof with my own hand have subscribed this present writing of my abjuration, which I have recited word for word. At Rome, in the Convent of Minerva, June 22, 1633. I, Galileo Galilei, have abjured as above with my own hand.

Resource: https://mathhistory.st-andrews.ac.uk/Extras/Galileo_confession/



METAPHYSICS VS FREE-DUMB

By Jonathan Corelli

F.Y.I. ... **Metaphysics** is the branch of philosophy that examines the fundamental nature of reality, including the relationship between mind and matter, between substance and attribute, and between potentiality and actuality. – Wikipedia

When you think about it, no one is exempt from realizing these things but many do exempt themselves because metaphysical concepts do require critical thinking to suss out the truth of matters. That ability is fast disappearing from the human condition. They also do not want to be reminded of higher thoughts and principles because it might stir up feelings of guilt or lack and, unfortunately in today's society, wrongdoing. Besides, arbitrary and degenerative thought it is the absolute "*in way to be*" and herd mentality seems like a "*safe place to be.*" It's the best roller coaster ride in the FREE-DUMB amusement park.

Perhaps they have simply devolved into apathists and simply don't give a damn that they have already lost the game. It is all not likely to bode well in the end. It never bodes well for anyone who has lost their ability to think for themselves and allowed themselves to be brainwashed and inducted into the Hall of Fame for the Easily Duped.

This is a great place to be built on a foundation of opinions du juor and surrounded by the strong walls of 'rights to do and say as I please'. No thinking necessary – No need to do some research – No need to consider the thoughts or ideas of others – just follow along and believe and repeat, repeat, repeat what you have been told. This is all reminiscent of a line from Stephen King's *Storm of the Century* – "Hell is repetition" AND from the poem by Thomas Gray, "Where ignorance is bliss, 'tis folly to be wise" more popularly known as "Ignorance is bliss." Not to worry Dupees, it doesn't matter that there are massive gaps in your cultural and general knowledge. Just jump over those holes and do what you are told because you were always better off not knowing in the first place. "What you don't know won't hurt you." – Margaret Atwood – Right?

"A dubious maxim: sometimes what you don't know can hurt you very much." – Margaret Atwood

NOTE: In light of the virtues of equality and fairness, Dupees reading this will be allowed an extra 48 hours to look up any words or author quotes they don't understand in these statements.

On a more visionary note, perhaps all this strife is simply where we are on the evolutionary ladder.

Continued ...





Continued...

Perhaps the pendulum is favoring the darkside once again like it did in the Dark Ages of history. Perhaps men and women are truly being separated from the sheep and sheepettes ... as Neil Armstrong so astutely put it, "That's one small step for man, one giant leap for mankind." Perhaps there will be some lessons learned if even they are learned the hard way, after all that IS human nature.

The question remains: **Will we ever learn?**

And that folks is metaphysical.

Tippin my hat to ya',

Holmes



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SACRED SCIENCES

Werner Heisenberg Quote (*Frontier*, pg.64)

Werner Heisenberg was a German Noble Prize winning theoretical physicist who made foundational contributions to quantum mechanics and is best known for asserting the uncertainty principle of quantum theory. In addition, he made important contributions to nuclear physics, quantum field theory, and particle physics. Quote is from *Across the Frontiers* and was found on Goodreads.com

Star Logic Astrodynamics (*To Boldly Go ... Star Chart of Captain James T. Kirk*, pg. 65)

The astro analysis of fictional character James T. Kirk has been published courtesy of *Star Logic Astrodynamics* and astrologer Loni Haas. It first appeared in *The Galactic Press*.

Mahaji (*Perpetual Student*, pg. 66)

Mahaji (The Universal Mother) prefers to remain anonymous believing that the meaning of the words expressed and what the individual gleans from them are more important than the one who has expressed them.

Rifkin the Historian (*The "Confession" of Galileo*, pg. 67)

Marcus Rifkin is known as 'The Historian' a title he wears proudly. He is a history buff and collector of historical facts as well as obscure and strange bits and pieces of history. Marc and his wife Beth and three children live in the northeast USA. They all like to travel especially to historic sites and battlegrounds. Marc also likes cooking for his family especially foreign cuisine because it is fun to watch them eat "Rifkin's Unknown Surprise."

Jonathan H. Corelli (*Metaphysics VS Free-Dumb*, pg. 69)

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."



