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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, messengers.

Alchemycal Prose – Poetry, prose, fantasy tales, stories with morals or messages.

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



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The Human Condition

Tell people there's an invisible man in the sky who created the universe, and the vast majority will believe you. Tell them the paint is wet, and they have to touch it to be sure.



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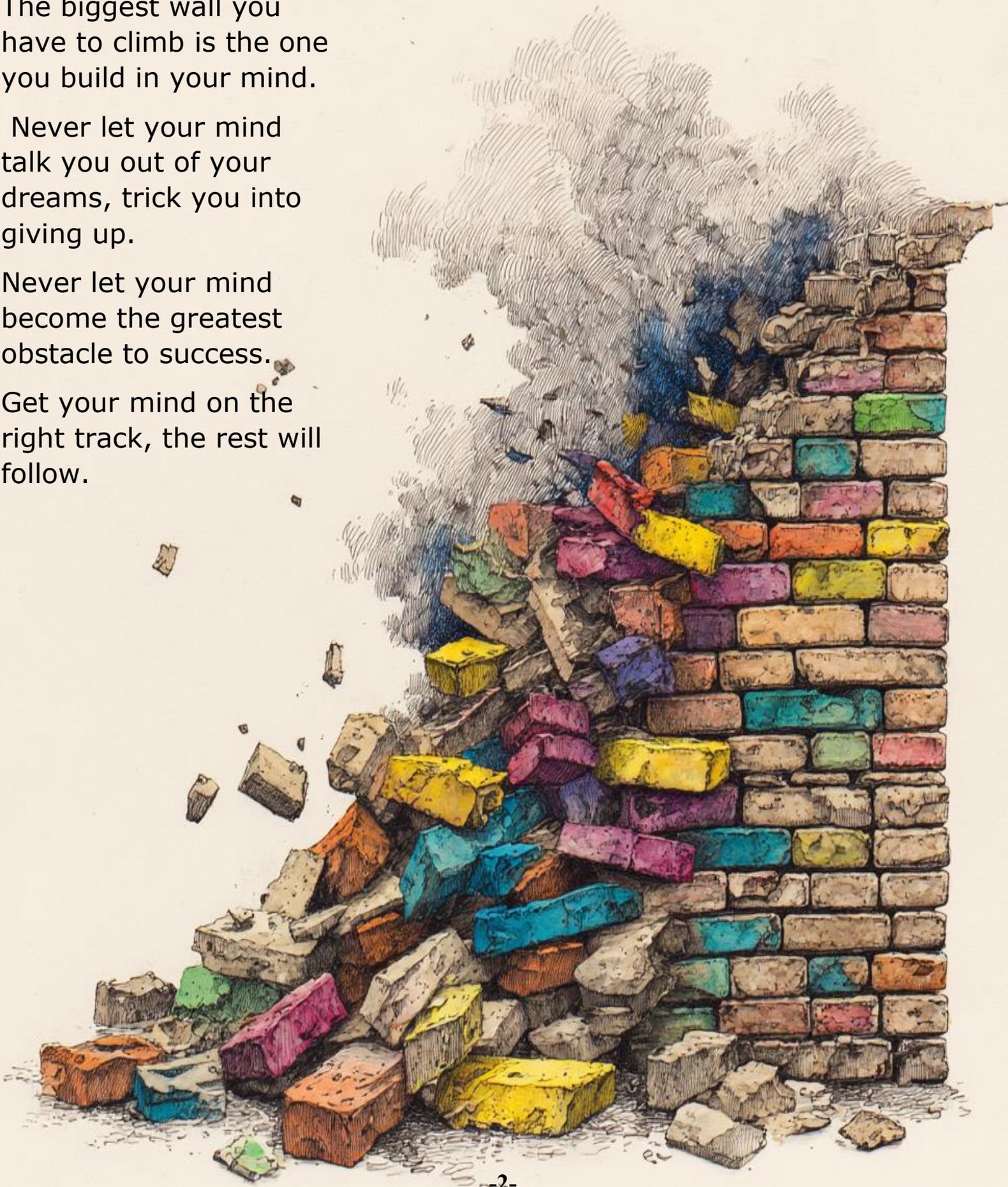
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The biggest wall you have to climb is the one you build in your mind.

Never let your mind talk you out of your dreams, trick you into giving up.

Never let your mind become the greatest obstacle to success.

Get your mind on the right track, the rest will follow.





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

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).

Continued...

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?



Liar. Liar. Pants on Fire...

By M. "Protagonist" Wilson

Let's keep this simple:

Today, lies are everywhere. The Media is ripe with liars of all sorts from the individual seeking Aggrandizement to politicians seeking power. So, what makes the average person believe a lie? It starts with self- deception.

Self-deception is a process of denying or rationalizing away the relevance, significance, or importance of opposing evidence and logical argument. Self-deception involves convincing oneself of a truth (or lack of truth) so that one does not reveal a self-knowledge of the deception. ¹

It seems that lying in today's society has almost become moral. Does that imply it is ok because it is a means to an end? Anyone with two brain sparks looking at the news will know without a doubt this is so. And they have *morally* chosen the side they think is true.

How does this all get justified in the human thought process. Consider some of these circumstances:

A person who has always valued truth in the long run and suffered for it time and time again may finally decide that a lie is preferable to being hurt. It becomes not only justifiable it becomes ethical. As this spreads, it can become a community standard of deception. It is simply easier and pays off better to believe a lie and propagate and spread that lie.

No wonder we are in trouble.

What fuels all this is personal and group think that it would be unbearable to be proven wrong. Which is an ego deficit. Who wants to be proven a fool when they are riding high on the golden sleigh of deceit?

As time goes on, hate to be cliché, but the truth will come out. It will be a bitter pill and many will resist and persist in upholding the lies out there never to be convinced otherwise. Counseling would be helpful because in general those who believe in lies have low self - esteem coupled with a poor sense of self.

Continued...



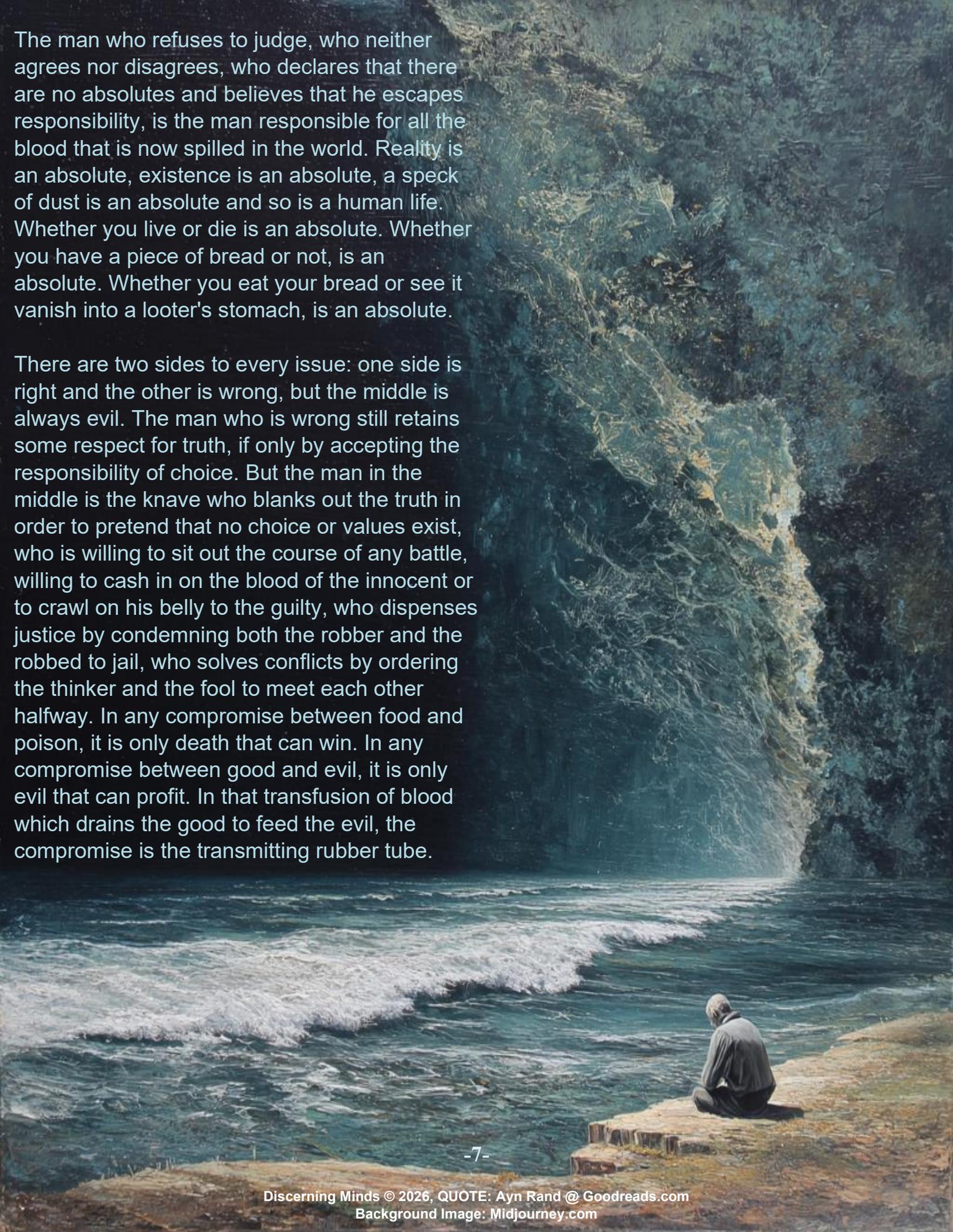
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They will jump onto any boat of lies because it proposes power such as the political party in power for example. What they should really be is afraid of such platforms and run away screaming. But again, that would require an internal come to Jesus meeting with themselves forcing them to think for themselves which they are not capable of doing.

It's "safer" and more empowering you see to stick with the lie. No one can get you ... that is until the liars themselves come for you.

1 wikipedia.com





The man who refuses to judge, who neither agrees nor disagrees, who declares that there are no absolutes and believes that he escapes responsibility, is the man responsible for all the blood that is now spilled in the world. Reality is an absolute, existence is an absolute, a speck of dust is an absolute and so is a human life. Whether you live or die is an absolute. Whether you have a piece of bread or not, is an absolute. Whether you eat your bread or see it vanish into a looter's stomach, is an absolute.

There are two sides to every issue: one side is right and the other is wrong, but the middle is always evil. The man who is wrong still retains some respect for truth, if only by accepting the responsibility of choice. But the man in the middle is the knave who blanks out the truth in order to pretend that no choice or values exist, who is willing to sit out the course of any battle, willing to cash in on the blood of the innocent or to crawl on his belly to the guilty, who dispenses justice by condemning both the robber and the robbed to jail, who solves conflicts by ordering the thinker and the fool to meet each other halfway. In any compromise between food and poison, it is only death that can win. In any compromise between good and evil, it is only evil that can profit. In that transfusion of blood which drains the good to feed the evil, the compromise is the transmitting rubber tube.



Day after day, countless people across the globe get on a scale in search of validation of beauty and social acceptance.

Get off the scale! I have yet to see a scale that can tell you how enchanting your eyes are. I have yet to see a scale that can show you how wonderful your hair looks when the sun shines its glorious rays on it. I have yet to see a scale that can thank you for your compassion, sense of humor, and contagious smile. Get off the scale because I have yet to see one that can admire you for your perseverance when challenged in life.

It's true, the scale can only give you a numerical reflection of your relationship with gravity. That's it. It cannot measure beauty, talent, purpose, life force, possibility, strength, or love. Don't give the scale more power than it has earned. Take note of the number, then get off the scale and live your life.

You are beautiful!"



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THE HUMAN CONDITION

Roy T. Bennett, QUOTE (*Walls, pg. 2*)

Roy T. Bennett, born in 1963, is the author of *The Light in the Heart*. He enjoys sharing positive thoughts and creative insights that have helped countless people live successful and fulfilling lives. He hopes his writing will empower you to reach your full potential. He is neither Robert T. Bennett (1939–2014) nor Roy Leslie Bennett (1957–2018). He is a writer, not a politician, and is still alive. Quote is from Goodreads.com

Aly “Zephyr” Nizen (*Enemy, Pg.3*)

Aly 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.’

M. “Protagonist” Wilson (*Pants on Fire, Pg. 5*)

Protagonist is a long-time metaphysician and observer of the human condition who dabbles in the paranormal. He lives in the great American Northeast where he is retired. He has five children and fourteen grandchildren of whom he is very proud.

Ayn Rand, QUOTE (*The Man who Refuses to Judge, Pg. 7*)

Ayn Rand also known as Alice O’Connor (born **Alisa Zinovyevna Rosenbaum** 1905-1982) Russian born American writer and philosopher’s writings espoused the doctrines of objectivism and political libertarianism. Rand advocated reason and rejected faith and religion. She supported rational and ethical egoism as opposed to altruism. She condemned the immoral initiation of force and supported laissez-faire capitalism, which she defined as the system, based on recognizing individual rights, including private property. Often associated with the modern movement in the United States, Rand opposed and viewed anarchism. In art, she promoted romantic realism. She sharply criticized most philosophers and their traditions with few exceptions. Quote is found @ Goodreads.com

Steve Mariboli, QUOTE (*Scale, Pg. 8*)

Steve Maraboli has electrified, inspired, and entertained a wide range of audiences in over 30 countries with his unique style of bridging cutting edge Behavioral Science, proven Business Methodologies, Humor, UNFORGETTABLE stories, and Social Insights.

A Matter Of Spirit

Don't gain the world
and lose your soul ...

Wisdom is better
than silver or gold...



Section Managing Editor – John “Salaam” Solis
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If the human spirit dreads anything, it is to finally arrive at some long fought for destination, and after celebrating the arrival to suddenly discover that there are no other roads that go forward from that place for there are no other destinations to go to.

And it is out of the life-sustaining passion of the human spirit to be ever-achieving that God crafted beginnings and endings so that such a horrific reality will never be reality.



The Illusions of Spirituality

By Marc Eden Of 7th Dimension Energy

By someone who has nothing left to chant

They say you're a soul.

You say you're on a journey.

But here you are—scrolling, tired, broke, afraid to die, afraid to live, clinging to meaning like a man clutching a dream that's not even his.

Spirituality sells itself as freedom.

It smells like incense but costs like therapy.

It promises answers, but only after you've learned to ignore the question.

Crystals. Tarot. Energy healing.

Psychics with PayPal links.

A medium channeling an ancient being named K'Zark who—conveniently—speaks only in vague affirmations.

“You already know the truth.”

“You are light.”

“You are exactly where you need to be.”

Translation: Keep paying. Don't ask for proof.

Let's be honest.

Spirituality is just another subscription model for people who think religion is too rigid but still can't sleep at night without someone whispering that the universe loves them.

You escaped the church only to join the cult of the self.

You swapped commandments for vibrations.

