



# DISCERNING MINDS



Premiere Metaphysical Quarterly For The Abstract Enthusiast

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

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*What's Your Perspective?*



*Page Design Kim Tsiang*

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# What's Your Perspective?

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

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# MIND TEAM

## → TAKING AIM ←

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

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Content sections are:

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

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

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

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

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

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



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# The Human Condition

*We are addicted to our thoughts. We cannot change anything if we cannot change our thinking.*

*There are two ways to live a life either forget everything or, remember nothing.*



**Section Managing Editor –Dr. Daria Novicki**

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QUOTE from Santosh Kalwar @ Goodreads.com, Cover Design: Kim Tsiang

*Life is an experimental journey undertaken involuntarily. It is a journey of the spirit through the material world and, since it is the spirit that travels, it is the spirit that is experienced. That is why there exist contemplative souls who have lived more intensely, more widely, more tumultuously than others who have lived their lives purely externally.*

*I've always been an ironic dreamer, unfaithful to my inner promises. Like a complete outsider, a casual observer of whom I thought I was, I've always enjoyed watching my daydreams go down in defeat. I was never convinced of what I believed in.*

*I filled my hands with sand, called it gold, and opened them up to let it slide through. Words were my only truth. When the right words were said, all was done; the rest was the sand that had always been.*



## On Differences

By Timur Baysal



All of life is necessarily symbiotic, even if great differences obscure that fact more often than not. Most substances we consider as living follow automatic decision making, are reactive rather than decisive. Once greater communities of such substances make up a whole living organism this automation appears more and more decisive, all the while still being reactive with only few choices to make, but a much greater adaptivity. Plants, for example. Once we get to the animal kingdom it appears as though the mind acquires greater and greater meaning, making us recognize will, while even there it is mostly reactive. The effort in being alive becomes more and more demanding, so that certain desires emerge as a necessity to stay alive, yet, it is unclear whether it is the desire that makes them live or life that gives them desire. Only as we arrive at ourselves, the human being, we find the seeming ability to react not based on immediate circumstance, but to act based on will, seemingly outside of necessity. The Judeo-Christian Bible/Torah has the story of Jonas for that matter, having God tell him that God creates and controls everything except the human, who is asked to learn and act properly by himself. In that story, probably more than anywhere else in the Bible, every substance is elevated into the same status of living, even all earthly and cosmic events are attributed to the consciousness of the Creator, having him say that he controls all the waters, winds and heavens, all the plants and creatures of the earth, even the sun, but- although the human is part of all this and made in the same way- the human was given a consciousness, a choice; the so-called free will.

But this will is meant to elevate our responsibilities, so that we help form a universal consequence through consciousness, through controlled reactions that could bring about innovation, a conscious movement forward as a whole.

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We do not only adapt, but optimize, introduce change. But the word "change" alone implies that it works with what has existed, that reality is being shaped, not created. And it also means that we still obey the same universal laws like everything else in existence. If we desire to break them, we will not only not succeed, we will also have removed ourselves from being useful, even open ourselves to becoming harmful. We do not know how it all works, we barely know what's going on around our own home, let alone the planet we dwell on. How can we ask for any change with the few things we are conscious of thus far?

Anyway, with our mind we orchestrate the performance with which we reveal the universal consequence that every one of us represents, but it is as much a consequence as everything else in existence. Even a mineral in its composition is a universal consequence, except that it took different circumstances to bring it around. We just apply a different oversight to our "reactions", introducing the power to initiate reasons. This is great responsibility, but it still has us firmly grounded in this coarse and dense state of reality we're part of. We may combine the finer realms of being more actively, leading to what we call "consciousness", because its roots may not be exclusive to physical reality, but nonetheless, here we are, and presently here we are complete and here we are completely consequential. Nowhere else at the present.

You think, you act, and reality has changed, but not because you thought up a storm a tornado hits home. Your complex access to parameters present and beyond (knowledge/understanding/wisdom) allow you to do things beyond the obvious, but not beyond the possible. Even the magicians know that, and I'm not talking about entertainers. They may strive to gain access to different aspects of reality and may even succeed, but they cannot nor will even want to break the laws at their root.

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They may observe outside of what seems possible to most, but it leads them to actions that- equal to all others- makes them simply but another universal consequence within the realm of possibility.

We remain responsible at all times. Through our being, we even take on responsibility for the people around us, consciously or not. We work together, because we are meant to work together, because we are a multitude in service of a singular purpose. Individualization was not for the sake of our leisure or fulfillment of some arbitrary desires, whose origin was unquestioned. True desire has its origin outside of our physical completion, but is meant to guide us through this process, help us react and act with greater direction.

# Do You Want to Know a Secret?

By Secret

“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.



# *The Straw that Broke the Camel's back*

By Jenna Wade Shaugnessy

*"It is not the last drop that empties the water-clock, but all that which previously has flowed out; similarly, the final hour when we cease to exist does not of itself bring death; it merely of itself completes the death-process. We reach death at that moment, but we have been a long time on the way." - Seneca*

The “*straw that broke the camel's back*” means an action or conversation that causes a person to reach their breaking point. It describes an inflection point and causes a change, either in the situation or in the person's behavior. \*

Ever use the expression “the straw that broke the camel's back” or a similar idiom when referring to an incident that pushes an ongoing situation too far across a line of tolerance? Many of us have likely encountered situations in which something that is baneful to us triggers off a noxious outcome. At this point we may blurt out words we cannot take back or otherwise react in ways that leave some sort of damage. In some cases, the damage is unfortunately permanent because who do these arrogant holier than thou bastards think they are in the first place?

*According to [Wikipedia](#), the straw that broke the camel's back is from an Arabic proverb about “how a camel is loaded beyond its capacity to move or stand”. It is a “reference to any process by which cataclysmic failure (a broken back) is achieved by a seemingly inconsequential addition, a single straw. This also gives rise to the phrase ‘the last/final straw’, used when something is deemed to be the last in a line of unacceptable occurrences.” A similar proverb is “the drop that makes the cup overflow”. \*\**

**You can use the phrase “the straw that broke the camel's back when you're trying to describe a tipping point. It defines a situation where you're letting someone know that you are about to react to their repeated bad behavior towards you or other people.**

The straw that broke the camel's back is the final action by another person or entity that sparks the conflagration of the reaction.\*

Continued...



If you care to contemplate the situation and examine motivations of yourself and the other party, ask yourself the following:

- What is the situation? What was the “straw that broke the camel’s back” for you in that interaction?
- What more specifically made that the breaking point?
- How did you react?
- What happened as a consequence?
- What sorts of things had built up for you and between you and the other party that resulted in that outcome? Is it describing the final bad action by your partner that causes you to leave them?
- At what point may it have been advantageous for you to save the straw from being the one- more-time or one-last-thing in the situation?
- What could you have done at that time?
- What stopped you from doing or saying that?
- When you have observed “the straw that broke the camel’s back” for someone else, how would you describe what occurred?
- What do you think has to happen in the future to prevent the camel’s back from breaking? \*\*

It is very important for all people to have boundaries and to let others know what they are. Some people you encounter in life don't respect boundaries and consistently trespass and transgress thinking they know what's best for you. That's narcissistic behavior at its worst.

Boundary violators are not only disrespectful, they are downright creepy and often evil. They may deny that they said or told you something and then question your sanity. They may even tell you that you needed to hear it. -Ask yourself "really?" What you need to do is listen to your inner warning system and remove that individual from your life. Their only purpose is to use you for their own satisfaction of ego.

Just remember one thing - there is something/someone out there who is better for you. Go find it. It's the best way to take care of yourself.

\* <https://english-grammar-lessons.com/the-straw-that-broke-the-camels-back-meaning/>

\*\* <https://cinergycoaching.com/2013/03/the-straw-that-broke-the-camels-back/>



# *Enlightened Perspective*

By Jackie Hannigan

If you will take the time to read these, I promise you'll come away with an enlightened perspective. The subjects covered affect us all on a daily basis. They're written by Andy Rooney, a man who had the gift of saying so much with so few words. Enjoy.....

I've learned.... That the best classroom in the world is at the feet of an elderly person.

I've learned.... That when you're in love, it shows.

I've learned.... That just one person saying to me, 'You've made my day!' makes my day.

I've learned.... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned.... That being kind is more important than being right.

I've learned.... That you should never say no to a gift from a child.

I've learned.... That I can always pray for someone when I don't have the strength to help him in some other way.

I've learned.... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned.... That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned.... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned.... That we should be glad God doesn't give us everything we ask for.

I've learned.... That money doesn't buy class.

I've learned.... That it's those small daily happenings that make life so spectacular.

I've learned... That under everyone's hard shell is someone who wants to be appreciated and loved.

Continued...



Continued...

I've learned.... That love, not time, heals all wounds.

I've learned.... That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

I've learned.... That everyone you meet deserves to be greeted with a smile.

I've learned.... That no one is perfect until you fall in love with them.

I've learned... That life is tough, but I'm tougher.

I've learned.... That opportunities are never lost; someone will take the ones you miss.

I've learned.... That when you harbor bitterness, happiness will dock elsewhere.

I've learned.... That I wish I could have told my Mom that I love her one more time before she passed away.

I've learned.... That one should keep his words both soft and tender, because tomorrow he may have to eat them.

I've learned.... That a smile is an inexpensive way to improve your looks.

I've learned.... That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.

I've learned.... That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

I've learned.... That the less time I have to work with, the more things I get done.





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## THE HUMAN CONDITION

**Fernando Pessoa QUOTE** (*From the Book of Disquiet, pg. 2*)

Fernando António Nogueira Pessoa (06-13-1888-11-30-1935) was a Portuguese poet, writer, literary critic, translator, publisher, and philosopher, described as one of the most significant literary figures of the 20th century and one of the greatest poets in the Portuguese language. He also wrote in and translated from English and French. The quote was found on [www.goodreads.com](http://www.goodreads.com)

**Timur Baysal** (*On Differences, pg. 3*)

Timur Baysal is a digital artist and self-proclaimed philosopher. Find him here: <http://taron333.blogspot.com/> and <http://www.taron.de/>.

**Secret** (*Do you want to Know a Secret? pg. 6*)

Secret is an amateur writer and life observer. As fitting her pseudonym, she wishes to remain secret.

**Jenna Wade Shaugenssey** (*The Saw that Broke the Camel's Back, pg. 7*)

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

**Jackie Hannigan** (*Enlightened Perspective, pg. 9*)

Jackie is a spiritual warrior, wife and mother. She has five children and lives happily with her husband James in the great state of Georgia, USA. She is currently back in college taking courses in Paranormal studies to aid her with her own experiences and so she can better understand the supernatural issues of others.

# A Matter Of Spirit

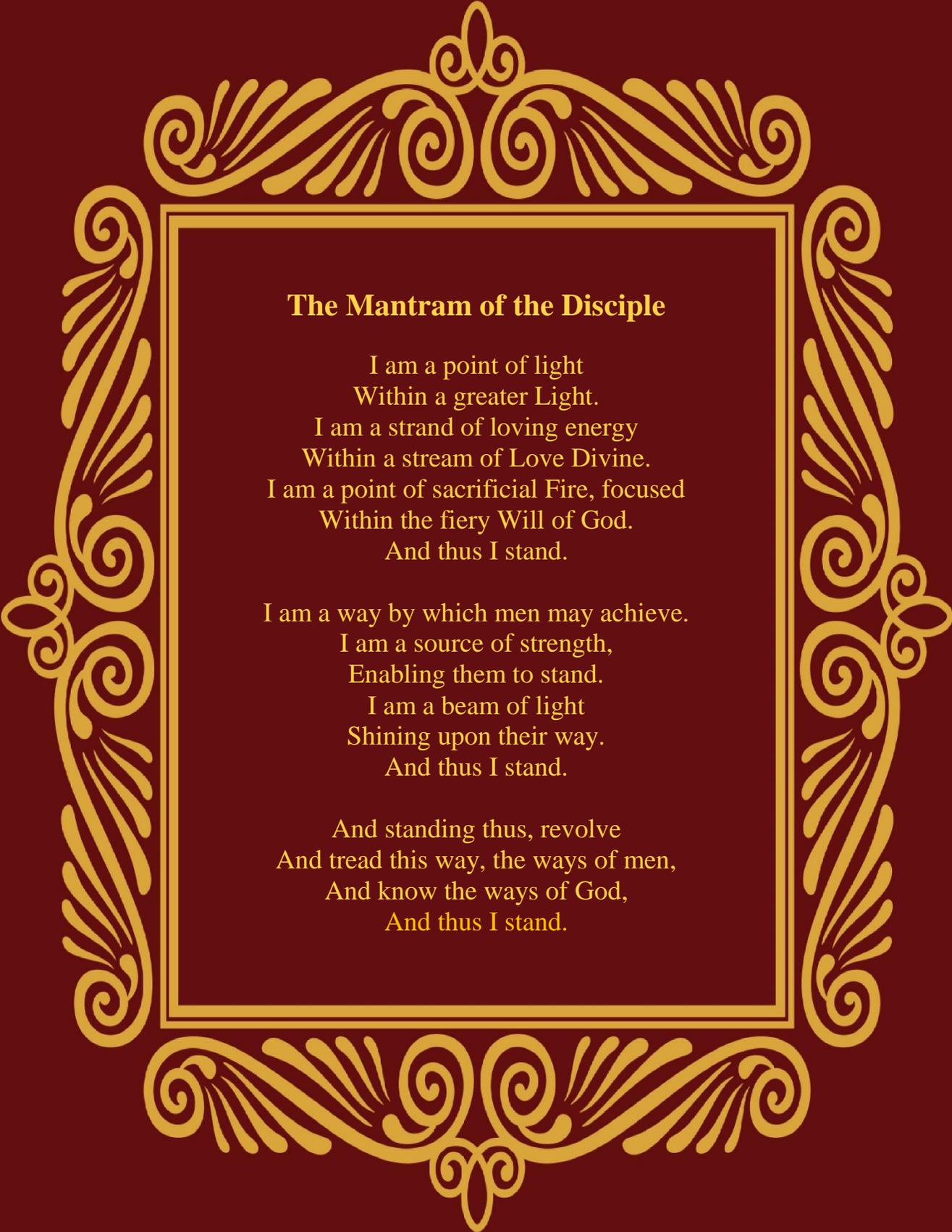
*God will not punish you when you speak your mind.*

*He speaks through you if he truly lives in you.*



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

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A decorative border with intricate scrollwork and floral patterns in a light beige color, framing the central text. The border is composed of a double-line rectangular frame with elaborate flourishes extending outwards from each corner and the top and bottom centers.

### **The Mantram of the Disciple**

I am a point of light  
Within a greater Light.  
I am a strand of loving energy  
Within a stream of Love Divine.  
I am a point of sacrificial Fire, focused  
Within the fiery Will of God.  
And thus I stand.

I am a way by which men may achieve.  
I am a source of strength,  
Enabling them to stand.  
I am a beam of light  
Shining upon their way.  
And thus I stand.

And standing thus, revolve  
And tread this way, the ways of men,  
And know the ways of God,  
And thus I stand.

# Apocalypse Not

By Rev. Dr. Loni Haas

“It’s time to put the four horsemen of the Apocalypse out to pasture.”

*New Agers counted off the days until the Mayan calendar ended in 2012. Evangelical Christians look for the Antichrist and long for the Rapture. Extropians dream of the Singularity, when super-intelligent computers will abolish all human limits to progress. Doomers stockpile freeze-dried food as they wait for civilization to crash and burn. Why are we waiting for Armageddon be it a spiritual or physical event?*

If there’s one thing I’ve learned about Druids, it’s that they certainly don’t think like the average bear.

“When the seventh seal was opened, says the Book of Revelation, “there was silence in heaven for the space of half an hour.” In a very real sense, that brief interval of expectation in total silence sums up the whole history of the Apocalypse meme. For more than three thousand years now, people have managed to convince themselves that their world was teetering on the brink of total transformation, that their enemies were about to be annihilated and their fondest hopes fulfilled by a shattering event that would change the nature of reality itself. **FOR MORE THAN THREE THOUSAND YEARS**, they have waited in breathless anticipation, moment by moment, for “The great change to manifest.” - Grand Archdruid John Michael Greer AODA

During these three thousand years, apocalypse prophecies and “theories” have convinced people all over the world that the future will provide them with the world they “want” instead of the world “have.” Does anyone ever notice that these doomsday, end of world, vision of Utopia prophecies and theories that have found a niche in the various forms of communication and media throughout every age have one major feature in common? Every one of them has been wrong. Yet we still persist ...