*I dream my painting
and I paint
my dream.*



Section Managing Editor –Marique Quinn

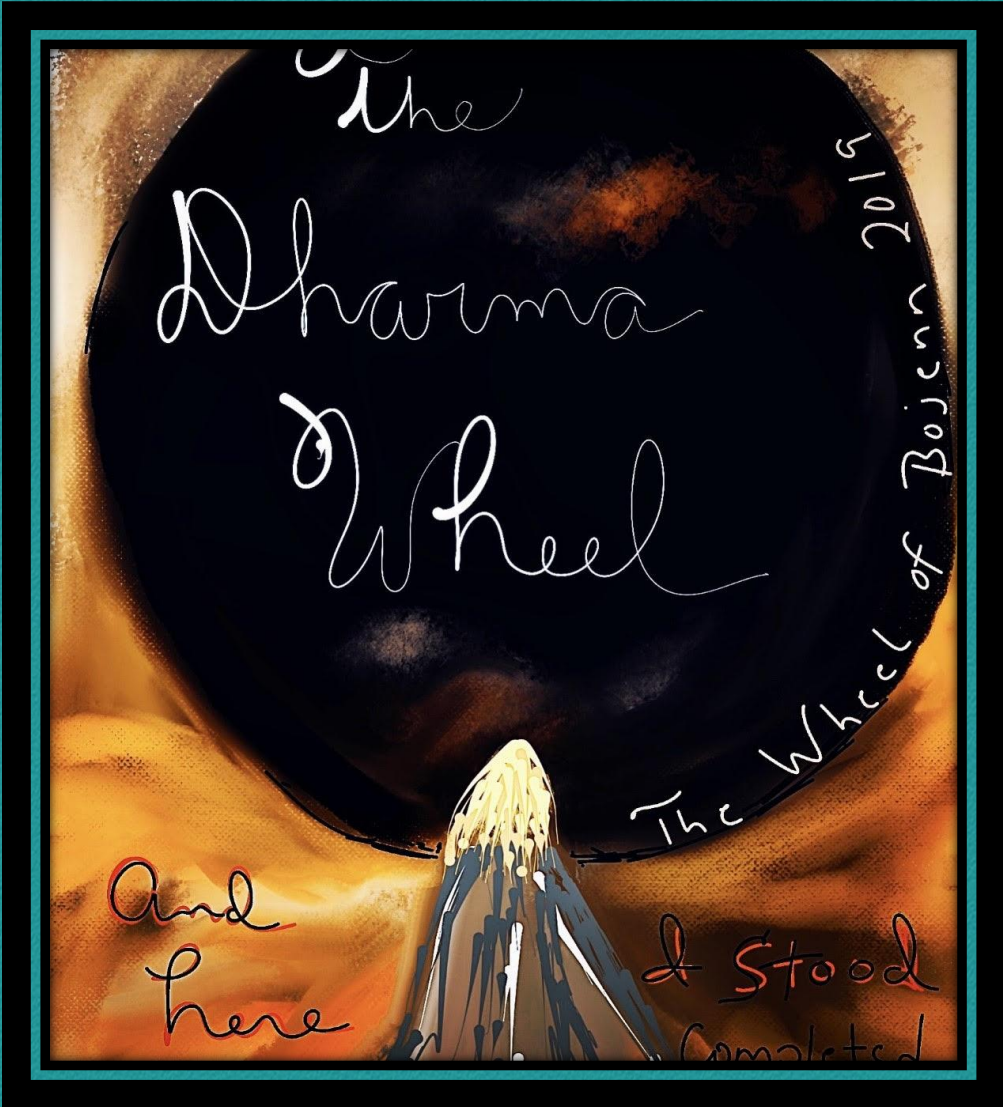
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Bonnie Jennings Art Gallery