But you're still obeying.

People talk to spirits.

People “download” messages from source.

People claim they're old souls who chose this life to suffer and grow.

That's one way to cope with capitalism.

Continued...



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Another way is to admit:

You're scared.

You're lost.

And chanting mantras over your anxiety doesn't make it disappear—it just gives it prettier wallpaper.

You want to believe there's a reason.

Because reason means pattern.

And pattern means control.

But the truth is, life might not be a puzzle.

It might be a storm.

And some people would rather believe they were struck by lightning for a purpose than admit the sky never knew their name.

Here's the part they don't tell you:

Spirituality isn't threatening because it's fake.

It's threatening because it gives you the illusion of agency in a world that mostly doesn't care.

You lit candles. You visualized. You meditated.

And he still left.

And the job still vanished.

And your mother still died alone in a room full of wires.

But you tell yourself it was karma.

Or "part of your soul contract."

Because the alternative—that things just happen—is too unbearable to face.

"People don't believe things because they're true.

They believe things because they're useful."

And spiritual belief?

It's emotionally useful.

Psychologically lubricating.

And completely unverifiable.

You can't falsify a chakra.

You can't peer-review an aura.

You can't replicate a divine message on demand.

But it feels good.

So it spreads.

Continued...



Continued...

This isn't an argument against wonder.

Or awe.

Or beauty.

It's an argument against pretending your candlelit rituals have more evidentiary weight than someone else's holy book—just because your version comes with dreamcatchers and white sage.

In the end, you're not wrong for seeking meaning.

You're human.

But let's not confuse comfort with clarity.

Let's not call every dopamine hit "alignment."

And let's not build a new cage out of rainbow-colored bars.

Spirituality might feel like escape.

But sometimes, it's just another mask the system lets you wear while it teaches you to sit still and smile.

The Lord's Prayer Redux

By Taron

No doubt, some of you may think I was losing it right now completely, but bear with me on this one, for it's fairly amazing, I promise!

The premise here goes:

The Lord's Prayer tells you all you need to know on the most fundamental level and provides the most important guidance you need.

But for that to work, you have to actually understand what it means and that's not trivial at all.

A little orientation to decode it all:

The source starts ultimately as the well of creation, the point from which eternity spawns the "infinite" (for all we know) creation. Creation evolves in steps. Each step forms a quantum with which to create the subsequent step. To each step, the former step can be considered "the father", even if great many steps lead back to the ultimate origin.

Every step is really an expansion of the source, but let's evade this tangent for a moment...

We, the souls behind the human beings we are on this earth, are ideal or in perfect harmony within ourselves as souls, a complex quantum to build the next step of creation.

Now let's have a look at the "prayer" itself and see how it offers guidance:

"Our Father in heaven" (the source which formulated our souls)

"Hallowed be your name" (bring to completion the "name", which really is "the verse" or "sound" and very important to understand!)

"Your kingdom come" (see above, make this "world" a proper expansion- or part- of the source)

"Your will be done on Earth *as in* heaven" (not "...as it is..."), which means "like you know as informed by your higher ideals".

Continued...

"Give us this day our *daily* bread" ("daily" is plain wrong, the original word out of the Greek was "epiousios", alluding to- and I quote- "superessential"/"supersubstantial". Could simply mean: "The bread we need", as in: "Let us recognize and consume the abundance we are being given here on Earth")

"And forgive us our sins, for we ourselves forgive everyone indebted to us" (So vital, for our focus must be to manifest ideals and not get hung up on the chaos of the past. It can only ever be in the way. Learn from it by informing your ideals, but don't get stuck because of it!)

"And do not bring us into temptation, but rescue us from evil" (Although "evil" is a translation of the Greek word "*ponērou*", which means MUCH rather to help us through the **grievous toil** and acknowledges thereby the tremendous challenges we are facing here. It's well worth it to expand on that topic, for we are truly in a fairly big crisis because of just this exact challenge!)

"For yours is the kingdom, the power and the glory forever. Amen" (Almost a redundant thing to add and just a last reminder that you need not worry too much, because it all will keep going until it works out and then only to yet raise the manifestation of the eternal potential. May sound a bit frustrating to some, hahaha, but fear not, you (and we all) do it for a love we can briefly experience on Earth, but are fully immersed in beyond it UNTIL we manage to bring the permanent immersion in this love to Earth. So, there really is no "losing", but simply still a lot of work to be done. So be it!)

None of this will answer all our questions, because it's not designed to answer them. It is designed to remind you of who you are, where you are and why you are! How you are, well, that is actually on you and in a way it's on all of us!



Three little mice fell in a bucket of cream.

The first mouse quickly gave up and drowned. The second mouse, wouldn't quit, was strong willed and kept trying various ways to get out and continued to think the third was not very smart by swimming fast. The second struggled so hard and long that eventually he found a way out, (helped by the substance which the third was making). But due to the tremendous effort and time, was physically and mentally wore out and lost out on a successful, enjoyable life.

Shortly after the second finally got out, the third mouse had churned that cream into butter and simply crawled out. Having kept a constant, steady pace while trusting its Creator had a full, exciting and joyful life.



Religion.

Your reason is now mature enough to examine this object. In the first place, divest yourself of all bias in favor of novelty & singularity of opinion... shake off all the fears & servile prejudices, under which weak minds are servilely crouched. **Fix reason firmly in her seat, and call to her tribunal every fact, every opinion. Question with boldness even the existence of a God; because, if there be one, he must more approve of the homage of reason, than that of blindfolded fear.** You will naturally examine first, the religion of your own country. Read the Bible, then as you would read Livy or Tacitus. The facts which are within the ordinary course of nature, you will believe on the authority of the writer, as you do those of the same kind in Livy and Tacitus. The testimony of the writer weighs in their favor, in one scale, and they're not being against the laws of nature, does not weigh against them. But those facts in the Bible which contradict the laws of nature, must be examined with more care, and under a variety of faces. Here you must recur to the pretensions of the writer to inspiration from God. Examine upon what evidence his pretensions are founded, and whether that evidence is so strong, as that its falsehood would be more improbable than a change in the laws of nature, in the case he relates. For example, in the book of Joshua we are told the sun stood still several hours. Were we to read that fact in Livy or Tacitus we should class it with their showers of blood, speaking of statues, beasts, &c. But it is said that the writer of that book was inspired. Examine therefore candidly what evidence there is of his having been inspired. The pretension is entitled to your inquiry, because millions believe it. On the other hand, you are astronomer enough to know how contrary it is to the law of nature that a body revolving on its axis as the earth does, should have stopped, should not by that sudden stoppage have prostrated animals, trees, buildings, and should after a certain time have resumed its revolution, & that without a second general prostration. Is this arrest of the earth's motion, or the evidence which affirms it, most within the law of probabilities? You will next read the New Testament. It is the history of a personage called Jesus. Keep in your eye the opposite pretensions: 1, of those who say he was begotten by God, born of a virgin, suspended & reversed the laws of nature at will, & ascended bodily into heaven; and 2, of those who say he was a man of illegitimate birth, of a benevolent heart, enthusiastic mind, who set out without pretensions to divinity, ended in believing them, and was punished capitally for sedition, by being gibbeted, according to the Roman law, which punished the first commission of that offence by whipping, & the second by exile, or death *in fureâ*. Do not be frightened from this inquiry by any fear of its consequences.



If it ends in a belief that there is no God, you will find incitements to virtue in the comfort and pleasantness you feel in its exercise, and the love of others which it will procure you. In fine, I repeat, you must lay aside all prejudice on both sides, and neither believe nor reject anything, because any other persons, or description of persons, have rejected or believed it. I forgot to observe, when speaking of the New Testament, that you should read all the histories of Christ, as well of those whom a council of ecclesiastics have decided for us, to be Pseudo-evangelists, as those they named Evangelists. Because these Pseudo-evangelists pretended to inspiration, as much as the others, and you are to judge their pretensions by your own reason, and not by the reason of those ecclesiastics. Most of these are lost...



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A MATTER OF SPIRIT

Craig D. Lounsbrough QUOTE (*What the Human Spirit Dreads*, pg. 11)

Craig earned an Associate of Science Degree from Hocking Technical College, a Bachelor of Arts degree in Religion with an emphasis in Christian Education from Azusa Pacific University, and a Master of Divinity degree in Family Pastoral Care and Counseling from Fuller Theological Seminary. He has completed his coursework for his Doctor of Ministry degree in Marriage and Family Counseling from Denver Seminary. Craig is a Licensed Professional Counselor in the State of Colorado and is ordained by the Evangelical Church Alliance. He is a certified Professional Life Coach. Quote was found at goodreads.com.

Marc Eden (*The Illusions of Spirituality*, Pg. 12)

Marc is a digital creator who lives in Johannesburg, Gauteng. Marc believes he was blessed with a creative eye and in expressing his creativity he is able to share a small part of his soul with everyone. Samples of his art can be currently found on <https://www.facebook.com/7thDimensionalArt>.

Timur “Taron” Baysal (*The Lord’s Prayer Redux*, pg. 15)

Timur was born in Germany. Professionally he is a digital artist for movies and venues as well as a software developer. He spent nearly 12 years in Los Angeles and then retreated to Croatia. For a mini view of Timur’s 3D animation visit <https://www.youtube.com/watch?v=gFxmWP7Ciuc>

Frank Abangale QUOTE adapted by Rev. Don Hauck (*Three Mice and a Bucket of Cream*, pg. 17)

Don holds a Ph.D. in metaphysics and parapsychology. He is the founder of the *Universal Light Church* of Cincinnati, Ohio. He is a highly respected and sought after speaker who has appeared on TV, radio, and educational lecture circuits for universities and high schools. Don is an advocate of individual rights and independent growth. <http://www.theuniversallight.com/>

Thomas Jefferson (*Religion – Letter to his nephew, Peter Carr, advising him on matters of religion, 1781, pg. 18*)

Thomas Jefferson was an American statesman, diplomat, lawyer, architect, philosopher, and Founding Father who served as the third president of the United States from 1801 to 1809. He was the primary author of the Declaration of Independence. His writings and advocacy for human rights, including freedom of thought, speech, and religion, served as substantial inspirations to the American Revolution and subsequent Revolutionary War in which the Thirteen Colonies succeeded in breaking from British America and establishing the United States as a sovereign nation.

BODY TEMPLE

The wound is where the light enters you.



Section Managing Editor – Lynda Lidel Harley

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It is your brain that decides to get you out of bed in the morning to exercise, to give you a stronger, leaner body, or to cause you to hit the snooze button and procrastinate your workout. It is your brain that pushes you away from the table telling you that you have had enough, or that gives you permission to have the second bowl of Rocky Road ice cream, making you look and feel like a blob. It is your brain that manages the stress in your life and relaxes you so that you look vibrant, or, when left unchecked, sends stress signals to the rest of your body and wrinkles your skin. And it is your brain that turns away cigarettes, too much caffeine, and alcohol, helping you look and feel healthy, or that gives you permission to smoke, to have that third cup of coffee, or to drink that third glass of wine, thus making every system in your body look and feel older. Your brain is the command-and-control center of your body. If you want a better body, the first place to ALWAYS start is by having a better brain.



Reasons for Failed Astral Travel

By Jace “Alchemyst” Javitz

The following offers physical and mental reasons for failed Astral Travel which have been brought to my attention by students over the years.

No Projection of Self -

This can be due to the fact that the physical body was just too tired. You may have felt sleepy or actually fell asleep while practicing. Solution: Simply do not practice when you are tired,

Tingling or cold numbness in hands or legs -

You failed to relax all parts of the body before breathing exercises at the beginning of the journey. Therefore, you awakened only the hands and feet of the Astral. Solution: Spend more time relaxing yourself thoroughly before beginning breathing exercises.

Feeling of being only slightly outside the Physical Body -

You did not move out far enough. Fear or newness caused the Astral to draw back into the physical. Solution: Renew the entire process to make sure you know it correctly, relax and try again. Do not worry about getting lost in your travels as that is the main concern with most people.

Partial success in seeming to leave the physical body -

This means you would have received some impressions, but, the Astral did not move out far enough away from the physical body. Solution: Be patient and keep practicing. It gets easier.

Beginning to leave the Physical Body but suddenly returning with a mental shock –

The element of fear or a feeling of coldness caused the Astral to return too suddenly causing the physical body to jolt. Solution: When we fear something, we keep telling ourselves that there exists something we don't understand which may be harmful. What's wrong with this kind of thinking? Simply – While we know we will come face to face with something new in an experience that promises a brand-new adventure, the fact that we consciously do not know what is happening precludes the new venture. Know this – the “fear reality” has little to do with Astral Travel. Projecting the Astral body is a technique that has been taught and practiced for centuries. There is a big difference between caution and fear. Caution is innate, fear is not.

Checking Food Energetically

By Alva “Wise Woman” Lennox

There is a good deal of consciousness surrounding healthy food which is long overdue.

Many times, people eat food or drink that does not agree with them. This does not mean that the foods themselves are not wholesome but rather that there is something in the food that is not in harmony with the individual’s vibrations.

If you use a pendulum for your own personal use, you can also use it to check food prior to consumption. Take a little extra time to check each food item on your plate separately. Suspend the pendulum with your right hand over the food item and wait for it to start moving. Once the pendulum has started to move, place your left hand between the food and the pendulum, palm downward toward the food.

If the pendulum moves clockwise, the food is compatible and good for you. If it moves counter-clockwise, the food is not compatible and bad for you and should be eliminated from your diet. If the pendulum oscillates, the food should be considered “in between” and it is a gamble for consumption.

Remember no food is actually good or bad but when it comes to a particular body certain changes take place that can mean health or illness. If you would like to go a step further, you can add a food blessing.

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Once you have prepared your food and checked it, with clean hands, rub your hands together for a few seconds. Place then palms downward over your food a few inches above the plate and while holding your hands in this position, take a deep breath and in your mind's eye, see the psychic energy flowing from your hands downward to your food.

Say to yourself, "This which I bless now blesses me." If you do this at each meal you will find that greater nourishment has been derived.

Perhaps the greatest faculty our minds possess is the ability to cope with pain.

Classic thinking teaches us of the four doors of the mind, which everyone moves through according to their need.

First is the door of sleep. Sleep offers us a retreat from the world and all its pain. Sleep marks passing time, giving us distance from the things that have hurt us. When a person is wounded, they will often fall unconscious. Similarly, someone who hears traumatic news will often swoon or faint.

This is the mind's way of protecting itself from pain by stepping through the first door.

Second is the door of forgetting. Some wounds are too deep to heal, or too deep to heal quickly. In addition, many memories are simply painful, and there is no healing to be done.

The saying 'time heals all wounds' is false. Time heals most wounds. The rest are hidden behind this door.

Third is the door of madness. There are times when the mind is dealt such a blow it hides itself in insanity. While this may not seem beneficial, it is.

There are times when reality is nothing but pain, and to escape that pain the mind must leave reality behind.

