



DISCERNING MINDS

Premiere Metaphysical Quarterly For The Abstract Enthusiast

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



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What's Your Perspective?



What's Your Perspective?

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

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PUBLISHER

Light Force Network Media

DEVELOPMENT

Waden Jensen

Sanjay Practi

RESEARCH/MARKETING

S.A. Osier

Syd Sydney

DATA EDITORS

Trish DeMarco Bullock

Enka Johanssen

Kim Tsiang

STAFF SECTION MANAGERS

“The Human Condition”

Daria Novicki Ph.D.

“A Matter of Spirit”

John ‘Salaam’ Solis

“Body Temple”

Lynda Lidel Harley

“Phenomena Files”

John Holbrook P.S.I.

“Arcanus Obscurum”

Marco X. Mascolo

Eliana Rosini

“Sacred Sciences”

Anne Drake Sydney

“Creative Musings”

Marique Quinn

“Odd-vant Guard”

Oscar ‘Trashman’ Corelli



MIND MAP

THE HUMAN CONDITION

2. *Ho-Ho-Ho!*
5. *Contemplating Frosty the Snowman*
7. *You Suck!*
9. *Only Human Nature*
12. *Actors and Politics – A Not So Unique Perspective*
14. *Author Bios*

A MATTER OF SPIRIT

16. *Do You Want to Know a Secret?*
17. *Unique Minus Critique*
19. *Is There Reincarnation?*
21. *Meditation for Rediscovering the Green*
22. *The Nine Question Contemplation*
23. *Author Bios*

BODY TEMPLE

25. *The History of Stellar Healing*
29. *Interview with Dr. Bernie Siegel*
36. *Self-Imaging*
38. *Cosmic Healing Timetable*
39. *The Lunar Diet Guide*
40. *Author Bios*

PHENOMENA FILES

42. *Wintertide*
45. *The Séance*
46. *Bah Humbug*
49. *Battle*
53. *What the Cat Dragged In*
56. *Author Bios*

ARCANUS OBSCURUM

58. *Thirteen is the Master*
60. *The Four Prerequisites to Entering the Mystery*
61. *Pendulum Divination to Test Food*
62. *Picatrix*
67. *Anahata Nadam Exercise*
69. *Author Bios*

SACRED SCIENCES

71. *A Number is just a Number ... or is it?*
74. *Valentine Express – Made for each Other*
79. *Fear Not the Void of Course Moon*
80. *Raed Waen*
81. *Trinity Rosary of Protection*
83. *Author Bios*

CREATIVE MUSINGS

85. *The Poet*
86. *Natural Path*
87. *Art Gallery 1*
90. *Art Gallery 2*
93. *Art Gallery 3*
97. - 99. *Author Bios*

ODD-VANT GUARD

101. *The Ascent*
104. *The Pros and Cons of Elves*
108. *Klatuu Barata Nikto*
110. *Xeno's Lenses*
114. *Re-SOUL-tions*
116. *Author Bios*
- Holiday Wishes*

The Human Condition

To err is human ...



Section Managing Editor – Daria Novicki

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HO-HO-HO!

Jonathan H. Corelli

When I was a kid, I was a typical older brother who enjoyed teasing and scaring the bejesus out of my two younger brothers. It was the springboard for the development of my adult powers of persuasion. By age six I knew there was no Santa Claus which of course justified my search for presents hidden in closets and cubbies by my very real ‘human’ parents. They had lied to me about that fat lard ass dressed in a red suit who brought whatever you asked for “if you were good”, therefore, gift reconnaissance was mine!

By the time I was ten, our family had grown to two more additions via the way of two little brothers. I always thought of ways how to tease them and getting them to behave especially when at age 17 I was stuck babysitting them when I had better things to do. Looking back it was good practice for learning about sacrifice in order to contribute to the family unit but I was young in my sense of spirituality and of course very teenage selfish.

When I was 17, it was the year of Christmas Armageddon.

My two younger brothers, then ages seven and five were full of spit and vinegar which was typical of males in our family. My dad called it fortitude and my mom called it obstinacy. This particular year in question, about two weeks before Christmas, was the time I went rather medieval on them. I had to give up a date with the hottest chick in school to babysit their sorry butts. If that wasn’t bad enough, they had completely ruined a key phone to said chickie where I almost had her convinced to come out to the house in my parent’s absence.

Revenge was mine.

As soon as the parents had left and were well on their way, I settled down with a few of my books while the rugrats played and watched TV. This was all pretty normal as I was always an avid reader and this was the general routine when I babysat. I read and they played until it was their bedtime when they would get a bedtime story which was usually oral and spontaneous.

This time I played it a little differently.

I had found an old book in my dad’s library that had an antique-like and distasteful cover. I sat on the couch and put on my best ‘concerned’ look while pretending to be intently reading.

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The older rugrat picked up on this and started asking questions. The bait was taken! He wanted to know why I looked so worried and *what was that* I was reading. I said it was a very old book about Christmas that I probably should not have taken from dad's office and it might be better if they went to bed. The younger rugrat was stared blankly waiting for his sibling's lead. I could see the older rugrat drop into negotiation mode ... then came the declaration that they would go to bed and not bother me for the rest of the night if I told them what I had read. I acted very reluctant – an acting job worthy of an academy award but off to bed they went with me silently snickering following them to the bedroom.

Once tucked in, I told them that I should really not be telling them about this horrible truth I had just learned about Christmas but, following true to the set up, they begged and pleaded to be told. So I began my contrived tale ...

... There was no Santa Claus. The Santa Claus that all adults told children about was a mere attempt to hide the ghastly truth about an evil being who once lived across the pond, in a place of extreme isolation and cold, and who would, once a year, sneak into people's homes smelling for bad children. Once he had been very human and very nasty and cruel so when he died he became a spirit who the townsfolk banned to the most frozen part of the world via a magic spell. He had a supernatural nose and could smell children who misbehaved and were mean. If he smelled you and you smelled good to him, he would cut off a limb and eat it because it was oh so delicious. He would slither down a house chimney late at night and all were asleep and cast magic on any adults so they could not wake up and he could get at the children. This always happened around Christmas time and it was not a good idea to attract his attention. If he came into your house, he would always stop in the kitchen – not for cookies and milk but for a nice sharp knife to use.

The younger rugrat was clearly worried but the older rugrat remained a bit skeptical telling me I was full of sh*t. I warned him not to say swear words as it might attract attention but he poo-pooed me away and said he was going to stay up in his room and play and not go to sleep and that he would also ruin any phone calls to “girls” if I tried them. I just shrugged my shoulders and gave one last warning and left.

About an hour later, it was getting late for them to be up, but true to form they were having a grand old time. I had been busy setting up the finality of the scenario and waiting. I had the TV turned down low and pretended to be sleeping on the couch. The rugrats, again true to form, began to wonder why I was not yelling at them. They ventured out of their bedroom to find me asleep on the couch – with one difference. They just could not seem to wake me up.

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This took control as I had to not flinch or speak under any circumstances. Finally the older rugrat ordered the younger one into the kitchen to get a glass of ice water to dump on my head. The younger obeyed and made a merry jaunt out into the kitchen laughing away.

10-9-8-7-6-5----

A SCREAM!!!

The older rugrat ran into the kitchen to see what the matter was and found the younger staring and pointing at the kitchen table where my mom's favorite set of cutting knives had been laid out in a neat pattern on the kitchen table. Then with timing which could not have been more perfect our parents burst through the door scaring the rugrats into more screaming. I, of course had sat up a split second before they opened the door and was looking totally innocent reading a book whilst the rugrats stood screaming in the kitchen.

Our father, quite perturbed, demanded to know what was going on. I said they were out of control despite my best efforts and that he needed to look into it. The rugrats ran to my dad exclaiming I had tricked them and scared them. I figured I would be grounded for the rest of my natural life but then a true Christmas miracle happened. My dad pretended not to believe them and sent them to bed telling them to stop making up such an outrageous story. I was met with a side glance and a nod. Our mother of course, went to cater to the youngins. I was told to pack the craving knives back up and go off to bed. That was it – my life had been miraculously spared although any other opposite parental verdict would have been totally worth it.

Yeah, fortitude ...

Little did I know at the time that the story I was made up about an evil Santa actually had fact in a legend known as Krampus.

Bad, Bad Santa ...



Contemplating Frosty The Snowman

L.J. Monica

The story and ensuing song about Frosty the Snowman is a holiday staple. Children have been making snowmen ever since time began it seems. As snowmen are images of real people they embody a spirit even though frozen of the image of who they could be or who we want them to be. When we build a snowman we are visualizing more than three balls of snow placed on top of one another with assorted doo-dads for facial features and some old wardrobe accessories for clothes. We are actually invoking the mind of winter ... something even more abstract.

To most people Frosty stands for joy - a joy of living and laughter and above all spontaneity. The story of Frosty is a wonderful metaphor. If we put on our esoteric thinking caps and give this a decent ponder, Frosty the Snowman represents reincarnation. He comes to life miraculously courtesy of magical silk top hat, dances around, and makes some mischief, then melts away telling the children, "Don't you cry, I'll be back again someday." Frosty never worried about the future, lived through his heart and well, the old pile of snow had faith!

Let's take a look at Frosty's anatomy and visage:

He was made of three snowballs or spheres of snow. The Pythagoreans considered the number three the first true number and also the Triad representing the first equilibrium of unities wisdom, understanding and knowledge. Three is also the embodiment of the link between heaven and Earth. The sphere as a shape is an ancient and universal symbol that represents unity, completeness, joy, infinity - the whole universe and the **Soul**. Frosty is described as a "jolly happy soul." Snow itself is frozen water and water in meta-world represents knowledge. All water flows as Divine Wisdom flows. When rain freezes, to different degrees it produces snow, hail or sleet. Rain is a transmission that is of the Divine and snow is a contemplation of reception of the Divine as the flow is somewhat halted. This can be likened to a teacher instructing a student. The teacher cannot allow the student to be bombarded with information (Divine) all at once - the teacher must allow the student to absorb a little at a time (contemplation) and then move forward (reception). Snow is pure and it is gentle. It does not pour like rain. It allows for contemplation until it is melted by the Sun and absorbed. It is the intermediary between the Heavens and the Earth or water meeting earth and the Divine and Mankind. Frosty gently led the children on a merry jaunt saying, "Let's run and we'll have some fun now before I melt away."

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Once he melted back into water and lost his form he would once again be part of the infinite and not be able to teach his lessons of life and fun to the children until the next season of winter if they decided to re-create him. If he had done his job well, the students would have surpassed the teacher and there would be no need. The knowledge would have been contemplated, received and absorbed.

He had two eyes made of coal. In crystal work, coal is thought to help an individual avoid detection. This earthy substance is receptive by nature and in some belief systems considered lucky. Frosty was a creation of the children and meant only for the children. He also managed to slip by the "traffic cop." Carrying a piece of coal is also thought to give an individual an uplifted feeling ... "he could laugh and play just the same as you and me!"

He had a button nose and a corncob pipe. In folklore and if we consider that all of the household components of Frosty's visage were gifts from the children as they created him, the button indicates friendship and the pipe according to Native American legend represents peace and the capacity for vision. Frosty the snowman knew, "The sun was hot that day, so he said let's run and we'll have some fun now before I melt away."

He carried a broomstick. Brooms of course have a variety of uses. In some circles brooms are used to spiritually sweep an area clean of unwelcome energies. This was a sacred task in the ancient temples where great emphasis was placed on the broomstick handler (yes there was such a person) who in order to be able to clean the temple properly must be "himself both clean and pure." Being made of snow, Frosty was pure and thus the perfect broomstick handler. Broomsticks or besoms are also popularly known as symbols of aerodynamics and Frosty "ran down to the village with a broomstick in his hand, running here and there all around the square saying, 'catch me if you can!'"

He wore an "old silk hat they found." A magical hat that once they placed it on his head, "he began to dance around." A top hat is symbolic of a desire for wealth and in metaphysics a desire for the wealth of living. It also represents direction, responsibility and the role one plays in life. But this was no ordinary hat it was a hat that once belonged to a magician - a magical hat that energized Frosty and brought him to life.

This hat must be viewed as an extension of power and influence of the crown chakra. (What!??? Listen if Frosty was alive he had a chakra system! - I rest my case!)

You Suck!

Courtesy of the Light Force Network Writers Guild

According to Webster's Dictionary, the definition of criticize is to "find fault with", or "to judge the merits and faults of; analyze and evaluate".

"Of course, there are primarily two kinds of criticism. One kind of criticism is good. Another kind of criticism is bad. Good criticism is presented to a listener in love and kindness. Good criticism is thought out beforehand, then shared insightfully. It is criticism meant to do good for the one spoken to. It is information presented in a way that might best be received by the one spoken to for his or her personal wellbeing. Bad criticism, on the other hand, targets the one criticized in a spirit of anger, frustration, impatience and irritation. So, why do we people criticize negatively, I mean the bad criticism? Let us be clear, the reason we criticize in a bad way is "never" to change another. Instead it is to change ourselves. When we as humans criticize in venting rage or anger, we attack in another that other person's greatest gift, in order to conceal an opposite and polarizing flaw or wrong in ourselves." ~ Jim Hogue MA, MFT

Here is a relatively decent appraisal of why people engage criticism:

They get an immediate hit of instant gratification no matter the reason.

They criticize because you have an opinion. If you express yourself with passion and conviction about anything, someone, somewhere isn't going to like it. Period. Criticizers may be jealous that you are achieving something they do not have the courage to do and the criticism becomes a justification band aid for that boo-boo. Perhaps some solace can be found in the fact that through your words or writings you are reaching those who appreciate the message and perhaps even found something useful or even enlightening about what you have expressed.

They criticize because of a superiority complex or conversely because of insecurity. Some people actually have experience fear if you don't believe in something or think the same way they do. It must be torn down and annihilated because, well it's just too scary on a psychological level (even if it regards to the spiritual) to deal with. If it's not baseline insecure fear then perhaps it falls in the category of superiority and superiority is born of misguided pride.

Of course the previously listed obviously reflect a need for control. There are even some who recognize this about themselves and simply don't care. They feel they are "perfect" and "justified" just the way they are.

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Then there are the criticism cover-ups ... “This is just the way I am and I’m not changing it; I’m just being honest; I’m just being realistic; my caring is mistakenly coming across as critical; Oh! I had no idea I was being critical.”

The grand biggie, the ultra-Kahuna and Grand Master of criticism is because there is no accountability and the net is a breeding ground of that. Think about it, it’s easier to deliver hurtful blows, sitting there in a bathrobe chugging a beer and belching away protected behind a computer screen where no one knows you or can see you. The net is a coward’s haven. But! You have defense – there always is the delete button!

It has been said that criticisms are merely opinions that point out the need for a new path... but in which direction? Some deliverers care for us and want us to change, others may be jealous and want us to fail and even fall. What is important is how each of us validates criticism. Do we allow it to rob us and foster lack of confidence which deters us from creating and growing or do we gain new found will to do whatever it is that we feel is best for us?

The need to criticize simply belies a longing for recognition, appreciation, and validation. None of which, however, can be obtained through criticism ...



Only Human Nature

Shari Moss

Be very, very afraid... what you're about to read is meant to scare you back into a reality that seems to have lost its intended definition.

"Human nature" is on the prowl ... and it's coming to, or is likely already in, a neighborhood near you. It creeps up on you and before you know it, you're acting just like everyone else. It might just infiltrate your life and gnaw at every fiber of your being to the point of asking those rhetorical conundrum "why" questions. Why "real life" not like what real life is was meant to be? Why does it seem like, more often than not, evil wins out over good? Why can't people just be open and honest with loving-kindness in their communication? Why are so many behaviors and actions laden with underlying ulterior motives and hidden agendas?

The stock answer to and the scariest part of the answer to all those questions? Because ... well ... because we're "human" and well ... that's just "human nature"!

Scarier still, if it can possibly get any scarier, society has come to accept this as "our" behavior; that being "human" and "human nature" has somehow been adopted as viable excuses for ill-mannered, inconsiderate, disrespectful behavior and communication. Somewhere along the line being "human" and "human nature" attracted negative connotations. Think about it ... the phrases "to err is human" and "that's just human nature" clearly implies acceptance of behaviors and actions that we innately know would not otherwise be acceptable.

Don't get me wrong, I'm not saying that we, as humans, don't make mistakes, of course we do. I'm talking about the "games people play" and the things people tell themselves that makes it okay to treat other people in ways that they would not want to be treated themselves. And therein lays the irony of it all. We toss out "I'm only human" or "that's just human nature" in a double standard manner; either when we are aware we've "erred" or we're attempting to appease someone else who's been the butt of human nature, as if it's supposed to make us feel better that society has made the negative aspects of human nature acceptable.

Oddly enough, there are psychological and scientific reasons and definitions as to why we, as "humans", behave this way. Scientists, from Darwin to Freud, and beyond have made life's work out of defining humanity and human nature.

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Scientists, from Darwin to Freud, and beyond have made life's work out of defining humanity and human nature. In fact, if you've seen the movie *What the Bleep*, you know that where once scientists and psychologists were adamant about their aspect of definition being the most accurate, they have now joined forces under the umbrella of the energy aspects of quantum physics to combine their views of "human nature" and why we do the things we do and behave the ways we behave.

We all know that defining terms such as "real", "reality", and "human nature" can be as frustrating and circular as trying to answer, "Which came first, the chicken or the egg". However, in as much as we have to have a basis for focus of discussion, let's look at how dictionaries and encyclopedias define these terms. These definitions were retrieved from www.wordreference.com - adapted From: WordNet 2.0 Copyright 2003 by Princeton University.

Real:

(1) Possible to be treated as fact; "tangible evidence"; (2) having substance or capable of being treated as fact; not imaginary; (3) not synthetic or spurious; (4) being or occurring in fact or actuality; having verified existence; not illusory; (5) no less than what is stated; worthy of the name; (6) founded on practical matters; (7) coinciding with reality.

Reality:

(1) All of your experiences that determine how things appear to you; (2) the state of being actual or real; (3) the state of the world as it really is rather than as you might want it to be; "businessmen have to face harsh realities."

Human Nature:

(1) The shared psychological attributes of humankind that are assumed to be shared by all human beings; (2) the sum of qualities and traits shared by all humans.

At the basis of all these definitions is subjectivity. If *reality* is based on our own personal perceptions, and *real* is something 'possible' to be treated as fact and *human nature* presumably reflects a collective consciousness, well, then where does that leave us?

Just as everything has yin-yang opposing aspects, in order to know what's "bad", we have to first know what's "good". Of course, the converse is true, as well - in order to know what's "good", we have to know what's "bad".

So, that leaves us with defining "human nature" from a moral and ethical standpoint.

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And the question becomes “Why have the shared psychological attributes of humankind, assumed to be shared by all human beings, taken on a negative connotation? Why has it become societally acceptable to behave in amoral and unethical manners?”

Why? If you can imagine it getting any scarier, the answer actually lies in the definition of “human nature”. One of our shared psychological attributes is “fear”. Why do we behave amorally and unethically? FEAR and fear’s underlying motives.

Fear of what? Fear of being rejected ... fear of not being accepted ... fear of being “found out”... fear of admitting we’re “human”... fear of being wrong ... fear of being hurt ... fear of being inferior ... in short, fear of our fears.

But why? When did it become fearful to treat others with the same loving-kindness we want? When did it become fearful to be forthright in stating our wants, needs, and expectations? When did it become fearful to admit our “errors”? When did it become fearful to be honest? When did justice and purity of motives become fearful?

The “real” kicker is ... it never has ... it’s our fear that has made our fear okay. It’s our acceptance of fear being a ‘way of life’ that has made “human nature” a negative attribute. And I gotta tell ya ... it’s terrifying me!!!

Let’s stop the madness! Let’s all take a step back and ask ourselves what we’re really afraid of. Let’s all take a step back and realize how our fears rob us of the very life, and love, we all really want. Let’s all take a step back and realize that “human nature” dictates that by the time we realize all this it’s too late ... it’s usually either when something extremely traumatic happens or we’re literally faced with our mortality. And why? Why waste precious time? Why waste precious life? Why waste precious love?

Let’s bring back the “real” meaning of “human nature”... let’s eliminate the stigma associated with “human nature” and make it all positive!

How? Let’s start with loving-kindness in everything you do, with everyone you know, with everyone you meet ... in your words ... in your actions ... in your thoughts ... in your behaviors ... in your attitudes ... In YOU! Treat yourself, and others, with the same loving/kindness you want! Stop using “human nature” as an excuse, unless it’s a reason you did what you did that was based only on “real” loving-kindness.

Do this and you will find that, just as with anything else that’s scary mainly because you don’t know what the outcome will be – and you ‘fear’ it will be ‘bad’, “human nature” doesn’t have to be scary at all! Live life, and love, as “human nature” innately intended to be!

Don’t be afraid

Actors and Politics – A Not So Unique Psychology

Courtesy of Editor Dr. Daria Novicki

"Hollywood is crawling with outsiders and foreigners and if we kick them all out, you'll have nothing to watch but football and mixed martial arts, which are not the arts ... This instinct to humiliate when it's modeled by someone in the public ... by someone powerful, it filters down into everyone's life because it kind of gives permission for other people to do the same." Actor Meryl Streep

(A bit of a double standard when she did same thing? And for the record Scott Coker, an MMA promoter and fighter, invited Streep to an upcoming event in Los Angeles so she can see "that Mixed Martial Arts is truly artistic.")

"Why do actors think they're so God damn important? They're not. Acting is not an important job in the scheme of things. Plumbing is." – Actor Spencer Tracey

(Old Hollywood vs New Hollywood?)

"The attention we get (as actors) is completely disproportionate to our importance. But we're not getting attention because we are important. We're getting attention because what we happen to do is widely broadcast." – Actor Colin Firth

(Bingo! The platform is everything)

"Why would I ever get cocky? I'm not saving anybody's life. There are doctors who save lives and firemen who run into burning buildings. I'm making movies. It's stupid." - Actor Jennifer Lawrence

(Well, perhaps not stupid but a honed perspective on service to society.)

A diversity of "opinions" – so, who is right or righteous and who is wrong?

It is perspective time. When it comes down to actors and politics, they certainly have the right just like everyone else to express their political/social opinions. Depending upon which side of the political fence you sit, you might feel supported and uplifted by what they say OR totally disgusted and revolted that they would be spouting such arrogant accolades. In most cases, differences of opinion are accepted and not given much after-thought but, these are exceptional times when change is not an easy pill to swallow.

