

Premiere Metaphysical Quarterly For The Abstract Enthusiast

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

Volume 26 - Summer 2023

What's Your Perspective?



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What's Your Perspective?

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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, reincarnation, personal 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.

Arcanus Obscurum – Ancient theories, Nature, magical arts, crystals, symbology, shamanism, hermetics, alchemy, visions, Kamea, divination, secret societies, brotherhoods, angels and daemons, obscure deities.

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 and photography, poetry, prose, fantasy tales, stories with morals or messages.

Odd-vant Guarde – Atypical, curious, paradox, eccentric or uncanny chronicles, yarns cartoons. Quirkology. Opinions.



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THE HUMAN CONDITION

Man cannot discover new oceans unless...

He has the courage to lose sight of the shore.

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QUOTE from Andre Gide@ Globalcastaway.com, Cover Design: Kim Tsiang

Detachment is not a cold, hostile withdrawal; a resigned, despairing acceptance of anything life and people throw our way; a robotical walk through life oblivious to, and totally unaffected by people and problems; a Pollyanna-like ignorant bliss; a shirking of our true responsibilities to ourselves and others; a severing of our relationships. Nor is it a removal of our love and concern... Detachment is based on the premises that each person is responsible for himself, that we can't solve problems that aren't ours to solve, and that worrying doesn't help. We adopt a policy of keeping our hands off other people's responsibilities and tend to our own instead. If people have created some disasters for themselves, we allow them to face their own proverbial music. We allow people to be who they are. We give them the freedom to be responsible and to grow. And we give ourselves that same freedom. We live our own lives to the best of our ability. We strive to ascertain what it is we can change and what we cannot change. Then we stop trying to change things we can't. We do what we can to solve a problem, and then we stop fretting and stewing. If we cannot solve a problem and we have done what we could, we learn to live with, or in spite of, that problem. And we try to live happily — focusing heroically on what is good in our lives today, and feeling grateful for that. We learn the magical lesson that making the most of what we have turns it into more.

Detachment involves "present moment living" — living in the here and now. We allow life to happen instead of forcing and trying to control it. We relinquish regrets over the past and fears about the future. We make the most of each day.



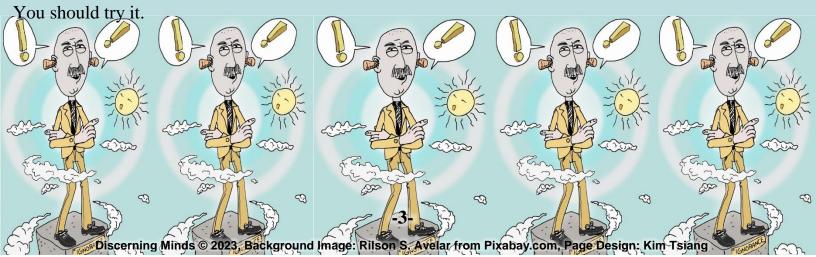
WHO GIVES A FLYING F*CK?

By Aly 'Zephyr' Nizen

"Attachment is the great fabricator of illusions; reality can be obtained only by someone who is detached." – Simon Weil

I suppose I could start out this soliloquy with "I hate to say this" but I actually don't hate to say it. I have reached the point where I simply don't give a flying f*ck about what goes on in this country anymore but not in the way you might think. Let me explain. The divide and polarization has too far gone and I have done nothing but waste my time telling people not to hate each other over the years. They seem to enjoy haughtily going down each other's' throats and continue to do so with great aplomb. They don't seem to realize the reality of what is actually going on and even if they did, I doubt if they would care. "Hell bent" is the perfect description of these people. Well they can have at it until they all collapse. Eventually some may change their tune and others will persist to walk a path that will bring them nothing for all their self-righteous behavior and beliefs. I consider myself beyond apathy at this point and have merely stocked myself up with popcorn and sit back and watch the show although even that has become impossible because I seem to have neither the patience or caring to sit and compare news coverage. My current average is about 5 minutes regardless of the content until I switch to a movie or old sitcom where values are still part of the overall theme. My new reality is that I am probably better off as it is certainly more peaceful and quiet in my life. I no longer engage imbeciles or hate mongers and that is a big plus. I have come to appreciate close ties who have basically fallen into their own little cubby holes of tranquility and prefer to discuss long lost hobbies or achievements – you know the old normal stuff folks used to talk about with such enthusiasm. There is no depression or feelings of loss – simply normal. I have detached from mundane manipulation and, quite frankly media bullshit.

Have I forgotten there are really bad things going on in the world? No. I see it and I am aware. I just refuse to give it any energy and, half of the time, any credence. I danced in the fires of the dark side for quite a while and accomplished nothing except burning my feet. Others, like me, tell me it's as though they have saved themselves from sinking in quicksand. Discernment can work wonders. And, of course, life goes on as imbalanced as it is at present but no longer driving any needs to help others who are not capable of handling any sort of common sense let alone truth connected to critical thinking. So, have I dropped out? No. I will do what I need to do if I believe it will make a difference for myself and benefit the collective. As impolite as it is, when I do run across those who are still mired in all the muck and scared to death of upcoming politics, I find myself saying, "Who gives a flying f*ck?" and end any further engagement as that is what truly mindful and intelligent people do. Detachment. It feels good.



It's Only Make - Believe, Right?

By Henry Salazar

"Perception is reality." – Lee Atwater

Is it art that imitates life or life that imitates art? Better yet is it life that imitates the creative spirit? Writers tend to fabricate tales that mirror the experiences of life and artists engage canvas creations for what they see. But what happens when life itself duplicates the power of the mind and alters the structure of reality?

Probably the most famous case of this type of phenomena is the correlation that has been made to the sinking of the liner Titanic in 1912 to a fictitious book titled *Titan* written 14 years prior to the Titanic sinking by a struggling writer Morgan Robertson which also featured a liner that sunk. The details of the novel bore an uncanny likeness to the real tragic event. In addition, and also some years earlier, a work of fiction with a similar tragic theme appeared in a London newspaper. The editor of that newspaper was W.T. Stead who made the following statement about the story:

"This is exactly what might take place, if liners are sent to sea short of boats."

As fate (?) or the hypothesis provides, W.T. Stead was a passenger on the ill-fated Titanic years later.



Were these incidents merely prophesy or the creative mind and imagination altering reality? How can real life accounts replicating fictional accounts be rationalized?

In 1975, writer David Boulton wrote *The making of Tania* Hearst, a book which was based on the kidnapping of heiress Patricia Hearst 1974 by the Symbionese Liberation Army. In the book Boulton had made an observance and what he felt was a connection to a pornographic novel titled *Black* abductor, which was published in 1972. In that piece an heiress named 'Patricia' was abducted from a college campus while her boyfriend was beaten up. Messages were sent to her parents by the abductors via personal ads in newspapers. She is seduced by the young black leader of the revolutionary group which she eventually joins. The author of the book James Rusk (who wrote it under a pseudonym) was interrogated by the FBI because they felt the SLA had copied the plot to carry out a real crime and that Rusk may have been an accomplice. Rusk was astonished that this was the case because even if copying were true, what guarantee could there possibly be that the real Patricia (Hearst) would be won over successfully as the fictitious heroine in the book had been?

Continued...

The Daphne Du Maurier novel, *Don't look now*, was made into a movie (same title) starring Donald Sutherland and Julie Christie in 1973. In that tale a couple is haunted by the spirit of their child who had drowned in a pond near their country home. In 1979, friends of Christie who were staying at her country farmhouse in Wales, suffered the same consequences when their own child drowned in two feet of water in a duck pond near the house. The mother had waded into the pond to recover the child just as Donald Sutherland had done in the movie but to no avail.

And what about art?

This is an advertisement for a Pakistani travel company published in 1979. Was it a future reality creation about 911?



(Image credit: Pristina)

This is an advertisement for a Pakistani travel company published in 1979. Was it a future reality creation about 911?

This painting by Mrs. Claire Fearon was not anything like what she usually painted.



Continued...

Not knowing it at first, she later came to believe it was a painting of what later was the Japanese earthquake and nuclear plant explosion. She had painted it a year prior to the event. She said: "I was watching the news of the earthquake and when I saw the pictures I thought 'that's my painting'."*



What is really going on?

"When faced with such events, it is inadequate to try to explain them in terms of life copying art. The idea of art imitating nature is familiar enough – but in fact the influences are bound to be in both directions. Perhaps we underestimate our own abilities to shape the world about us, abilities that are well known to every village shaman, healer, magician and mystic."** – Bob Rick

Resources:

The Unexplained Vol. 8 pg. 915

The Unexplained Vol. 9 pgs 1070-1073

**Quote pg. 1073

http://www.daydaypaint.com/blog/japanese-quake-was-predicted-by-an-artist-one-year-ago.htm

https://usahitman.com/5cptpwe/



Moral, Ethical, Spiritual

By Trish Bullock

"Moral" is defined as dealing with principles of right and wrong behavior. It is particularly used to indicate a behavior that is right, such as when we say that we have a moral duty to uphold justice.

Morality is sometimes portrayed as very simple, and in one sense it is. Since morals basically consist of a list of do's and don'ts, it would seem to be an easy matter to learn to follow them. But life is not always that simple. Sometimes we find ourselves in situations where one moral principle advises a certain course of action but another equally valid moral principle advises quite a different course. This is where our ethical understanding comes into play. We identify the specific moral principles and the broader ethical principles that have some bearing on the situation and seek to balance them against each other to arrive at the best course of action. This is a spiritual process, because the mental faculties that make it possible for us to do so are properties of the soul, not the body, and because the results both reflect our spiritual state and impact its evolution.

The word "ethical" refers to ethics, a theory or system for dealing with morality. It also is often used in the positive sense, such as when we speak of ethical practices in medicine.

Ethics and character are closely related. Ethics are the code or principles on which one's character depends. Ethics develop at an early age and can be instrumental to building character. Ethics have two components: belief and practice. Your beliefs and convictions are only the first part of ethics. These beliefs are rooted in your spiritual nature. You may believe that stealing is wrong. You may feel that lying is wrong or that hurting someone's feelings is unsuitable. These are beliefs.

The second part of ethics is how you act on your beliefs and convictions. Yes, stealing is wrong, but it is okay to take a few ink pens and a pack of Post-It notes home from work every week. Everyone does it. Yes, lying is wrong, but a little lie could save your job. What's the harm in that? The second part of ethics, how you practice, is the heart of ethical behavior.

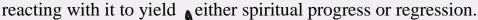
Perhaps the most important word associated with ethics is betrayal. Is there a worse word or act? Ethics demand that you consider this word. When you are making a decision, evaluating whether to act or not, or when you consider the consequences of a decision or act, is there any betrayal? That one word can be your guiding force in ethical behavior.



Perhaps the most important word associated with ethics is betrayal. Is there a worse word or act? Ethics demand that you consider this word. When you are making a decision, evaluating whether to act or not, or when you consider the consequences of a decision or act, is there any betrayal? That one word can be your guiding force in ethical behavior.

The difference between the two is subtle: "moral" implies conformity with some established code of behavior or accepted notions of right and wrong, while "ethical" implies a need to deal with difficult questions of rightness and wrongness that may not have stock answers in accepted moral codes. Thus, we can think of ethics as the set of processes by which we decide what is right and wrong, and morality as a set of more or less clear statements regarding what actually is right and wrong. Morals can be the outcome of ethical reflection, although often morals are simply taken as givens because we are taught from childhood what constitutes right and wrong.

Now we come to the most difficult of the three terms. "Spiritual" is defined as that which relates to the spirit, to sacred matters, or to religious values. Most people would probably agree that our outward behavior has a lot to do with our spiritual condition, both through reflecting that condition and through





Thus, the moral principles by which we live and the ethical processes that help us decide in any given situation what actions are right or wrong are intimately bound up with the spiritual.

Thus, the spiritual principles given to us by the Manifestations of God constitute a moral and ethical framework for dealing with whatever life sends our way. This framework becomes even more powerful when we draw upon consultation to bring differing viewpoints, backgrounds, and experiences to bear upon a problem.

On the subject of spiritual ethics, spiritual practices are observed to reinforce a commitment to a set of attitudes and thereby insure the manifestation of these attitudes in society, or to open the mind to spiritual insight to allow change in attitudes and thus improved spiritual and even physical well-being. An example of a change based spiritual practice would be a Shamans vision quest.

So ethics are the fundamental pattern behind our life and everything we do? Scary to think many of us don't consciously know our ethics. Regardless, you will have attitudes, preferences, and beliefs about any experience you have in life.

Would you say that ethics follows behavior or behavior follows ethics? Behavior follows ethics as behavior has no reliable governing factors on a strictly physical level.

Continued...

Even the practice of spiritual "medicine" changes this. Recent research shows that the principle of suggestion is functionally invalid. That you need not be convinced that something will have an effect, you just have to imagine it will.

