



DISCERNING MINDS



Premiere Metaphysical Quarterly For the Abstract Enthusiast

SACRED SCIENCES * ESOTERICISM * CREATIVE THOUGHT * PHILOSOPHIC TRENDS

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What's Your Perspective?



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What's Your Perspective?

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

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MIND TEAM

→ TAKING AIM ←

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

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

Content sections are:

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

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

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

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

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

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

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

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



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The Human Condition

Man is not what he thinks he is, he is what he hides.



Section Managing Editor –Dr. Daria Novicki

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QUOTE from André Malraux @ Goodreads.com, Cover Design: Kim Tsiang

Man was born for society. However little He may be attached to the World, He never can wholly forget it, or bear to be wholly forgotten by it. Disgusted at the guilt or absurdity of Mankind, the Misanthrope flies from it: He resolves to become a Hermit, and buries himself in the Cavern of some gloomy Rock.

While Hate inflames his bosom, possibly He may feel contented with his situation: But when his passions begin to cool; when Time has mellowed his sorrows, and healed those wounds which He bore with him to his solitude, think you that Content becomes his Companion? Ah! No. No longer sustained by the violence of his passions, He feels all the monotony of his way of living, and his heart becomes the prey of Ennui and weariness.

He looks round, and finds himself alone in the Universe: The love of society revives in his bosom, and He pants to return to that world which He has abandoned.

Nature loses all her charms in his eyes: No one is near him to point out her beauties, or share in his admiration of her excellence and variety. Propped upon the fragment of some Rock, He gazes upon the tumbling waterfall with a vacant eye, He views without emotion the glory of the setting Sun. Slowly He returns to his Cell at Evening, for no one there is anxious for his arrival; He has no comfort in his solitary unsavory meal: He throws himself upon his couch of Moss despondent and dissatisfied, and wakes only to pass a day as joyless, as monotonous as the former.

Lament

By Anonymous Reason

We don't think alike. That used to be okay. It's not anymore. Can you tell me why? Can you explain without prefacing with a pre attack and start everything with words like fool, blind bastard, or just plain dumb ass? If you believe me to be stupid and flat out wrong does that mean you are equally stupid and flat out wrong? In this Universe balanced by polarity, opposites are equal so where does that leave your opening argument? Why are you arguing in the first place? Is it that important to feel 'right'? What are you trying to accomplish by acting that way? Are you afraid? Are you afraid of me?

There used to be a middle ground where it seemed the actual truth used to live but now there is another place – a place of fear, retribution and hate. It's almost as though we have created a new dimension, a dimension where value, virtue, ethics and above all patience and tolerance no longer exist. A realm where ego, denial and the need to obliterate another human being are the standards for living... or would that be dying?

A place that kills ingenuity, freethought and uniqueness. A place where everyone expects less and lives in lack stamped with the label "equitable." A place where some nebulous grand puppeteer pulls the strings attached to everyone in a new utopia ordering them to annihilate anyone or anything not of the 'norm' or would that be the 'same' by the new standards? Have you shifted your mindset to a new brand of Crowleyism, "What is good is evil and what is evil is good?" Is your new world like Babylon? Is that where you live now? In an artificial bubble which requires your eyes to be closed because it is no longer correct to see reality and to deal with life? A place where you cut yourself off cannot connect with another human being who does not think exactly as you do? A place where you cannot converse with another human being of unlike mind? Discourse is not allowed? People are cancelled and erased like so many cartoon characters on a drawing board?

I wonder what you see now. I wonder what your mind tells you is the truth. Have you lost your capacity to question what you believe to be true or are you too busy trying to convince others of the lies you hold as your personal gospel. Even for a minute – even for a brief 'what if'? Can you ask yourself, "What if my logic surrounding this matter is wrong?" "Have I reviewed the facts but have somehow twisted them to assuage my fears? To satisfy my ego needs?" "Have I let fear become my master?" "Am I giving the devil his due?"

Yes, I wonder what you see. I wonder where you went. I wonder who you are.

Because you are no longer an individual.



Dream Theme Outlining

By Rev. Dr. Loni J. Haas

One thing that has remained a constant since ancient times is the importance of recognizing the main theme of a dream. This is easier to determine in some dreams more than others if the dream tends to have less tangents or minor frivolous details. To discern the theme of a dream and the subconscious wish it is helpful to record the dream in the following way:

- ❖ Jot down the dream “story” (try to keep down to a one page synopsis) during a time of the day when you are relaxed and undisturbed but do so within 12 hours. Some of the minor details may be lost but this is actually a help not a hindrance.
- ❖ Divide the dream into its parts or elements such as settings, people, characters, animals, objects, emotions, dilemmas, and actions. Don’t forget to note any outstanding colors. Dream breakdown is done only to avoid overlooking something that may be important to analysis.
- ❖ Since you are actually one of the dream elements, note whether you had an active role in the dream or a passive observer role.
- ❖ Highlight the main elements of the dream.
- ❖ Ask yourself if any of the main elements relates to a recent event or idea in your life that you are currently struggling with or considering. Also allow yourself to memory associate to see if the dream relates to anything from your past.

Dream Theme Example

Summary: “I (active role) was in my house doing my routine (setting) domestics when I became aware of a terrible commotion (action) outside.

When I went outside I saw Shiva the Hindu god of destruction (character) tearing up the neighborhood destroying (action) everything in his path.

He was jumping from rooftop to rooftop smashing and burning everything.

Finally he landed on the roof of my house and I was very frightened (emotion) trying to figure out a way to get out.” (Dilemma) Dream ends.

This was the dream of nice Hindu woman who for many years had been holding a serious religious occasion for her community in her home. This was an important event in the community which lasted a full week and ran a full 24 hours each day with people coming and going at all hours. It took tremendous planning for the religious aspects, food, lodgings, and entertainment.

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She and her husband were considered pillars of the community and her husband wanted to continue the event on an annual basis but she has grown tired of it all and needed a break. She was also upset about the wear and tear everything was taking on her beautiful home. She expressed her wishes to her husband who was resentful and who kept arguing with her in an attempt to change her mind. The dream occurred the day after her husband expressed a vehement counter argument in favor of the festivities. After a brief analysis it was discerned that the subconscious wish was to be free of the guilt she felt by declining to host any further festivities. She felt trapped and was looking for a way out of the situation. She was also worried that she would be punished on a spiritual level because she was declining to do her duty and was concerned about losing face in the community. It just so happened that this woman's personal patron god was Shiva.

Once the dream was analyzed she felt better. She was able to reason with her husband who finally agreed to take a break. She spent the following year having her home repaired and painted. She was able to bring her subconscious wish to conscious fruition.



Spiritual Bunk and the Wall of Unbreakable Glass

By Jenna Wade Shaugnessey

While journeying through the corridors of metaphysical mumbo-jumbo, I have found a few things have become startlingly clear especially when it comes to the over-used dialog by practitioners and walkers of various spiritual paths.

The Universe.

The Universe is meaningless as are blanket teachings labeled as “universal.” You may have already realized this at one point in your journey. The truth is this wondrous ‘knowledge’ is more often than not hard to apply to one’s reality. Does putting an intention out to the Universe actually work? OR are you really just making an attempt to reinstate your own confidence, which is how things really get done, with some hope for a brighter future? The Universe does not align itself around you or your wants. Get that clear.

The Verbiage.

And then there is the glorious patented verbiage. Metaphysicians will puff up their chests as they brag they are “detached.” I think what is really ‘detached’ about them is their emotions from their hearts and the brains from their heads.

They will say, “No, no, no you are confusing detachment with indifference.”

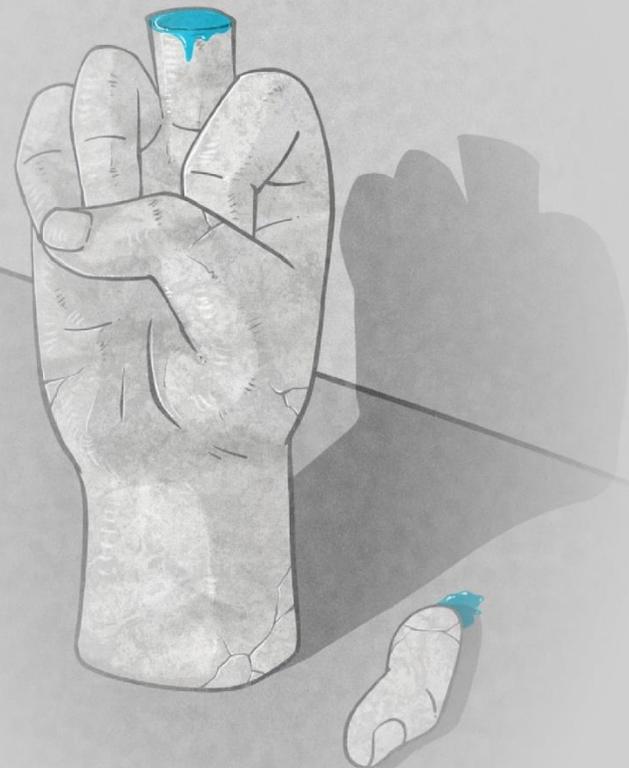
Well, I have a big news flash folks. According to wikidiff.com one of the definitions of detachment is *Indifference to the concerns of others; aloofness and Absence of impartiality; objectivity. Now while this may be of use in situations such as business dealings, it is a destroyer in personal relationships.* This is similar to apathy, in that it's entirely neutral, yet it has a pessimistic leaning.

In relationships ‘detachment’ can be a ‘disconnect’. According to psycnet.apa.org – “Conflicts are inherently emotional, yet parties in conflict may choose to explicitly express indifference (detachment). It is unclear, however, whether this represents an effective strategy.” Now that is some food for thought.

Detachment comes from Buddhist philosophy. At its most basic level, Buddhism teaches that all suffering comes from becoming attached to the world - when we experience something good, we believe that is the thing which makes life good, and when it's inevitably taken from us, we believe life is no longer good.

No thanks.

I was born to feels things not live like a rock (although I have been accused of being as dumb as a box of them). But hey – I can also be fair so here is another view of detachment. (Allow me to shake around those rocks).



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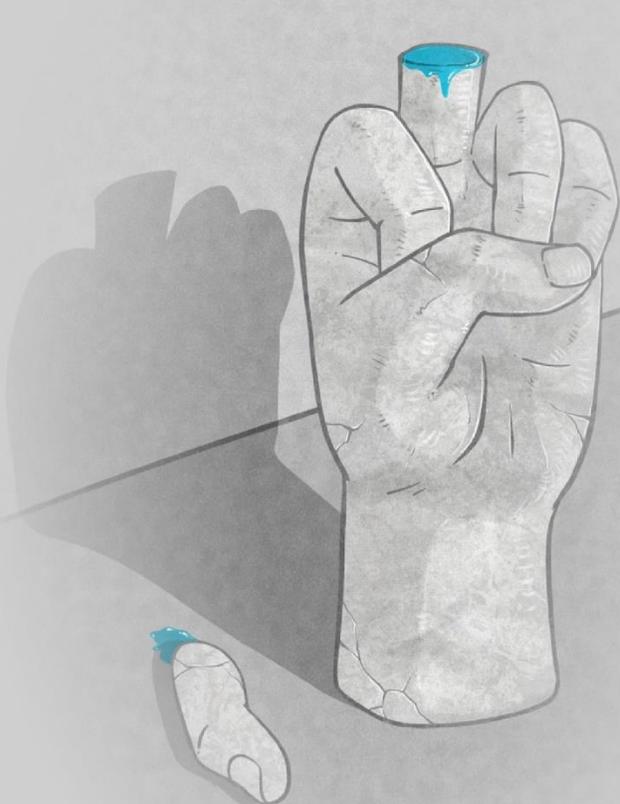
Some believe detachment is a spiritual quality in which two people can grow in their souls' light because they make a bridge together on which they can reach a common goal. This has nothing to do with physical reality but rather hearts aspiration and inner reality.

This is fine with me but not when the other person is touting detachment and using it as a weapon while trying to adopt a superior position. That's just being selfish, lazy and the worst kind of... well I'll leave it at that.

The Spiritual Gaslighting.

Yes, it exists. Gaslighting is an art form. Person # 1 tries to use psychological manipulation using spiritual terms or theory to sow self-doubt and confusion in the mind of Person #2. In the past this has helped give rise to dangerous cults and other factions where total brain control was needed to sustain the group's power. On a more personal level, this form of spiritual gaslighting is powerful and dangerous. The promotion of confusion should be easy to spot but it is not because positive reinforcement is interwoven into the dialog or teachings to keep a person hooked. The perpetrators are often knowledgeable on the surface but after a while it becomes obvious that their actions don't match their words. If you object they will tell you that you are crazy, out of loop and simply 'misunderstand' the wondrous things they are telling you in order to help you become a more adept being. All I can say is that if your gut is telling you something else, then run like hell. And know this – Anyone is susceptible to gaslighting of any kind. It is one of the main problems of the public at large today. A large percentage of society is being sucked in by the mind benders out there.

So now you may ask me if there is anything spiritual or metaphysical of which I approve. There is. It is discernment. I define discernment as the quality of being able to grasp and understand what is obscure.



It is perception in the absence of judgment with a view to obtaining spiritual guidance and understanding. Did I use it when I wrote this? Did some Masters pop up from the void and give me a push? The only person who knows is me.

Yeah, yeah – I know - semantics and a wall of glass.

I choose not to bang my head against it anymore.

Enemy

By Ali 'Zephyr' Nizen

An *enemy* is a hostile opponent... of any kind. Some are in your face, others are unknown personally to you but they're all there.

From that lousy neighbor who talks behind your back and deliberately wishes your house would burn down – with you in it, to that Google Algorithm that has all but destroyed your web traffic and rating of your personal blog and is still going strong with the goal of “zero” in mind for you because you aren't “woke enough” or “in trend,” to your power hungry state of the art local politician whose lies and greed have done nothing to better your life or even that nasty person on Facebook and Twitter who attacked a statement you made without provocation leaving you to think “WTF?”

They can all go straight to hell. I am assuming they all eventually will and the sooner the better. Hey, if they can judge me, then I can return the favor.

Now you might say I am my own worst enemy because I am talking this way but I don't see it that way. It's really more of a case of enough is enough? I refuse to begrudgingly respect these folks and all they stand for. Respect is earned and not given. But let's digress and turn this around a bit. I submit, who is the enemy of your enemy? Contemplate this:

“Declare your jihad on thirteen enemies you cannot see -egoism, arrogance, conceit, selfishness, greed, lust, intolerance, anger, lying, cheating, gossiping and slandering. If you can master and destroy them, then you will be ready to fight the enemy you can see.” Abu Hamid al-Ghazali

Continued...



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Seems like this fits the state of my enemies very well. If I can learn to master these things fairly well then so can they BUT they don't. They don't want to do that. They are too busy enjoying themselves and skipping down the yellow brick road on their journey to the Land of Oz without realizing it is really Dracula's Castle.

Will I strike back? Can I strike back at evil? Certainly, I can cease bothering with the neighbor and flip them the occasional bird (which would provide instant gratification but no lasting effects). Certainly, I can cease voting for the politician and relish in their loss. Certainly, I can either give the Facebooker or Twitter addict a dose of their own medicine by ripping them a new asshole or simply ignore them (which would probably drive them crazy for the lack of attention) and start a secret campaign against them. Certainly, I can hire a voodoo high priest to put a curse on Google and turn their empire into a pile of smelly rubble. But what does that make me?

It makes me just like them. NO thank-you. These people are beneath me. They are beneath what I am trying to accomplish. They are beneath my station in life.

What? Are you calling me arrogant? Too bad. I know where I stand.

Do you?





AUTHOR BIOGRAPHIES



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THE HUMAN CONDITION

Matthew Gregory Lewis QUOTE (*From: The Monk, pg. 2*)

Matthew Gregory Lewis, (July 09, 1775 -May 14, 1818) was an English novelist and dramatist, often referred to as "Monk" Lewis, because of the success of his classic Gothic novel, *The Monk*. He began his education at a preparatory school under Reverend Dr. John Fountain, Dean of York at Marylebone Seminary, a friend of both the Lewis and Sewell families. Here, Lewis learned Latin, Greek, French, writing, arithmetic, drawing, dancing, and fencing. He began studying at Christ Church, Oxford on 27 April 1790 at the age of fifteen. He graduated with a bachelor's degree in 1794. He later earned a master's degree from the same school in 1797. The quote was found on www.goodreads.com

Anonymous Reason (*Lament, pg. 3*)

Arlen Waters is known to many as Anonymous Reason. He considers his mental process much different than others and has no problem expressing his opinions or "reasoning." His private life is just that – private.