If you are finding yourself overwhelmed by the everyday surprises that have accompanied politics of late, you might want to step back, take a breath and consider:

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- Defining the actual situation (as it really is with no fluff)
- Your mood and temperament in response to the situation (be honest as this is between you and you!)
- How other people involved affect you. This includes your family, friends and social circles such as Facebook and any outsiders such as commentators on news programs and the media.

Here is a good view of why change affects us from <http://lifehacker.com> presented by Adam Dachis – quoted:

“Any time we are confronted by an event that is inconsistent with our core beliefs, we will likely feel some level of stress. In fact, a long-used psychometric for measuring stress is the Holmes and Rahe Stress Scale. Most of the items on this scale represent a change in a person's life that is known to lead to some amount of stress ... The important thing to keep in mind is that there is a continuum between "positive" and "negative" so not all changes are easily codified as good or bad. In fact, other psychological factors (such as one's temperament, mood, and global IQ) can affect how a person codifies a change along the positive-negative continuum ... Because new information bothers our brains, we tend to find friends and form groups that reinforce our beliefs—whether they're correct or not. When many people agree, it's easy to discount the opinions of others in the face of undeniable logic. This occurs because of a phenomenon known as the illusion of asymmetric insight.”

Further, according to writer David McRaney:

“The illusion of asymmetric insight makes it seem as though you know everyone else far better than they know you, and not only that, but you know them better than they know themselves. You believe the same thing about groups of which you are a member. As a whole, your group understands outsiders better than outsiders understand your group, and you understand the group better than its members know the group to which they belong.”

And on and on it goes. The bottom line is that each of us is responsible for our own selves. We can choose to be gullible and lazy or we can embrace the new changes that are upon us and use discernment when choosing our battles. It is very unlikely we could really “change” anyone else for, “A man convinced against his will is of the same opinion still.”
– Benjamin Franklin

Our public words tend to live after us. Choose them wisely and that includes Hollywood.



AUTHOR BIOGRAPHIES



Author contact (unless otherwise noted): editor.discerningminds@gmail.com

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Jonathan H. Corelli (*Ho-Ho-Ho!* pg. 2)

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."

L. J. Monica (*Contemplating Frosty the Snowman*, pg. 5)

L. J. calls herself the "Multiverse Metaphysician" as she has been in the business of higher spirituality for over 30 years and nothing about metaphysics has escaped her interest. She has studied many modalities such as numerology, astrology, crystals, alternative healing, religions, theology and divination but claims mastership of none of them as she believes such subjects can never be mastered by anyone. L.J. enjoys writing second to studying especially about things of a quirky nature.

Light Force Network Writers Guild (*You Suck!* pg. 7)

The Light Force Network Writers Guild consists of free-lance writer/members of www.lightforcenetwork.com who vote for Guild trial submissions they feel are worthy of publication. As the selected post is a group effort composition, the authors/contributors prefer to remain anonymous.

Shari Moss (*Only Human Nature*, pg. 9)

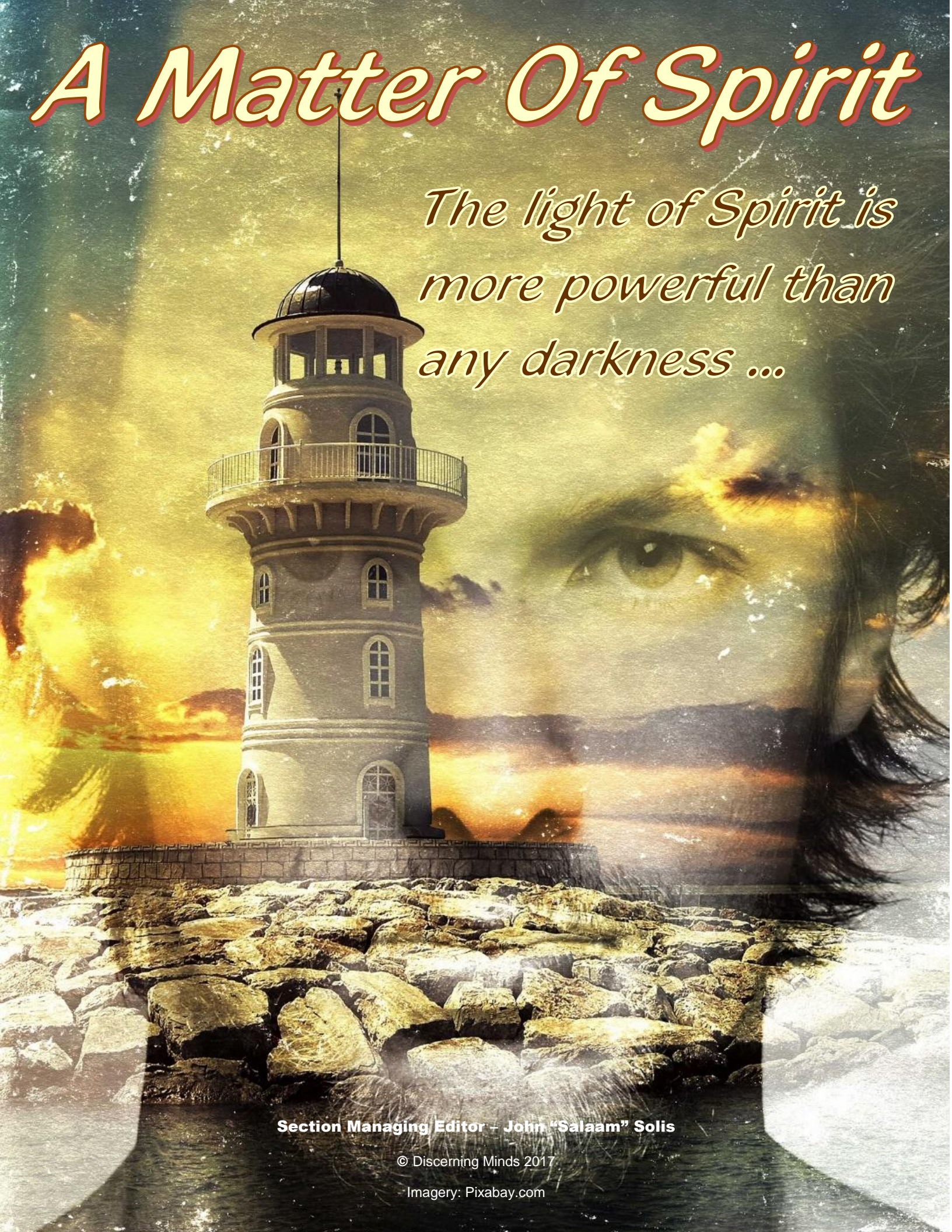
Shari, a Certified Marital/Family/Couples Therapist and previous owner of a Metaphysical Shoppe aptly named Synchronicity. She left Corporate America after 23 years to pursue her life's purpose and dreams - becoming an author and singer / songwriter whose works and verse aim to share what she deeply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

Dr. Daria Novicki (*Actors and Politics – A Not So Unique Psychology*, pg. 12)

Dr. Daria is a practicing psychologist specializing in trauma cases. She is a history buff who enjoys the mysteries connected to the past. Daria lives in New England with her dog Shogun and her Siamese cat Ling. She believes that her healthy brand of skepticism is one of her best assets. She is a managing editor and consultant for Discerning Minds E-Zine.

A Matter Of Spirit

*The light of Spirit is
more powerful than
any darkness ...*



Section Managing Editor - John "Salaam" Solis

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Do You Want to Know a Secret?

Jennifer “Shasta” Ballerino

“I’m going to tell you something. Promise you won’t tell anyone?”

In 1984, George Orwell said, **“If you want to keep a secret, you must also hide it from yourself.”** That is exactly what people do. We hide secrets by making them unconscious. We make them unconscious by piling thought after thought on top of the secret.

One of the biggest reasons people keep secrets is fear of judgment. If no one knows our embarrassing or even dastardly deeds they cannot judge us. They will not know we have broken the rules therefore there is only one way to please everyone, and that is to keep secrets about the rules we break. That way people think we followed their rules and don’t judge us.

We are not born with a sense of right and wrong; it is a man-made invention. We borrow it from adults and authority figures in our life. We don’t realize as children that right and wrong is subjective. We don’t realize that judges are often wrong. Right and wrong separates us, and as innocent children we cannot understand separation. We have to learn it. Sadly, people go out of their way to teach it to us.

We fear judgment so much, that we allow it to take our power, our authenticity, and our freedom. But we can let our self-judgment go; and then we can recognize that the judgment of others came from their beliefs, their opinions, and their self-serving rules.

Within the word belief is the word lie. Are beliefs the lies we tell ourselves? Do we uphold them because they make us feel comfortable or worthy? There is after all a big difference between judgment and discernment. If our discernment is functioning well do we even anything remotely like judgment?

In truth, when man projected his judgment on others and started making others the keepers of his fate, he took a long, hard fall. But when we turn our eye inward, and we start to discern our thoughts, the actions all start to make sense. We see the intention that drove us to do what we do. We find our inner goodness. We slowly return to innocence and curiosity. We are still obedient, but not to others with stupid beliefs and rules and judgments; we obey our heart. That realization puts us back on the path to oneness, where separate doesn’t exist.

Secrets become unnecessary.

Unique Minus Critique

Syd Alrruhi

Ask yourself -

- Have you ever been bashed, put down and left out or down right shunned because you have shared your personal spirituality with others - even in so called metaphysical circles?
- Did you promise yourself you would never share your experiences again?
- Did you even begin to doubt what happened to you though deep down inside you know what had happened?

It seems all of us have put up with some sort of mockery and criticism in life for various reasons. It stings, it bites and it doesn't feel good. It is the prime instigator of other's needs for conformity – fitting in to be one of the clan.

One's spiritual life is unique unto each person - like your very own spiritual fingerprint. Even those who have taken and stuck to traditional spiritual mores and modes still maintain a uniqueness because despite what is said or portrayed on the outside there is still a cauldron of questions, doubts and those secret thoughts on the inner that are generally ignored even if not for long. That said, I personally have had some remarkable, strange and logic defying experiences that have pushed me far beyond traditional teachings and even the new theories and proofs presented currently in the mainstream which could justify me as poster child of the weird. If you would like to know more about those experiences (which the naysayers du jour often find outrageous). At any rate, having been there and done that and now immune to the attacks, critiques and attempts to convince otherwise rendered by others, here are a few tips:

1. The most important thing to realize is that mockery and or criticism is actually a good thing. It shows, even on a spiritual level, that you have discovered something meaningful enough to rattle a few cages. The naysayers often walk away wondering why they couldn't achieve it be it an OOB or a simple vision. If they didn't think it was special, they would not mock you.
2. When relaying your experiences be true to yourself and discern what you have experienced. The best defense against ridicule is self-acceptance from which is born self-truth.
3. Don't let imagination take over and cause you to add embellishments or fantasy. Real spiritual experiences are pure in nature. They don't require you to add a fire breathing dragon as a defense mechanism. Don't brag either – boastfulness is not part of the experience. Not only will you lose credibility, you will also end up confusing yourself. Newbies often have to do a bit of ego wrestling at first.

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1. Conversely, don't become a victim to slings and barbs either and think you need to hide your experience, downplay it or change it. People will hit hard when they are knocked out of their comfort zones particularly if they are of a hard core religious mind set. Keep your goal set on your own destiny and evolving spirit – as for others they have their own concerns. You don't need to convince anyone especially a fool.
2. In some cases, you will have to take a stand – you don't have to be spiritually correct all the time and are allowed to throw a psychological shock bomb when necessary by bringing up the emotional reason behind why they are attacking you to their face – envy, jealousy, low self-esteem etc. (you can forgive yourself and them later). Let's face it, some people are just evil in nature – they are generally the “least knowing” person in the room and are known in the world of psychology as “displacers” trying to dump their lack and repugnance of themselves upon you. While you understand that these people are part of the balance in life – also remember that often, “an un-confronted enemy becomes stronger.” What you have experienced may be of great value to others within their experience so why let that relentless black hearted individual stop the process. And those behind the back so called truth givers? Let them blab, while you act. Remember, no one can dominate you unless you let them.

Know yourself and above all love yourself!



Is There Reincarnation?

The American Guru

Over the years, I've had hundreds of people speak of their doubts about reincarnation. Most of them, well meaning, church oriented individuals who have been told what to believe by their religious leader. I do not propose to tell anyone what to believe. It is my contention that if they will seek the truth, they will find it. Most often, it will come from and in a manner which they least expect it. Seldom does it come from a 'religious leader'. While this 'leader' means well, he/she is for the most part, following what has been taught by some other 'leader'. Following the teachings of another 'individual' is not found in the Bible.

I was raised in a religion where I was told not to read the Bible, but rather to follow the 'head' of the church, who does this for me. I was taught that we only have this one life and to make good! We're all humans and by nature interpret everything — that is one of the functions of our mind. We tend to take the easy way out by believing that which someone we look up to tells us. When I first questioned reincarnation, having been raised in a religion which did not believe, I prayed and meditated for a long time. I suggest that you do the same thing and then read the following. It is what I was lead to in an answer to my prayers. It did not all come at the same time. Allow no man, including myself, to instruct your belief. I believe the Truth is in the Bible and if we with an open mind search for the Truth, trusting our God who lives in, with, and through us, the Truth will be shown. Place your faith and trust **ONLY** in that **TRUTH!**

It must be remembered, the Jews have always believed in reincarnation. That is part of their belief system. If you search, you'll also find the Christian religions believed this too until about the 14th century when the council of churches decided it would be better if this was no longer taught. Similarly, few Christians know that Jesus was named Joshua, which is Hebrew, not Jesus which is Greek. Why did the Church 'leaders' change the derivation of the name?

It was written, in the book of Malachi, that God would send Elijah, (Elias is the Greek form of Elijah). Elijah, at the time of the writing, had passed on from this life. Malachi wrote his book somewhere around the years 450 - 425 BC. Jesus, knowing that the Jews knew Elijah was to re-appear before the promised Savior, referred to in these scriptures Matt. 11:11, 15. John was Elias, reincarnated, and again in Matt: 17; 10, 13, it does not say anything about John being of the same type, strength or spirit as Elijah, any more so than does Malachi. If John was not, then Elias has not re-appeared, (to our knowledge) and therefore, Jesus would not be the Savior. And if that is so, what then is Christianity? My belief is John was Elijah reincarnated, therefore Jesus is the Christ.

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Picture yourself as being the Savior sent by God to a people who believed in reincarnation. If you knew that this was not a truth, would you not have, at least once, told them so? Nowhere in the Bible will you read that anyone, not even Jesus the Savior, spoke against this belief. Are we not left to assume the belief to be true?

If you read Mark, 8:27, 28, you will find where the disciples showed Jesus their belief in reincarnation and He never pointed out the belief to be wrong. He asked them, ‘whom do men say that I am?’ And they answered by (as much as) saying, the reincarnated soul of John or one of the prophets! Again, proof of their belief and Jesus’ refusal to refute it. Read John 9: 1, 3. Note: the man was born blind. The disciples believed it was possible that he was born blind due to his own sins. Now, the man must have lived BEFORE, if in fact, his sins caused him to be *born* blind. Now, Jesus did not take this opportunity to correct His disciple’s beliefs, but encouraged them. He said, “Neither hath this man sinned,” (knowing the man would have had to live and sinned prior to his birth) “nor his parents...”

From the above, having been lead to these concepts, I now believe in reincarnation. Should you find any scripture denying reincarnation, please let me know. I ask that you pray and believe what you are lead to believe. Don't be a follower of what someone else or a church dictates nor I. God has never stopped answering our prayers, we have simply stopped listening.



Meditation for Rediscovering the Green

Niamh Argdall de Danaan

It doesn't matter what season it is to engage this meditation ... a walk in the snow can be just as effective as a walk on summer's green grass because you are anchoring yourself to Mother Earth and connecting to the Higher Spirit. This is a meditation that is effective for problem solving providing that it is not an answer you immediately need although I have been told by some that they were able to problem solve at the conclusion of the meditation.

Before you begin your meditation, find a "nature" spot such as a city park or even your own back yard. Look for a "nature's temple" gateway which consists of two trees preferably with over reaching or entwined branches. If that is not possible, simply look for an opening between two somewhat evenly spaced trees.

Stand in the gateway and take a deep breath releasing your anxieties and fears. Focus on one important and/or pressing issue in your life and commune to the Green that you will be seeking an answer or solution to this problem during your meditation.

Pass through the gateway and begin your walk taking note of anything in nature that gets your attention or catches your eye. This could be a bird, animal, butterfly, insect, plant, sound, smell or movement. I once passed a small brook and could see the water bubbling below a thin layer of ice that gave me a tremendous sense of peace and opened my spirit. Stop and let whatever has caught your attention resonate with your heart and spirit. Now relegate it to your issue. Do not deliberate or try to wrap your impressions up in logic or understanding. All you need to do is be receptive. Once you have processed this, acknowledge nature and say thank you.

Continue your walk until you feel or "sense" that you have come to the end. Before you leave, once again acknowledge and thank all of nature for the "input" you have received even though your rational conscious mind may not be able to grasp the messages.

In a day or two, you will notice that your perception regarding your issue has been altered. You will feel less burdened and able to render a decision regarding the solution to your problem.



The Nine Question Contemplation

Simon the Inquisitor

As children of the Universe we are eternally questioning the reasons “why?” Some of our questions are simple and others complex. Consider this contemplation of inquisition and venture into the profound. The answers are within ...

1. What is the nature of absolute nothingness?
2. If the Universe goes on without end what is the direction of its expansion?
3. Is destiny the conscious direction of one's life energy and subsequent elevation of one's character?
4. If a child is the son of man and a man is the son of the Earth and the Earth is a child of the Sun and the Sun is a child of the Galaxy and the Galaxy is the son of a Super-galactic parent, then is my birth an accident of creation?
5. Is no Path the true Path, for in the Absolute there is no Truthfulness or Falsehood, no right and no wrong, no Yes and no, NO?
6. Would all dogma be false in the *Absolute* because it attempts to encapsulate *Infinity*?
7. Is diversity as an expression of essential unity not a paradigm of the Universe?
8. Why does it seem that everything of power is done in a circle?
9. Why do we bother to ask WHY?





AUTHOR BIOGRAPHIES



 **Author contact (unless otherwise noted):** editor.discerningminds@gmail.com

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Jennifer “Shasta” Ballerino (*Do You Want to Know a Secret?* pg. 16)

Jennifer is an assistant dancer teacher in her home state in the US Midwest. She believes her surname which mean “dancer” in Italian partially dictates her fate. She has been studying metaphysics for the past five years and has many questions most of which she asks herself. Jennifer is planning on registering for college night classes in psychology next summer.

Syd Alrruhi (*Unique Minus Critique*, pg. 17)

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

The American Guru (*Is There Reincarnation?* pg. 19)

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

Niamh Ardgal de Danaan (*Meditation for Rediscovering the Green*, pg. 21)

Druid Ardgal prefers to remain anonymous.

Simon the Inquisitor (*The Nine Question Contemplation*, pg. 22)

Simon Z. Lansich is a retired professor who holds a Ph.D. in metaphysics and parapsychology in addition to his ‘mundane’ Ph.D. in Mathematics. Simon was given the nick-name ‘Inquisitor’ by his former students as he was always proposing queries for them to answer tied into mathematical theory. Simon enjoys travelling with his wife and is planning a trip to Europe this winter for a tour of several countries. His hobbies include gardening and stained glass creations.

A person stands on a sandy beach, their back to the camera, looking out at a calm ocean. The sun is high in the sky, creating a bright starburst effect with rays of light that fan out across the scene. The sky is filled with soft, white clouds. The overall color palette is warm, dominated by yellows, oranges, and browns.

The Body Temple

I am One with the All ...

Section Managing Editor – Lynda Lidel Harley

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The History of Stellar Healing

Rev. Dr. Loni J. Haas

“Already at 16 or 17 years of age, in spite of the priests, he had introduced Stellar Art. At 19 the king decided the time was ripe to make his convictions clear to all. He therefore renounced the name Amenhotep, with its implication of obedience to Amen. And in choosing a name to take the place of the one discarded, he joined the words which expressed his religion of Life, Light and Love. Aten means light. To indicate to his subjects that he was a Brother of the Light, he called himself Akhenaten, meaning Living in the Light.” ~ Elbert Benjamine aka C.C. Zain, Hermetic Scientist, Occultist, Astrologer, Naturalist

Defying the Priests of Shadow ...

The priests of Amen had grown to be the strongest group in Egypt. They had vast holdings from levying tremendous financial tributes and with this stockpile they built magnificent temples at Luxor and Karnak. They were dark by nature and said to be influenced by the Lower-Plutonian or Lower Astral forces. Cunning and inverse, they easily compelled the people to do their bidding which including loyalty to perverse doctrines and religious ceremonies, prostitution and murder.

Akhenaten, originally known as Amenhotep IV ascended the throne at the age of 13 following the death of his father in 1375 BC. He realized from the start how totally dominated his people were with the Shadow Priests of Amen and their corrupt magical rites and rituals. The Sun God Ra was universally venerated by the public, and the dark priests ever mindful of political power cleverly joined the name of Ra to Amen so they would be sole representatives of the newly created deity Amen Ra. The young king, surrounded and guided by these priests, remained orthodox in his faith to Amen Ra until he turned 19 years old.

Spies and assassins pervaded the huge temples at Karnak and the young king knowing he could not combat the dark forces that so permeated the area decided to move the capital and take with him those who he felt were willing to learn the true power of Nature, live constructively and defy the power of the Shadow Priests. With his entourage, he sailed down from the River Thebes to a point he felt would best serve his needs about 160 miles above Cairo. There he founded the City of the Horizon. Many joined him in his quest for new spiritualism, the suppression of corruption and freedom from ignorance Akhenaten had no use for war, vengeance or fear. Egypt would be revolutionized.

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“He has given to us an example three thousand years ago which might be followed at the present day; an example of what a husband and father should be, of what an honest man should do, of what a poet should feel, of what a preacher should teach, of what an artist should strive for, of what a scientist should believe, of what a philosopher should think.” ~ Arthur Weigall, Former Inspector General of Antiquities in Egypt

The Brethren of Light ...

The symbol of Ra that was worshipped in the time of Akhenaten was a gold disc representing the Sun. Akhenaten perceived something more behind the physical symbol – he perceived an all-pervading intelligence. From his studies of the rolls in the Library Tahuti, he learned and taught the constructive use of astrological knowledge. He also taught the use of art and beauty and any ennobling activity that he felt the mind could channel advantageously. Spiritually, the doctrine of hell and eternal punishment were no part of his teachings, rather, he focused on happiness during and after a given lifetime. He built a superior culture whose religion was the Religion of the Stars also known as the Devotion to Light.