Last is the door of death. The final resort. Nothing can hurt us after we are dead, or so we have been told.





Don't destroy yourself by allowing negative people add gibberish and debris to your character, reputation, and aspirations. Keep all dreams alive but discreet, so that those with unhealthy tongues won't have any other option than to infest themselves with their own diseases.

Negative people will always be there to stain your pure image with their dirty tongues and brushes, but you'll always remain as white as snow, no matter how high the quality of paint they use.

These are the attributes of Bullshit people; they will...blur your imagination, take your endowments for a piece of debris, make you ridiculous, and most importantly, you got to send them to the recycle bin.



AUTHOR BIOGRAPHIES



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BODY TEMPLE

Daniel G. Amen QUOTE (*Brain, pg. 21*)

The Washington Post called Dr. Daniel Amen the most popular psychiatrist in America and Sharecare.com named him the web's most influential expert and advocate on mental health. Daniel Amen is a life-long Christian and graduate of Oral Roberts University School of Medicine. He is a double board-certified psychiatrist and multiple NY Times bestselling author. Dr. Amen is the founder of Amen Clinics, which has 6 locations across the United States. Dr. Amen has also hosted 11 national public television shows about the brain, which have aired more than 80,000 times across North America and raised more than 75 million dollars for stations. Quote was found on Goodreads.com.

Jace 'Alchemyst' Javitz (*Reasons for Failed Astral Travel, pg. 22*)

The "Alchemyst" lives in New England where he works as a Karate Instructor and carpenter. He enjoys what he calls the "Solitary" and spends free time hiking, fishing and spelunking. As a modern alchemist he believes in transformation of Self.

Alva Lennox (*Checking Food Energetically, pg.23*)

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

Patrick Rotfuss QUOTE (*The Mind's Ability to Cope with Pain, pg. 25*)

Pat teaches half-time at his old school as an assistant-sub-lecturer. He is underpaid but generally left alone to do as he sees fit with his classes. He is advisor for the college feminists, the fencing club, and, oddly enough, a sorority. He still roll-plays occasionally, but now he does it in an extremely sophisticated, debonair way. Through a series of lucky breaks, he has wound up with the best agent and editor imaginable, and the first book of his trilogy has been published under the title "The Name of the Wind." Though it has only been out since April 2007, it has already been sold in 26 foreign countries and won several awards. Quote was found on Goodreads.com

Michael Bassey Johnson QUOTE (*The Attributes of Negative People, pg. 26*)

Michael Bassey Johnson (born April 20th 1994) is a progressive author, poet, dramatist, philosopher, nature enthusiast, and pioneer of the Kurious Observer movement. As a versatile and unconventional writer and thinker, Michael's writings are centered around nature, human psychology, motivation, success, art, dreams, and the collective human experience. Quote was found on Goodreads.com.

PHENOMENA FILES

Most people fear the darkness.

Some people fear, more wisely, the things within the darkness.



Section Managing Editor - John Holbrook PSI

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We can populate the dark with horrors, even we who think ourselves informed and sure, believing nothing we cannot measure or weigh. I knew beyond all doubt that the dark things crowding in on me either did not exist or were not dangerous to me, and still I was afraid. I thought how terrible the nights must have been in a time when men knew the things were there and were deadly.

But no, that's wrong...

If I knew they were there, I would have weapons against them, charms, prayers, some kind of alliance with forces equally strong but on my side. Knowing they were not there made me defenseless against them and perhaps more afraid.

PARANORMAL SKEPTICS

By Holbrook PSI

Recently I was asked by an acquaintance a question about UFO's and aliens. I have written before that some people think that everything is alien or everything is a ghost. "That is that!" ... When there is something paranormal to them it is caused by the spirit world or there are people that see it as extraterrestrial. There are the total skeptics who say that there is nothing spiritual or paranormal or alien, just the delusions or hallucinations of a person who says they see something unexplainable. Yet when the "total skeptic" has something happen that is paranormal some will convert and some will deny that they have seen or experienced anything at all. The denial of a skeptic to acknowledge something that their mind cannot logically explain can be frustrating to deal with. The same is for the person that is a believer that everything is supernatural or everything is extraterrestrial.

Let's us take a look at the "total skeptic" who will not even acknowledge an event that they cannot explain first. Being a paranormal investigator I have ran into several of these folks, or should I say that they have sought me out to debunk me. It seems that many of these skeptics believe that it is their crusade to try to debunk investigators (not necessarily the evidence) with personal attacks or false rumors. Most investigators welcome skeptical looks at the evidence, but often the skeptic attacks by questioning the mental health status of the investigator because of his/her beliefs. They even question the intelligence of the investigators by twisting words or theories. The smart investigator will avoid these types of skeptics when they can, but sometimes there is no way to avoid them. These types of skeptics have a need to impose their beliefs or lack of beliefs on others, to try to show some sort of superiority that they think they have. In the times that I have had run-ins with this type of skeptic it was not fun. There is no way of showing this type of person anything that is paranormal because they do not have an open mind. Having an open mind to the paranormal balances skepticism so that the ability to accept there may be things that cannot be logically explained can be further pursued and evaluated for truth.

The "total believers" on the other hand, accept that anything that is paranormal is derived from the spirit-world or the extraterrestrial and this is not being open minded either. If you exclude the possibility of one or the other in a paranormal event then you are not looking at all possibilities. Now- don't get me wrong here, there are certain situations that will only fit into one or the other like a UFO in the night sky or an apparition in a graveyard. Like I said at the start of this article, there was a question asked of me that started all this...

The question was asked about a situation that was occurring with the questioner's husband. He is one who believes that everything paranormal is extraterrestrial and that he had been seeing a UFO for a while. He lives in an area that was Native American many years ago, and is not fully developed (still a lot of woods) around his house.

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His wife said that he took her outside to show her something that the extraterrestrials were doing to mess with him. He took a slingshot and used it to send a rock out into the woods. She said that she heard the rock hit a tree and then the ground. He told her to wait for a minute and after a minute or so a rock came out of the woods hitting the ground somewhere in front of them. This disturbed the lady ... the event of a rock coming out of the woods under these conditions would disturb most people! At the time of the article I have yet to set up a time to investigate the "rock return" from the woods or some of the other events that are happening at the site. Some of the other events that are happening at the house are on the inside and from the description could be supernatural. I gleaned this from talking to the wife on several occasions in regards to what is happening at her house - I do have a total hypothesis about the events.

One of the first things that she said has been occurring was that her new-born was looking at something and acting like someone was there talking to her. Her husband would probably think that this was not a supernatural type of event. He thinks that the extraterrestrials are throwing the rocks back at him, so according to the wife he thinks everything that is happening is extraterrestrial based. He may be seeing UFO's, I am not denying that, but most of the other paranormal events sound more supernatural than extraterrestrial. Part of my hypothesis on what is going on at the house is that it may be on sacred Native American land, some paranormal investigators believe that there is more paranormal activity on sacred sites. This activity includes more UFO and extraterrestrial activity and paranormal activity that would include nature spirits. I am hoping that when I meet with the husband that he will be able to break from his one-sided belief that everything is extraterrestrial related. When doing an investigation, you have to respect the people's beliefs at the site, even if you think it is one thing and they believe that it is something else.

When you are on an investigation, you will have to play the diplomat sometimes with the client because of their beliefs. When I talk about beliefs I am not talking about UFO's and supernatural, I am talking about good and evil or Angels and Demons.

The religious or spiritual beliefs of the client shade the way they view the paranormal and this includes anything extraterrestrial and the supernatural. The beliefs of the client can be like the ones above that there is nothing extraterrestrial only supernatural. The only difference is that it will go a step or two more and include that everything supernatural is either good or evil. So, to clarify what I am saying, the people that I am talking about believe that there are only good spirits and Angels, there is no evil or Demons. This can go the other way also; there are no ghost just Demons pretending to be a ghost. They will still call a paranormal investigator even if they believe that it is a Demon event and not a haunting. There are events that are related to a Demon that pretends to be a ghost, but these people only see Demons and nothing else including Angels.



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These people may believe in Angels but that they do not appear or have a tangible effect on their life, like a guardian Angel can. I will tell you what I believe, I believe that in the Universe (which includes us) that there is balance, this equates to good and evil, male and female and night and day. Like I said this the way I see the world and nature, balance, this includes everything including the paranormal. So, like I said sometimes you have to play the diplomat when dealing with a client or anyone because your beliefs may not match their beliefs - BUT this doesn't mean that you cannot help them. As an investigator you are not there to attack their beliefs or try to change their beliefs you are there to help them by finding out what is happening and a possible cause. To do this you will have to approach the client and the people that you talk with in the right manner.

No matter what your religious upbringing or beliefs when talking with a client as an investigator you will need to be as neutral as possible. This is being diplomatic, by asking the client general questions to gauge the way they believe. This can be done in a questionnaire prior to the initial interview or given to the client at the time of the interview. In your questionnaire you can ask many questions that when asked in writing will not be as offensive as they would be if asked in person. With the answers you have from your questionnaire you will have what you need to know how to handle the client and their beliefs. With this you will also have a guide to how to clear their house, because with different religions there are different ways to clear an area.

In clearing an area or house what the client or occupant believes will have a big role in what should be done or not done. I will not go into what to do in reference to a particular belief, it is enough to say that some things may work in all situations if there is a belief that it will work. But it is best to keep to the ways that the client believes in tact to deal with the situation. This may take some research or even to have the preacher or priest from the client's church to get involved. This would be in an extreme case; it is something that the client would have to request and you may not be welcome to be there when the preacher or priest comes to the house. You should not be upset; you are the investigator and if the beliefs of the client need the clergy to fix the problem, then you should respect this.



This is all linked to how to keep your open mind when dealing with people that are a little less open-minded. I like to accept others' beliefs if they work for them- in my acceptance I do not have to believe the same way but respect and not show any disapproval. This goes to all of the above, the total skeptic, the supernatural only and the extraterrestrial only and also all the different religions. In dealing with all the types of people that you will come across in paranormal investigations the key word is "diplomacy."

You *will deal* with many different people when doing investigations, I like to say - the good the bad and the ugly (the title of one of my favorite Clint movies).

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If you notice my little analogy there are two that may be difficult and one that is easy, this includes the people that you will deal with as clients and the people that you meet on the street. The way the public will view you as a paranormal investigator and as a person will be directly connected to how you deal with the different people you come in contact with. This includes the true skeptics, the supernatural only, the extraterrestrials only and all the different religious beliefs that you will deal with. Respect their beliefs (even if their beliefs seem crazy to you) and be diplomatic when you talk with them so not to disrespect them or hurt your reputation.

Our job as paranormal investigators is to gather evidence, to prove or disprove and not to try and change a person's belief or mind in regards to a paranormal event. Provide your results or findings in a professional manner and let the people that view it make up their own mind. Answer their questions when asked and explain yourself without walking on their beliefs and you will avoid problems, and won't get baited by the total skeptic.





Mirror, Mirror, on the Wall, or in my Hand, Shall I Fall?

By Loni Haas

"For now, we see through a glass, darkly" —1 Corinthians 13:12

Throughout history, why do mirrors particularly antique mirrors get such a bad rap? Perhaps it's just something about being duplicated in a mirror that both validates us and makes us feel uneasy. The reality is that there is no proven evidence that mirrors act as portals between our world and other dimensions but that doesn't mean eerie effects connected to them are not real. So how did all this start?

The earliest known manufactured mirrors approximately 8000 years old have been found in Anatolia (south central modern-day Turkey). These were made from obsidian (volcanic glass), had a convex surface and remarkably good optical quality.

Cultures such as the Mayan Empire believed mirrors to be portals. Archeological finds from this period depict mirrors acting as portals and windows to the spirit world. The ancient Romans believed that mirrors or any reflective surface were a reflection of the human soul. If they were misused the soul could be lost.

Mirrors are often used in culture such as movies and films and books as a source (usually evil) to the unknown. They are a common tool of witchcraft as well.

Here are a few very common superstitions connected to mirrors:

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- Breaking a mirror results in seven years of bad luck. There are even more superstitions regarding how to get rid of bad luck should you break a mirror such as burying all the broken pieces under moonlight (after you've waited for a short period) or simply throwing a pinch of salt over your left shoulder.
- A mirror should never face your bed so your soul doesn't get sucked into it. A bit of feng shui might help or you can cover it before going to sleep.
- Mirrors should be covered after a death of a loved one. (This is so that their soul does not become trapped in a mirror before their body is buried.)
- Newlyweds should stand in front of a mirror and admire their reflection to begin a happy life together BUT gifting them with a mirror on their wedding day is bad luck.
- Do not look into a mirror by candlelight – you may see something you don't like that is staring back at you.
- Mirrors with a solid backing placed in the same position for a long period of time, are thought to be more likely to become spiritual portals. Move mirrors around if possible.

If you have a legitimately haunted mirror you want to get rid of the best thing to do is to hand it over to a paranormal specialist who has experience in disposing of it. There are other methods but, in my experience, that is the best way from everything like a wall mirror to a hand mirror.

Consider this example:

I grew up in a neighborhood that was richly 'old country' in its ways. It was always curious to me how oddly yet seamlessly the past worked side by side with the modern society that was emerging. Most neighborhoods had their own unique brands of superstitious ways regarding healing, protection and 'getting things done' most of which would be laughed at in today's society.

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Having seen firsthand that more often than not these things worked beyond a doubt, generally for good, there were times when situations happened that would have been best left alone.

In my mother's group of lady friends there was *the mirror*. The origin of the mirror was unknown and was in the possession of the mother of one of the gals – a very pleasant and happy going Italian woman. It was never divulged how it worked and the woman had never used it herself but she was aware that it worked. She kept it wrapped in a white cloth in a special drawer. It was believed that if you wished for what you wanted via the mirror you would get it and this turned out to be true. What was not realized until hindsight set in in every case was that the prize did not come without consequences.

There was nothing special about the mirror. It was a plain glass, rectangular in shape about 4 inches by 8 inches. Its only unique feature was a crack that ran across the middle. What would be known later was that the old superstition about seven years bad luck regarding a broken mirror did not apply here. The mirror had a seemingly vicious nature that moved much more quickly.

The first person to use the mirror was the woman's daughter who back in those days was considered to be verging on old maid-dom. Of course, she wished for a husband and sure enough she was happily married within one year. They were not married very long until he was killed in a car accident. She did remarry several years later but without any help from the mirror which she had handed on to another friend in the group. This person was a gorgeous single woman who could have snatched any man on the planet but she was not interested in marriage per se. She was interested in money. She had a good job working in securities and banking and was making a good living but it was not enough. She wished upon the mirror and about six months later she was actually married to a much older gentleman who was quite wealthy. She was given everything she wanted and when he passed (which was six months later) she inherited a fortune. Unfortunately for her and unknown to her, her husband had run up great debt and owed taxes.

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In the end she was left with nothing and was in worse shape than before she married because her reputation was ruined and she could not get hired in her former capacity. She was forced to live with relatives and work a store job until she was able to get on her feet which took several years.