Rev. Dr. Loni Haas (*Dream Theme Outlining, pg. 64*)

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.

Jenna Wade Shaugenssey (*Spiritual Bunk and the Wall of Unbreakable Glass, pg. 6*)

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.

Aly 'Zephyr' Nizen (*Enemy, pg. 8*)

Aly 'Zephyr' Nizen is a registered nurse who hails from the northeast USA. On the weekends she teaches Yoga classes for adults and children. She is known for her patience and skill which combines several different disciplines that she filters into an understandable western view based upon the mental and spiritual level of her students. In her free time, she allows her muse to guide her as she pens what she refers to as 'human observation shorts.'

A Matter of Spirit

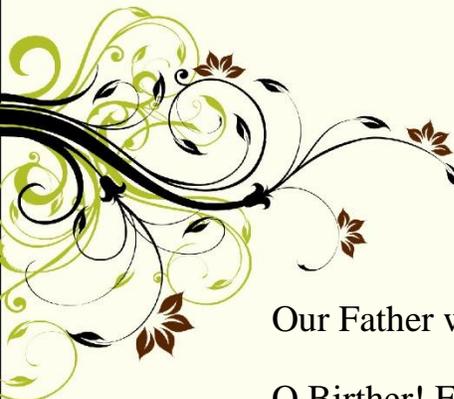
A woman with long brown hair, wearing a white headscarf and a blue robe, is looking thoughtfully to the left. She is holding a small, ornate book in her hands. The background is a soft, warm brown.

*Many people
pray to be kept out
of unexpected
problems.*

*Some people
pray to be able to
confront and
overcome them.*

Section Managing Editor – John “Salaam” Solis

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The Lord's Prayer

(With Aramaic Translation)

Our Father who art in heaven:

O Birther! Father-Mother of the Cosmos, you create all that moves in light.

Hallowed be thy name

Focus your light within us — make it useful: as the rays of a beacon show the way.

Thy kingdom come

Unite our “I can” to yours, so that we walk as kings and queens with every creature.

Thy will be done on earth as it is in heaven

Create in me a divine cooperation — from many selves, one voice, one action.

Give us this day our daily bread

Grant what we need each day in bread and insight.

And forgive us our debts as we forgive our debtors

Forgive our hidden past, the secret shames, as we consistently forgive what others hide.

And lead us not into temptation but deliver us from evil

Deceived neither by the outer nor the inner — free us to walk your path with joy.

For Thine is the kingdom, and the power, and the glory, forever. Amen.

From you is born all ruling will, the power and life to do, the song that beautifies all from age to age it renews. Amen.

From Sheep to Fish

By Jack 'Summoner' Dumont

There is something insidious going on in this country – dark and evil fostered by the denizens of hell itself. We are slowly but surely losing our collective minds. Common sense has been thrown to the wayside along with decency and balance and belief in a Higher Power who once used to be known as God. The elites who want to end America and give themselves more power and money employ other elites in sports and in Hollywood to tell us how to take care of our families telling us we suffer from 'white' privilege or whatever else loathsome dictate they can think of in their vile little minds. Quite simply they want globalism where everyone is the same, has the same and buys into the Klaus Schwab (Nazi darling that he is) Anthem "You will have nothing and be happy." They create division and unleash their version of Brown Shirts on America (Antifa and Black Lives Matter) and then call us fascists. They have infiltrated the schools and teach children how to be deranged degenerates who don't know who or what they are. Crime is rampant and perpetrators coddled. Our food is restricted and now our air, land and water are being poisoned by inept politicians of the Howdy Doody School of thought. The old Aleister Crowley dictate, "What is good is evil and what is evil is good," is permeating through society like piranhas swimming through shallow waters trying to find you and eat you alive.

Wake up, people. You put this this trash in charge. What did you think would happen – what do you think IS going to happen? You think it's going to get better? That somehow those in charge are going to fix it and you will be better off than before? All in the name of what? Progress? Saving the planet? Take off those green colored lenses you swapped for the rosy ones. You were born a fool and will die a fool and an unhappy one at that.

If you have yourself convinced that we are on the right track and that our leaders are masterful, then maybe you deserve what you are going to get. But I can promise you one thing – you are not going to drag the rest of us along with you because we are done being tolerate of you, your kind and your lunacy and quite frankly the grip of evil that has you so enthralled. I would like to know what you think you have to gain by all of this. Maybe Schwab was right when he said:

"In the new world, it is not the big fish which eats the small fish, it's the fast fish which eats the slow fish."

Yeah you – you are that slow fish he was talking about because while this is referencing not keeping up with progress it's hidden meaning is that you are lazy, unmotivated and looking for the easy way out. IOW – SLOW. And you will be eaten alive and SOON by those big fish you put in charge with then power YOU gave them and the Prime Evil itself.

Continued...



Continued...

That's right. You gave the denizens of Hell a real reason to celebrate by joining the ranks.

I don't feel the least bit sorry for you. My empathy goes to those who are trying to keep the balance, the equipoise and the purging against this evil. The small town workers who keep the status quo, the parents who fight corrupt and deranged schoolboards, the churchgoers and faithkeepers, the normalcy promoters on media and podcasts – anyone and everyone who still has their head screwed on straight and is fighting back in each his own way.

The rest of you fools can go to hell ... and enjoy it. Hate to say it and go all Biblical but you are about to “reap what you sow.”

Yeah, it's a judgment. Tough shit.

Bye, bye Miss American Pie you've been swapped for some real cheesy quiche.



Ascension without Death

By Rev. Dr. Loni Haas

I was once asked by a learned and spiritual older gentleman if the promise in his natal astro-chart indicated if he could ascend without dying. I refrained from my usual snappy repartee and asking, “Ascend to what?” and decided to go the semantics route and ask “What exactly are you referring to when you say ascend?”

Entering heaven alive without death is a belief carried by many religions and it is believed that this type of situation occurs when the Higher Power or God recognizes an individual’s extraordinary piety and allows it.

This is exactly what the gentleman believed.

Let’s back track a bit in history via Wikipedia to ascertain some roots and a brief view:

In Judaism and the Hebrew Bible and the post biblical Midrash, eight people went to Heaven alive, Enoch, Elijah, Serah, Eliezer, Hiram, Ebed-Melech, Jaabez and Bithiah. In Christianity, Jesus Christ did die but was resurrected from the dead and taken to Heaven. So that it is up to interpretation. In the Rapture theory people are taken to Heaven alive. According to Sacred Scripture in Catholicism, both Enoch and Elijah rose alive. The Church upholds that Jesus rose of his own power and the Virgin Mary was assumed body and soul into Heaven. Saint Joseph, Moses and St. John the Evangelist were also believed assumed. In Islam it is believed that Muhammed ascended. Hinduism has nine believed to be ascended: Yudhishthira, Mahābhārata, Arjuna, King Puru, King Nahusha, Saint Tukaram, Chaitanya Mahaprabhu and Swami Ramalinga. In Hellenistic religion, Apollonius of Tyana is believed to have ascended. In Mandaism, Seth (son of Adam) was taken alive. In Zoroastrianism Peshotanu was taken into Heaven alive and is prophesized to return as the Zoroastrian messiah.

In Metaphysics and the Ascended Masters Teachings of Theosophy, Francis Bacon underwent physical Ascension and then became the deity St. Germain.

As you can imagine, this left me in quite a spot when it came to an astrological answer. After all I am not God and was never given any right by the Creator to speak for Him on this matter. Especially this matter.

In Astrology all things have rulerships by planets. Neptune rules Ascension (in the vernacular sense) and Heaven. Uranus rules lesser gods and goddesses and Pluto (tough guy that he is) rules godlessness. But note: there is NO rulership for God or the Higher Power - that’s right not even the Sun. Ego of course is ruled by the Sun so it does make one wonder how this man’s ego was operating to ask such a question in the first place.

Continued...



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What house do you look at for ascension? If ascension without death is a Karmic reward I suppose you could look at the 10th house where that situation is delivered. Looking at what occupies the 10th house and/or is affecting it by aspect or progression, where its ruler is placed elsewhere in a chart or even Fixed Stars that may or may not affect it won't give you an answer. The 4th house concerns issues surrounding death but this is a situation that does not include dying. Neptune is the natural ruler of the 12th house of mystery and secrets and all things hidden or in sanctuary. The 8th house holds the Gate of Death where one crosses over. The 4th, 8th and 12th houses are known as the occult houses so is the answer found in any link found between the three of them? Would using a horary chart for a yes or no or an election (event) chart yield results? How about the Arabic Parts or Lots? Perhaps the Part of Spirit?

When an astrologer looks at a chart *after the fact-post death*, it often looks like the deceased has gone on rather pleasant journey. Ironic isn't it? Or is it? Personally I would be very skeptical of an astrologer who touted they could answer such a question.

The hunt for discovery really didn't yield any results that were satisfactory to me from a reasonable perspective but it was a learning adventure in a field that is vast and endless.

If we are to go by the *REAL Rules of Astrological Ethics* NO astrologer should ever predict the death of another and by polarity of thought the pseudo death of ascending alive either. I am not saying it all does not exist, I am saying, as curious as I am, I will not predict it.

What was my answer to the gentleman?

Some answers you just don't get when you want them. That's the way God likes it. He has His reasons.



Reactions: Good or Bad?

By Matt Sharpe

Reaction* - noun

re·ac·tion (rē- 'ak-shən)

a: the act or process or an instance of reacting

b: resistance or opposition to a force, influence, or movement

Especially: tendency toward a former and usually outmoded political or social order or policy

a: an action induced by vital resistance to another action

Especially: the response of tissues to a foreign substance (such as an antigen or infectious agent)

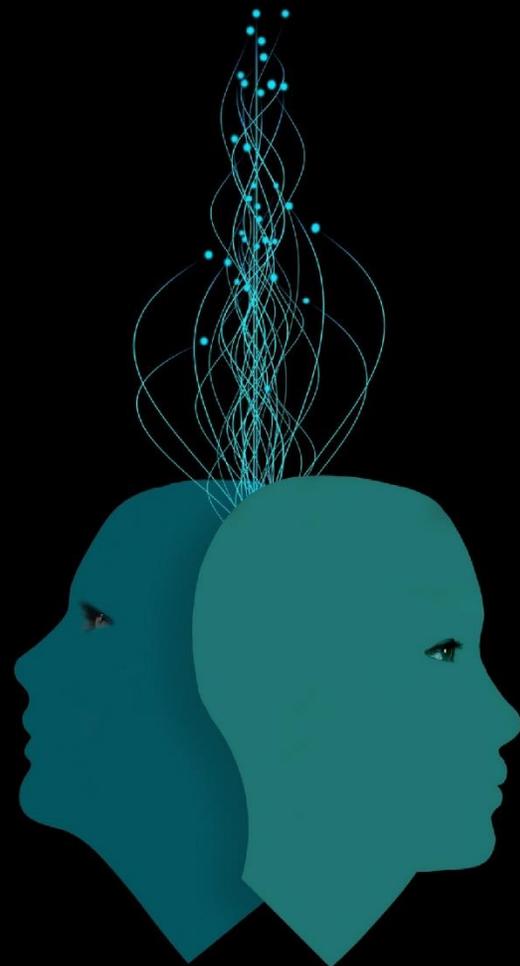
b: depression or exhaustion due to excessive exertion or stimulation

c: heightened activity and overreaction succeeding depression or shock

d: a mental or emotional disorder forming an individual's response to his or her life situation

There are many ideas and theories concerning the best way to handle the changing tides of life with its, actions and situations that occur throughout. These can vary quite a lot, but not everyone necessarily makes a worthy choice. In fact, some can be downright detrimental to one's life and spiritual progress although one may not even realize this to be the case. At times people will say that they are simply reacting to a person or a thing that was said. To be honest, we all react in different ways at different times, most often without a thought about the nature of reaction. It comes easily and seemingly naturally which is how it can escape being noticed. But it is not always such a free thing that happens nor is it without recompense.

But supposing the attention rests on it and decides to investigate a bit, what is found therein? Reactions happen so quickly and without forethought that they are not necessarily a choice. At least if they are, they are quite good at disguising themselves. Can they do harm? Are they rooted in anything positive or are they negative, and why? They certainly can cause harm, but also can seem to do good, the same state of duality that is found in everything else when examined containing the same degree of illusion that can create problems. Sometimes it can be found that having constant reactions develops into a habitual behavior, but not necessarily a good habit.



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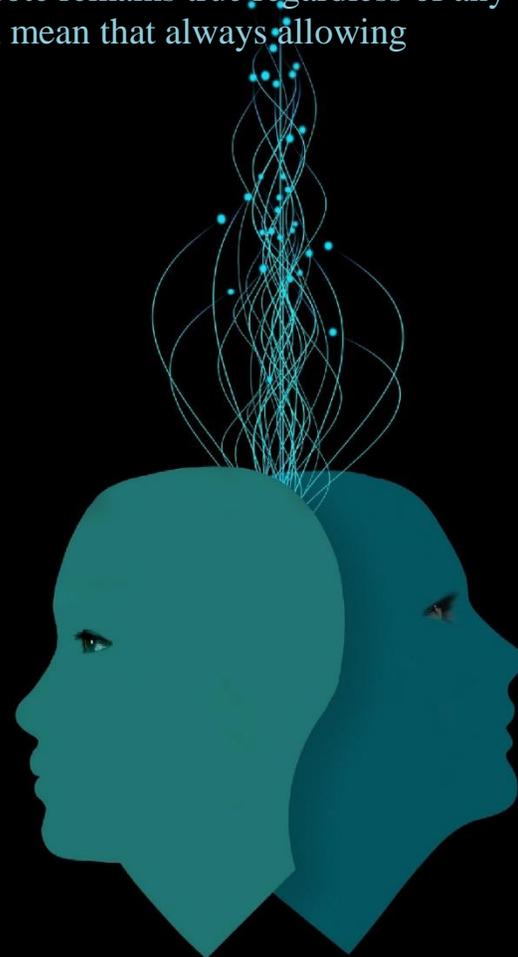
The reason is that reactions are to put it plainly, the surrender of self-control to that which lies at the heart of the reaction. This might be caused by the words of or an action by someone, or even a concern over something that hasn't yet occurred. These reactions can seem completely innocent when they happen, but that doesn't mean they don't deserve closer attention to determine what is happening. It is not often a good thing to surrender one's self-control, apart from surrendering it to God or an appointed physical spokesperson such as an ECK Master.

When one surrenders their will too easily it can be a problem as negative entities will always try to deceive one for the purpose of gaining control. Also, there is the potential for one's own prejudices and passions to influence mistakes in judgment, a product of the mind and emotions to one extent or another. When it isn't God or one of ITS appointees, it tends to be a negative entity most often. Thus, the reason attention must be used to investigate and determine what is at play and whether or not they are factors of the self or that of an external entity, or perhaps even both.

The cause of the reliance on reaction must be identified so that the steps can be taken toward a solution. Anytime negative entities are involved, there are specific steps that can be used to eliminate them and then block their influence out. But that leaves the natural causes in place and unaffected. A bit of honest self-evaluation is necessary to get to the root of this and why it exists and whether they are truly unconscious actions or not, as each are a choice. Often the awareness of a choice is in many cases what this boils down to, and only a conscious choice can be used to conquer the habitual use. We humans excel at our usage of excuses to place blame outside of ourselves, we tend to make an art form of it. It reminds me of an applicable quote, "We each decide whether to make ourselves learned or ignorant, compassionate or cruel, generous or miserly. No one decides for us, no one drags us along one path or the other. We are responsible for what we are." – Maimonides. This quote remains true regardless of any negative entities being involved. The law of karma prevails, which can mean that always allowing reaction to take precedence may not be the best course of action.

When one is knowingly reacting and submitting their self-control, they inevitably reap the karma because they've allowed this to be the case and it remains a choice.