So you say we can create anything if we imagine it? You can create in yourself any state you imagine, and your imagination will be inspired by your life. By changing your state of mind or consciousness, you discover that your attitudes about your experience changes, and often you gain intuitive insights into a situation that seemed impossible to handle.

It worked for Beethoven, creating and imagining. I think the great creators of music and movies and such can imagine their creations. Often from an artist's efforts to reflect some intuitive insight they had into the world without any effort on the artist's part.

Resources:

Dale E. Lehman

http://www.planetbahai.org

Travis Saunders

http://dragonintuitive.com

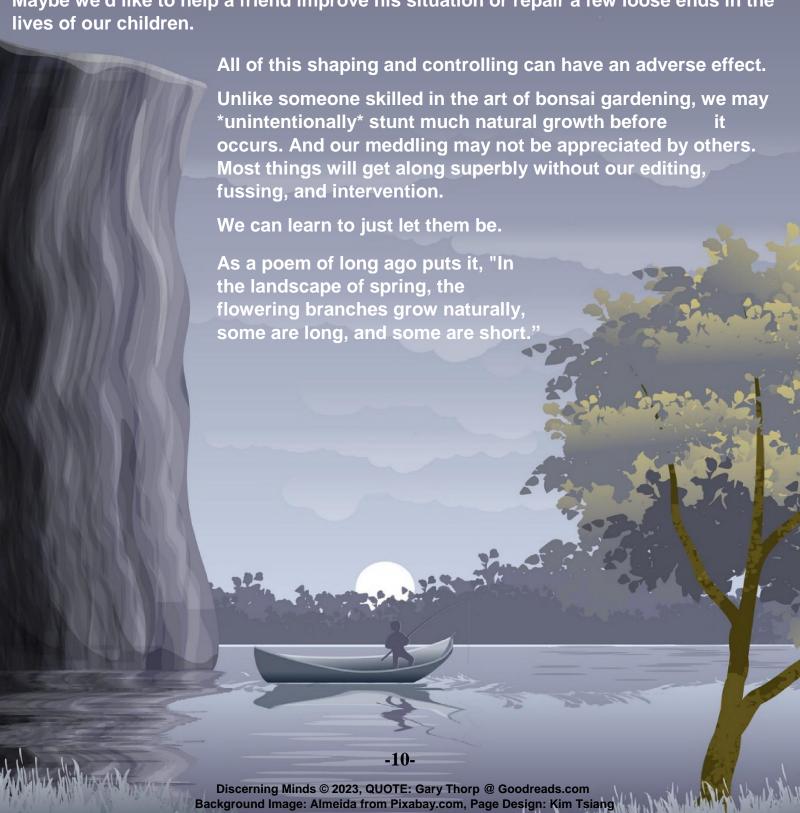
Robert M. Sherfield, Ph.D.

http://www.netplaces.com



Whether working in the yard or just going about the daily business of life, you are continually adjusting, trimming, touching, shaping, and tinkering with the wealth of things around you. It may be difficult for you to know when to stop.

We are all torn between the extremes of taking care of things and leaving them alone, and we question whether many things could ever get along without us. We find ourselves with pruning shears in hand, snipping away at this or that, telling ourselves that we're only being helpful, redefining something else's space, removing that which is unappealing to us. It's not that we really want to change the world. We just want to fix it up slightly. We'd like to lose a few pounds or rid ourselves of some small habit. Maybe we'd like to help a friend improve his situation or repair a few loose ends in the lives of our children.





AUTHOR BIOGRAPHIES





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THE HUMAN CONDITION

Melody Beattie QUOTE (Detachment, pg. 2)

Over the years, Melody Beattie has become well-known in the world of self-help literature. After turning away from a life of addiction and suffering, Melody shared her own story in order to help others change theirs. She has also been featured as a journalist in magazines such as Time and People. Beattie was met with many struggles as a child. After months in court-ordered rehabilitation she was struck by a spiritual awakening and entered the world with a strong conviction to help others. Her honest and compassionate words have helped shaped the self-help industry. The

Aly 'Zephyr' Nizen (Who Gives a Flying F*ck? pg. 3)

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.'

Henry Salazar (Its Only Make believe, Right? pg. 4)

Dr. Henry Salazar is a retired anthropologist living in Arizona where they are plenty of rock formations for him to play with. He lives there with his wife Leda, a retired professor of history and his dog Theo. He enjoys deep sea fishing in the summer and skiing in the winter which requires some long distance travelling for him to be able to do so. He tends to think of himself as his own version of *Indiana Jones*.

Trish DeMarco Bullock (Moral, Ethical Spiritual, pg. 7)

Trish is married and the mother of three exceptional children. She and her family reside in Delaware which she considers a source of political unrest for the last several years and she credits that experience with pushing her further into metaphysics and spirituality. She recently finished her Ph.D. in psychology and is proud of that accomplishment. Trish is a Light Force Network lifetime member where she serves in administration as a manager and is also part of the Discerning Minds managerial team.

Gary Thorp (The Joy of ZEN in Everyday Tasks, pg. 10)

Gary Thorp began studying Zen in 1960 and was later lay-ordained in the lineage of Shunryu Suzuki Roshi. A former bookseller and jazz pianist, he is a full-time writer, doing research in marine biology and the ecology of mountain lions. He lives with his wife, Lura, in Marin County. The quote was found on www.goodreads.com

A Matter of Spirit



All conditioned things are 'impermanent' -

When one sees this with wisdom, one turns away from suffering.

Section Managing Editor - John "Salaam" Solis

© Discerning Minds 2023, QUOTE: BUDDHA @ WomansDay.com Image by Peace, love happiness from Pixabay.com Cover Design: Kim Tsiang

I release my parents from the feeling that they have already failed me.

I release my children from the need to bring pride to me; that they may write their own ways according to their hearts that whisper all the time in their ears.

I release my partner from the obligation to complete myself. I do not lack anything, I learn with all beings all the time.

I thank my grandparents and forefathers who have gathered so that I can breathe life today. I release them from past failures and unfulfilled desires, aware that they have done their best to resolve their situations within the consciousness they had at that moment.

I honor you, I love you and I recognize you as innocent.

I am transparent before your eyes, so they know that I do not hide or owe anything other than being true to myself and to my very existence, that walking with the wisdom of the heart, I am aware that I fulfill my life project, free from invisible and visible family loyalties that might disturb my Peace and Happiness, which are my only responsibilities.

I renounce the role of savior, of being one who unites or fulfills the expectations of others.

Learning through, and only through, expressing, even though somebody

I understand myself, because I alone history; because I know myself, I know what I do and why I do it.

I respect and approve myself.

I honor the Divinity in me and in you.

We are free.

love, I bless my essence, my way of may not understand me.

have lived and experienced my who I am, what I feel,



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Religious Misnomers

By Matt Sharpe

Zarathustrianism (Zoroastrianism to the Greeks) WAS the original monotheistic religion, not just "one of." Of course dating these things becomes problematic to say the least because of a lack of definitive and dateable archaeological evidence, but history mentions no monotheistic religion before Zoroastrianism, and that is only the start of the tale, as Zarathustra was a religious reformer who came to "correct" society that had unwittingly fallen away from its true and original religion (as happens to every religion over time). Depending on who you listen to, he was either the 28th prophet in a line, or the 14th, descending from the first prophet, Mahabad (Iran has a city named that).

The Hebrews having discovered monotheism during their stay in Babylon after being freed by the Persians. All of the Abrahamic faiths got monotheism directly from Zoroastrianism (remember those 3 wise men at the birth of Jesus? They were Magi, Persian astrologers/astronomers). Their religion had already become monotheistic by that time, but before that YHWH was just one of an entire pantheon who supposedly won all battles to become supreme in their opinions. Christian "demons."

The original word is Greek, daemon was the word, and it simply meant disembodied spirits, whether former humans or not. They were not physical thus the term disembodied, even if they hadn't necessarily ever been in a body. The Romans got the word from the Greeks but changed it to demon. And it is from here that it eventually made its way into the Roman Catholic Church with the connotation used today meaning purely evil. It makes little difference if a negative entity is a former human or a non-human. And humans CAN become demons although not necessarily as powerful as the common kind in Catholic thought.

Demons have a hierarchy the same way a military or society would. Archdemons rate very highly but are usually never encountered as they have "lessers" they send to do what they want done. Then there are numerous levels below them of varying strength and ability or power right down to the very smallest and most insignificant, which can still cause harm at times. Few are able to even see them or detect their presence, so they go unseen causing problems and making strange inexplicable noises hoping to cause fear that can be amplified to something more useful at times.

Continued...

Next we get to the God v. Satan idea that has always existed around the globe, and even in religions with numerous gods and goddesses. The problem we find here is the inability of most humans to accurately identify anything. Most religions actually pray to Satan thinking him their God. Such is dualism where things aren't always easily identified correctly. The Old Testament proves my point.

How many times does their "god" become angry or jealous only to smite and kill the humans he blames for his petty (and uncontrolled) emotional state? This is because he is the one who has the power to create demons. He also creates angels, though these of his creation aren't necessarily the real thing either, but they serve the purpose of balance within the lower planes and they fight demons and all the rest. Their creator is the dual god, NOT the Godhead which exists beyond duality. This is why so many fall into the illusion that they are following the "true" religion when nothing could be further from the truth, as they haven't yet been able to identify the entity they intend to address.

Belief plays heavily as it always must for most religious paths to sustain themselves any length of time. Not many every climb up out of that illusion, and of course the way is anything but easy. Those we call saints in the West, or Sants in the East have achieved this state and undoubtedly are aware of the difference, but not all necessarily tell everyone about this. Such is life, all secrets are never revealed to those who have yet to earn the knowing.



"The most basic spiritual truth is the simple fact that everything in the entire universe is created from God's substance, God's energy ... God is beyond the good and evil defined by the dualistic mind." ~ Kim Michaels

Evolution vs. Involution

They came from all walks of life ... those strange European practitioners, who said theirs was an acquired and forbidden knowledge learned in a school presumed to be in Spain. No one knew exactly where the school was but speculation placed it at Toledo or Salamanca. The term of course was five to seven years during which time no one ever saw the students until they re-emerged haggard and grim faced. The headmaster was unseen and unheard; yet, all knew who he was – the only stipulation for entry – a "certain agreement."

The school could only be reached through a cavern accessed by winding staircases, by which they were led far into the Earth – sealed away from sunlight, sealed away from the outside world by heavy and impenetrable iron doors. Except for their own murmurings, they schooled in silence. Sustenance appeared by an unseen hand that catered sparsely to their bodily needs. No monetary fee was ever charged. They saw no schoolmaster or instructor. They heard no responses to their queries. The answers they sought and asked for each night in their evening contemplations appeared at dawn as letters that seemed illuminated on faded parchment pages or upon the cavern walls. No servants attended them.

Insidious

"God created spirits endowed with freewill, to become insidious is a choice of that freewill." - Anonymous

Once "graduated" and re-entered into the world, they appeared to have no conscience or any need to show responsibility for their actions. Easily taking all the credit when things went well, they just as easily cast blame on others when it did not. Self-justification was their first and only response to criticism. In the nineteenth and early twentieth centuries, organized magical lodges serving the powers of evil were formed. Known as the Brothers of the Shadow or Black Lodges, these organizations were said to be in opposition to the forces of spiritual evolution and to the Masters and the Great White Lodge. In the Hermetic Brotherhood of Luxor and traditions descending from it, the Black Lodges were associated with the Mysterious Dark Satellite and its sinister hierarch and source of power Ob.



The Dark Satellite was said to be the place where souls that failed to make contact with their higher selves and so gain immortality, sink gradually into oblivion. It lies by location in the shadow of the Earth in space. There has been much earnest and studious thought given to the *Dark Satellite*. Some believe it to be tied to the Egyptian conception of spiritual fall and some believe it to be the Lost Orb of the Grecian mysteries while others insist it is the Moon in its connotation of the 8th sphere of death and dissolution. Yet there is another explanation. During the Golden and Silver Ages of the Earth's evolution, the Dark Satellite was in the aphelion of its orbit. Its influence was scarcely felt but was minutely recognized as "animal force" and underdeveloped good. During the Copper and Iron Ages the orb gradually approached Earth and its dark shadows started to become perceptible yet remained bewildering. Around 1881 it passed its perihelion point and began to recede yet its dark clouds were not completely lifted from mankind's mental horizon, as it remains today - a disturbing factor of our planet's mental equilibrium.