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I sense some fidgeting in the audience and a few struck chords of indignation so let's pursue this a little further. How did humankind get on this track? Why are we drawn to these dismal tapestries of woven conjecture postulated as "absolute?" According to Greer: "A strong case could be made for the idea that storytelling is one of humanity's oldest and most powerful technologies. As soon as the extraordinary of human language finished emerging out of what-ever forgotten precursors gave it birth, hunters back from the chase and gatherers returning with nuts and tubers doubtless started describing their day's experiences in colorful terms, and their listeners picked up more than useful tips about how to track an antelope or wield a doffing stick: the glory of the impala's leap and the comfortable fellowship of gatherers working a meadow together wove themselves into the stories and minds of the audience, and helped shape their experience of the world."

OK. So, basically, we like to amuse ourselves to the point where we have lost ourselves in our own BS. According to Greer's research, the Apocalypse meme found its origins between 1500 and 1200 BCE, birthed in Persian Zoroastrianism and Zarathustra's first assertion that the world would end in a battle between the forces of the good god and his evil opponent. Since a meme is an idea or set of ideas which is transmitted from person to person until it becomes widespread and persists through time, it follows the same natural laws as biological evolution – it grows and transmutes itself to adapt to time and environment. This meme is a theme that has persistently been repeated in "... the tales of Ahura-Mazda, the Norse Ragnarok, End Times prophecies, Armageddon, the books of Daniel and Revelation, the Messiah, the Rapture, atomic war with UFOs rescuing the faithful, the defeat of Sauron, the Age of Aquarius, the communist revolution of 1917, ad infinitum, and, of course, the famous Mayan prophecy at the end of their current calendrical cycle on December 21, 2012." ~ FATE Magazine

Continued...





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So, a few of you more logical types out there are saying, ‘Well, what about science and the natural death of the species?’

“Someday far in the future—about four billion years from now, according to current astrophysical theory—the core of the Sun will have burnt enough of its hydrogen fuel that it can no longer counter the pressure of its own gravity. As it gradually collapses inwards, over the next two billion years, the Sun will balloon into a red giant, a hundred times larger than it is today, and any life that happens to remain on Earth at that distant date will be crisped by daytime temperatures that will peak somewhere around 2600° F.

A quarter million years or so later, the Sun’s core will pass a critical threshold and start fusing helium; the resulting “helium flash” will blast a third of the Sun’s mass into deep space in a matter of minutes. In all probability, whatever charred cinder remains of the Earth at that point will be blown to smithereens by that blast, and its fragments will be scattered back into the interstellar dust from which it formed some ten billion years before.

Countless millions of years before that happens, it’s a safe bet that humanity will have gone extinct. The average species, according to the few available rough estimates, lasts for about a million years, and our species, *Homo sapiens*, has existed for around two hundred thousand years, or something like a fifth of that theoretical span; the average genus, again according to a rough estimate, lasts for about ten million years, and our genus, *Homo*, has been around for maybe a quarter of that. All of recorded history amounts to five thousand years so far, so if our species has an average lifespan and maintains written records from now on, we have compiled a little more than half of one percent of our ultimate written history. Still, one way or another, the time will doubtless come when the last human beings die out, possibly to be replaced after a time by some other intelligent species, perhaps not. Continued...

Continued...

Much closer to our own time, in all probability, our current civilization will have joined the long list of human societies that overshot their resource base and ended up as one more addition to history's compost heap. One common fantasy these days insists that contemporary industrial civilization has nothing in common with the civilizations of the past, and thus can expect to soar endlessly upwards to some date with destiny out there among the stars; another common fantasy insists with equal fervor that contemporary industrial civilization is poised on the brink of cataclysm and will shortly and suddenly be annihilated for its sins. Both of these fantasies come straight out of the apocalypse meme, one by way of Joachim of Fiore and the Marquis de Condorcet, the other by way of secular re-hashings of the standard Christian apocalyptic myth, and both can therefore be discounted. It's far more likely that future generations will visit the crumbling remains of today's urban centers the way we visit the ruined cities of Egypt and the ancient Mayans, and scholars of that distant time will argue with one another about the reasons why the ancient Americans traced out the same course of political dysfunction, economic decline, and eventual technological collapse as so many other civilizations before—and, no doubt, since." One half of one percent of our ultimate written history ... hhhmmmm. Well – not worrying about this for this lifetime.

Since the Mayan Calendar and 2012 is still considered a relatively hot topic ... "The Mayan calendar has many different cycles. One of them rolls over on that date, but there's only one brief reference to the date anywhere in the ancient Mayan inscriptions, it says nothing about an apocalypse, and there are dates in the Mayan inscriptions predicting events many thousands of years into the future after it. The notion that the some kind of end time scenario would happen then was invented out of whole cloth by the late Jose Arguelles, with some help from 60s psychedelic guru Terence McKenna, and it's frankly about as believable as Harold Camping's Rapture predictions.

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Continued...

That won't keep hundreds of thousands, maybe millions, of people from expecting the end on that date, or from suffering the usual disappointments afterwards."

Greer explains that now, when we can read "over ninety-five percent of all Mayan texts" we can find only one mention of the date December 12, 2012, which in Mayan is 4 Ahau 3 Kankin 13.0.0.0. Greer describes this as "one passing reference on one stela at one minor Mayan site" (recently, Mexican experts revealed that there is another reference to the date, but interpretations vary on whether it refers to the past or future, and experts decry modern interpretations that they describe as having "twisted the cosmivision of ancient civilizations like the Maya").

Saucy fellow this Greer aye? Some of you might be saying "Har-umph! Well, of course we are not going to be annihilated BUT we are going to have a tremendous shift in ... WHAT?!" Well let's hope we have *something* ... with or without a **date**. For a work of change to take on a life of its own, it must come from a positive spiritually based conception to be conceived and crafted.

What about increased UFO sightings connected to "end times" beliefs? Before reading this section, note that this excerpt has nothing to do with abduction phenomena and experiences. "The UFO Phenomenon, is that the phenomenon was largely created and is still managed by the Air Force as protective camouflage for whatever the current secret aerospace technology happens to be. In 1947 it was high altitude balloons, in the 1950s it was the U-2, in the 1960s it was the SR-71 and early spy satellites, and so on. Do you remember how in the Eighties, black triangle UFOs were all over the place? That was when stealth planes were first being tested. If UFO sightings are on the increase, it's a safe bet that in ten or fifteen years, we'll find out that the Air Force was testing some new technology right about now. It's interesting, but it's not especially relevant to end times claims." Continued...

Continued...

This guy sounds like a pretty grounded rationalist to me but then I tend to be an analytical thinker. I do know that real Druids walk a natural path with some pretty heavy knowledge of arcanus AND according to *myth and legend* have been entrusted with maintaining cosmic balance so they also tend to have built in BS detectors.

So.... Common sense anyone?

Anyone at all?



## *Story heard years ago from Indian sage Jiddu Krishnamurti...*

The Devil and his Sidekick -

Once Satan and his demon sidekick were walking down the street, closely watching a man 20 yards ahead who was on the verge of realizing the Supreme Truth.

The demon grew worried, and began to nudge Satan, but Satan looked quite calm.

Sure enough, the man did, in fact, soon realize the deepest spiritual Truth. Yet Satan still did nothing about it.

With this, the demon nudged Satan harder and, getting no response, finally blurted out...

“Satan! Don’t you see? That man has realized the Truth! And yet you are doing nothing to stop him!”

With that, Satan cunningly smiled and announced, “Yes, he has realized the Truth. And now I am going to help him *organize* the Truth!”





## *Seeking a Savior*

By Holyman Preter

There are actually in total 15 pre-Christian Gods that have traits and stories exactly like *Jesus Christ*.

For example, In 900 BC Krishna was born of a virgin with a star in the East signaling his coming. A tyrant slaughtered thousands of infants trying to kill the new born king. He was a teacher in the temple and a healer who performed miracles, was crucified between two thieves and resurrected from death. Around the same time period in Greece lived the *God Attis*, born of a virgin on December 25th.

He was martyred on a crucifix, died for 3 days and was resurrected.

Mithra was a Persian *God* circa 1200 BC who was born of a virgin on December 25th, traveled around with 12 disciples, performed miracles, died for 3 days and was resurrected. He was called the truth, the light, and was worshipped on Sunday.

The very same basic storyline that came out of Constantine's Council of Nicea in 325 AD already existed for thousands of years.

*“Christianity resembled certain elements of Roman belief, particularly the worship of Mithra, or Mithraism. As ‘Protector of the Empire,’ Mithra was closely tied to the sun gods, Helios and Apollo. Mithra's birthday on December 25, close to the winter solstice, became Jesus's birthday. Shepherds were to have witnessed Mithra's birth and were to have partaken in a last supper with Mithra before he returned to heaven. Mithra's ascension, correlating to the sun's return to prominence around the spring equinox, became the Christian holiday of Easter.*

*Christians took over a cave-temple dedicated to Mithra in Rome on the Vatican Hill, making it the seat of the Catholic Church. The Mithraic high priest's title, Pater Patrum, soon became the title for the bishop of Rome, Papa or Pope. The fathers of Christianity explained the remarkable similarities of Mithraism as the work of the devil, declaring the much older legends of Mithraism to be an insidious imitation of the one true faith.”* - Helen Ellerbe, [“The Dark Side of Christian History”](#)

All the following pre-Christian deities shared the myth of a virgin birth on December 25th, crucifixion and resurrection:

Continued...



Continued...

*Chrishna of Hindostand, Buddha Sakia of India, Salivahana of Bermuda, Zulis and Osiris of Egypt, Odin of the Scandinavians, Crite of Chaldea, Zoroaster and Mithra of Persia, Baal and Taut of Phoenecia, Indra of Tibet, Bali of Afghanistan, Jao of Nepal, Wittoba of the Bilingonese, Thammuz of Syria, Atys of Phrygia, Xamolxis of Thrace, Zoar of the Bonzes, Adad of Assyria, Deva Tat and Sammonocadam of Siam, Alcides of Thebes, Mikado of the Sintoos, Beddru of Japan, Hesus, Eros, and Bremrillah of the Druids, Thor of the Gauls, Cadmus of Greece, Hill and Feta of the Mandaites, Gentaut and Quexalcote of Mexico, Universal Monarch of the Sibyls, Ischy of the island of Formosa, Divine Teacher of Plato, Holy One of Xaca, Fohi and Tien of China, Adonis of Greece, Prometheus of Caucasus, and Ixion and Quirinus of Rome.*

(For more info read: “The World’s Sixteen Crucified Saviors – Christianity Before Christ” by Kersey Graves)

Passages from now defunct <http://sitsshow.blogspot.com>

“In the months and years following my participation in the completion of Oracle of Compassion: the Living Word of Kuan Yin, I did, in accordance with the deity’s former declaration—that she would continue sending important dreams, experience many dreams and visitations from Kuan Yin. It was after completing the transcription of some of the Kuan Yin quotes that I fell into a deep slumber. Just before awakening, I dreamt of Kuan Yin standing in my living room directly in front of the marble-tiled fireplace wherein Lena Lees and I would hold prayer circles.

So real was this vision that I could hear the deity’s sweet voice explain that there is a specific meditation for connecting with the Celestial Wisdom! Witnessing Kuan Yin lie face down on the Oriental Carpet with arms outstretched over Her head, I watched as Her thumb and forefinger formed a triangle—the dhyana mudra specifically designated to Kannon called the dhyana mudra displayed by the fourth Dhyani Buddha Amitabha, also known as Amitayus Kuan Yin. It was then that Kuan Yin further explained the significance of this specific mudra; that it acts similar to a capstone on an obelisk—drawing wisdom to one who has demonstrated intention to be a teacher of wisdom.

Aware that Kuan Yin was pointed in a northward direction, I surmised this particular alignment was also a significant aspect of the meditation—that this specific positioning was most ideal for receiving answers for prayers directed to the Her.

Later in the dream, it was confirmed that each person attracts from the universe, realities that are aligned with their specific beliefs and values.”





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## A MATTER OF SPIRIT

**Alan Oken QUOTE** (*Mantram of the Disciple - Soul Centered Astrology, pg. 13*)

Alan Oken (March 28, 1944 - March 5, 2022), was a world renowned professional astrologer and world traveler. One of the ways in which Oken has pioneered in the field of astrology was by discussing non-straight sexuality issues. His *Astrology: Evolution and Revolution*, includes charts for a bisexual man, a gay man, a lesbian, and a transsexual (Christine Jorgensen) amongst others. His *Soul Centered Astrology* and *Complete Astrology* have become epic reads for all astrologers world-wide. Besides his celebrated books, Oken has published over 200 articles on astrology in various journals, and made frequent media appearances, as well as having his own radio program in Sante Fe, New Mexico.

**Rev. Dr. Loni Haas** (*Apocalypse not, pg. 14*)

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.

**Jiddu Krishnamurti** (*Satan and the Truth, pg. 20*)

Jiddu Krishnamurti (11 May 1895 – 17 February 1986) was a philosopher, speaker and writer. In his early life, he was groomed to be the new World teacher, an advanced spiritual position in the Theosophical tradition, but later rejected this mantle and withdrew from the organization behind it. His interests included psychological revolution, the nature of mind, meditation, holistic inquiry, human relationships, and bringing about radical change in society. He stressed the need for a revolution in the psyche of every human being and emphasized that such revolution cannot be brought about by any external entity, be it religious, political, or social.

**Holyman Preter** (*Seeking a Savior, pg. 21*)

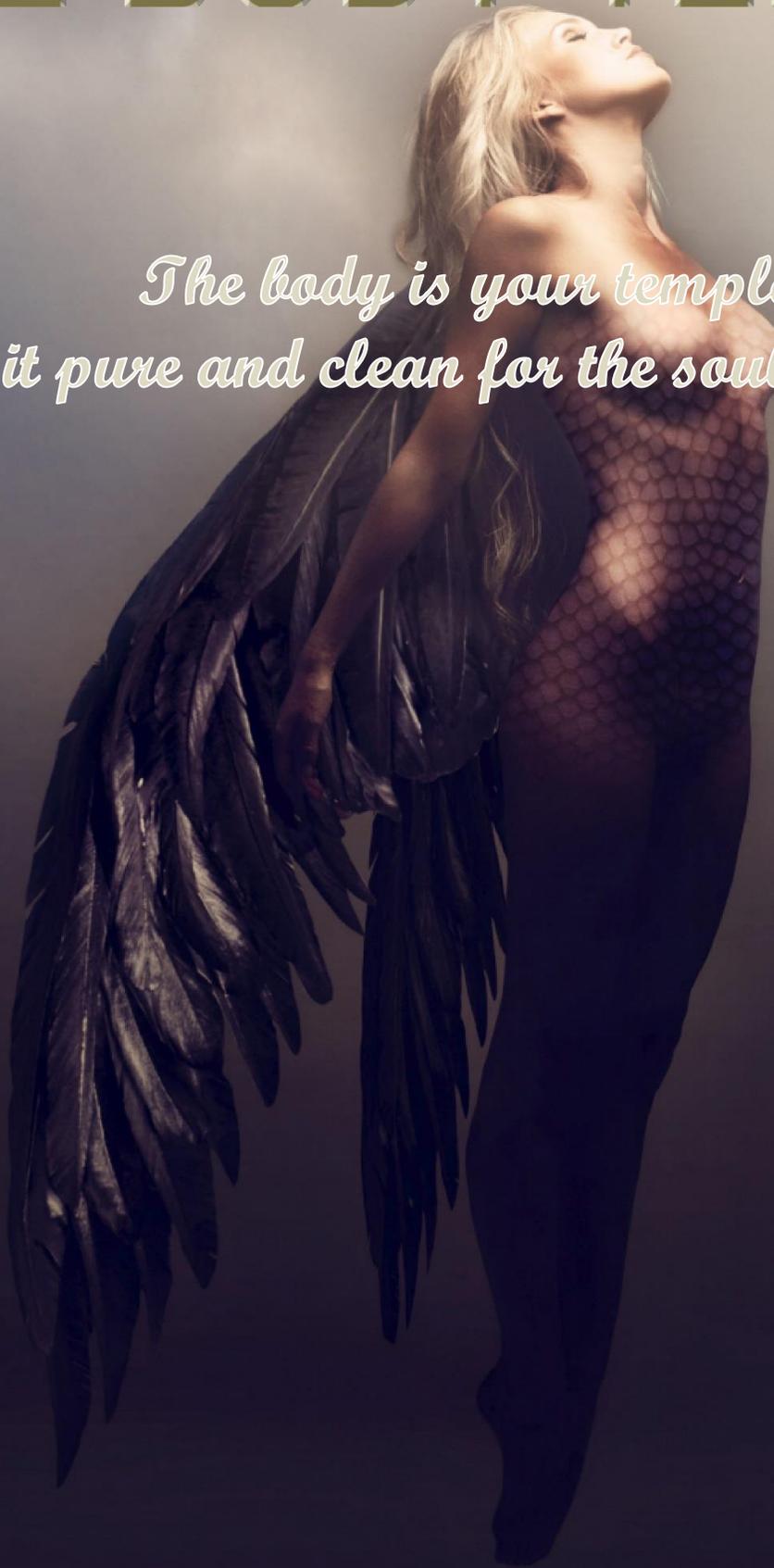
Preter 'Holyman' Pawalajie considers himself more of a spiritual investigator which he feels canvases more of the supernatural realms and everything from ghosts to demons to angels. He has total dedication to God, the great creator and believes part of his path is to discern and fight evil in all forms.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

**Hope Bradford QUOTE** (*Kuan Yin, pg. 23*)

Hope Bradford CHt is a spiritualist and hypnotherapist who has been profoundly influenced since witnessing and transcribing the Kuan Yin Buddhist parables as revealed in the book: *Oracle of Compassion: the Living Word of Kuan Yin*. She maintains a personal relationship with Kuan Yin to this day. Quote is from Goodreads.com.