Therefore, it comes down to the individual making a choice, to willingly allow reaction to reign, or to instead take a greater degree of both control and responsibility for the purpose of changing things toward the more positive. This brings us to the opposite of reaction, the state of instead, acting upon the information gained about the situation at hand. The difference between the two is apparent. In the first, one merely reacts to some outer input by taking the passive role rather than the active one. Sometimes this doesn't necessarily lead to the worst outcome, but neither does it lead to the best. Instead, one can look more deeply and gain as much information as possible, then use that to examine each option all the way through to their potential end, including the possible variations. Then compare each and determine the route to the best outcome possible.



Continued...

Instead, one can look more deeply and gain as much information as possible, then use that to examine each option all the way through to their potential end, including the possible variations. Then compare each and determine the route to the best outcome possible. This is what I mean by acting upon the situation. This takes definitive and active steps toward becoming better informed about the prevailing circumstances, all information accessible and the variety of possible outcomes along each line and acting upon the need of the situation. This is closely akin to peering into the future, although the endings may not necessarily work out quite as expected. Variation is always possible. But this can open the awareness of numerous potential variations of outcome depending on the choices and methods taken to get to that point. One is never able to have one-hundred percent control over every variable or situation, but one can certainly raise their chances toward the more positive outcome rather than simply allowing reaction to determine them.

All have reactions and none are immune from these, but the individual can also pay greater attention and work toward helping situations to not be so random or uncontrolled (making a potential outside manipulation possible) and instead be better guided toward the path one would rather travel. The control of self is a wide area with much to accomplish and many steps along the way to earning the full state of awareness coupled with complete self-control, so each step and level is an important one for the individual that accomplishes much and brings learning from each experience.

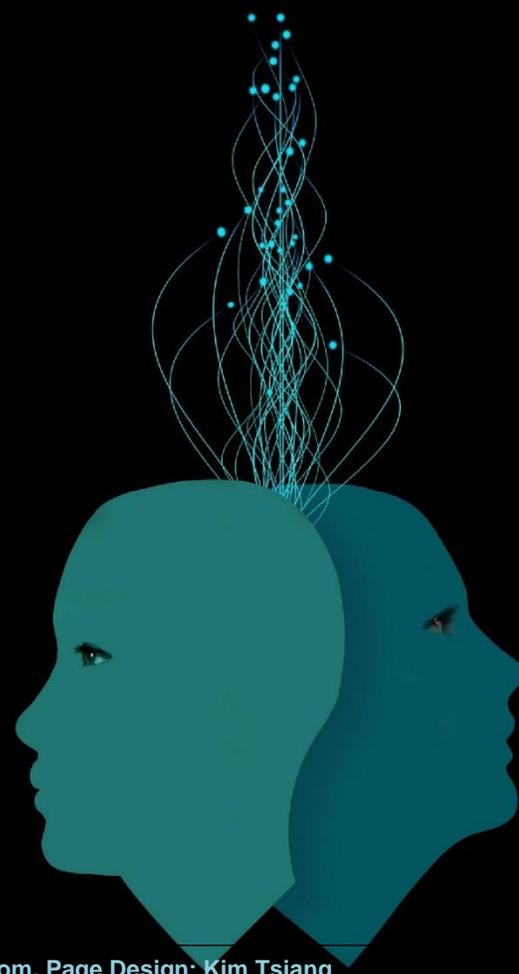
As one develops spiritually, they leave behind the haphazard ways they previously did things for more balanced, calculated and controlled ways that tend to bring less trouble. And these have been highlighted by the experiences, usually in the form of hard lessons resulting from mistakes made. While trouble in general is a process of education, it is one that most who experience a certain amount realize they'd prefer to avoid whenever possible.

This is what makes discernment important and shows the difference between the reactive state and that in which one instead acts upon the situation and relevant information toward a better end than might be had otherwise.

Each has the choice and must do as they see fit but having the whole of the information of both sides seems a better place to start toward making an effective choice. Obviously, there can be numerous interpretations and ways of viewing these matters, but this is one topic I've not often heard mentioned in discussion while having much experience with personally. So, this short piece exists to bring the topic for consideration to any who deem it worth their time and attention as it most often slips through without gaining any awareness of it. Which choice will be the case for you?

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* <http://www.merriam-webster.com/dictionary/reaction>



“Pity the nation that is full of beliefs and empty of religion.
Pity the nation that wears a cloth it does not weave
and eats a bread it does not harvest.

Pity the nation that acclaims the bully as hero,
and that deems the glittering conqueror bountiful.

Pity a nation that despises a passion in its dream,
yet submits in its awakening.

Pity the nation that raises not its voice
save when it walks in a funeral,
boasts not except among its ruins,
and will rebel not save when its neck is laid
between the sword and the block.

Pity the nation whose statesman is a fox,
whose philosopher is a juggler,
and whose art is the art of patching and mimicking

Pity the nation that welcomes its new ruler with trumpeting,
and farewells him with hooting,
only to welcome another with trumpeting again.

Pity the nation whose sages are dumb with years
and whose strongmen are yet in the cradle.

Pity the nation divided into fragments,
each fragment deeming itself a nation.”



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A MATTER OF SPIRIT

Neil Douglas-Klotz QUOTE (*The Lord's Prayer with Aramaic Translation*, pg. 12)

Neil Douglas-Klotz, Ph.D. is a world-renowned scholar in spirituality, religious studies and psychology <https://abwoon.org> . In 2005 he was awarded the Kessler Keener Foundation Peacemaker of the Year Award. Quote is from Goodreads.com.

Jack 'Summoner' Dumont (*From Sheep to Fish*, pg. 13)

Jack is a regular guy living a regular life but who has a penchant for metaphysical thought and philosophy. He left the corporate world for the natural life years ago and spends his time living simply in his shoreline cottage off the east coast US with his wife Lydia and their two dogs. He likes to write and does not mince words when doing so.

Rev. Dr. Loni Haas (*Ascension without Death*, pg.15)

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.

Matt Sharpe (*Reactions*, pg. 17)

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

Kahlil Gibran QUOTE (*Pity the Nation*, pg. 20)

Kahlil Gibran was a Lebanese-American artist, poet, and writer. Born in the town of Bsharri in modern-day Lebanon (then part of Ottoman Mount Lebanon), as a young man he emigrated with his family to the United States where he studied art and began his literary career. In the Arab world, Gibran is regarded as a literary and political rebel. His romantic style was at the heart of a renaissance in modern Arabic literature, especially prose poetry, breaking away from the classical school. In Lebanon, he is still celebrated as a literary hero.

THE BODY TEMPLE

Pay attention to your patterns. The ways you learned to survive may not be the ways you want to continue to live. Heal and shift.



Section Managing Editor – Lynda Lidel Harley

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QUOTE: Dr. Thema Bryant Davis, Cover Design: Kim Tsiang

Dear Human-

You've got it all wrong. You didn't come here to master unconditional love. This is where you came from and where you'll return.

You came here to learn personal love.

Universal love.

Messy love.

Sweaty Love.

Crazy love.

Broken love.

Whole love.

Infused with divinity.

Lived through the grace of stumbling.

Demonstrated through the beauty of... messing up.

Often.

You didn't come here to be perfect, you already are.

You came here to be gorgeously human. Flawed and fabulous.

But unconditional love? Stop telling that story.

*Different is
Beautiful*

Love in truth doesn't need any adjectives. It doesn't require modifiers.

It doesn't require the condition of perfection.

It only asks you to show up. And do your best. That you stay present and feel fully. That you shine and fly and laugh and cry and hurt and heal and fall and get back up and play and work and live and die as YOU.

It's enough.

It's Plenty.

Ketamine Therapy – A Strange Side Effect

By Li Huan Shaugnessey R.N. CHT, CBT

According to Peter Grinspoon, MD, in his article for the health.harvard.edu/blog:

Ketamine is an unusual type of psychedelic drug — called a dissociative — that is undergoing a resurgence in popularity. Originally derived from PCP, or "angel dust," ketamine has been used in hospitals and veterinary clinics as an anesthetic for decades, and has been cited as a drug of misuse under the moniker "special K." It is the effects that ketamine reliably produces that underlie both its medical and recreational uses: pain control, forgetfulness, intoxication, disassociation, and euphoria. Recently, it has been used more widely due to its approval for treatment-resistant depression (TRD) — that is, severe depression that has not improved via other therapies, including people who are experiencing suicidal thoughts.

I recently spoke to an acquaintance who had been receiving Ketamine Therapy for the past year with excellent and life changing results. The depression was all but gone and there was a renewed zeal for life. As the longer term effects of Ketamine are still being studied under scrutiny – such is the way of Neuro Science - but I will share an interesting and profound experience in had after a recent treatment. It should be noted that the therapy can cause hallucinations and this was certainly considered heavily post incident but was ruled out because of the nature of the incident and the maintaining of cognizance during the episode.

It was recommended that when he got home he should go ahead and do his usual relaxation technique which was to put on his eye mask and earphones and listen to some soothing music. He was all plugged in and about 15 minutes into the sound therapy when there was a shift that he felt immediately.

He began to feel that he was traveling through space rapidly speeding up through a time-space continuum. He was cognizant and did not feel he was dreaming or lucid dreaming – he was there experiencing some sort of unreal pull to another place or dimension. He lifted his eye mask and saw what can be best described as outer space flying past him – deeper and deeper into unknown territory. His distinct impression was that he was in a place he should not be, more or less a taboo area of existence. When the speed up declined, he was told by a deep voice that what he would see he was meant to see and could not escape the process. He was shown several different walk-through scenarios that seemed to be taking place in the 1970s about ten years before he was actually born.

A farm scene of a farm animal giving birth and other scenes of 70s people living life. He did not feel threatened or in danger of any kind. As a matter of fact he was quite calm during the experience.

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When he came back into himself he was very shook up and feeling quite the opposite of calm. He did not feel it was a hallucination – he felt he was really there in the past. The part that lingers in his mind was why he had seen and witnessed those things at. Was there a past life memory inherent in his travels to the past that he was supposed to unravel in order to heal his condition now?

He continues to try to discover the meaning of his experience and has not had another incident quite as profound since.

Frequencies and Chakras

By Li Huan Shaugnessey, R.N. CHT, CBT

Sound healing is not new. In some cases studied it was known as far back as ancient Egypt. Over the past few years it has become increasingly popular in healing the body by literally affecting brain waves to reduce stress and even balance the chakras if you lean esoteric. Metaphysicians know that keeping the chakras balanced is the key to basic well - being. Today use of solfeggio frequencies is the most popular mode for sound healing. Using solfeggio frequencies as background music or guided meditation can help clear and balance the chakras.

Let's review:

Root Chakra (frequency: 396 Hz)

This frequency has been observed to bring about feelings of security that enhances the state of feeling safe. Chakra color is red.

Sacral Chakra (frequency: 417 Hz)

This frequency has been observed to buoy confidence and creativity. It also helps to support the enjoyment of sexuality and motivates the individual to ditch old habits that no longer serve well-being. Chakra color orange.

Solar Plexus Chakra (frequency: 528 Hz)

Most people recognize this as the spiritual center of power. Accordingly it boosts will, determination, strength, mental clarity and decision making processes. Chakra color is yellow.

Heart Chakra (frequency: 639 Hz)

This is more than the chakra of love for the Self and others. It is also the chakra of compassion, forgiveness, and understanding which has become increasingly difficult in today's society. It is the Higher Self Connection. Chakra color is green. If you have chosen to include the Higher Heart Chakra representing humanity, the chakra color is pink.

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Throat Chakra (frequency: 741 Hz)

The Throat Chakra is known as the chakra of expression and communication. Visualization, creative manifestation and authenticity are powered up. Chakra color is blue. (Some individuals like to visualize turquoise).

Third Eye Chakra (frequency: 144 Hz)

Also known as the Pineal Gland, this chakra holds all psychic ability and intuition. This frequency opens up one's connectedness to others and the Universe of Creation. Chakra color is indigo.

Crown Chakra (frequency: 963 Hz)

This is the chakra of enlightenment and higher states of consciousness. It is where the gift of discernment is found. Chakra color is violet.

Many resources are available online if you are interested in using sound therapy to balance your chakras. You can find solfeggio frequency recordings and other information on how to use sound therapy for chakra balancing.

It might even be a fun adventure to make a playlist for yourself as variety still tends to be the spice of life.

Frequency/chakra Healing:

- As with all meditations you should choose a quiet time of the day with no distractions.
- Listen to the sounds starting with the root chakra and working up to the crown. Focus on one at a time. You'll have to employ good focus so you are concentrating on the sounds alone.
- Take deep breaths for each chakra as you imagine each one being healed and balanced and aligned. Concentrate on the chakra color as you relax into the music and the experience of healing.



It's All about Healing, the Fifth Dimensional Way

By Brenda Staab, Certified 5D Healer

Fifth Dimensional Healing, (5D Healing), is an exciting new method to remove what's at the heart of an ailment. By using methods and techniques specific to this process, we remove what's at the core, providing permanent healing. We all know what 3rd. and 4th dimensions are like and experienced healing while in those spaces. It can be just plain chaotic, with hit or miss attempts to heal. In the fifth dimension, the opportunity to experience physical, emotional, mental and spiritual harmony exists, and is available. Using 5D Healing accesses the energies of the fifth dimension to bring about healing that has, thus far, been unattainable for many.

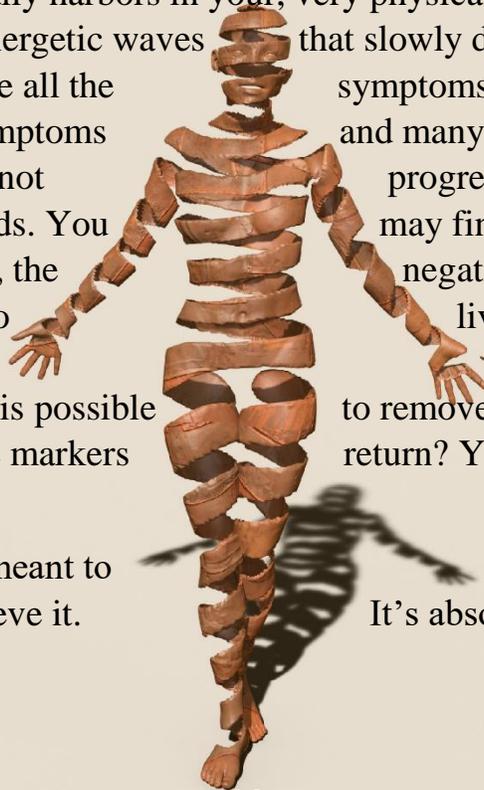
We've been preparing for existence in 5th dimension! Remember those challenges and failed opportunities that keep repeating, with little to no relief? Yes, those are Opportunities, once resolved and maintained, will define what dimension you can easily survive in. The operative word here is "Easily".

5D Healing is an opportunity that will propel you forward. It provides for safe, harmonious and thoroughly healing experiences, creating a hopeful, loving and healthy life. How thorough is it? Depends on how much damage has accumulated. Let's look at how we acquire an illness. Let's use verbal/mental/emotional abuse for example:

Let's say you married into an abusive relationship with children, not able to afford childcare, you're trapped. And your spouse has been telling you since the wedding how incompetent you are. Year after year this shit is pouring negative energy into your mind, your heart, your body and soul. Your aura can only protect you for as long as you don't believe the verbal/emotional daggers thrown at you daily. Once the aura has been penetrated with negative energy, you feel heavy and tired. If this energy signature is not stopped and removed, it stays there for years. The energy moves closer to your heart, mind, and gut. It isn't just sitting there. Day after day the abusive negative energy poisons each layer of your aura, spiritual, emotional, mental and finally harbors in your, very physical, organs. This is where 'dis-ease' occurs. Setting up disharmonious energetic waves that slowly damages each physical part of you. And at some point, you'll experience all the symptoms of heart ache, digestive upset, mental fatigue etc. These are the symptoms and many more that send you to a physician for help. Hopefully, the disease has not progressed into a terminal case, trying everything the physician recommends. You may find relief. However, unless you remove yourself from the onslaught, the negative energy continues to damage you. Lifelong illnesses are no way to live. What if there was a way to remove the source, i.e.: remove the abusive markers left by the spouse who controls even your thoughts. It is possible to remove those markers with 5D Healing, letting healing take place. Can those markers return? Yes, unless you remove yourself from the abusive spouse.

This is not meant to scare you, it's meant to inform you of the beautiful life you are meant to have. And how to achieve it. It's absolutely possible. Here's your opportunity to go after that healing.

See Brenda's full contact info on her bio.