The Dharma Wheel

Bonnie Jennings Art Gallery



My Soul Home



Bonnie Jennings Art Gallery



The Eleventh Day



Mer Mandela Art Gallery



Horse and Sunset





Mer Mandela Art Gallery



Skull Mask



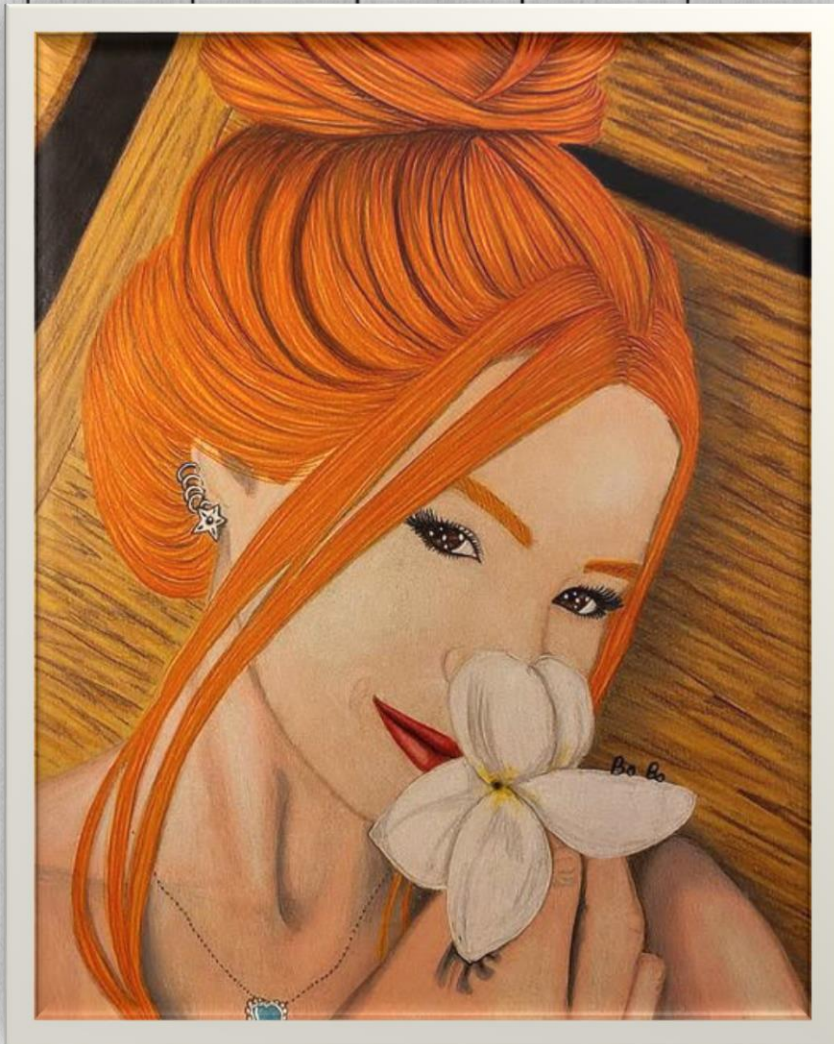


Mer Mandela Art Gallery



Sun and Moon





First Date

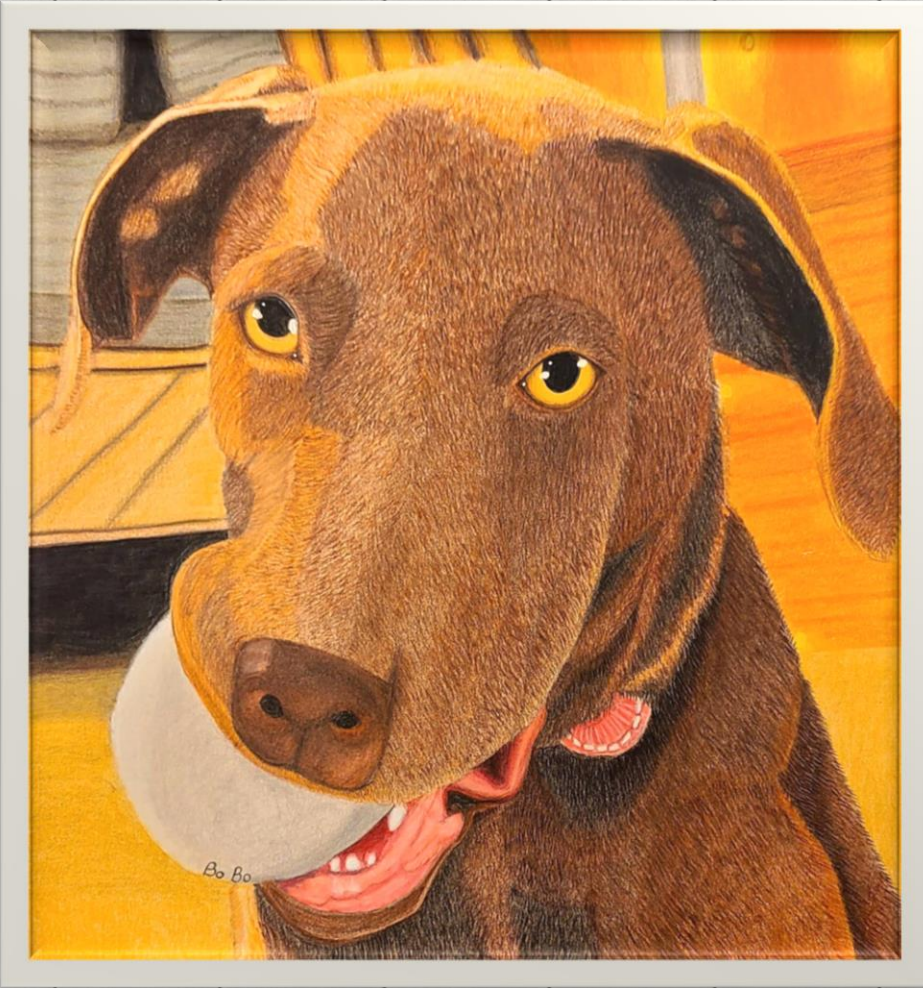




Jessica



David Pierce Art Gallery



Luna



BELOW AND ABOVE

From the light we observe the Steel sheet

That covered our enriched body

Quiet-hard-finite-inert-dense-dead

In the light we exceed its speed

While dancing with each photon

Everywhere

When wave

Limited to now and here

When particle

The hurricane on earth becomes fresh breeze in the light

The trees are quiet, vibrate and sing

Ferocious animals are not hungry and shine

Gazelles don't fear and don't flee....

The sky is above or below

Stained with every color

Each lie has a load of truth on it

Trying to explain the world

While traveling divinity

In the limitless extension of Consciousness -

Love

In the unreal hologram of weightless rainbow

I am...

In the lightning flash that opens an orifice in time

I am...

In the unsteady sand that exists in my daydreaming

I am...

In not comprehending my body

In not comprehending my soul

I am...

I know the eternal all

Has presented me with a spark

I know through it I tenderly enlighten nothingness

I might say I am or I exist