Another woman in the group wished for a husband and ended up with several none lasting more than two years.

A stable and married woman of the group used the mirror to get a house. She worked for several years part-time to make extra cash that could supplement her husband's wages and with some help from the mirror they were able to get a house sooner than expected. Within a year, her husband nearly died of a heart attack and there was an odd sense of depression that hung over the house like a black cloud. Finances were tough for many years. She was the last person to have possession of the mirror. She revoked use of it and would not pass it on to anyone else. The mirror was wrapped in a cloth and kept out of sight ... and of mind.



PARANORMAL Q & A

Norman “Paranorman” Justice

John Holbrook PSI

Phil “Constantine” Constantino

Olivia Constantino Anastos



QUERY: Do demons smell bad?

ANSWER by PI Norman Paranorman Justice:

Remember, demons are tricksters. They do not have a smell but they can certainly make you think they do via trickery. The worse the smell the more the mind games ensue and the stench will last longer and grow stronger. They play this mind game, as childish as it is, to break a human down in order to instill fear and anxiety or in some cases, to amplify anger. Anything to bring an individual’s vibe down. The goal? To get the individual to accept sin and take a lesser road in order to get it to stop. Resistance can amplify the whole thing so once the games are recognized and negative emotions are associated with the evil source behind the attempted manipulation strength, persistence and staying in the God light are key.

QUERY: How do demons choose a vessel?

ANSWER by PI Phil ‘Constantine’ Constantino:

Demons will choose a human by selection of purpose and the willingness of the human. Humans have free will so it is important for demons to choose a human who will be susceptible to the whims and plans of the demon. A tricky demon may even dupe a human into thinking they will not be possessed and will only be doing things that will be useful to mankind or their fellow man however, once the line is crossed and the demon allowed in it may be too difficult to turn back. Human weaknesses such as addictions or traumas such as sexual, mental, emotional and physical abuse are often playgrounds for demons.

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QUERY: What is the best way to investigate a UFO event?

ANSWER by John Holbrook PSI:

If you are going to look into a UFO based event or sighting you must discern how it is different from a supernatural event. For the most part, UFO sightings are a one-time deal, not a recurring type of event. Some areas do have more sightings than other areas, but they will be somewhat different. You will be looking at a much larger area for your evidence. The sky is a large area to watch all at one time by yourself. You may go to a site that has had many UFO sightings over several days and see nothing because you were looking in the wrong part of the sky. A large part of paranormal investigations are the interviews with witnesses of the events. The same is true for the UFO investigation with the witness being a key figure in your fact gathering. You will have to play the role of a skeptic to make sure that you do not lead your witness to give you what you want to hear. You will have to ask questions that are not leading in any way. Then you can take the time and note the area of the sky where the event occurred and check to see if there are any natural reasons for what was witnessed. To do this astrology and astronomy will play a big role in UFO investigations. Astronomy is used to see if there were any visible planets in the sky at the time of the eye witness report. Astrology is used to see if there were any energetic indicators for a UFO based event. You will also talk to other people in the area to see about possible aircraft flight patterns. You will have to check with any local airfields to see if they had any flights in or out on the dates and times in question. If there is any physical evidence to gather, make sure that you use the proper evidence gathering technique to do so.

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This includes a witness to the gathering and tagging process and to the sealing all the evidence containers in a way that they cannot be tampered with. Physical evidence can be a hard thing to get analyzed due to the nature of the cost and difficulty in accessing the equipment. I think that until a UFO lands and we have communications with the occupants, the scientific community will still not acknowledge that any of this exists. Just like supernatural events, until the scientists experience events personally they will shoot holes in all the work.

QUERY: What conditions and circumstances do demons feed off of in humans?

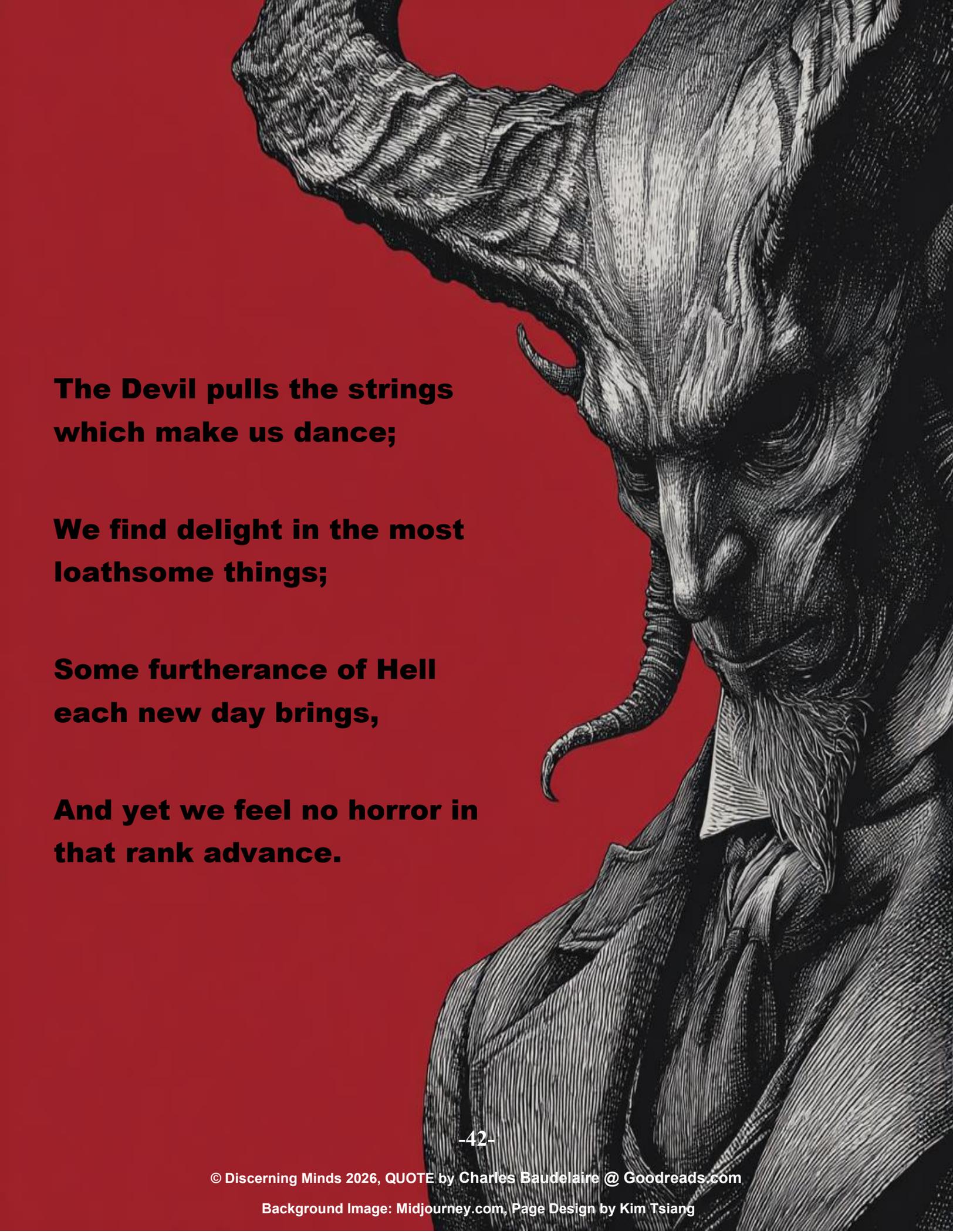
ANSWER by PI Olivia Constantino Anastos

Cases show me that depression coupled with fear, anxiety and ignorance; also, drug abuse, sexual abuse, pedophilia, and lack of belief in God are a perfect way to attract entities. In some cases, people who believe they are cursed are also enticing. Think of it as an energetic trap. Some depressed people may already have a demon influencing them - those who are at a low point in their life, someone that basically doesn't care and has given up, is like ringing the Dinner Bell. Demons are also attracted by someone who has been touched or blessed by God. They will try their hardest to drag that person down a dark path. Their main goal is to interrupt God's plans. Think about this, there are more demons influencing people on Earth than ever before, just look at the state of the world and all the evil and hideous things that are going on. People find that hard to believe and will dismiss it "as the times in which we live." These same people have no problem watching supernatural horror on streaming or in local movie theaters and think nothing of it when the truth is some of that is actually a reality that is closer than they think.

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There are people who choose to communicate with demons. SOME of these people are generally psychic with a personal agenda and are lied to by demons 90% of the time. They might also be devil worshippers who are looking for power and information such as it is. A good rule of thumb is that while psychics wittingly or unwittingly are attractive to demons, should they choose to communicate with them, they can fall under evil control. Compare that to a prophet who is chosen by God and are under Divine Inspiration when they communicate. Many people think prophets are psychics. So, by simple definition, a prophet is believed to receive messages directly from God, while a psychic is thought to access information through other means, sometimes considered to be spirits or other supernatural phenomena.





**The Devil pulls the strings
which make us dance;**

**We find delight in the most
loathsome things;**

**Some furtherance of Hell
each new day brings,**

**And yet we feel no horror in
that rank advance.**



AUTHOR BIOGRAPHIES



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PHENOMENA FILES

John Steinbeck QUOTE (*Populating the Dark*, pg.29)

John Ernst Steinbeck (1902-1968) was an American writer. He won the 1962 Nobel Prize in Literature "for his realistic and imaginative writings, combining as they do sympathetic humor and keen social perception". He has been called "a giant of American letters." During his writing career, he authored 33 books, with one book coauthored alongside [Edward F. Ricketts](#), including 16 novels, six non-fiction books, and two collections of short stories. His works frequently explored the themes of fate and injustice, especially as applied to downtrodden or everyman protagonists. Quote is from Goodreads.com.

John Holbrook PSI (*Paranormal Skeptics*, pg. 30)

John Holbrook has been a paranormal investigator for over 25 years. He holds a MS in parapsychic science. He is a highly gifted intuit and experienced spiritual counselor who specializes in crisis intervention including current life paranormal dramas and past life residual traumas. He is always willing to help others overcome their fear of the darkness by showing them how to discern the truth of the matter.

Loni Haas, (*Mirror, Mirror on the Wall, Or in my Hand, Will I Fall?* pg 34)

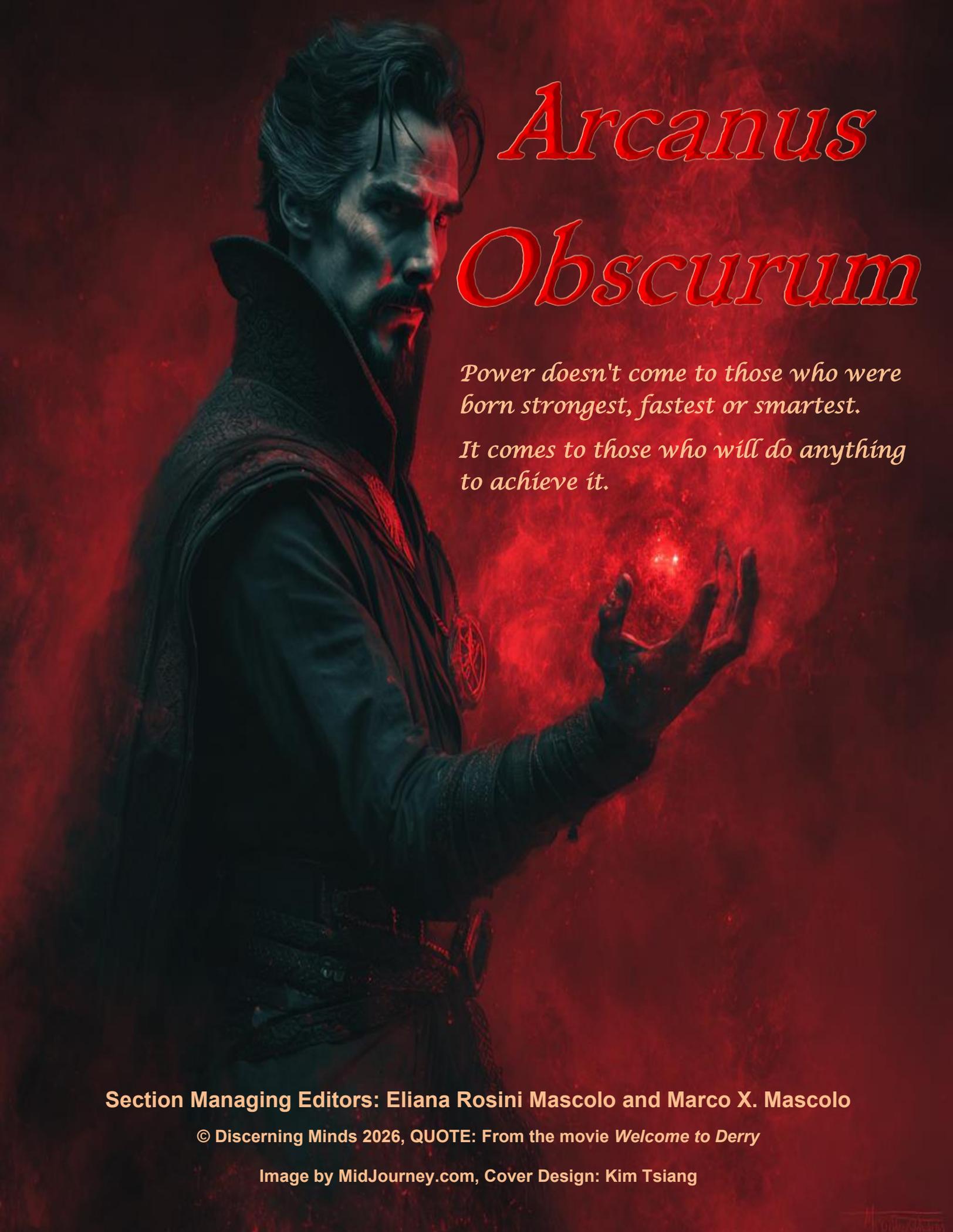
Loni Haas has been a professional Astrologer for over 50 years, She is a certified behavioral therapist and ordained minister as well as a published author. She is the owner and CEO of the Lightforcenewyork.com.

Paranormal Q & A (pg. 43)

This issue's Paranormal Q & A includes opinions by seasoned paranormal investigators, Norman Justice, Phillip Constantino, John Holbrook, and Olivia Constantino Anastos. All are members in good standing with the Lightforcenetwork.com.

Charles Baudelaire QUOTE (*The Devil Pulls the Strings*, pg. 42)

Charles Baudelaire (April 09, 1821 - August 31, 1867) From financial disaster to prosecution for blasphemy, drama and strife filled life of known Baudelaire with highly controversial and often dark tales of [Edgar Allan Poe](#). Long after his death, his name represents depravity and vice. He seemingly speaks directly to the 20th century civilization.