Stellar Healing ...

“Among other things, he created a new art, Stellar Art, and developed a method of treatment, Stellar Healing. All the essentials of this Stellar Healing are set forth in sufficient detail in the language of symbolic pictograph in his Stellar Art, so that were there no other source of information available to us on this subject it would be possible to learn it from the many pictures he has left.” ~ C.C. Zain

The general idea or premise of Akhenaten’s Stellar Healing via Zane can be summed up thus:

- Planetary energies reaching man not only map his character at birth, but exert definite influences over him, at times which can be predetermined, throughout the whole of his life. This is pictured by the rays descending to certain parts of the bodies of human beings.
- The physical environment by which he is surrounded, each item of which is also influenced by planetary energies, also exerts an influence upon man. To what extent his physical influence opposes or cooperates with the planetary energies operative at a given time must be ascertained by observation of the physical environment. This is pictured by the various objects by which human beings in the pictures are surrounded.

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- The events and conditions which are present at any given time in an individual's life are the offspring of his character as it exists at the time, energized by such planetary energies as then reach it, and acting upon the available physical environment, which influences both the trend and the importance of what occurs. This is pictured by both rays and objects adjacent to human beings.
- The amount of control which an individual can exercise over what takes place in this life at a given time depends upon two factors whose relative importance constantly varies, but which on average are about of equal power: Upon his ability to energize and modify in the desired direction the factors of his character which respond to planetary energy; and upon his ability to select physical environmental conditions which offer little resistance to the events he desires.

A true Renaissance Man of Healing and Mental Alchemy...

Akhenaten was ever mindful that a diagnosis in of itself no matter how well realized, offered no help to humanity... it merely was just an indicator that a condition existed and was present. He knew that for an individual to benefit from diagnosis he must know what to do to change the condition and then do the thing which would make the indicated change. The Light or "Aten" to Akhenaten and his followers not only represented an all pervading deity but also the whole inner plane environment. All those thousands of years ago, he grasped that the inner plane and its forces can only contact the physical plane through energies travelling at the velocity of light. So, Akhenaten basically devised the system whereby the electromagnetic energies of the "healer" could be used to gather up and transmit to a patient the planetary energies as were necessary to temporarily change character or the thought structure of a patient. In essence, it was a form of mental alchemy... thought structure to enable the overcoming of afflictions.

In both diagnosis and in healing, Akhenaten gave equal weight to the influence of planets and the influence of the physical environment. He did not feel that a condition of the physical body, for example, coincident with lack of proper diet could be corrected merely by proper thinking. Nor did he believe that proper diet without a change of thinking would bring health. He did not believe that attention should only be given to the factors of one plane; but that the power of inner plane energies, such as those of thoughts and the planets, and the resistances of the physical plane, such as those exercised by people and objects should be given equal consideration. His Stellar Healing methodology modified the desires of thought cells and the resistance of the physical environment to bring about a desired outcome as well as alterations to the Soul.

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Stellar Healers combine mental healing with the use of planetary energies which are permitted to flow through their bodies as a conduit to the astral form of the patient. Stellar Healers are natural healers who develop the ability through which planetary energies flow in large volume. Actual touch is not necessary because the energy flows at will. Akhenaten understood astrology and was able to discern the inner factors of disease from the horoscope of an individual and knew that energy healing could be administered specifically to cure disease and health crisis. The pictures he left us included use of color, music and thought to enable the Stellar Healer to tune in on the particular planetary energy needed.

According to Zane's interpretation:

- The electromagnetic energy of the healer which passes from his hands to the patient.
- The astral vibrations of a planet or planet, which the healer is tuned in on and which pass from his hands with the electro-magnetic energy to the thought cells of the patient.
- The thoughts and mental images in the healer's mind which direct the electromagnetic energy and planetary energy to the accomplishment of the specific healing job to be done according to disposition in the patient's chart.
- The electromagnetic energy must be guided by the astral energy.
- The healer must visualize the color of the planetary energies and saturate the body of the patient. When viewed from the Astral Plane this color is vivid and intense.
- The tonal vibrations of the planet (s) are used as musical accompaniment.

Akhenaten believed that man should control his life and destiny to the end of contributing his utmost to "Universal Welfare." The degree of success depended upon the degree of which man could energize and modify the cells within his Soul in the desired direction and the degree to which he was able to select a physical environment that would facilitate the modification of these cells to bring about desired conditions and good health.

"The highest function of the healing art is not to cure the sick, but to keep people well. We need those who can cure disease but even more we need those who can keep disease from manifesting." ~ C.C. Zane

Resource: *Astrological Lore of Ages*, Elbert Benjamine. ©1993 by the Church of Light, Los Angeles

Interview with Dr. Bernie Siegel

Courtesy of The Galactic Press, interview by Stephen Briggs

Dr. Bernie Siegel M.D. is recognized worldwide as a bestselling author, ground breaking physician and surgeon. He is an inspirational speaker, and founder of *Exceptional Cancer Patients*, a specific form of individual and group therapy, utilizing patient's drawings, dreams, images and feelings. Dr. Siegel is a member of two scholastic honor societies. Phi Beta Kappa and Alpha Omega Alpha he graduated with honors from Colgate University Medical College. His surgical training took place at Yale New Haven Hospital. Bernie Siegel is author of such books as *The Art of Healing: Uncovering Your Inner Wisdom and Potential for Self-Healing*, *A Book of Miracles: Inspiring True Stories of Healing, Gratitude, and Love*, *Love, Medicine & Miracles*, *Peace Love & Healing*, *Prescription for Living*, *Help Me to Heal*, *365 Prescriptions for the Soul* and other best sellers. His popular children's book *Smudge Bunny* is about how difficulties can become blessings.

Your powerful book, *Love, Medicine & Miracles* has helped so many people what part does faith and attitude play when it comes to healing?

Faith in yourself, your doctor, your treatment and your Lord can bring you peace of mind and with that your ability to heal is increased. I know people who have left their troubles to God and had their cancers disappear and others who think God is punishing them. So understanding what true faith is and that your attitude also changes your body chemistry are important factors in healing. Some prayers are not answered when we are at full term and it is time for us to be born again and commence a new and authentic life.

I understand you have had a near death experience. Would you describe what happened?

When I was four years old I was home in bed with one of my frequent ear infections. I took a toy telephone I was playing with and unscrewed the dial and put all the pieces in my mouth as I had seen carpenters do with nails which they then pulled out to use. The problem was that I aspirated the pieces and went into laryngospasm. I can still feel my intercostals muscles and diaphragm contracting forcefully, trying to get some air into my lungs, but nothing worked and I was unable to make any sounds to attract help. I had no sense of the time but suddenly realized I was not struggling anymore. I was now at the head of the bed watching myself dying.

I found it fascinating to be free of my body and a blessing. I never stopped to think about how I could still see while out of my body.

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I was feeling sorry my mother, who was in the kitchen, would find me dead but I thought it over and found my new state preferable and intellectually chose death over life.

Then for no apparent reason the boy on the bed vomited and all the pieces came flying out. He began to breathe again and I was very angry as I returned to my body against my will. I can still remember yelling, "Who did that?" My thought as a four year old was that there was a God who had a schedule and I wasn't supposed to die now. So an angel apparently did a Heimlich maneuver on me is the way I would explain it today.

Do you believe our time on Earth is predestined?

I really do believe there is a schedule we create unconsciously because of later life experiences. Twice I have had my car totaled by people driving through red lights and once I fell off our roof when the top rung on my wooden ladder snapped off. In none of these incidents did any significant injury occur to my body. Someone told me it was because I had an angel and he knew his name. I asked what it was and he asked, "What did you say when the ladder broke?" I said, "Oh Shit!" He said, "That's his name." I will add he always shows up when I call him in an impassioned way.

Why are so many people, distressed, depressed and worried these days?

It is because most people do not know how to deal with life's difficulties. Life is not unfair it is difficult. Parents, teachers, clergy, doctors and others rarely teach us how to confront problems and see that they can be redirections, gifts and blessings as they make us more complete human beings. 70% of high school students have considered suicide. We need to be taught how to eliminate what is killing us and not ourselves. When God closes one door further down the corridor another will open and if it doesn't use the window.

What is the best way to overcome anger and resentment? How do you forget a painful past?

There is appropriate anger and it is in defense of one's self and one's respect. You can love the other person but not like how they treat you. Submissive patients do not do well. You can abandon your past and use the energy to redirect your life rather than waste your life's time with anger and rage and resentment. Then people are still injuring you because of your thoughts. So accept you are here for a limited time and that you are in charge of what you think and move on.

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You said troubles can be a blessing in disguise, it doesn't seem like that when we are going through tough times, will you expound on this?

As my mother said, "It was meant to be. God is redirecting you. Something good will come of this." If you had a flat tire on the way to the airport on 9/11 would you be upset about missing the plane? We do not consciously know the future so stop picturing the worst and keep an open mind. By living in the moment as children and animals do you change the future?

You were founder of *Exceptional Cancer Patients*, which has helped so many. Tell us about this.

As a surgeon I couldn't cure everything. I care about people and it was a painful experience which our medical training ignores. A patient of mine said to me, "You're a nice guy. I feel better when I am in the office with you but I can't take you home with me. So I need to know how to love between office visits." I was amazed at how few patients responded to my letter to help them live a longer better life by coming to a meeting and basically what I learned was when you helped people live they didn't die when they were supposed to.

You have helped so many people heal their lives, tell us about YOUR experience with famous healer Olga Worrall.

I had injured my leg training for a marathon. It was very painful and not responding to rest or therapy. At an American Holistic Medical Association conference Olga was a guest speaker. My wife told me to ask her to heal me. I was embarrassed to ask and very frankly a non-believer. Never the less my wife pushed me forward and Olga sat me down in a chair and placed her two hands on my leg. The heat from her hands was incredible. I remember putting my hands on the opposite leg to compare the heat sensation. There was no sense of warmth from my hands coming through the dungarees. When Olga was done I stood up and was completely healed. The pain was gone and I could walk normally. Another time Olga and I spoke at the funeral of a mutual friend. After the ceremony we were standing in a deserted hallway when she asked, "Are you Jewish?" I said, "Why are you asking?" "Because there are two rabbis standing next to you." She went on to tell me their names and describe their garments, which included their prayer shawls and caps. Her description of them was exactly what I saw in my meditation and imagery sessions when I had met these figures while walking on my path.

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Another evening after I gave a lecture, which felt like someone else was giving it and I was simply verbalizing it for them, a woman came up to me and said, "Standing in front of you for the entire lecture was a man and I drew his picture for you." Again, exactly the face and features of my inner guide. I still have the picture hanging in our home."

What part does laughter and optimistic thinking help in healing?

I was criticized for saying these things were therapeutic and blaming people for being sick, which is not what I was saying. I asked people what was going on in their lives to understand why they might be sick now. Studies show that loneliness affects the genes which control immune function, and that cancer patients who laugh live longer. Just laugh four times a day and watch how it makes you feel and the reaction from the people who hear you laughing.

What is your belief on reincarnation?

I was telling a friend about how busy I was and she said, "Why are you living this life?" Her intention was to get me to slow down and travel less but her question sent me into a trance and I immediately saw myself with a sword in my hand killing people. My first thought was that I had become a surgeon in this life to use a knife to heal and not kill.

I spontaneously went into a trance again a few days later and saw myself living the life of a knight who killed because he feared his lord and what he would do to him if he didn't carry out his commands. I killed my wife, in this life, and her dog and was devastated by the experience. But at the same time it revealed to me why my wife's face has always had a hypnotic effect upon me and why I am so involved in rescuing animals.

Ultimately it taught me about having faith in the true Lord and like Abraham, Jesus, Moses, Noah and others to understand that what our Lord asks of us is for the greater good and that if I had said yes I would have not been asked to kill anyone.

You believe animals are a phenomenal and frequently untapped source of innate healing? Can you give some examples?

Animals are more complete than we are and excellent teachers. When in doubt WWLD; ask yourself What Would Lassie Do and see how it changes your life. Petting animals raises bonding hormones and helps our relationships and animals show us we are more than our bodies by how they live with afflictions.

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One study showed that if you had a heart attack and went home to a house with a dog the 12 month mortality rate was 5% while in a house without a dog it was 26%. They understand they are here to love and be loved and teach us about forgiveness. One of our cats disappeared when a door was left open. After several weeks with no sign of her I was sure she was killed by a predator. A friend I had made, Amelia Kinkade, is an animal intuitive who lives in Los Angeles. We live in Connecticut and Amelia has never been to our home or near it. I pestered her to tell me where the cat was and one day I received an email, without even sending Amelia a picture of the cat, and it detailed the house, yard, other animals and people who were involved in the cat's life. The next day I went out and found the cat exactly where Amelia said it was hiding. She told me in the email, "The cat is alive because I can see through its eyes."

If that doesn't make me a believer nothing will. I totally believe that consciousness is non-local and not limited to the body. I also have experienced this through the drawings and dreams of patients I have cared for which allows them to know their diagnosis and what the future holds for them. As Jung said, "The future is unconsciously prepared long in advance and therefore can be guessed by clairvoyants."

I believe it is this unconscious awareness which we each bring with us when we are born. So I do not believe we literally live many lives but that we bring with us the experience of previous lives. Thus the wiser we get the better the future will be for those who follow us.

You have touched so many lives all over the world what are your predictions in the field of health and well-being in the years to come?

I hope we will see medical education become more humanized and related to caring for people and their experience rather than just treating a body and a disease. Hopefully doctors will be trained in communication so their words do not become swords. I also think we will stop trying to kill diseases and fight wars and focus therapy on healing the body and resisting illness. However, if children are not brought up with love they become self-destructive and invalidate the system.

How does one deal with adversity, the loss of a loved one, a pet, a job, their home etc.?

Read my book *Buddy's Candle*. What is the point of grieving endlessly? What would your loved one want for you today? See your life as a labor pain and rebirth yourself when change occurs. When you finish school your graduation is called a commencement and not a termination. So keep beginning.

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In 1978 you began talking about patient empowerment and the choice to live fully and die in peace, you embrace a philosophy of living and dying will you share this with us?

When people grow up with love their living and dying are not about failing but about experiencing life. They live their authentic life and so save their lives and when they tire of their bodies they can die surrounded by loved ones and not alone at night, which most people do in the hospital, feeling like a failure and guilty. Life is about our connections and relationships and the only thing of permanence is love. It connects the living and the dead.

Do you believe in visualization?

Definitely; your body cannot separate the actual from the imaginary. So visualize a successful operation and you will have a more rapid recovery and shorter operation due to changes in your body. Think about chemotherapy as the devil giving you poison versus a gift from God to save your life and watch the difference in side effects which occur.

Do you feel that there are no coincidences?

Elisabeth Kübler Ross said that all the time because Carl Jung said, "The future is unconsciously prepared long in advance and therefore, can be guessed by clairvoyants." We create our futures. I work with dreams, images and drawings and people draw their past, present and future in their drawings and experience them in dreams too.

Where do you stand on reincarnation? Do you believe in life after death?

I have had a near death experience as a four year old choking on a toy I aspirated so I know we are more than our bodies because I left my body and was watching myself die. People born blind who have this experience are amazed when they can see when they leave their bodies. My belief is that our consciousness exists even after our bodies die. So we are affecting the future by how we live and the message we pass on to others. I believe we are all born with an awareness of what those who precede us experienced so I do not believe it is me repeating things but that I am aware of what has preceded me and that affects my lifestyle, relationships, choices and even the profession I choose.

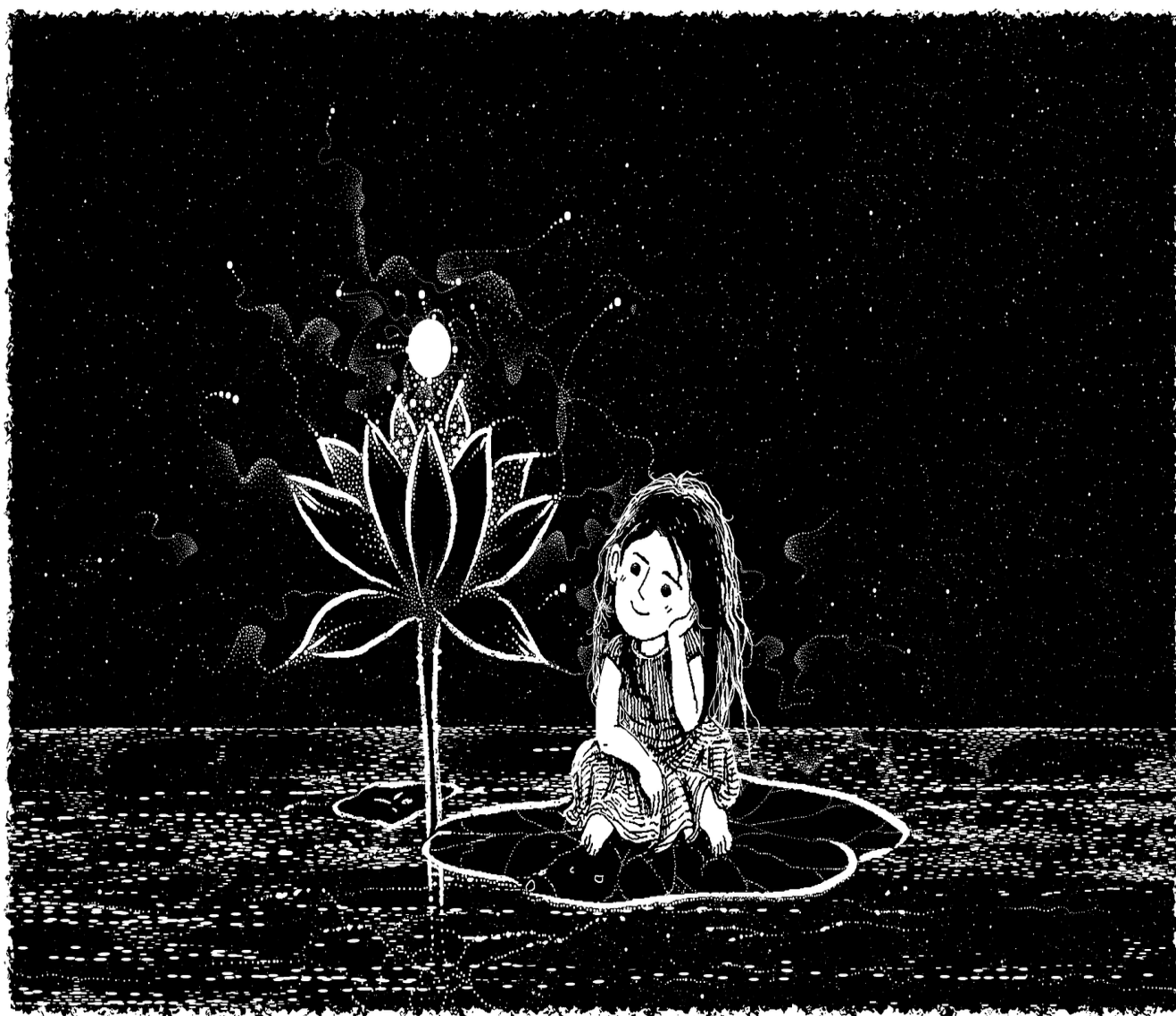
Where can we find new prescriptions for healthier living and longer life?

If you do not have self-love and self-esteem giving you information is a waste of time. You need inspiration. So I try to re-parent people and let them know they are loved by becoming their CD, or Chosen Dad.

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Once they feel loved they look up the information as it is easily accessible. So how would you introduce yourself to God? The correct response to God is, "Your child is here." And where are we all alike so a photograph would be unable to reveal who it is? A picture of our heart as we are one family all the same color inside.



Self-Imaging

Rev. Dr. Don Hauck

Chances are your self-image is tainted. How much? Can it be measured? How did it get that way? Can it be improved? These are all probably some of the most important questions you should be asking. So long as your self-image is tainted, you cannot find peace of mind. Keep in mind - I am speaking of self-image and not self-esteem.

The first two questions can be answered with a little simple test. All it takes is your honesty with your refusal to rationalize or make excuses. Simply ask yourself, "When I am by myself in a peaceful quiet state with nothing to busy my mind, and I think about myself, do I hear a voice (it may be my own) ask me what's wrong with me?" And then, how many things do I find wrong with me? That voice, even if it is only telling you one thing which you do not like, is un-acceptable! How can we expect or believe that someone else likes, much less loves us when the truth of the matter is – we don't?

You were programmed to believe negative thoughts about yourself. It began when you were very young, probably by your parents and it was continued on by your environment and some of it could have been done by you. You need to change it so that you break the chain of the environmental programming of others! We cannot give what we do not have. And if we do not have a good self-image we do not have love for our self. So we not only cannot give our children a good self-image but we cannot truly love anyone else. A poor self-image is the cause for more problems than you can imagine. It causes mental emotional and physical problems. It causes relationship problems. There is no wonder to me why so many marriages fail. Why we go through so many relationships as well as there are so many disputes between parents and their children. Having spent over 30 years of showing people how to get rid of that voice and develop a good, sound self-image, I cannot even begin to list the amount of mental emotional and even physical problems which have been overcome. A poor self-image is at the root of the destruction of mankind. It is the cause of wars as well as the sale of inferior made products. I have yet to see a Dr. Phil show where the real cause of the problem is not the person(s) self-image. I believe that everyone with a good, healthy self-image is able to see this cause as the root of somewhere close to 95% of the human problems faced by people on Earth today!

It is of no help to blame either others or ourselves for our poor self-image. It is as I said an environmental problem for which each of us as an individual can take it upon themselves to eradicate.

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If each of us will clean up our self-image, we will automatically through associations with others, help others to do the same. For as I said, we can only give others what we have. To understand how insidious this problem is, I will briefly attempt to explain its onset so that you can put the brakes on your continuing this destructive force with others.

When you were born you were completely dependent upon your parents particularly your mother. As you grew you were taught to depend upon schooling and your teachers for education, police officers for safety, doctors for health etc., you were also told you were bad or wrong for doing or saying certain things. You may also have been convinced by others that you are dumb, stupid, too skinny, fat, too tall, too short etc., both the negative and the positive programming are what happened to build your self-image. And without your knowledge the universal law began to develop your self-image and subsequently you and your life. And it continues to do so today. You ask which universal law?