But ignore how to decode the secret of love.

**P
O
E
T
R
Y

G
A
L
L
E
R
Y**

Matter Consciousness

All was self-generated

During the Big Bang

Including nothingness

Including the everlasting all

When I have Faith in divinity

My soul creates the world

The Eternal created me

I am eternal in eternity

I belong to luminescence

Amorous sage unknowable

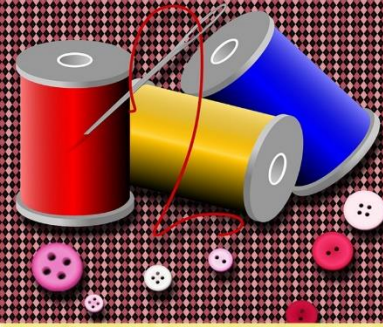
I am timeless

Tenderly pierced by living arrows

When horrified by materialism

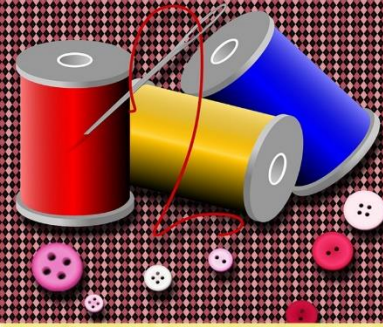
Continued...

So that I may
Be eternal in eternity
Descend in the perfumed fainting of a flower
And feel its shock when cut
Be heated in the warm
Vibration of rocks
That call me by my name
To jump with the squirrel
And perceive its goal
As unattainable wizard
And plunge in the infra-hells
That everyone creates
And pardon
And repose
Peacefully



CHRIS MITCHELL CRAFT CORNER





CHRIS MITCHELL CRAFT CORNER



CUSTOM T-SHIRTS





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CREATIVE MUSINGS

Bonnie Jennings (*Art Gallery, pgs. 73-75*)

Bonnie Jennings is a survivor of anaphylactic shock. The emergency services were called after she was found after quite a while and from the time “gone” she developed an anoxic brain injury. Bonnie was encouraged by an art therapist to draw her afterlife experience. Reluctantly, she drew her first picture, and continued. She has not stopped. The year was 2019.