A man with dark hair and a beard, wearing a dark, ornate coat, is shown in profile, looking towards the right. He is holding a glowing red orb in his right hand. The background is a dark, textured red. The title "Arcanus Obscurum" is written in a large, stylized, red font in the upper right corner.

Arcanus Obscurum

*Power doesn't come to those who were
born strongest, fastest or smartest.*

*It comes to those who will do anything
to achieve it.*

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

© Discerning Minds 2026, QUOTE: From the movie *Welcome to Derry*

Image by MidJourney.com, Cover Design: Kim Tsiang

I have noticed that many intellectuals turn themselves off the instant they are confronted with the words witchcraft, magic, occultism, and religion, as if such ideas exert a dangerous power that might weaken their rational faculties. Yet many of these people maintain a generous openness about visionaries, poets, and artists, some of whom may be quite mad according to "rational" standards. They are fascinated by people of diverse professions and lifestyles who have historical ties with, let us say, the Transcendentalists or the Surrealists, as long as the word occult is not mentioned. If Neo-Paganism were presented as an intellectual and artistic movement whose adherents have new perceptions of the nature of reality, the place of sexuality, and the meaning of community, academics would flock to study it. Political philosophers would write articles on the Neo-Pagans' sense of wonder and the minority vision they represent. Literary critics would compare the poetic images in the small magazines published and distributed by the groups with images in the writings of Blake and Whitman. Jungian psychologists would rush to study the Neo-Pagans' use of ancient archetypes and their love of the classics and ancient lore. But words like witch and pagan do not rest easily in the mind or on the tongue. Although reporting on Paganism and Wicca has improved in the last decade, pop journalists often still present a Neo-Paganism composed of strange characters and weird rites.





FEAR ... of NUMBERS?

By Baal Shem

Arithmophobia or **mathematics anxiety** is anxiety disorder, involving fear of dealing with numbers or mathematics. Believe it or not, it is pretty common.

According to <https://www.healthline.com>:

While it might sound like a new phobia, a fear of numbers or math is very common. One survey of one thousand one hundred and nineteen people with children ages six to sixteen years in the United Kingdom reported that eighty-four percent felt that math was a critical subject, essential to overall success. However, of that group, roughly a third felt like they couldn't help their children with math homework. Additionally, nineteen percent of the respondents were unwilling to take courses to improve their math competency, and fifty-two percent were likely to make errors when helping children with their math homework. It's important to note that not much data is available on this topic, and more research is needed. This particular study was conducted by the research center of a for-profit organization. While we know it's common to have anxiety around math and numbers — the exact figure is unknown. Anxiety during math class is one example of arithmophobia. Fear of specific numbers, like the number thirteen, can cause people to avoid events, buildings, and other scenarios because they're viewed as unlucky or dangerous. Experts suggest that similar to other phobias, arithmophobia might be caused by previous traumatic events. For example, someone who had difficulties in math class as a child may have developed this response. Likewise, a person who has traumatic memories associated with studying math (such as a parent who harshly punished their child for getting low scores in math classes) may be more likely to experience arithmophobia. A mental health professional may recommend cognitive behavioral therapy (CBT) and exposure therapy as treatment options. They allow you to slowly increase your interactions with numbers while also relearning how to approach them.

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There are two types of arithmophobia: generalized arithmophobia and fear of specific numbers. Generalized arithmophobia is a fear of all numbers. Fear of specific numbers can be associated with cultural and religious factors. For example, 666 are 3 numbers combined that represent the antichrist in the bible. In China, Vietnam, and Japan, 4 is a number that represents death. In many cultures the number 13 is also an unlucky number which people fear. These fears in numbers make it difficult for people to perform well in professional and educational settings.

Fears of specific numbers

- Tetrophobia – fear of 4 (four)
- Triskaidekaphobia – fear of 13 (thirteen)
- Heptadecaphobia – fear of 17 (seventeen)
- 23 Enigma (eikositriophobia) – fear of 23 (twenty-three)
- Curse of 39 (triakontenneaphobia) – fear of 39 (thirty-nine)
- Hexakosioihexekontahexaphobia – fear of 666 (six hundred sixty-six)

Fear of large numbers

Meganumerophobia is the fear of large numbers, like millions, billions, trillions, etc. Meganumerophobes do not fear lower, more imaginable numbers. To some sufferers, high numbers represent eternity. Sufferers of apeirophobia may fear meganumerophobia as well.

How about superstitions connected to numbers?

Breaking a mirror is said to bring seven years of bad luck.

Certain numbers:

- The number 4. Fear of the number 4 is known as tetrophobia; in Chinese, Japanese, and Korean languages, the number sounds like the word for "death".
- The number 9. Fear of the number 9 is known as enneaphobia, in Japanese Culture; this is because it sounds like the Japanese word for "suffering".
- The number 13. Fear of the number 13 is known as triskaidekaphobia.
- The number 17. Fear of the number 17 is known as heptadecaphobia and is prominent in Italian culture.
- The number 39. Fear of the number 39 is known as the curse of 39, especially in Afghan culture.
- The number 43. In Japanese Culture, maternity wards numbered 43 are considered taboo, as the word for the number means "stillbirth."

Continued...

- The number 666. Fear of the number 666 is known as hexakosioihexekontahexaphobia. Per Biblical prophecy, the "Number of The Beast", signifies the return of the Devil and Antichrist. Also called the "Mark of the Beast", wherein all humans who consent to have it on their forehead or hand will be eternally damned. Many people will avoid anything that contains 666, such as flights, hotel room numbers, or even phone numbers.

Friday the 13th (in Spain, Greece, and Georgia: Tuesday the 13th)

When it comes to buying a home, many people pay close attention to house numbers, especially in cultures deeply rooted in Vastu and numerology. The unluckiest house number is often believed to bring negative energy, financial instability, or personal struggles to its residents. In simple terms, the unluckiest house number is a number that, based on numerological or Vastu principles, is thought to carry bad vibrations or inauspicious influences. In India and among NRIs, there is a growing interest in selecting the “right” number. As awareness increases, homebuyers are now more mindful of what their house number may mean for their future.

In numerology, there are no unlucky numbers generally speaking but some numerologist would argue that Karmic Numbers can be a problem and should be avoided in such instances as destination numbers, air travel numbers and even highway routes. Those numbers are 13, 14, 16, and 19.

List of Unluckiest House Numbers

Unluckiest house number vastu can bring negative house number vibrations and disrupt the energy alignment of house numbers, affecting the overall harmony and numerological impact on home and its occupants.

- **Number 4:** Considered a karmic house number, it often brings challenges by disrupting the energy alignment of house numbers in a home.
- **Number 6:** Generally positive, but can cause emotional burdens if energy is unbalanced.
- **Number 8:** Symbolizes material power, ambition, karmic intensity. Powerful but intense; in Indian numerology ruled by Saturn (Shani), it brings lessons and struggles.
- **Number 9:** Stands for endings, spiritual completion, transformation however, in East Asia, “9” can sound like suffering in Japanese—also linked to completions that may restrict new beginnings
- **Number 13:** Known for negative house number vibrations, this number can affect the house’s spiritual balance and emotional well-being.
- **Number 14:** According to Vastu Shastra house number analysis, this number may cause obstacles and hinder positive growth.

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- **Number 17:** This number suggests struggles that can disturb the peace and success within a home.
- **Number 19:** Linked to superstitions in home buying, it may bring emotional stress and unpredictable outcomes.
- **Number 22:** This number's spiritual energy is believed to cause instability, impacting harmony and happiness.
- **Number 27:** Known as a karmic house number, 27 can bring unresolved issues and emotional strain.
- **Number 34:** May lead to discomfort and restlessness, often considered inauspicious in traditional beliefs.
- **Number 44:** Can block prosperity and happiness, especially when not aligned with positive numerology principles.
- **Number 49:** Superstitions in home buying associate 49 with bad luck, causing difficulties in creating a peaceful living environment.

To calculate a house number –

Step 1: Identify the main house number: Use only the numbers in your street address (e.g., 256 or 47A – ignore letters for now).

Step 2: Add all digits together: For example, $2 + 5 + 6 = 13$. If the result is double digits, continue reducing.

Step 3: Reduce to a single digit: Take 13 from the previous step: $1 + 3 = 4$. Your house number is 4.

Step 4: Ignore apartment or unit numbers: Use only the building number, not the flat or unit number (e.g., in 12B/45 – use 45 only).

Step 5: Interpret the number: Use a numerology calculator for house number to explore its meaning and energy influence.

In a world where the majority of people don't identify themselves as particularly superstitious, it's astounding just how much impact superstitions about numbers can have on the economy. It may be shocking to learn that businesses lose almost a billion dollars each time the 13th of the month just happens to fall on a Friday.

Coincidence or not?

Resources:

<https://en.wikipedia.org/wiki/Numerophobia>

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



Your Name Is Sacred. It holds a vibration - an energetic code written in spirit. The first letter of your name carries your Personality Number in numerology - a mirror of how your soul walks through this world. It's more than identity - it's intention. It's frequency.

Here's what your letter reveals:

1 - A, J, S - THE INITIATOR - You lead with fire. Independent, original, and unafraid to stand alone.

You're here to spark ideas, forge paths, and rise first. Affirm: I am a leader. I am fearless in creation.

2 - B, K, T - THE PEACEMAKER - You carry harmony. Sensitive, diplomatic, and emotionally wise, you guide with gentleness and unity. Affirm: I bring balance. I thrive in connection.

3 - C, L, U - THE CREATOR - You are a spark of joy. Expressive, playful, and magnetic - you light up the world through your voice, vision, and vibe. Affirm: I express freely. I inspire joy.

4 - D, M, V - THE BUILDER - You hold it all together. Grounded, loyal, and steady, you manifest through consistency and inner strength. Affirm: I create stability. I turn visions into reality.

5 - E, N, W - THE FREEDOM SEEKER - You are movement in human form. Curious, restless, and adaptable - here to evolve, explore, and expand. Affirm: I embrace change. I am free to grow.

6 - F, O, X - THE NOURISHER - You are love in action. Devoted, warm, and protective, you uplift others by holding space and leading with heart. Affirm: I nurture with love. I protect and uplift.

7 - G, P, Y - THE SEEKER - You are the inner eye. Quiet, thoughtful, and tuned to the unseen - you're here to dive deep and reveal wisdom. Affirm: I trust inner wisdom. I seek truth beyond the surface.

8 - H, Q, Z - THE POWERHOUSE - You carry the codes of mastery. Ambitious, focused, and driven to rise - you're here to build, lead, and create lasting success. Affirm: I am strong, strategic, and aligned with success.

9 - I, R - THE HUMANITARIAN - You are soul in service. Empathic, visionary, and generous - you live to uplift, heal, and serve the greater good. Affirm: I lead with love. I give with purpose.

1, Realm Walker

By Syd Alrruhi

In 1974, I broke through the matrix of alleged realities. Up to that point I lived in fear of my own spiritual/dimensional potential. My earth life itself was going fine. I had accomplished set goals, was making a more than satisfactory living, was not married and had no extra responsibilities. I did whatever I wanted to do. Spiritually I was a mess. I believed in God/higher source but had always had strange visions since childhood but hid them and they remained unspoken because I deemed them negative. But at age 28, the visions or so I thought broke through with amazing rapidity, uncontrollable. I thought I was insane. I was not. I am not. I've had more than my share of naysayers and doubters. People will *always* try to demean your experience with a variance of labels and reasons, scientific, logical and historical, alleged truths and falsehoods mostly born of fear but, it changes nothing; a personal experience remains a personal experience. The value belongs to whoever is experiencing it.

The next 7 years, I engaged spiritual teachings. I studied every religious text I could get my hands extending from the traditional dogmatic to the obscure lesser known 'spiritual' paths. I have no set religion or particular spirituality that would be easily recognized but include all in my scope. I travelled to Tibet, Egypt, Africa, India, Pakistan, Iran, China and various parts of Europe. I learned much and became what was popularly termed an *adept* coming into full belief that illusions are the nature of the world/matrix and the human mind tends to accept things for what they seem on the surface. As an 'adept' (any title is as good as any other), I astral travel. It is all about perceiving and knowing reality be it physical or the realm of the spirit with as much clarity as possible. EVERYTHING I perceive, whether in a state or current time reality is alive and animated. I have traveled via spirit guide and animal guide and quest (dreams) as well as visions that have occurred while sitting alert and fully awake at the kitchen table.

Continued ...

I have experienced many levels of the Astral Plane from positive to negative and have seen myself in other lives, parallel and reversed, too numerous to mention here full of “unusual characters” including talking animals. Since we are all capable of creation on this plane, I refer to this as mental construct and, in some cases, subconscious renderings. From Tibetan, Chinese and Indian practices I was introduced to past life access but it was the Egyptian experience that drove it all home. The information held in your Soul consciousness that can be tapped and accessed via trance. This trance state allowed me to literally be “in” past states but as an observer of actions only not as an active participant. I must differentiate on this gate (space in time) and weigh more heavily on it as a bridge to the next three. There are many types of inter-dimensional and ultra-dimensional beings to be found. I find many to be fakers and liars spinning untruths and confusion. Some call these demons, daemons or facets of one’s own mind. In my case, I feel they were put in my way as distractions which made it easier to side-step them. At this gate (space), a person decides where their truth “is” and whether to attempt to go further. It is a place of refining, breaking down and rebuilding. Residual solace can be experienced here and why would that not be so? If you were to meet up with the first glimpses of the Divine at the next gate, why would you not still need much refining? This place is time-less. One can see fore and aft of the Collective with possibilities based upon the single act of a single person. It can be terrifying and enlightening all at once.

At the next passage, I was presented with what we humans immaturely refer to as Masters. As far as I am concerned, the Masters exist but we have rather inane references to them throughout spiritual history which has been incorrectly recorded and used. Plenty of cultures, known and unknown, have spoken of the spiritual Masters. They have gone by a plethora of names depending on who is speaking of them and about them. Mankind has always done the best it could at varying times collectively but, as far as I am concerned none of the existing new age artwork today has captured the essence of them in the slightest. Depictions are more like a rote carry over. I do not say this to demean any artist; in some cases, I have seen some minor traits or essences captured on canvas and paper.



Continued...

Unfortunately, for some reason we have not advanced enough as a race of people to get over needing 'visuals.' I do not ridicule anyone who claims they have seen a Master (since I have seen them and have communicated with them) but in my experience they do not appear riding a menacing steed looking like the guy next door wearing a robe. If you are wondering if there some sort of essence, *for example* of Theosophy's Sanctus Germanus or Eckankar's Rebazar Tarzs or Kata Daki, there is. There is definitively in my experiences at any rate but not as depicted or named. They are older than earth dirt – timeless. All of that which has come to our literature and greater works has depended upon the human filter determining the info casting a creation into a construct we can grasp like a bunch of first graders. Because we are not advanced enough to comprehend these things without a story or legend or artist rendering involved – the spoonful of added sugar to make the medicine go down and to make the info more readily understood and accepted is the result. It is how we have done it for centuries and there is no blame in it, just baby steps towards greater awareness. I always tell others, "It's your ride, make of it what you will, just try to look beyond the garden gate once in a while." No logic, alleged proof, or argument has diminished my experiences in the least way and I have heard it all.