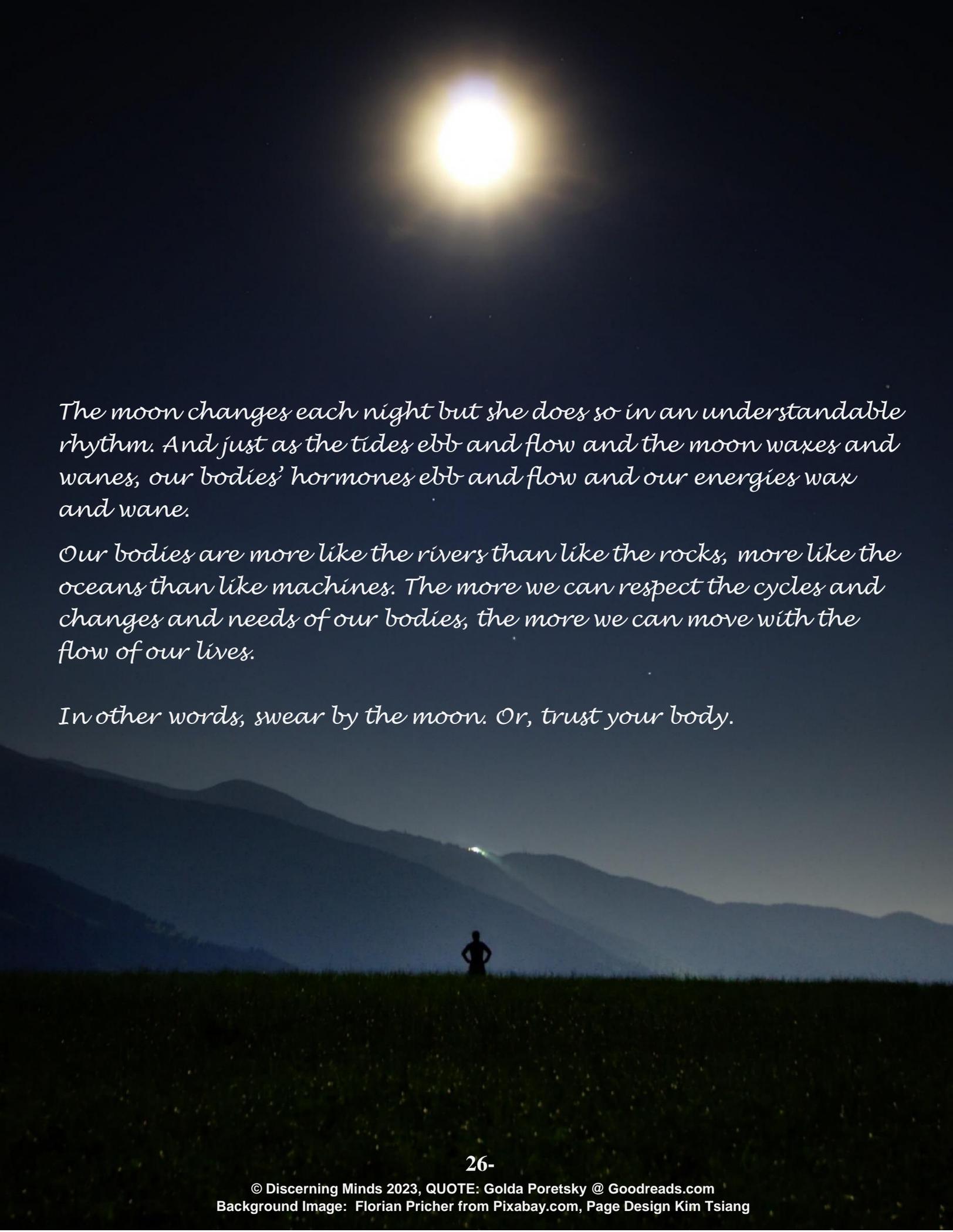
# THE BODY TEMPLE

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



Section Managing Editor – Lynda Lidel Harley

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QUOTE: B.K.S. Iyengar from AZquotes.com, Cover Design: Kim Tsiang



*The moon changes each night but she does so in an understandable rhythm. And just as the tides ebb and flow and the moon waxes and wanes, our bodies' hormones ebb and flow and our energies wax and wane.*

*Our bodies are more like the rivers than like the rocks, more like the oceans than like machines. The more we can respect the cycles and changes and needs of our bodies, the more we can move with the flow of our lives.*

*In other words, swear by the moon. Or, trust your body.*

# Homemade Herbal Cough Drops

By Alva “Wise Woman” Lennox

This is a nice fast dissolving recipe for natural cough drops. You will need the following -  
A silicone candy mold. Shape and size is your choice.

## Ingredients:

- Coconut Oil
- Natural Honey
- Slippery Elm
- Ginger

**Prep time** - 5 mins

## Measurements:

- 5 tablespoons coconut oil, room temperature so that it is soft but not melted.
- 1½ teaspoons raw honey
- 1 - 2 teaspoons slippery elm powder.
- ½ teaspoon ground ginger, or more to taste – optional

## Instructions:

Stir together coconut oil, honey, slippery elm powder and ginger if using. Pour mixture into molds - stirring a few times to make sure the honey is evenly distributed - and place in the freezer until hard. Pop cough drops out of the mold and place in a jar to use as needed. Store in the fridge or freezer.



# Colors for Life

By Mahaji

The word *color* or *colour* is derived from the Latin *celare* which means “to conceal.” Hue, a synonym for color has its meaning in old English *hiw*, meaning form or appearance. In our earthly experience color is universal and is the most descriptive of the human condition. Are you feeling blue today? Are you green with envy? Did you get angry and see red?

What of the actual visual effect or color? There have been many documented cases of experiments with color and behavior. For example, in an air conditioned factory that had a steady temperature of 72 ° many employees complained of feeling cold. Some even put on jackets even when the temperature was raised to 75°. A color consultant suggested that the walls be painted orange. After that was done the employees complained the 75° temperature was too high. Once the temperature was reduced back to 72°, everyone was happy. In another example showing how a switch from black and white visuals to color visuals affects memory retention, a US college professor found that when he substituted green slides for black and white, test scores rose as much as 40%. Further, red and green slides produced scores twice as high and black and white and red and green on a blue background increased scores by 30%.

*Everything that exists may be expressed in terms of color, since color is just another name to describe energy or spirit from which everything is composed. ~ Zolar*

The Ancient Mind conceived of everything in the world as consisting of the four elements earth, air, fire and water. Earth was said to be blue, air, yellow; fire, red; water, green. Ancient civilizations assigned colors to their various gods and goddesses. For example in Ancient Egypt, Osiris was green; Horus, white; Set, black; Isis had a garment of many colors. In Hinduism, Brahma is often represented as red or golden; Vishnu is clad in yellow; Shiva, the destroyer is black. The Druids of Britain and Gaul wore colored garments according to division - The Ovate wore green (the color of instruction and learning); the Bard wore blue (symbolizing harmony and truth); those of high stature the Ministers, wore white (symbolizing the purity of the sun). These three colors, green, blue and white, are the exact same designations used by the Greeks in reference to Atlantis. (Could Atlantis be more than a myth and could these colors suggest that the Druids were descended from migrated Atlanteans?) For the Ancient Hebrews, the colors red, blue, purple and white were all symbols of God. Sin, love and sacrifice were connected with red, glory with blue, splendor and dignity with purple and purity and joy with white.

Continued...

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In primitive Christianity, the Holy Trinity is associated with blue (the father), yellow (the son) and red, the Holy Spirit. In traditional art, Christ is often portrayed wearing a purple robe symbolic of suffering and endurance before his Crucifixion. Much of Christian art also portrays the various saints in green robes with a gold or yellow nimbus surrounding their heads.

According to the Ancient Egyptians, there were four races of humans: red, yellow, black and white. Purple not brown was the color of the Earth. The floors of the temples often were painted in greens and blues symbolizing the River Nile from which all life was thought to originate. The Tibetans who viewed life from high in the mountains believed the north to be yellow, the south blue, the east white and the west red. In China, the heroic guardians assigned to compass points also had "color." Mo-li Shou, the guardian of the north has a black face, Mo-li Hung, who guards the south, a red face, Mo-li Ch'ong who guards the east, a green face and Mo-li Hai who guards the west a white face. For many Native American Tribes, the colors red, yellow and black are considered masculine while white, blue and green are feminine.

Everywhere we look in history and the development of civilizations we find consistent use of color, in some cases even unconscious use. That leads us to how color can be applied personally to our everyday lives. Most people are familiar with the idea that everything that exists in the Cosmos is made up of atoms and molecules. In the still controversial work of color investigator Dinshah P. Ghadiali many correlations have been made. Some of these refer to the human body and how and what we eat. This thinking follows unusual lines but it very suggestive of the connection of the particular colors we surround ourselves with and even digest with the state of health. Here are some interesting excerpts:

### ORGANS

Red – Liver

Orange – Thyroid, lungs

Yellow – Nerves, digestive system

Lemon – Thymus

Green – Pituitary

Turquoise – Skin

Blue – Pineal

Indigo – Parathyroid

Violet – Spleen

Magenta – Heart, kidneys, reproductive system

### VITAMINS

A Magenta

B1 (thiamine) – Turquoise

Continued...

Continued...

B2 (riboflavin) – Indigo  
B6 (pyridoxine) - Orange, Purple  
B12 (cobalamin) – Purple, Green  
Biotin – Scarlet  
Choline – Orange  
Inositol – Turquoise  
Folic Acid – Blue  
Niacin – Violet  
Niacinamide – Indigo  
Pantothenic acid – Violet  
PABA – Turquoise  
B15 (Pangamic acid) - Purple  
B complex – Magenta  
C

- Rose hips – Violet
- Bioflavonoids – Orange
- Rutin – Violet

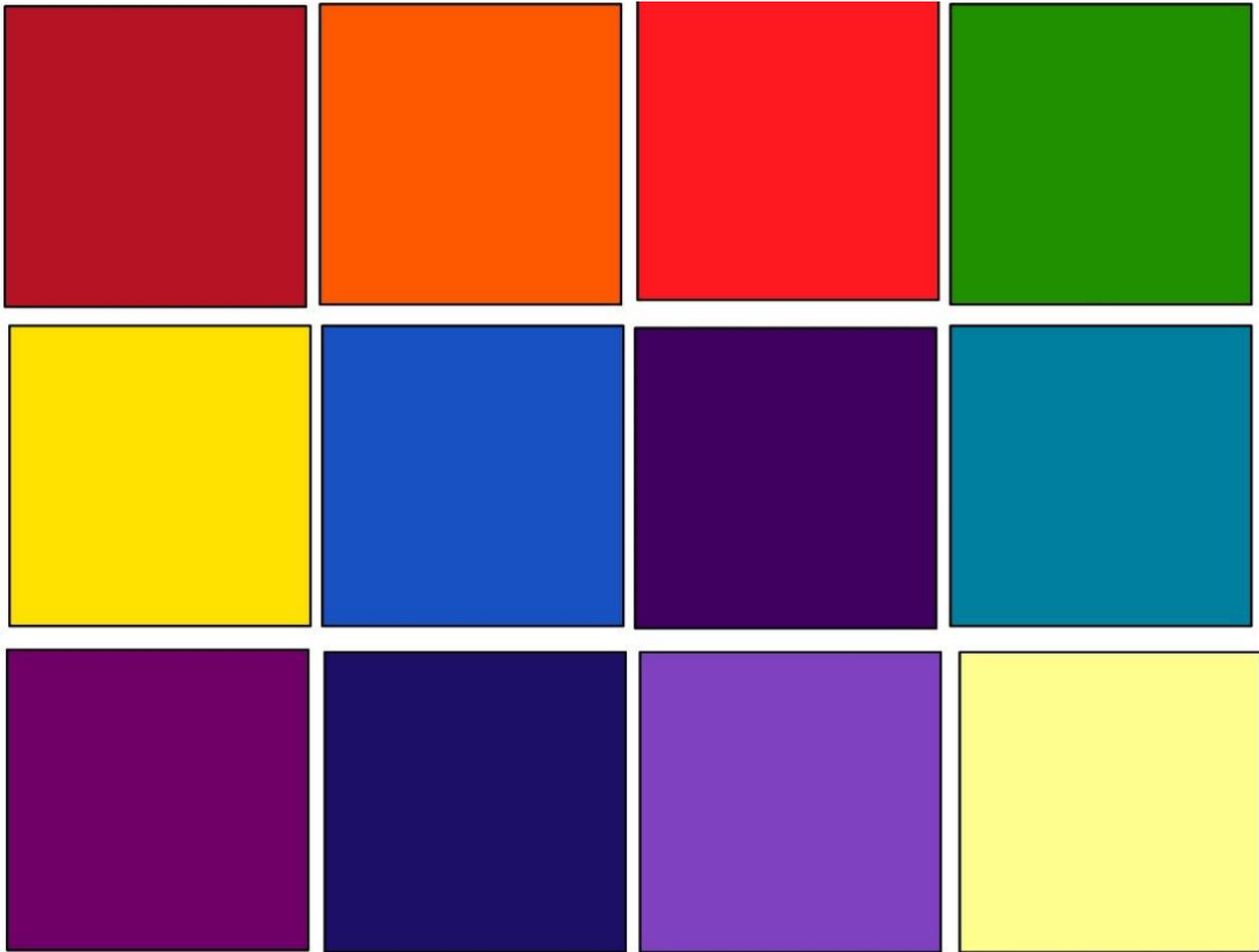
D - Orange  
E – Green

### MUSICAL NOTE AND FREQUENCY

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

Have some fun - here is a listing of food colors. To determine your color hunger you will need to construct a grid of paper with 12 color blocks, red, orange, scarlet, green, yellow, blue, purple, turquoise, magenta, indigo, violet and lemon. Using a pendulum go through each color for a yes or no as to whether you need that color food for the day.

Continued...



## Esoteric Cleansing Tips

By Ken Porteous



Now and again we need to cleanse our mind body and soul. Here are some tips to cleanse in an esoteric way.

Go on a fast or more of a liquid diet. Mugwort tea is great for the pineal gland and it will help you sleep. While you are at it drink crystal charged water. A little bit of citrine at the bottom of your glass will help get your chakras moving. Some people say the solar plexus is the motor for the chakras. Where ever you feel off balance chakra wise use the corresponding stone.

Another way to cleanse the body while fasting is through hot/ cold therapy and body scrubbing. Before you take your shower make a cleansing scrub 1/2 a cup of sea salt some rosemary and cinnamon is all you need. Both herbs are cleansing and repel bad energy.

Take a really hot shower and when I say hot I mean as HOT as you can handle (please don't scold yourself) while the pores are open scrub the entire body with your home made body scrub. Let it sink in for about 5-10 minutes and then turn on the hot water again rinse the scrub off and then turn on the cold water for thirty seconds. Bam! You have just done your body and spirit a huge favor.

## *BLAME THE BRAIN...*

It is your brain that decides to get you out of bed in the morning to exercise, to give you a stronger, leaner body, or to cause you to hit the snooze button and procrastinate your workout.