As is says in the Bible, “As you sow so shall ye reap.”

In the image of you was born within your mind and continued to be fertilized by the second universal law; “As you believe so shall it be.” One of the most visible and outstanding proofs of this today, is the number of people who are overweight. Have you ever wondered why so many people who are overweight will tell you how many times they have dieted and exercised and took off weight only for it to come back and then some? Or why is it, be it an anorexic or bulimic individual who’s down the bone and skin continues on their path? In both cases they both see themselves in a mirror and believe themselves to be fat! The only solution is to change the self-image.



Cosmic Healing Timetable

Courtesy of Starlogic Astrodynamics

We are all children of the Universe. Did you know Each Zodiac sign has specific times during the day when “healing” is the most beneficial? Simply perform your chosen personal healing mode in accord with your birthday and the chart.

BIRTHDATE	SIGN	MONTH	HOURS
Mar. 21 - Apr. 20	ARIES	Dec., Jan., Feb. Mar., Apr., May All Other Months	10-11 AM 9-11 AM 8-9 AM
Apr. 21 - May 20	TAURUS	Dec.- May All Other Months	11 AM-12 PM 9-10 AM
May 21 - June 21	GEMINI	Jan. - May All Other Months	12-1 PM 10-11 AM
June 22 - July 22	CANCER	Dec. - May All Other Months	1-2 PM 11 AM -12 PM
July 23 - Aug. 22	LEO	Dec. - May All Other Months	2-3 PM 12-2 PM
Aug. 23 - Sept. 22	VIRGO	Dec. - May All Other Months	3-4 PM 2-4 PM
Sept. 23 - Oct. 22	LIBRA	Dec. - Aug. Sept. - Nov.	3-4 PM 2-3 PM
Oct. 23 - Nov. 21	SCORPIO	Dec. - July All Other Months	4-5 PM 2-3 PM
Nov. 22 - Dec. 21	SAGITTARIUS	Dec. - July All Other Months	3-4 PM 2-3 PM
Dec. 22 - Jan. 19	CAPRICORN	Dec., Jan., Feb. Mar., Apr., May All Other Months	7-8 AM 6-7 AM 5-6 AM
Jan. 20 - Feb. 19	AQUARIUS	Dec., Jan., Feb. Mar., Apr., May	8-9 AM 7-8 AM
Feb. 20 - Mar. 20	PISCES	Dec., Jan., Feb. Mar., Apr., May All Other Months	9-10 AM 8-9 AM 7-8 AM

The Lunar Diet Guide

Thomas Selinas-Cross

Did you put on the pounds over the holidays? The ever versatile art of Astrology can give you a few tips as to why it may be so hard for you lose weight via the Moon's hard aspects in your natal chart. Check and see if you have a square, quincunx or opposition aspect between the Moon and Mars, Jupiter, Saturn, Uranus, Neptune, Pluto or the health asteroid Hygeia in your natal chart! It can tell you quite a bit about your attitude towards food and perhaps help you make some healthy changes...

MOON/MARS: "The Gulper." This combination usually indicates that the individual eats too fast and often doesn't enjoy food or give much consideration to food choices. Digestive issues are pronounced usually because the digestive tract cannot process the intake (consumption) at the speed of light!

MOON/JUPITER: "The Stuffer." This combination indicates eating habits that are emotion based and of which food serves as an instant gratification "fix." Everything in sight will be gobbled up to release the tension of stress, loneliness, sadness, or boredom. Weight gain is a given.

MOON/SATURN: "The Drooler." Allergies to certain foods such as sugar, dairy, wheat, potatoes or corn can lead to dependence on substitute foods that are bad for the body such as artificial sweeteners and other foods that are high in carbohydrates.

MOON/URANUS: "The Wolfer." Bet you can't eat just one! Compulsive over-eating is the signature connected to this combination which is engaged by the individual just because they can!

MOON/NEPTUNE: "The Denier." Maybe I'll diet tomorrow! This combination often signifies eating disorders that are ambivalence or denial based. Overweight makes the individual feel "safe" or powerful.

MOON/PLUTO: "The Addict." Food addictions and binge eating are common with this combination. If the planets are in the signs of Cancer or Virgo the addictive quality is stronger.

MOON/HYGEIA: "The Struggler." Physical and chemical imbalances lead to poor eating habits that run extreme from gorging on junk food OR conversely starving oneself.



AUTHOR BIOGRAPHIES



Author contact (unless otherwise noted): editor.discerningminds@gmail.com

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Rev. Dr. Loni Haas (*The History of Stellar Healing, pg. 24*)

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. There is a youtube video available for Stellar Healing found at: <https://www.lightforcenetwork.com/media>

Stephen Briggs for the Galactic Press (*Interview with Dr. Bernie Siegel, pg. 28*)

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

Rev. Dr. Don Hauck (*Self-Imaging, pg. 35*)

Don has a Doctorate Degree and is the head pastor of the Universal Light Church, <http://www.theuniversallight.com/>. He holds a PhD in Metaphysics and Para-psychology since 1967. In 1970, he worked for a year with what he still believes to have been an Angel. He utilizes many modalities in his work including, Intuition, Graphology, Numerology, Astrology, and Color Testing among others to assist individuals in defining and achieving their goals. He guides people to their inner, higher self and loves the work of Healing. He has appeared on Radio and T.V. talk shows, lectured at Universities and High Schools where he upholds the rights of individuals and independent growth. As a Deacon who supports the independent belief system or as a Minister who works with others, his belief is that we all are members of The Universal Light, whether we acknowledge it or not. His desire for everyone is the Health of the Spirit, Mind, Emotions and Body which will give them that inner peace, joy and happiness they are striving for but unfortunately, most often look for in the wrong place.

Starlogic Astrodynamics (*Cosmic Healing Timetable, pg.37*)

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Thomas Selinas-Cross (*The Lunar Diet, pg.38*)

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.

PHENOMENA Files



WHAT'S UNDER YOUR TREE?

Section Managing Editor – John Holbrook PSI

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Wintertide

William Yves Cirrillo

I was born in raised in Vermont. I still live here in the same house with the same haunt. I say haunt and not a ghost because the experience only happens on a particular date and only if it snows heavily. I was told by the ‘specialists’ that this experience is an environmental residual haunt or an area haunt such as what happens on certain battlefield sites at certain times.

The house was originally an old farmhouse built in the early 1800s. It had been renovated many times and occupied by many families. Like many old houses it had seen good times and bad times ... especially on any February 24 - 25 if there was a heavy snowfall. The first time my family experienced it was in 1966 when a storm dropped about 17 inches of white terror in a short period of time.

We were always well equipped for storms as the power usually went out – food was stocked, lanterns filled and there was plenty of wood for our old woodstove and fireplaces. That year grandpa was staying with us and he was always well versed in local lore. I remember him originally telling the story when I was about 5 and he reveled in it but on this night he was more somber and kept checking the window. He turned around, winked at us and said:

“In the Wintertide when the snow runs deep –

The payment due will be reaped –

Better stay warm within your bed –

Lest the axe dispatch your head.”

Of course the story had its own legend to go along with those words. The house was originally built by an older ‘gentleman’ farmer for his young wife who was with child. What he did not know was that the child was not his child but was sired by a young buck from town who his wife had been having an affair. On February 25, the farmer was returning from town with supplies trying to make haste to beat an upcoming storm and to confront his wife about the gossip he had heard in one of the local bars. The horse’s hooves hit the frozen ground with a series of heavy thuds as he pulled his creaking wagon up to the front of the house.

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Leaving the supplies in the wagon, the farmer shoved open the front door in a state of bluster and immediately began a fight with his wife. She of course denied the whole affair not wanting to give away her secret plans to run away with her beloved later that evening while the old farmer slept. The old man did not let on that he knew of her plans and pretending to let her go to bed in peace. He told her he would shortly join her. Instead he began plotting a trap for the nemesis who would come for his wife.

Pretending to have fallen asleep in a chair by the fireplace in the parlor, the wife bustled around quietly in the bedroom and then waited anxiously by the bedroom window for her lover. He was to arrive around 1 AM where she would let him in through the backdoor by the kitchen. He would then proceed to shoot her husband dead. They would mess up the proper rooms to make it look like murder/robbery and leave.

As the snow quietly fell she could see her lover at a distance approaching the back the house. She peeked through the parlor door to see her husband sitting in the chair by the fireplace or so she thought.

Her lover approached the door and as she opened it to greet him she saw his expression change. Blood began to pour from his head as he fell forward towards her – blood soaking her clean frock and coat. At the doorway stood her husband with an axe. She began screaming – her voice echoing through the thick woods behind the house never to be heard. She was still screaming as her husband dragged her from the house.

The story ends there because no one knows where the farmer and his wife went or what happened to them. The lover's body was found the next morning by a visiting neighbor who needed to borrow a horse from the old farmer. Bloody drag marks could be seen on the floor from the back vestibule to the bottom of the door frame. The snow and wind and apparently taken care of anything else. There were no tracks going anywhere. Nothing was taken or missing – not even a horse.

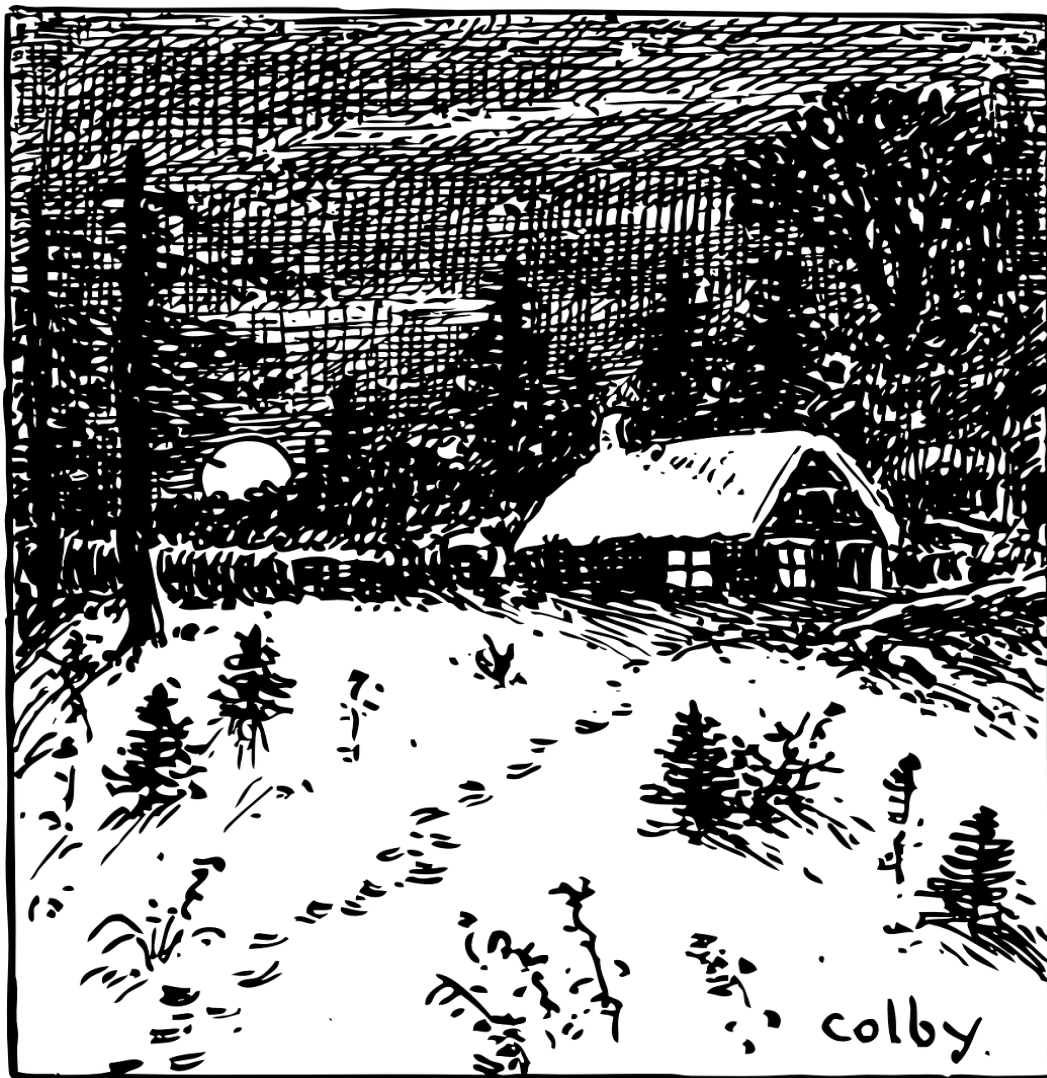
The authorities were brought in and not much was filed except for the fact that a body had been found. Any records that survived time were burned up in a court house fire twenty five years later.

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So did it really happen or was it a local legend? There is no way I believe it did not happen because on that snowy February 24th early evening in 1966 we were all made distinctly aware the sound of horse hooves when there could not have been any. We all just laughed and blew it off as 'snow sound acoustics'. A little past 1:00 AM on February 25 we were awoken by a loud scream and the sound of something being dragged across the floor by the back door. We all heard it and nothing could explain it.

All we had was grandpa who was nodding and smiling.





The Séance

New England Scribe

There are many scary stories that have filtered through my family over the years. There is no accompanying parapsychological validation for these old yarns however the people who told truly believed in their experiences.

Seasoned mediums who conduct séances will tell you there are many things that can go wrong during a valid session that is not a staged 'dog and pony' show. Further, Just how protected are those who are participating in the communion with the dead?

In the early 1940's a stage magician by the name of Johnny Reno was in the process of conducting a séance with a small group of several friends. Johnny was known to be quite psychic and no one was really sure just how much he dabbled with the dark side.

All participants sat around the table holding hands firmly. The lights were quite dim when the proceedings began but there was enough light that the two participants holding Johnny's hands could see and feel his hands clasping their hands.

As soon as Johnny began calling in the spirits the group all heard a loud slap and those close to Johnny saw his head get whipped to one side. The séance was immediately stopped and the lights turned on by one of the participants who was not holding Johnny's hands. A large red handprint was clearly visible on Johnny's face. To this day there remains no explanation except that "something was very angry." The situation was most disconcerting to those in attendance since all of them knew that a human spirit is not capable of causing great harm. Entities of a different make-up however are quite a different story.

From family accounts it seems that Johnny did not come to a happy end either. In later years he predicted that when he died it would be by fire. True to his own prediction, Johnny died in a car accident ... the car caught on fire.



Bah Humbug

Holbrook PSI

One night after Thanksgiving, I was watching TV and the movie “A Christmas Carol” came on and I half watched it and half daydreamed about my own situation. I read the book by Charles Dickens in my youth and have always enjoyed the old black and white movie. The first ghost in the story was Jacob Marley and his first appearance was as Ebenezer’s familiar door knocker. This is when the light bulb went off in my mind for my article. This story has the ghost of Christmas past, the ghost of Christmas present and the ghost of Christmas future. Of course, I would not want to forget Jacob Marley’s ghost for he is a big player in many different ways. In no way do I intend to retell “A Christmas Carol” but would like to talk about some types of ghost and entities that often times are mistaken for ghosts.

Jacob Marley was the first ghost that visited Ebenezer Scrooge in the story so let us first look at his appearance as a door knocker. How many of us have seen a face in a cloud, in the mist or in the smoke of a camp fire? In many ways, this is similar to the way the first ghost appears in the story. There are many different views on this phenomena and one is that our eyes are playing tricks on us. This is to say that we are letting our imagination put a face in the smoke because of a trauma or some other subconscious reason. Another view could be that there is a ghost trying to contact us and they only have the energy to manifest in this way. Knowing the way Jacob manifested next would lead me to believe that the ghost was priming the witness to be able to see him.

It seems that a lot of times before you see a full apparition you will get glimpses of the ghost... this is to get your attention without using up a lot of energy. It is like clearing your throat so that what you’re going to say is heard but on a visual level. If you question, “did I just see that?” you are giving your subconscious more control over your conscious mind and in doing this you are opening yourself up for the experience. This is not the same thing as having a séance and asking spirits to manifest. It is akin to being open to trying a new food that you have never eaten before without any predisposition of how it will taste. You could have only this type of experience but in the story, this was just the first unworldly encounter.

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The next ghost was Jacob Marley again but this time as a full body apparition with the ability to communicate with Ebenezer. This is rare for a ghost to be seen and be heard at the same time because the energy level to do this would be off the scale unless the witness was a spirit medium. If you were an investigator and were told this story with all the visitations, you would want to question Ebenezer to see if he had any similar experiences when he was younger to see if he was a medium. Oops, once an investigator always an investigator. Let's get back to the story...

The story then describes the reason for the ghost of Jacob Marley coming to Ebenezer as a warning and to let him know of the visitation of another ghost that night. Considering Jacob Marley was seen and heard would lead me to consider that he was not a ghost but one of these other types of entities: Spirit Guide, Angel, Demon, or even an Elemental. From my research, I have found that many times one of these four has been mistaken for a ghost in some instances that were thought to be hauntings. A ghost involved in a haunting for the most part is not there to help - they are just there because of the history of a person, place, or thing. This is not to say that a spirit of a family member will not be around you in your hour of need to console you and guide you in your life. In an alleged haunting, you would consider the account of the witness and if you could not question him or her, the account statements would have to be the only evidence. The statements made in the story lead me to believe that Jacob Marley was not a ghost but a Spirit Guide that was sent to aid Ebenezer to change his direction in life. He was sent to let Ebenezer know the errors of his ways and to pave the way for the "others" that were to follow.

The next two ghosts were the ghosts of Christmas Past and Present and in their own ways they were more guides than ghosts. The ghost of Christmas Past showed Ebenezer how he was happy and loved early in his life. It showed him a time before he had let his greed for money ruin his life. This opened the door for the next ghost. The ghost of Christmas Present then showed him the struggles of the people around him and how he did not notice this or help. Both of these ghosts were guides because of the fact that they took Ebenezer out of his room and out of his body to his past then to the present to other locations where he could not interact with his surroundings. I have spoken to several people that have had an out of body experience and they had a guide there to help them to understand or to reach a turning point.

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In the story, Ebenezer did not have any control of his out of body experience which leads me to believe it was a guided experience and he had no recourse but to get the message. Part of the message was that he had some control in his life to help others like he used to do when he was younger. The presence of these two ghosts or guides led up to the last visitation in this “night of ghosts.”

The last ghost in the story was ghost of Christmas Future. This ghost is depicted as Death or the Grim Reaper and it did not have any conversation with Ebenezer at all. In the story, the ghost of Christmas Future is the strongest contributor in making Ebenezer change his ways. The ghost that takes on the appearance of death has a sense of finality about him and brings the visitation of all the ghosts to an end. If the story was an actual event and if you considered each visitation separately, this one would be the most significant due to the fact that Christmas Future provided a possible destiny that would come to pass if Ebenezer did not change his ways. He did not provide him with anything to work for but something to fight against. This is a classic Spirit Guide or Angel encounter where they don't show you how to avoid a problem that you are headed for, rather, that there is a problem that you are heading for if you don't change or take action. Sometimes they will show you things to work on for your own spiritual growth or to prepare you for an event without showing you the outcome. For the most part, you will not get the whole picture of the event and what you will need to do to make it happen.

We do have free will and as the name implies these entities are guides and their job is to guide you or to point you in the right direction. If you look at the progression of the visitations that Ebenezer experienced, it is possible that it was just one entity that visited him taking on a different guise for each part of the lesson that he needed to learn. When dealing with the paranormal events you must look from many different points of views to discern what is really happening. If an event like the one depicted in the story “A Christmas Carol” happened today and I was asked if this was a haunting I would say no. Looking at what was stated in the story it is more likely that there was a spiritual intervention happening to help rather than a haunting. From my own personal experience dealing with my Spirit Guide, its appearance is part of the message as with this story. I hope that in this article you become aware that all the things that are labeled as ghosts might not be ghosts. Also - when we look at things from many different points of view and not just jump to one conclusion there are lessons we can learn. This article is my point of view on a story that is fictitious and is not meant as a critical look at the great author Charles Dickens. I hope that you have spiritual holiday season.



Battle

Brenda Staab

I don't know how I get myself into these things. All alone, dead of night somewhere in Virginia, off the Blue Ridge Parkway. It is pitch black outside and now the damn dog wants to go whiz. "I'm not leaving the safe confines of this house. You can find a piece of newspaper!"

Since arriving five days ago, I've been ill at ease. We volunteered my dog and I, to pack up my in-laws house since our only remaining parent took her leave. She bowed out gracefully after a short four day fight against the West Nile Virus. The house and twenty-five acres are finally going up for sale.

I've been traveling to this homestead for twenty years now. It's in my blood, a part of me that will always be here. All of us knew without ever saying, there dwells an entity inside this house. It probably lived on this land long before our family came here. There is an old home site just down the valley, near the spring. Nothing left but a few foundation stones. An old family cemetery sits up on the highest hill, some tombstones date back to the 1700's. This land has a long human history. Happy and healthy or sick and tragic, we don't know. Nonetheless, we know this land was theirs and they don't let us forget it.

Up on the high pasture you can see for miles. Best view on the mountain. We lovingly call it "the North 40". Our ranch style house sits about a mile from there on a lower hill. No trees within a tenth of a mile; it's surrounded by beautiful, lush pasture. There's not a marred view from any window. For many years we gathered for family holidays and vacations. Always aware that down the hall between the last two bedrooms the entity stood guard, watching and waiting. For what, we were not sure.

We were no threat, yet we felt we were uninvited and forever intruding. It dared you to walk down the hall. It knew we could feel its menacing presence. Massive shoulders, arms crossed. Feet spread the width of the hall, nearly as tall as the ceiling. Other than brow-beating us, we were generally left physically unmolested...that is until the week our father passed, some eight years before now.

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I always slept in the last room on the right. I never entered that room without feeling I was being watched. The night after we buried our Father, I was drawn toward consciousness from a deep sleep. There was a growing pain from the back of my throat. Coldness became evident when saliva dripped from the side of my tongue onto my cheek. It was at that split second I realized the pain was from my tongue, which was being pulled out of my open mouth. My jaw and lips were not in any way touching my tongue. My own hands were underneath the covers. I knew exactly who and what was responsible for this. My eyes ripped open to a pitch black room. At the same instant drawing in my tongue and slapping my hand over my mouth. Sheer terror bolted through me. I knew I must reach out to turn on the lamp, horrified I would touch something not of this world.