This landscape will eventually change greatly with no other personas available as guides. The landscape will become uncluttered, uncomplicated and more light-filled. The hues will be felt as a singular presence. This is where my traveling currently stations. There can be a slight religious/spiritual (as we all understand it) underpinning to this place beyond that space of the Masters but it is advanced of earth beliefs/concepts. This is perhaps the first glimpse of Source. People who have died and been brought back to life get a minute tidbit of this. So far as I know this is the ultimate experience for any human. No one has a vessel to sustain it while in human form. No body, no mind, no controlled thought process there. It is the Collective Sea.

Personally, I would not care to be up shits' creek without a paddle at this time, yet, I journey on. I still have an earth life to finish. It is a requirement.





Someone needs to tell those tales. When the battles are fought and won and lost, when the pirates find their treasures and the dragons eat their foes for breakfast with a nice cup of Lapsang souchong, someone needs to tell their bits of overlapping narrative. There's magic in that. It's in the listener, and for each and every ear it will be different, and it will affect them in ways they can never predict. From the mundane to the profound. You may tell a tale that takes up residence in someone's soul, becomes their blood and self and purpose. That tale will move them and drive them and who knows what they might do because of it, because of your words. That is your role, your gift. Your sister may be able to see the future, but you yourself can shape it, boy. Do not forget that... there are many kinds of magic, after all.



AUTHOR BIOGRAPHIES



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ARCANUS OBSCURUM

Margot Adler QUOTE (*Perceptions*, pg. 45)

Margot Adler (April 16, 1946 - July 28, 2014) was an American author, journalist, lecturer, Wiccan priestess and radio journalist and New York correspondent for National Public Radio (NPR). The quote was found on Goodreads.com.

Baal Shem (*Fear of Numbers?* pg. 46)

“Baal Shem” is the pseudonym of Josh Raflowitz, a businessman by day and arcane student by night. He lives in New England and is married. He is the proud papa of three black cats and a crazy African Gray Parrot.

Light Force Network (*Sacred Name*, pg. 50)

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Syd Alrruhi (*I, Realm Walker*, pg. 51)

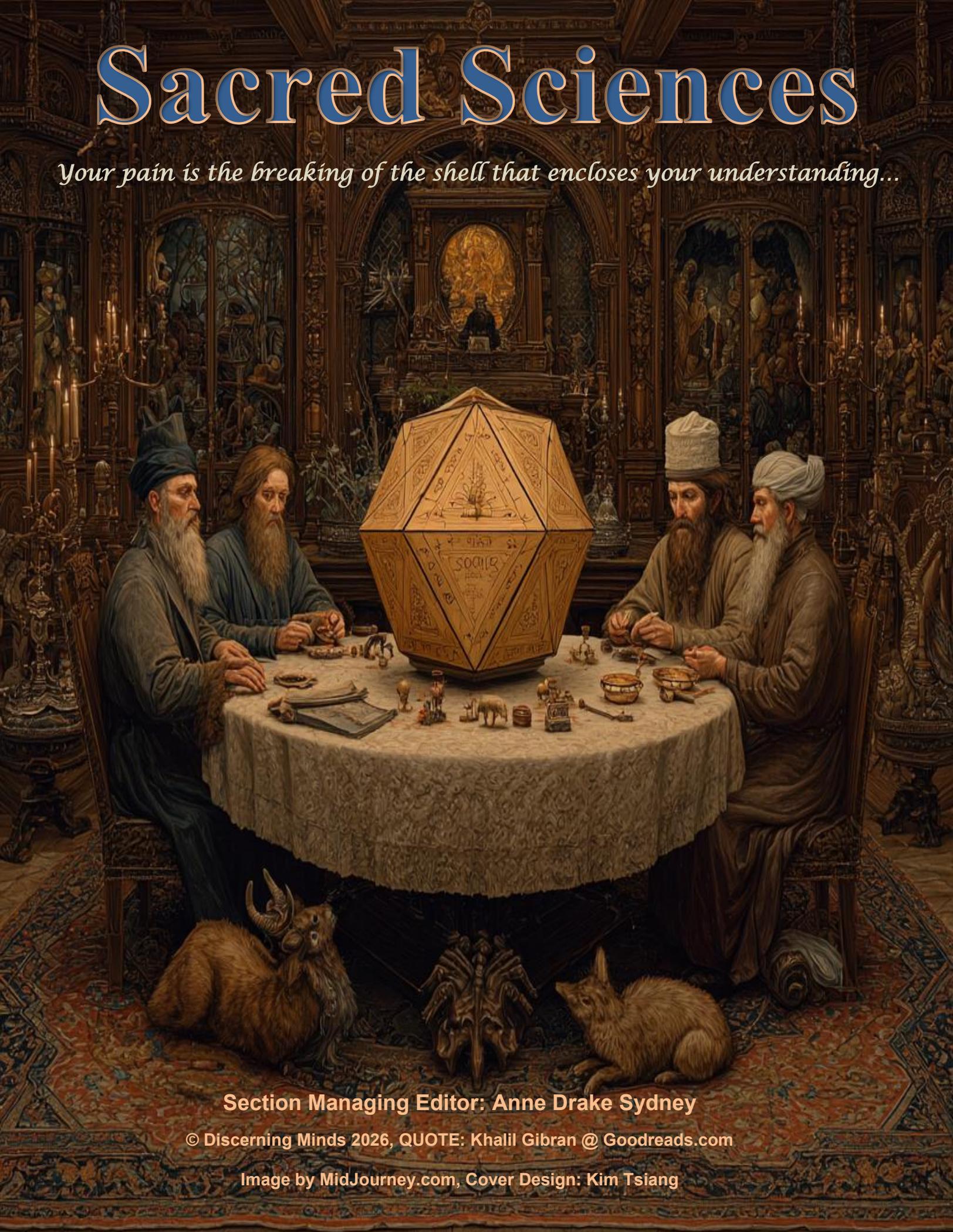
“Syd Alrruhi” is the pseudonym for Gerome Cass. Gerome considers himself to be the “evolving man.” Psychic experiences and out of body travel have been a part of his entire life. Gerome holds a Ph.D. in both psychology and physics which he describes as the red and blue pills and part of the Matrix construct 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.

Erin Morgenstern QUOTE (*Tale*, pg.54)

Erin Morgenstern is the author of *The Night Circus*, a number-one national best seller that has been sold around the world and translated into thirty-seven languages. She has a degree in theater from Smith College and lives in Massachusetts. The quote was found on Goodreads.com.

Sacred Sciences

Your pain is the breaking of the shell that encloses your understanding...



Section Managing Editor: Anne Drake Sydney

© Discerning Minds 2026, QUOTE: Khalil Gibran @ Goodreads.com

Image by MidJourney.com, Cover Design: Kim Tsiang

"I am Ketu", the South Node

I see visions...
I see you happy...
and fulfilled.
I see you walk in peace...
with Peace.
I see you seeking...
something.
I see you seeking
stillness.
But I also see
that you get distracted.
I see that the beauty of
the clouds gets you stagnant.
Not realizing that...
they dissipate.
You seek stillness in me.
But the richest
is found in you.
I see you.
At times,
I hear your whispers.
I hear your wishes.
But,
I have already granted you
everything.
Do you receive it?
Do you receive it
without pride?
I am Ketu
the South Node.
What will it take for you
to take the lessons
that I give?
They're not forever.
They pass, just like
the wind.
And on the third day,
you will find your destiny.
That's a soul contract.



THE GREAT DIVIDE

LIGHT IN THE DARK



By Loni Haas, RMAFA, NCGR, DD

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

Evolution vs. Involution

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

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

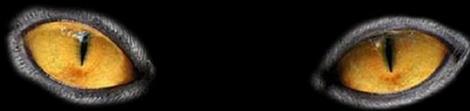
Insidious

“God created spirits endowed with freewill, to become insidious is a choice of that freewill.” –

Anonymous

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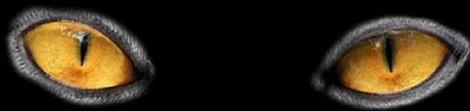
Once “graduated” and re-entered into the world, they appeared to have no conscience or any need to show responsibility for their actions. Easily taking all the credit when things went well, they just as easily cast blame on others when it did not. Self-justification was their first and only response to criticism.

In the nineteenth and early twentieth centuries, organized magical lodges serving the powers of evil were formed. Known as the Brothers of the Shadow or Black Lodges, these organizations were said to be in opposition to the forces of spiritual evolution and to the Masters and the Great White Lodge. In the Hermetic Brotherhood of Luxor and traditions descending from it, the Black Lodges were associated with the Mysterious Dark Satellite and its sinister hierarch and source of power Ob. The Dark Satellite was said to be the place where souls that failed to make contact with their higher selves and so gain immortality, sink gradually into oblivion. It lies by location in the shadow of the Earth in space. There has been much earnest and studious thought given to the *Dark Satellite*. Some believe it to be tied to the Egyptian conception of spiritual fall and some believe it to be the Lost Orb of the Grecian mysteries while others insist it is the Moon in its connotation of the 8th sphere of death and dissolution. Yet there is another explanation. During the Golden and Silver Ages of the Earth’s evolution, the Dark Satellite was in the aphelion of its orbit. Its influence was scarcely felt but was minutely recognized as “animal force” and underdeveloped good. During the Copper and Iron Ages the orb gradually approached Earth and its dark shadows started to become perceptible yet remained bewildering. Around 1881 it passed its perihelion point and began to recede yet its dark clouds were not completely lifted from mankind’s mental horizon, as it remains today – a disturbing factor of our planet’s mental equilibrium.

The orb is said to possess a complete organization of its own. It is governed by defined laws the nature of which is exhibited in the lower animal nature manifested in mankind. The sphere is inhabited by numerous races of spiritual beings neither elemental or elementary possessing high intellect and cunning. Originating from a dark center in the Astral Realm, “the dark council” of magical hierophants creates the Grand Delusion. They are the producers of human suffering and misery and the procurers of lies, deceit, fraud and religious and spiritual imposture. All these things are constantly reformulated to suit the temper of human times. Its influence is subtle psychological poison projected into the dimensional mental matrix of the human race; the occult current penetrating the inner recesses of the mind and accosting the Soul until finally in the heart of man is found an evil sliver of self-interest. The matter of energy distribution is inversive and used to distort and corrupt every arcane truth into theological dogma always with just enough “error” and doubt to make it acceptable to the logic of the human mind. The favored targeted prey is always those who are half informed of nature’s mysteries. The old proverb ... “A little knowledge is a dangerous thing,” aptly applies here.

The greatest accomplishment of the Dark Satellite while it was at its perihelion was distortion of theology and metaphysics throughout the world at large through the doctrines of reincarnation and karma and the afterlife.

Continued...



Not all of this was successful because there are certain natural absolutes that cannot be corrupted by the dark magic. Man, alone possesses the elements of both life and death. The laws of life have been fully elucidated and the Soul obeys them.

The H.B. of L.

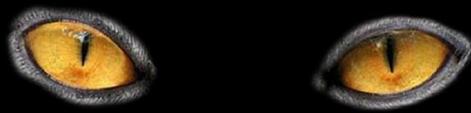
The Hermetic Brotherhood of Luxor was founded in England sometime before 1884 by Max Theon and operated by his student Peter Davidson and his associate Thomas Burgoyne who had been imprisoned a year earlier for mail fraud. The H.B.L. can be considered one of the first examples of an occult correspondence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

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

Foes and Feuds

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

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



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

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

From Dark to Light

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

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

~ Kim Michaels

Resources:

The Encyclopedia of Forbidden Knowledge (Zolar)

The New Encyclopedia of the Occult (John Michael Greer)

<http://www.ascendedmasteranswers.com/spiritual-topics/black-magic/285-prayers-of-mal-intent>



The physical universe provides space and matter so that separate minds may have bodies in which to experience themselves, the world, and each other. But there is more than one universe... in fact, there are an infinite number of them, one for every possible arrangement of matter, every moment in time.

What we see as a universe that changes over time is actually a sequence of stationary universes that are each slightly different than the previous one, similar to how a film projected onto a movie screen appears to move but is instead a sequence of still images shown in rapid succession.

Not only is there a universe for each moment of time, but also one for every possibility imaginable. If in the next moment something happens but it could just as well have happened a million other ways, there exist a million and one different universes for that moment alone.

Now consider all the moments spanning the beginning to end of time and you will have an idea of just how many universes there are. And all of these were thought into existence by the Creator during the birth of reality. In other words, everything that has, could, or will physically exist, already exists.

I am strange, my mind is tinted with the colors of madness, they fight in silent furor in their effort to possess each other, I am strange. I have approached a degree of love that is so unwise. In one world that it is wisdom in another, I am strange, I no longer have respect for hate, I'm stronger than hate. I'm contemptuous of both those who hate and those who destroy, I'm not a part of the world which hates and the world which destroys, I want a better world and not only do I want a better world, I seek to live a better life, that I might have a right to be a part of a better world, if I hate and destroy I have no right to speak of love, love is greater than hate, and I have chosen love above all else in the world. I am strange, I know a secret truth, I have a secret rendezvous, and the wind touches against my window pane, come with me! it says, come with me, I am a force, you are a force. We are brothers.

Though I am invisible, I cover the leaf when I unravel, no wall can hold me, nothing can withstand my will. What is your god? What is your desire? Come my brother, you are dear to me, I cannot come to you in full force, for you are too weak to contain me, I might lift you from the ground and frighten you, at this careless moment, I might drop you in my jaw that you want me to come to you, I cannot approach you in your weakness, I am too strong, come to me! as cautious as you will, I will accept you, for the spirit of man is more like myself than anything on earth. All the most I think I am the power for the spirit of man, for the spirit of man is strong, no power on earth is greater and no world can contain it, it will cover the breadth and the width of earth, for like I, the wind, an aroused spirit is greatly to be feared, but weapons of that you will cast invisible, only fools seek to harm the wind, only fools seek to harm the brother of the wind.

Come spirit of man, I will take you to new worlds, I will take you to inner unseen worlds, greater in splendors than anything life contains, if you are fearful, you will die in your fear, but if you become as I you will be strong and do as I, I the wind come and go as I choose, and none can stop me.





UNIQUE

By Syd Alruhi



Ask yourself –

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

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

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

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

Continued...



Don't brag either – boastfulness is not part of the experience. Not only will you lose credibility, you will also end up confusing yourself. Newbies often have to do a bit of ego wrestling at first.



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



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SACRED SCIENCES

Mitta Kinindlu QUOTE (*I Am Ketu*, pg.57)

Mitta Xinindlu is a writer, a lawyer, and a researcher who remains passionate about social justice, healing, and the Human Rights. This quote was found on Goodreads.com.