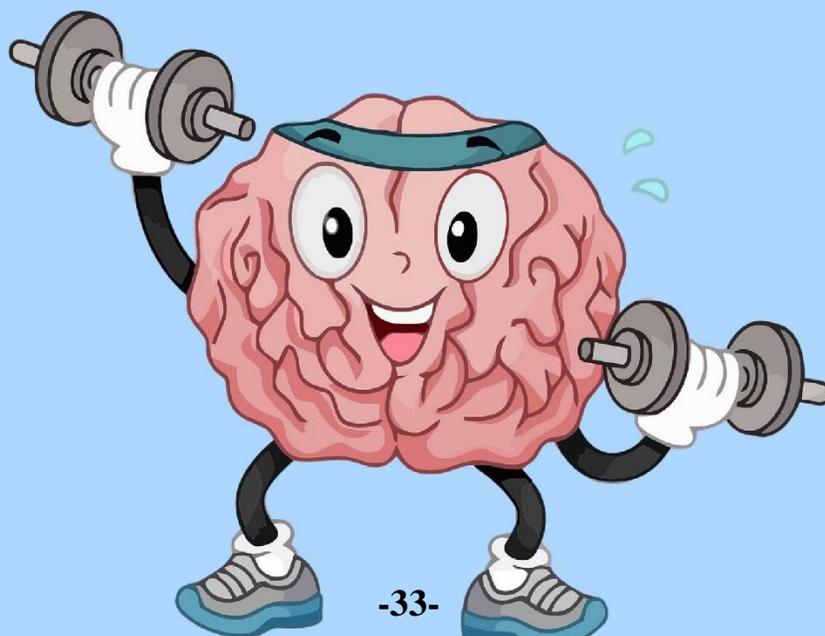
It is your brain that pushes you away from the table telling you that you have had enough, or that gives you permission to have the second bowl of Rocky Road ice cream, making you look and feel like a blob.

It is your brain that manages the stress in your life and relaxes you so that you look vibrant, or, when left unchecked, sends stress signals to the rest of your body and wrinkles your skin.

And it is your brain that turns away cigarettes, too much caffeine, and alcohol, helping you look and feel healthy, or that gives you permission to smoke, to have that third cup of coffee, or to drink that third glass of wine, thus making every system in your body look and feel older.

Your brain is the command and control center of your body. I

If you want a better body, the first place to ALWAYS start is by having a better brain.





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## BODY TEMPLE

**Golda Portesky QUOTE** (*Trust Your Body, pg. 26*)

Golda is a certified holistic health counselor and founder of [Body Love Wellness](#), which offers one-to-one and group coaching for plus-sized women who are fed up with dieting and want support to stop obsessing about food and weight. Her Health At Every Size® based programs and activism work have been featured on CBS's The Early Show, ABC's Nightline, NBC's LX New York and in Time Out New York. She is the author of *Stop Dieting Now: 25 Reasons to stop, 25 Ways to Heal*, available in [softcover](#) and [Kindle](#).

**Alva Lennox** (*Homemade Herbal Cough Drops, Pg. 27*)

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

**Mahaji** (*Colors for Life, pg.28*)

Mahaji known as the Universal Mother wishes to remain anonymous as she believes the message is relayed in her writing is more important than the person.

**Ken Porteous** (*Esoteric Cleaning tips, pg.32*)

Ken is a Californian living near LA. He started studying the occult at age 15 and was reading Tarot professionally at age 18. When he discovered Kabbalah, his life yet took another turn into High Magick where he found balance. "As a psychic I found myself very passive and High Magick and Qabalah gave me gifts I never thought possible." At age 33, Ken continues to follow a higher path to this day.

**Daniel G. Amen QUOTE** (*Blame the Brain, pg. 33*)

The Washington Post called Dr. Daniel Amen the most popular psychiatrist in America and Sharecare.com named him the web's most influential expert and advocate on mental health. Daniel Amen is a life-long Christian and graduate of Oral Roberts University School of Medicine. He is a double board-certified psychiatrist and multiple NY Times bestselling author, with such blockbuster books. Dr. Amen is the founder of Amen Clinics, which has 6 locations across the United States. Amen Clinics has the world's largest database of brain scans related to behavior, totaling more than 125,000 SPECT scans on patients from 111 countries. Dr. Amen's research team has published more than 70 scientific articles on a wide variety of topics related to brain health.

# PHENOMENA FILES



Beware the dark pool at the bottom of our hearts.

In its icy, black depths dwell strange and twisted creatures it is best not to disturb.



SECTION MANAGING EDITOR = JOHN HOLBROOK PSI

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Background Imagery: Syaibatul Hamdi from Pixabay.Com, Cover Design: Kim Tsiang

QUOTE: Sue Grafton @ Goodreads.com

The thing appeared jointed, osteological, a creature of bone and sinew, but it moved like drooping glue. It stretched out and fell from the ragged hole in the ceiling, a horrific whiteness of teeth and bladed limbs. Too many legs, three arms—one from the top of its spine, if it had a spine, the others from curdled-milk textured shoulders—and a vast jaw lined with rows and rows of jagged fangs. In the center of the serpentine tube of its torso, a red-black hole guttered to its innards.

# LEPRECHAUN

By Holbrook PSI

The Oxford University press dictionary states, “Leprechaun >noun (in Irish folklore) a small, mischievous sprite. -ORIGIN Old Irish luchorpán, from Lu 'small' + corp 'body’.” The name Leprechaun may actually have been derived from the Irish leath brogan (shoemaker) or the Gaelic word luacharma’n (pigmy), or any of the other Gaelic words that may or may not fit the description of a Leprechaun. The Leprechaun is a fairly ancient belief of Irish folklore, but it started out quite different than we know it today. According to many texts the ancient origins of what we know today as a Leprechaun was a Euro-Celt God named Lugh (pronounced “Luck”). Lugh was an important God to the Euro-Celtic religion, he was the great Sun God, patron of arts and crafts and the leader of the Tuath de’ Danaan, these myths eventually became simplified and popularized into the Leprechaun. They have also become the self-appointed guardians of ancient treasure (possibly left by the Danes) by burying it in crocks or pots.

In the early years of the legend it was believed that they would help humans and perform small favors for them, but they were eventually driven out by the Gaels (possibly derived from Gwyddel meaning raiders) who the Leprechaun’s would regard as foolish, flighty and greedy. In the early years of the legend it was believed that they would help humans and perform small favors for them, but they were eventually driven out by the Gaels (possibly derived from Gwyddel meaning raiders) who the Leprechaun’s would regard as foolish, flighty and greedy. This would be when the Leprechaun family spilt in two distinct groups the shoemaker pot of gold Leprechaun’s and the Culricauns.

The Culricauns are described the same as Leprechauns except for the fact that they may steal or borrow almost anything while creating mayhem in the houses during the hours of darkness, turning milk sour, raiding wine cellars and cupboards. They will also harness sheep, goats, dogs and even domestic fowl and ride them throughout the country at night.

If you’re looking for a leprechaun, they are described as being two feet tall, unfriendly and gruff dressed in old fashioned green coats with a shoemaker’s apron and a green hat. It is believed that they speak in poetry or rhymes and are often found in an intoxicated state caused by home brew poteen. They are never so intoxicated that they would have an unsteady hand with their shoe making hammer. They are said to be shoemakers for elves but only for one shoe and never a pair. Some have described them as fairy shoemakers but they are elf in nature not fairy.

In all my readings, I have never found mention of a female leprechaun; this may explain the fact why they are gruff and unfriendly. One of the most popular beliefs regarding the Leprechauns is that they possess a treasure (the pot of gold) which you could take if you could only catch one.



Continued...

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If caught by a mortal, a leprechaun will promise great wealth if allowed to go free. He carries two leather pouches. In one he has a silver shilling and in the other a gold coin. The silver shilling is said to be a magical coin that returns to the pouch each time it is paid out. The gold coin is used to try to bribe his way out of difficult situations. This coin is also magical and usually turns to leaves or ash once the leprechaun has parted from being captured. It is said that you must never take your eyes off a leprechaun or he will vanish in an instant.

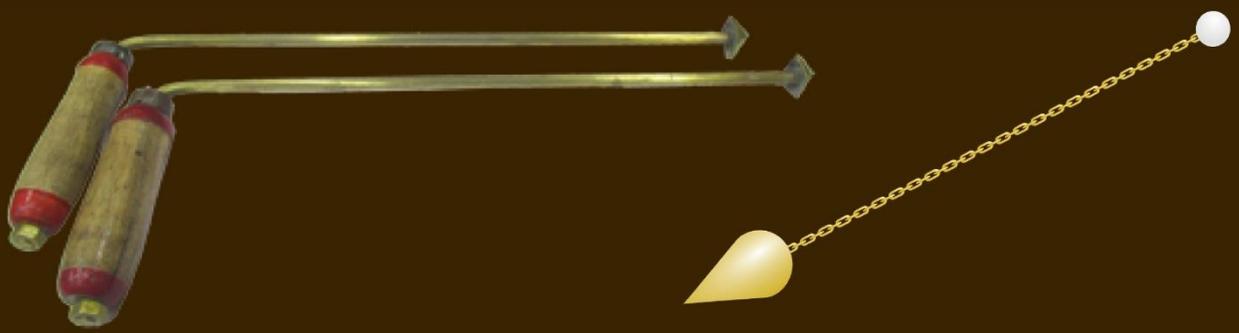
So, in your search for the solitary leprechaun you may want to follow any rainbows you come across to the end - for that is where his pot of gold is said to be

Remember:

At the end of the rainbow listen for the sound of a small hammer and keep a keen eye out for the little fellow making one shoe. If you're lucky enough to snag him up only take a small part of his treasure lest he may call out one of his kin folks the Culricauns to torture you until he gets his treasure back.

Happy hunting!





# Dowsing

By Holbrook PSI

Dowsing has been around for thousands of years in one form or another. Some of the original forms may have been strictly for divination, like to divine the will of the gods or to foretell the future and divine the guilt of a person on trial.

For the most part the way dowsing is done today can be traced back to Germany in the 15<sup>th</sup> century where it was used to find metals. Dowsing spread to other lands as the miners traveled to foreign lands like England to mine for coal.

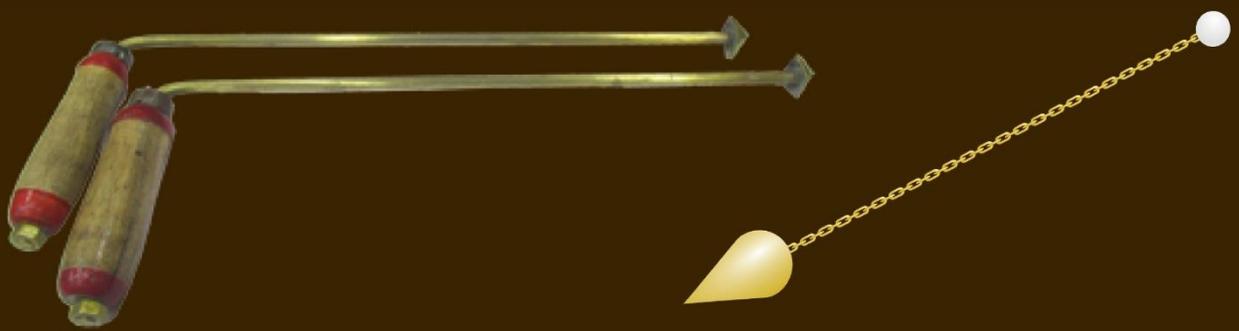
In the middle Ages the church associated dowsing with the Devil but was said to use dowsing in the Inquisitions. A lot of this is speculation regarding it being viewed as Satanic and if it was used in the Inquisitions. I have also heard it called water witching and this may refer back to when it was said to be of the Devil.

When I was young, my grandfather took me out and showed me how to dowse for water. He would take a willow branch that was forked evenly and trim off all the bark and sometimes he would wrap copper wire around the big side of the fork. The divining rod would look like a "Y" with the copper on only one side of the stick. You would hold one of the two other sticks (the Y part) in each hand and walk slowly around an area letting the divining rod lead the way. It was said that you will feel the tip point one way of the other and when you were on top of the water it would start to point downward.

Nowadays the divining rods are made of brass and you have two rods in the shape of an "L". You would have one rod in each hand and when searching for water or something else you would walk and watch the rods movement. The rods would point which way for you to go or cross in front of you when you were over water or the intended metal. Some use a pendulum to do dowsing or scrying. A few thoughts about using pendulums:

As with all etheric tools, it is the intention of use that makes the difference and even with clean intention there can be problems. Why do I say this? Use of a pendulum requires an "answer." If the person was scrying with the pendulum then we are talking about a medium type of scrying. This is very similar to the Ouija boards that almost everyone is familiar with from our childhoods and movies. So just like the Ouija board the person with the pendulum is asking for help or guidance from the spirit world. This is the dilemma I have with doing this - who or what is giving you the information?

Continued...



Continued...

The tool in itself is not a problem, I know of a crystal healer who uses a pendulum to see how the energy is flowing on a person she is working on. With all tools, pendulums can be used in ways that seem harmless but are just the opposite in the long run. Most tools in the world or metaphysics have the ability for being very powerful - it is all in accordance to how and who is using them. Think about spies trying to gather information, if they find who appears to be good informant they will take the person's word for things that may be half-truths or misleading lies.

A good thing to remember is that anyone can be wrong and they may have an agenda that is not good for the person asking the questions via the pendulum. I know some out there will not like my opinion about the uses of a pendulum but this is my opinion and I am sorry if this upsets anyone.

An interesting digression - A story about a true case of scrying to assist remote viewing:

This story took place in 1959 and has to do with the US Navy. It said that in a room full of naval officers (as witnesses), a civilian using a pendulum and several maps of the world, identified the location of the entire US submarine fleet and the location of every Soviet submarine in the world.

The civilian in the story was using a pendulum as a tool to assist in remote viewing so we are talking about using it to help him focus on an area on the map with his own clairvoyant abilities. The United States in 1972 had a program codename "Scanate" that researched remote viewing and the name changed to "Star Gate" in 1991. The CIA was involved and the DOD and many other agencies were as well. Considering the time and money spent by the government they were getting some results. So "yes" pendulums are dangerous, but with all tools that are out there to be used they are only dangerous if they are misused or used without caution and discretion.

# EVPs – How Dangerous Are They?

By Holbrook PSI

Today's ghost hunting shows are full of new types of equipment to help hunters make contact with ghostly entities yet you may notice that a tried and true method of contact remains the EVP.

Electronic voice phenomenon is said to be a spirits voice that is manifested on an audio recording. EVP is a subcategory of instrumental trans-communication (or ITC), which includes all electronically recorded phenomena, including telephones, televisions, computers and specialized audio equipment. Interest in EVP apparently began in the 1920's in an article in the Scientific American and the perhaps the first documented case of EVP was in June of 1959, so this is not a new idea.

I have used tape recorders (before digital came out) on some of the investigations I worked with only one very faint voice that I could not rule as an EVP. This was because some of the people on the investigation were in the area of the recorder. With the new technology that has come out and more people using all sorts of recording devices as tools in investigations of the paranormal there will be an increase in the information that will have to be sifted through with a discerning mind.

In the movie "White Noise" which frightened a lot of people because of the prospect of what may be out there, the important thing to remember is that it was a story of what *could* happen. The players in the movie were drawn in with half-truths and bits of hope by evil entities until they were devoting all their time and energies to listening for messages from the other side. They opened every type of channel of communication with no direction just hoping to make contact. They did not use any discernment to view the information they were receiving until it was too late and the trap was sprung.

When viewing information of a paranormal investigation or just in day to day life we need *not* to jump to conclusions without looking at all the possibilities of what we could be seeing or hearing. On the program Ghost Hunters they show that everything captured on film or tape needs to be put to several tests before it is taken at face value. Going back to the movie, if the spirits of good people can be recorded then why can't the spirits of bad people be recorded also? The tools used by the modern day paranormal investigator didn't discern between good, bad, malignant or benevolent spirits or entities. It is up to the investigator to take all the information and make a decision based on all the facts (with instinct included) of the case. If you were to do as the actors in the movie did, to remember is that with all types of EVP could be dangerous. The thing probably hear you" so, be cautious and do not let the quest for proof or contact rule your life.

*"What do you think we do with all this equipment? Do you think we study electromagnetic fields for fun? This is what we do. We make the illogical logical. We find the reason in everything that reason can't explain." - Jacqueline E. Smith*

Do you remember bedtime as a child? I was terrified of the dark. I was terrified of the closed closet door that surely cracked open when I wasn't looking and spewed out ghouls and devils. I took care that no arms or legs protruded from the bed. I sometimes slept with the covers over my head. Sweltering, panting, and barely breathing. Not even my hair exposed, lest a monster discover and devour me. I remember begging my father to check under the bed. I remember trying to explain how some monsters had invisibility cloaks. He would kiss my cheek and switch off the light.

We stop looking under the bed once we realize that the monsters are inside us.

It's funny how they transform. Suddenly they don't mind daylight. Suddenly they dress nicely, speak our language, and share our customs. They sit next to us on the metro and jog around our neighborhoods. They slip things into our drinks at parties and offer us jobs. Sometimes we spot them, sometimes we don't. Sometimes we even do the unthinkable: we invite them to our bed. As adults, we burn down the sanctuaries we created as children. Our inner child freaks out, but its screams are drowned by our moans as our monsters bring us to orgasm.