The light was all I could think of. I felt whatever had played this game would not dare remain in the light. I hoped and prayed this would be the case. Summoning everything I had, which was All Fear, I shot my arm out fumbling for the lamp. Finally, the switch turned in slow motion and the light flash flooded the room. Blinded, I dared not close my eyes until I was certain I was alone. The darkness was gone and so was the Entity.

You would think after that I would never stay in this house again. But no... I had to volunteer. The dog and I have packed for days it seems. As I wander from room to room, moving boxes to the back, I notice the dog never comes down the hall. I know what she is sensing and I sense it too. The entire back portion of the house was guarded by this specter. The only rooms it never presented itself were the living room, dining room and kitchen, "the Heart of the House". On the eve of my last night here alone I was granted an unexpected visit. And it changed me forever.

In the silence of the mountain, night fell quickly and hard. At 3:00 every afternoon preparation is made to ensure my warmth and safety. Groceries were stocked long before then. Wood must be hauled from the woodshed and stacked by the door. I became damn good at starting a fire from scratch. Keeping a roaring fire going all night long is a must up here, power outage is common and a January storm was coming over the mountain tonight.

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The fireplace is the source of energy that makes these rooms the heart of the house. It is built from large, heavy fieldstone pulled from the very land surrounding it. A double-sided hearth, it is so massively heavy, it had to be laid on virgin soil under the house foundation. Soil to chimney, it stands some twenty feet in height. Inside the house I can walk all the way around it, being eight feet deep from hearth to hearth and twelve feet wide. The children loved to play hide and seek; round and round they would run and laugh.

Later that evening, I had finished packing for the night and was talking to my sister from Atlanta on the phone. The wind picked up and it began to rain. I could hear tiny ice pellets tinkle lightly on the eight foot picture windows. I noticed my dog (all six pounds of her) looking straight up at the ceiling next to the fireplace as she began to bark. Odd, but dogs can be at times. It was then I felt a new energy move swiftly into the rooms surrounding the fireplace.

I knew instantly angels had just entered directly opposite the house from where the entity brooded. Not meekly did they enter, but with real fanfare, signaling their presence. And we all knew without a doubt they were God sent and with loving intent. The dog continued to bark, wagging her tail with great vigor and happiness. She licked the air as the angels came down to pet her little furry head. Then I knew for sure I had made no mistake when the dog stopped dead still and cocked her head to one side. The angels had vanished, but only for an instant. As quickly as they had left, they reappeared on the other side of the fireplace, beginning a delightful game of hide and seek with the little dog. Back and forth, barking then not, round and round they played. Amazed and terrified at the same time, my nerves had given it up. It was just too much to take in after spending the entire week fending off that thing down the hall. Even the dog felt it. I snatched her up, hushed her quiet and placed her in the safety of her crate by the fireplace. She made not a peep the remainder of the night.

I gathered my wits, what was left, and walked back into the kitchen, still talking to my sister (thank goodness for sisters). I thought all was quiet once again... I thought wrong. As I stood there facing the dining room I felt the angel's presence in front of me, calm and loving. Then it happened... I physically felt the angel reach out and stroke the back of my hair, head and shoulder. I knew the angel meant no harm. Love, caring and protection was translated to me in that instant.

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Let me tell you, there is no word to describe my terror. If it had not been for the ice storm I would have run screaming into the darkness outside, dog under my arm, car keys in one hand and the phone ripped from the wall.

Manic with fright, even knowing the angels were protecting me, all I could do was shut down. Sleep was going to be my only escape this night. Digging in a box I snagged the largest, softest comforter in the house. Wrapping up like a burrito and flopping on the couch, I covered up from head to toe with extra blanket overflowing to the floor. We slept by the roaring fireplace, my dog and I, while the angels kept watch and protected us. I awoke several times to the sound and vibration of the house being shaken from the roof down to the very foundation. It was like a child banging a wooden block on the table, once then two or three bangs at a time. At every occurrence I was reassured, gently comforted that all was well.

We were protected, safe and loved.

To this day I cannot imagine what forces were doing battle on that mountain and in that house.

At first light all was dead silent, inside and out. I packed and made an orderly but hasty retreat back into civilization. If the house shaking was from the ice storm, there was little to no evidence of it. I could not escape the fact that there was but a thin layer of ice on the house. Not one shingle missing from the roof, no debris from Mother Nature down the long drive way. In twenty years, I had never heard or felt any storm on the mountain create such structural shaking as I experienced my last night in that house.

My dog and I shared an event not easily recounted, rarely believed and not known by the mountain community in which the house sits. On cold, rainy nights we sit by the little fireplace in my house, my dog, the comforter and I, so grateful for the company of angels and sisters. Thank you Angels of Mercy! That recounts the last night in my beloved family home. We sold the property a few months later. In the four ensuing years since that time the house has been sold three more times.



What the Cat Dragged In

Janine Lanz

About twenty years ago when my husband and I first became interested in paranormal investigation we experienced a real test regarding a haunted object. Today stories about haunted objects and the energy that surrounds are popular and there are several TV shows and movies out there that show their significance. The object that caused all the ruckus was literally dragged in by our black cat Jet from what was believed by us to be our next door neighbor's yard. The house had been built in the early 1900s and was quite stately and well-kept but it had been empty for about four years and the family who had moved out was having a great deal of trouble selling it. In retrospect I figure it was too haunted for anyone to stay. Jet loved to wander over there daily through a gap in the fence between the two yards and chase chipmunks and squirrels and dig up holes for whatever reason struck his cat fancy.

Jet showed up at our back door one afternoon as usual waiting to be let in. I pushed open the door but he was busy toying with something shiny on the doormat as if he was trying to knock it into the house. The object was small and shiny – a small golden rectangle all covered in dirt. I picked it up and walked to the kitchen sink to wash it off with Jet fast on my heels. He jumped up onto the drain board and sat there watching as I washed it off. A little soap and water revealed it was a tie clip that appeared to be quite old and also appeared to be genuine gold with a fancy engraved monogram of MRJ. Once all the grime was washed off Jet seemed to lose interest in it and wandered off to his food bowl. I dried it off and left it on the window sill above the sink and returned to my household chores forgetting all about it.

The first night we had the object in the house, my husband and I were awoken three times by water running in the kitchen sink. There was nothing wrong with the sink or the faucet that we knew and that was confirmed the next morning by my husband who had checked it out completely right down to the seals. Of course hanging around the sink for two hours of investigation, he noticed the tie clip that I had completely forgotten about. He studied it for quite a while and decided to take it to an antique dealer he knew to have it appraised and to see if it had any value. A few hours later he came home exclaiming that the clip was indeed made of gold and a bonafide antique.

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The tie clip was placed in a small jewelry box and tucked away in a dresser drawer until we decided what to do with it.

On night two the activity heightened. Again we were awoken but this time by objects on top of the dresser (that held the tie clip) falling off onto the floor. Now while there isn't necessarily anything paranormal about brushes, combs and one or two toiletries falling off a dresser it did strike us as odd. While I was picking the items up my husband proceeded to the family room area to address what sounded like a large crash and breaking glass. He came back and announced that the large family photo portrait we had hanging over the fire place had fallen off the wall and broken. Again, not necessarily anything paranormal about a picture falling off a wall except that this one did not land in front of the fireplace on the floor. It had landed across the room in front of a large window. The window faced the neighbor's backyard.

After review the next morning we decided we had gotten to the point where we couldn't write some of these things off as natural occurrences so we decided to run a little investigation. We did not have much by the way of equipment back then but we did have a video camera and a couple of recorders. That afternoon I followed Jet out to the neighbor's back yard to see where he was digging or snooping and I snapped a few photos with my old cheap camera just for good measure. The rest of the day was normal and we went to bed as usual.

During the night around 3:03 AM we thought we heard the front door open and close, then someone walk through the house to the kitchen and exit through the back door. My husband got up to check armed with a baseball bat but found no one there or outside and nothing in the house disturbed. He checked the video camera and saw it was running fine as were the recorders so there was nothing else to do but go back to bed and try and sleep. We would check any findings the next day.

What we found was unnerving but none-the-less exciting. Although it was very hard to see, we could make out what seemed to be a dark figure move through the family room and then vanish. There had been a full moon so that aided in what was filmed because light had filtered in. The recorders were even more thrilling. At around a recorded 3:04 AM we could make out what seemed to be a man's voice saying, "Help ... find it."

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The next morning we brought in a professional investigator who had been mentoring us to review our findings. After checking through everything thoroughly we all went next door to inspect the neighbor's yard then all went to town to a quick develop photo place and also to a local historian.

The photos did not reveal much except for three consecutive pictures on the frame that showed a strange blob of light near a hole that Jet had dug up. The historian proved to be much more interesting. She told us that the original house had been built by a very wealthy man for his family in the 1920s. To all 'outside appearances' they lived happily there until the man had a run-in with a business partner who ruined his reputation and tried to bring financial disaster to the family. The partner had been murdered and the perpetrator was never found – OR city officials were just not talking. The cause of death was a gunshot wound to the head so the local papers ran with a suicide story even though the body was found in an odd place – laying I front of the front door of the partner's own house. The weapon was never found. The partner's name (which I have deliberately left out for personal reasons) matched the initials on the clip monogram.

This led us all to the speculation that perhaps the partner had been shot in a different location from where his body was found in an attempt to cover up for the wealthy man who either did the deed or hired someone to do it.

After all this speculation, our mentor suggested we go back to the neighbor's yard and take another look. We went back to the hole where the glob of light showed up on the developed frames. Jet followed us over and sat there meowing and watching us intently. My husband had brought a hand spade with him and started to poke around in the hole. What he found gave us all a start. He hit something hard about 8 inches down and what he dug up was an old revolver. We left the revolver next to the hole, took more pictures and called the proper authorities who launched an investigation.

Investigators were able to tie the gun to the wealthy family but that was the end of the road ... too much time had passed.

In the meantime we took the tie clip to the dead man's grave in the older section of the local cemetery and buried near the headstone. We said a prayer and left our condolences.

It seemed to do the trick – all activity stopped.



AUTHOR BIOGRAPHIES



Author contact (unless otherwise noted): editor.discerningminds@gmail.com

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William Yves Cirrillo (*Wintertide*, pg. 42)

William is a carpenter by trade and likes to dabble in paranormal studies. He is married with three grown sons. He has become the official spokesman for the old house and is often called upon by relatives to retell the story of Wintertide whenever the date rolls around. William enjoys what he calls “the simple life” and says he wouldn’t trade it for anything.

New England Scriber (*The Séance*, pg.45)

As is the case with many die hard New Englanders, the New England scribe prefers anonymity for personal reasons.

Holbrook PSI (*Bah Humbug*, pg.46)

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

Brenda Staab (*Battle*, pg. 49)

Brenda is a professional psychic, life coach, medium, channel and teacher. Brenda’s empathic ability to interpret and understand the emotional energies that surround individuals allows her to receive higher information from spirit guides, angels and ancestors. Brenda is one of the few people in the US certified in the Power of Wisdom Sensory Integration Technique (sm) that helps others find relief from any malady that arises from a negative emotional signature at its core. You can visit Brenda at <https://www.brendastaab.com/>. The website can keep you fully informed about readings, classes and events and personal contact with Brenda.

Janine Lanz (*What the Cat Dragged In*, pg.53)

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

ARCANUS OBSCURUM

SEEK YOUR DESTINY...



Section Managing Editors:

Marco X. Mascolo
Eliana Rosini

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Thirteen is the Master

Richard Xavier “Seven” Savin

The number thirteen has always carried a rather negative connotation surrounded by superstition. Even in today's informed society, people still harbor fear and dread over Friday the 13th and newly built hotels and structures eliminate or ignore a 13th floor. Some airlines have a no 13th row policy. Individuals who practice numeric divination believe the number 13 has a less than positive Karmic implication and they go out of their way to avoid addresses and roads bearing the numeric signature. What few realize is that the number 13 is a significant spiritual and mystical number of wisdom.

Thirteen is a number of power and dominion and as with all things universal, when that power is used for good it is an exceptional essence and when used for dark purposes it is also exceptional but through destruction. The reason is simple – from ancient times to these contemporary times this number represents the Master. Consider the 12 Knights of the Round Table and their “master” King Arthur and of course the 12 disciples of Jesus, Christ being the Divine Master. In China, 13 as a word means ‘assured growth’ and ‘definitely vibrant’. Feng Shui believers concern themselves with the fact that the number 13 breaks down to the number 4 (1 +3) which is considered lucky however those who concern with themselves with cosmic matters note that the breakdown of 13 to 4 also vibrates to the planet Uranus. The essence of Uranus is change and upheaval which constitutes a new regeneration of body, mind and spirit.

The 13/4 vibration in numerology is thought to bring spiritual insights into expression and into form through regeneration tearing down the old and becoming new.

The Druids who favored odd numbers because there was always a middle or balancing number would have looked to the number 7 as the balancer since it lies at the center of the other six numbers on either side of it:

1 2 3 4 5 6 7 8 9 10 11 12 13

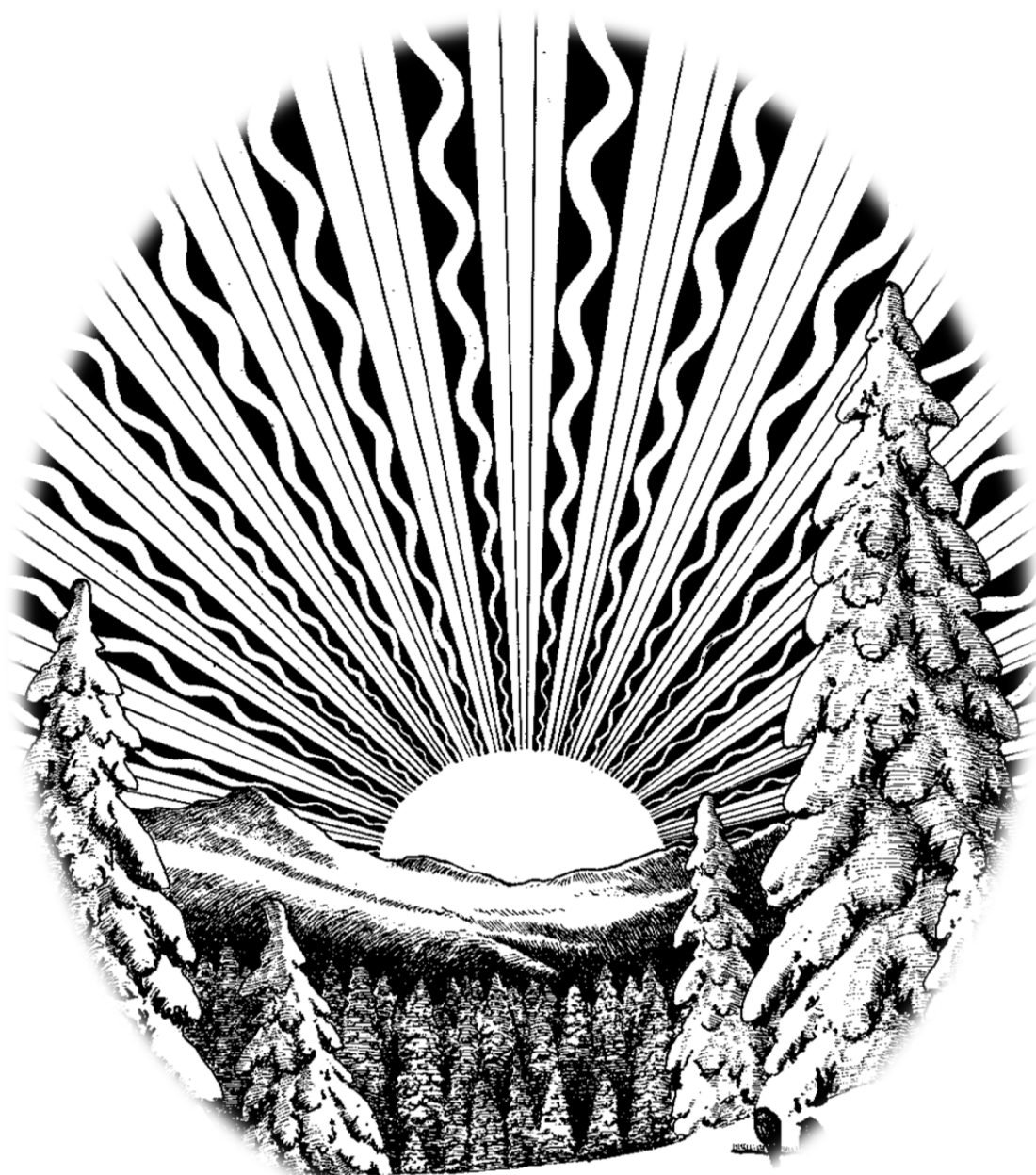
In layman's terms the number 7 constitutes seeking the truth behind what is hidden or illusory. In mysticism 7 is believed to hold essence of the numbers 3 and 4 which represent the heavens and Soul force combined with the Earthly body. This combination is thought to be connected to the Master. Further, in superstition, the seventh son of a seventh son is thought to be a prophet or ‘master of fate.’

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In his book, *The 72 Names of God*, Yehuda Berg writes that the 13th name or spiritual current, is that of Heaven on Earth. He states: “Our true purpose is to have unending happiness and eternal existence. We create heaven on earth.”

Is that not the goal of a master?



The Four Prerequisites to Entering the Mystery

Thomas V. Carroll

In ancient times, those who sought to enter the great mysteries were subjected to a series of tests. All of the ancient mystery schools required a period of Preparation, Probation and Initiation.

The first step was considered the time of Preparation. The preliminaries started with full understanding of the mystical verbs or prerequisites. They are:

To Will

To Know

To Dare

To Be Silent

By explanation:

To Will: This rule requires full commitment to task and an unrelenting desire to be willing to change one's manner of thinking in order to achieve success despite any circumstances or interference.

To Know: This rule requires full confidence in the choices made regarding mentors and teachers. It is an unspoken "knowing" that the correct choices have been made followed by the will to carry through with all studies.

To Dare: This rule requires courage on all levels because the course chosen will present many unknowns that may at first seem foreign to prior conditioning. The inner desire to become a part of something larger must be strong and focused.

To Be Silent: This rule is what is widely known as The Law of Silence. It is a code of honor that is difficult for many. It requires that what is learned may never be shared or spoken even by intimation. It is a cautionary wisdom that must be heeded.

Even by contemporary standards these are good rules for any serious student who wishes to achieve success through learning and finding their way in the world.

Pendulum Divination to Test Food

Eleannor Tighe

All of us have had an experience with food or drink that does not agree with us. Sometimes the food itself may have been ill-prepared which causes us physical distress but distress can also come from the chemistry of the food that is simply not in harmony with one's vibrations.

The first step in using a pendulum to check food and drink is to know which way the pendulum swings or gyrates to indicate yes or no or in this case, positive or negative. You will be holding the pendulum about 2 inches from each food tested. If the pendulum swings positively the food is fine for that day and if it swings negatively find something else to eat. I have tested some foods that were negative for me repeatedly so I eliminated them from my diet and was better off for it. It's all trial and error.

If the pendulum "stays" and won't move the food being tested will be fine on some days and not on other days. It is best to test that food on another day.

It may seem a bit of a nuisance but you will need to separate each food you are planning on eating by placing the portions on separate clean plates. For example if you are planning to eat a lamb chop, broccoli and potato, place each one of these on a separate plate then go ahead and run each individual test. You will want to check the food *before* you cook it to see if it vibes with you personally on the day you are planning to eat it. I often get an argument about this because people will say that cooking removes impurities. This is true however what you are seeking is if the food you have chosen will agree with you vibrationally on the particular day you are testing it. It might be fine for the day you have chosen or it might be better for another day. I have also been asked if frozen food can be tested. It can but you will need to remove the packaging.

It must always be remembered that no food is either good or bad per se – it is about whether it is good or bad for you. A pendulum used correctly merely reflects the Cosmos working in conjunction with the practitioner – diving means to connect with the Divine - so heed your inner voice as the pendulum has shown you!

It just might help to spare you a stomach ache.

Picatrix

Rev. Dr. Loni Haas

A short time ago while perusing for information on some long forgotten obscure data, I came upon a rather intriguing pitch for the *PICATRIX*. The *Picatrix* is a classic of occult literature written sometime in the ninth century by an, “anonymous Arab wizard in North Africa or Spain, and credited in the fashion of the time to the notable Sufi and scholar a-Majriti and originally titled *Ghayat al-Hakim*, ‘The Goal of the Sage.’” ~ Translators’ Introduction

In essence, *the Picatrix* is THE Occult Classic of Astrological Magic Complete. Whether or not I am a scholar of Astrology is irrelevant. The pitch had caught my attention - right down to the fact that it was blatantly revealed that to even own a copy of the *Picatrix* that merely sat on a bookshelf and nothing more did not stop the power of the book from causing strange and amazing changes and occurrences in the owner’s life! It was touted as NOT being politically correct and was even said to affront the modern reader. It even carried a warning and disclaimer!

The material in this book includes descriptions of processes and activities that may be hazardous, illegal or both. Readers who choose to pursue any of these activities do so entirely at their own risk, and are urged to use discretion, to be aware of the potential risks involved in these processes and activities, and to consult with appropriate licensed professionals before making any attempt to perform any such processes or activities. The translators and publisher of this book shall have no liability nor responsibility with respect to any loss or damage caused by reading or following any of the instructions in this book.

Damn if that wasn’t one of the best C.Y.O.As I have ever seen!

WOWZA! Now I HAD to have it! So I purchased a copy that had been translated by Renaissance astrologer Christopher Warnock and the Arch Druid of the Ancient Order of Druids in America, John Michael Greer. I had hit the proverbial arcane jackpot!

Like so many works of Arabic occultism, the *Picatrix* eventually found its way to Europe and was translated into Spanish and Latin at the court of Alfonso the Wise, King of Castile in the year 1256. At that time it was renamed *Picatrix* – a name that to this day evades attempts by scholars to figure out what the blazes it means. So of course speculation reigns.

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Is *Picatrix* the Latin version of an Arabic transliteration of some Greek name like Harpocrates, the Hellenistic Egyptian god of silence and mystery? Or does the Latin text foster something even more intriguing ... that *Picatrix* is actually the name of the tome's author? Heck if I knew or cared - I just wanted to dig in.