The orb is said to possess a complete organization of its own. It is governed by defined laws the nature of which is exhibited in the lower animal nature manifested in mankind. The sphere is inhabited by numerous races of spiritual beings neither elemental nor elementary possessing high intellect and cunning. Originating from a dark center in the Astral Realm, "the dark council" of magical hierophants creates the Grand Delusion. They are the producers of human suffering and misery and the procurers of lies, deceit, fraud and religious and spiritual imposture. All these things are constantly reformulated to suit the temper of human times. Its influence is subtle psychological poison projected into the dimensional mental matrix of the human race; the occult current penetrating the inner recesses of the mind and accosting the Soul until finally in the heart of man is found an evil sliver of self-interest. The matter of energy distribution is inversive and used to distort and corrupt every arcane truth into theological dogma always with just enough "error" and doubt to make it acceptable to the logic of the human mind. The favored targeted prey is always those who are half informed of nature's mysteries. The old proverb ... "A little knowledge is a dangerous thing," aptly applies here.

The greatest accomplishment of the Dark Satellite while it was at its perihelion was distortion of theology and metaphysics throughout the world at large through the doctrines of reincarnation and karma and the afterlife. Not all of this was successful because there are certain natural absolutes that cannot be corrupted by the dark magic. Man alone possesses the elements of both life and death. The laws of life have been fully elucidated and the Soul obeys them.



The H.B.of L.

The Hermetic Brotherhood of Luxor was founded in England sometime before 1884 by Max Theon and operated by his student Peter Davidson and his associate Thomas Burgoyne who had been imprisoned a year earlier for mail fraud. The H.B.L. can be considered one of the first examples of an occult correspondence school as its debut was in an advertisement in an English translation of the Corpus Hermeticum. Candidates for its membership, who responded to the advertising or were recommended by a member would be requested to supply a photograph and an astrological birth chart. Upon acceptance, the new member would be placed in contact with a mentor who would send out a series of manuscripts covering the teachings and practical work of the brotherhood. A modest membership fee and annual dues was also required.

In exchange for these things and a pledge of secrecy, the member would receive details of the system of occultism – mainly how to make and use an magic mirror in order to develop clairvoyance and clairaudience. They were also instructed in a method of sexual magic derived from the writings of American occultist P.B. Randolph. In addition they received documents outlining an idiosyncratic system of historical and cosmic cycles based mainly on the theory of polar shifts propounded by British shoemaker/scholar Samson Mackey.

Foes and Feuds

The H.B.L of L. had a running feud with the Theosophical Society which was a major player on contemporary occult circles. Theosophical writings of that time claim that the ideology of the Black Lodges glorified the infinite assertion of separate individuality, as opposed to the teachings of the Great White Lodge which sought to lead all souls into Divine Unity. It must be noted that actual evidence for the existence of Black Lodges along these lines in the late nineteenth and early twentieth centuries appears to be entirely absent although there were a number of Satanist organizations at the time and other lodges of dubious character with teachings identical to those the Theosophists attributed to the Black Lodges.

Unfortunately, Burgoyne's position as Private Secretary to the Council of the H. B. of L. and one of its two prominent members and his past imprisonment did not gel well. In 1886, when word of this broke it resulted in scandal which brought about the downfall of the H.B. of L. It continued a branch in France and attracted occultists the caliber of Papus but by the first decade of the twentieth century it was all but extinct ... or was it?



In Germany and the United States, the brotherhood attained and kept a certain degree of longevity but under new names and in different forms. In Germany, the Ordo Templi Orientis was founded by ex H. B. of L. members Theodore Reuss and Carl Kellner. They incorporated the H. B. of L.'s sexual magic as the secret teachings of its highest degrees.

In America, where both Davidson and Burgoyne moved in the aftermath of the scandal, the H.B. of L. set down deeper roots. New students were recruited and the brotherhood's lore continued to be taught. Burgoyne wrote and published *The Light of Egypt* which became a popular work in American occult circles.

From Dark to Light

Eventually, Burgone ended up in the center of a new organization called the Brotherhood of Light based in Denver, Colorado which had its own publishing arm. In 1909, Elbert Benjamine, known widely by his pen name C.C. Zain, became head of the Brotherhood of Light and started a transformation that led to the Church of Light founded in Los Angeles, CA in 1932. The Church of Light remains active today. It is dedicated to the "Religion of the Stars" and takes a spiritual approach to life based on astrology and occult philosophy. Its members are called Stellarians.

The Law of Free Will is very clear. All self-aware beings have the right to create any experience for themselves that they want for as long as they want (within the framework of the law). This means that YOU have a right to do whatever you want—as long as you do not seek to interfere with other people's free will. Do you see that there is a subtle distinction here? You can do whatever you want, even if it affects other people. However, you do not have a right — according to God's law — to try to interfere with the choices other people make. For example, striking a person on one cheek obviously affects him, but it does not violate the law, for he is still free to choose whether he will strike you back or turn the other cheek. Yet seeking to deceive or manipulate someone into making certain choices is indeed a violation of the Law of Free Will. ~ Kim Michaels

Resources:

The Encyclopedia of Forbidden Knowledge (Zolar)
The New Encyclopedia of the Occult (John Michael Greer)
http://www.ascendedmasteranswers.com/spiritual-topics/black-magic/285-prayers-of-mal-intent

I offer you peace.

I offer you love.

I offer you friendship.

I see your beauty.

I hear your need.

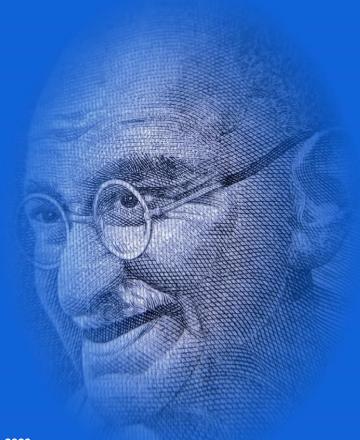
I feel your feelings.

My Wisdom flows from the highest source.

I salute the source in you.

Let us work together for unity and love.

Gandhi's Frayer for Feace



Many years ago I developed a theory of mutual exclusivity.

I had observed in my own life that either God solved a problem or I solved the problem but both God and I did not work on the same problem at the same time.

If I decided to solve it then God had better things to do than to help me.

If I decided to turn the problem over to God then God would resolve the issue.

When I refer to my solving the problem, I am referring to taking willful action and deciding what the correct resolution is. If my family needs food, go out and work to earn money and feed them.

There is a great difference between detachment and doing nothing.



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A MATTER OF SPIRIT

ANONYMOUS QUOTE (I Forgive, pg. 13)

This was an ANONYMOUS Quote is from Goodreads.com.

Matt Sharpe (Religious Misnomers, pg. 14)

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. He is a lead administrator and teacher on the Light Force Network.

Rev. Dr. Loni Haas (Dark to Light, pg. 16)

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.

Mahatma Gandhi (Gandhi's Prayer for Peace, pg. 20)

Mohandas Karamchand Gandhi was an Indian lawyer, anti-colonial nationalist and political ethicist who employed nonviolent resistance to lead the successful campaign for India's independence from British rule. He inspired movements for civil rights and freedom across the world.

Heather Cardin QUOTE (A Theory of Mutual Exclusivity, pg. 21)

We are living the future that the elders envisioned when they, themselves, were young. What was that vision? What did they do to make it a reality? What made them adopt a new religion, perhaps in the face of opposition from family and friends, and spend the rest their lives serving it? What insights can they offer to inspire rising generations? These are the questions Heather Cardin asked elder Bahá'ís around the world. She invited them to share their stories of how and why they became Bahá'ís, their adventures as they lived a new life, often far from their homes, and what the Bahá'í Faith has meant to them.

THE BODY TEMPLE

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



Section Managing Editor – Lynda Lidel Harley
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QUOTE: Jim Rohn @ AZQuotes.com, Cover Design: Kim Tsiang

PEOPLE USE DRUGS, LEGAL AND ILLEGAL, BECAUSE THEIR LIVES ARE INTOLERABLY PAINFUL OR DULL. THEY HATE THEIR WORK AND FIND NO REST IN THEIR LEISURE.

THEY ARE ESTRANGED FROM THEIR FAMILIES AND THEIR NEIGHBORS.

IT SHOULD TELL US SOMETHING THAT IN HEALTHY
SOCIETIES DRUG USE IS CELEBRATIVE, CONVIVIAL,
AND OCCASIONAL, WHEREAS AMONG US IT IS LONELY,
SHAMEFUL, AND ADDICTIVE.

WE NEED DRUGS, APPARENTLY, BECAUSE WE HAVE LOST EACH OTHER



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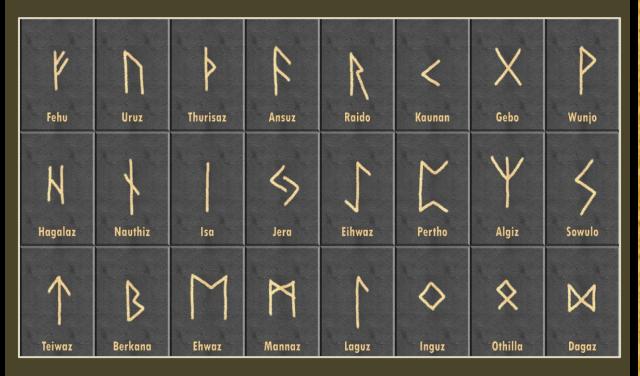




ELDER FUTHARK HEALING

By Opir

Runes can be used for physical and emotional healing as well as aiding with spiritual support. The can be signed into an aura by a Rune Master who specializes in healing or used along with crystals on the body or is solo use by intent. Here is a general guide for the Elder Futhark.



Algiz - headaches and issues of the brain including psychological disorders.

Ansuz - mouth, teeth, throat and matters of voice, specifically those who suffer from stuttering.

Berkana - healing properties are best used when focusing on fertility issues.

Dagaz - helps to relieve fear, distress and problems of nervousness.

Ehwaz - emotional healing or regarding the eyes.

Eihwaz - the back.

Fehu - chest and/or respiratory problems.

Gebo - cleansing toxic poisoning of relationships.

Hagalaz - disruptions of the skin such as wounds, grazes and cuts.

Inguz - problems associated with the male reproductive organs.

Isa - loss of feeling or sensation.

Continued... Jera - gastrointestinal problems. Kano - abscesses, ulcers, cysts and boils and the fevers associated with them. Laguz - healing issues that deal with the kidneys. Mannaz - feet or ankles and sprains, strains and pulled tendons. Nauthiz - issues relating to the arms. Othila - diseases rooted in the genetics of the person. Perth - all matters of physical healing; can be used in concert with all other Runes. Raido - legs and gluteal muscles. Sowelu - burns or skin problems. Thurisaz - human emotions. Tiewaz - rheumatism, arthritis and other joint ailments; especially those of the hands. Uruz - muscles and anything connected with bodily strength. Wunjo – the whole mind, body spirit and what makes one happy. -28-



Color, Tone and Breathing

By Li Shaugnessey, R.N. C.H.T. C.B.T.

Once the conclusion that the colors of the spectrum are related to vibrations has been made, the use of color can be added to sound and breath.

COLOR	MUSICAL TONE FREQUENCY
Red	G-392
Scarlet	G-392 and D-587
Yellow	A#-466
Green	C-523
Orange	A-440
Turquoise	C#-554
Blue	D-587
Purple	A#-466 and E-659
Violet	E-659
Magenta	G-392 and E 659
Indigo	D#-622
Lemon	B-494

The cycle per second after each note help with identification in reference to a given musical instrument. In some cases, two musical notes must be sounded together to produce a particular color.

Sound – With eyes closed hum a particular tone while mentally visualizing a particular color.

Breathe – Mentally picture a particular color drawn into one's self with the incoming breath.

The brain-disease model overlooks four fundamental truths:

- (1) Our capacity to destroy one another is matched by our capacity to heal one another. Restoring relationships and community is central to restoring well-being;
- (2) Language gives us the power to change ourselves and others by communicating our experiences, helping us to define what we know, and finding a common sense of meaning;
- (3) We have the ability to regulate our own physiology, including some of the so-called involuntary functions of the body and brain, through such basic activities as breathing, moving, and touching and;
- (4) We can change social conditions to create environments in which children and adults can feel safe and where they can thrive.

When we ignore these quintessential dimensions of humanity, we deprive people of ways to heal from trauma and restore their autonomy. Being a patient, rather than a participant in one's healing process, separates suffering people from their community and alienates them from an inner sense of self.





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BODY TEMPLE

Wendell Berry QUOTE (Drugs, pg. 24)

Wendell Berry is a conservationist, farmer, essayist, novelist, professor of English and poet. He was born August 5, 1934 in Henry County, Kentucky where he now lives on a farm. *The New York Times* has called Berry the "prophet of rural America." The quote was found on Goodreads.com.

Li Huan Shaugnessey (Simple Raw Vegan Recipe, pg. 25 AND Color, Tone and Breathing pg. 29)

Li is a registered nurse, surgical assistant, medical intuit and spiritual healer living in the Southeast US. Inspired by the late Dr. Michael Newton and his unique regression work, she is currently furthering her education in psychology with her eye on a Ph.D. While caring for patients, Li has heard many near death and after death return stories which she has recorded and filed as research data for a future book.