Mer Mandela (*Art Gallery, pgs. 76-78*)

Born and raised in Riverview, NB Mer Mandela was always creative however it wasn't until 2015 after getting injured that she began her artistic career full time. With no formal training this free hand artist dives into anything thrown her way. In just 3 years she has tested herself with acrylic painting, blacklight painting, body painting, murals, and clothing design and live painting at several music festivals, and does so with passion and flare. Upon her creative beginning; she alongside her partner began Redbush Studios: A rogue blacklight art studio in her hometown of Riverview where they are in constant growth. Her goal is to provide others with a unique artistic experience. One where you can have a one on one private consultation with her so she can bring your exact vision to life. She prides herself with complete customer satisfaction and truly treats each person as a good friend. Her love for blacklight art was discovered early and is her drug of choice. In one painting she was able to create two different looks and express different feelings with the use of a blacklight. When she is not creating for others you can find her designing in the studio and bringing her own visions to life. Her goal is to continue this new passion, collaborating and connecting with other artists, musicians and all around good people from all over the world. She believes the greatest messages in life can be portrayed through visual stimulation. She now lives in the moment, knowing that in one second life can change. Her message is to embrace your weirdness and let your creative juices flow! You can follow her journey at:

www.facebook.com/Redbushstudio

<http://www.redbubble.com/people/mermandela>

www.instagram.com/lil_gingie_snap

David Pierce (*Art Gallery, pgs. 79-81*)

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 7 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. My artwork can be found at <https://www.facebook.com/Art-By-Bo-240594223068233/>. I do commissions and you can contact me at Bobosan43@gmail.com if you wish to have me do a commission.



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Continued ...

Dina Grutzendler de Valencia (*Poetry Gallery, pgs.82-85*)

Dina Grutzendler de Valencia is a Judeo-Colombian poet, laboratory clinician and translator. The title of her book Genitorpanconsciousness- Living Consciousness indicates that for her, consciousness is the origin and essence of everything. That our individual consciousness is permanently entangled and in communication with the divine consciousness. Science, nature, the universe and everything that is, are part of the All or Divine Consciousness, an infinite light of love, knowledge and wisdom and our physical life here is an opportunity to grow and evolve. Her poetry can be found at:

<https://www.amazon.com/GENITORPANCONSCIOUSNESS-LIVING-CONSCIOUSNESS-DIEGO-WALCOPZ-ebook/dp/B016AOAI56>

Chris Mitchell (*Craft Corner, pgs.86-87*)

Crafting for others and doing special one of a kind items is my passion. I have done the bags, pet memorial plaques, shirts with heat press, home dec items and more. Embroidered quotes for tops and home dec is something I like to do to give others encouragement and love.

My creations can be found at:

www.ebay.com/str/embroideryandotherneedfulthings?fbclid=IwAR3xiRRn7xqciJGWiNqKut_fWuRLDOlrNN7JZ86mBPJzbSIPDYOOorw1py1Q

My email is crystalmitchell201@att.net. You may email me if you want to order something for me to make as well.

Odd Vant GuardE

You want a TORCH OR a candle, MAYBE? You've got Your HEAD so FAR UP Your own ARSE, it must be dark in THERE.



Section Managing Editor – Oscar “Trashman” Corelli

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Page Design Kim Tsiang, Quote: Kady Cross @ quotestats.com

Don't cover your cracks; that's how the light gets in.

Don't cover your wounds; that's how your light pours out.

Don't unweird yourself.

Take up space enough for all the parts of you to come together -- the awful, the beautiful, the awe-inspiring, the wonderful and the strange.



You Should Have Your Head Examined

Courtesy of Star Logic Astrodynamics

Co-Edited by Rifkin the Historian



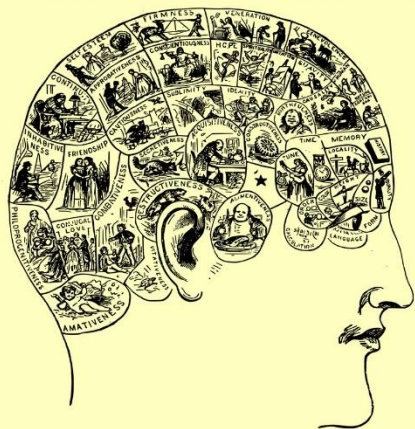
Phrenologists believe that an individual's character and future can be read by analyzing the size and location of bumps on the skull. This peculiar form of divination and personality analysis was popular in the late 18th and 19th centuries and as with most things of this nature, Phrenology had its advocates and foes.