So, according to the general history of mighty magical tome, most of the most significant scholarly occultists of the late middle ages drew information from it or from material borrowed from it by other authors. Marsilio Ficino borrowed heavily from it for his "path breaking" *Three Books on Life* and Cornelius Agrippa's *Three Books of Occult Philosophy* were extensively influenced by it. Simon Forman, Elias Ashmole and the famous astrologer William Lilly used it as a primary source for their magical work. With the end of the Renaissance and the rise of scientific materialism the *Picatrix* dropped from sight. Today it remains one of the least known and most mysterious works of western occultism. The philosophy that grounds the *Picatrix* is the same Neoplatonism that fills the aforementioned books. It is not a hodge podge of magical recipes and rituals but a construct of detailed instructions in magical procedures gathered by Arabic occultists over two centuries. The astral magic of Mesopotamia and the magic practiced in Ancient Egypt and other magics that were clearly borrowed from Hindu tradition all contributed to the collection of magical technique in the *Picatrix*. The most important fact that must be considered about the *Picatrix* is that it is the product of a much older world. Its magic draws on a conception of the nature of magic and the universe that differs drastically from contemporary occult traditions ... its source of power is found in the macrocosm and not the microcosm, a power that is native to the universe and not the mage.

So, as fate would have it, as I pondered weak and weary on a Lovecraftian midnight dreary with the *Picatrix* in hand, the magic happened. I was not trying to cast any spells as that is not my 'thang' but it did prove to be a most fascinating excursion. Here are a few admonitions from the *Four Books of Picatrix* that will be used for purpose of review and to set scholarly examples...

EXCERPT BOOK ONE ~ CHAPTER 1 (of 7)

How you may know your degree (place) in the universe

Holy Moley! All the ramifications of what THAT could mean were attacking my brain in a renegade assault. Did that mean I would be able to identify my place in the Grand Landscape of All That Is? Was I about to unearth some long forgotten magical discourse that would reveal my true passage apart from my pathetic ride on the mundane autostrada?

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The first chapter opened with:

You should know, my dearest brother, that the best and most notable gift that God has given to humanity in this world is knowledge. By knowledge we become acquainted with ancient things, and the causes of everything in the world, and what more immediate causes are the causes of other things, and how one corresponds to another. By this we can know everything that is and why it is, and why one thing is raised above another in due order, and in what place exists the root and beginning of all things of this world: that thing by which all things are dissolved, and through which everything new and old is made known.

And ended with:

Wherefore you should know that the secrets we intend to reveal in this book of ours cannot be won unless you obtain knowledge first. Whoever desires to know ought to acquire a passion for the sciences and thoroughly scrutinize their rules, or it is ordained that theses secrets cannot be won except through wisdom and study in the sciences. In these secrets, however, is a great purity with which you may be able to help many.

O.K. So I am a dumbass lost in the perpetual abyss of defining "knowledge." Self-compensation sets in...

Nam etipsa scientia potetsaest ... Knowledge itself is power (Francis Bacon)

AND

If a little knowledge is dangerous, where is the man who has so much as to be out of danger? (T.H. Huxley).

Maybe I am better off with...

Teach thy tongue to say, "I do not know." (Maimonides)

Psych! This is after all a tome of astrological magic and the "knowledge" spoken of here is astrology. This includes planets, Fixed Stars and Mansions as used by the ancients. A word to the wise? Do not even attempt to go into a comparative of ancient vs. contemporary concepts regarding astrology because you will lose. When in Chaldea, think like a Chaldean ... or else forfeit your sanity.

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Continued ...

EXCERPT BOOK TWO ~ CHAPTER 6 (of 12); CHAPTER 12 (of 12)

The virtues of images, and by what means they may be had, and how images may receive the powers of planets, and how works are done by images, and this is the foundation of science of magic and images.

Well, if nothing else the symbols of the seven planets that were depicted got me jazzed. Let's face it, astro-magic is based upon planetary influences or "virtues" *conferred by nature and spirit.*

... Magical images work by virtue and similarity, because a magical image is nothing other than the power or celestial bodies the material bodies they influence. Thus when the substance of the material body disposed to receive the influence of the influence of the aforesaid celestial bodies or planets, and the celestial body likewise is disposed to influence the material body of the magical image, the image will be more powerful and more disposed to bring about the effect we seek and desire.

If it looks like a talisman and conjures up like a talisman ... it must be a talisman! Consecrated metals and stones cosmically charged for superconductivity? Now we're talking. BUT, there was this...

When you wish to do any evil thing, we ought to seek that the Moon is in Cancer or Libra forms an aspect with Mars, or conjoins him in the Ascendant or seventh house; the evil that you ask for will be fulfilled.

Hmmm ... would this work to raise Cthulhu from the depths so I could get even with the neighbor whose dog keeps defecating on my lawn? Might as well be practical here, right?

This was getting serious.

EXCERPT BOOK THREE ~ CHAPTER 4 (of12)

Why the secrets of this science may not be understood except a little at a time.

Human nature never changes and this is a real butt biter and typical of what frustrates most who are on the proverbial quest for the truth...

Continued ...

Continued ...

The ancient sages who have spoken of the occult sciences and magic in their books wrote them as obscurely as they could, so that no one would be able to gain any benefit from them, except by means of wisdom and continual study and practice in them. This chapter is placed here, as though by mistake, in order to make a modest demonstration of this.

This is the WHOLE chapter, I kid you not. Now I ask you was this really a "modest demonstration" OR an example of the Barnum-ism, "There's a sucker born every minute?" Perhaps I need to consult my friendly neighborhood shyster lawyer to find out. Why does anything have to be obscure or secret?

NOTE TO SELF: Did the ancients really do this to protect themselves from an untimely demise at the hands of unscrupulous rulerships or were they in competition with one another to see who could write the most mysterious chunk of profundity while snickering away at those who kept them under the justified thumb of what was politically/morally correct?

Human nature never changes ... 'tis the way of all flesh.

Everything is good when it leaves the Creator's hands; everything degenerates in the hands of man. (Jean Jacques Rousseau)

EXCERPT BOOK FOUR ~ CHAPTER 7 (of 9)

The things of magical art found in the book The Chaldean Agriculture which Abudaer Abemiaxie translated from the Chaldean language into Arabic.

Well surely our mighty tome was not to be devoid of astro-herbals that could be put to good use. Out of good conscious I deduced that a useful spell should be included to round out this article.

FOR TAKING AWAY WARTS. First count how many there are, and take the same number of chickpeas. When the Moon is conjunct the Sun [new Moon] according to its proper motion, you should warm the aforesaid chickpeas somewhat at the fire. Then upon each one of the warts put one of the chickpeas, and leave it there for a little while; then take it off the same, and let it be put in a black cloth and tied with a thread. Stand upon a high place, throw the chickpeas behind you, and return to your home without any backward glance or step toward the chickpeas.

Time for me to go read a few more chapters!

Anahata Nadam Exercise

Lara Elizabeth Wadanksi

The ancient masters knew that each lesson learned during initiation studies and exercises of the great mysteries awakened the psychic centers of man. They also recognized the importance of sound that occurred during regular sessions of meditation since it was sound (word of God) that heralded creation before light was manifested.

The Hindu Anahata Nadam (sound of no instrument) Exercise is an old feat of awareness. The more it is practiced the more the psychic centers or chakras open. Here is how you go about it:

In a quiet space, sit on the floor cross-legged with your back erect. You will need to have a low seated chair or table in front of you that will allow you to rest your elbows comfortably. You should not be bending forward. Once in proper position, plug both ear openings with your thumbs to block any mundane sounds. The use of the thumbs provides the best sound blockage and does not hurt your ears. Next close your eyes gently and let your other fingers rest gently on your forehead. Allow your inward gaze to stay fixed on the point between your eyebrows and breath rhythmically through your nose for several minutes.

It is generally believed that the flow of cosmic energies is greatest in the right ear and if you are right handed this will most certainly be true. If you are left handed you may find the sounds are greater in your left ear. Trial and error will teach you the best ear for listening. As you begin to hear sounds and there will be more than one sound, you must learn to put your attention on the sound you first during a session.

According to Nadam you may hear the following:

Om Nadam: a rolling sound such as the mighty sea waves

Cin Nadam: humming sounds, whistling sounds, rainfall sounds or merely a high frequency sound

Cincin Nadam: the roaring sound of a waterfall

Ghanta Nadam: the sound of bells that are at a distance

Continued ...

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Sankha Nadam: the sound of a trumpeting conch shell

Tantri Vina: sounds that are nasal OR the low humming sound of a bass fiddle

Tala Nadam: the sound of a snare drum

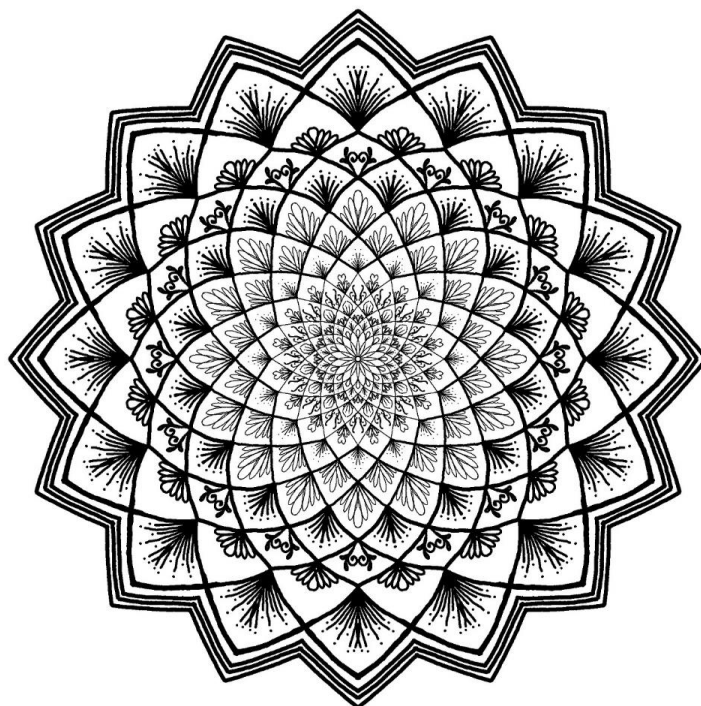
Veru Nadam: the sound of a flute

Mridamga: the sound of a deep bass drum

Bheri Nadam: the sounds of echos

Megha Nadam the sound of distant thunder

As meditation is an active principle the ancient mystery schools believed this exercise to be a step towards learning how to contact other minds while awake or asleep. It was also believed that exercises such as this enhanced any future abilities to manifest in the material world through thoughts alone. Some might consider that 'magic' based but is it magic or the awakening of dormant powers we all have within?





AUTHOR BIOGRAPHIES



Author contact (unless otherwise noted): editor.discerningminds@gmail.com

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Richard Xavier “Seven” Savin (*Thirteen is the Master*, pg. 58)

Richard is the seventh son of a seventh son. He is a psychic healer who was born with that ability as most “Sevens” throughout history have displayed. Richard lives in the northwest US and makes a living as an ambulance medic. In his spare time he likes to travel, play golf and when the opportunity arises hang glide.

Thomas V. Carroll (*The Four Prerequisites to Entering the Mystery*, pg. 60)

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. You can visit Thomas on the www.lightforcenetwork.com website where he is an administrator.

Eleannor Tighe (*Pendulum Divination for Testing Food*, pg. 61)

Eleannor Tighe is a retired high school teacher and has been a metaphysician for 40 years. She is a professional Tarotist who does readings part time. She does use a pendulum for dowsing outdoors to detect problems with the environment and other issues. She stays away from the darkside.

Rev. Dr. Loni Haas (*Picatrix*, pg. 62)

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.

Lara Elizabeth Wadanski (*Anahata Nadam Exercise*, pg. 67)

Lara is an energy healer who specializes in long distance sessions. She believes strongly in the benefit of yoga and meditation which she practices daily. Her current quest is working with Alzheimer patients to bring them peace of mind and clarity. She plans to write a book about her experiences and findings. Lara also pays visits to local hospitals that allow alternative healing methods for patients and families. Her hobbies include sewing, crafting and painting and long walks.

Sacred Sciences

*The truth is there –
You just need to know where to look.*



Section Managing Editor – Anna Drake Sydney

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A Number is just a Number ... or is it?

Janet Robinson

YOUR HOME AND/OR BUSINESS ACTUALLY HAVE AN ASTROLOGICAL SIGN!

YEP – Every address has its own “sign” ... and the degree within that “sign or constellation.”

NOPE – I’M NOT REFERRING TO

HERE’S HOW TO CALCULATE THE SIGN AND THE DEGREE OF THAT SIGN FOR EVERY ADDRESS.

Base information:

There are 360 degrees in the total zodiac – 30 degrees per sign or constellation – 12 signs.

The 360 degrees is our base from which to work: Aries, of course, is the first sign... and the others follow in order:

- | | |
|-------------|-------------|
| • 0 - 29 | ARIES |
| • 30 - 59 | TAURUS |
| • 60 - 89 | GEMINI |
| • 90 - 119 | CANCER |
| • 120 - 149 | LEO |
| • 150 - 179 | VIRGO |
| • 180 - 209 | LIBRA |
| • 210 - 239 | SCORPIO |
| • 240 - 269 | SAGITTARIUS |
| • 270 - 299 | CAPRICORN |
| • 300 - 329 | AQUARIUS |
| • 330 - 359 | PISCES |

Okay, let’s say your address (hypothetically, of course) is 67 West Main Street. You can see that 67 falls within Gemini – and since Gemini begins at 60, the sign and degree are 7 DEGREES OF GEMINI.

ANOTHER ONE: 289 West Main Street

Continued ...

Continued ...

Using the chart, 289 falls into the Capricorn category. Since Capricorn begins at 270 within the total 360 degree wheel, 289 will be 19 DEGREES OF CAPRICORN.

Now, let's say your address is a higher number than 360.

ALL YOU HAVE TO DO IS DIVIDE 360 INTO WHATEVER NUMBER IS ABOVE 360 AND THE REMAINDER IS YOUR ANSWER (here comes the test for whether you are smarter than a 5th Grader):

Let's say the address is 1568 West Main Street:

$$\begin{array}{r} 4 \\ 360 \overline{) 1568} \\ \underline{1440} \\ 128 \text{ (REMAINDER AND OUR ANSWER)} \end{array}$$

Again, you can see by referring to the above chart that 128 falls into Leo. Since Leo begins at 120, this sample address is 8 DEGREES OF LEO.

Pretty easy, huh?

SO, CALCULATE YOUR OWN HOME OR BUSINESS.

Now, what are the qualities of that sign? How does your home (or neighborhood) reflect that? And, where does that address (sign and degree) fit in your own personal natal chart? If the sign of your home happens to be your Venus or Moon sign, you are definitely comfortable there – you resonate emotionally. Maybe you're a private person and your house is Sagittarius. Well, forget the privacy. Sagittarius is anything BUT private. Plus, where are the planets NOW??? What relationship do the current planet placements have to your address?

Here's an example:

My address in California was 236 2nd Street. As you can see by the chart above, 236 is 26 degrees of Scorpio. Well, let me tell you – when the planet Pluto transited or hit that degree of Scorpio, some interesting things happened. Pluto is the planet of death/rebirth, transformation, privacy and digging deep (so to speak). It also rules PLUMBING AND SEWERS.

Continued ...

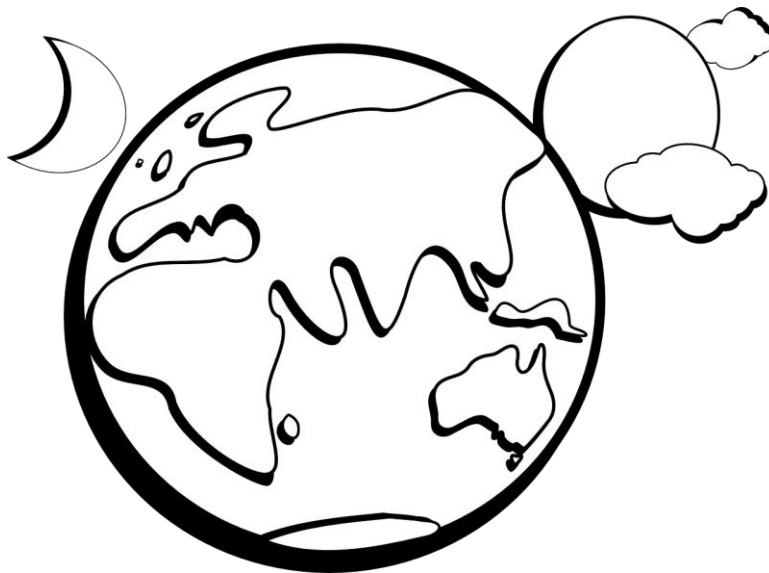
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Another example: When some friends of mine had Uranus transit the sign and degree of their home, they had some electrical issues and ended up re-wiring the entire house. Uranus rules electricity.

Political examples: The White House is located at 1600 Pennsylvania Avenue – which converts to 10 degrees of Virgo. When John F. Kennedy was assassinated, Pluto had been transiting that very degree since his inauguration. Also, when Nixon resigned the Presidency, Neptune was transiting square that degree (from Sagittarius). Neptune dissolves. The most recent transit to the White House by a transpersonal planet has been Uranus. Guess what that event was??? The so-called democratic elections in Iraq and the newly elected “first time” President of that democracy, Talabani, visited the White House, along with Tony Blair, Prime Minister of Britain. Uranus represents INSTABILITY. No further explanation is needed.

By the way, 9-11 was under a transiting Pluto opposed transiting Saturn square to that very 10th degree in Virgo – The White House degree. That means that BOTH Pluto and Saturn (our structure and security) were both challenging the White House. Major power struggle. An entire book could be written about THAT scenario.

Now back to your personal information... You may need an Astrologer to provide the detailed information for you, i.e., the transits, progressions, your own chart, etc.—depending on your level of knowledge about Astrology. It IS good to know this information about your home and/or your business.



Valentine Express - Made For Each Other?

Courtesy of Starlogic Astrodynamics

So, you've found that perfect someone and your friends are urging you to check in with an astrologer about the relationship and the compatibility quotient before you get in any deeper. You think about it but then begin to experience some reservations because you fear the astrologer is going to tell you to "run for the hills!" This is something that you don't want to hear yet somehow you know that it might be worth it to find out more about that "human embodiment of perfection" you adore.

Real astrology is about finding balanced solutions for dealing with situations and people. Psychology 101 tells us that "who" we are attracted to is strictly a psychological matter and while this is certainly true, it is not a full equation. Relationship Astrology does not discriminate ... it does not care about age difference, sexual gender preference, or racial preference. Astrology tells us that we are attracted to those who round us out as an individual and help us to fulfill Karma so our Souls can achieve growth in this particular life adventure. Astrology is a very accurate and useful tool for helping us understand another individual be it friend, lover, life partner, parent, child or even a boss on the psychological, emotional, and intellectual levels. When we understand how we react and interact with someone else we become equipped for equipoise and harmony and able to achieve common ground which promotes healthy communication and allows us to deal with the core essence of the any matter that challenges us. Does this mean that astrology is the magic pill that can turn EVERY relationship into "la-de-da pie in the sky" wonderful by supplying means to circumvent the sometimes harsh realities and disappointments we all experience at one time or another? Let's face it, not every relationship is meant to be BUT astrology does reveal the TRUTH of co-existence. Forgive this bit of a corny play on words but "the astrological truth can set you free"... one way or another!

So, what exactly does an astrologer analyze when comparing the energies of two individuals?

The Individual NATIVITIES

All good astrology starts with analysis of the NATAL CHART and relationship analysis is no exception. A NATAL CHART or NATIVITY is a basic map of where all astral bodies were posited at the time of an individual's birth. It is a guide to the personality and carries the "potentials" of an entire life. In relationship analysis, it gives the astrologer a good view of an individual's propensity to love and be loved. Transits and progressions show how current life events and life cycles are affecting an individual and if the time is ripe for love and commitment.

Continued ...

Continued ...

The SYNASTRY

A Synastry is an astrological study of human relationships. The word “Synastry” is derived from an ancient Greek term meaning “similarity of stars.” A Synastry is an inter-chart comparison between two individuals. This means that all of the aspects that occur between the two charts come under scrutiny for their energetic propensities to produce ease and harmony known as soft aspects OR for challenge and block known as hard aspects. Astrologers use the Synastry to discern, compare and to view the causes of crisis and impetus for growth that can exist between two people. A perfect Synastry does not exist just as a perfect human being does not exist. An astrologer looks for balance when analyzing a Synastry between hard and soft aspects. Too much ease provided by many soft aspects would make a relationship boring and complacent. Too many hard aspects can cause volatility or propensity for control. The best combination of aspects grants stability with just enough spice to keep things interesting. In every relationship, the interplay of human nature requires adjustments and compromises if the relationship is to function and flourish. The benefit of the information provided by Synastry analysis should not be used to deem a relationship good or bad but rather to glean knowledge for the most positive interaction possible. Much light can be shed on the deeper ramifications of an initial attraction and whether it has the capacity to grow into a meaningful and healthy proposition. The propensity for longevity and stability can also be discerned. Most importantly, since the problems in most relationships tend to sustain themselves at an unconscious level, the Synastry can prove to be an invaluable tool for opening the door to conscious development and growth because it pinpoints the emotional and psychological factors inherent in human exchange.

The COMPOSITE

A Composite chart is actually a hypothetical chart that is calculated by using the midpoints of the inter-chart planets in the Synastry thus forming a chart of the “relationship.” An astrologer will look for balance between the Synastry which tells you how you get along on all levels with someone else, and the Composite which relays how the relationship is likely to play out. The astrologer will study the basic composite to tap into the flavor of the relationship and the potential for partnership. The Composite has proven itself to be a very effective tool of discernment and of understanding a relationship and its perspective gives the individuals involved a bit more control to alter or repair issues that would have been left undone due to lack of awareness. The Composite map has its own set of rules for planetary placements and aspect interplay. It is an invaluable template of the future.

The OTHER ASTRAL BODIES

Continued ...

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Many astrologers like to include certain asteroids in relationship analysis as they add a bit more depth or often provide a different tilt on regular analysis. Some of the asteroids that are often used are Cupido, Eros and Amor. Sappho is often considered in Gay relationships.