Opir (Elder Futhark Healing, pg.27)

Olan Ofaeigr is a Rune Master who has practiced Runemal for 30 years including mastery in healing. He enjoys nature which he engages every day, gardening and carpentry. He believes in giving back to the land and does voluntary environment clean-up. His favorite reading is history of all kinds and he enjoys penning an article or two when his muse is active. Opir is a member in good standing of the Light Force Network.

Bessel van der Kolk QUOTE (Four Fundamental Truths, pg. 30)

Bessel van der Kolk MD spends his career studying how children and adults adapt to traumatic experiences, and has translated emerging findings from neuroscience and attachment research to develop and study a range of treatments for traumatic stress in children and adults. In 1984, he set up one of the first clinical/research centers in the US dedicated to study and treatment of traumatic stress in civilian populations, which has trained numerous researchers and clinicians specializing in the study and treatment of traumatic stress, and which has been continually funded to research the impact of traumatic stress and effective treatment interventions. He did the first studies on the effects of SSRIs on PTSD; was a member of the first neuroimaging team to investigate how trauma changes brain processes, and did the first research linking BPD and deliberate self-injury to trauma and neglect in early childhood. The quote was found on Goodreads.com.

PAGNOMENA FILES

CONFIDENCE HAS BROUGHT THEM OUT INTO THE LIGHT, BUT THEY SEEM TO HAVE FORGOTTEN – LIGHT IS NO GOOD FOR CREATURES OF THE NIGHT.



SECTION MANAGING EDITOR - JOHN HOLBROOK PSI

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MURDERBOT

"Host: For those of you just tuning in, our guests tonight are the amazing Murder Magician, and his lovely minion, The Assistant...

Assistant: Charmed, I'm sure

Host: Who recently killed The Rumor. And you were awarded the Oppenheimer prize for villainy at last week's annual summit for dastardly deeds-- what are you going to do with all that money?

Murder Magician: Well, I'm so glad you asked that-- because I spent all the money on this giant MURDERBOT, and I've been dying to show it off!

Assistant: It's true... every penny.

Host: Wow! That's impressive! So

what does it do?

Murder Magician: Well, Mr. Clark... it

murders people.

Laughter.

Murder Magician: I'm serious.

Assistant: He is."



Making a Point

By Lydia Morrisey



Many people are familiar with the various types of curses and their accompanying legends from around the world. One type that shows up in many cultures and is widely known is the Evil Eye whereby calamity, illness or even death can ensue from a malevolent glance. There is one curse that is lesser known but dates back to the magic and sorcery of early tribal societies – Pointing.

In pointing, supernatural hex is easily executed by pointing a finger, stick or bone backed by the belief that certain magically endowed persons can direct paranormal and natural forces that affect any living thing and bring about justice. When we think about it in today's psychological terms, most people hate being pointed at by anyone else for any reason and will often respond with, "Don't point your finger at me!" Perhaps this ancient art of the hex is at the root of some basic psychology.

Stories about pointing can be found in European Witchcraft lore, North American Tribal lore, Voodoo and the lore of Australia, Melanesia, New Zealand, Polynesia, Africa and Latin America. In particular, North American Tribal lore has many legends about killing animals by pointing at them. Australian Aborigines refer to pointing as "boning" or "pointing the bone." In this case it is considered a punishment for breaking the law or any other wrongdoing.

A case in point (jest intended) was compiled by anthropologists John Goodwin and Ronald Rose. The case involved a man by the name of Kinjika convicted of the rape of two girls according to tribal law. The tribal Wiseman known as the kurdaitcha decided to craft a special tool to direct the boning. He fashioned the tool by hammering a point into a wire which he drew through flames as he recited curses. The wire was then pointed at the man. This was repeated every evening for one week. The victim became sick and grew progressively worse until he had to take to bed. At the end of the week when the curse was finished the man died. Hospital tests showed there was nothing physically wrong with him.

Another Aboriginal tool is known as kundela. The bone can be from a human, kangaroo, emu or in some cases wood is used. The length of the kundela ranges from six to nine inches. It is fashioned to look like a long needle, rounded at one end with a hole through which hair is attached. The kundela is charged with very powerful psychic energy via a ritual which is kept a secret from any females or non-tribe members.

In most research sources, pointing a finger while uttering a curse is the most effective and deadly. Hatred and the intent to harm or kill, known as deadly magic, is sent to the victim resulting in a most unhappy ending. It is believed that the only way to nullify the pointing is to appeal to the sorcerer who sent it or to find a more powerful sorcerer to cast a counterspell.

How does it work? One might consider negative placebo effect, thanatomania or death suggestion, which are psychological or magical reactions on the part of the victim since in reality pointing a finger is neither a positive or negative act (the victim has to believe in the curse for it to take effect) — it is the intent that counts.





Continued...

The boning of Prime Minister John Howard in 2004 by an Aboriginal woman over politics who said he would be cursed up until the next federal election. John Howard won his fourth successive term that year but in 2006 he suffered one of his biggest defeats when he was forced to withdraw proposed laws that would have extended the offshore processing of asylum seekers. His bid for a fifth term as prime minister was unsuccessful and became only the second sitting Australian prime minister to lose his seat in Parliament.

Perhaps we all need to think twice before pointing a finger at someone or dodge one pointed our way ... the paranormal has a wicked sense of humor at times.

The Ghoul

By Alghul Alpatil

Kin of the Djinn, seed of Iblis,
The Ghoul waited for its next opportunity to feast —
Perhaps on some hapless soul lost in the foq who had wandered off the beaten pathOr some drunkard, stumbling and passing out too close to the edge of the
graveyard where the Ghoul slept.

Once a month it would rise —
At the time of the Full Moon >
Perhaps a clever conjurer of the Black Arts would summon it —
To satisfy revenge for a deed misdone.

It mattered not if it was man, woman or child —
Reason played no part, nor did empathy Sustenance was sustenance and it savored each meal —
The Ghoul would not be denied his fare.



It preferred the living over the dead, striking without warning — Dragging its victim screaming and flailing off to its subterranean pit, It would eat them alive - skin, flesh and organs until their breath ceased — The preference always to eat the eyes last because the horror they had experienced lived in them.

Once satiated, it threw the gnawed bones in a pile – Counting the skulls like trophies – Lining them up along the walls of his domain – Content with his collection.

It had already lived 300 years and gained the skills of a general — It feared nothing - silver, holy water, blows or prayers - not even fire, It feared only the Sword of Islam that cleaved off its head with one stroke — Only that could bring his doom and exile it to the nether realms.

Lo! The Ghoul continued its horror reign,
Undetected - Waiting and watching —
Listening for the footfalls —
That brings its fate or its next meal —

Won't you stop by?



IF I KNEW YOU WERE COMING, I'D HAVE BAKED A CAKE

By Spectre

In paranormal terminology, an Arrival Case is defined as the appearance of a person in advance of his or her actual arrival. The 'phantom' appears in the same clothing at the time of the sighting that the actual will be wearing when they finally do arrive. To any observers, the phantom is physically present and can speak and respond. The individual who has projected his phantom to a distant location is not aware of this having happened until told about it after the fact.

A mere projection -

Numerous explanations for Arrival Cases have been proposed, the most accepted stating that the individual somehow projects a double which is perceived as his physical self in another location. Bilocation has also been considered whereby the individual projects himself out of body. Another possible explanation is a glitch of time where a space in the time/space continuum has been disrupted causing a duplication of an event in time.

Arrival Cases were studied by early 19th and 20th century psychical researchers. A comprehensive survey called *Phantasms of the Living* was published in 1918. It postulated that in some cases intent and state of mind were highly relevant, i.e. a person is expected to arrive and while in transit a strong intent places him at the location ahead of time. Sometimes an individual merely contemplating a future activity in another location also placed him in the location ahead of time.

The *Phantasm* survey cites the case of a young grove before she actually arrived to intense emotional state contributed to the Highlands of Scotland, Arrival Cases and can only be seen by those with second known as Vardøger and are common.

girl whose arrival apparition was seen in a commit suicide. It is believed that her the projection of her double. In are known as "spirits of the living" sight. In Norway, Arrival Cases are

Continued...

A vardøger is a double in Norse mythology, who actually precedes a living person, performing their actions in advance. In modern times paranormal message boards have several posts from persons claiming to have seen someone in one place, only to meet them later and realize the first sighting was impossible. One woman looking through a large picture window, clearly saw her husband being dropped home by a co-worker. She went to the door to let him in, only to find no sign of either person or the car outside. Her husband arrived home hours later, and confirmed that at the time she thought she saw them, he and his colleague were still four hours away from home. One person was told that he was "heard" arriving home with a friend, five minutes before he actually did so. When he and his partner actually did get home, his waiting friends said their arrival sounded exactly the same, with them making the same noises and even uttering the same words that were heard the first time.

A strong example is the case of Erikson Gorique, and American importer who was seen ahead of time when he went to Oslo on business for the first time in his life. He was familiar to both the hotel clerk and a wholesale dealer. He was told by the hotel clerk that he had stayed at the hotel several months earlier and made reservations to return several months later – the reservation matching his actual arrival in the current time. The dealer had greeted him familiarly saying it was a pleasure to conclude the business they had initiated on Gorique's earlier trip.

A well-known case concerned American author Mark Twain. He described his experience as being at a large reception where he spotted a women he knew and liked but lost sight of her in the crowd before he could approach her. When he met her later at supper she was wearing the same clothes she was wearing at the reception however at the time he had seen her at the reception, she was actually in transit on a train on her way to the party.

Resources:

The Encyclopedia of Ghosts and Spirits by Rosemary Ellen Guiley

http://listverse.com/2009/04/24/top-10-bizarre-modern-paranormal-phenomena/

I was caged within a four dimensional cube that eclipsed the world around me in an icy mist. I screamed; begging someone, anyone to hear my pleas, but my voice had been extinguished and left me with a slight wheeze from what little oxygen I had. I could glimpse the field of energy as it shrank through the safety of my circle to envelop me in a blazing grip. I was alone; unbearably separated from my haven.



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PHENOMENA FILES

Gerard Way QUOTE (Murderbot, pg.33)

Gerard Arthur Way (born April 9, 1977) is an American singer, songwriter, musician, and comic book writer who served as frontman, lead vocalist, and co-founder of the band My Chemical Romance from the time of its formation in 2001 until its breakup in 2013. He is the author of the Eisner Award-winning comic book series *The Umbrella Academy* (now a Netflix original series) and *The True Lives of the Fabulous Killjoys*. Way lives in Los Angeles, California, with his wife Lindsey (bassist of Mindless Self Indulgence) and their daughter, Bandit. Quote is from Goodreads.com.

Lydia Morrisey (Making a Point. pg. 34)

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

Alghul Alqatil (The Ghoul, pg. 36)

Alghul whose penname means *Ghoul Killer* in Arabic considers *itself* a writer of prose based upon the occult history of various cultures. For this reason and many others, *it* prefers to remain anonymous.

Spectre (If I knew you were coming, I'd have Baked a Cake, pg.38)

"Spectre" is the pseudonym of Alex V. Fournier, He hails from the American Mid-west and owns the family home in which he grew up. It is haunted by what he calls friendly spirits. Alex is retired (young) and likes to spend his time reading and researching while penning ghost tales and true ghost accounts.

J.D. Stroube QUOTE (The Cube, pg. 40)

J.D. Stroube is an author, artist, and psychology major. Her writing crosses many genres, but most often gears towards fantasy and the paranormal. J.D. intends to utilize her overwhelming need to know and understand things, to aid her in achieving her Doctorate degree. She then hopes to open her own practice to counsel lowincome families and children.

Freemus Absentum

All you need to know about the light is in being in the dark.