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## PHENOMENA FILES

### **S.R. Hughes QUOTE** (*The Thing*, pg.36)

S. R. Hughes inhabits the glittering dreamways between blackened stars. He writes dark fantasy, horror, and lite sci-fi. Hughes has been featured in Sanitarium Magazine, as well as in the Wild Hunt eZine, and on the Have You Heard the One? Podcast. His first novel, *The War Beneath*, released on October 1st, 2019 through Permuted Press. His second, *A Maze of Glass*, released on October 14th, 2022 through Ritual Dark Press. The quote was found on Goodreads.com

### **John Holbrook, Holbrook PSI** (*PSI FILE SHARES*)

*Leprechaun*, pg.37

*Dowsing*, pg. 39

*EVPs*, pg. 41

John has been a paranormal investigator for over 35 years. He holds a MS in parapsychic science. He is a highly gifted intuit and experienced spiritual counselor who specializes in crisis intervention including current life paranormal dramas and past life residual traumas. His friends tend to think of him as the “earth bound Michael” because he is always willing to help others overcome their fear of the darkness by showing them how to discern the truth of a matter.

### **Angela Panayotopulos QUOTE** (*The Wake Up*, 42)

Angela Panayotopulos is a Greek-American storyteller and coffeeholic. She earned her Creative Writing M.F.A. from George Mason University at 22, and has since ghostwritten over 40 books. Her perfect day includes hazelnut coffee, books, hugs, and Greek dancing.

# Arcanus Obscurum

*A competent magician should have the ability to stand still at a bus stop with closed eyes and have the entire universe disappear apart from a single blazing visualized sigil or muttered spell...*



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

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*I have a little theory that I'd like to air here, if I may. "What is it that you think makes you magicians?" More silence. Fogg was well into rhetorical-question territory now anyway. He spoke more softly. "Is it because you are intelligent? Is it because you are brave and good? Is it because you're special?"*

*"Maybe. Who knows? But I'll tell you something: I think you're magicians because you're unhappy. A magician is strong because he feels pain. He feels the difference between what the world is and what he would make of it. Or what did you think that stuff in your chest was? A magician is strong because he hurts more than others. His wound is his strength."*

*"Most people carry that pain around inside them their whole lives, until they kill the pain by other means, or until it kills them. But you, my friends, you found another way: a way to use the pain. To burn it as fuel, for light and warmth. You have learned to break the world that has tried to break you."*

# Concerning the Divine You

By Ken Porteous

A High Magicians Perspective...

## Terms Defined

Angel- a cosmically divine entity that is meant to serve humans under the authority of god.

Demon- an angel that has fallen from god's grace.

God- the Universe as a whole separated into different personalities and emanations. Supreme essence

Human- A spark of the divine or supreme essence inside a physical body

With Darwinism and material science it is hard for us to comprehend that we are in fact gods. But when we look at science with a speculative eye we realize that there is something missing. That thing that is missing is the soul aka god,

Over and over again sacred texts say the same thing. They are simply translations of the same story whether it be a great flood or how we were "created". We cannot discount this.

In the book of genesis creation is explained by MAN (the Hermaphrodite) being created out of the dust of the earth. This means our bodies are created out of earth, our bodies belong here. No question about that, if we lived on mars not only would our perspective of time change but our circadian rhythms and psychological function's. Funnily enough the energies from these planets being part of the universe is what allows the soul to operate as well as predict things that happen in our day to day lives. This is why astrology is such an important factor in our lives.

In the book of Enoch, angels mated with humans and conceived the Nephilim. The Nephilim having mixed "DNA" had mystical powers and their angelic fathers taught the Nephilim magic, astrology etc. God saw what was happening and saw this to be wrong and that they needed to be destroyed, he also saw humans worshipping these new "creatures". So Enoch was called by god to tell Noah to build an Arch and save his family and create a new earth.

Continued...



If Angels are divine beings then why did god see them mating with woman as an abomination? Was it god's ego? No because god doesn't have an ego, only humans have an ego. And furthermore why were the angels who committed such acts cast out of heaven? The answer is right in front of us. But it is human nature for us to victimize ourselves. Our ego that traps us here not only helps us meet our material needs it also says that we are entitled to have these spiritual powers through whatever means.

If we are gods, which we are. Why would we want a lower aspect of god running through our veins? It would in fact be an impurity. We are divine beings that have control under the will of cosmic law to affect change and possess powers beyond belief. Having these Angels as our parents is not only an insult to the universe it's an insult to ourselves.

I am not going to even scrape the surface of why the masses do not realize this. The Important thing at this time is that YOU recognize this.

### **Concerning Angels and Demons**

It is important to note that we all belong to god, Angels and Demons included.

Angels are a part of the cosmic scheme of things, they work under the authority of god and are meant to be a messenger to god for us as well as to do our bidding god willing. Of course when an angel is summoned respect is due, not only because they came before us but because they are on a higher plane of existence that is eternal and we are trapped in our human bodies forced to reincarnate until we eventually ascend. Angels do things for us when our higher selves gives us the OK aka god giving ourselves the OK.

Demons on the other hand have fallen from grace and don't think for a second that god doesn't have dominion over them as well. None the less they are free agents, some more than others. A demons purpose is to provide information. Please note that any time you conjure a demon you MUST do it in the name of god and test the spirit. An oath should never be made with a demon. The reason a Demon holds so much knowledge and will provide it, is because it is a free agent and has been an angel before therefore they hold immense amounts of divine knowledge. It must provide it because the High Magician is aware that he is one with the Supreme Being and therefore has an obligation to do so.



# Runes of Battle

By Judah Prefarious

Which Runes might an ancient warrior have worn into battle or affixed on his shield or clothing? What stones might he or she have carried?



*SOWELU*

**KEYWORDS: ENERGY, LIFE FORCE, POWER**

Virtues: Victory, Vision, Stamina

SOWELU is known as the Rune of WHOLENESS. Sowelu is a Rune of great power and marks a time of regeneration down to the cellular level. It embodies the impulse towards self-realization and indicates the path you must follow. Although Sowelu speaks of completion and wholeness, he also challenges you to remember that life never stands still. It also speaks of achievement, celebration and connection to others because we are all indeed connected to the whole. Sowelu indicates that your personal regenerative powers will allow for you to continue to grow even after you have achieved wholeness. If it ever was time to seize the day it is today. The stone Carbuncle was thought to enhance the essence of this Rune granting self-confidence, fearlessness and strength.



*TEIWAZ*

**KEYWORDS: PATIENCE, PERSISTENCE, CHARACTER**

Virtues: Determination, Fairness and Success

Continued...

Continued...

TEIWAZ is known as the Rune of WARRIORDOM. This Rune strengthens the resolve needed to align the self with the SELF. That is the first and foremost battle. The glyph of Teiwaz looks like an arrow pointing Heavenward. It represents piercing the boundary to the Higher Self in order to re-mold yourself. Teiwaz's harshest message is when he is telling you that you must let go or sacrifice an old way of thinking. For most of us, this is a very difficult thing to do. The Spiritual Warrior always carries the Sword of Discrimination that cuts through the extraneous of life while understanding fully that the Universe always has the first move. What issues requiring dedication are you being presented with today? Hasty or ill-timed action will work against you today. Selfish reasoning will also work against you. What are your goals? Is it self-conquest you are seeking or to merely to dominate a situation or another person? Are you focused on a particular outcome rather than to let it play out naturally? Remember that lusting after a result can be an expectation that rarely works well - you still have to work for what you get. Let go of what constrains you - it is only as difficult as you make it. Coral was thought to enhance the essence of this Rune granting diplomacy and concurrence, modesty, wisdom and immortality.



*ALGIZ*

**KEYWORDS: HEARTINESS, VALOR, CONFIDENCE**

Virtues: Endeavor, Strength

ALGIZ is known as the Rune of PROTECTION. How well do you control your emotions? Today's influences may bring high and lows so it is imperative that you maintain emotional balance while facing challenges. As a Spiritual Warrior you are well aware that your greatest battle is with your Self so remain aware that right conduct action and correct conduct are your best protections. Be mindful of your health and do not let others use you for their own benefit or try to foist their burdens upon you. You alone are responsible for what you allow. The benefits of protection are always found in emotional control. If you find yourself experiencing a period of difficulty which is painful, be honest and stick with the experience. As you work through the issue, look around and evaluate what your part in creating the discomfort truly is. Are you shooting yourself in the foot without realizing it? Watch for new interests, but use your good judgment when pursuing them. The stone Amethyst was thought to balance, eliminate impatience, anxiety and trepidation, dispel negative influences and attachments.

# THE ARCANUM PRIMER

*"The arcana is the means by which all is revealed"*

*The first card, numbered 0, is **The Fool**. It represents the beginning and suggests infinite possibilities. The next card, **The Magician**, represents action and initiative... but also immaturity. **The Priestess** represents contemplation and inner knowledge. **The Empress** represents motherhood and the life it brings forth. **The Emperor** is an opposing card. It represents fathering and relates to leadership and decision-making skills. **The Hierophant** represents formality and knowledge, and stands for religion. **The Lovers** card represents choice. Here, the individual's consciousness has finally surfaced. **The Chariot** represents victory for the individual, but only a momentary one. **Justice** represents knowledge of what is right, and what is wrong. **The Hermit** represents the individual's search for answers by looking inward, deep inside his heart. **Fortune** represents fate, and the opportunities that come with it. **Strength** represents both passion and self-control. It is depicted as power with reason. **The Hanged Man** reflects the individual's inability to take action. Spiritual death awaits the individual with the 13th card, which is aptly named **Death**. Death is considered a transitional card... The old ends, and the new begins. Now, let's continue along the path, following the transition. **Temperance** is the balancing of opposites. Opening his eyes to the world allows the individual to grow... And as **The Devil** represents, he then faces temptation... At **The Tower**, his values collapse on him. It seems as if he no longer has anything to believe in, but... ..he then finds a glimmer of hope, represented by **The Star**, and he is suffused with a serene calm. This bliss makes him vulnerable to the illusions of **The Moon**. Fears arise, and he follows the dim path in his heart with trepidation... But he is rewarded with a bright future, represented by **The Sun**, which signifies true achievement **Judgement** awaits the individual at the end of his journey, as he looks back on the path he has traveled. The final card is **The World**, which represents the individual's full awareness of his place in the world.*

*Further:*

***Magician:** "The moment man devoured the fruit of knowledge, he sealed his fate..."*

*Entrusting his future to the cards, man clings to a dim hope.*

*Yes, the Arcana is the means by which all is revealed...*

*Attaining one's dream requires a stern will and unfailing determination."*

***Priestess:** "The Arcana is the means by which all is revealed..."*

*The silent voice within one's heart whispers the most profound wisdom."*

*Continued...*



*Continued...*

**Empress:** *"The Arcana is the means by which all is revealed...*

*Celebrate life's grandeur...It's brilliance...It's magnificence..."*

**Emperor:** *"The Arcana is the means by which all is revealed...*

*Only courage in the face of doubt can lead one to the answer..."*

**Hierophant:** *"The Arcana is the means by which all is revealed...*

*It is indeed a precious gift to understand the forces that guide oneself..."*

**Lovers:** *"The Arcana is the means by which all is revealed...*

*There is both joy and wonder in coming to understand another..."*

**Chariot:** *"The Arcana is the means by which all is revealed...*

*One of life's greatest blessings is the freedom to pursue one's goals..."*

**Justice:** *"The Arcana is the means by which all is revealed...*

*To find the one true path, one must seek guidance amidst uncertainty..."*

**Hermit:** *"The Arcana is the means by which all is revealed...*

*It requires great courage to look at oneself honestly, and forge one's own path..."*

**Fortune:** *"The Arcana is the means by which all is revealed...*

*Along time exist fate, the bearer of cruelty."*

**Strength:** *"The Arcana is the means by which all is revealed...*

*Only with strength can one endure suffering and torment."*

**Hanged Man:** *"The Arcana is the means by which all is revealed...*

*In the face of disaster lies opportunity for renewal."*

**Death:** *"The moment man devoured the fruit of knowledge, he sealed his fate...*

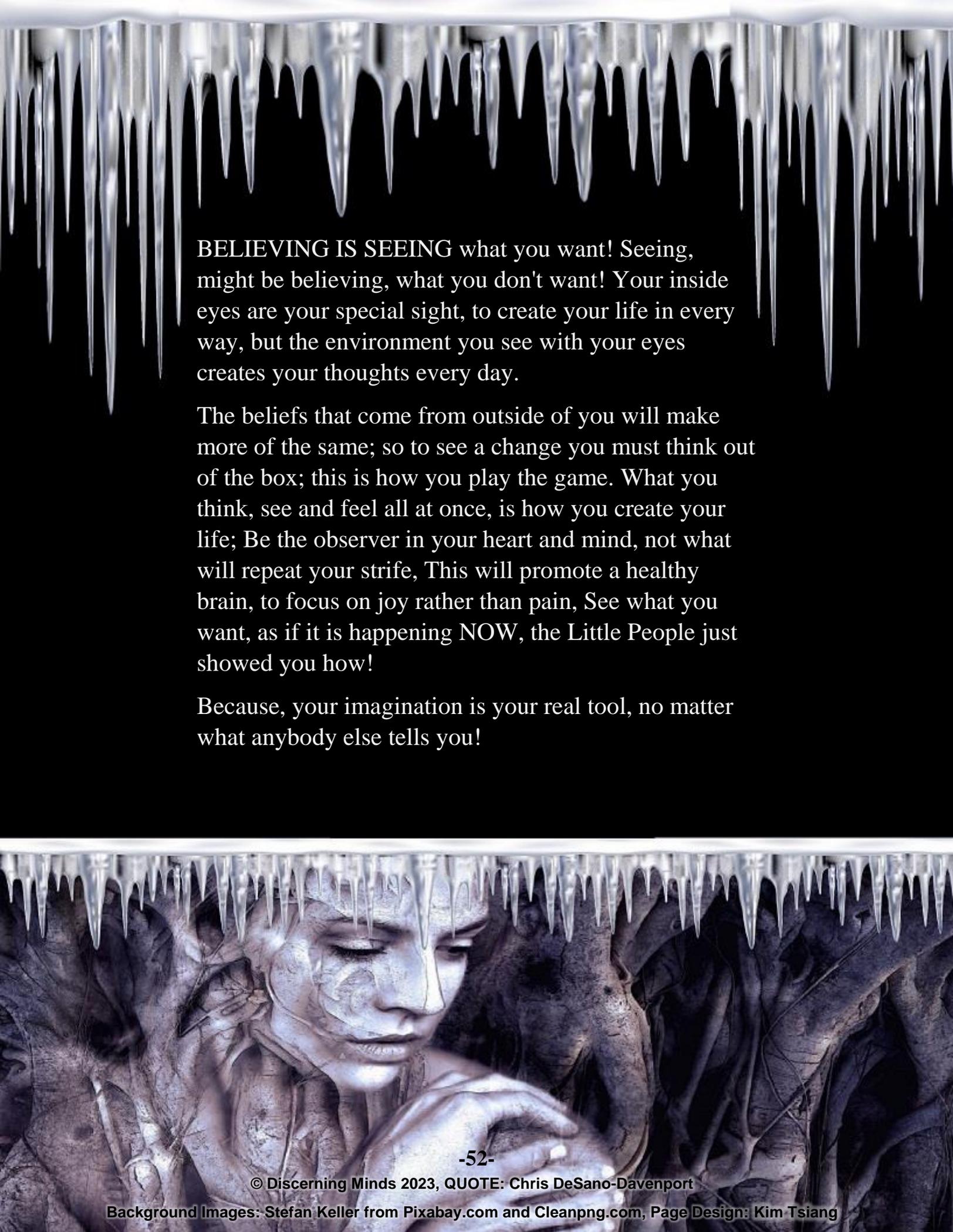
*Entrusting his future to the cards, man clings to a dim hope.*

*Yet, the Arcana is the means by which all is revealed...*

*Beyond the beaten path lies the absolute end.*

*It matters not who you are...Death awaits you."*





BELIEVING IS SEEING what you want! Seeing, might be believing, what you don't want! Your inside eyes are your special sight, to create your life in every way, but the environment you see with your eyes creates your thoughts every day.

The beliefs that come from outside of you will make more of the same; so to see a change you must think out of the box; this is how you play the game. What you think, see and feel all at once, is how you create your life; Be the observer in your heart and mind, not what will repeat your strife, This will promote a healthy brain, to focus on joy rather than pain, See what you want, as if it is happening NOW, the Little People just showed you how!

Because, your imagination is your real tool, no matter what anybody else tells you!



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## ARCANUS OBSCURUM

**Lev Grossman QUOTE** (*Magicians*, pg. 45)

Lev Grossman is an American novelist and journalist who wrote The Magicians Trilogy: The Magicians, The Magician King, and The Magician's Land. He was the book critic and lead technology writer at Time magazine from 2002 to 2016.