In response to threat and injury, animals, including humans, execute biologically based, non-conscious action patterns that prepare them to meet the threat and defend themselves. The very structure of trauma, including activation, dissociation and freezing are based on the evolution of survival behaviors.

When threatened or injured, all animals draw from a "library" of possible responses. We orient, dodge, duck, stiffen, brace, retract, fight, flee, freeze, collapse, etc. All of these coordinated responses are somatically based- they are things that the body does to protect and defend itself. It is when these orienting and defending responses are overwhelmed that we see trauma. The bodies of traumatized people portray "snapshots" of their unsuccessful attempts to defend themselves in the face of threat and injury. Trauma is a highly activated incomplete biological response to threat, frozen in time. For example, when we prepare to fight or to flee, muscles throughout our entire body are tensed in specific patterns of high energy readiness. When we are unable to complete the appropriate actions, we fail to discharge the tremendous energy generated by our survival preparations. This energy becomes fixed in specific patterns of neuromuscular readiness. The person then stays in a state of acute and then chronic arousal and dysfunction in the central nervous system.

Traumatized people are not suffering from a disease.

In the normal sense of the word- they have become stuck in an aroused state. It is difficult if not impossible to function normally under these circumstances.





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BODY TEMPLE

Courtney A. Walsh QUOTE (*Love is why you're here, pg. 23*)

Courtney A. Walsh is an experienced communications professional/freelance writer. With an extensive background in marketing, advertising, creative writing, film, cultural studies, and languages, Walsh has worked with the United States National Park Service to review, research and co-write a technical report on the origins of the Statue of Liberty. Other accomplishments include a project for MTV (Music Television) and publishing several feature op-ed articles as a contributing writer for The Portsmouth Herald. Walsh has recently completed her memoir, *Lipstick and Thongs in the Loony Bin*.

Li Huan Shaugnessey (*Ketamine Therapy, pg. 24 AND Frequencies and Chakras, pg. 26*)

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

Brenda Staab (*It's All about Healing – The Fifth Dimensional Way, pg.28*)

Brenda Staab is a highly gifted and professionally trained Channel, Medium, Teacher and Healer. Taking the gifts she was blessed with and studying the tried and true methods available, Brenda has become a much sought-after metaphysician. From working with individuals to large groups, Brenda is able to connect on an empathic, telepathic and spiritual level to understand what the messages are. Her passion is helping on an individual basis. Whether it's Mediumship, Channeling or Teaching, it's all about Healing. Through visions, knowing's, emotions and physical sensations, Brenda does it all. Located in Canton, GA, Brenda spends her time giving to others, playing with Elvis the dog, and loving her family and friends fiercely. Here are some of the types of sessions Brenda holds: 5D Healing; Using 5th Dimensional energy, removing the core energetic event that creates disease of the mental, emotional, physical and spiritual kind. Channeling: receiving messages from Guides, Angels, Loved ones for individuals or groups. Mediumship: connecting with and conveying evidentiary pieces of information and important messages to and from deceased Loved Ones. Done on an individual, family or group basis. Tarot Readings for clarification regarding the status of one's life, past, present and future. Astrology: Casting charts to discover the reasons one is in human form, what are your top skill sets, what are your challenges. Past, Present and Future. Numerology: Strengths, Challenges, daily to-do's, why are you here and how can you move forward successfully. Reiki: Although not a certified Reiki Master, moving energy is always something Brenda can do Animal Communication: All animals and plants have a lot to say! House Clearing and Energy Discernment of locations, possible home for purchasing and what goes bump in the night at your house. Healing the lost parts of you from childhood and traumatic events.

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BODY TEMPLE

Continued

Peter A. Levine Ph.D. QUOTE (*In Response to Threat and Injury, pg. 29*)

Peter A. Levine, Ph.D. is the originator and developer of Somatic Experiencing® and the Director of The Somatic Experiencing Trauma Institute. He holds doctorate degrees in Medical Biophysics and in Psychology. During his thirty five-year study of stress and trauma, Dr. Levine has contributed to a variety of scientific and popular publications. He teaches trainings in this work throughout the world. He has taught at various indigenous cultures including the Hopi Guidance center in Second Mesa Arizona. Peter has been stress consultant for NASA in the development of the first Space Shuttle. He was a member of the Institute of World Affairs Task Force with “Psychologists for Social Responsibility” and served on the APA initiative for response to large scale disaster and Ethno-political warfare. He is on the ‘distinguished faculty’ of Santa Barbara Graduate Institute.

PHENOMENA FILES

Fear can only grow in darkness. Once you face fear with light, you win.



SECTION MANAGING EDITOR = JOHN HOLBROOK PSI

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QUOTE: Steve Maraboli @ Goodreads.com

Subliminally you foray into its realm...
And slowly it creeps into your mind helm.
Whispers you hear from that forest, that house,
Playing little games you long to douse.
Lurking beneath the light of the moon,
Chill in the air and you hear it croon.
Shivers are running down your spine,
"IT" and you, now intertwine.
Choking and haunting and crushing your spirit,
Your laughter, your phobia.... nobody's in it.
Release me you say, release you it may,
It growls away... I am here to stay.
That little shadow, that creepy figure...

It's there in the corner, it's getting bigger.
Outside your bedroom, out in the hallway...
The gallows are waiting.... the price you pay.
Like the funeral pyre, it lights you inside,
The embers that stream through your eyes now wide.
Crawling and gnawing it's tormenting your peace,
Snatching your life till its existence cease.

Macabre

By Phil 'Constantine' Constantino PI

A macabre tale is a horrific and disturbing story generally concerned with a fear of death. The word *macabre* comes from the Middle French phrase *Danse Macabré*, "the Dance of Death," which was a popular subject of art and literature in the late Middle Ages. In representations of this dance, Death is shown leading people of all classes and walks of life to the same inescapable fate. * In other words, it is a fancier word for getting the pants scared off you.

There are many fictional stories and true stories that espouse macabre themes, most of them ending is some sort of horrific death but at times there are exceptions that merely leave you with a lasting chill wondering what happened. An example of this is *A Face in the Dark* by Ruskin Bond which leaves the hair standing up on the back of your neck but offers no resolution just a lingering fear of "what" happened. It concerns a featureless faced boy and the man who keeps seeing on his way home one evening. This is enough to panic the man who runs through the woods screaming for help only to run into a similar featureless figure who he thinks is a night watchman upon the path. The reader is gripped until the finish where there is no end just a haunting obsession as to what happened.

So, this is a tale of fiction but what happens it something similar occurs in real life?

Here is a personal experience I had with a friend that to this day remains unsolved and unexplained.

When I was very young, I had a friend who claimed he was often chased by some sort of miniature figure covered in a white handkerchief who followed him if he took a certain path home at dusk. He claimed it would hop along behind him and seemed to be getting closer each time. My friend avoided the path as much as possible but there were times when he was late and had no choice but to take the path to get home on time.

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I do not recall any tales or local stories connected to that path either being haunted or other worldly in any way or anything connected to any of the old homes that were in the vicinity of the path that would be paranormal. It was simply a neighborhood path – a short cut. I assumed my friend was pulling a good one over on me because even at my earliest ages I had an interest in the paranormal and was teased a good deal.

The ‘handkerchief man’ as we liked to call it stood about 10 inches high according to my friend – just enough to keep the drape of the handkerchief from hitting the ground. The top was rounded as if it were sitting on a small head and as it hopped and then sauntered behind him there was never any appearance of feet. My friend believed that whatever it was, it was invisible unless the handkerchief was removed. I asked him what he thought was underneath it and all he said was he didn’t know and “never wanted to know.” One thing was clear – whatever he thought it might be was so horrid it turned him pale to think of it. Disbelieving as I was, I kidded him and asked him why he just didn’t stop and pull off the handkerchief and look or even kick it. His eyes widened and he answered with a shaky voice, “If I did that I would be gone.” I asked him if he meant die but he wouldn’t answer and just dismissed me. I didn’t pursue it further because it obviously was truly frightening him.

One early evening a bunch of us were caught up in a game of street soccer that ran rather late. The air echoed with our mothers voices being issued from open windows to get home for supper, “right now or you’re gonna get it.” My friend would have to take the path to get home quickly. I stood about a foot away from the beginning of the path and watched him as he with quickened pace ventured down the dirt trail towards his house. The light was growing dimmer. At one point he turned around and waved and shrugged at me as if to indicate ‘so far, so good’ and then continued on. I saw nothing behind him or anywhere near him and was now growing disgusted with myself that I ever believed him in the first place. He really had me going about the handkerchief man.

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You have probably guessed what happened next. After that night I never saw or heard from my friend again. He was gone. As a matter of fact his whole family was gone. There were rumors that they all skipped town to avoid creditors which was probably true because I knew from what he told me that his parents and older brother had debt and owed a lot of money. I heard the house was empty and the cars were gone. And that was that except for one thing a neighborhood gossip said laughingly to anyone who would listen:

“Yes they beat feet out of here. Do you know that they even took some things that didn’t belong to them? That figures, they were so weird, Deadbeat renters – they even took the flower planters on the porch and the window boxes. Can you imagine? I know because I went and looked around.” Still laughing she finally retorted, “Why the only thing those folks left behind was a white handkerchief sitting all folded neatly on the driveway.”

I kid you not.

The worst part? I know of at least two other people who have had the same experience as my friend but in different locales. For them the handkerchief man disappeared one day. Just like that...

* www.thefreedictionary.com



TikTok - Is it a Black Magic Agent?

By Angela 'Hecate' Abeyez

If you are a frequent TikTok user then you are well aware of its multifaceted uses and thousands upon thousands of videos on just about any topic that exists. Some appear to be useful and users claim that it has helped them on their spiritual paths. But is all that as innocent as it may seem. Besides its capacity for existing as the perfect spy machine into your private life and data as is currently being investigated by the US Congress did you ever consider its other not-so-fine qualities like manipulation via the dark side aka black magic?

Of course there are multitudes of videos on how to perform magic of all varieties and some do take a viewer to the dark side where there is a definitive danger because all magic is a manipulation of natural law and attempts to disavow karma. It is always used for selfish purposes mainly control. Once a user violates natural law they are really asking for it especially if it is an attempt to violate the free will of another human being. Love spells or obsession spells for example are direct violations and filthy attempts to attract what one thinks they desire into their lives to adore them. These attempts often fail due to demonic trickery that has more often than not been easily invited in. So what is being manifested may not be at all what the evoker wanted at all. And now they are stuck with it and the results which in some cases may be deadly depending upon what kind of individual they have summoned into their lives. Instead of Prince or Princess Charming did a sexual deviant with murderous intent get drawn in?

What about the general effect of simply watching these videos for 'just fun' and entertainment? Perhaps making fun of the personality doling out instructions or dancing around a circle or mumbling in some undecipherable language? Well, that door is now open no matter if you followed video instructions or simply watched.

Demons love folks who think they don't exist and are cavalier about it. The human mind is like a magnet and it remembers all that has been introduced to it even if it becomes deeply buried in the brain matter - it's in there somewhere and can be pulled up at any time it becomes triggered for who knows what end. How is that? Ever hear of subliminal messaging? It's not new at all it is old and as a matter of fact has been used in advertising for years to plant messages that encourage the consumer to buy products.

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Be reminded that today there are even more sophisticated mind methods at play.

Case in point, a friend's teenage son after engaging in these videos underwent such a personality change incurring depression, mood swings and harmful behaviors is now getting treatment in a psychiatric hospital. He was perfectly healthy physically, mentally and emotionally and was happy and moving forward in life before indulging himself with Black Magic Agent TikTok which he was reluctantly introduced to at a party.

Also - Be reminded that there is in reality no TikTok wizard you will be able to contact to pull the darkness off you. You not only need discretion when choosing what to watch on you device but also a whole lot of discernment.

Is it worth it for the thrill?





Double Vision

By Ann Sydney

To come face to face with one's *doppelgänger* or double is a rare but chilling experience. The German poet Goethe (1749-1832) once met "himself" coming towards him up a garden path; according to European folklore this should have been a sign of imminent death, but Goethe lived for some years after the experience.

The *doppelgänger*, or in Victorian terms the 'fetch', is always said to be indistinguishable from the real person and is apparently solid looking. However, much more common in the archives of psychical research is the ghostly double or 'wraith', sometimes called the *ka* by occultists. This is believed to be attached to the physical body by an invisible chord that can stretch to accommodate astral travel during sleep and that snaps at death.

In 1835 the American writer Robert Dale Owen paused while in London to hear a story told by a young German woman, Julie von Güldenstübbe that was to become a classic of its kind. It was the apparently well documented story of a *doppelgänger*. The 'double' or 'fetch' in this story stayed out of sight of its victim but never-the-less it evoked widespread terror. This 'fetch' was that of a French Schoolmistress Mademoiselle Emilie Sagée and it was seen not only by the young woman telling the story but also by over 40 of her companions at the Pensionat von Neuwelcke School.

It is said that one day, while teaching a class, Sagée's double appeared right next to her and mimicked her every move as she wrote on the chalkboard in full view of 13 students. Although others could see the double, Sagée never noticed the double nor did she notice that own movements slowed when the double appeared. Sagée's double also appeared away from her and did not always mirror her movements. In another instance, the entire student body of 42 girls assembled in the school hall for their sewing and embroidery lessons. The double appeared in Sagée's chair while Sagée could be seen outside in the garden. Two of the girls attempted to touch the phantom Sagée but felt an odd resistance to her. One of the girls stepped between the chair and table and passed right through the phantom, which remained motionless and then disappeared.

It was said that Sagée's double would appear when she was worried or immersed in her work. It was said the double could also appear in a place Sagée was thinking about, like in the case above where she was in the garden; she looked inside at her chair and thought to herself that without supervision, the students may waste time and gossip.

How did the school react to the events? All the pupils, to some degree, had witnessed the phenomena; so Emilie, unwittingly, caused considerable commotion at Neuwelcke. Although she was very popular among the girls, the more timid gradually became disturbed by her presence. They told their parents, and the school directors noted with growing concern that fewer and fewer girls returned to the school at the beginning of each term.

Continued...

The reasons they gave were varied but it was generally accepted that the ‘double’ was the true reason. There was a temptation to dismiss Mlle Sagée but she was a perfectly good teacher and seemed to be the innocent victim of something beyond her control. Further, it would create a scandal to dismiss such an excellent teacher based on what seemed like grounds for insanity.



The school’s hopes for returned normalcy were all in vain and the population continued to dwindle. What became revealed was that Emilie, who had begun teaching at age 16, had been previously dismissed from 19 teaching posts because of two ‘Emilies.’

How does the Emilie Sagée case fit into contemporary knowledge? It is possible to discount the traditional anecdotes of astral projection or out-of-body experiences. All such cases imply an effort of will to ‘project’ the subject or some sort of perception while ‘out-of-body.’ In Emilie’s case there is no evidence that she ever projected her ‘fetch’ of her own volition or that she recorded any sensations while ‘in’ her double. Illusion, mass hysteria, and hallucination have also all but been ruled out. The truth of what happened will never be known.

“Seeing is believing.”

Resources:

Me and My Shadow by Colin Goodman, *Mysteries of Mind, Space and Time*, Vol.21

<http://www.historiesmysteriesandstrangeness.com/2013/08/the-doppelganger-of-emilie-sagee.html>



PARANORMAL Q & A

COURTESY of Holbrook PARANORMAL SITE INVESTIGATION

QUERY: I am new to metaphysics and don't understand many of the things people in my group discuss. I am not stupid or closed-minded but for some reason I don't always trust what they say. Can you tell me what a vortex is and if it is dangerous? Also, can a vortex be created or opened and how is that done? What would be the metaphysical purpose for doing this? Thank you. Lynne, MA

RESPONSE: Thank you Lynne for your question and don't feel bad or stupid for not understanding many of the things that people in your group discuss. Metaphysics in general has many different ways of understanding or it might be better to say different points of views on the same topic. Your own truth or understanding of something can be as different as night and day with someone else's truth because it is based in your own experiences. It is good that you question something that you feel may not be right as this constitutes using your intuition or a gut feeling. The topic of vortexes is one topic that has many different points of view so I will try to help you understand what a vortex is first and then it will be up to you to answer some of your questions on it.