Section Managing Editors: Eliana Rosini Mascolo and Marco X. Mascolo

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Wizard Ways — Phlogiston By Wizard Rick

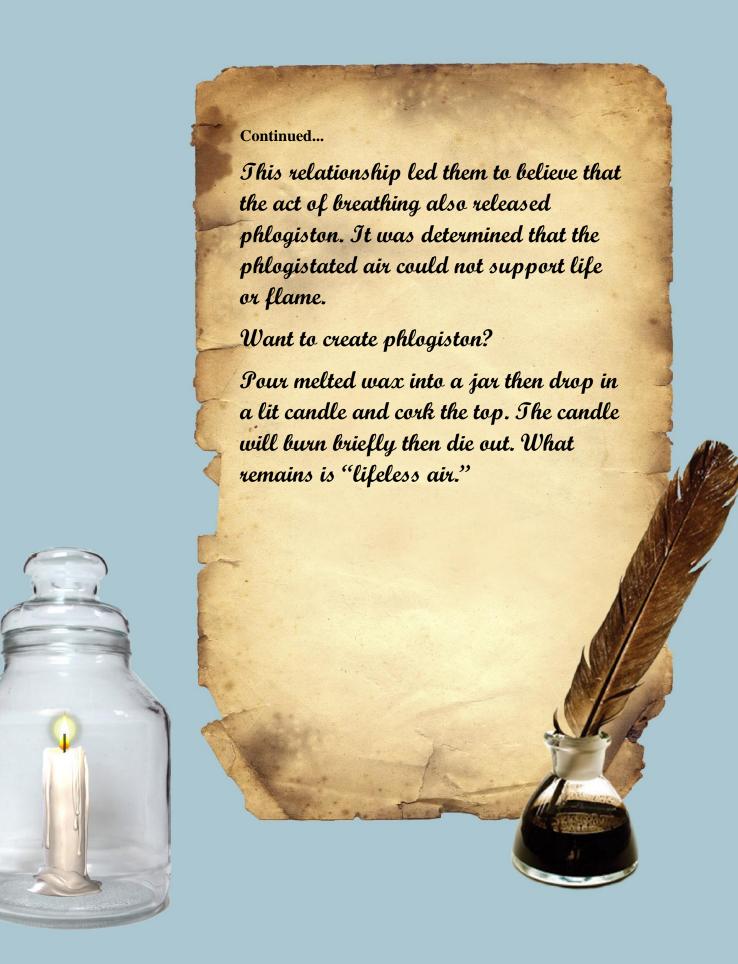
Thlogiston was what alchemists believed to be an element related to fire that most substances (at least the ones that could burn) contained. When these substances were burned, the phlogiston was released. If this was done in a closed container, the flame would eventually die out because the air in the container couldn't hold any more phlogiston. Related to this, they noticed that if a mouse was placed in a closed container (such as a jar), it could live and breathe.

However this was only for a sort time.
The mouse died similar to the flame.

They also realized that a mouse would die almost instantly if placed in a container containing air that was phlogisticated by a candle.

Continued...







"Know this: I, Mercurius, have here set down a full, true and infallible account of the Great Work. But I give you fair warning that unless you seek the true philosophical gold and not the gold of the vulgar, unless you heart is fixed with unbending intent on the true Stone of the Philosophers, unless you are steadfast in your quest, abiding by God's laws in all faith and humility and eschewing all vanity, conceit, falsehood, intemperance, pride, lust and faint-heartedness, read no farther lest I prove fatal to you. For I am the watery venomous serpent who lies buried at the earth's centre; I am the fiery dragon who flies through the air. I am the one thing necessary for the whole Opus. I am the spirit of metals, the fire which does not burn - the water which does not wet the hands. If you find the way to slay me you will find the philosophical mercury of the wise, even the White Stone beloved of the Thilosophers. If you find the way to raise me up again, you will find the philosophical sulphur, that is, the Red Stone and Elixir of Life. Obey me and I will be your servant. Free me and I will be your friend. Enslave me and I am a dangerous enemy; command me and I will make you mad; give me life and you will die."



OLYMPIAN SPIRITS AND ASSOCIATIONS

By Angela 'Hecate' Abeyez

As a practitioner of wise magic, I am often asked about the Olympian Spirits so I am presenting some points of interest for those who are curious. I don't agree with all the sources I have read over the years on certain facts be they historic or opinion but find here those that resonate with me personally and my findings.

Olympian spirits (or Olympic spirits, Olympick spirits) refers to seven (or sometimes fourteen) spirits mentioned in several Renaissance and post-Renaissance books of ritual and ceremonial magic. The Olympic Spirits make their first appearance in a ritual magic handbook called the Arbatel of Magic which was bundled together with the Fourth Book of Occult Philosophy of Cornelius Agrippa in the 16th century. It was translated into English from Latin by Robert Turner and seems to be very similar to other magical works of the time.

The seven Olympian spirits

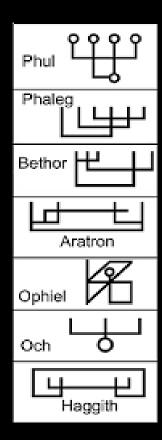
- 1. ARATRON (or *Arathron*), "the alchemist who commanded seventeen million six hundred and forty thousand spirits". He rules 49 provinces. His planet is Saturn. His day is Saturday. His spirit gods are Kronos, Saturn, Hera, Juno, Ea, Neth, Ptah, and Demeter. He governs time, death, motherhood, home, building and construction and harvest.
- 2. BETHOR, "who commanded twenty-nine thousand legions of spirits". He rules 42 provinces. His planet is Jupiter. His day is Thursday. His spirit gods are Jupiter, YHVH, Zeus, Athene, Poseidon, Minerva, Tinia, Marduk, Hapi, Maat, and Leucetius. He governs thunder, storms, justice, wisdom, abundance, rulership, order and sea gods.
- 3. PHALEG (or *Phalec*, *Pharos*), "the War-Lord". His planet is Mars. He rules 35 provinces. His day is Tuesday. His spirit gods are Ares, Mars, Hepaistos, Vulcan, Ninurta, Horos, Sekmet, Camulos, Cernunnos, and Belatucados. He governs war, mechanical skills, metalwork, justice, power, energy, overcoming evil, active protection, and young men.
- 4. OCH, "the alchemist, physician, and magician". He rules 28 provinces. His "planet" is the Sun. His day is Sunday. His spirit gods are Osiris, Helios, Apollo, Dionysos, Sol, Shamas, Ra, Anextiomarus, Atepomarus, Bel, and Maponus. He governs birth and death cycles, healing, sacred kings, rulership, corn gods and summer.

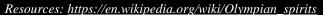


Continued...

- 5. HAGITH, "transmuter of metals, and commander of four thousand legions of spirits". He rules 21 provinces. His planet is Venus. His day is Friday. His spirit gods are Venus, Aphrodite, Ishtar, Turan, Hathor, Bast, Sucellus, and Epona. He governs love, sex, creativity, grace, music, art, joy, beauty, nature spirits and young women.
- 6. OPHIEL, "who commanded one hundred thousand legions of spirits". He rules 14 provinces. His planet is Mercury. His day is Wednesday. His spirit gods are Mercury, Hermes, Turms, Nabu, Thoth, Seshat, and Cisonius. He governs communication, trade, writing, magic, and messengers.
- 7. PHUL, "lord of the powers of the moon and supreme lord of the waters". He rules 7 provinces. His "planet" is the Moon. His day is Monday. His spirit gods are Artemis, Selene, Luna, Hecate, Diana, Sin, Tivs, Khonsu, Hades, and Isis He governs women, the Underworld, Witchcraft. Divination, hunting and childbirth.

Unlike the seals of the planetary spirits, which are based on magic squares, the seals of the Olympic spirits are a complete mystery. All but the seal of Ophiel are based on horizontal and vertical lines.





http://www.jwmt.org/v2n18/olympic.html



The Tenets of Spellcasting

By Angela 'Hecate' Abeyez

Unless you are working with renegade forms of magic then you must be aware there are basic rules of conduct with your art. Some may argue that there is no such thing but, the issue is you are either an ethical person by nature or you are not. All spiritual practices should be used to develop the highest ideals. In the beginning, to be an occultist of any kind required working for the greater good rather than for self alone. According to Kurt Leland, "Occultism, then, was the system of *magical ethics* that supported such a practice, showing us how to place ourselves in right relationship with our hidden powers and those of the universe. Perhaps it's time to restore the high calling of being an occultist."

Bearing this in mind heed the following and commit to it:

To Will: Have a clear idea of what you want to accomplish and the belief that your spell will work.

To Know: Apply your knowledge as a practitioner of your own personal situation.

To Do: Put as much energy and focus as you can into the actual spellcasting.

To Keep Silent: Once the spell is cast, don't talk about it or hint about it. Follow up with concrete action in the mundane world – what will happen will happen.

To Trust: Trust your own instincts. If a part of a spell doesn't seem right for your situation, alter it.

To Ask: If you are casting a spell for someone else, get their permission.

To Assert: Most spells call for specific *timing* such as a new or full moon OR simply when they are needed most. Implement this.

To Commit: Always remember to open and close your spellwork.

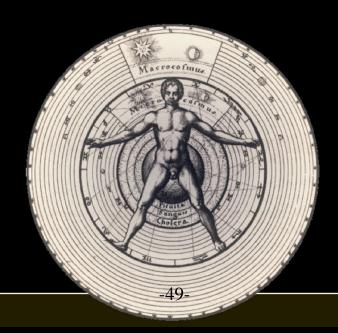
"Magic is a method of talking to the universe in words that it cannot ignore." - Neil Gaiman



Alchemy was the science before science.

Chemistry and Physics developed out of alchemy, but alchemy differed from modern science in that it included not only the physical but the metaphysical, not only the objective but the subjective.

Modern science strives to keep the observer's point of view from influencing observation; alchemy worked to bridge the gap between subject and object, between psyche - spirit - and matter.





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ARCANUS OBSCURUM

Wizard Rick (Wizard Ways - Phlogiston, pg. 43)

Rick Ralickiwicz considers himself a modern day alchemist who prefers to work on his own concoctions of a "useful nature" that can be put to practical everyday use such as laundry soap. He also likes to dabble in alchemical antiquities and has a vast library of over one thousand books on alchemy and its modern counterpart chemistry. Rick lives in the deep deep South with his wife Reina.

Patrick Harpur OUOTE (I Mercurius, pg. 45)

Patrick Harpur is an acclaimed author, best known for his philosophical works, which include <u>The Philosophers' Secret Fire: A History Of The Imagination</u> and <u>Mercurius: The Marriage Of Heaven and Earth</u>, the latter of which, after being out of print for several years (and fetching a small fortune on auction sites like eBay) has finally been re-released in a paperback edition.

Ann 'Hecate' Abeyez (Olympian Spirits and Associations, pg. 46 AND The Tenets of Magic, pg. 48)

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

Howard Hedrix QUOTE (Alchemy, pg. 49)

This Quote is from the essay by Editor Howard Hendrix regarding the classic *The Hunchback of Notre Dame* by Victor Hugo. The quote was found at Goodreads.com.

Sacred Sciences

To the mind that is still, the whole universe surrenders.



Section Managing Editor - Anne Drake Sydney

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The learner's beginning point, the basic level where everyone starts, is unconscious incompetence—that is, you're ignorant and you don't know it.

The next level is conscious incompetence—now you know you don't know. How do you find out? Usually somebody tells you, but occasionally you discover it for yourself.

The third level is conscious competence—you have learned something, as when you first got the hang of driving a car, and you're consciously aware of it as you do it.

The final level is unconscious competence—you're so competent you don't even think about it anymore:

You get in your car, turn the ignition key, release the brake, operate the gear shift, and go through a whole series of coordinated activities without ever thinking about them.

In fact, most of your time driving is spent thinking about something other than driving.



By Thomas Selinas Cross

In the esoteric planisphere of the twelve signs, Adam Kadmon, the primordial man, pure and in perfect accord with the Father, occupied a point of the planisphere now designated by the sign Libra. This signifies the esoteric point of equilibrium in the Zodiac. This esoteric point is where day and night, winter and summer, light and darkness, good and evil, are all one. Adam Kadmon represents the ideal Man, and the very fact that we can form an ideal conception is absolute proof we possess the possibilities of attaining unto the ideas and realizing our conception.

The modern English name for this point of the Zodiac, "The Balance," which means Justice, is a fitting one. Justice discriminates upon the external plane between good and evil and metes out rewards and punishments. Life, Light, Truth are the same and consist of spiritual reflection. They are Spiritual rays, and when these rays become refracted by passing through the prism of matter, Truth becomes illusion -, Life becomes limited by assuming the appearance of death. The spiritually beautiful and eternally true have no existence in the world where all is change, strife, discord, and death. Therefore the divine Spiritual ray of Good, when it becomes refracted, presents all forms and colors of evil.

The celestial point in Libra is represented by Enoch in the mysteries of the Jewish Temple, the Man who with God "and was not." This theological idea was plagiarized by the early fathers of the Christian Church when they elaborated their Christian mysteries. They make Libra symbolic of their Day of Judgment, when celestial "Justice" will be meted out to all. This is the point of the planisphere occupied by their divine Man. The Kabbalistical Adam Kadmon, the Enoch of Judaism, becomes Emmanuel of the new. Jesus is the sacrifice required by the Divine Justice of God's anger for the awful errors of a sinful world. Judas, who is a disciple of the Son of God was able to soar heavenward upon the wings of an Eagle (the inward inspirations), falls into temptation and betrays his Master into the hands of his murderers. Thence comes the fall, the Divine Eagle of the Celestial Heavens becomes a lowly reptile, the Scorpio whose sting is concealed in the tail.

Witness for the Prosecution ~ Real Astrology at Work By Loni Haas RMAFA, NCGR

This is a story of Forensic Astrology and The Fremont Bombings ...

The case ...