The original discovery is credited to Viennese physician Franz Joseph Gall (1758-1828) whose theories were idiosyncratic to say the least. For example, as Gall studied a picture of Mozart who had a tendency to rest his finger on a particular part of his head as he composed, Gall assumed that this section of the skull must be the part associated with musicality. Two low life characters of whom Gall was acquainted happened to have bumps above their ears so this became known as the section of acquisitiveness. There was no actual basis in fact associated with any of the Phrenological assignments - there were merely based upon assumptions connected to observations. Further, Gall and his fellow Phrenologists, sought "only confirmations for their hypotheses and did not apply the same standard to contradictory evidence."

The basic tenants of Gall's Phrenology Theory are quoted as follows:

1. The brain is the organ of the mind.
2. The mind is composed of multiple distinct, innate faculties.
3. Because they are distinct, each faculty must have a separate seat or "organ" in the brain.

Continued ...



Continued...

4. The size of an organ, other things being equal, is a measure of its power.
5. The shape of the brain is determined by the development of the various organs.
6. As the skull takes its shape from the brain, the surface of the skull can be read as an accurate index of psychological aptitudes and tendencies.

The examination of the unevenness skull therefore would yield information regarding the various cerebral "organs" responsible for different intellectual aptitudes and character traits.

Two American brothers Lorenzo Niles Fowler (1811-1896) and Orson Squire Fowler (1809-1887) were leading phrenologists of their time. Orson and his associates Samuel Wells and Nelson Sizer ran a phrenological business and publishing house *Fowlers & Wells* in New York City. Lorenzo spent much of his life in England where he initiated the famous phrenological publishing house, L.N Fowler & Co. There he gained considerable fame with his *phrenology head* – a china head showing the phrenological faculties. Regarding his phrenological studies Lorenzo said the following:

“For thirty years I have studied Crania and living heads from all parts of the world, and have found in every instance that there is perfect correspondence between the conformation of the healthy skull of an individual and his known characteristics. To make my observations available I have prepared a Bust of superior form and have marked the divisions of organs in accordance with my research and experience.”

Sections of the head :

Reproduction*Love*Amativeness*Love Of Sex

Occipital Spine

Gregariousness*Love of Family*Friendship*Socialbility

Connectiveness*Application*Continuity

Inhabitiveness*Love of Home*Patriotism

Philoprogenitiveness*Parental Love*Love of Children*Love of Animals

Self Esteem*Dignity*Self Love*Independence

Veneration*Firmness*Repent*Worship*Antiquity*Perserverance*Stabiity*Power of Will

Benevolence*Philanthropy*Liberality*Sympathy

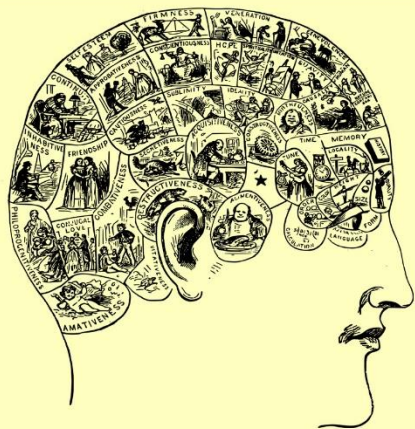
Human Nature*Foresight*Intuition

Comparision*Criticism*

Eventuality*Associations*Actions

Individuality*Mental*Physical

Continued ...



Continued...

Phrenology was based in Britain but seemed to die down by 1850 until it was re-introduced there by the Fowlers during 1860-1870. The British Phrenological Society, founded by L.N. Fowler in 1887, lasted for eighty years until it was finally disbanded in 1967. In 1830 it spread to America and France and in 1840 to Germany. These years were the heyday for phrenology with the Fowlers using and promoting their own modified system that was based upon Gall's original precepts.

Continued ...

During the 1820-1840s Phrenology was so popular it was often used by employers as a character reference source when considering work ethics potential employees as well as suitable to define what type of actual job or labor was a good "fit." As the pseudo-science became more diverse and applicable to different life situations, it was also used to determine a good love match and compatibility. Phrenology ranked right up there with astrology and other forms of divination that offered important life advice. Most scientists began to abandon phrenology as a science by the early 20th century but it still exists today. On October 1, 2007 the State of Michigan began to impose a tax on phrenology services.

During its heyday, Phrenology had many supporters and debunkers. Several of the rich and famous including Matthew Brady, P.T. Barnum, Horace Mann, Samuel Morse, the Wright Brothers, Andrew Carnegie, Andy Jackson, Daniel Webster, and Abraham Lincoln were analyzed phrenologically. Writer Walt Whitman supported Phrenology while Mark Twain did his best to debunk it.