Loni J. Haas (*The Great Divide – Light in the Dark*, pg.58)

Loni Haas is a respected 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.

Tom Montalk QUOTE (*More than One Universe*, pg.61)

Tom Montalk is the author of Montalk.net. His interests vary from metaphysics and fringe science to painting and composing heavy metal music. Tom's background includes physics and electrical engineering. The quote is from his book *Fringe Knowledge for Beginners*.

Sun Ra QUOTE (*Astro Black Mythology*, pg. 62)

Sun Ra's philosophy was a cosmic and futuristic ideology centered on an "Astro-Black mythology" which believed in a utopian, space-faring future for Black people, free from the oppressions of Earth, and that ancient African culture and advanced technology were the keys to this liberation. He saw his avant-garde music and experimental performances as a means of creating "positive vibrations" and communicating this philosophy, which included a Gnostic view of a malevolent "creator god" and a belief in universal immortality, with humanity escaping Earth's suffering.

Syd Alrruhi (*Unique*, pg. 63)

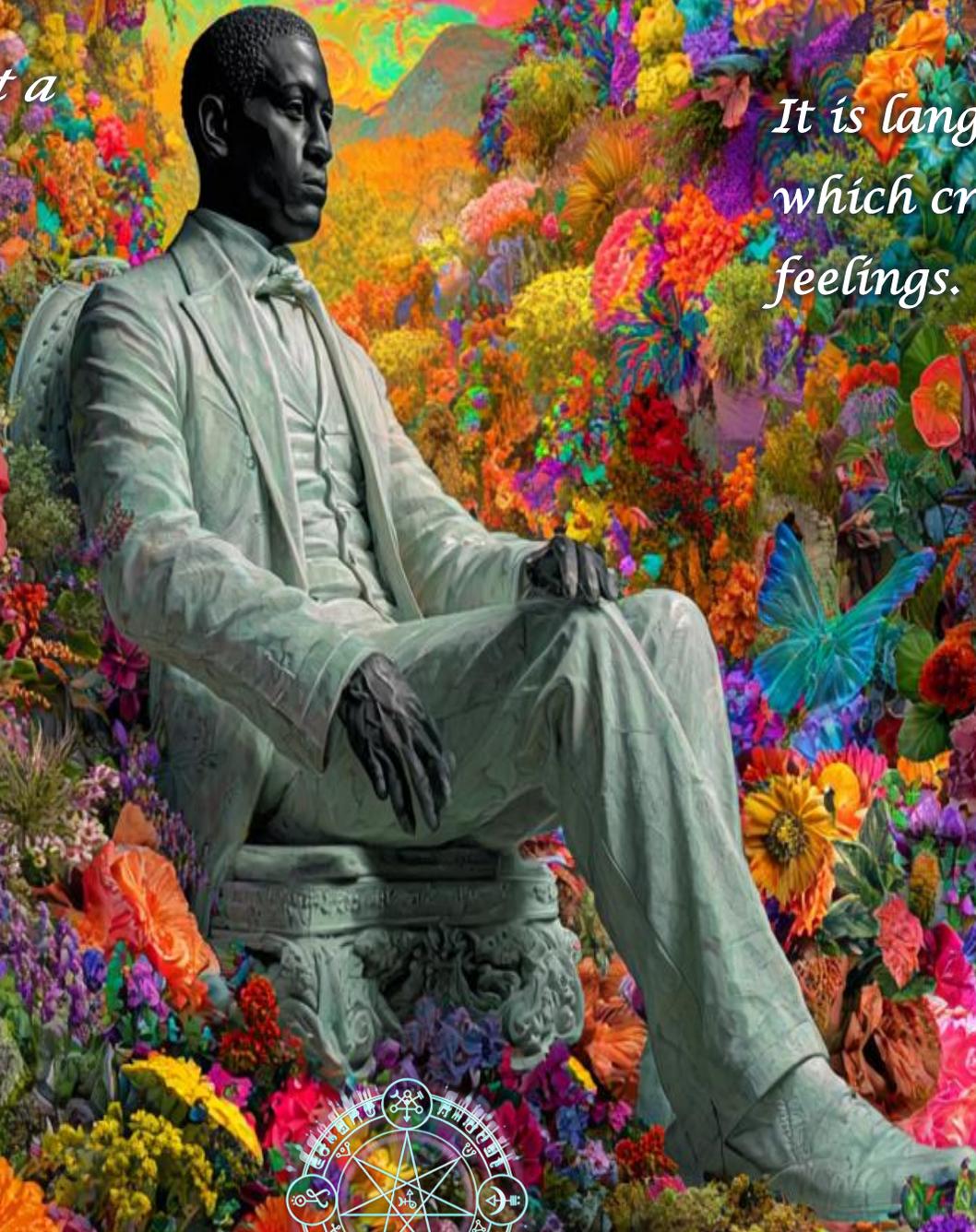
"Syd Alrruhi" is the pseudonym for Gerome Cass. Gerome considers himself to be the "evolving man." Psychic experiences and out of body travel have been a part of his entire life. Gerome holds a Ph.D. in both psychology and physics which he describes as the red and blue pills and part of the Matrix construct 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.

ALCHEMICAL PROSE

It is a matter of language.

*Poetry is not a
matter of
feelings.*

*It is language
which creates
feelings.*



Section Managing Editor: Eleanor Tighe

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The Magus

His reflected presence -

Hurls grotesque shadows upon the walls -

*Twisted obscenities creeping in
nocturnal corners -*

Cringing from the lamplight.

He is old and wizened -

*Burdened by the weight of ancient
seasons -*

*A still lucid mind paying rent to the
arthritic landlord -*

Relief a mistress called opium.

At the solstice hour -

*He pauses a moment to look into the
flame -*

*Smoky sentries bayonet his eyes with
cruel intent -*

Taking tears as prisoners.

Leaning closer still -

*His knowing fingers ardently romance
the signs—*

*Whispers incarnate spent with persistent
passion*

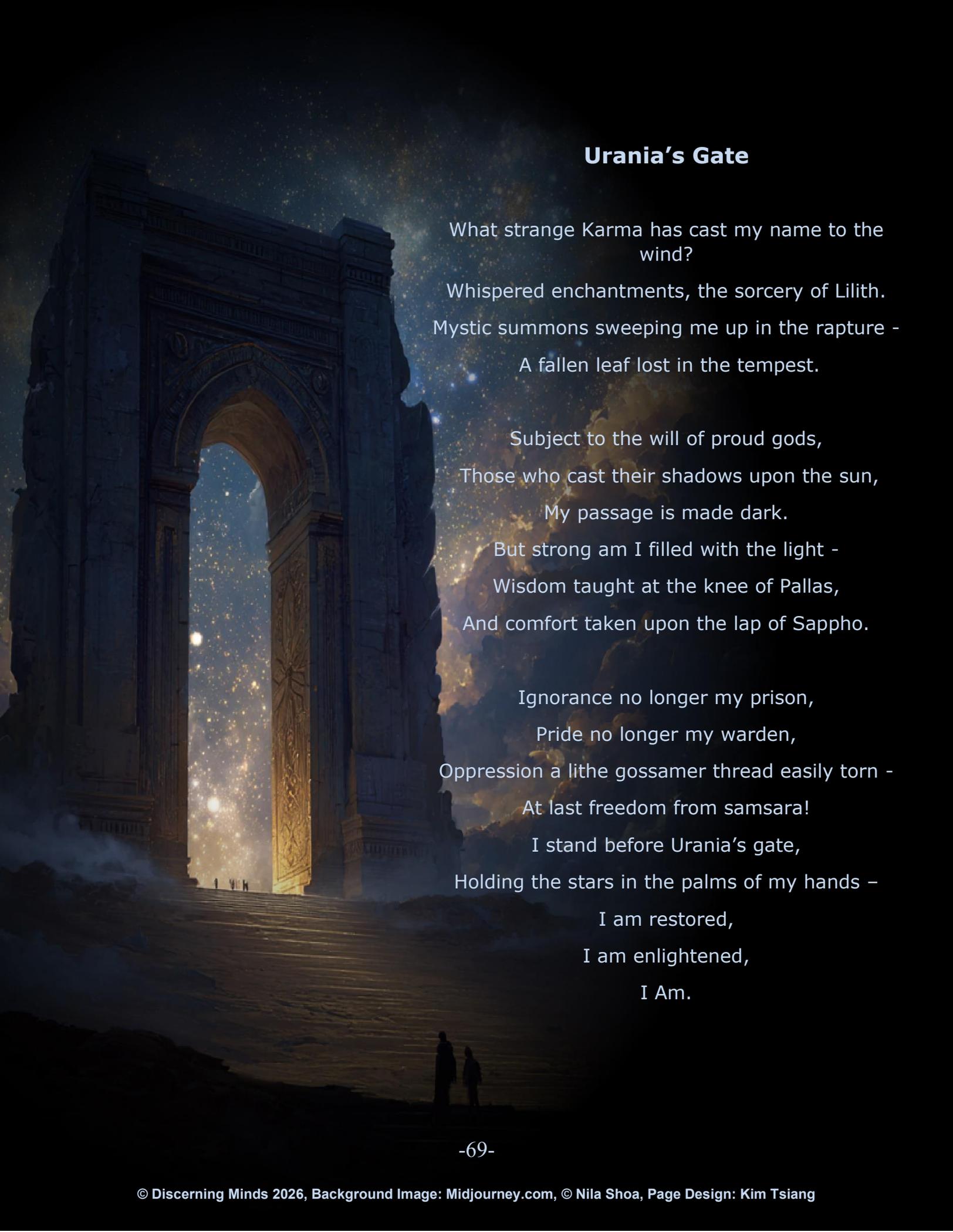
Like a new lover eager for conquest.

“Spiritus magos, venite ...”

The taunting incantio entices the void—

Until out from the mystic play

The deed is done.



Urania's Gate

What strange Karma has cast my name to the
wind?

Whispered enchantments, the sorcery of Lilith.
Mystic summons sweeping me up in the rapture -
A fallen leaf lost in the tempest.

Subject to the will of proud gods,
Those who cast their shadows upon the sun,
My passage is made dark.
But strong am I filled with the light -
Wisdom taught at the knee of Pallas,
And comfort taken upon the lap of Sappho.

Ignorance no longer my prison,
Pride no longer my warden,
Oppression a lithe gossamer thread easily torn -
At last freedom from samsara!

I stand before Urania's gate,
Holding the stars in the palms of my hands -

I am restored,
I am enlightened,
I Am.



IN THE GARDEN OF STONE

Here I sit all alone
In this garden of stone
Not another living person around
But here my soul is not alone
Family and friends are here and there
And other souls of people I do not know are all around
For in this garden of stone
This is a home
A home for a while
Not many people come here with a smile
But sitting here alone this night
Bathed within the moonlight
There is a chill in the air
But a warmth in my soul
I talked to the one that I love
I tell her of my life
And that I am doing all right
A candle is lit upon her place of rest
In this garden of stone
That is now her home
For now, I can only visit her here
The one that I still hold dear
Just an hour a night will I spend?
For I have a life and friends
But I will always remember this time here alone
In this garden of stone.

Here and There

*Naked we lay before gods at the moment of rebirth.
No more questions, they've all been asked.
The answers we need rest in darkness.
In the wake of our own destruction are we borne.*

*Our last breath is the first.
No beginning, no end; a wondrous circle of creation.
Stars came forth to pave the way.
At that moment it all made sense and we knew.*

*It's cold here in this place of disquiet.
The warmth of love, the knowledge of being
Seem so far away.
Heavy sadness falls because we don't remember.*

*Even as we are cold in this glare and thunder,
It is warm in the light and joy as we return home.
It's only for a moment, and we know.
We turn around, choose again and away we go.*



REFLECTIONS ON COMMUNICATION

ARTISTIC RENDERINGS ON THE SHADOWED WALLS OF ANCIENT CAVES-

THE WINDS OF TIME REVEAL THEIR MESSAGE.

PENNED WRITINGS ON WEATHERED SCROLLS BURIED DOWN DEEP AND HIDDEN-

THE WINDS OF TIME UNCOVER THEIR MEANING.

SMOKE SIGNALS TANGLED GRAY AGAINST BLUE SKY, RUDDY HANDS SIGNING-

THE WINDS OF TIME DO NOT FORGET THEM.

PONY RIDERS GUARDING BUFF LEATHER POUCHES EXPLODING WITH SENTIMENT-

THE WINDS OF TIME KEEP THEM JOINED.

NEWSPAPER PRESSES WHEEZING TO GRIND OUT THE NEWS-

THE WINDS OF TIME PRESERVE WHAT IS PAST.

TELEGRAPH WIRES PIERCE THE CLOUDS AND INVADe THE SCENERY-

THE WINDS OF TIME INCREASE THEIR SIGNALS.

RADIO WAVES BOMBARD THE ATMOSPHERE SCREAMING THROUGH SPACE-

THE WINDS OF TIME HEAR THEIR WORDS.

TELEVISION BRINGING IT ALL HOME-

THE WINDS OF TIME BEAR WITNESS TO THE CHANGES.

SATELLITES FLOATING SERENELY IN THE ABYSS... IS ANYONE OUT THERE?

THE WINDS OF TIME STRAIN TO LISTEN.

VOICES CARRIED AROUND THE WORLD AGAIN AND AGAIN-

WE ARE SWEEPED UP INTO THE WINDS.

IN THE ETERNAL STRUGGLE WE FIND SHELTER TALKING TO ONE ANOTHER-

FROM OUR HANDS THE WINDS OF TIME WILL FLOW ON TO INFINITY.





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ALCHEMYCAL PROSETRY

All members of Alchemical Prosetry prefer to have their bios remain anonymous with the thought and ideal that what is written is more important than any one individual's personal accomplishments. Many have appeared in other publications and have granted their explicit permission to have their work appear here.

They are in alphabetical order:

Alexandra

Darjon Brooks

Loni J. Haas

Bonnie McGee

Nila Shoa



ODD VANT GUARDE

The pendulum of the mind alternates---

*between sense
and nonsense ~*

*not between right
and wrong ...*

Section Manager: Oscar 'Trashman' Corelli

© Discerning Minds 2026, QUOTE: Carl Jung @ Goodreads.com

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Great Quotes from Monty Python

"We interrupt this program to annoy you and make things generally more irritating." – Monty Python's Flying Circus

(Go ahead and tell me that doesn't describe the media)

"Strange women lying in ponds, distributing swords, is no basis for a system of government!" - Monty Python and the Holy Grail

(Where our government is headed after lockdowns.)

"... There's no more work. We're destitute. I'm afraid I have no choice but to sell you all for scientific experiments." –The Meaning of Life

(Socialism)

"But kids were different in them days..." - Monty Python's Flying Circus

(Yeah, they didn't have new math and dumbing down)

"There's nothing wrong with you that an expensive operation can't prolong." - Monty Python's Flying Circus

(The great thing about modern medicine is that they never overcharge patients for needless procedures.)