Webster's Dictionary states: VORTEX "whirling motion of any fluid, forming depression in the center of circle: whirlpool: whirling mass of air, fire, etc. which draws with irresistible power." I do not believe that this type of vortex is what your question is in regards to; rather I believe that you are asking about the gateway that opens from the spirit world into our world. It may be referred to as a gateway between different dimensions. This type of vortex is sometimes captured on film and sometimes appears as a tube or funnel shape mass that may resemble a whirlpool hence the name vortex. Another way of looking at it would be that a vortex is a door between here and the spirit realm or other dimensions. It is my understanding that a vortex is this type of door and a door that swings both ways.

In your question, you asked if a vortex is dangerous. The vortex itself is not dangerous but opening a vortex could be dangerous. The danger that is involved with vortexes is not the doorway but what may come through that door. I look at it this way, the doors at a jail are locked so that the bad people that would do us harm are not able to come and go as they please.



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For the most part vortexes are natural occurrences due to many different reasons like the crossing of way lines or the magnetic properties of an area but they can be opened by us also. Some say that you will create a vortex by having two mirrors facing each other head on due to the mirrors reflecting a reflection. This would create a vacuum in the space between the mirrors and could cause a vortex to form. These types of vortexes are looked for in ghost investigations as a possible cause for the haunting. So, if you put two mirrors facing each other you could form a vortex but this type is just a door into our world due to the vacuum.

Some healers I know open vortexes to send the negative energy away. This is done with the express intent to help someone and with light and love. They do this with a tool to start the energy swirling like a whirlpool and then ask for the vortex to be open. When they do it this way while asking their guides for help or other types of spiritual help they open a vortex that only funnels the negative away. There are others that use vortexes to help them to do their work as mediums. When this happens, the spirits of the departed come through to communicate with the medium and these vortexes are in most cases opened by a spirit guide or other type of spiritual helper who stand as a doorkeeper. The guide will only let the sprits in that have business on this side with the person that the medium is helping. Most of the healers and mediums I know have worked with their guides or spiritual helpers for many years and know if they are dealing with them or not. If they are in doubt, they will not open the vortex with them to keep from being tricked and opening a vortex they have no control over. I do know that some in the black arts open vortexes to bring in help to do their black arts. Here again we are talking about a vortex that is opened with a specific intent so it is not just an open door. The main difference is that evil does not play by the rules and once opened you may not be able to close the door. This would leave an open door that any negative or evil entity could travel through to do as they wish in our reality. These vortexes are not easily closed and can cause an area trouble for many hundreds of years. Lynne I hope that this information will help you to discover you own point of view about the vortex.

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QUERY: I do a lot of paranormal reading particularly about ghosts and hauntings.

Recently I was reading an update about the house in Amityville and the controversy that still seems to follow it. This got me to thinking about some other articles I've read about haunted houses and the people that live in them. Why it is that seemingly haunted houses are "haunted" when certain people live in them? I know that many think the Amity story is a fraud but I've read plenty of other cases where there are occurrences when one family lives in a place and then someone else moves in and there are no occurrences. This happened with Amity and as a matter of fact I remember watching a show some time ago where the new residents actually did a tour of the house and said that nothing at all happened. So, what do you think is the reason for this? Also, what about people who supposedly take spirits with them wherever they go? I mean is this what happens when the haunting does not reoccur? I'd be really interested in your answer.

Thanks. Jacob, R.I.

RESPONSE: I would like to break your question up in several parts to best answer the different aspects that your question brings to light. First, what most people believe to be a ghost and a haunting may not be a ghost at all. Point in fact - Amityville - from what I have read, the event was more on the line of a possession or an evil entity. This is my opinion of the events at Amityville and is based on my own personal knowledge of two different types of events. The evil entity type of event (that is sometimes confused with a haunting) has more physical ramifications than a haunting by a ghost. When I say physical ramification I am not talking about objects but injury to the person. A ghost may be able to move an object to get attention, but it is very rare that a ghost will injure a person. This is not a rule by any means, but more of a guideline to go by when looking at what type of entity you're dealing with. An evil entity will pose as a ghost to conceal what they are and have been known to follow the victim. The person that is being attacked by the entity may have an energy that attracts the entity away from the location. Most places that have an entity attached to them have a negative energy that fuels the entity and some people, may just by their presence, negate that energy. If this is happening the entity will not be able to manifest to attack anyone at the location. I have seen people that due to their energy attract entities just as I have seen people where nothing will happen around them.

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When looking at a person that has an entity that is following them from place to place and it is not evil and is a ghost, the ghost is attached to the person. This ghost will, in most cases, be a ghost of a family member or friend that may be there to look over them or has unfinished business with them. In some cases the person that has a ghost following them is actually keeping the ghost from moving on in some way. This could be when the person will not let go of the person that has passed on and in some way that keeps the ghost with them. I would like to say now that not every entity that is not a ghost is evil. You will have to discern if an entity is evil or possible one of the other types of entities like an Angel or Spirit Guide just to name two. This may be difficult to do, because an evil entity can also pretend to be an Angel or Spirit Guide. The key word between the different types of entities is 'evil', so you will have to discern what you're dealing with. So Jacob to summarize, a ghost can be attached to a person and some people can be more attuned to witnessing an event due to their energy. People can also be immune to the activity due to their energy and never witness anything in the most haunted or negative places. I do not know why this occurs but the key seems to be the person's energy which is linked to who they are on many levels. I hope that my opinion regarding your questions helps you to find the answers that will best fit your beliefs. Thank you again Jacob for your questions.

PARANORMAL Q & A has been published with permission and the courtesy of the Files of Holbrook PSI.



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PHENOMENA FILES

Kiran Joshi QUOTE (*It Follows You*, pg.33)

Kiran Joshi was born and brought up in Delhi, India, and completed a degree in physiotherapy from Delhi and later did business management (HR) from Mumbai. She has worked as a physiotherapist in clinics, hospital and special school and also worked as an Assistant Manager-HR in Wipro-Pune. Recently, she has shifted to Melbourne, Australia and is working in a big recruitment firm. Her friends describe her as a hyperactive, bold and always-in-the-limelight kind of person. While she thinks that she is full of complexities, vanities, insecurities, virtues, vices and quirk and can be snarky and silly most of the times. Quote is from Goodreads.com.

Phil 'Constantine' Constantino (*Macabre*, pg. 34)

Phil considers himself a jack of all trades and a master of none. He is a lawyer by day, a part time bartender by night and a paranormal investigator in the times in between. He often teams with his sister Olivia on paranormal investigations usually out of state. His pride and joy is his paranormal library of over 500 books including some rare vintage texts. He believes being well versed in the subject of the supernatural along with some healthy skepticism has always served him well.

Angelina Hecate Abayez (*Tik Tok – Is it a Black magic Agent?* pg. 37)

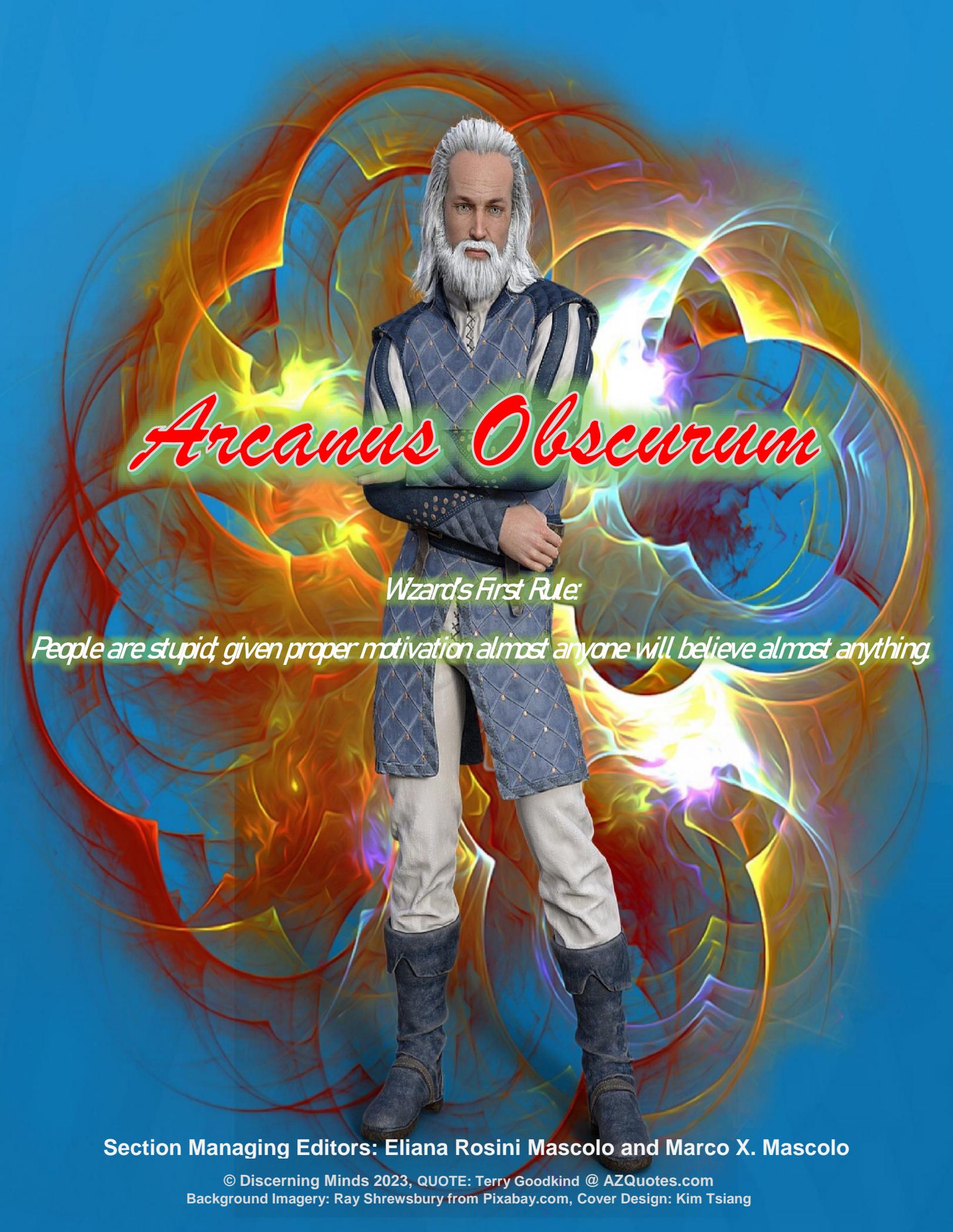
Angelina is a Pagan practitioner of healing and natural arts. She recently began to study astrology and the complexities of the Enneagram. Angelina enjoys candle making and oil painting in her spare time. One of her favorite subjects to paint is the moon and her paintings have been featured in local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

Ann Sydney (*Double Vision*, pg. 39)

Ann Sydney is a psychic who is no stranger to paranormal activity. Her former antique business in upstate New York was often subject to haunted objects complete with attached entities. Anne currently lives in South Georgia with her husband Syd (who is also psychic) a business consultant and professional musician.

Paranormal Q & A, Holbrook PSI (*PSI FILE SHARES*, 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.



Arcanus Obscurum

Wizard's First Rule:

People are stupid; given proper motivation almost anyone will believe almost anything.

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

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*Lady of the silver moon
Enchantress of the night
Protect me and mine within this circle fairly cast.
Earth Mother, mother of the sleeping earth,
Keep safe all who gather here
Within the protective shelter of your arms.*

*By the earth that is Her body,
By the air that is Her breath,
By the fire that is Her bright spirit,
And by the living waters of Her womb,
Our circle is cast,
None shall come to harm here,
From any forces,
On any level.*

*As we will,
So shall it be done.
As we will,
So mote it be.*

Full Moon Wishing Candles

By Ann 'Hecate' Abeyez

It is easy and rewarding to make a Full Moon Wishing Candle for yourself or on behalf of others.

It is best to use a white candle that is set in a safe place by a window with no obstructions like curtains or objects obstructing it so observe fire safety precautions. Simply light your candle at the start of a Full Moon and make your wish.

Choose a candle that will burn for 24 hours. Let the candle completely burn out in its own time. It will eventually turn into eternal light fulfilling your wish. Be reasonable and do not wish harm on anyone else – they have their own karma to deal with and there is no point adding to your own karma. The point is for the betterment and benefit of yourself and/or others.

A spoken sentiment should accompany the candle lighting. I start my lighting with the following:

I ask the universe to remove what no longer serve my highest good. I release fears, doubts, any obstacles and pain that are hindering me and that no longer serve me. I wish for _____.

Proceed to make your request in a respectful manner. For example you may want to wish for financial assistance, help with a diet for your health's sake, safety for your children or others, healthier relationships, success with an important project, prosperity in business etc. The list is endless.

You may light more than one candle for the duration of the Full Moon but it is best to stick with your original request and not venture off into tangents.





Herbal Code Names

By Ann ‘Hecate’ Abeyez

“Eye of bat, tongue of newt, Devil’s Dung...” Remember those old movies and stories where witches stirred their evil brew adding what seemed like obscene ingredients? Well maybe they weren’t that obscene at all.

Herbs have had code names since time in memorium. Why? Who knows? Maybe the old practitioners didn’t want everyone knowing their recipes. At any rate here are some code names for 50 main well-known herbs. So go get your cauldron out.

- Aaron’s Rod – Goldenrod or mullein stalk
- Absinthe – Wormwood
- Adder’s Fork – Adder’s Tongue Fern or Bistort
- Adder’s Tongue – Dog’s Tooth Violet (or Adder’s Tongue Fern)
- Ague root – Unicorn root
- Alison – Sweet Alyssum
- Angel Food, Archangel – Angelica
- Angel’s Trumpet – Datura
- Ass’s Ear – colt’s foot or comfrey
- Ass’s Foot, Bull’s Foot – colt’s foot
- Auld Man’s Bells, Old man’s bells – wood hyacinth, *Hyacinthoides hispanica*
- Bad Man’s/Devil’s Oatmeal/Porridge – hemlock
- Bad Man’s/Devil’s Plaything – Yarrow
- Bastard – false Dittany
- Bat flower – tacca
- Bat’s Wing – Holly leaf

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- Bat's Wool – moss (which moss?)
- Bear's Foot – Lady's Mantle
- Bear's Grape Bearberry *Arctostaphylos uva-ursi*
- Bear Paw – ramsons *Allium ursinum* or the root of male fern *Dryopteris Felix-mas*
- Bear weed – Yerba Santa *Eriodictyon californicum*
- Beard of a Monk – Chicory
- Beggar's Lice – Hound's tongue
- Beggar's Buttons – Burdock
- Bird's Eye – Speedwell *Veronica officinalis*
- Bird's Foot – Fenugreek *Trigonella foenum-graecum*
(Also bird's foot violet and bird's foot trefoil)
- Bird's Nest – carrot, Indian pipe
- Bishop's Wort, Bishop's Elder – Wood betony
Stachys betonica
- Bitter Grass – Ague Root *Aletris Farinosa*
- Black Sampson – Echinacea
- Blazing Star – *liatris*
- Blind Eyes – Poppy
- Blood from a head – Lupine *
- Blood from a shoulder – Bear's breech *
- Blood of a Goose – Sap from a mulberry * *Morus nigra*
- Blood of an Eye – Tamarisk gall * (probably the tannin extracted from)
- Blood of Ares – purslane *
- Blood of Hephaestus – wormwood *
- Blood of Hestia – Chamomile *
- Blood – sap of the elder or bloodwort
- Bloody butcher – Valerian
- Bloody Fingers – Foxglove



Continued...

- Blue Bottle – Bachelor’s buttons
- Boy’s Love, Lad’s Love: Southernwood
- Brain Thief – Mandrake
- Bone of an Ibis – buckthorn * I am not sure if this is *Rhamnus cathartica* or sea buckthorn *Hippophae* spp
If I can find a recipe containing this, I will know for sure by comparing its purpose to their very different qualities
- Bread and Cheese – Hawthorn
- Bride of the Meadow – meadowsweet
- Bull’s Blood – beet or horehound
- Burning bush – false dittany, also a modern name for species of *Euonymus*
- Cow’s Horn – Fenugreek *Trigonella foenum-graecum*
- Bride of the Sun – calendula
- Brown Dragon – wake robin
- Buttons – tansy
- Calf’s snout – Snapdragon
- Candlemas Maiden – snowdrop
- Candlewick – mullein, the flower stalk
- Capon’s Tail – valerian
- Carpenter’s Herb – bugleweed *Lycopus europaeus*
- Carpenter’s Square – knotted figwort
- Carpenter’s weed – Yarrow
- Cat – catnip
- Cat’s foot – white balsam, black cohosh, ground ivy
- Cat’s herb – valerian
- Chameleon star – bromeliad
- Cheeses – marsh mallow
- Chocolate flower – wild geranium (I don’t buy it)
- Christ’s eye – wild clary *Salvia verbenaca*



Continued...