Abhorrent

By Jonathan H. Corelli



Lately I have been finding things abhorrent ... politics, the news, pharmaceutical ads, clothing designers, school boards, food commercials, FB memes (on endless topics) and even some of my neighbors just to give you an idea of my distaste of current reality.

Before I get into this diatribe let's clear up the difference between abhor and hate.

To abhor, implies an aversion to that which, we have a natural antipathy. One would immediately turn away from a situation, person or thing. We abhor, what we cannot endure.

To hate, implies an aversion actuated by revenge. We are apt to hate the person, who injures us usually emotionally and certainly one who injures us physically but we also hate the person who insults our intelligence.

Loathe, disgust and detest are also generally thrown into the mix but I am at the point beyond that and have reached abhorrent rejection of all the human nonsense that currently exists because let's face it a human of one type or another is behind all the crapola. Something dark and evil has crept into the mind of mankind and is having a field day. For this I have extreme repugnance.

I have stopped racking my brain trying to figure out why people have moved over to the darkside. There is no mystery about it. They chose it because they like it. Simple human psychology ... THEY ... LIKE ... IT. Forget all this baloney about brainwashing or fitting the personal narrative of belief. For either of those circumstances to even happen there has to be an attraction or appeal – in other words ... THEY ... LIKE ... IT. For those Souls who don't like it, well, they end up like me – wondering WTF happened to humanity? Common sense and common decency are lost in the avalanche of ego complete with fear and a stilted desire to survive, be right and belong. Recruiters are everywhere - especially rife on social media where your one of your best buds could be peddling poison in a rather buoyant manner. Admit it, at times you sat there shrinking back in horror only to nod your head like the obedient bobble headed dog that sits on your car dashboard. But remember - It's always been easier to just ignore what is clearly and obviously evil and just follow the current trend and join the popular crowd because hell man, it is the safest place to be. You belong because you agree and have signed that invisible contract. As the saying goes. "No bond is stronger than two or more people who hate the same thing." Everyone is equal there. Right? RIGHT?

I have no desire to go spelunking in the dark cave of someone else's psyche but that does not excuse me from understanding what is in fact the simplest of human desires which is, come on, say it out loud with me and don't let the devil get your tongue, THEY LIKE IT.

Continued ...

Continued ...

Maybe I am just arbitrary – they LIKE IT so then I must ABHOR IT. The last time I looked it wasn't opposite day so I'll just stick with my abhorrence of what I know is morally and humanly incorrect. Perhaps some of this can be corrected which is why I refrain from downright hatred. Keep hope alive.

Want to call me a hypocrite and say I'm not acting any differently than those I am accessing? Or maybe you want to be lazy and use one of those popular "out of context" catch phrases du jour like racist, xenophobe etc. etc. Go ahead.

Be my guest ...

Show the world what an idiot you have become. Come talk to me when you have learned how to abhor what is immoral. In a valueless society that might have some value.

Abhorrently yours,

Holmes



Streets full of people, all alone
Roads full of houses, never home
Church full of singing, out of tune
Everyone's gone to the moon
Eyes full of sorrow, never wet
Hands full of money, all in debt
Sun coming out in the middle of June -
everyone's gone to the moon
Long time ago
Life had begun
everyone went to the sun
Cars full of motors, painted green
Mouths full of chocolate-covered cream
Arms that can only lift a spoon -
Everyone's gone to the moon.

"**Everyone's Gone to the Moon**" is a song that was written and recorded as the debut single of the British singer-songwriter and record producer Jonathan King. It was released in 1965 while King was still an undergraduate at Cambridge University. People have grappled with the meaning of the song from war to the future but if one simply considers the evolution of man and the advances of super technology perhaps we will end up with "arms that can only lift a spoon" living in the dream state represented by the Moon.





The Lower Astral and Politics

By Syd Alrruhi

Anyone who is a realm walker or half way decent metaphysician knows what happens on the lower end of the Astral Plane. That ghetto is the stuff nightmares are made of if you happen to visit the nastier and seedier end of that adventure and while I am certainly not the first person to write about this topic, it is worth yet another look and a reminder.