In 2001, Thomas Rogers, the Distract Attorney of Alameda County, California successfully prosecuted the Fremont Bombings carried out by the diabolical mind and heinous actions of Rodney Joey Blach. This was one of the most highly publicized cases in the history of Alameda County. The bombings occurring on March 29, 1998, involved six bombs at five separate locations and targeted among others the Fremont police chief, a city councilman and a wealthy Fremont family's home (\$1.5 million). The residential bomb was the largest pipe bomb in U.S. history and had been set on an eight month timer. Had the residents been at home, they would have been killed. When setting bombs in the Fremont community, intent was always to do as much damage as possible. Blach specifically killed a Muslim family and a woman who had spurned his obsession with her. He had become "aware" some of his "targets" when he placed a bid on a home in 1997 and received a "psychic vision" to put bombs under the home. Fortunately his intended victims backed out of that real estate deal but an innocent family unrelated to the fury of Blach purchased the home unaware of the two ticking bombs under their new home.

Who is Rodney Joey Blach?

Rodney Joey Blach had a highly intelligent criminal mind. He was a gifted chemist with an extensive background in law enforcement AND astrology. He had worked for the Chicago Police Department from 1975-1979 as a micro analyst. He had testified many times in court as an analyst for fingerprints, soil and blood. He knew the "system" extremely well. When his locker was eventually searched numerous bombmaking materials, various books on how to build bombs and explode bombs were found. Also found were hundreds of personally written notes and pages relating to astrology.

The players...

The investigation would end up involving approximately 100 members of the FBI, ATF, the Freemont Police Department and a solo astrologer – Vicki Hill, a Research Member of The American Federation of Astrologers.

The method...

Since the "Astrologese" meant little to the authorities, Hill was contacted and provided with hundreds of Blach's astrological scribbling. She immediately discerned the darkness and evil that was portrayed through Blach's words and informed the team that the tool Blach used was Electional Astrology combined with Horary Astrology. Both are considered forms of astrological divination.

Continued...

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The Encyclopedia of Astrology defines Electional Astrology as, "... A method by which you choose a suitable time for commencing any honestly conceived and reasonable project or endeavor." Electional Astrology has its roots in ancient times with methodology that can be traced as far back as 500 BC. It is thought to know the answer and present a suitable time to attain it.

Horary Astrology is defined as: "... answering any question a person cares to ask and that which is calculated for the moment the astrologer hears the query and understands what it is all about. It deals most successfully with concrete, well defined inquiries." It can also be used as a compass.

About Vicki Hill...

Vicki Hill worked without any recompense about twenty hours a week reviewing the Blach documents while preparing her testimony. The viciousness of Blach had a profound effect on her emotional state as she read through his written madness.



The mad meanderings of the mind of Rodney Blach...

"VISION OF RAFTERS —Under Cover. We had Mars retrograde, now get Mercury Retrograde! LIE LOW AND LEARN DAYS Aug 11/12. 1997 I should lie low and do surveillance, BUT TAKE NO WILD RISKS or SPECULATIONS! Presume eyes/video tape are recording you. Select disposable shoes/clothes. Add weight by stuffing/double-triple layering/sweats top. Use a disposable headband over wig, disposable belt and beard layering. Wear goggles over glasses to hide disposable glasses/eye color. Have latex gloves underneath simple black-dyed cotton gloves. Are the windows dual-pane glass vs. plate glass? Are cameras anywhere? Can you walk quietly? Is there a sleeping bedroom nearby?

Watch for late PM lights. SPEED is of the essence. Time is everything-60 seconds. Labor Day weekend or 3:15 AM, ACTION! Check light for Moon Silver. Consider rainy/cloudy night. New/leave at scene/wrap handles plus comes with tape, bags/boxes all left at scene from Cupertino area. Collect negro hair. Collect someone's napkins or candy wrappers. Familiarize with area: maps/routes vs. dead ends. Beware of police park patrol. Where is the closed police station? Where is the closet fire station? Identify all neighbors' routines and their businesses. Beware of cab stands. Beware of "near" traffic tunnels. Use the near traffic times. Where is the nearest county sheriff/unincorporated area/CHP station. Does anyone live there? Is there an ADT sign? Stay in trunk once all night and watch if a guard checks in, if police actively patrol the park, and if there are any passersby. Need a handgun for confrontation! Where do I go if chased on foot? Where so I place a get-away car? License plate switched from rental car or steal a plate from identical year/model from another rental location... use the same costume for both plates and checkmates. GENERATE NO STATIC ELECTRICITY... the SOLAR ECLIPSE ON 02SEPT97 UT IS THE SET UP!"

RE: The evening of March 29, 1998, 6:25 p.m. PST

"So Sun is below the DSC (descendant), Therefore Moslems allowed to eat after 6:25 PM PST, SUNDAY, 29MARCH98, "SET TIMING SUCH THAT IN TWILIGHT", 7:00 PM PST (PACIFIC STANDARD TIME SUNDAY 29MARCH98 ... Let the Moon get past all conjunctions and keep the Moon out of the 7th House."

Later in the document, Blach referred to a "Venus Party" for his enemies – Law Enforcement. A Venus Party will make everything come to perfection. Me, ruler Pluto, will rise to the Ascendant. The instigator is the ascendant, Me – Querent – Ruler of Scorpio vs. them. MAJOR WORRY (transiting Mercury stationary direct conjunct Transiting Sun) of "EVENT" as (North Node of Moon conjuncts "re-EVENT); (Pluto square Jupiter and South Node of the Moon). OPEN ENEMIES in opposition to ME –RULER- PLUTO. Terrorism in the name of Justice! The police will go BOOM ..." (Dialog courtesy of Today's Astrologer,

April 2002, Volume 64, Victoria Hill RMAFA in cooperation with Christine Arens PTMAFA and Thomas C. Rogers Assistant District Attorney of Alameda County, California)

In the early morning hours of March 28, 1998 a bomb exploded in the home of Fremont chief of police and another was found at the home of a Fremont city council member. Astrological calculations were also made pertaining to a bomb that was to explode at another location at 9:02 p.m. PST March 29, 1998. Blach intended to kill a number of policemen leaving behind a voice decoded message (listed above) in an attempt to lure police to another location which was a house still under construction. Police thinking it was a prank call did not follow through but, the following day went to the address mentioned in the call with the bomb squad in tow.

Continued...

More bombs were found under the floorboards but this set was connected to a motion sensor device. They were successfully dismantled. Yet another bomb was found at the city water tower on March 30, 1998.

What Vicki surmised -

Starting from the beginning concerning the placement of the bombs, Vicki felt that Blach had placed two bombs on Labor Day weekend 1997. These had been set on a seven month timer which was designed with Casio watch parts. The bombs were hidden from construction workers by insulation. One was placed directly under the dining room and the other under the family room. She believed they had been set on September 1, 1997 during a partial solar eclipse set to go off on March 29, 1998 on Zul Hajj a Muslim holiday celebration which was known as "Festival of Sacrifice." Vicki knew from a theology class she had taken that the subject of Moon-sighting was of interest to all practicing Muslims. Rules such as fasting, and specific dress were followed. The celebration takes place during the last month of the lunar calendar month. The New Moon of March 27, 1998 marked the beginning of Zul Hajj. The "Silver" or Crescent Moon signals a time when believers can begin to eat. The Crescent Moon was visible in Freemont, California on the evening of March 28, 1998 at 6:25 p.m. PST. The Moon's last conjunction after the New Moon prior to the bombing had been with Saturn at 5:32 p.m. PST March 28, 1998. (Note two first paragraphs of Blach's madness above.) Regarding the "Venus Party", Vicki explained that in classical horary and Electional astrology, the seventh house is called "the enemy of the chart." Entities there attack the Ascendant, the physical body of the "querent" or person asking the question. The "ruler" Blach chose to represent himself was Pluto. Pluto is the Lord of the Underworld and may symbolize something that is "buried underground, hidden, death, corpses, buried things ... things carried out in the dark hidden from general knowledge, crime, espionage, plots, anarchy, and threat by terror and BOMBS." After plowing through legal red tape regarding Vicki's eligibility as a viable "expert", her testimony was heard on March 2, 2001. She was one of the last witnesses to be called upon.

She testified that she believed Blach's writings were scribed in advance of the bombings using classical Electional astrology in a negative way. She further stated that she referred to dozens of calculations by Blach who had used his own birth chart as well as charts of his intended victims. She felt he had deliberately chosen a time when Mercury was retrograde and conjunct Saturn and Mars to create confusion thereby maximizing destruction and making it difficult for the evidence to be found. Further focus she claimed had been fixed on Fixed Star Baten Kaitos at 21 degrees Aries which Blach considered an evil star. In reference to that Star Balch wrote that "his victim would be bludgeoned into oblivion by the evil star Baten Kaitos at 21 degrees of Aries on the weekend of March 29, 1998." He continued with, "She will knowingly make a Faustian bargain, a pact with the devil" and that" he was "her gatekeeper" and she was "a lying bitch and a whore for money."

Continued...

Vicki's testimony helped the prosecution show that Blach's astrological writings were a *confession to premeditated murder*. The jury reached a guilty verdict on June 1, 2001. Blach was convicted of eleven felony counts including two attempted murders. He was sentenced on September 4, 2001 to thirty seven years in California State Prison and will not be eligible for parole until thirty –two and a half years have been served.

A brave soul and credit to the art and science of astrology, Vicki Hill undertook the task of unraveling the warped agenda of Rodney Blach despite the grave and frightening danger Rodney he posed to herself and family should he ever be released.

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The water beneath the Temple was both actual and metaphorical, existing as springs and streams, as spiritual energy, and as a symbol of the receptive or lunar aspect of nature. The meaning of that principle is too wide and elusive for it to be given any one name, so in the terminology of ancient science it was given a number, 1,080. Its polar opposite, the positive, solar force in the universe, was also referred to as a number 666. These two numbers, which have an approximate golden-section relationship of 1:1.62, were at the root of the alchemical formula that expressed the supreme purpose of the Temple. Its polar opposite, the positive, solar force in the universe, was also referred to as a number 666. Not merely was it used to generate energy from fusion of atmospheric and terrestrial currents, but it also served to combine in harmony all the correspondences of those forces on every level of creation.

There is no quarrel between science and spirituality. I often hear people of science trying to use it to prove the nonexistence of the spiritual, but I simply can't see a chasm in between the two.

What is spiritual produces what is scientific and when science is used to disprove the spiritual, it's always done with the intent to do so; a personal contempt. As a result, scientists today only prove their inferiority to the great founding fathers of the sciences who were practitioners of alchemy.

Today's science is washed-out and scrubbed-down and robbed of everything mystical and spiritual, a knowledge born of contempt and discontent. Or perhaps, there are a few who wish to keep those secrets to themselves and serve everyone else up with a tasteless version of science and the idiots of today blindly follow their equally

blind leaders.





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SACRED SCIENCES

Howard G. Hendricks QUOTE (The Learner, pg.52)

Howard George Hendricks (April 5, 1924-February 20, 2013) was a longtime professor at Dallas Theological Seminary and speaker for Promise Keepers. Upon his graduation from Dallas, Hendricks accepted the pastorate at Calvary Independent Presbyterian Church in Fort Worth, Texas. He was a keynote speaker for <u>Promise Keepers</u> and authored sixteen books. He ministered in over 80 countries, and he also served as chaplain for the <u>Dallas Cowboys</u> football team from 1976 to 1984. The guote was found on Goodreads.com.

Thomas Selinas-Cross (Hereby Hangs a Tale, pg. 53)

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

Loni Haas RMAFA, NCGR (Witness for the Prosecution, pg. 54)

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 including crystal healing and chakra balancing.

John Michell QUOTE (The Water beneath the Temple, pg.59)

John Frederick Carden Michell was an English writer whose key sources of inspiration were Plato and Charles Fort. His 1969 volume The View over Atlantis has been described as probably the most influential book in the history of the hippy/underground movement and one that had far-reaching effects on the study of strange phenomena: it "put ley lines on the map, re-enchanted the British landscape and made Glastonbury the capital of the New Age. The quote was found on Goodreads.com.

C. Joy Bell C. QUOTE (Today's Science, pg. 60)

C. JoyBell C., 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 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; she remains accessible to her readers and in touch with her fans.

Creative Musings

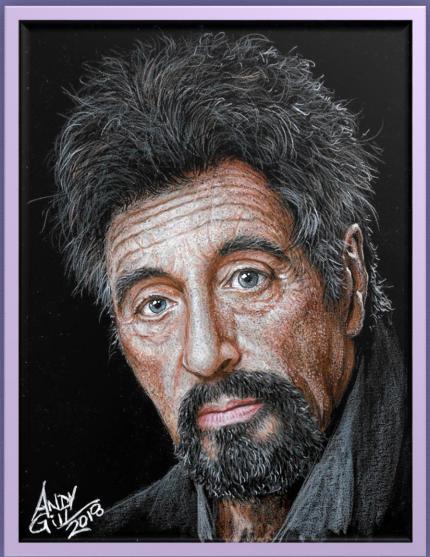
Creativity takes courage.