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Cupido is named after that infamous mythological arrow shooting cherub Cupid. Those who have been struck by Cupid's arrow tend to become besotted with love and desire for their intended and whether or not this means "intended victim" or "intended idol" depends much on the cosmic condition of Cupido in a natal chart and in an inter-chart Synastry of those involved. Let's remember that in mythology Cupid was the son of Venus or Aphrodite the Goddess of Love so his intentions when he takes aim at a hapless human can lead to some pretty complicated situations when it comes to matters of the heart. For example, Cupido connecting with the planet Saturn can represent bondage or confinement, often self-imposed, because the idolizer is often acting as a martyr or an enabler just asking for heartache. While this is often a temporary situation it can be very disconcerting until reason and reality are restored. Conversely, Cupido connecting with the benefic planet Jupiter can signify release and freedom of choice, happiness and joy in a relationship be it old or new. So, regardless of your current status concerning Cupido remember a few things... the word "cupidity" is derived from the legendary god Cupid and it equates with carnal desire, greed and covetousness. Too much of a good thing can be unhealthy indeed.



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Eros defines unconscious instinctual sexual drive and eroticism. In other words it defines what turns you on via whom or what is sexually attractive to you. It is a good indicator of sexual spontaneity and the emotional response needed to consummate earthy desires. Acting as a type of "vitality meter" certain expressions of Eros can manifest as blocked sexuality and low physical drive such as when it is being adversely affected by Mars, Saturn or Pluto. On the other hand, supportive energy from planets like Mars or Pluto can indicate a veritable love machine! Wowza!!!

Continued ...

Continued ...



© Starlogic Astrodynamics

Amor is a Roman god of Love who represents the lofty principle of “platonic love.” The energy of Amor is expressed as loving kindness and compassion that houses no judgment and expects nothing in return. In many ways Amor is somewhat of a good will ambassador who provides selfless service to others. One of the important factors concerning the energy of Amor is that it is a good indicator of how an individual is capable of lending support both emotionally and physically to another person which is necessary in a good relationship and human exchange.



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Sappho was actually a Sixth Century B.C. Greek poetess who died because of unrequited love. In astrology she represents not only artistic sensitivity but also romantic sensitivity. Emotions of all kinds are associated with Sappho and include everything from sexual pain to ecstasy. All types of love-conjugal and non-conjugal, heterosexual, gay, single, multiple and even maternal are represented by Sappho. More importantly the power to heal through love by facing how love is presented in one’s life is the gift of Sappho. When Sappho is adversely affected in a chart, the energy can manifest as emotional difficulties in sexuality and love due to lack of honesty within the self-regarding the fulfillment of true needs and desires.

For those individuals who are interested in the deeper esoteric meanings of relationships such as possible shared past life experiences, some astrologers who specialize in this genre can also offer a third type of Synastry chart.

The KARMIC SYNASTRY

There are different ways of calculating a Karmic Synastry depending upon the specialization of the astrologer. The astrological method mentioned here for the Karmic Synastry is based on an ancient Middle Eastern procedure encompassing reincarnation. In this process, it is believed that a soul is reincarnated into successive lifetimes until it has been karmically and spiritually purged of all desires through archetypical experiences expressed within the Zodiac.

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A Karmic Synastry uncovers the subliminal nuances that underscore any type of significant relationship. These undercurrents are often hidden and tied to Karmic lessons.

Relationships are one of the gifts of life. All relationships, whether we perceive them as positive or negative, exist for a reason ... evolutionary soul growth. Karmic relationships provide awareness by stripping away any illusions connected to old Karmic baggage. Karmic relationships are often described as “unavoidably irresistible.” This is because each individual sees in the other the capacity for help or assistance with the resolution of old Karmic issues. Residual memories of a past life can be so strong that an individual will seek or attract similar relationship themes in the current lifetime. These relationships may be viewed as fact finding expeditions used for collection of information that will be valuable at some future time in the resolution or closure of karmic signature.

Why is karmic analysis important? If one believes the basic tenants of reincarnation then it is easy to accept and understand that every single experience in life is representative of a choice made on a Soul level in order to gain wisdom and thus perfect the essence of the Spirit. When an individual seeks individual personal or relationship karmic analysis, he or she is seeking to improve the quality of life by gaining more insight into what makes them and others “tick.” On a very intimate and innate level it is already understood that all of us learn karma a few steps at a time through a series of lessons that transcend from one lifetime or one human existence to another. Karma is not always difficult but rather reflects our human capacity for give and take in any given lifetime. Based upon this capacity, many of us carry residual energies for good or ill from one space of existence into another. Through higher spiritual understanding, we can break the old habits and open the door to true expression which brings us greater happiness and a closer connection to God or Source. Indeed, this makes our karmic obligation for give and take much easier.

The Karmic Synastry to be invaluable in instances where two people literally “can’t stand one another” despite all efforts to change the energy between them. This is often not just tied to “old” situations or experiences but has to do with the essence of the individual Soul, how it is trying to grow, and the Karmic Contract that has been struck between the two individuals and whether it will or will not be fulfilled in this lifetime.

With all of this wonderful and useful information available, who would not want to pursue it? The TRUTH and a good astrological analysis can set you free!

Have a loving Valentine’s Day!!!

Fear Not the Void of Course Moon

Thomas Selinas-Cross

There is probably more lore attributed to the Moon than any other celestial body. Its fast moving essence makes it an invaluable tool for astrologers but you don't have to practice astrology to heed Mother Moon's advice.

The transiting Moon spends approximately 2.5 days in each sign of the zodiac completing its total tour of the zodiac in about 28.5 days. There is a period of time just before the Moon transitions from one sign into the next where it makes no aspects to the planets. This is known as Void of Course. The period can last from minutes to up to several days. Any astrological calendar will depict the VOC and you can also get the info from the internet.

Some of you may be aware of the harsh "written in stone" warnings about the Void of Course. Astrologers will say to avoid "first." These include not making any important decisions, purchases, plans, engaging major projects, or even going on a first date. Things you might notice during a void have to do with silence. Public places like restaurants or malls might be more quiet than usual and people might act drifts and out of sorts. Be that what it may, it's time to throw all of the negativity out the window and accentuate the positive!

Here are some suggestions:

- Organize yourself and your surroundings. Get rid of junk; clean up your personal space. Make a list of restock items for home and office. Also make "to do" lists.
- Revise any written work. Mistakes in editing miraculously show up prominently during this time making correction a breeze.
- Engage in creative musing and let your imagination reign! Many innovative ideas are born during Void of Course periods.
- Relax, meditate, or sleep. Engage a bit of "Neptune Time" as I fondly call it! Those of you who meditate and/or channel may find your experiences during a Void of Course to be a bit "trippy." This is because the Moon is sending mixed signals since it is trying to adjust from one sign to another. What the heck... think of it as a cheap high!
- If you MUST shop, then go to the dollar store. If an item you purchase turns out to be useless you'll be less likely to care about having to return it. If, while you are out shopping, find yourself drawn to more expensive stores that you can't resist, engage yourself in window shopping. Save major purchasing for a better time... and the sales!



Raed Waen

Alexander “Odin” Agape

Raed Waen is a ceremonial technique of runecasting. Raed Waen means “riding the wagon” and refers to the runecaster being envisaged as a “rider in a heavenly wagon of the gods from which all things can be seen.”

Traditionally, only handmade wooden or stone runes should be used in the shoat and the environment takes on great importance.

When shoating indoors the main axis of the room is the *rig* or guide line. Known as the “right line” it is merely an imaginary straight line on the floor that is aligned with the earth energies in the room. If the walls in the room are oriented according to European tradition, the axis of the rig should run from east to west. In Northern tradition, the axis of the rig runs from north to south.

The shoat is always lined up along the rig and the runes should be cast on a white shoat cloth. Traditionally, the white cloth should be the same bodily measurements of the runecaster:

Length = runecaster’s height from the feet to the fingertips with arms stretched fully over the head.

Fathom (Width) = distance from the runecaster’s out stretched arms at the sides, fingertip to fingertip.

The white shoat cloth is placed on the floor about one-third of the way along the rig so the runecaster’s view is along the longer part of the room.

It is always best to cast the runes outdoors. When outdoors the rig should face towards the Sun at the time the divining is taking place. It is not recommended to divine in the darkness except for special circumstances.

Some runecasters use a STOL to sit on which is a ceremonial pillow embroidered with runic symbols. This is always placed at the negative end of the shoat. Others place another cloth on top of the white shoat cloth at the positive end of the shoat if they intend to use a mearomot (personal talisman) during the reading so they have an area to place it. Issues (never questions) are written (always with red ink) and placed on the second cloth along with the mearomot. Symbolic objects can be placed at the four corners of the white shoat cloth as well.

If you work with runes I highly recommend Raed Waen!

Trinity Rosary of Protection

Jayne Wood



The TRINITY of PROTECTION ROSARY was custom made with three decades of 11 Amethyst beads, 11 Malachite beads and 11 Hematite beads with Lapis divider and drop beads. The focal is a silver Celtic cross and the decades are emphasized by a Celtic Knot.

The Celtic cross is known by Celtic belief to be a symbol of protection for those in “risky service” both physical and spiritual such as fireman, policemen, military servicemen and those who engage in dangerous psychic services and spiritual work.

In the psychic and spiritual realms, Amethyst makes a clear connection between the earth planes and other planes and worlds making it an excellent stone for increasing spirituality, intuition and psychic powers of all kinds. It is known to open one’s channels to telepathy, past life regression, clairaudience, clairvoyance and communication with angels. Amethyst protects against psychic attacks especially during spiritual work and endeavor.

Malachite is a stone of transformation and it helps with spiritual evolution as it bridges the energy of the heart and root chakras. Malachite is a very protective stone being especially helpful for protection from evil.

Hematite is known as “the stone of the mind.” It brings mental organization and is very grounding and calming. It helps with original thinking and logical thinking. It decreases negativity and can help balance the body/mind/spirit. Hematite is good at grounding out excess energy and acting as a stabilizing force. It is one of the best stones for protection.

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Lapis strengthens the mind and body and increases awareness and spiritual connection/revolution. It is used to contact guardian spirits and is highly protective against both physical and psychic attacks. Its royal blue color is connected to the Archangel Michael, Protector of mankind.

The three decades of 11 beads total the number 33 and these decades represent the number of years Christ lived on Earth as well as connection to the Ascended Masters who answer your call and prayers. The number 11 is a Master Number and represents thoughts that manifest quickly and energy that manifests positive outcomes because the focus is on the good within oneself, others and the situation.





AUTHOR BIOGRAPHIES



Author contact (unless otherwise noted): editor.discerningminds@gmail.com

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Janet Robinson (*A Number is a Number or is It?*, pg.71)

Janet Robinson has been a professional counseling Astrologer since 1975. Her approach is pragmatic, insightful and compassionate with a spiritual base. She is very well aware of the need for people to be “heard.” With a background in Communications (BS Journalism: Director of Communications and Training for NCR, Teledyne Ryan Aeronautical, and Data Electronics in San Diego, CA) and counseling (consulted major corporations and counseled hundreds of couples and individuals worldwide), she has experienced the “real” world. From 1992 – 1997, she was employed by a San Diego-based Astrological research and consulting firm. Her readings include, but are not limited to: Natal placements, Secondary Progressions, Solar Arc Progressions, Solar and Lunar Returns, and current transits.

Starlogic Astrodynamics (*The Valentine Express – Made for each Other?*, pg.74)

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Thomas Selinas-Cross (*Fear Not the Void of Course moon*, pg. 79)

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.

Alexander “Odin” Agape (*Raed Waen*, pg. 80)

Alex has been a runemaster and teacher of the runic for the past twenty years. He is a naturalist who spends a large amount of time in the woods where he hikes, meditates and collects wild growing plants that can be used medicinally. He is an animal advocate who volunteers time at local shelters where he cares for the animals and assists in adoptions.

Jayne Wood (*Trinity Rosary of Protection*, pg. 81)

Jayne is a Master Healer and Teacher with vision and focus that goes beyond what most practitioners can offer having studied vibrational energy and alternative healing for over 20 years

Visit Jayne at <http://www.jaynewithay.com/>

Store: <http://www.infinitelyspiritual.com/>

Creative Musings

Manifest the creative magic within ...



Section Managing Editor – Marique Quinn

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The Poet

By Rosemary Burns

The poet bares his heart and soul,
for other's appraisal.
His gift is to give insights unto others.
He may struggle with words and rhyme,
or his verse may flow like the wind,
endlessly dripping from his quill,
with eloquence, style and wit.
Romance and love, is one of the domains of a
poet.
In times of old 'twas said,
the pen was mightier
than the sword.
The poet sits quietly,
his mind filled with verse,
for other men to peruse.
For you see, the poet can touch the hearts
and souls of all mankind.

Natural Path

By Mikey Pierog

And then it was, the word was laid.
Natural law, stood and stayed.
Entrapment and deceit slowly took rise.
Humans walked out, it was their peaceful prize.
Doing what was said, assuming the answer.
Playing both sides, they were but dancers.
Compassionate from the start, they were brave hearts.
Yet lacking in skills, were still missing some parts.

So they were put into position of a conflicting storm
balance was asked and alchemy took form.
What they once were, changed with the times.
"Bless each soul" the mantra played in their minds.
Cycles changed and generations were born
"Do no harm" was the natural law they sworn.

Over the years there outlook did whim
and in the storm they found a house within.
Yet deceit had roots before humans took foot
obstacles were made and entrapment was put.
Then creations of long attempted to breach their song.
Knowing not of, but only what they see.
Misinterpreted what humans are supposed to be...

An answer to a question, a fulfillment of a quest.
We are the 'hu'man bodies, forever to live and be blessed.

Art Gallery 1

Kerry Hensen Gallery



Moon Love

This is an 18x24, mixed media. It was inspired by the beautiful energies from the full moon.

Art Gallery 1

Kerry Hensen Gallery



The Guardian

This second one is also 18x24, mixed media. Started with acrylics and finished her with oil pastels. Inspired by a nature spirit

Art Gallery 1

Kerry Hensen Gallery



The Traveler

This is also an 18x24. Mixed media using watercolors, acrylics and oil pastels. She is somebody from another dimension who has seen many worlds.

Art Gallery 2

Blythe Crowe Gallery



Dread Queen

Portrait of Hollywood model Amber Lee Abbott.

Continued ...

Blythe Crowe Gallery

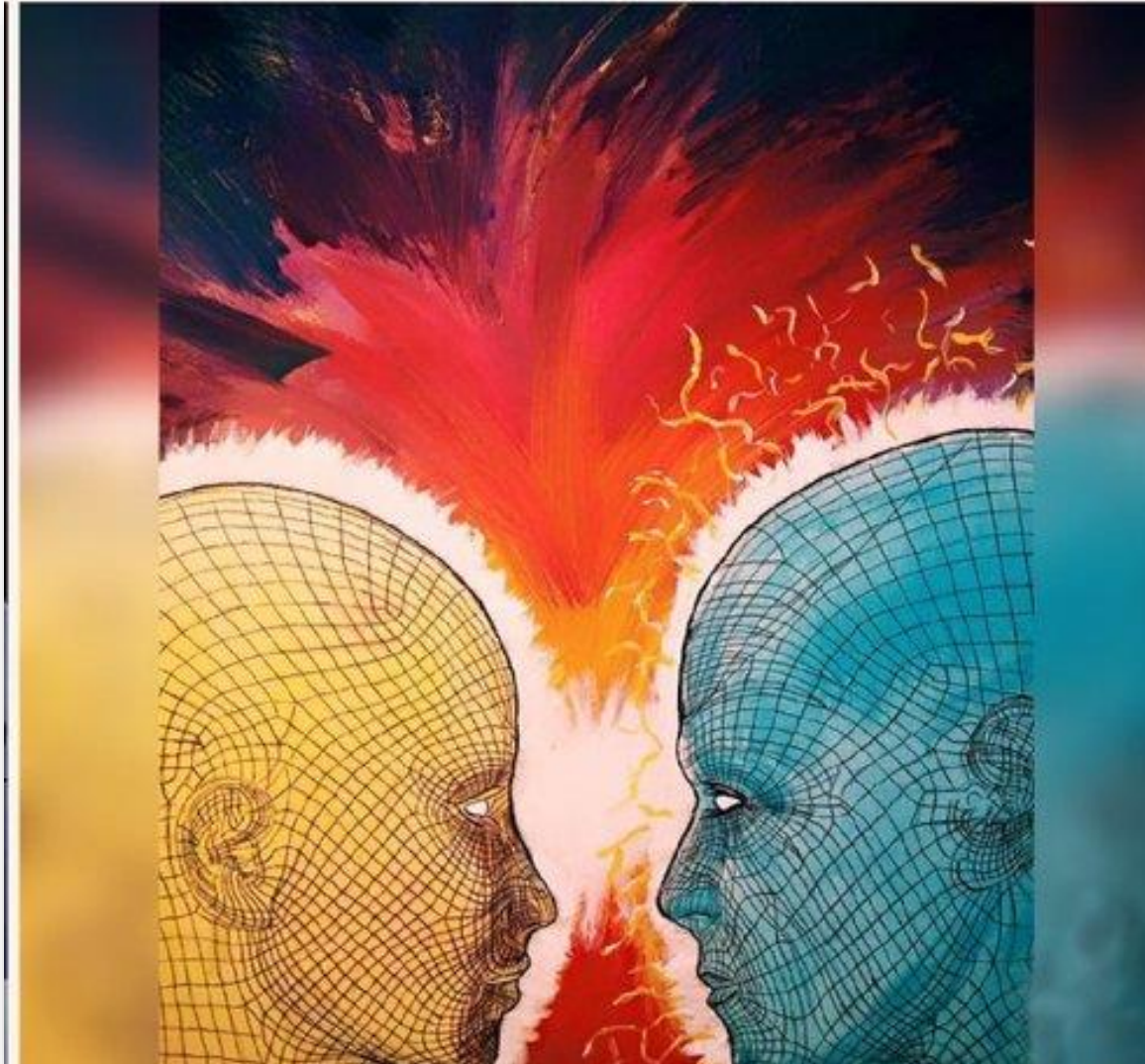


Third Eye

In many religions the "Third Eye" refers to a path to inner realms and higher consciousness.

Continued ...

Blythe Crowe Gallery



Transferred Energy

In many religions the "Third Eye" refers to a path to inner realms and higher consciousness.

Daniel Whitmore Gallery



Eyes of Eternity

Drawn with Graphite pencil, black Prismacolor pencil, and black Bic pen on Strathmore Paper.

Continued ...

Art Gallery 3

Daniel Whitmore Gallery



Thank You (Portrait of Parents)

Drawn with Graphite pencil, black Prismacolor pencil, and black pen on Bristol Drawing Paper.

Continued ...

Daniel Whitmore Gallery



Woods Vision

Drawn with Prismacolor Pencil on Bristol Paper.

Continued ...

Art Gallery 3

Daniel Whitmore Gallery



Arnold Schwarzenegger

Drawn with Graphite pencil, black Prismacolor pencil, and black pen, charcoal, Sharpie permanent ink marker.



AUTHOR BIOGRAPHIES



Author contact (unless otherwise noted): editor.discerningminds@gmail.com

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Rosemary Burns (*The Poet*, pg. 85)

I live Australia and attended college in Australia. I studied English Literature, creative writing and poetry and really loved my studies. It inspired me to start writing. I have written stories and many poems. I started sharing poetry with my friends and they really liked them, and that made me want to write more. I was complimented when people said that my poetry was like painting a picture and creating and expressing emotions with words. That made me feel so good, and it encouraged me to keep writing. I love to sit down and let the words and emotions that go with them flow onto the paper and the rhyme and rhythm just comes to me by inspiration. I love writing, it is so liberating and so good for my soul, and I love sharing with people on the internet because they love reading them and it makes them feel good too.

Mikey Pierog (*Natural Path*, pg.86)

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

Kerry Hensen (*Art Gallery 1*, pgs. 87-89)

I started painting 4 years ago after taking Jane Davenport's online workshop. I always felt I was artistic. I enjoy working with mixed media. I'm also a quilter. I was born in Venezuela. I live on an 80 acre farm with my husband, 4 dogs and 5 cats. The paintings I have shared here are all mixed media. I truly love to create. They were inspired by techniques that I have learned on online workshops.

Blythe Crowe (*Art Gallery 2*, pgs. 90-92)

I started getting into art when I was young, about 13 years old. Tribal tattoos and ink drawings let me to my interest in stencil art. I discovered the famous street artist, Banksy and that really kick started my passion. I started teaching myself all there was to know about stencils and street art. I've spent years learning what the right tools are, how to properly cut the stencils, which paints to use on certain surfaces. I studied the work of other great street artists such as Blek Le Rat, Basquiat, and Keith Haring etc., to further grow my skills and improve my style. I work in many mediums. I started out just using markers, now my work is multimedia.



AUTHOR BIOGRAPHIES



Author contact (unless otherwise noted): editor.discerningminds@gmail.com

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Continued from Pg. 97

Blythe Crowe (*Art Gallery 2 – pgs. 90-92*)

Continued

I use acrylic paint, spray paint, markers, latex paint etc. It started out with me making simple stencils and spraying them on postal stickers to slap around. Since then, I've moved onto large canvas and murals. I've focused my work over the years to portraits. I love recreating photos and preserving memories of families worldwide. The beginning was hard. I started so young that it was hard for people to take me seriously. My biggest battle was being turned down so many times because of my age. No one wanted to showcase a 13 year old street artist. I painted my first mural my freshman year of high school on the side of EDGE gallery in Denver (back in 2012). After that I focused my time on showing my work and painting live at exhibitions such as Denver RAW Art show, Odyssey Beerwerks, and Taunaz Tavern. My junior year of high school I got the opportunity to paint a mural at Miami art Basel and became the youngest one to do so, around the age of 16. I spent the next year in school focusing on educating myself so I could progress the quality of my work. That all lead me to a great opportunity where I painted all the tables and a mural for Rio Grande Mexican Restaurant in Frisco. Art has taken me on quite a journey. I've met so many talented artists, and learned so much from the people around me. Just this past year I decided to create a new body of work called "Transcendence". It explores the different cultural beliefs of life, death and what comes next. I believe that it is up to our surroundings and experiences to determine how we are shaped and who we become. We all have that fire that burns inside us to achieve something in life, the realization of fulfillment within ourselves. That is how we transcend in life. My most recent mural I painted at Colorado Crush is called "Awakening". It explores the concept of "transcendence" and awaking your mind to have a deeper understanding of yourself. That is the true essence of life, constantly learning who you are and what you're capable of. This piece was personal to me. It symbolized a time in my life where I started really soul searching and trying to figure out who I was and what I wanted to do with my life, and I think a lot of people can connect to that feeling in some way. We've all been in that spot in life. My goal right now in life is to share my art with others whether that's a mural or just a commissioned portrait. I just want to keep creating pieces that make people stop and really analyze their lives, their experiences, and their own self. I want my audience to be impacted and inspired enough, that they follow their dreams and passions. I want to see people of all ages chase their dreams, no matter how big. Their passion and drive reminds me that nothing is impossible... and there are NO LIMITS.