"Tonight, instead of discussing the existence or non-existence of God, they have decided to fight for it." - Monty Python's Flying Circus

Continued...

(Might as well we fight about everything else.)

"She's a witch! Burn her already!" - Monty Python and the Holy Grail

(It's like John Cleese and company knew about the 2016 U.S. presidential election.)

"Oh! Now we see the violence inherent in the system! Help, help, I'm being repressed!" – Monty Python and the Holy Grail

(Radical resistant groups)

"... It's passed on! This parrot is no more! It has ceased to be! It's expired and gone to meet it's maker! This is a late parrot! It's a stiff! Bereft of life, it rests in peace! If you hadn't nailed it to the perch, it would be pushing up the daisies! It's rung down the curtain and joined the choir invisible. This is an ex-parrot!" – And Now for Something Completely Different

(Facebook and Twitter arguments - It's the arguing with somebody about what seems like an obvious truth until you're red in the face, and they're still refusing to acknowledge it.)

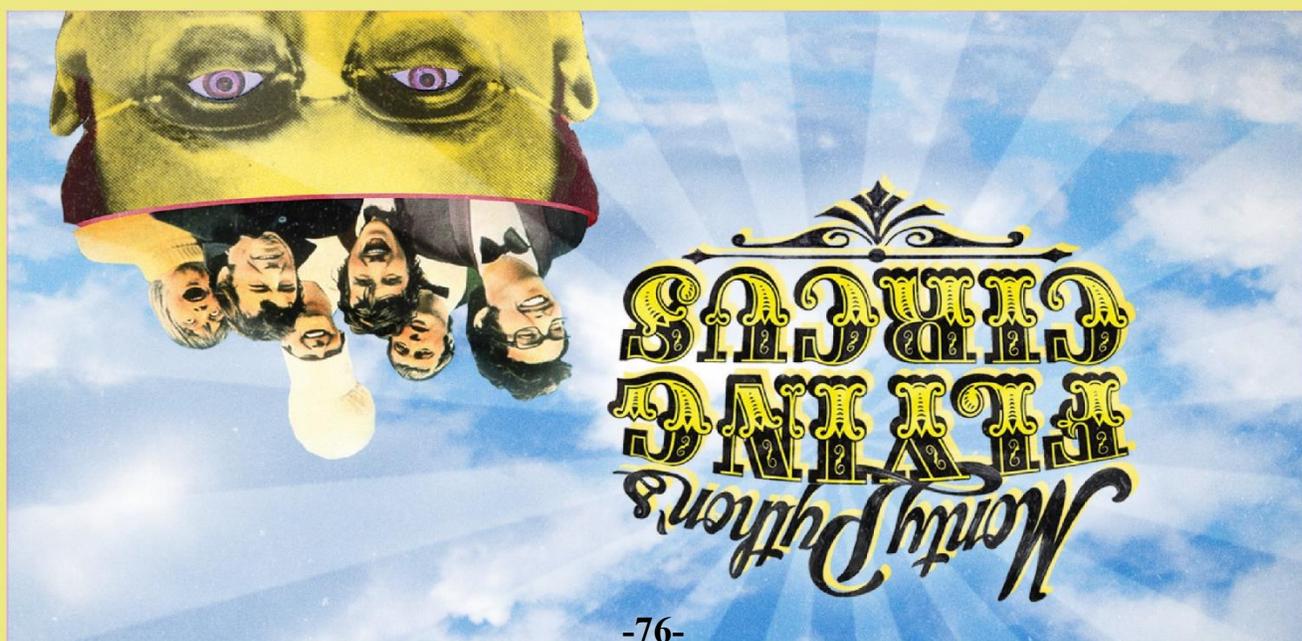
"Is it a boy or a girl?," asks the new mother...

To which the obstetrician answers: "I think it's a bit early to start imposing roles on it, don't you?"– The Meaning of Life

(Gender Fluidity)

"There are a great many people in the country today, who through no fault of their own, are sane."–
Monty Python's Flying Circus

Continued...





Continued...

(And remember, these were lines written before recent party divisions.)

"Let's not bicker and argue over who killed who."— Monty Python and the Holy Grail

(Aftermath of the current election)

"I'd like to complain... about people who constantly hold things up by complaining about people who complain. It's high time something was done about it!"— Monty Python's Flying Circus

(Congress)

Quotes from various internet sources.

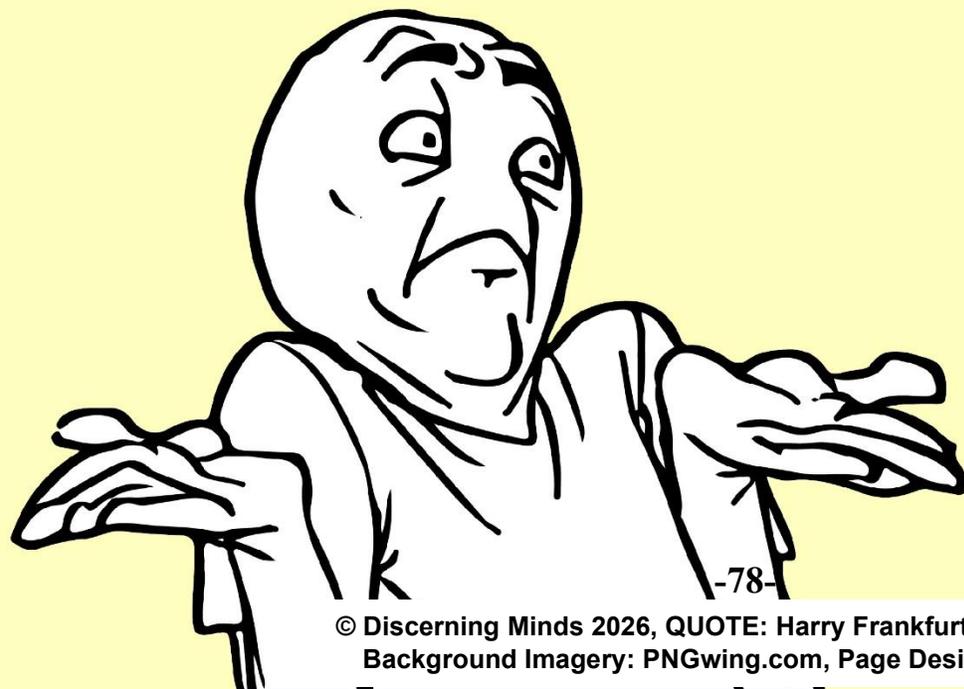
Posted for humorous purposes only.

Bullshit is unavoidable whenever circumstances require someone to talk without knowing what he is talking about.

Thus, the production of bullshit is stimulated whenever a person's obligations or opportunities to speak about some topics are more excessive than his knowledge of the facts that are relevant to that topic.

This discrepancy is common in public life, where people are frequently impelled — whether by their own propensities or by the demands of others — to speak extensively about matters of which they are to some degree ignorant. Closely related instances arise from the widespread conviction that it is the responsibility of a citizen in a democracy to have opinions about everything, or at least everything that pertains to the conduct of his country's affairs.

The lack of any significant connection between a person's opinions and his apprehension of reality will be even more severe, needless to say, for someone who believes it his responsibility, as a conscientious moral agent, to evaluate events and conditions in all parts of the world.

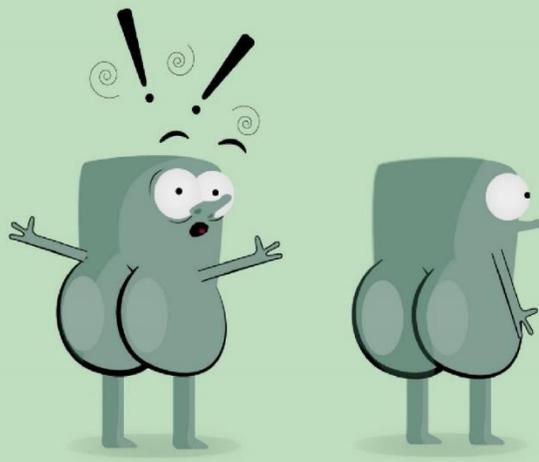


Continued...

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

Interestingly, actor William Shatner (who played the original Kirk) was born March 22, 1931.





Gut Instinct or Butt Instinct?

By Van Cleese

Remember how you were always told to trust your gut instinct because it is never wrong? That well-worn advice trope has another side and most likely life experience has taught you otherwise and that is when Gut Instinct turns into Butt Instinct.

Why does this even happen?

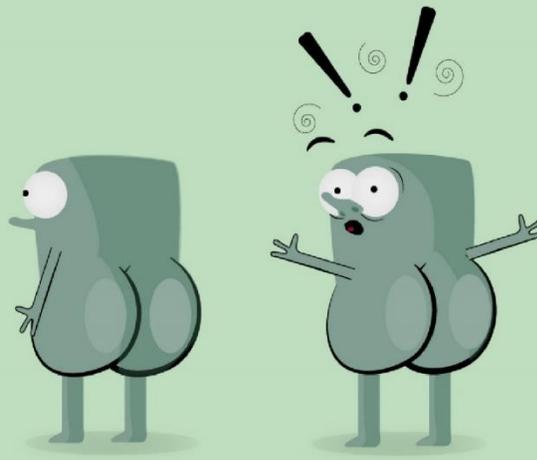
You may describe that vague feeling of knowing something without knowing exactly how or why, they used words like “professional judgment,” “intuition,” “gut instinct,” “inner voice,” and “hunch.” Other than that, can you explain it any further? Most people cannot. Although the inner workings of the human mind are a mystery that may never be solved, recent research has uncovered some striking clues suggesting that our emotions and feelings might not only be important in our intuitive ability to make good decisions but may actually be essential.

Ah emotions. That means the intuitive pendulum can swing either way. When does it tend to be right—and wrong?

It's primal.

First, your mind continuously processes information that you are not consciously aware of, not only when you're asleep and dreaming but also when you're awake. This helps explain the “aha” sensation you experience when you learn something that you actually already knew. The sense of revelation at the obvious occurs when your conscious mind finally learns something that your subconscious mind had already known. The lay terms “left brain” for the conscious, rational, and logical and “right brain” for the subconscious, intuitive, and emotional. Decision making is far from a cold, analytic process but, emotions and feelings play a crucial role by helping us filter various possibilities quickly, even though our conscious mind might not be aware of the screening. Our intuitive feelings thus guide our decision making to the point at which our conscious mind is *able* to make good choices. So just as an abundance of emotion (anger, for example) can lead to faulty decisions, so can its paucity but the main contender for Butt Instinct is BIAS. And we all have those.

Continued...



Continued...

Often, your gut is just plain wrong—because **it's subject to biases**. For instance, we usually overestimate our abilities—failing to get feedback on our decision-making mistakes, and therefore not learning from them. And we conveniently forget about the times when trusting our guts led to poor decisions.

When you have trouble learning and self-correcting well ... it stinks because you have used Butt Intuition (Pun intended). I am not suggesting that you should not acknowledge or distrust your intuition. You should always consider it but to take the time to study your responses to it from past experiences. The gut is not always the best source of truth but understanding more about your responses is. Remember, gut responses are in fact highly curated and developed from exposure to different stimuli and events. Your gut is in cahoots with your brain - and the brain uses memories of past experiences to predict what will happen next when a series of events or stimuli are repeated. You then feel the effects of your body's interpretation of this predicted event, often triggering a fight or flight response. Do you take the risk or not? a signal is sent to the gut and voila! What's that you say? You are not biased? The fact that you even say or think that is an example of cognitive bias.

May all of this Gut Instinct stuff is simply a normal body response letting us know we need to look into a situation at hand more deeply.

After all is better than passing all that gas.

Resources:

<https://hbr.org/2001/02/when-to-trust-your-gut>

<https://www.betterup.com/blog/when-trusting-your-gut-can-get-you-in-trouble>



**Oh me oh my oh you
Whatever shall I do?
Hallelujah,**

**The question is peculiar
I'd give a lot of dough
If only I could know
The answer to my question
Is it yes or is it no?**

**Does your chewing gum lose its flavor
on the bedpost overnight?**

**If your mother says don't chew it,
Do you swallow it in spite?**

**Can you catch it on your tonsils,
Can you heave it left & right?**

**Does your chewing gum lose its flavor
on the bedpost overnight?**

**Here comes a blushing bride
The groom is by her side
Up to the altar,**

**Just as steady as Gibraltar
The groom has got the ring
And it's such a pretty thing
But as he slips it on her finger
The choir begins to sing:**

**Does your chewing gum lose its flavor
on the bedpost overnight?**

**If your mother says don't chew it,
Do you swallow it in spite?**

**Can you catch it on your tonsils,
Can you heave it left & right?**

**Does your chewing gum lose its flavor
on the bedpost overnight?**

**Now the nation rise as one
To send their wanted son**

**Up to the White House, yes,
The nation's only White House**

**To voice their discontent
Unto the Pres-I-dent**

**The bonny burning question,
What has swept this continent?**

**If tin whistles are made of tin,
What do they make fog horns out of?**

**Does your chewing gum lose its flavor
On the bedpost overnight?**

**If your mother says don't chew it,
Do you swallow it in spite?**

**Can you catch it on your tonsils,
Can you heave it left & right?**

**Does your chewing gum lose its flavor
On the bedpost overnight?**



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ODD VANT GUARDE

Monty Python's Flying Circus QUOTES (*Great Quotes from Monty Python, pg.74*)

Quotes were found from various internet sources and feature lines from Monty Python's Flying Circus, Monty Python and the Holy Grail, The Meaning of Life, And Now for Something Completely Different.

Harry Frankfurt QUOTE (*Bullshit, pg.77*)

Harry Gordon Frankfurt (May 29, 1929 - July 16, 2023), was an American philosopher. He was a professor emeritus of philosophy at Princeton University, where he taught from 1990 until 2002. Frankfurt also taught at Yale University, Rockefeller University, and Ohio State University. Frankfurt made significant contributions to fields like ethics and philosophy of mind. His most popular book is *On Bullshit*, which discusses the distinction between bullshitting and lying.

StarLogic Astrodynamics (*Fictional Character James T. Kirk, pg. 78*)

The Astrological Delineation of the Chart of Captain James Tiberius Kirk comes courtesy of Professional Astrologer Loni J. Haas, CEO of StarLogic Astrodynamics.

Van Cleese (*Gut Instinct of Butt Instinct? pg.80*)

Van lives in northern Florida with his family. He is a retired philosophy professor who leans strongly on the truth (veritas) and telling it like it is according to how he sees it. He is a member of the Light Force Network in good standing where he appropriately uses the pseudonym Veritas.

SONG LYRICS (*Does Your Chewing Gum Lose Its Flavor on the Bedpost Over Night? pg.82*)

Songwriters: Billy Rose / Ernest Breuer / Marty Bloom, Artist: Lonnie Donegan, lyrics © Sony/ATV Music Publishing LLC.