- Christ's ladder – centaury
- Christ's spear – adder's tongue fern *Ophioglossum vulgatum*
- Church steeple – Agrimony
- Clear eye – clary sage
- Cleavers – bedstraw
- Click – goosegrass
- Clot – great mullien
- Cocklebur – Agrimony
- Cock's comb – amaranth
- Colt's Tail – fleabane
- Crane's bill – wild geranium
- Crow's foot – wild geranium, or wood anemone bulbous buttercup (verified)
- Crowdy kit – figwort
- Cuckoo's bread – common plantago
- Cucumber tree – magnolia
- Cuddy's lungs – great mullein
- Crown for a king – wormwood
- Dagger flower – blue flag
- Daphne – bay laurel
- Dead man's bells foxglove
- Death angel – fly agaric *Amanita Muscaria*
- Death cap – fly agaric *Amanita Muscaria*
- Death flower – Yarrow
- Death's Herb – Belladonna
- Delight of the Eye – rowan
- Devil Plant – basil
- Devil's Apple – Mayapple or Mandrake
- Devil's beard – houseleek

Continued...



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- Devil's bit – false unicorn root
- Devil's cherries Belladonna berries
- Devil's plaything – yarrow
- Devil's dung – asafoetida
- Devil's ear – wakerobin
- Devil's eye – henbane or periwinkle
- Devil's flower – bachelor's buttons
- Devil's fuge – mistletoe
- Devil's guts – dodder
- Devil's herb – belladonna
- Devil's milk – celandine
- Devil's nettle – yarrow
- Devil's Shoestring: Various varieties of vibernum, esp Black Haw, cramp bark, hobblebush
- Dew of the Sea – Rosemary
- Dog Berry – wild rose hips
- Dog's mouth – snap dragon
- Dog's tongue – hound's tongue
- Dove's foot – wild geranium
- Dragon – tarragon
- Dragon Flower – blue flag (really, wild iris? not an arum or an Antirrhinum?)
- Dragon wort – bistort
- Dragon's blood – calamus
- Eagle – ramsons Allium ursinum
- Earth apple – potato
- Earth smoke- fumitory
- Elf's wort – Elecampane Enchanter's plant – vervain
- Englishman's fruit/ White man's foot – common plantain
- Everlasting friendship – goosegrass
- Eye root – goldenseal

Continued...



Continued...

- Fairy smoke – Indian pipe
- Fairy fingers – foxglove
- Fat from a Head – spurge *
- Felon herb – Mugwort
- Five fingers – cinquefoil
- Fox's Clote – burdock
- Frog's foot – bulbous buttercup
- From the belly – Earth-apple. * Potato??
- From the foot – houseleek *
- From the loins – chamomile *
- Goat's foot – morning glory
- Goat's Horn – Fenugreek *Trigonella foenum-graecum*
- God's hair – hart's tongue fern
- Golden's star – avens
- Gosling's wing – goosegrass
- Graveyard dust – mullein (and sometimes it's just graveyard dust)
- Hag's taper – mullien stalk
- Hagthorn – hawthorn
- Hair of Venus – Maidenhair fern
- Hairs of a Hamadryas Baboon: Dill Seed *
- Hare's beard – mullein
- Hawk's Heart, Old Woman – Wormwood *Artemisia absinthium* crown or seed head * Hind's tongue – hart's tongue fern
- Holy herb – yerba santa
- Holy rope – hemp agrimony *Eupatorium cannabinum*
- Horse tongue – hart's tongue fern Hundred eyes – periwinkle

Continued...



Continued...

- Hundred eyes – periwinkle
- Innocence – bluets
- Jacob’s Staff – Great Mullein
- Joy of the Mountain – Marjoram
- Jupiter’s Staff – Great Mullein
- King’s Crown: Black Haw viburnum
- Knight’s Milfoil – Yarrow
- Kronos’ Blood – sap of Cedar *
- Lady’s glove – foxglove
- Lamb’s ears – betony but more likely lamb’s ear Stachys byzantina
- Lion’s Hair – The extra little roots that stick out of the turnip bulb or the base leaves Brassica rapa *
- Lion’s tooth – dandelion
- Little dragon – tarragon
- Love in idleness – pansy
- Love Lies Bleeding – amaranth (Not so ancient, a modern ornamental variant)
- Love Leaves – burdock
- Love man – goosegrass
- Love Parsley – lovage
- Love root – orris root
- Maiden’s Ruin – Southernwood
- Man’s Bile – Turnip Juice *
- Man’s Health – Ginseng
- Master of the Woods – Woodruff May Lily – Lily of the Valley
- May Rose – Black Haw viburnum
- Old-Maid’s-Nightcap – Wild Geranium Password – primrose
- Peter’s Staff – Great Mullein

Continued...



Continued...

- Poor Man's Treacle – Garlic
- Priest's Crown – Dandelion leaves
- Queen of the Meadow Root – Gravelroot
- Queen of the Meadow – Meadowsweet
- Queen of the Night – Vanilla Cactus
- Rats and Mice – Hound's tongue
- Ram's horn – valerian
- Ring a Bells – bluebell
- Robin run in the grass – goosegrass
- Scaldhead – blackberry
- Seed of Horus – horehound
- See bright – Clary sage
- Semen of Ammon – Houseleek *
- Semen of Ares – Clover *
- Semen of Helios – White Hellebore *
- Semen of Hephaistos – Fleabane *
- Semen of Herakles – arugula *
- Semen of Hermes – Dill *
- Seven Year's Love Yarrow
- Shameface – Wild Geranium
- Shepherd's Heart – Shepherd's Purse
- Silver Bells – Black Haw viburnum
- Snake Root – black cohosh
- Soapwort – Comfrey or Daisy or maybe Soapwort
- Sorcerer's Violet – Periwinkle
- Sparrow's Tongue – Knotweed
- St. John's Herb – Hemp Agrimony
- St. John's Plant – Mugwort
- Star Flower – Borage

Continued...



Continued...

- Star of the Earth – Avens
- Starweed – Chickweed
- Sweethearts – Goosegrass
- Swine’s Snout – Dandelion leaves
- Tail of a Pig – Leopard’s bane *
- Tanner’s bark – toadflax
- Tartar root – ginseng
- Tears of a Hamadryas Baboon – Dill Juice *
- Thousand weed – yarrow
- Thunder plant – houseleek
- Titan’s Blood – Wild Lettuce *Lactuca virosa* *
- Torches – mullein flower stalk
- Unicorn’s horn – unicorn root or false unicorn root
- Urine – dandelion or maybe urine
- Wax dolls – fumitory
- Weasel – rue
- Weasel snout – yellow archangel
- Winter wood – wild cinnamon *Canella alba*
- White – ox eye daisy
- Witch’s Asprin – white willow bark (this is ancient?)
- Witch’s brier – wild brier rose hips
- Wolf claw – club moss
- Wolf’s foot – bugleweed Wolf’s milk – euphorbia
- Woodpecker – herbLpeony
- Worm fern- male fern *Dryopteris Felix-mas*
- Yerba Santa Maria – epazote



Under Thorn



By Opir

What Runic influence might we be under collectively at this moment in time? For all intent and purpose, it is obvious the answer is Thurisaz or Thorn.

This Rune puts us all at the threshold of the Door to the Future where we must all pause and think about the consequences progress along with good potentialities. This can be a tough energy for it is known as the energy of RECLAMATION. As things stand today there certainly is plenty to reclaim. So, how might you work with this energy on a personal level?

Imagine you are standing at a threshold. Your entire life lies behind you and below you. Crossing the threshold represents a new chapter - a new start in your life. What do you need to do before you cross the threshold? Contemplate all that has brought you to this point in your life. You will see and understand all that needs to be exposed and examined before transformation takes place. This pause requires patience but will be well worth the wait. Once you see everything clearly, bless it all and release it all, then take a step across the threshold.

Sound easy? It actually is not easy. Bear in mind “if we do not learn the lessons of history we are doomed to repeat them.” Be aware of false people or those who give your false information via media sources and politics both nationwide and local. They would be operating from the negative side of Thurisaz acting as the THORN. It can be duly noted that in the ancient arts, especially dark arts, this Rune represented the demon, the thorn and the War god Thor. It is aggressive energy. Use it wisely. Look for the illumination it can also bring.

The times are certainly changing and it seems the grip of much demonic evil is upon us breaking the Natural Laws of Life and the Universe. What you think and do and believe personally is absorbed by the Collective Consciousness and will make a difference in the grand outcome of events. The choice is yours.

A woman with large, light-colored wings is shown from the waist up, wearing a pink dress. She is holding a small, glowing bottle of magic in her right hand, and a stream of white, ethereal light flows from the bottle, forming a large, winged shape in the air above her. The background is dark and textured.

“Magic”

*Sandra’s seen a leprechaun,
Eddie touched a troll,
Laurie danced with witches
once,
Charlie found some goblins
gold.*

*Donald heard a mermaid sing,
Susy spied an elf,
But all the magic I have
known
I’ve had to make myself.*



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ARCANUS OBSCURUM

Madelyn Alt QUOTE (*Lady of the Silver Moon*, pg. 47)

Madelyn Alt is the national bestselling author of the witchy and hip Bewitching Mystery Series, published by Berkley Prime Crime. Madelyn writes from her home, an 1870's era Victorian in northeast Indiana, which she shares with an extraordinary number of persons of the male persuasion of assorted ages and sizes, two Siamese cats who rule the roost, and a Shepherd-Lab mix sweetheart who is only too happy to let them. Quote was found @ Goodreads.com.

Ann 'Hecate' Abeyez (*Full Moon Wishing Candles*, pg. 48 AND *Herbal Codes Names*, pg. 49)

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

Opir (*Under Thorn*, pg. 58)

Opir is a Runemaster with over 40 years' experience in Runeology and occult arts. He lives in the South Eastern USA operating a small farm with natural gardens. He is fond of spending time by bodies of water (anywhere available) and spends most of his winters in Florida.

Shel Silverstein QUOTE (*Magic*, pg. 59)

Shel Silverstein was the author-artist of many beloved books of prose and poetry. He was a cartoonist, playwright, and poet, performer, recording artist, and Grammy-winning, Oscar-nominated songwriter. Quote was found @ Goodreads.com.

Sacred Sciences

The Universe is my real mother; and the Universal Wisdom is my dad.



Section Managing Editor – Anne Drake Sydney

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Sometimes I think I live in a gap between two worlds, one world that I have to wake up to, be adherent of the rules and live in a place that is dictated by others. A place I sometimes feel the fear of aging and dying before I have figured out what it is I am here to do.

That other world is sweet, fresh and misty, inviting adventure into the unknown, melding ancient wisdom with new discovery; the sunlight turning into moonlight and the spell of eternal life is never broken.

Perhaps in that gap I should repair the forgotten bridge from one side to the other, but truth be told, I don't want to. I don't want to because I don't have the energy to fix what is broken within. I am a wild, wandering nomad, I belong everywhere and nowhere all at the same time, and in that gap between worlds, I am free.



A Simple Thought

By Tamur 'Taron' Baysal

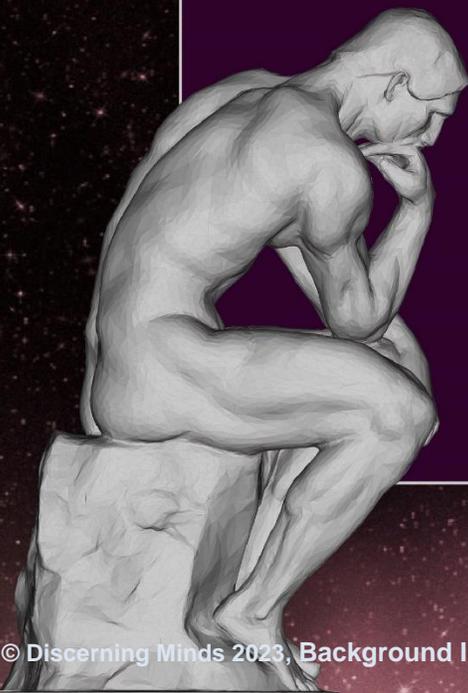
Every one of us represents a universal consequence. As much as each of us is the sum of all that featured into each, it is our own action that has the last word on the consequence that we represent in every living second.

If you externalize yourself, favor conscious dependency, give away as much responsibility as you can, you give away the strength of your last word and increasingly become merely a knot of consequences from the actions of others, the least controlled syllable of other people's last word.

Every child has to go through this period in which it unties the knot of dependency gradually, while learning to formulate ever so much more consciously the cause for which it's self will be the consequence.

The universe had a clear reaction in giving birth to this child, in having this soul become flesh then and there. Given into it is the wisest choice it had to offer for this very moment, which is a lifetime to come for this soul. It is given this form to shape all consequences from this moment on. With its life it will tell the universe the new truth, evolving on the face of cosmic reality, featuring into the sum of all.

This is why we cannot usefully coerce anybody into doing something she or he doesn't want to do. We can inspire, expand the realm of options which is truly as infinite as the universe, taking in account all the little nuances that one can chose, which all shape the consequence the each of us represents.





Once I Spoke As an Owl

By Edda the Poetess

Constellations,
Visions of ancient ones,
From bits of thought,
Entering blank minds.

Praising lewd gods,
Columns of stone,
Brought to form.
Violence wrought life.

The all forgiving savior,
Truth is expressed,
A crowd renewed,
With human bondage.

O, turn the earth golden!
Magic at the crossroads,
Teach suffering,
Learn humility.

Desirous of a life light prolonged,
Say yes,
Say no,
Where is Nirvana?

Continued...



Continued...

The lost desired dreams of mystics' mirth,
Stranger on the strand,
You could have judged,
With a better eye.

When it is dark enough you can still see the stars –
The less now I speak.

The Truth Is Out There - *Not Anymore*

By Anonymous Reason

The Current Metaphysical Conundrum...

What the hell do you want? What are you looking for? Esoteric knowledge? Spiritual content? Perhaps some supernatural truths? Something that reflects something greater than you? Is the truth really out there? Have you been able to find it? OR Have you been redirected by the great god Google to sites full of fluff and garbage and silliness because that is the great god Google's chosen nonsense and **what it wants you to read**? Not to worry though they claim they have **experts** that do the selecting. Care to place a bet that these experts don't have a clue about metaphysics except for the generic definition they have slapped on it? You know, the old not knowing your ass from a hole in the ground (the negative construction comparison for stupidity)? Have you been finding out that other search engines are no better? Do you enjoy being dummed down by the ultimate reset by these search engines? You're not getting what you want, are you – all that inspires you, gives a lift and just makes you think? You may not ever again so do you think it might be worth it to bookmark the few worthy sites of information and knowledge that have supplied what you need?

What is metaphysics anyway? It is the **branch of philosophy** that deals with the first principles of things, including abstract concepts such as being, knowing, substance, cause, identity, time, and space. Aw, what's the matter? Too woo-woo for you to grasp?

Philosophy is to be studied, not for the sake of any definite answers to its questions since no definite answers can, as a rule, be known to be true, but rather for the sake of the questions themselves; because these questions enlarge our conception of what is possible, enrich our intellectual imagination and diminish the dogmatic assurance which closes the mind against speculation; but above all because, through the greatness of the universe which philosophy contemplates, the mind also is rendered great, and becomes capable of that union with the universe which constitutes its highest good. – Bertrand Russell

Metaphysics is a rabbit hole about which many disagree. Beyond the general lines of inquiry referenced above, debates abound over what metaphysics even is or should be — especially in its relation to modern science. However, as a quick summary we can say that, at root, many problems in science and philosophy — including whether we have free will, whether consciousness is physical, and what causation is — are metaphysical in nature. – Jack Madden

Why do you need it? So you can keep thinking and questioning and challenging all the bullshit that is being jammed down your throat.