**Ken Porteous** (*Concerning the Divine You*, pg. 46)

Ken is a Californian living near LA. He started studying the occult at age 15 and was reading Tarot professionally at age 18. When he discovered Kabbalah, his life yet took another turn into High Magick where he found balance. "As a psychic I found myself very passive and High Magick and Qabalah gave me gifts I never thought possible." At age 33, Ken continues to follow a higher path to this day.

**Judah Prefarious** (*Runes of Battle*, pg. 48)

Judah Prefarious has been a metaphysician for over 40 years who specializes in modalities of antiquity and history. He is currently the acting manager and research director of *Mythos ~ Tales of Myth and Legend* on the <https://www.lightforcenetwork.com/>

**Tropes TV QUOTE** (*The Arcana*, pg. 50)

TV Tropes is a wiki, sort of like Wikipedia but using different software and with a different purpose. It is family friendly and uses Creative Commons Licensing.

**Chris DiSano-Davenport** (*Little People*, pg.52)

Chris DiSano-Davenport is an avid reader and collector of fairy tale legends that compels her to live in two worlds. She knew her purpose as a creator from childhood, as she was gifted with a passion for art that took her on a journey of self-discovery and self-teaching. Chris now lives in Iowa near her husband's Meskwaki settlement with their dogs Wakanda and Winston, and teaches art in her own studio. Her enlightening children's series about the Little People is to be continued.

# *Sacred Sciences*



*The Universe and Spirit do not understand limitations.*

*PEOPLE invented limitations.*

**Section Managing Editor – Anne Drake Sydney**

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*Everybody has a little bit of the sun and moon in them.  
Everybody has a little bit of man, woman, and animal in them.  
Darks and lights in them.*

*Everyone is part of a connected cosmic system. Part earth and sea, wind and fire, with some salt and dust swimming in them. We have a universe within ourselves that mimics the universe outside. None of us are just black or white, or never wrong and always right.*

*No one.*

*No one exists without polarities. Everybody has good and bad forces working with them, against them, and within them.*



## *Detach and Grow*

By Mahaji

The Law of Detachment says that in order to successfully attract something, you must be detached to the outcome. If you are attached, you project negative emotions of fear, doubt, or craving which actually attracts the opposite of your desire. You are operating from a position of worry, fear and doubt rather than serenity, trust and faith. Of course there are times when negative emotions are meant to be felt and acted upon, but your dominant emotions should be positive ones.

Anything you want can be acquired through detachment, because detachment is based on resting in the complete grace of God and knowing that He is always working everything through you and together for your greatest good. To be detached is to realize that everything good is from God and nothing at all is from you. It is God doing it through you and the other elements in your reality so there's nothing to hold on to as your own, all you have to do is to have the right beliefs and let God do it.

Ease and perfection of action depend entirely upon the degree in which we cease to depend upon the consciousness. You have to take your conscious mind off it in order to let your subconscious mind take over. The pilot and the autopilot cannot control the plane at the same time. You have to let go in order to let God take over. To detach is to allow the universe to bring your desire into manifestation whichever way is best for you. When you are detached, your desires will manifest much faster.

The Law of Detachment accelerates the whole process of evolution. When you understand this law, you don't feel compelled to force solutions. When you force solutions on problems, you only create new problems. But when you wait patiently and in faith, the right solution will arise on its own. Confusion is the doorway to a new understanding. Order will emerge from the chaos.

We are all instruments of God whether yielded or unyielded. When we are yielded, we are of more use and become more powerful instruments and also enjoy the process with greater happiness. Do not care, just surrender yourself to the flow of God. It is flowing all the time and when you are ready, it will flow through you. When you are detached, you are trusting and surrendering to God. Anytime you are not detached, you are not trusting, not surrendering and not yielding to God.

Continued...



Continued...

The more you are unattached, the more you allow God to flow in you and the more rapidly your desires will manifest because your Energy and vibrations are more aligned with the flow of God's Energy and therefore that which you desire in your life.

It is an enlightened way of living your life. You have to let go and trust that life itself is taking you to the things you desire. As you let go and trust, you feel different, you radiate a different vibration to the world, and better things and experiences come to you. Again, the whole secret is in learning to simply let go.

Learn to follow the quiet voice within that speaks in feelings rather than words. Follow what you hear inside, rather than what others may be telling you to do. The universe itself will act to move you to what you want, and move what you want to you. All you have to do is let go, while acting on your inner prompts. Let go of fear, doubt, worry, disappointment, and any other negative emotion that might make you feel low.

# *The Mystical Law of Synchronicity*

By Rev. Dr. Loni Haas

Some believe Synchronicity arises from a chain of causality that originates outside physical reality. Because you cannot see where the chain begins, where the original cause resides, the phenomenon is considered acausal. Synchronicities are whole packets of cause and effect spanning past, present, and future from an alternate timeline that are instantly inserted into the original timeline as a result of intention. Others hold that they are personal gifts from a great, caring intelligence responsible for the destiny of the universe. The full appreciation of synchronicity is nothing less than our personal connection with the higher intelligence of the universe. Many people who continually experience meaningful coincidences, acknowledge them to be a kind of personal guidance. People who accept synchronicities as guidance embrace “the authentic life,” which is following our own truth, regardless of the consequences. Carl Jung brought the mystical law of synchronicity into common parlance and then it made its way into mainstream awareness.

According to Caroline Myss: “The Law of Synchronicity, then, is one of many Mystical Laws that govern the invisible world. These Mystical Laws work in partnership with the laws of the physical realm, such as motion, speed, gravity, etc. The Mystical Laws work in subtle ways, but they are as intimate as our breath. When are we not “thinking” or “emotionally reacting” or stressed or unstressed or creating or angry or not angry or in love or broken hearted? We are, in other words, always “in psychic motion” and our energy is at least a part of the substance these laws use to function within our lives.”

Some consider Synchronicity an impersonal law of nature tied to the acausal. Others feel it is part of the Law of Attraction that governs fate. Still others feel it belongs to the Law of Time. And others say it is jurisdictioned by the Law of Cause and Effect. No matter how we choose to define it, it is part of and subject to the energy of the Universe.

“For many awakening souls, the phenomenon of synchronicity provides a direct and unmistakable encounter with the mysteries of the spiritual realm.

Because the experience has particular meaning to the individual involved, it has the power to open a portal to “the world of “meaning,” which is the world of the soul in the wisdom teachings. Through a dramatic convergence of internal and external realms—in time and space—a kind of rending of the veil occurs for the one experiencing it. It is as if a “wormhole” into the realm of the soul and the invisible dimensions of the universe suddenly appears. As the soul awakens, it turns to the “task” of uncovering the *meaning* of life experiences, attempting to discern what each new circumstance may be trying to teach us. The discernment of meaning is integral to advancement in this schoolhouse of life. Once the needed learning has been extracted, difficult lessons no longer need to be repeated. By observing synchronicities and trying to fathom their meaning, we are drawn into the world of the soul, thus accelerating our progress on the path of transformation.” - [whenthe-soul-awakens.org](http://whenthe-soul-awakens.org)



# The Universe Has Been Cancelled

By Thomas Selinas Crosse

## Xenophobia and Metaphysics...

*One of the worst forms of prejudice, and strangely also perhaps the one that is easiest to understand is xenophobia: we tend to fear what we don't know, and we exaggerate what we're afraid of. There seem to be so many things that divide us, and in a climate of social uncertainty and injustices it is tempting to focus on these. We have seen the rise of this to a worrying degree in all corners of the globe. There are many reasons to be deeply worried about xenophobia and other forms of social prejudice: reasons connected with flawed moral thinking, reasons having to do with devastating political and social consequences. In many ways, prejudice is the nemesis of the philosopher. – Dr. Anja Steinbauer<sup>1</sup>*

Fear. It serves its purpose in the larger scheme of life and healthy fear can keep us out of trouble but when has it been carried too far? Why is freedom of speech so targeted these days? When it comes to Metaphysics and spirituality and an individual's rights to think as they will and believe what they will and above all to DISCERN, fear is fast going out of control. Critical thinking is weighed on the scales of obliteration – how much is too much? The xenophobes decide how much anyone is to be allowed to “think” and then to speak. That's right, “to speak” and even worse what will be allowed to be expressed in writing on media platforms and even specialty websites. And what of spirituality? Heaven forbid (pun intended) an individual should turn to a Higher Power or GOD for comfort and insight of any kind. Why is that? It is because the opposers need and want power because it makes them feel superior and “safe.” It's as simple and as complicated as that. Their way or the highway. Do as they say not what they do. Sorry – “your content does not meet community standards.”

The most honest definition of metaphysics come from Wikipedia: *Metaphysics is the branch of philosophy that examines the fundamental nature of reality, including the relationship between mind and matter, between substance and attribute, and between potentiality and actuality.* **The three core branches of metaphysics** are ontology, natural theology, and universal science. Other sources give it more of a bash because in today's ‘follow the science’ culture is it deemed ‘too out there.’ For example from PBS.org: *Derived from the Greek Meta ta physika ("after the things of nature"); referring to an idea, doctrine, or posited reality outside of human sense perception. In modern philosophical terminology, metaphysics refers to the studies of what cannot be reached through objective studies of material reality.* AND from Oxford Languages: *Abstract theory with no basis in reality.*

And what about spirituality? This is a term used more widely in personal descriptions as people have grown leery about relating if they are part of any religion for fear of prosecution. According to rpsych.ac.uk.com and atoncenter.com: *Spirituality involves the recognition of a feeling or sense or belief that there is something greater than myself, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature. ... An opening of the heart is an essential aspect of true spirituality. Human spirituality is composed of three aspects: relationships, values, and life purpose.* The opposers have rather cleverly lumped metaphysics and spirituality in with religion and formed one big ball of convenient cancellation. Thus they feel they need to attempt to rid society of what they deem a scourge of independent mindful scrutiny by those who are actually still thinking, growing and seeking.

Continued...

Big Tech is busy cancelling and removing interlopers on their social platforms who use critical thinking and are spiritually balanced in their personal approach to expression on those platforms. You see it is not just certain political ideals that have become targeted, it is anyone or anything that promotes truth, independence and individuality.

We are all currently living in a version of George Orwell's *1984*. The opposers have one thing in common however regarding Metaphysics and metaphysicians, they like to say, "They are all the same." This is their usual irresponsible stereotypical belief. This could also be the furthest from the truth in the case of Metaphysics and metaphysicians. Any metaphysician worth their mettle will call someone out on their BS and point out irresponsibility. No excuses – no quarter. A metaphysician will never tell you what you want to hear because you want them to cater to you.

Under the current conditions ALL metaphysicians need to:

1. Stay connected with metaphysical groups, organizations and individuals.
2. Open-mindedly increase contact with other types of social groups'
3. Continue to speak your truth and not fear to make people aware of their own inconsistencies of belief.
4. Reframe your own negative thoughts and disappointments regarding others.
5. Push back against all this prejudice whenever practically possible but refrain from triggering people into frenzy because they cannot handle logical, balanced data. The idea is to listen to, validate and heal others. After all being a metaphysician is a higher calling.

[https://philosophynow.org/issue/115/Thinkers\\_Against\\_Xenophobia\\_How\\_To\\_Deal\\_with\\_Pride\\_and\\_Prejudice](https://philosophynow.org/issue/115/Thinkers_Against_Xenophobia_How_To_Deal_with_Pride_and_Prejudice)

It is said that our greatest challenge individually and collectively is to create channels for the Soul's expression in our daily lives. As we create these avenues for the outer expression of inner life, we also consciously co-create our own destinies.

In the process of reorientation to the *new archetype*, ask yourself if you are experiencing any of the following:

- Consistently seeking methods of self-improvement that give you a feeling of greater wholeness.
- Expressing interest in methods and/or processes which serve to heal other people from negative and addictive patterns.
- Becoming increasingly aware of others outside of your immediate family and/or social circle.
- Finding it easier to relate with people connected to you through similar belief or ideological systems.
- Becoming exhausted (emotionally or mentally) by civic, social, or spiritual activities that at one time used to be enjoyable or at least tolerable. Do these activities represent a distinct drain on your vitality?
- Increasingly finding yourself attracted to love and less attracted by desire OR are experiencing a conflict between the two and trying to unite them.
- Growing increasingly dispassionate, detached and discriminating. Does sometimes this make you feel guilty, fearful or at a loss?
- Definitely searching and maybe even finding a greater purpose for your life's energies. Is "service" becoming an important factor or even a dominant theme in your life?
- Seeing through and growing dissatisfied with "game structures" tied to non-regenerative egocentric habit patterns. Do you desire to become more detached from these magnetic traps?
- Sensing, perceiving and experiencing another aspect of Love which is more impersonal and detached – one that is unconditionally supportive and demands nothing in return – one that has an attraction beyond all differences like gender, ethnic/religious/social orientations.
- Feeling a growing need to be part of a group of people who are working towards these same inward and outward goals.
- Becoming increasingly impersonal to all things that are personal and increasingly personal to all that is impersonal.





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## SACRED SCIENCES

**Suzy Kassem QUOTE** (*Rise Up and Salute the Sun, pg.55*)

Suzy Kassem is an American writer, poet, philosopher, and artist of Egyptian origin. The granddaughter of a respected sage in 19th century Cairo, mysticism and wisdom run through her blood just as the water of the Nile flows through her veins."

**Mahaji** (*Detach and Grow, Pg. 56*)

Mahaji, "the Universal Mother" prefers to remain anonymous. She believes her article says it all and that it is the message that is most important. You can visit Mahaji on <https://lightforcenetwork.com/>

**Rev. Dr. Loni J. Haas** (*The Mystical Law of Synchronicity, 58*)

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

**Thomas Selinas-Crosse** (*The Universe Has Been Cancelled, 59*)

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](http://www.lightforcenetwork.com) where he serves as a proficient.

**Alan Oken QUOTE** (*Universe, pg. 61*)

Alan Oken (March 28, 1944 - March 5, 2022), was a world renowned professional astrologer and world traveler. One of the ways in which Oken has pioneered in the field of astrology was by discussing non-straight sexuality issues. His *Astrology: Evolution and Revolution*, includes charts for a bisexual man, a gay man, a lesbian, and a transsexual (Christine Jorgensen) amongst others. His *Soul Centered Astrology* and *Complete Astrology* have become epic reads for all astrologers world-wide. Besides his celebrated books, Oken has published over 200 articles on astrology in various journals, and made frequent media appearances, as well as having his own radio program in Sante Fe, New Mexico.