Section Managing Editor: Mary 'Marique' Travis

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Andy Gill Art Galley Al Pacino

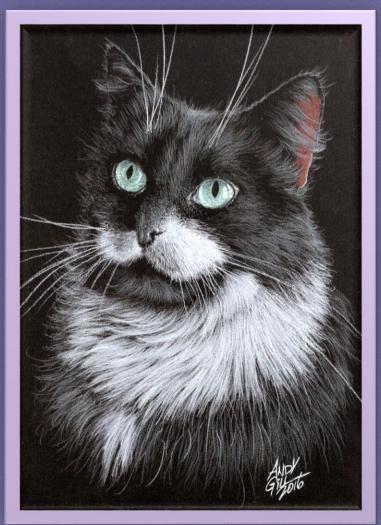




Andy Gill Art Galley Pepsi Can Splash



Andy Gill Art Galley Fluffy Cat





Mer Mandela Art Gallery Flowered Shoulder Tattoo



Mer Mandela Art Gallery

Mother, Maiden, Crone

(Blacklight Painting)



Mer Mandela Art Gallery The Joker Tattoo



Dawn Hair Art Craft Gallery



ALBINO BABY BAPHOMET

FLYING GORK



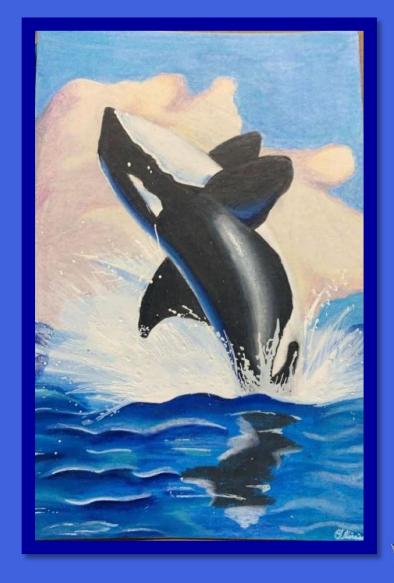
PURPLE CROW



Olivia Anderson Art Gallery Rainy Day



Olivia Anderson Art Gallery Splash



Olivia Anderson Art Gallery Under The Sea





Born of the Same

Let them see your madness

Let them taste

The strange wine

From your lips

Saying words

They never thought would be said

And dancing

Under skies

Littered with storm clouds

Thunder

Chasing the song

Of your heart

Let them see your madness

Let them drink

From the rivers

Of a mind

Not captured by

The riches of a this world

But rather

By falling stars

By fields of clover

By rain

Colliding on tin roofs

The pounding of each drop

Matching

The beat of a heart

Born

Of different

Born of strange

Born of another realm

Let them see your madness

Let them know you're insane

And only then

If their eyes beg for more

Then you'll know - they are born of the same...

Poetry by Yvonne White

If You Ask "Quotes from the Dark"

If you ask me how I'm doing
I'd tell you with a smile
That I'm having a hard time
But no worries, I'll be fine in a
while

I'd rather have you feel safe
Then to show the wounds I bare
I'd rather have you feel good
Then to open up and share

So ask me how I'm doing
I'll tell you that I'm fine
Then bury down the screams
That twist and burn inside.

The Little Things

A little of piece of me
Fell away somehow
Even though I was so careful
The crack was there
From far before
All it took was a little pull

I thought it was safe
To let go of what I lost
Thought it wouldn't leave a scar
But with the way
The red is falling from me now

I shouldn't have let it go so far
And even as I reach to pull it back
That little piece
Is leaving a larger hole
The red is wet
Between my fingers
Slick
Dark
Icy cold

Who knew the little things Could cut so deep?
Leave such a lasting mark
Little pieces
Falling away
Leaving nothing behind...
But an empty, beating
Broken
Heart





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CREATIVE MUSINGS

Andy Gill (Art Gallery pgs. 63-65)

John Andrew Gill known as "Andy Gill" was born, In Moncton, New Brunswick, Canada, on November 6th, 1964, the first child (of two) John Herald Ronald Gill and Elizabeth Anne Gill (Burris). All through grade school (Wyn-wood School, Pleasant Street School, Sunny Side School) Pencils and paper kept his attention over his other classes. High School (Moncton High School 1980 -1984) he started to really focus on drawing (illustrating). From 1984 to 1989, he worked assorted jobs, then took an apprentice position in his father's print shop to acquire certified position as a printing press operator. A tragic turn in his life, (lose of his parents) really set him back, but, he decided to leave the printing trade and attend one year (1989-1990) of Mount Allison University (fine arts). This was the start of his freelance career, for many local advertising agencies, and Eastern Canada art commissions. Some noted personas Andy was commissioned to illustrate were. Former Premier Frank McKenna family portrait, and hockey legion, Paul Henderson. By 1999, he wanted to secure his skills as a designer/cartoonist, and attended MacKenzie College (1999-2000) and decide to pursue the three professions. By 2001-2002, mental illness had finally caught up with Andy, and depression quickly set in. By orders of his Physician and Physicist, he was to take time away for art, and full time employment. By 2006, it was apparent Andy would only maintain any art on a part time bases. By 2014 was once again, back at his antique drawing table. Working only part time (semi-retired) has enjoyed a comfortable pace, and achieved some minor attention on Social Media (Facebook, Twitter, Google, and now Youtube). Mostly a self-taught artist, Andy has never been awarded any achievements. The one noticed achievement he has acquired, (recent) was the appearance of a time lapse video of his illustration (Better Call Saul) on the International TV station AMC (American Movie Channel) during the airing (and, ongoing commercial airing of), The Walking Dead. Andy continues to create at his art, in his luxurious forest villa (Trailer Park, Haha) in an undisclosed address, with 5 cats, BoBo, Bandit, Rufus, Dusty, and Buddy.

Andy's artwork can be found at the following links to purchase and see his artwork:

https://www.deviantart.com/andygill1964

https://twitter.com/Andy_Gill48

Andy Gill (@Andy_Gill48) | Twitter

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

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





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Continued...

Mer Mandela (Art Gallery, pgs.66-68)

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. One painting able to create 2 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

Dawn Hair (Art Craft Gallery, pg. 69)

These little creatures are all created by me, Dawn Hair, in my Monster Factory at my home on the West Coast of Scotland. When the pandemic halted my usual work as a community artist & art teacher last March I began to create these little monsters at my kitchen table. What was initially a fun way to fill my days & indulge my creativity soon became a full time obsession as I created my own little world ... safe from all the uncertainties of our current reality. These little creatures... and many more... are all available to view & adopt (if you're brave enough) by following these links.

Etsy.com/uk/shop/pabloonadesigns

Facebook.com/pabloonadesigns





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Continued...

Olivia Anderson (Art Gallery, pgs.70-72)

Hi! My name is Liv (short for Olivia). I am a 19 year old aspiring artist! Art school has never been my motivation or something I am working towards....my real inspiration and love of art stemmed from my mother. I love challenging myself with new mediums, however, pencil crayon and just plain graphite have been my favorite since I was little. Currently, I don't do art full time, it's only ever been a hobby for me I would love to venture down that path in the future! Finding the happy balance in life for me is my art, I can express how I feel and even have the ability to create anything I could ever imagine. My favorite little craft is to whip up handmade cards! I try to do them as much as possible for those close to me, and who knows maybe someday you will see my cards in stores. I take each opportunity as they come, and always practice what you love! Stick with it and follow your dreams! I know I have a long way to go, but isn't that the exciting part! We all have a lifetime of growing and learning ahead of us, so what's the harm in doodling.

My artwork can be found on Instagram. https://www.instagram.com/olives_artpage/ Dm for requests & commissions Main ig: @liv_anderson44

Yvonne White (Poetry, pg. 73-74)

I am a published poet and artist from Halifax, Nova Scotia with a focus on writing that gives voice to the darkest part of the human mind. I use poetry as a way to release deep emotion, often writing about things many may see as taboo or hard to say, including; mental illness, loss, death, suicide, grief, and violence. My poetry page, Quotes from the Dark, has allowed me to reach many who, like I, battle with the dark every day of our lives. Words hold power, whether to heal or hurt, giving us the ability to set free what often holds us captive.

For more of my work, please visit: www.facebook.com/quotesfromthedark OR find me on: Instagram at quotesfr0mthedark

odd Vant Guarde

Look at life through the wrong end of the telescope.

I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living.



Step with care and great tact, and remember that Life's a Great Balancing Act.

Section Managing Editor - Oscar 'Trashman' Corelli

Safe in Mayberry

By Jonathan H. Corelli

I have finally come to the realization that I have been traumatized by the Media and it took roughly six years to do it. I no longer watch the news programs of which I was an avid fan and have switched to personally selected movies and old school shows and sitcoms from the 50s, 60s and some 70s. Old re-runs are my friends.

I have tuned off, tuned out and packed my bags for Mayberry, NC that wondrous place of good values, homemade apple pies and hospitality in the Andy Griffith Show. When I want some excitement, I'll watch some good old shoot-em-ups like The Rifleman, Bonanza and Gunsmoke. If I want an alternative universe I'll simply switch to the Twilight Zone the old Dark Shadows series. If I want some brain challenge, I'll take in an episode or so of Perry Mason or Alfred Hitchcock Presents. For laughs I take a go round with the Dick Van Dyk show or with Jackie Gleason and Art Carney on the Honeymooners. About the boldest I get is a visit with Archie Bunker where I can chuckle at that famous white bigot go head to head with the equally famous black bigot George Jefferson on All in the Family. The more I engage in the old fare, the more I realize that today's shows and series are nothing but woke/communist crap. The storylines stink and there is not enough special effects and CGI to save them. Let the young ones deal with it. They can keep it or get rid of it according to their own whims and wants. I'm glad I'm not one of them.

I won't even get into the news talk shows because that's what they are – opinion talk shows. They get out their big spoons and shovel that Pablum of lies right down your throat whether you like it or not. No balance there at all. No point at all yet most keep swallowing it.

I have been exceedingly peaceful since I stopped paying attention to the "news" proposed by the "liar's networks." You know the greatest mind manipulators of all time. To get in my head they might have to confront good old Aunt Bee with her rolling pin and iron skillet. They might not like it.

There has been plenty of coverage both medical and psychological on the detrimental effects of the media on the public.



Researchers have shown that social media is a major risk factor for a person to develop trauma symptoms from anxiety right up to post traumatic stress syndrome. The media has always known how to wield fear to its advantage for whatever dire outcome they desire. The only thing that matters is the result so any devious methods, lying of which is the least is permissible. Makes you wonder about the character of those going into the media fields although common sense should tell you that in today's world the only way to make the big money and achieve success and notoriety is to employ a criminal mind. It's no secret. Just ask any politician since they sit at the top of the criminal food chain.

So the choice is yours. Figure it out for yourself.

If anything at all needs to be taken away from this it's a friendly reminder that there is a BIG DIFFERENCE between being "*Progressive*" and downright "*Evil*." If you are of the ilk that supports all of this chaos then stay the hell away from my fishinghole. There is something in the water that may just swallow you whole.

In the meantime I'm off for Mayberry where I'll be safe from the never-ending bullshit.



The Wakey - Wakey on the Wokey - Wokey

By Syd Alrruhi

Don't kid yourself about it – all this current version of Wokeism is nothing but a by-product of the Lower Astral Plane – you know, the place where anything goes and there is no decorum when it comes to boundaries. It can be Loony Tunes Inc. in there and when a concept forms and leeches its way to earth it certainly rattle a few cages. But hey, in the Woke World it's always opposite day because in that arena it's justified.

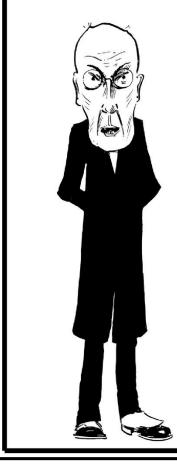
I never considered myself a liberal type or "any type" for that matter and have always maintained a live and let live attitude about my fellow man but now I have to add an addendum – live and let live but don't ram your philosophy, feelings or current beliefs down my throat. Why humans find that necessary to make a point I'll never know. Have your say and your protests because you think it's just. But remember - It's not MY thing no differently than it IS YOUR thing to adhere to it. You certainly don't need my acceptance or even acknowledgement to follow that path. Where you think it's going to lead you I have no idea but engaging in that type of task force is not likely to work in the long run ... never has ... It will definitely buy you some Karma, especially if you set out to hurt someone else who is not of your ilk or mindset.

Being self-aware is a good thing. Being socially aware is a sticky wicket because the bottom line is that it all comes down to opinion versus reality.