My Websites: www.facebook.com/AWOLStencils

www.awolstencils.bigcartel.com



AUTHOR BIOGRAPHIES



Author contact (unless otherwise noted): editor.discerningminds@gmail.com

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Continued from Pg. 98

Daniel Whitmore (*Art Gallery 3 – pgs. 93-96*)

I was born and raised in beautiful Rancho Palos Verdes, Ca. I'm 48. I showed some promise artistically in my youth but had no real interest or patience. I didn't start really practicing until I was about 30 years old. I am entirely self-taught. I had more patience and I was showing results that were pretty pleasing to the eye. I was encouraged by friends and family to try pushing limits and the portraits started. I still very much want to attend art school and learn different media. Currently I have practice limited to Graphite Pencil and color pencils. I dream of being an Illustrator and a respected Surrealist. When asked how I drew certain drawings, I can honestly say "It's not me that's drawing it really. I feel like a channel through which flows the creative force of the universe". Every project I begin, a voice in my mind yells out, "You can't do it"!!! But somehow, I usually pull it off. My artwork can be seen on Instagram. https://www.instagram.com/whitmore_arts/



Pixabay.com

A surreal landscape featuring a UFO hovering in the sky, casting a beam of light onto a road that leads to a tunnel. The road is flanked by jagged, snow-capped mountains and a large, full moon in the background. Two rusted-out cars are parked on the sides of the road. In the foreground, a person in a blue hoodie and backpack is hitchhiking, with their arm extended towards the road.

Odd Vant GuardE

BAH HUMBUG

Section Managing Editor – Oscar ‘Trashman’ Corelli

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The Ascent

Courtesy of The Light Force Network Creator's Guild



It was the adventure of a lifetime, the words of a local villager, fresh in their minds resounding with warning but oddly promoting the promise of glory, “Dummkopfs! Fools! No one has ever defeated Der Unbesiegbar –The Unconquerable. Do not throw away your lives, it cannot be done! The spirit of evil lives in that mountain. I beg you Luke, I beg you Carl do not attempt this!” Yet, there they were clinging to the vertical rock cliffs like two flies; dangling precariously with only a single rope between them and certain death.

They had been climbing for two days ... the icy claws of the Alpine nights prodding them and raking them with merciless cold and the days with the feverish pulsing heat of the sun pounding at their backs. There was no comfort yet a strange peace found in the eerie endless expanse of white that towered above them. They jokingly promised each other that their next vacation would be spent in the tropics. And what of this mountainous monster Der Unbesiegbar? A week ago, a party of four had met their demise in an attempt to scale these mighty peaks the first day out. They had already beaten some odds and the only thing that mattered now was that they climb this wretched heap and reap the glory that would be justly deserved.

Continued ...

Continued ...

Still for Luke the thought that the spirit of the mountain would not rest or be satisfied until it claimed their Souls nagged him and made him uneasy. He struggled to think only of the ascent and the next step, and the next, and the next ...

Luke hoisted himself up onto a narrow ledge and braced himself against the rock wall behind him. The sun light was too intense for him to see Carl who would be further down the slope waiting for a line. He tossed a length of rope down to Carl and waited for a tug so he could pull Carl up but there was no signal. The rope remained slack. Feeling Carl was playing a joke he grew quickly impatient. This was no time for one of Carl's asinine pranks. They were so close to real success ... why would Carl pick this moment to act like a jackass? He called down to Carl but the only answer he received was the return of his own voice mocking him in echo. Fear began to rise inside of him but he quelled his apprehension and called out again. After a few minutes that seemed like an eternity he finally heard a faint response somewhere below that seemed to be coming from the east side of the glacier.

Luke moved as quickly as he could and he dared across the icy ledge towards the sound of Carl's voice. His trail ended abruptly at the very edge of the ledge and to his horror, an immense gaping crevice in the glacier's surface. Looking down he spotted Carl sprawled beneath him caught on a ledge some two hundred feet down. For an instant, Luke thought it looked as though the mountain held Carl in its ravenous mouth ready to swallow him whole. He also knew with horrifying certainty that could not be denied that Carl would never survive the ascent of Der Unbesiegbar. From what Luke could make out, Carl's legs were twisted askew beneath him and he appeared to be semi-conscious. He would need rescue and even that was dangerous despite the fact that they would be descending the mountain.

Above Luke a gleaming tower of ice sparkled intensely. It was the summit. It was so very close. So close! He quickly tried to estimate how long it would take him to finish the ascent - maybe two or three hours? He COULD do this and then come back and rescue Carl then descend the mountain in triumph. He would be the conqueror. He would be a hero. It would be the greatest moment of his meaningless life. Suddenly, his vision of glory was interrupted by a faint cry from Carl. NO! He could not leave Carl alone in the icy grip of the mountain! He must save his friend...

Resolved for rescue, Luke looked around for something to fasten the rope but there was nothing.

Continued ...

Continued ...

In desperation, Luke tied the rope around his shoulders and tossed the other end to Carl.

“Carl! The rope! Try to tie the rope around your waist and I’ll pull you up! Can you hear me Carl? Tie the rope around your waist!”

From below came a weak response. Smiling and relieved, Luke dug his boots into the snow and ice waiting for a tug – the signal to pull Carl up. No signal manifested.

“Carl are you ready? Tug the rope!”

Luke braced himself for a signal but instead came a violent jerk on Carl’s end of the line. The wrench that followed loosened Luke’s boots from their hold and he was dragged quickly along the ice. Panicking, Luke struggled frantically to regain a foothold but there was none. He was being dragged unmercifully towards the edge of the crevice! When he reached the edge and slipped over he managed to grip the ledge with his hand. Fumbling against time he tried in vain to pull himself back onto the ledge but it was all for naught.

Then it was over.

Luke plunged over the icy edge and toppled like a rag doll into the cold blue eternity of the mountain. And then he was gone. Left to a space in between time never to be found.

Two hundred feet below, Carl stood up and took his ice axe out of his pack. Grinning triumphantly, he hoisted himself out of the crevice and began to work his way to the tower of ice at the summit.

The mountain had its sacrifice.

“What have YOU done on your way to the summit?”



The Pros and Cons of Elves

Steve Prellwitz



Elves - I have always loved them. I even lived a lifetime as one.

J.R.R. Tolkien's writings were a major foundation for much of what went on in 1990 during our cosmic cult, Nuahj. One thing that Ross was particularly keen on was Elven language, specifically the Tengwar alphabet that is reproduced in the appendix to *The Return of the King*. The Egyptian hieroglyphic trumps that we used to channel various intelligences were limited in scope for his purposes. Ross needed a better cosmic alphabet to work with if he was going to achieve his goal of manifesting every archetype of consciousness involved with the Earth. This has to do with the essence of true magick, which is always The Word. To speak certain ideas into being you require a language capable of capturing the cosmic fully. This is at the heart of the Enochian angels' plot, which says if you recall that in order to free the Watchers, their secret language must first be restored. This is the basis for a system of magick going back to Rosicrucian times and it is at the heart of Tolkien's favorite characters, the Elves. If anyone could help Ross in devising the ultimate cosmic language, it would be them.

Continued ...

Continued ...

Lucky for us, the Green Elves were still around on the other side of the Curtain, and with the help of Ramasuk, our friend from Sirius, we made contact in the summer of 1990 with a million-year-old elf named Malekith.

I must stress that the million years is measured in Elven conversion time, because they experience temporal flow much differently than we do, as I discovered the first time I channeled Malekith. While the elf was using my body here, I was in his on the other side of the Curtain. But because I was a human inside an elven body, my subjective experience of time was multiplied by a factor of one month for every one minute of elapsed time in this dimension. I literally spent years there every evening for a month, as did Judas, the other main channeler in our cult. This time distortion meant that my identity as “Steve” came under threat after a while. You try to explain to yourself who you “really” are once you realize that you’ve lived fifty years as an elf during five weeks of time in an eighteen year old human body.

Anyway, what I did during this entire lifetime of elven existence was study the alphabet of Tengwar letters from every imaginable angle, learning about their connection to the Egyptian hieroglyphs. Ramasuk often visited me during this period, showing my elven self-recommended pairings of the Egyptian characters, helping me understand that creating an equivalent alphabet using the hieroglyphs required me to pair the symbols off before aligning the balanced combo with one Tengwar letter. *Two* human letters were the same in energy level as one elven symbol.

The dimension of the Elves consisted of a huge hollow hyperspatial tree existing at a galactic level. The roots of this vast five-dimensional thing intersected with the Big Island of Humanity. Where this cosmic interface occurred the Curtain effect was present. The body of the tree actually reached, I was told at the time, all the way to the center of our Milky Way galaxy. This description is essentially the same as what Pwyll and Mister Grey claimed also. The Eagle Nebula, the Orion Stellar Nursery, and all places where the Pure Light shines are branches on that hyperspatial tree.

And so for fifty years I moved around inside this incredible place, my knowledge and understanding so primitive at the time. My secret time with Ramasuk was wonderful, and the weird feeling of privilege that came with this bonus lifetime cannot be fully explained. I just consider myself lucky.

While all this was going on but at a considerably quicker temporal rate, the elf Malekith schooled Niklas, the one member of our cult intrinsically Elven in character, on a variety of magick secrets that I never got the details about.

Continued ...

Continued ...

Niklas was very private about it, since his own complex relationship with the cosmic was deeply personal for him.

By the time the cult imploded that autumn Niklas and I had learned enough from Malekith to construct the Nuahj Plates, featuring our new cosmic language that made use of the Tengwar alphabet. With this, Ross was finally able to pull the trigger on a major goal of his concerning the almighty Spell of Making. This incantation could now at last be pronounced using our trump code. More on this Holy Grail for Ross another time...

Anyway, during this period, which ran through Christmas, Niklas developed a close relationship with another elf, Twotea by name. This subplot to our cosmic game showed firsthand the pomposity problems Mister Grey points out so correctly regarding the elves. Twotea had been locked away behind the Curtain for so long, keeping the old cosmic tree alive as all Green Elves must, that he jumped at the chance to see the world again through fresh eyes. However he did not for one second think of Niklas or consider the maddening effects this would have on him. Twotea's mind was there, pushing Niklas around inside his own head, for weeks. We asked the elf to leave, or at the very least give his host some time off, but we were ignored. Finally, we had to summon the demon Zarathos, who ate Twotea when the elf *still* refused to leave under pain of death.

Niklas was never the same after that. He had been violated, just like those women who wake up in the middle of the night to find agents of the Mothers at work on their wombs. This is the ugly side of the cosmic in action, the dark shadow cast by the bright Elven light.

Mister Grey was the greatest Elven critic I have known. We discussed this in 2005.

"I've noticed that you have issues," I ventured, "regarding the Beings of Light, be they Mercurians or Elves. What's your beef, specifically?"

"The Ascended Masters just annoy me with their pomposity," the dwarf replied. "I reserve my real animosity for the Elves."

"It seems that the racial tension between your peoples was one of many things that Tolkien understood perfectly."

"You have a special love for Professor Tolkien, do you?" Mister Grey softened his tone considerably.

Continued ...

Continued ...

“Yes. I first read *The Hobbit* when I was six and *The Lord of the Rings* when I was seven years old. His stuff formed the foundations of my whole view of the world. I love Tolkien.”

“I also. He portrayed dwarves fairly, on the level with Elves, despite his own personal bias for them. Elves tend to act like we are beneath them, in every way. They all view us as servants, a cosmic worker class- and why? Simply because we do not fit their damned Aryan formula.”

“Aryan formula?” I asked.

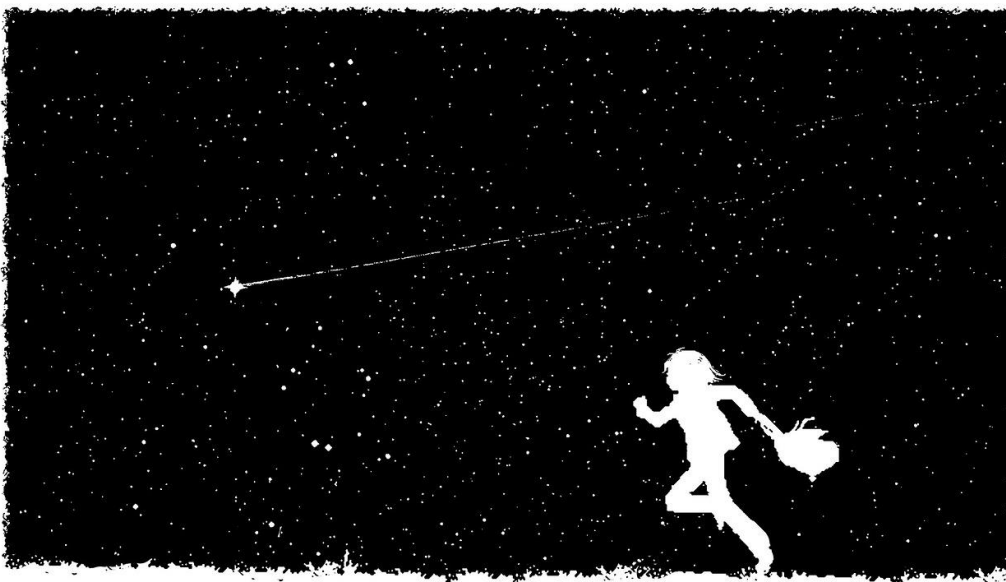
“Truth=Beauty=Good=Athletic. It is the basis of all Greek ethics. Athena gave it to them, back when the Mothers still meddled with Human pets openly.”

“I see. So the Aryan formula encompasses all those principles of Purity.”

“Well said,” Mister Grey complimented me. “But what irks me is their tranquil hypocrisy, the aristocratic airs. The Good People, the Great White Lodge, and the Elves all share this attitude of elitism. I despise them all for it, especially since I have to keep cleaning up their messes.”

I agree with the dwarf:

Light is not always good, nor is it the only Truth.



Klatuu Barata Nikto

Therra Morris Burch



How should we expect extra-terrestrial life forms to look and is it possible to have intelligent contact with them? According to UFOlogists there are six basic alien life forms: human, humanoid, hybrid animal, robotic, exotic and apparitional that have been reported by contact witnesses. The most commonly witnessed aliens among these groups are the humanoid branch which has been popularized in the media. They tend to run anywhere from 3½ to 8 ft. tall with large eyes, fair skin, angular features and large heads. As far as intelligent contact which is considered an Encounter of the 4th Kind, there are plenty on record.

On the morning of April 24, 1964 in Newark Valley, New York, a framer by the name of Gary Wilcox claimed to have not only seen extra-terrestrials but to also have had an intelligent conversation with them.

Continued...

Continued ...

The aliens exclaimed, “Don’t be alarmed, we have spoken with people before.”

Their physicality was covered up by a type of seamless metallic white overall with no pockets making it impossible to discern body features. He could see arms and legs but no hands or feet. They emitted a ‘voice’ but it was nothing Wilcox was able to describe except for the fact that the group of them seemed to speak as one. They told Wilcox that they were from the planet we know as Mars and were quite interested in what he was doing which was spreading manure. It seems they were desirous of learning more about Earth’s organic materials because of the rocky structure of Mars.

Wilcox wanted to go with them when they were ready to go but they refused him warning him to tell no one of the encounter. They further told him that humans should not be sent out in space. They left on a friendly basis taking a bag of fertilizer with them and made no attempt to harm Wilcox.

Of course the first thing Wilcox did was phone his mother and told her what happened so consequently the news of the incident quickly spread to the local newspaper and the police department who interviewed Wilcox and did an investigation in May 1964.

So, could this be true? Wilcox was examined by a well-known psychiatrist, Berthold Eric Schwarz MD who found no evidence of mental illness but who did note that his interpretation of the incident was rather complex and uncertain. Dr. Schwarz also interviewed family, friends and neighbors and was satisfied with their evaluations.

Gary Wilcox never had another alien encounter.

Astrologers casting and viewing an event chart for this incident for the time given of 10:00 am said the chart was not supported by the classic astrological stricture for this type of event. They did note that transiting Mercury was retrograde however and that it might explain some of the confusion!



Xeno's Lenses

Skywriter



Xeno pulled The Book down from the shelf-
Dusted it clean
So he could read to himself.

The tome was old -
With yellowing pages
Scribed peculiar
By sages and mages.

The cover hand tooled -
Of fine crafted leather
A voluminous read
Yet light as a feather.

The symbols arcane -
The drawings elite
Deciphering it now
Would be quite a feat.

Continued ...

Continued ...

Xeno was undaunted -
He knew he had skill
Knowledge he had plenty
But of Arcanus, NIL.

So he read -
From dusk 'til dawn
Assimilating power
Between every yawn.

His brain became full -
With each page he turned
Xeno growing excited
By what he had learned.

Now came the test -
To put into action
The gift of The Book
With no distraction.

In a make shift lab -
Xeno did not waver
And fashioned some lenses
Through painstaking labor.

By light of the Moon -
And planetary calculation -
A dash of Alchemy
Magick spells and incantation...

Xeno cast into frames -
This odd set of lenses
That sparkled and flashed
Amplifying the senses.

The time had come -
Xeno donned the glasses
The vision was clear
Yet penetrated all masses.

Continued ...

Continued ...

The ground fell away -
The landscape had shifted
Into multiple dimensions
Xeno was lifted.

Pulled through time -
Each phase blended
Blurred and bent
Twisted and upended.

Xeno's brain vibed -
Open and invaded
Information absorbed
Saturated, pervaded.

Into space and non-time -
One dimension, then another
No control, no feelings
No sense of any other.

To the seat of creation -
The beginning of beginnings
Face to face with the source
No underpinnings.

Then with no warning -
Once again it began
Through plane upon plane
A time caravan.

Back through space and place -
While history resounded
Now in the present
Xeno's feet feeling grounded.

Surroundings now familiar -
Glasses ripped from his face
Xeno looked about nervously
And started to pace.

Continued ...

Continued ...

His ears ringing loudly -
His body quite shaken
Memory too clear
Of the trip he had taken.

Xeno put The Book back on the shelf -
Laughing madly - it was all in vain
Cringing in the corner
Xeno had gone quite insane.



Re-SOUL-utions

Jonathan H. Corelli



Greetings all – resident protagonist and meta-chef Corelli stirring the pot of Soul soup at your service once again. What have I come to dish up? Perhaps a few New Year delectable tidbits that will titillate your palates. Yummy ...

Let's start with basics - How do we usually reference the New Year? ... As a continuance of the life cycle full of renewed hope and opportunities? Denial of the fear associated with lofty resolutions we never seem to be able to honor? (This time you will REALLY do it!) Knowing you will be ripped off wherever we decide to publically party? (Stale food, mini portions, watered down drinks.)

Tsk, tsk, not to worry, these are naught but mundane ponderings – relax, sit back and get ready to engage some Soul-utions ...

Oddly enough, my research has shown people actually prefer to be miserable and have an uncanny ability to do so all wrapped up in shiny feel good excuses. In that vein, here are some suggestions par excellence that are guaranteed to help you ignore your Soul:

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1. First and foremost you should lie to yourself. It is the ultimate feel good to make yourself believe you are something you are not so, puff up that ego and lie, lie, lie – the more grandiose the better. If you believe others will too! Right?
2. Ignore, dismiss and run away from your problems. Perfect! After all Mama told you, “ignore it and it will go away.” You know from personal experience that works – don’t you? Even better, work some magic and make your problems look like they are not yours at all – it’s others who are causing the problems not you!
3. Hold onto the past and bitch and moan. After all the past is familiar and you are comfortable with it. The future – nah, way too scary. You’ll just let it play out because it will stink but at least it will give you something to complain about next year. See? Benefits already.
4. Now this one will take a little work but, try conjuring up your old fear of making mistakes. Stick with your old excuses and refined methodology of avoiding anything new because you might make a mistake and that would just be unbearable.
5. Stir up your green-eyed monster. You don’t have to put up with any sickening happiness others are experiencing – it’s just annoying. Speak your mind and tell those opportunists what you think!
6. Along with jealousy, be greedy and be sure to hold grudges. You are not obligated to help, assist or cajole anyone this year. Take it for yourself. Ah! Grinchdom!
7. Start relationships for the wrong reasons with the wrong people. You know upfront you will walk out so take advantage and get what you want. And for heaven’s sake, do not lend a sympathetic ear top anyone or try to offer “people” solutions to anyone – Dr. Phil you ain’t!
8. Buy yourself some happiness. If you have no money that use other’s money and pre-contemplate some good excuses why you can’t pay it back. The love of money is not the root of evil and money CAN buy you happiness no matter how temporary. After all you don’t want permanent happiness as that would cancel out # 3 and your right to bitch and moan.
9. Strive to be insufferable. People are not equipped to handle someone who is insufferable. It will give you the upper hand to carry out the other eight suggestions with aplomb!
10. When performing all of the above always take the path of least resistance. Take shortcuts, be lazy – why do any hard work at all if you can avoid it. To hell with discipline! This of course in part covers dieting and exercise. It’s okay to be a fat-assed Jabba the Hut. Others have nothing to say – if they have a problem it’s their problem not yours. Ignore them and uphold #2.

Tipping my hat to you all! Oh, and Happy New Year ...



AUTHOR BIOGRAPHIES



Author contact (unless otherwise noted): editor.discerningminds@gmail.com

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Light Force Network Writers Guild (*The Ascent pg.101*)

The Light Force Network Writers Guild consists of free-lance writer/members of www.lightforcenetwork.com who vote for Guild trial submissions they feel are worthy of publication. As the selected post is a group effort composition, the authors/contributors prefer to remain anonymous.

Steve Prellwitz (*The Pros and Cons of Elves, Pg. 104*)

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

Therra Morris Burch (*Klatuu Barata Nikto, Pg.108*)

Therra is a naturalist and a metaphysician. She loves to spend as much time outside as much as possible communing with nature. She is also interested in the ‘weirder side of life’ and tends to make friends with those who are different like herself as it tends to keep her healthy skepticism intact.

Skywriter (*Xeno's Lenses, Pg. 110*)

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

Jonathan H. Corelli (*Re-SOUL-utions, Pg.114*)

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.”



No matter what you are celebrating this season, the Staff of Discerning Minds wishes you a joyous holiday and a healthy and prosperous New Year!