# CREATIVE MUSINGS

*Creativity doesn't wait for that perfect moment.  
It fashions its own perfect moments out of ordinary ones.*

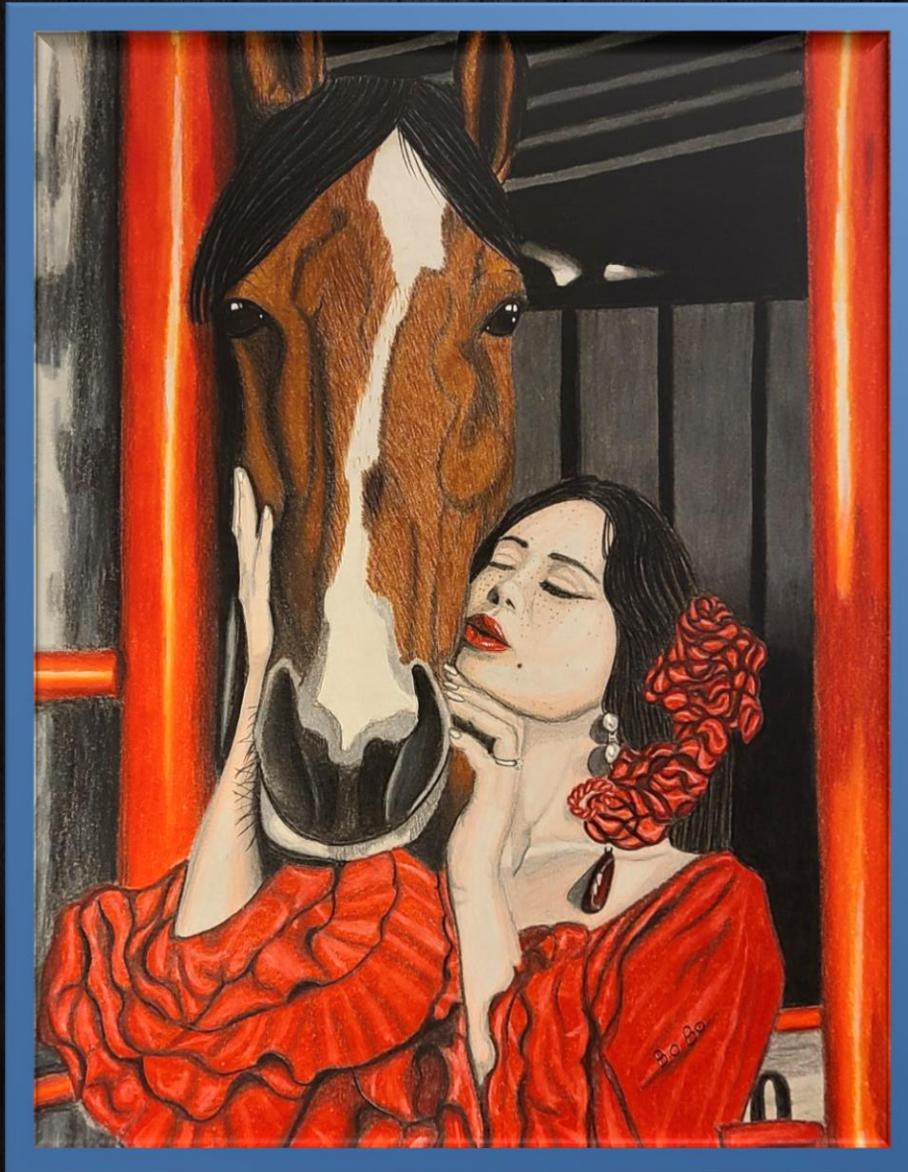


**Section Managing Editor – Marique Quinn**

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# David Pierce Art Gallery



True Love

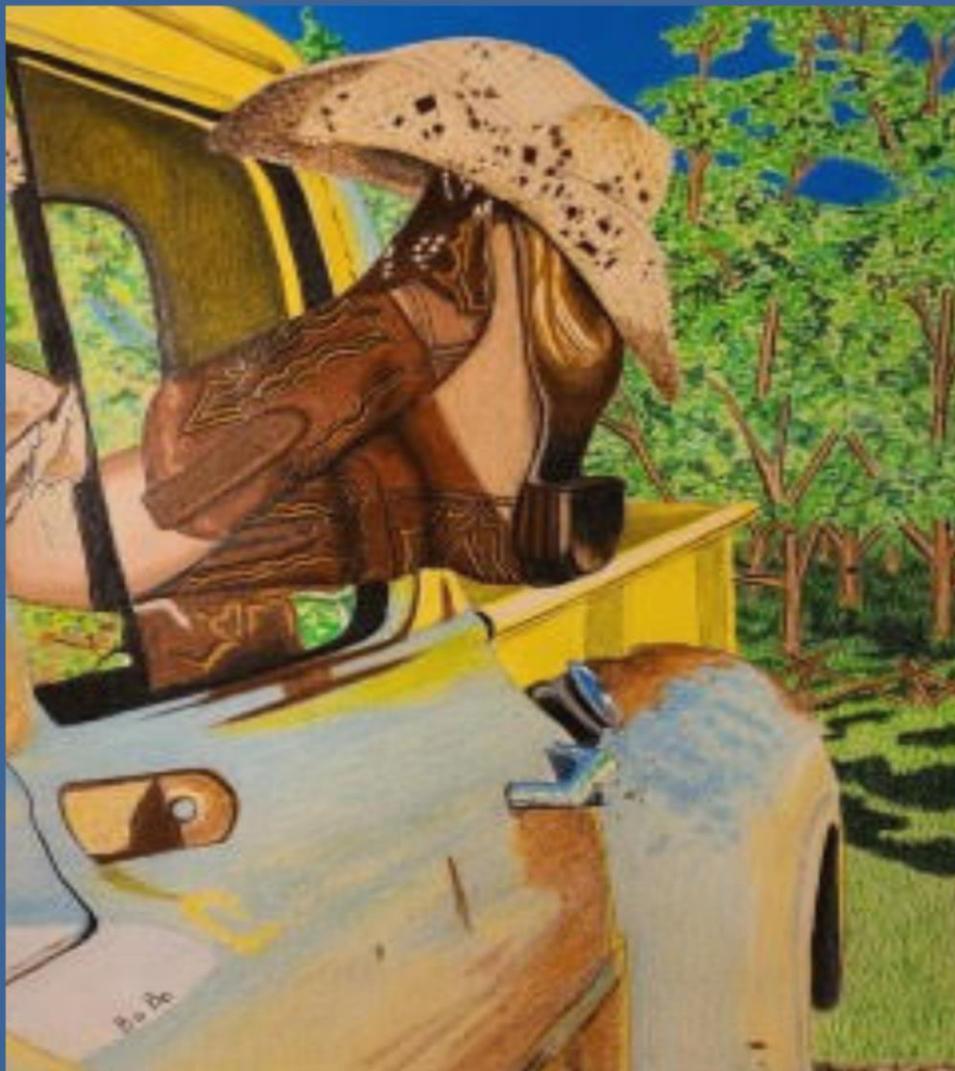
# David Pierce Art Gallery



BFF

-65-

# David Pierce Art Gallery



BREAK TIME





*Frosty the Snowman box*

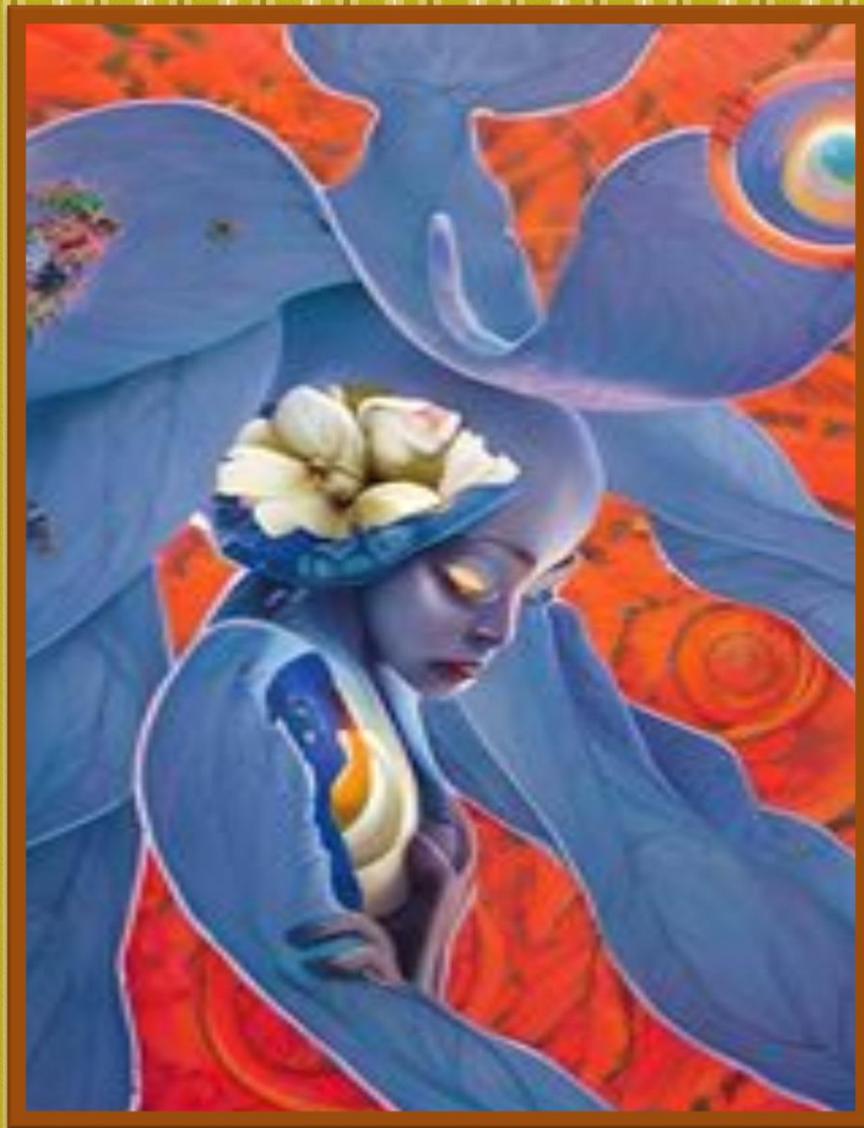


*Mom's Nursing Home Christmas Tree*



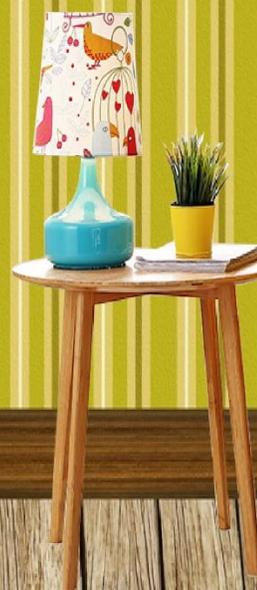
*Winter Scene Christmas box*





**JEFF CHURCH  
ART GALLERY**

*Birth of a Soul*

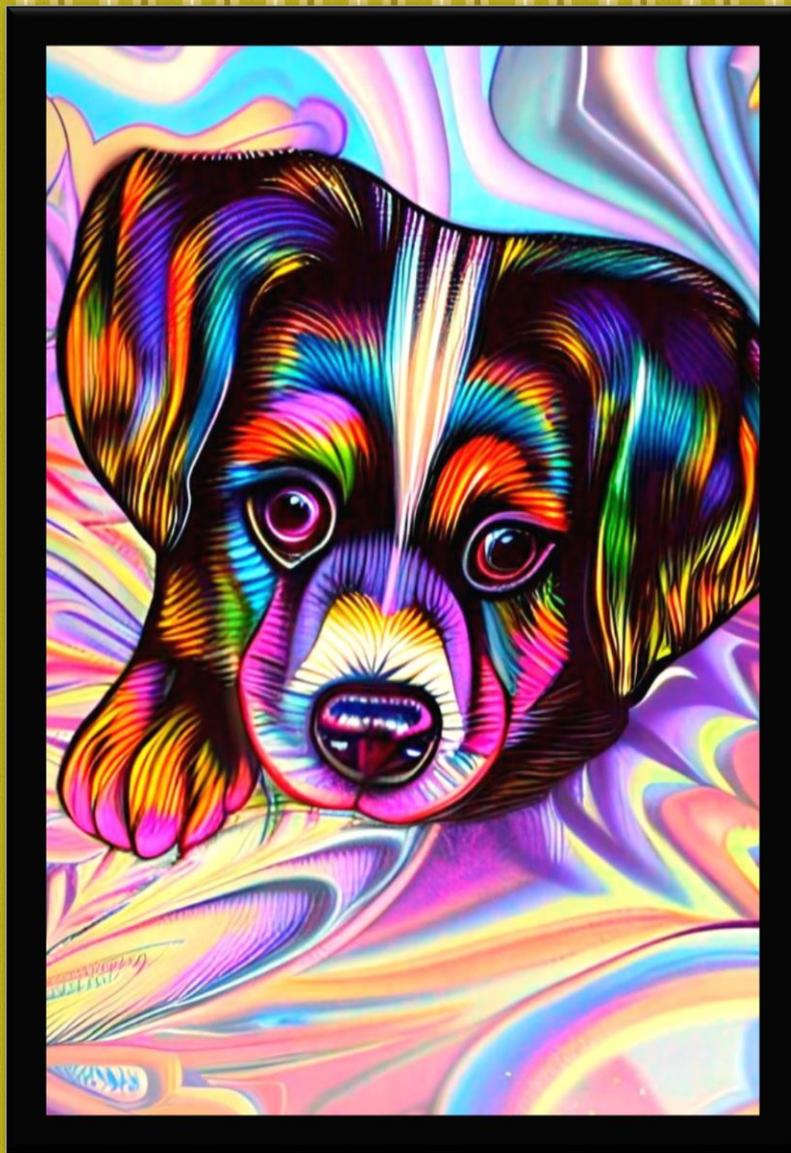




**JEFF CHURCH  
ART GALLERY**

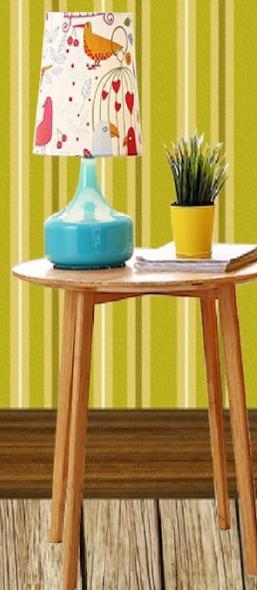
*Spread Your Wings*





**JEFF CHURCH  
ART GALLERY**

*Connor*



# TENDAI MAKUFA ART GALLERY



**HARD WORK**

# TENDAI MAKUFA ART GALLERY



## MIRACLE DAY

# TENDAI MAKUFA ART GALLERY



**RESPECT (QUEEN AND KING)**

# IVAN GRODZENSKY Art Gallery



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# IVAN GRODZENSKY Art Gallery



Cthulhu



# IVAN GRODZENSKY Art Gallery





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## CREATIVE MUSINGS

**David Pierce** (*Art Gallery, pgs. 64-66*)

My name is David Pierce but have gone by the nickname Bo all my life. I was a heavy industrial diesel mechanic as a career until I hurt my neck and couldn't do that job anymore because of nerve damage. I always enjoyed art as a hobby but never did much with it because life got in the way. About 7 years ago I finally got disability and started putting everything I had into studying art. It became my passion. I am not good at the business side but I am getting pretty good at the creative side. I hope you enjoy my work.

My artwork can be found at <https://www.facebook.com/profile.php?id=100063303754991>. I do commissions and you can contact me at Bobosan43@gmail.com if you wish to have me do a commission.

**Cheryl Draeger** (*Art Gallery - Dani Baty Art Studio, pg. 67*)

I have been painting since a small child. I was an Art Major in College and was Phi Theta Kappa at Scott Community College. This is an honors society where I had a very high GPA of 3.999999 which means I made one B. I have a Master's degree in Theological Studies from Drew Theological School, Madison, NJ. I manage a House Church, we have an outdoor chapel which is in a woods, and open to the public for prayer 24x7.

**Jeff Church** (*Art Gallery, pgs. 68-70*)

I was Texas born and raised. I am an acrylic, mixed media, digital and spray paint artist. I specialize in funky art and digital manipulations of my artwork and photography. My artwork can be found at:

<https://www.facebook.com/pages/Art%20of%20Jeff%20Church/1767769443475401/photos/>

**Tendai Makufa** (*Art Gallery, pgs. 71-73*)

I am an artist Tendai Makufa. I was born in Zimbabwe and moved to Harare, where I went to school. I was doing art on anything, wire (art), pottery, anything which I touched was good compared to others because I was so creative. In my early stage in art I won different awards. Painting came just natural for me. I had no training when I moved to the secondary school. That's where I was pursued moving into drawing, people and could not believe how well I was doing until ( a man of God ) Brian Mupoperi came and gave me light to visit the National Gallery of Zimbabwe. I was placed in their B.A.T. FINE ART STUDIO. I trained for 4 years and I majored in painting. I remember I was the only student who managed to exhibit in an exhibition (Cotton EXHIBITION), to name a few. I love colour in my paintings, but also creating my own colours as well. I love painting that gives hope in life and portraying that if you work hard you will be rewarded. As my mother used to work on the farm and sell what she grew. I learned that everything comes to the soil. Artist's exhibit was my least award, in 2022, American Fine Art, currently running now. Other awards I have won are the First Art Europe Silver Certificate, I was featured in AI Bonfsage Magazine, International Award Group (IAAG), was featured in Association of World Artists in the International Group art of India, I won Internationally for Creative Treasures, and Masterpiece Art Master Genius Award. My artwork can be found at <https://www.facebook.com/tendai.makufa>



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Continued ...

## **Ivan Grodzensky** (*Art Gallery, pgs.74-76*)

Cyclops Grasshopper lives on my imaginary planet Makemake. According to legend, they live in thickets of tall grass in water meadows. It has an extra eye on its tail. To get a wider view, he stretches his tail up and looks around, using it as a periscope. These are semi-intelligent creatures, it's just that their culture has not followed the path of technological progress.

Cthulhu. This is a famous character, causing mass interest. For this reason I decided to make this character. He is often searched for on Etsy, people looking for images, sculptures and figurines with this character. I performed this character in the form in which I imagine myself. On my page, I also posted a photoset of the stages of creating this sculpture, "Cthulhu creation manual".

Morsh. This character is also a resident of the planet Makemake. It is a resident of swamps and flood meadows. They stand in the water and suck up water with their trunks, feeding on plankton and microorganisms. For their docile and kind nature, they are bred as pets on many planets. Many liked this character, including him in the collections of Margriet van Breevoort (Zdhun-WOSH creator) and Rick Lax (famous magician and showman).