Within that complexity is the problem especially when self-righteousness is the under pinning. Worse yet – the whole thing has become rabidly political now and there-in lies the rub. Politics is a special darling of the Lower Astral and all the delightful entities that live there. Unfortunately they found a way in to the Earth Plane and are reeking their own brand of havoc with this new game of Woke. They helped to create Woke Masters of censoring, blacklisting, scapegoating, de-platforming, ritual humiliation, doxing, cancel-culture, ostracism, and disbarring. . It's fun for them as they punch holes in what is known as the Universal Laws. Perhaps you should look them up. You might think it is hard to get people to demonize human beings and lives and history. But it's easy to get them to demonize a word. And doesn't that seem to always be the problem? WORDS. But remember, words do have a shelf life the same way societal movements have them. Defining "woke," then, requires us to acknowledge the split between progressive emotions and reactionary theories. We can handle that if we extract our heads out of our arses.

If you REALLY follow history this has been going on forever in different forms and manifestations, names and words.

And for goodness sake (literally) stop playing on that Astral Plane. Those things out there don't like you and I hate to tell you but you created them.



THE DISILLUSION PEDDLER

By Jenna Wade Shaugnessey

STRAIGHT FROM DISAPPOINMENT CITY –

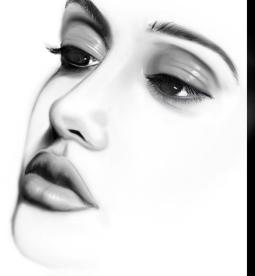
The Disillusion Peddler coming to a neighborhood near you!!! ...

It may seem like a dream but it's really a nightmare ... Disillusionment is basically defined as a feeling of disappointment that something is not as good as you believed it to be. This seems to sound as though it is referring to a situation but remember it is people who cause situations. It's not some mechanical issue that "just happens."

Disillusionment has a big grip on all facets of society today be it collective or personal. People seem to be handling the collective brand well now. They have put their foot down re world/political issues and are busy tearing the curtain down and taking a stand. The disillusionment peddlers are finding their sales pitches to be falling on death ears and eyes that will no longer look. Unfortunately, in one's personal relationships be they family, friend, or love, disillusionment still has a vice grip.

Disillusionment arises when life experiences strongly discredited positive assumptions or deeply help beliefs. Disillusionment can be a hard nut to crack because once it manifests, trust is broken. It's like a drug that permeates your body and can change your life course. Ultimately, disillusioned individuals struggle to maintain meaning and inhabit a state of existential concern ... did I misunderstand? ... Why was I so blinded? ... Why was I so stupid? In the worst case scenario an existential crisis evolves. An existential crisis is the feeling of unease people experience about meaning, choice, and freedom in life. This existential anxiety often causes people to feel that life is inherently pointless and that existence has no meaning.

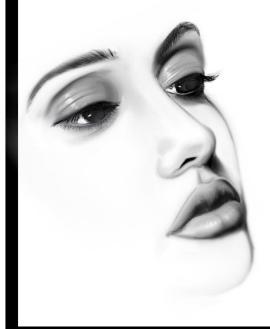
The minute one feels disillusioned the best thing to do is some self-search before the original issue blows up into something unnecessary. Instead of criticizing oneself - see if a pattern exists within the issue. Perhaps what you have been thinking isn't actually what was happening. ON the other hand if it was the culmination of a repeating pattern that hasn't changed imposed by someone or something else then you are probably justified in your disillusionment with that person or situation. Happiness and liberty are harsh prices to pay to staying in LA-LA Land. I think you should cancel your one-way ticket to that destination. Let's face it - It is a hard fact of life that some people cannot change.



They are good at giving lip service that they will "try" but there are rarely results. If that is the case, the particular person is not supporting your growth as a human being and should probably be extricated from your life. There is no law that says you are obligated to live according to the rules they demand in that fairytale they have fabricated.

There is no half-way measure here. Either you tear the veil of disillusionment wide open and rip it to shreds or wrap yourself up in it, all cuddly and be miserable - because you will be miserable. The Disillusion Peddler simply doesn't care - there are plenty more out there he can dupe.

Only you have the freewill and power to change your life. Why don't you use it?



THE STRANGE CASE OF MARY JOBSON

By Thomas V. Carroll

I am a collector of strange but true stories and this one always fascinated me. Enjoy the re-tell.

Are people only possessed by negative or evil spirits? The story of Mary Jobson has been the subject of a book or two or at least a chapter in an anthology. Her story is engaging.

In November of 1839, at the age of 12 years, Mary contracted a most peculiar illness. In the beginning she complained of severe pain at the back of the head, her eyes were sensitive to light, she had a slight temperature, constipation and an irregular heartbeat. Her symptoms quickly grew worse eventually leading to convulsions that would ease up and then return. Mary was not able to swallow food. Her doctor and parents did what they could for the girl but all of this marked the beginning of strange occurrences that would last for almost 11 weeks. She was attended by several physicians during that course. Several physicians, family members and others who witnessed the events wrote their accounts of the happenings which can be found in *The Miraculous Case of Mary Jobson* by W. Reid Clanny M.D.

At first the family would hear rapping emanating from Mary's room but upon inspection, each time they found the child merely laying in bad with her hands at her sides. These knockings grew into poundings and finally what sounded like fierce explosions. This was accompanied by phantom footsteps, closet doors that opened and closed by themselves, water falling from the ceiling and melodious music coming from an organ that did not exist. Then came the voice. It claimed it was using her voice as a "trumpet" and was the voice of God that should not be mocked. It further claimed it was a good spirit who would be lending advice to all who came to hear it and that Mary's possession was only temporary. It insisted that Mary was not harmed and that her spirit was not there and had left its physical form for a time.

Mary's father was not accepting this story and demanded proof. He asked for water to be dumped at his feet. It was and continued to be dumped until the room was soaked. The human trumpet met with visitors giving out advice and at times summoned people to come to get messages. They were subject to celestial music via organ and hymns and a disembodied choir. Often the voices of departed loved ones came through. According to Brad Steiger in Real Ghosts, Restless Spirits and Haunted Places, who wrote a rendition of this story the voice said:

"Look up, and you shall see the sun and moon on the ceiling." Before the bewildered eyes of a roomful of witnesses, the planets appeared above them as celestial orbs of yellow and orange. John Jobson immediately set about whitewashing the figures, but he soon learned that the voice had intended its artwork to be permanent ... after several coats of whitewash the figures still remained visible."

Despite what the spirit voice had been saying, Mary's condition appeared to be diminishing and the attending doctor told her parents to prepare for her death. The voice however announced that on June 22, a miracle would take place and Mary would be restored. Mary's mother had laid out clothing as instructed and at 5:00, the voice told everyone to leave the room with the exception of Mary's two year old brother. Approximately 15 minutes later the voice instructed everyone to reenter the room. They found Mary sitting in a chair smiling with her brother on her lap. All was well.

It is said that Mary grew up into a fine educated woman who was highly respected. There were signs or scars from the "good spirit" who never returned and it was said she very rarely got ill.



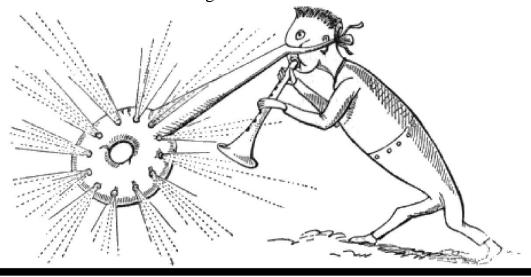
THE DONG WITH THE LUMINOUS NOSE

Selected passages By Edward Lear

Long years ago
The Dong was happy and gay,
Till he fell in love with a Jumbly Girl Who came to those shores one day.
For the Jumblies came in a sieve, they did, —
Landing at eve near the Zemmery Fidd
Where the Oblong Oysters grow,
And the rocks are smooth and gray.
And all the woods and the valleys rang
With the Chorus they daily and nightly sang, —
"Far and few, far and few,
Are the lands where the Jumblies live Their heads are green, and the hands are blue
And they went to sea in a sieve.

Happily, happily passed those days!

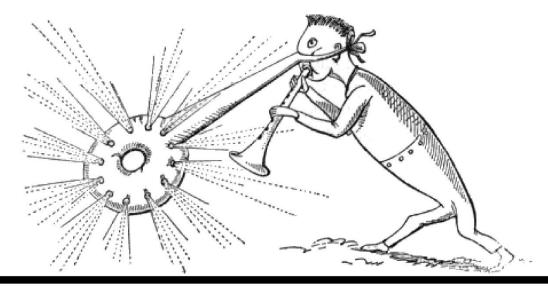
While the cheerful Jumblies staid;
They danced in circlets all night long,
To the plaintive pipe of the lively Dong,
In moonlight, shine, or shade.
For day and night he was always there
By the side of the Jumbly Girl so fair,
With her sky-blue hands, and her sea-green hair.
Till the morning came of that hateful day
When the Jumblies sailed in their sieve away,
And the Dong was left on the cruel shore -



Continued...

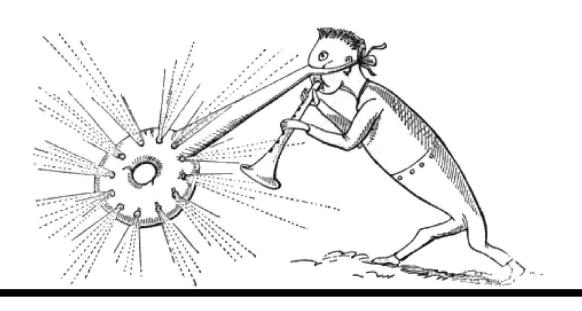
Gazing — gazing for evermore, —
Ever keeping his weary eyes on
That pea-green sail on the far horizon, —
Singing the Jumbly Chorus still
As he sate all day on the grassy hill, —
"Far and few, far and few,
Are the lands where the Jumblies live;
Their heads are green, and the hands are blue
And they went to sea in a sieve. But when the sun was low in the West,
The Dong arose and said;
"What little cases I are a received."

— "What little sense I once possessed Has quite gone out of my head!" — And since that day he wanders still By lake and forest, marsh and hills, Singing — "O somewhere, in valley or plain "Might I find my Jumbly Girl again! "Forever I'll seek by lake and shore "Till I find my Jumbly Girl once more!" Playing a pipe with silvery squeaks, Since then his Jumbly Girl he seeks, And because by night he could not see, He gathered the bark of the Twangum Tree On the flowery plain that grows. And he wove him a wondrous Nose, — A Nose as strange as a Nose could be! Of vast proportions and painted red, And tied with cords to the back of his head.



In a hollow rounded space it ended
 With a luminous Lamp within suspended,
 All fenced about
 With a bandage stout
 To prevent the wind from blowing it out;
 And with holes all round to send the light,
 In gleaming rays on the dismal night.

And now each night, and all night long, Over those plains still roams the Dong; And above the wail of the Chimp and Snipe You may hear the squeak of his plaintive pipe While ever he seeks, but seeks in vain To meet with his Jumbly Girl again; Lonely and wild — all night he goes, — The Dong with a luminous Nose! And all who watch at the midnight hour, From Hall or Terrace, or lofty Tower, Cry, as they trace the Meteor bright, Moving along through the dreary night, – "This is the hour when forth he goes, "The Dong with a luminous Nose! "Yonder — over the plain he goes; "He goes! "He goes; "The Dong with a luminous Nose!"







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ODD VANT GUARDE

Jonathan H. Corelli (Safe in Mayberry, pg.79)

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."

Syd Alrruhi (The Wakey-Wakey on the Wokey-Wokey, pg.81)

"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.

Jenna Wade Shaugnessey (The Delusion Peddler, pg. 83)

Jenna is a private energy healer who was born into a very psychic family. She inherited the ability to channel from her mother who was a highly gifted psychic. She lives on a ranch/estate in the southwest, USA with her Tabby cat Kinpa. Jenna has a head for "numbers" and has several degrees and dual degrees in accounting, business and adminstration and business law. She enjoys writing and cooking.

Thomas V. Carroll (The Strange Case of Mary Jobson, pg.85)

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

Edward Lear Selected Quoted Passages (The Dong with the Luminous Nose, pg. 87)

Edward Lear (12 May 1812 - 29 January 1888) was an English artist, illustrator, musician, author and poet, who is known mostly for his <u>literary nonsense</u> in <u>poetry</u> and prose and especially his <u>limericks</u>, a form he popularized. His principal areas of work as an artist were threefold: as a draughtsman employed to make illustrations of birds and animals; making colored drawings during his journeys, which he reworked later, sometimes as plates for his travel books; and as a (minor) illustrator of <u>Alfred, Lord Tennyson</u>'s poems. As an author, he is known principally for his popular nonsense collections of poems, songs, short stories, botanical drawings, recipes and alphabets. He also composed and published twelve musical settings of Tennyson's poetry. Poem passages are in the Public Domain.