Maybe you don't care. Maybe you just want to be a part of the slave nation that is being created where you don't have to think or worry about thinking because it is being done for you. Easy peasy life is breezy – right? Congratulations – you've given up your power to the fiends of control. So go ahead and crawl around in the muck and mire of dumb courtesy of the new Zombie Nation of control.

Continued...

Of course you could use your brain and be more specific in your web search by metaphysical/esoteric/spiritual topic rather than generally hoping a search engine will guide you to the right information. That is of course if you still have at least two brain cells to rub together for a spark of inquiry. You might even pick up a book – remember those?

Metaphysics forces the use of reason by questioning all that has been labelled truth. And how do you learn the truth? By using **Discernment** which is a Divine gift. Alas you'd have to engage metaphysically to learn more.

Well? As the famous ditty goes – “Whatcha gonna do when they come for you?” Because they are here just waiting to drain your brain and imprison you like some giant Jabba the Hut gelatinous mass of SEO control stripping you of your seekerdome.

R.I.P

Maybe it will be better for you in the next lifetime. Oh but you'd have to read metaphysics to find that out too.



For the New Age community -

'Ancient' knowledge is always considered unimpeachable and unimprovable.

Just as a diverse range of beliefs from Eastern mysticism to UFOs, energy dowsing to cryptozoology, are - though mutually contradictory - unquestionably accepted in the name of open-mindedness.



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SACRED SCIENCES

Riitta Klint QUOTE (*Truth, pg.62*)

Riitta is from Helsinki, Finland and currently lives in Fort Worth, Texas and maintains a studio in nearby Aledo. Between these two places is a lifetime spent traveling the world thanks to her father's career with IBM. Living in her native Finland, as well as in Iran, Portugal, Indonesia, Germany, Mexico, and the United States, together with extensive travel in Asia and Europe has shaped her unique vision and palette. Her work offers the viewer a front seat to that journey, and a threshold to cross over into their own imagination.

Timur 'Taron' Baysal (*A Simple Thought, Pg. 63*)

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

Edda the Poetess (*Once I Spoke as an Owl, pg.64*)

Edda "The Poetess" Strominger is retired living in New England. She considers herself a very old soul having tapped into several past lifetimes while under regression. Her poetry often reflects past life glimpses. These experiences have also contributed to her love of nature and the outdoors where she spends much of her time exploring with her dog Warrior.

Anonymous Reason (*Is the Truth Really Out There? pg.66*)

Anonymous Reason, in keeping with his pseudonym, wishes to remain anonymous and for readers to heed his words.

Mark Crutchfield QUOTE (*The Last Best Gify, pg. 68*)

Mark Crutchfield is a minor character in his own fictitious autobiography, "I Didn't ASK To Be Born!" which he hasn't written yet. Philosophers, scientists and librarians are working to explain how this is possible, so Mark's belligerence is proving to be a virtue in the face of claims that he shouldn't exist.

CREATIVE MUSINGS

Drawing is not what one sees, but what one can make others see.

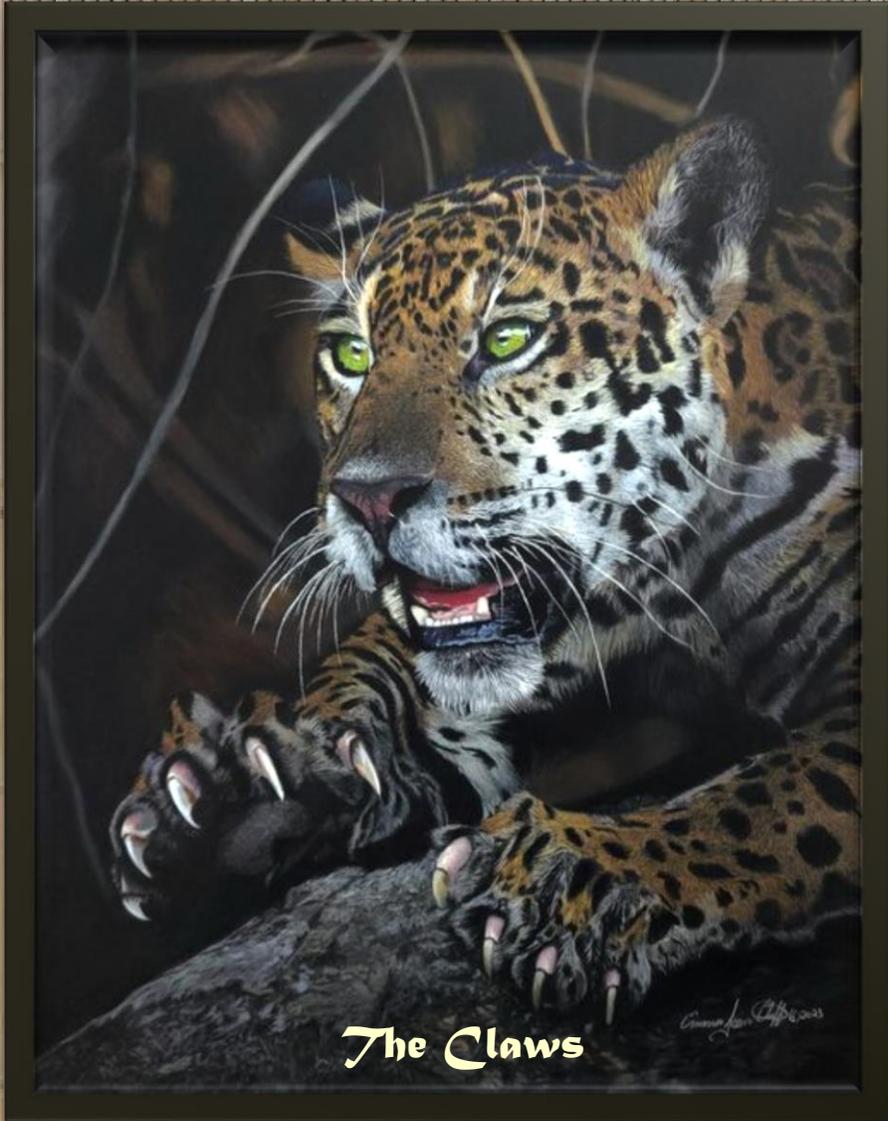


Section Managing Editor: Marique 'Mary' Travers

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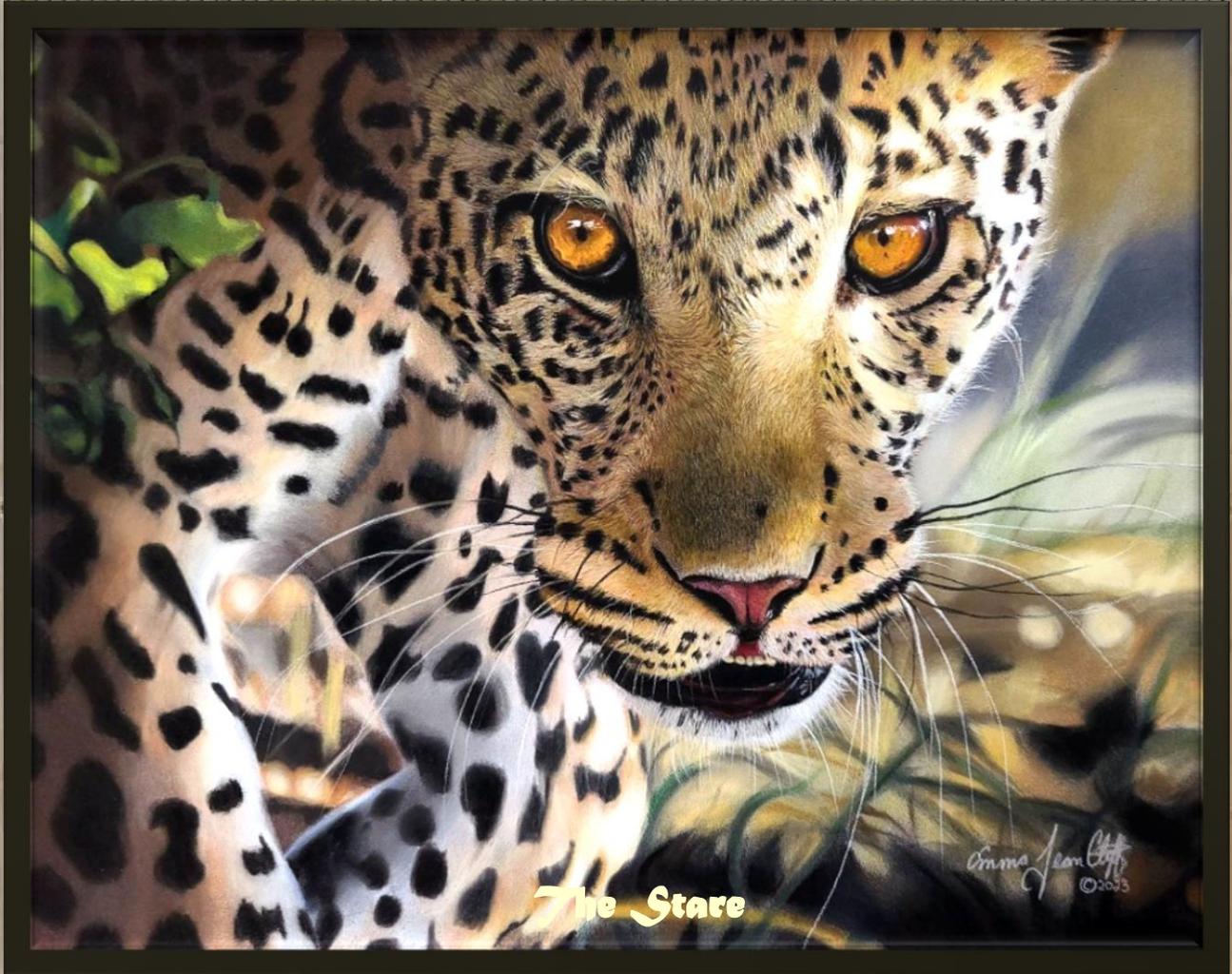
Emma-Jean Cliff
Art Gallery



Emma-Jean Cliff
Art Gallery



Emma-Jean Cliff
Art Gallery



Patrick Marino Art Gallery



Patrick Marino Art Gallery



Patrick Marino Art Gallery



Sleep

By Edythe Renz Pearson

The wings of love are too swift my dear
For only a heartbeat ago you were here.
Your kiss was a passion,
Your love was a marvel so warm so condescending,
Our dreams were a network of glitter and glory
Our whispers as tender as love story.

Come back to me darling and softly enfold me.
Tell me you love me as gently you hold me
As words receding return to the shore,
Return to me quickly. And leave me no more.
Then I'll know rapture, as wild as the wind blows,
That only the lonely and languishing heart knows.

A Lesson on Emotional Alchemy

By Luna Mereo

She cried in the closet again tonight.
Slipped away into that tiny place—

Her stomach, still in her throat. Tiny hands, shake.
Don't let any of them here Hear.
Lest they get too near.
That kind of sorrow leaves a mark.

You can't forget a person in the throes of such agony.
It gives you your own brand of PTSD. Isn't it a lark?!
PTSD begets more PTSD. And so on and so forth

But if you hold it all In.— You'll explode, or implode.
Heller's catch 22 never dies. What's the ticket?

What's the trillion dollar answer to the proverbial question?
That hangs in the balance every single night??!
I refuse /she refuses. Disassociation, Regurgitation.
Reinvention. Escapism. It's all some form of emotional alchemy,
If you try hard enough.



The Last Nest

By Luna Mereo

Shape shifting souls on the subway,
With gnarled fingers,
Back and forth through time--

Grannies holding carts and more carts of belongings:
Gypsies.
Displaced--
Thousands of miles from home.

You see the stories of the ancients in her eyes.
The great grandchildren took her TV away today,
Brought it to pawn.

My glorious little bambinos
My precious little lambs

"Call your mother."
"Call your mother."

You didn't die.
You just temporarily disconnected.
It's not the psych ward,
It's a resting chamber.

See, mom, look!!!
No hands.
(Anymore)



"Inclusion"

By Luna Mereo

*Run rabbit run.
He's got a gun this time.
He won't make it out alive.*

*You won't either.
Your little hands are too cold,
Too seized up.*

*The cats took your tongue.
The doctor,
Wiped
The hard drive clean.*

*The vegetable/vestibule
That you are:
Stands in one place,
Softly swaying.*

*You've got to settle into this.
It's only darkest before dawn,
Then you can rest.*

*Sooner or later you wake up,
Light looks different,
A different song is playing.
Here, there, somewhere.*

*It won't stay the same.
It never does.*



POETRY

By Nitish Purusram

“To Meet Our Pain”

The more we choose
To meet our pain and suffering
With loving intent and faith,
Instead of fear and doubt,
The more refined
And evolved our
Souls become.



“Dusk and her embrace”

Day call, light cometh
A Shadow I see, a cloak drawn
Over my insomnia, forever buried
Dawn you say, dusk I see
Solace, her embrace



“Wisdom from Woe”

On a cold night, by the candlelight
She burnt the midnight oil, the frost felt like torment
She bore the pain, consumed by it
Like a tight harness, her captive soul
Nocturnal bondage, a solitary plight
But woe brings wisdom, so it dawned upon her
Thy success tastes the sweetest, when paved with tribulations
Her fiery heart beckoned grind, amidst the dark gloom
She embraced her lament, and toiled from dusk till dawn



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CREATIVE MUSINGS

Emma-Jean Cliff (*Art Gallery, pgs. 71-73*)

I am forever chasing shadows, light, and the life within them. Trapping an infinitesimal moment in time and pulling all the senses into the world that I have created. I engage more than just the eyes with my work; I create a world where you can feel the wind holding the hair aloft, smell the sweet scent of flowers, and feel the warmth of the light. I work in two mediums, graphite (pencil) which will always hold a special place in my heart. This was the first medium that I ever put my hand to. Pastel is the other medium that I work in, this being my colour variant. I work fluidly between each of these mediums, each imparting their own beauty and charm, creating a unique feel and life to each work create using them. One would say that I work in realism, but this is just a fortunate side effect of trying to capture the light and shadows in each piece that I bring to life. I am as much a magician as I am an artist, for much of the detail that is seen is all but an illusion that I have created on the page by playing with shading and light. I love nothing more the disappearing into the page, a world of my hand, a story written not in words, but in colours and shape. Speaking as loud as the roar of thunder without saying a word. Please follow and contact me for commissions or to view my artwork through these pages: www.facebook.com/Emma-JeanCliff , www.facebook.com/shadowsfineart and www.instagram.com/shadowsfineart

Patrick Marino (*Art Gallery, pgs.74-76*)

Patrick is a lifetime resident of New England. He is a retired music teacher having mastered over 30 instruments. He currently performs with his wife Jane at local gigs. Painting is a hobby and he enjoys displaying his work at local craft fairs and art studios. He takes art requests for specific subjects. He can be reached at pandjmarino@gmail.com .

Edythe Renz Pearson (*Poetry, pg. 77*)

In loving memory of my mother and her poetry which I cherish. My mother was in a singing group who went to nursing homes and sang. She loved to share of herself and had an angelic voice. She loved making people happy and feeling that she cared. She wrote a section in the local newspaper and had a lifelong passion for writing, especially poetry. She worked at a TV station when she was starting her career and met a lot of interesting people. She wrote poetry all her life to celebrate life and creativity. She passed on November 6, 2017 and left a legacy of wonderful poetry.



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Luna Mereo (*Poetry, pgs.78-80*)

Luna Mereo has been tangling her emotions and observations into words since the first grade. Inspired by the confessional writers, she writes to escape and to survive. Luna is a proud shelter cat mom, and animal lover. She also enjoys photography and playing the bass in her spare time. Her muse is life.

Nitish Purusram (*Poetry, pg. 81*)

I am Nitish from Mauritius although I have lived many years in England. I am a lawyer and an English tutor. I love writing poetry and quotes in my spare time. I am fascinated by the English language and literature. Words are a way for me to convey my feelings and emotions. I have recently started an Instagram page called musingsofananglophile, where I share my book reviews, quotes and poems by my pen name Tishknot. I am delighted to be able to share my literary work with the world. My dream is to see all of humanity live together in peace, love and harmony.