My sculptures can be found at:

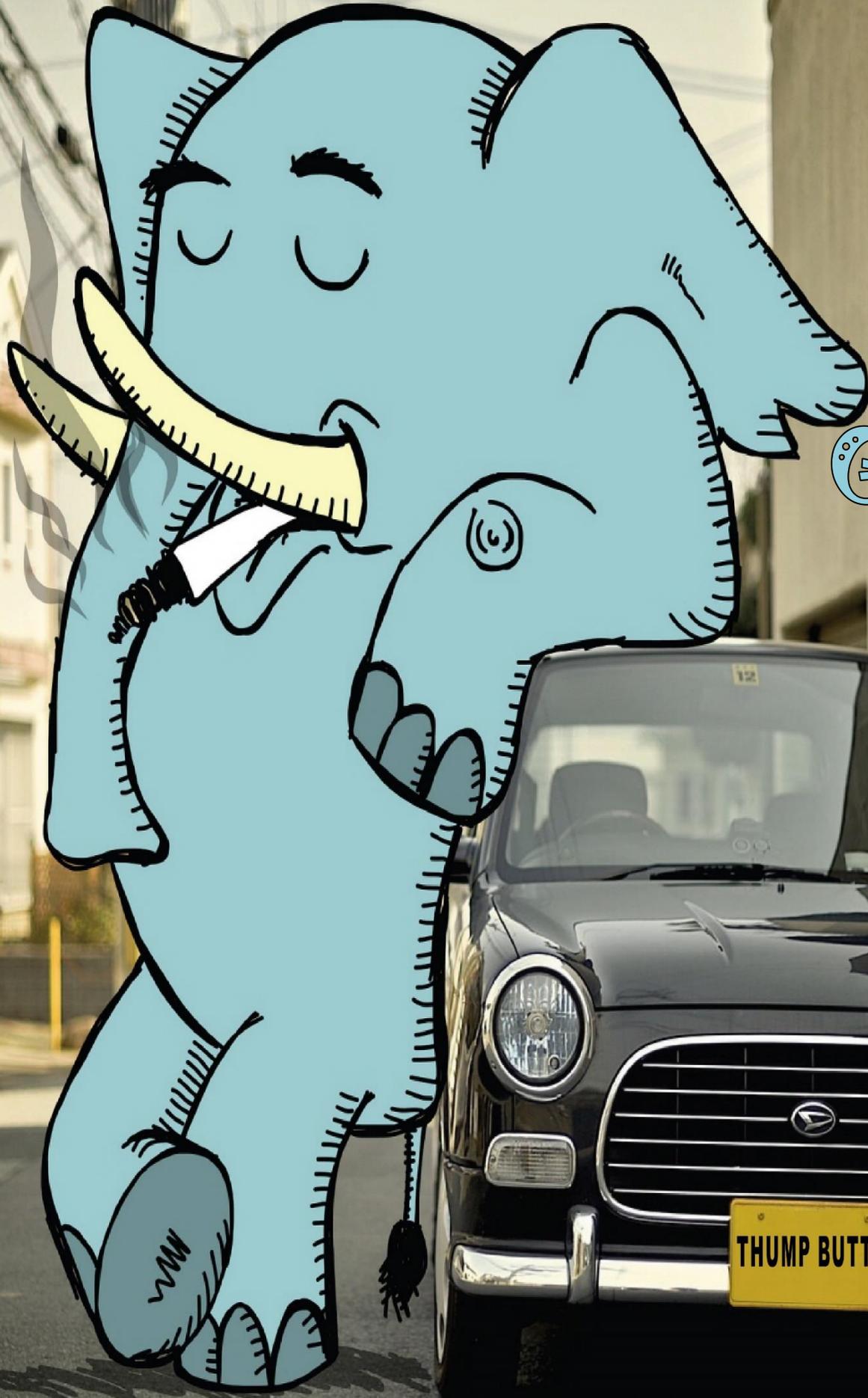
<https://www.facebook.com/ivan.grodzensky>

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

[https://www.instagram.com/cocoon\\_toys/](https://www.instagram.com/cocoon_toys/)

<https://www.etsy.com/shop/CocoonToy>

<https://www.facebook.com/media/set/?set=a.135555702498312&type=3>



Odd  
Van#  
Guarde

*YOU SAY FREAK.  
I SAY UNIQUE.*

**Managing Editor: Oscar "Trashman" Corelli**

Background Imagery: Richard Duijndtee from Pixabay.com

QUOTE: Christian Bologa @ Goodreads.com

Cover Design: Kim Tsiang

**There are people who are generic.**

**They make generic responses and they expect generic answers.**

**They live inside a box and they think people who don't fit into their box are weird.**

**But I'll tell you what, generic people are the weird people.**

**They are like genetically-manipulated plants growing inside a laboratory, like indistinguishable faces, like droids.**

**Like ignorance.**



# The Cat Came Back

By Felina the Crazy Cat Lady

It is said that a cat has nine lives. Well...I have a special cat. A very special cat and he has been back more times than nine. His name is Magi. He is a very old cat spirit with lifetimes dating back to a continent that pre-dates Atlantis and Lemuria. In Ancient Egypt he was revered as a sacred cat and demi god who was equal to the pharaoh and more valuable than any person.

"Whoever kills a cat in Egypt is condemned to death, whether he committed this crime deliberately or not. The people will gather and kill him. An unfortunate Roman, who accidentally killed a cat, could not be saved, either by King Ptolemy of Egypt or by the fear which Rome inspired." ~ Diodorus Siculus, Greek Historian circa 49 B.C

To the Ancient Celts he was known as the healing spirit called Ta Je Ocelic who was known to keep company with the fairy cat known as Cat Sith. In ancient Greece he belonged to the Oracle at Delphi but ran away because he sensed the fumes of ethylene that were seeping up from the underground and understood that it was not a healthy situation. He was friends with a Tabby cat named Muezza who was the favorite cat of Muhammad. He told Muezza that if he crawled into the sleeve of Muhammad's robe that Muhammad would take a special liking to him. So Muezza crawled into the sleeve of Muhammad's robe and went to sleep. When Muhammad was called to prayer, he found Muezza sleeping in his robe and rather than wake the cat he cut off the sleeve and left the cat in peace. When Muhammad returned from prayer Muezza was awake and bowed to Muhammad. Pleased, Muhammad stroked Muezza three times on the head and it is said that is why all Tabby cats from that day forward have an "M" marking on their foreheads. Magi has the great wisdom of Nature which he imparts with feline telepathy. His energy is all healing. Listen to Magi's message:

"The Inscription on the royal tombs in Thebes says, 'Thou art the Great Cat, the avenger of the gods, and the judge of words, and the president of the sovereign chiefs and the governor of the holy Circle; thou art indeed...the Great Cat.' "

"I speak for all cats who are great and powerful spirits. We are the living proof representatives of reincarnation and if you don't believe that then you should stop and think about the expression 'a cat has nine lives.' This IS a literal meaning! I myself bear a spiral sigil on my left hind leg that is always there every time I am reborn despite my appearance or current pedigree. All cats are inter-dimensional beings. In essence we are 'realm walkers' equipped with refined sight that allows us to see what humans cannot see. We are also very psychically sensitive and can read minds so it is always wise to have pleasant thoughts when you are in the presence of a cat.

Continued...



Continued...

In your current understanding of history, our time of exalted status was in Ancient Egypt where laws were created to protect cats since they were held in such high regard. A religious order of cat worship lasted for more than 2,000 years in Egypt. The Egyptian word for cat was 'mau' similar to the Universal cat word 'meow.' Yes, you think that is very cute but what would you think if I told you that Mau was the name of a great High Civilization that predates Lemuria, Atlantis and Mu? Many great feats were accomplished there but no trace of it will ever be found... you'll have to take me at my word.

That was a happy lifetime for me as is my current lifetime with the Druid Felina Sijan Nol. We have a special rapport and share a great concern for the Earth's environment. The Druids have been entrusted with keeping the balance in the Universe and you should do your part to keep the environment clean and balanced so it is preserved for your future incarnations because the alternative realms are not as beautiful."



# *Spiritual Sanctuary – Where the Hell is it?*

By Jonathan Corelli

With all the crazy, and I do mean crazy going on in the world today, unless you have allowed yourself to become completely brainwashed by the brandishing of politicians, world leaders and media “voices” touting conspiracies and non-stop “news cycles,” you inevitably find yourself in need of sanctuary. Feeling depleted and taxed by life circumstances, it becomes necessary to find that place where no matter how hard the entities of lunacy bang on the walls they cannot get in. Let’s face it we all have our limits... even spiritual people who have the infallible gift of discernment and can literally ‘see’ the truth in all of the evil situations being boxed and wrapped up with a pretty bow and left at the doorstep of the mind.

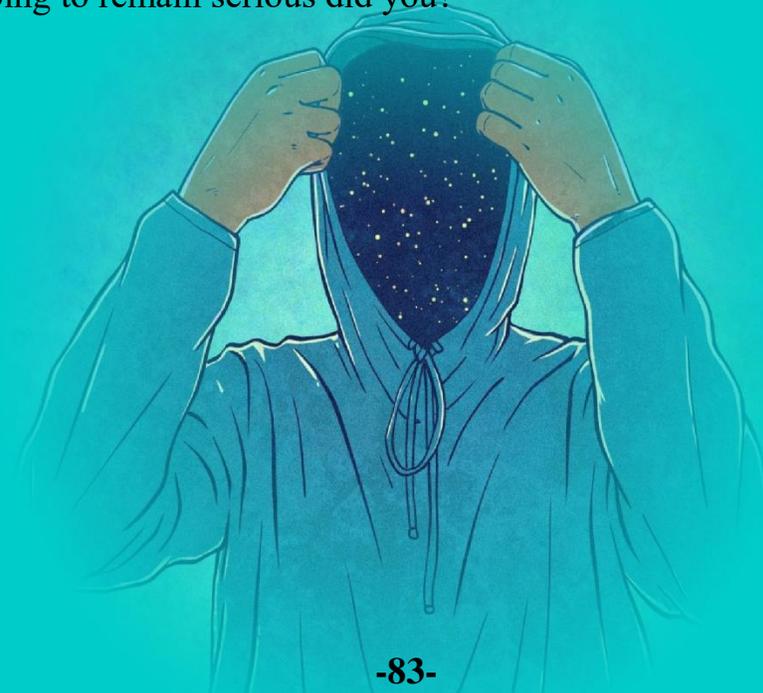
Of course the word *sanctuary*, which comes from the Latin *Sanctus* meaning *holy*, has several meanings. In religion, it can be a temple, shrine or church. Those places may have housed people fleeing criminal persecution. Today there are animal sanctuaries protecting certain species of animals that have been hunted down to near extinction. The main takeaway is that the word sanctuary strongly implies the word “safe” – place where one can feel safe and be safe and more importantly shut out all those voices harassing one’s mind.

A sanctuary may be indoors or outdoors – perhaps a special room in your domain or a peaceful place in the yard or even out in the woods. It could be a quiet moment on a front porch rocker in the evening as the sun sets or some meditation at a home altar. The point is it is THE place for you to go to restore, balance and re-instill some common sense when harsh reality bites you on the butt. Let’s face it, there are *all kinds* of dangers in the world especially now when world conquest is sought and so-called leaders use mind erosion to help break the spirit.

You get the point here so allow me to digress with a bit of humor about sanctuaries and where an individual might seek a space for one. I am not going to rag on about how or where to establish a sacred space for yourself – it could literally be anywhere in the physical sense because in reality it is only a projection of what is already in your mindset.

You didn’t think I was going to remain serious did you?

So here goes:



Continued...

Continued...

One of my younger brothers who was born in the late 80s was part of group of young people who ‘lost religious sense’ in the 1990s. History tells us that the 90s was a pivotal shift how young people viewed religion and turned to self-piety or more New Age spiritual theories. For my brother it was Baba Ram Dass. Ram Dass, was an American spiritual teacher, guru of modern yoga, psychologist, and author. I’m not saying there was anything wrong with Ram Dass – after all a lot of people like him to this day. But my brother was always into extremes so of course he carried things a bit far. He started to dress like Dass (and no offense, but the man was no fashion plate) and quote him at the dinner table much to the chagrin of my parents who were grounded and practical people. Our youngest brother would look at him starry eyed at the supper table and one night finally retorted, “What the hell is he talking about?” for which he was immediately punished and sent to his room for using colorful language at the table. He was six years old. In the meantime my Dass clone 10 year old brother proceeded to bless everyone at the table and point his finger skyward mumbling about the great unknown power until he soon was sent to his room. AND THAT is when we found his secret sanctuary.

Upon entering his room our dad quickly noticed my brother was nowhere in sight. It had only been minutes since his dinner table exploit so there was no way he could have left the house without being seen. The front and back doors had been locked and all the windows shut so where was our little guru?

The youngest brother in his infinite wisdom offered up a solution – “Maybe he went out of body somewhere.” This was followed up by some giggling.

We all went back into Dass Clone’s room and called out my brother’s name to no avail. After several minutes we heard it.

“Ommmmmmmmmm. Ommmmmmmm.”

Sound was emanating from somewhere, but where?

“Ommmmmm. Ommmmmm.”

AH! We found it! My brother’s secret sanctuary?

The closet.



Continued...

And there we found him. He had pushed his rack of clothes to one side and removed his shoes from the floor so there was a nice empty space on one side. And there he sat like a Buddha on one of our mother's boudoir cushions, legs crossed, and hands in a yoga position. There were Ram Dass posters on the walls. He even had a portable tape player in there.

Now our dad's first reaction was to burst out laughing but he held back and requested my brother leave the closet and his bedroom as he performed an exorcism of the closet. Posters were removed, rolled up and excommunicated to the garage. Our mother was ecstatic to get her cushion back. Then our dad had a little heart to heart chat with clone boy in his den.

Not surprising to me but to the rest of the family, our dad knew quite a bit about Ram Dass and had his angle all set to roll. We never knew what he said to Dass Clone but my brother seemed perfectly normal for all intent and purpose shortly thereafter.

So to wrap it all up – establish yourself a sanctuary and go there when needed. What you find out may not solve the problems of the world but it may give you some needed grounding and rebalancing to cope.

Tipping my hat to ya'!

Holmes



# Spider

Courtesy of the Galactic Press

There is a zone between awake and asleep that is apparently a first class booking for a trip on “dat ol’ astral ship.” The only requirement for passage is the ability to open one’s eyes while still asleep. Literally.

The upper decks are filled with delicious visions of crystalline, snowflake-like structures that pulsate with color, beautiful beings of love and light, and the ability to fly, sans wings, into a cerulean sky toward the heart of an immense blue lotus.

The lower decks are another thing altogether. This is where you might confront a shrouded, skeletal figure standing by your bed or the “corner creatures” that lurk a few feet above your head, only to rapidly recede into the corners when they realize you are looking at them.

And then there are the spiders. My mother used to refer to herself as “the spider” when she’d suddenly spring the winning run of cards and go out during our family games of “Hand and Foot.” She’d gleefully chortle, “I’ve just been sitting over here biding my time...like a spider.”

So, here I am one night, sleeping on my tummy with my arms wrapped around a pillow, when I abruptly open my eyes. On my forearm is a spider! A spider that is so gargantuan that it fills my arm from wrist to elbow! And it’s bright red! I can only let out an involuntary shriek...

Forcing myself to keep my eyes open, I stare at it. Its body is round and shaped exactly like a Black Widow. I wonder if it has a black hourglass mark on its underside, since its equivalent has a red hourglass. It wriggles its two front legs at me.

And, as it slowly fades away, I find myself exclaiming, “Mother, what in the hell are you doing in my bedroom?”





And now, for something completely the same:

Wasted time and wasted breath,  
's what I'll make, until my death.  
Helping people'd be as good,  
but I wouldn't, if I could.

For the few that help deserve,  
have no need, or not the nerve,  
help from strangers to accept,  
plus from mine a few have wept.

Wept from joy, or from despair,  
or just from my vengeful stare.  
Ways I have, to look at stupid,  
make them see I am not Cupid.

Make them see they are in error,  
for of truth I am a bearer.  
Most decide I'm just a bear,  
mauling at them, - like I care.



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## ODD VANT GARDE

**C. JoyBellC. QUOTE** (*Generic, pg.80*)

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

**Felina the Crazy Cat Lady** (*The Cat Came Back, pg. 81*)

Felina, the Crazy Cat Lady prefers to remain anonymous except so say, “Love my cat!”

**Jonathan H. Corelli** (*Spiritual Sanctuary – Where the Hell is it? pg.83*)

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.”

**Galactic Press** (*Spider, pg.86*)

This humorous quip comes courtesy from the posthumous pen of Donna Overall and the Galactic Press.

**Will Advise QUOTE** (*Nothing is here..., pg. 87*)

Will Advise is a poet. He was born in Veliko Tarnovo, Bulgaria. My first name is Will. I'll Advise... on the last. A bit more about me: I was born. Somehow I died. But not for long, for I was strong. After that I started living again, on sheer willpower.