From the human view let's take a look at what political hatred for one another has done and how we got there. Political hatred is hardly a new thing but in the past few years it has reached new heights and is not looking as though it will improve any time soon. I have come to think that people literally like it this way with bases of one party or another lording over its opposite relishing every blow and sucker punch dealt. Hate to put it this way but humans have turned into vicious animals bent on survival of the fittest. Of course this leads to only one thing self-destruction along with annihilation of any institutions that kept people bonded no matter what. In this country it is all a prelude to democratic collapse. Anyone with a mindset that this will still work like the good old days where, "If we don't like that administration so we'll just vote them out", is sadly mistaken. The power mongers have a damn good grip and are not likely to relinquish control anytime soon – they've already shown what they can do.

From my research there are three trends that make sense for this human decline. The first is the steady nationalization of American politics. The second is the sorting of Democrats and Republicans along urban/rural and culturally liberal/culturally conservative lines, and the third is the increasingly narrow margins in national elections. In Washington, D.C., cross-party compromise is difficult, and both sides are increasingly holding out for complete control. Stalemate. Coupled with the complete decline and imminent collapse of the Media (who also take sides), the introduction of proposals and theories and "what matters" that go against ethics and virtues that still most people hold to heart and the rise in crime and all the convenient judges who dismiss cases and let felons go free, this is to say the least a miserable recipe – and once that cake is baked it's good-bye American Pie.

Now, I will grant you there have been periods in history that were also terrible.

Continued ...



Continued ...

1861 was worse—with many, many hundreds of thousands of people dying in an extraordinarily bloody war. In some ways, 1968 was scarier, with all those assassinations and the protests at the Democratic [National] Convention in Chicago. But there is something new about the current type of polarization [known as “outing”.] What used to happen was: there were lots of conservatives in the Democratic Party and lots of liberals in the Republican Party. What we have [now] is an alignment of social identities that correspond to our political identities in a way that we’ve never seen before. - scientificamerican.com

The worst thing about this current human status is all the convenient moralization. We confront each other in public places and write vexing vitriol about one another on social media and in local newspapers. AS IF ANY OF THIS IS GOING TO MAKE ANY DIFFERENCE ... not as long as humans continue to “not see the forest for the trees.” Here’ a shock for all – NOT A SINGLE ONE OF YOU IS RIGHT ABOUT ANYTHING. So, shove the self-righteous attitudes. The only thing you have accomplished is giving your power away to a group of sadistic morons who will end up costing you everything you have and have ever known that has kept you safe. And you my friends are helping it along.

All those lovely little nasties sitting up in the lower astral plane watch and wait as you empower them. All the vitriol you spew travels right up to the ethers and makes it to their nostrils. They inhale it, feed off it and send it back with a vengeance. YUM – YUM – YUM. You read that correctly – it comes right back to the human source with a vengeance. It bombards everything and everyone keeping them (except for the few smart ones) in a state of anxiety, fear and submission. Psychologist’s office are full and they have no answers because even they don’t recognize this vicious cycle that is created by humans themselves. In all my Earth Years (all 75 of them) and my astraling to the realms I have seen this happen many times on different levels of severity both personal and collective. None of it produced good results. Ever.

My advice to you is to start with yourself.

Clean it up before it mops the floor with you and all the rest of us.



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ODD VANT GARDE

C. Joy Bell C. (*QUOTE: (Weird, pg. 91)*)

C. JoyBell C. is the most frequently quoted Author on Goodreads, is a leading female Thinker and Writer in our world today, and is a Mentor to many modern-day Leaders, as well as an Inspirational Figure to people from all walks of life. She has transformed the face of what it means to be wise and knowledgeable, giving life to a new image of the modern-day Renaissance woman. She is at the same time both timeless and youthful. The Author of various books on Soul Alchemy, Esoterica, Poetry, Philosophy of Mind, Parenting and Fiction.

Star Logic Astrodynamics & Rifkin the Historian (*You Should Have Your Head Examined, pg. 92*)

This article has been published courtesy of Star Logic Astrodynamics with full permission. The historic facts were reviewed by Light Force Network member Marcus Rifkin.

Jonathan H. Corelli (*Abhorrent, pg.95*)

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."

Jonathan King (*SONG LYRICS: Everyone's Gone to the Moon, pg. 97*)

"**Everyone's Gone to the Moon**" is a song that was written and recorded as the debut single of the British singer-songwriter and record producer Jonathan King. It was released in 1965 while King was still an undergraduate at Cambridge University. This song's lyrics were an Editor's choice to be presented for its unusual message and prophetic glimpse into today's world and the future.

Syd Alrruhi (*The Lower Astral and Politics, pg. 98*)

"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.