Odd Vant Garde



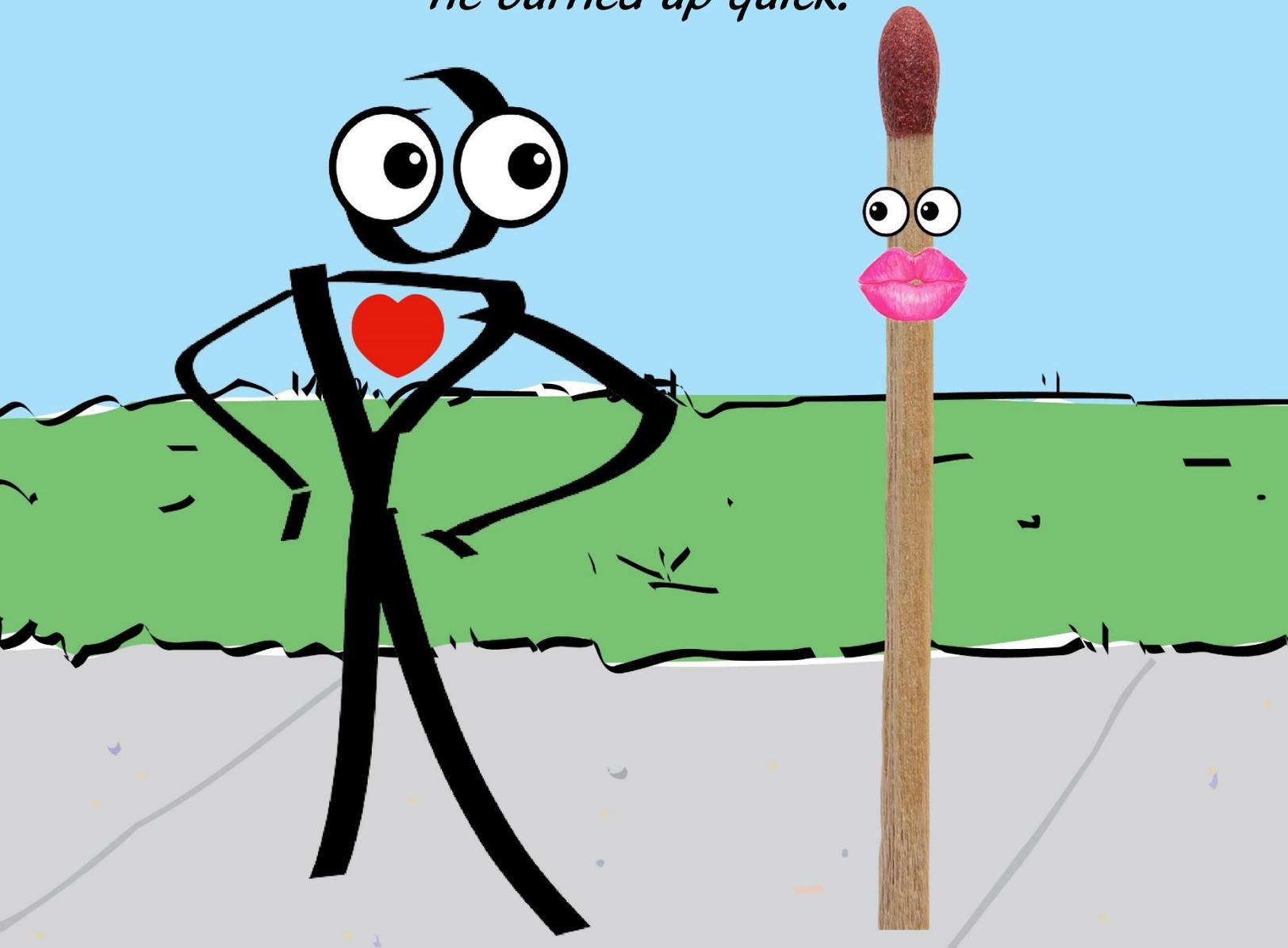
Section Managing Editor – Oscar ‘Trashman’ Corelli

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*Stick Boy liked Match Girl,
He liked her a lot.
He liked her cute figure,
he thought she was hot.*

*But could a flame ever burn
for a match and a stick?
It did quite literally;
he burned up quick.*



STUCK

By Charles Clark Kent

When you were growing up did anyone ever tell that there were questions in life for which you would just not receive an answer? Were you ever told that maybe you were not really seeking the right answers but the right questions? Were you ever told that some self-enquiry - looking deep within yourself would yield the answers you sought? When you did not get the answers did you feel immobilized and just give up and move on to something else knowing full well that the lack of an answer was going to exist stuck in your mind stuck in some remote corner of your brain waiting to be triggered once again? Were you even told that not being able to find answers was because you lacked faith or self-knowing? Unresolved answers can drive you up the proverbial wall but we keep asking them anyway.

So what does a human do? How about asking a friend or a relative? Who knows they just might have the answer. OR how about an evening searching the internet so the mind can be persuaded to run on endless tangents that only produces more questions? Then there is the "spiritual" factor where you ask to yourself, "Am I even mature enough to appreciate the answers?"

Then there is the "nature" of the questions being asked ... questioning the question and if it should even be asked in the first place. What if a short answer should be received? Suspicion may set in and the rational part of the brain says, "Is this false or true?" leaving doubt and the creation of more questions. Should a lengthy, flowery answer occur engaging the creative aspect of the cerebrum, would it be worth the time to cut through what would in most cases be obvious feel good self-help psychological bullshit? Yes, you have crossed over to the dark side. Run...

Then there is the philosophical aspect of questions that tells us that answers bring resolution and wisdom (or wisdumb depending on how you look at it) which of course varies from person to person. Personally, I have seen that one backfire for many people who lamented, "I wish I never asked," And "Did I dig too deep?"

It can all be a self-reinforcing loop because life is uncertain and can be a bitch. The challenge of living all wrapped up in a nice box topped with pretty little bow. You are going to open that box and you know it. Is it a Pandora's Box? Does it matter? Did it ever occur to you that maybe your brain is just amusing itself? It does need constant stimulation you know.

Here's what I have come down to in this quote:

“I would rather have questions that can't be answered than answers that can't be questioned.” - Richard Feynman

So, where the hell are the answers?

Maybe they are where you left them.



As It Should – A Brand New Fairytale

By Glinda the Good

People often muse about living in a fairy-tale like environment where all is perfect and wonderful and rewarding. Everyone is equal and there are no cares or worries. There is a word for that- UTOPIA. These same folks unfortunately are easily duped in the early stages of disillusion into to thinking and believing that all of these wonderful things are offered not in a UTOPIA but in a DYSTOPIA.

DYSTOPIA is defined as: an imagined state or society in which there is great suffering or injustice, typically one that is totalitarian or post-apocalyptic. What's that you say? You've heard it all before? It would never happen that way? Life would be better with just a few more rules? All would be well and that is ALL just propaganda? My friends – you have already taken the first step into the darkside. Maybe you just don't want to deal with reality anymore so you have conveniently retreated to your safe brain space where everything is just fine and progressing as it should.

“As it should” – such an interesting phrase. We are all subject to “as it should” thinking in one form or another. Kind of bounces out any notion of “as it shouldn't,” right? Yes, “as it should” begins to sound like propaganda after a while to those who are astute. Know this – Propaganda is used to control the citizens of society. Information, independent thought, and freedom are restricted/ censored. A figurehead or concept is worshipped by the citizens of the society. It does seem a large percentage of the population supports this type of thing these days thinking that it will all lead to a better world. So let's review the unraveling of the Fairy-Tale the just plain old bullshit future Utopia and see what Dystopia offers: **Characteristics of a Dystopian Society**

- **Propaganda** is used to control the citizens of society.
- Information, independent thought, and freedom are **restricted/ censored**.
- A **figurehead** or concept is worshipped by the citizens of the society.
- Citizens are perceived to be under constant **surveillance**.
- Citizens have a **fear of the outside world**.
- Citizens live in a **dehumanized** state.
- The **natural world is banished** and distrusted.
- Citizens **conform** to uniform expectations. Individuality and dissent are bad.
- The society is an **illusion of a perfect utopian world**.

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Types of Dystopian Controls

Most dystopian works present a world in which oppressive societal control and the illusion of a perfect society are maintained through one or more of the following types of controls:

- **Corporate control:** One or more large corporations control society through products, advertising, and/or the media. Examples include *Minority Report* and *Running Man*.
- **Bureaucratic control:** Society is controlled by a mindless bureaucracy through a tangle of red tape, relentless regulations, and incompetent government officials. Examples in film include *Brazil*.
- **Technological control:** Society is controlled by technology—through computers, robots, and/or scientific means. Examples include *The Matrix*, *The Terminator*, and *I, Robot*.
- **Philosophical/religious control:** Society is controlled by philosophical or religious ideology often enforced through a dictatorship or theocratic government.

The Dystopian Protagonist

- Often feels trapped and is struggling to escape.
- Questions the existing social and political systems.
- Believes or feels that something is terribly wrong with the society in which he or she lives.
- Helps the audience recognize the negative aspects of the dystopian world through his or her perspective.*

That said, what is amusing about the current status of the USA is that the political divide has been mind-melded into thinking that each side is trying to that to the other side and neither has the inclination to take a sharper look. So, that state of mind makes it easier for “the big bad wolf” who literally doesn’t give a damn about either side, to take over.

The old books *we used to read* about Dystopian societies like *1984*, *Animal Farm*, *Fahrenheit 451*, *Brave New World*, *A Clockwork Orange* to name a few used to unnerve us to the core so badly that it threw us into states of ego denial – “fairytales” we told ourselves. “Never happen” we told ourselves.

It’s happening.

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Are we to just shrug it off and label it “simply the natural progression of society”? Are we to just sit on our hands and pride ourselves as “witnesses of the future”? Are we to just shake our heads in disapproval and compliance and say “We’re f*cked!”?

Fairytales are often violent in nature throughout their storylines but there is generally something to be learned from them by way of morals. So now the question becomes what are we learning here and now? Where is the hero who slays the big bad wolf or annihilates that nasty dragon who is destroying the country side?

You tell me because you are writing this tale. Sounds to me like you could use a good proof-reader.

Hurry up before you are cancelled.

*Miami Dade College - <https://libraryguides.mdc.edu/c.php?g=957851&p=6914808>



THE ESSENCE OF MASTERS

By Syd Alrruhi

As an inter-dimensional realm walker, I am often asked based on my experiences, who and what is a Master?

I never give a conventional answer so, hold onto your awareness.

Masters have appeared to many people in many forms over time and there is a basic reason for this which is human perception. Human beings have always perceived that which is incomprehensible in a form they can understand and relate to especially when speaking to others about them. One person may perceive these beings as a wise old man, a holy figure or a guru. Sometimes these beings even cloak themselves as appearing as Tibetans or Cosmic Teacher. This is all in order to make it easy to get important Universal messages across to humankind because the visages appeal to and are compatible with the human psyche. The same goes for names. These beings rarely give a name but rather leave that up to human ingenuity. This is why a form known by a certain name may appear to a human of another earthbound culture with a different name.

Masters are basically spirit beings on other planes of existence which belong to the Divine Universal Mind or Divine Will if you prefer. They are formless but understand that they are Souls. Let that sink in for a moment. Their goal is to direct us towards Cosmic harmony. They have the ability to absorb our actions so that we may be directed 'back on path' to be cliché. They avoid Earth languages as it means nothing to them and connect with humans telepathically. This makes perfect sense when one considers that we humans do not think with words but rather in ideas and feelings. On the unconscious level of Self, this all comprises a language that ALL people can understand. Masters of course promote discernment as a necessary tool for digging in this far into the Universal Mind in order to avoid tricksters. Now for those of you who are advanced thinkers, the term Universal Mind may have other less savory connotations and of course, you would be correct, however my purpose here is to use phrasing that supports the idea of communication. So, all in all, the wise person when confronted by such a being should challenge it and its appearance before going further and I want to be very clear about that.

An individual may or may not remember the experience of meeting a true Master and only the Master knows the real reason why but be assured whatever lesson was given, it remains in the subconscious and will manifest as certain actions when the time is right. Some people relate all of this to religious experience but I don't find that to be necessarily so. Some find it apropos to meditative or contemplative states. Sometimes it just happens without rhyme or reason. I do know a few individuals who once connected, are able to seek assistance from a Master during important times in their lives. But, understand this, a Master can refuse to answer if whatever subject is being broached is not in the plan.

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I have also been asked many times if an individual needs to have a high level of extrasensory perception or be gifted in mediumship to have a meet and greet with a Master. The answer is yes and no. To espouse such abilities may help the process along but be assured the Masters go where they go when they want to for specific purposes. If you would like to read up on a real human who had experiences like I describe, research Olof Jonsson who was a famous twentieth century psychic sensitive who participated in Edgar Mitchell's Apollo 14 ESP experiment in 1971.

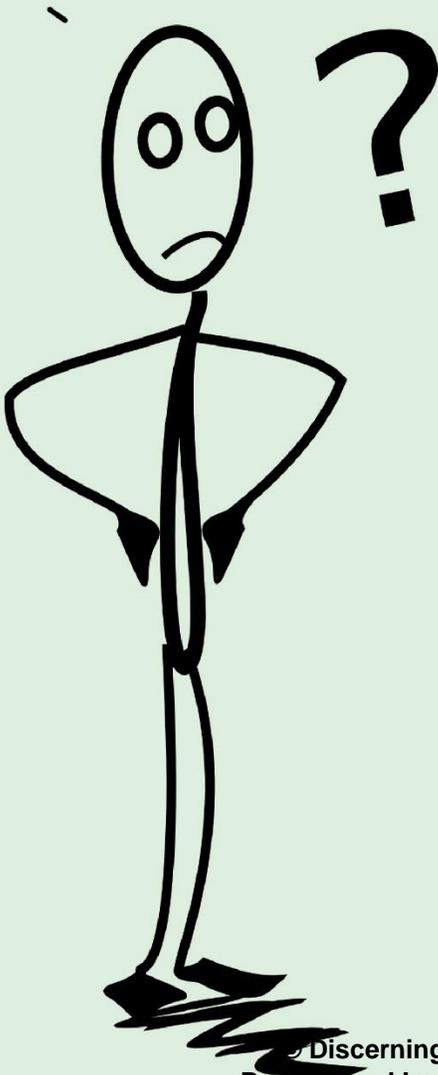
Should you truly Meet a master, know you are blessed and for Heaven's sake pay attention.

For every nonsense that is written, there is a sense behind the 'NON'.

Not until we go behind the 'non', we shall least see the sense.

If we stand in front of the nonsense, the 'non' shall always face us. It may only take a step taking to go behind the 'non' to see the sense the 'non' is obstructing.

There are so many people who quit so quickly just because they look at the non in front of the sense and they conclude that sense can never come after 'non'.





AUTHOR BIOGRAPHIES



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ODD VANT GUARDE

Tim Burton QUOTE (*Stickman Liked Matcg Girl, pg.85*)

Timothy Walter Burton (born August 25, 1958) is an American filmmaker and animator. He is known for his gothic fantasy and horror films. Burton, who became interested in drawing and filmmaking while quite young, attended the California Institute of the Arts and later worked as an animator at Disney Productions.

Charles Clark Kent (*Stuck, pg. 86*)

Charles Clark Kent (whose parents had a sense of humor when naming him) also known as The Great Initiate 5 was born in the Midwest on a farm. He had many psychic experiences as a child which led him to question everything. He is currently writing a book about these experiences which is expected to be published in 2024. He currently lives in New England with his wife Suellen and their three children. Life is good.

Glinda The Good (*As it Should – A Brand new Fairytale, pg.87*)

Glinda prefers to remain anonymous except to say that she considers herself to be a good will ambassador with an outspoken mouth.

Syd Alrruhi (*The Essence of Masters, pg.90*)

“Syd Alrruhi” is the pseudonym for Gerome Cass. Gerome considers himself to be the “evolving man.” Psychic experiences and out of body travel have been a part of his entire life. Gerome holds a Ph.D. in both psychology and physics which he describes as the red and blue pills and part of the Matrix construct and the thought controlled process. He also feels that people care too much about what others think and that it creates a spiritual block to attainment.

Ernest Agyemang Yeboah QUOTE (*“NON’ sense, pg. 92*)

A gifted Ghanaian writer and a teacher, Ernest Agyemang Yeboah is endowed with deep thoughts about life, living and the reasons for living life to leave distinctive footprints. He writes to depict the essence, reasons and realities of life: how people lived it, why and how people are living it, and why and how people want to live it, and the lessons of life for us to reason. His quotable words give reasons to ponder.